

KIUYUM-ID

Special Pow-Wow Insert



August, 2001

Historical Marker Dedication A Moving Experience

In a mid-morning ceremony attended by about 60 people on a sunny Saturday, July 28, the Cow Creek Tribe and the Oregon Travel Information Council dedicated two I-5 state historical markers titled "Homeland of the Cow Creeks" and "A Tale of Strong Recovery." These markers are the first on I-5 to document tribal history. The "Homeland of the Cow Creeks" marker is located on I-5 northbound at milepost 81.8 (Cow Creek Rest Area). "Tale of a Strong Recovery" is located on I-5 southbound at milepost 111.6 (South Umpqua Rest Area).

The ceremony involved unveilings at both locations where noted ethno-historian, Dr. Steve Beckham, a history professor at Lewis & Clark College in Portland, spoke about the significance of Cow Creek history and the markers. Dr. Beckham told the audience about the gold rush that enticed settlers to the Umpqua, a rush that changed history for the Cow Creeks, saying "The invasion that occurred here was a calamity." Emotions were apparent as tears came to the eyes of some guests.

Prior to introducing Dr. Beckham, Chairman Sue Shaffer thanked the many Tribal members, members of the first wagon train families, Tribal representatives, and state officials for attending, "It's really very heart-warming for the Tribe to see so many of you here."

Jim Renner, Director of the Oregon Travel Information Council, read both signs to the group and said he hopes the signs will provide travelers an "opportunity to glimpse into the history of Oregon and the Cow Creeks." A reception hosted by the Tribe was held at the Seven Feathers Convention Center following the dedications.



Dr. Steve Beckham speaks at the dedication of Cow Creek historical markers ceremony on July 28.



2001 Tribal Election Held

General Elections for 4 positions open on the Cow Creek Band of Umpqua Tribe of Indians Board of Directors were held August 12, 2001 at the Cow Creek Tribal Government Offices. Nominations were taken at the May 20, 2001 General Council Meeting.

This year's election was again conducted with the assistance of the Bureau of Indian Affairs and the Tribal Election Committee consisting of the BIA Representative Mary Bartels, Tribal members Rhonda Malone, Dan Courtney, Michael Rondeau, Tammy Woodruff, and Andrea Davis.

The results of the 2001 Tribal Board of Directors election is as follows:

- Kelly Rondeau
- Robert Van Norman

- Shirley Roane
- Delbert Rainville

Robert Van Norman, Shirley Roane, and Delbert Rainville were each elected to serve a four-year term. Kelly Rondeau, who was appointed by the Tribal Board of Directors to fill the seat vacated by Wallace "Buster" Rondeau, will serve for two years.

The Tribal Board of Directors elected Sue Shaffer as Chairman, Dan Courtney as Vice Chairman, Tom Rondeau, Sr. as Secretary, and Gary Jackson as Treasurer.

The election committee would again like to thank the tribal membership for participating in this year's election process.

Annual Huckleberry Patch Gathering Announced

A celebration honoring the ripening of the berries will be held at the Huckleberry Patch at noon on Saturday, August 25. The Huckleberry Patch is historically relevant to the Tribe as a traditional use area. This gathering was one of the social events of the year for the Cow Creek and neighboring tribes. All Tribal members are welcome for a noon meal and good conversation.

See page 8 for directions.

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Elders' Luncheon Held July 19

On Thursday, July 19, the elders of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians and the elders of the Cow Creek Tribe met for a luncheon and congregate meal at the pavilion in Stanton Park in Canyonville. Over thirty-five people attended the luncheon including Cow Creek elders; Berdene and Frank Yurgalevich (who traveled from Otis, Oregon), Walter Perdue, Tom and May Rondeau, James Estabrook, Bill and Clem Rice, Del and Mickey Rainville, Rena Cox, Toqter Ansures, and Sue Shaffer. The Cow Creek Tribe received a lovely card of thanks after the event from the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians.

Arleen Perkins, the Confederated Tribes Elders' Coordinator, and Rhonda Malone, Social Service Representative for the Cow Creek Government Office, organized the event. If you're interested in participating in elders' activities and have questions, Rhonda Malone can be contacted by calling 1.800.929.8229, ext. 5513.



May Rondeau and Sue Shaffer at elders' luncheon on July 19. Chairman Shaffer is holding the birthday cake the other elders presented to her at the luncheon.



Edgar Bowen of the Coos Tribe and Sue Shaffer reminisce about "old times" at the elders' luncheon at Stanton Park.

Second Annual Tribal Family Picnic Planned

The Second Annual Tribal Family Picnic will be held at the K-Bar Ranch's Bare Park. The gathering will take place on Saturday, September 8, 2001 at the beautiful Bare Park on the South Umpqua River. This is a time for all Tribal families to be together and enjoy visiting and fun.

Lunch will be provided so if you're able to attend, please call the Cow Creek Government Office at 1.800.929.8229 by September 4 to make a reservation. Reservations are necessary in order to plan for adequate food.

Directions: From Roseburg, head south on I-5. Take exit 113. At the bottom of the exit ramp, take a right. Go a few feet. You'll come to another stop sign at a T intersection. Take a left. Proceed .7 miles from the stop sign to the K-Bar Ranch sign. Take a right onto the dirt road by the sign. Go over the train tracks, pass between the barns. Follow dirt road to Bare Park.

If you're heading northbound on I-5, take exit 113 and take a left at the stop sign at the end of the exit ramp. After that, all directions are the same as above.*

**Thank you to Rhonda Malone for driving and editing these directions.*

JOM News

On the first Monday of each month, at 5:30 p.m., the Johnson O'Malley (JOM) Parent Committee meets at the Cow Creek Government Office. The Parent Committee sponsors educational and cultural activities every month for JOM eligible students. The Committee is always looking for parents or grandparents who are interested in helping plan and support activities for their children and grandchildren. Come, join in, meet new people, and learn with the children.

Due to the first Monday in September being Labor Day, the JOM meeting in September will occur on the second Monday, September 10. If you have questions, please call Kelly Strickler, Education Director, at 1.800.929.8229.

Basketry Class

Bud Lane will be returning on Saturday, September 22, to continue the basketry class that he taught on April 21st. The class will be held at Seven Feathers Hotel and Casino Resort in the Huckleberry Room from 9:00 a.m. until 4:00 p.m. Bud will again bring baskets and feather dance regalia with him. If you are interested in attending the basketry class on September 22nd, please call Kelly Strickler at 1.800.929.8229 by September 14 to RSVP. Lunch and refreshments will be served.

Dentalium Necklaces Made at Pow-Wow 2001

Rhonda Malone, Social Service Representative at the Cow Creek Government Office, organized a dentalium necklace-making project for elders on Saturday, July 21, at Pow-Wow 2001. Two elders made dentalium necklaces. Six Pow-Wow attendees listened to Louis LaChance talk about the importance of dentalium necklaces in the Cow Creek culture. They were used as a medium for money exchange as well as barter. Rhonda Malone organizes social activities for Tribal members of all ages at the Cow Creek Government Office. If you're interested in getting information about upcoming social schedules of events, call Rhonda Malone at 1.800.929.8229, ext. 5513.

Pow-Wow 2001 Declared A Great Success!

According to 2001 Pow-Wow Committee Chair, Roma Jackson, "Pow-Wow 2001 was the most successful Pow-Wow we've had. Many more people came to this year's Pow-Wow than have attended in past years. So, since we had more people there, we also had greater success with our raffle ticket sales and our fried bread sales."

The third week-end in July is traditionally the week-end of the Cow Creek Pow-Wow. On July 20 -22, Cow Creek Tribal members and their families as well as other Indians and community friends gathered at the traditional gathering spot for Cow Creek Pow-Wows, South Umpqua Falls.

The week-end began with a meal of salmon, fry bread, and beverages (accompanied by many, many delicious potluck dishes) on Friday night. Saturday saw the continued arrival of more people and more vendors. Folks of all ages swam at South Umpqua Falls. Drumming and dancing began in early evening and were followed by the Grand Entrance as well as Chairman Shaffer's message to the Tribe.

Roma Jackson offered appreciation to many Tribal members, "Special thanks should go to Tooter and Alice, Tom and May, Polly Rondeau, and Sue for their support for the Pow-Wows. We've had this Pow-Wow for 24 consecutive years and these Tribal members have always been there to support the effort, making sure it's a success. We couldn't do it without them!"



Tom Rondeau carries the Tribal staff as veterans lead the Grand Entry.

Tribal member displays colorful bustle.



Traditional entry of Tribal women in the Grand Entry.



Chippewa, Tom Smith, Nick Hall, and Andy Howren participate in tribute to veterans during the Grand Entry.



Tribal member in dancing regalia on Saturday night at Pow-Wow.

POW-WOW 2001

*Jamie Rondeau,
Cow Creek
Member, Umpqua
Indian Foods
employee shows
the bustle she
made for Pow-
Wow 2001.*



*Tubing, sliding, jumping, swimming, and gathering at
South Umpqua Falls. Pow-Wow 2001.*



*Emily Rose Krantz'
camp at Pow-Wow
2001. In foreground is
Emily's daughter,
Shirley Roane, Cow
Creek Tribal Board
Member.*



*Akaya the Wolf at
Pow-Wow 2001.*



*Brianna Bishop
at Pow-Wow 2001.*



POW-WOW 2001



Many vendors participated at Pow-Wow 2001.



Noreen Thompson, Cow Creek Health and Wellness Center nurse, reading a carbon monoxide test at the 2001 Pow-Wow Wellness Booth.

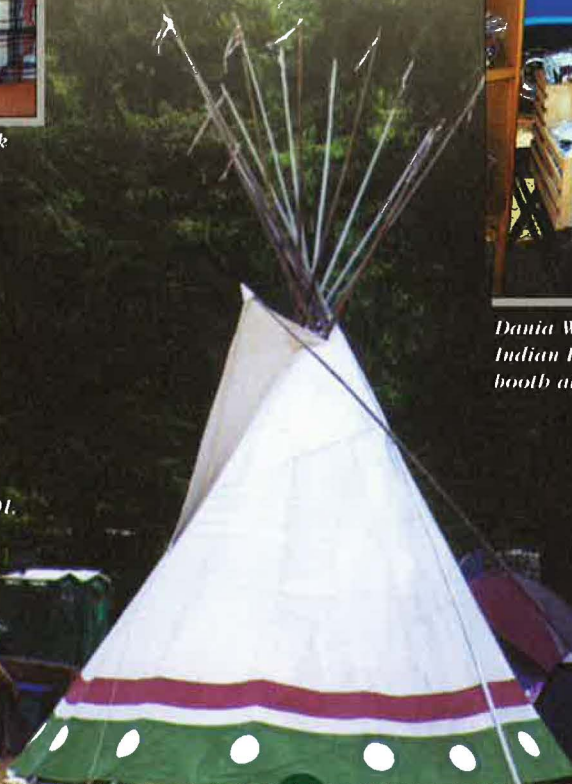


Fry bread booth at Pow-Wow 2001 sold out and had to close down early.



Dania Wheatley, general manager of Umpqua Indian Foods, at the Umpqua Indian Food booth at Pow-Wow 2001.

Tom Smith's teepee at Pow-Wow 2001.



TRUCK & TRAVEL CENTER UPDATE

Seven Feathers Truck & Travel Center — Construction on Schedule

According to Tonya Theiss-Skrip, Director of Environmental Services for the Cow Creek Government Offices, "Construction on the new Seven Feathers Truck and Travel Center is progressing very well. We're on schedule. A lot of that is because everyone who is working on this project has great team spirit. With that energy and positive attitude, I know we'll continue to see deadlines met. I also know the finished product will be something of which we can all be very proud."

The almost 25,000 square foot Seven Feathers Truck and Travel Center is scheduled for completion in March of 2002. Below are design boards for the restaurant, convenience store, truckers' lounge, offices, and bathrooms that show probable selection for color, fabrics, and materials for the interior of the new Seven Feathers Truck and Travel Center.

Interior Decor for Restaurant

Fabric material for restaurant booth backs and chair backs

Solid colored materials for seats of restaurant booths and chairs

Restaurant carpeting

Accent tiles for restaurant

Accent tile for bathrooms

"Concept" suggestion for exterior

Wooden and laminate countertops

Countertop and flooring for bathrooms

Decor for Convenience Store, Offices, Truckers' Lounge & Bathrooms

Upstairs office tile

Accent paint color

Countertop materials

Carpeting for offices

Accent tiles

Accent tile design for bathrooms and truckers' lounge

Countertop and flooring for bathrooms

Convenience Store and office countertop material

Accent tile

Alcohol is a Drug

by Mike Notla

Alcohol and Drug Program
Counselor

Alcohol awareness is essential in the prevention of alcohol use by underage children and teen-agers. It's important to remember that alcohol is a drug. It is a "psychoactive" or mind-altering drug as are heroin and methamphetamine. But, since alcohol isn't an illegal drug, many parents place less emphasis on talking to their children about it.

Alcohol is legal for adult use and is used in many homes occasionally. Most of us have witnessed the effect of alcohol consumption and are familiar with the effects of moderate use, even if we aren't familiar with abusive use of alcohol. Some of the exotic drugs we hear about seem more threatening and they, therefore, draw more attention or concern.

But, alcohol is a drug and the facts below point to why we all need to be aware of its broad use and its capacity to damage:

- Alcohol is the drug of choice in Indian Country and the #1 drug problem for our teen-agers and children
- 43% of Indian teen-agers who begin drinking abusively before the age of 14 become alcoholics.

- Most Indian children have their first alcohol or other drug experience between the ages of 10 and 14.

Parents are the answer to the prevention of underage drug use. Parents must provide a clear expectation about family rules, that there is no tolerance of alcohol or drug use for their children. Keep in mind, children learn by what they see, not necessarily by what an adult says. Here are some red flags to watch for if you wonder whether or not your child may be experimenting or having problems with alcohol use.

- Sudden significant changes in attitude
- Change in types of friends
- Marked fall in academic or extracurricular performance
- Skipping school/wanting to drop out of school
- Minor in possession charges. This could relate to tobacco or alcohol.
- Increase in risk taking behavior
- Withdrawn or depressed
- Lack of interest in sports or family activities

If you have concerns about these indicators or any questions about tobacco, alcohol or other drugs, please call the Tribal Alcohol and Drug Program at 1.541.672.8533. Your call is always confidential.

Nesika Health Group Information

Pre-authorization

Have you had a MRI or CT Scan lately? Did you know that Nesika Health Group requires prior authorization for both these procedures? As of June of this year, we do! Call Lindi in the Nesika claims department at 1.541.677.5508 before you have either of these procedures.

Don't forget that if you're going to be admitted to the hospital, you need to get authorization. Have either the hospital or your physician call CNN at 1.800.572.5508 within 72 hours of the day you entered the hospital. Your benefits are reduced by up to 50% for non-certification!

Coordination of Benefits

Are you asking yourself what Coordination of Benefits or COB is? You might be wondering how does this affect my coverage or the coverage of my spouse or children? We need to know if there is any change in your insurance coverage.

Communication between Nesika and its members is very important so we can process claims quickly and correctly. We ask that any time you have a change in your status either by adding or deleting coverage from another carrier, please give us a call so we can correct our records.

Pequot Mail Order Pharmacy

Thank you to everyone for your patience earlier this year as we worked through a reorganization with Pequot Pharmaceuticals. Pequot is back to providing mail order prescriptions in a timely manner.

There are some new ways for you to utilize Pequot. You may access refills and price quotes by using Pequot's website at www.PRNX. You can also access automated prescription benefit information by calling 1.888.779.6638 and choosing option #5. This service is available to give you up-to-date information, such as yearly benefit accumulations, so you can monitor your prescription benefits available at any given time.

If you have questions in regards to your medical, dental, vision, or prescription benefits, please don't hesitate to call our office at 1.541.677.5508 or 1.800.284.9917.

Health & Wellness Center Offers New First Aid / CPR Class!

Starting on September 27, 2001, from 9 a.m. until 5 p.m., the Cow Creek Health & Wellness Center will be offering First Aid & CPR Training. This completely new eight-hour combination class will provide a First Aid course (Umpqua Community College Training Program) and a Heartsaver course (American Heart Association). The courses will incorporate motivational videos, scenario/skill practices, and skills

evaluation. There will be a written exam. The class will be limited to six to eight participants and will be available on a quarterly basis (every three months).

The first combination class will be on Thursday, September 27, 2001, at the Cow Creek Health & Wellness Center. Call Noreen at 1.541.672.8533 for more information or if you'd like to enroll in this exciting new class.

Correction

In last month's issue of *KIUYUM-ID*, the last name of Mike Notla, Drug and Alcohol Counselor for the Cow Creek Health and Wellness Center, was misspelled. We apologize for the error and have corrected it in this issue.

Higher Education News— Message from Kelly Strickler, Education Director

Greetings to all students!

School will be starting soon and I'm looking forward to hearing from you before school starts. If you are still waiting for your financial aid awards, please notify me. I need your financial aid reports to award your grant for this next academic year. If you have had a change of school or address, please let me know as soon as possible.

I hope everyone has had a great summer. For those of you who have taken summer school classes, I hope you had good learning experiences. Please call me at 1.800.929.8229 if you have questions.

*With Best Wishes,
Kelly Strickler
Education Director*

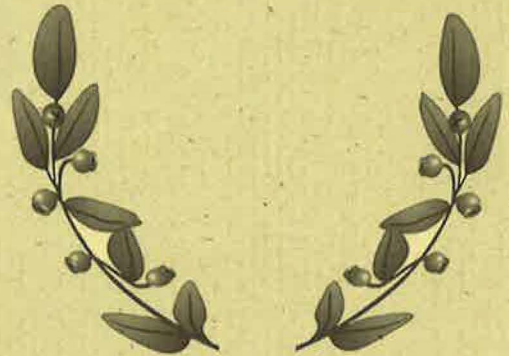
Keep Your Address Current!

Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children who are not living in their household also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Huckleberry...continued from page 1

Go to Tiller. Drive through Tiller. Take a left just before you would cross over the bridge. That left will put you on South Umpqua Road heading towards South Umpqua Falls. Go approximately 5 miles to the Old Telequa Store. Turn right onto Jackson Creek Road. Go approximately 9.7 miles. Then, turn right onto Road 2925. Go approximately 6.6 miles to Road 2925 - 700. Take a left and follow the huckleberry signs.



**Cow Creek Tribal Government Offices
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www.cowcreek.com