

# KIUYUM-ID

## Special Tribal Picnic Insert



October, 2001

### Seven Feathers Makes Second Largest Casino Payout in Oregon History

Driving back from Canada on Thursday, October 11, to their home in California, Nancy Fox and her husband, Bill, stopped at Seven Feathers for a break. Nancy decided to play a \$100 on the Wheel of Fortune machine.

She knew she had won but didn't even look at the marquee above the machine, "When I won, I didn't even look at what the pot was. There were so many numbers I really didn't understand how much it was. I thought it said \$3,600. Then one gal came up and then another and soon there was a crowd. When they told me it was \$3.6 million, I just kept looking at it."

Nancy Fox says, "I was just in the right place at the right time." But the Foxes will have a good place to spend the money they've won. The Foxes, retired physical education teachers, have wanted to help with the surgeries their

granddaughter, Ashley, has had because she was born without a right heart ventricle. Three-year-old Ashley is scheduled for her fourth open-heart surgery in November.

Cow Creek Chairman Sue Shaffer said, "What tickled me about this win is how Nancy Fox will be able to help that little girl."

Besides helping their granddaughter, the Foxes may take some of their winnings and buy a new car. Also under consideration is treating the "rest of the family" to a fishing trip. The rest of the family includes four children, nine grandchildren, and one great grandchild.

It took a bit more than an hour for International Game Technology to arrive from Eugene to confirm Nancy's win. The win was confirmed and the Foxes have sixty days to decide whether they want the winnings in one lump sum or if they'd prefer twenty annual payments.

According to Cow Creek Gaming Commissioner Carl Salter, "Since Nancy Fox played on a progressive machine, whether she decides to take a one time payment or to take the twenty payments, International Game Technology will be cutting the checks."

Congratulations to Nancy and Bill Fox!

*Winner of \$3.6 million at Wheel of Fortune, Nancy Fox stands by the "lucky machine." The only larger payout at an Oregon Casino was for \$9 million at the Wildhorse Casino in Pendleton.*

#### IN THIS ISSUE

**Nov. 2 Cancer Prevention Dinner**

2

**Flu Shot Reminder**

2

**Eric Rondeau Helps!**

2

**Coping with Disaster**

7

**Medicare Part B Reimbursement**

7

**And more . . .**





## Cancer Prevention/Awareness Dinner November 2, 2001

Being informed and educated about dealing with cancer will be the main thrust of the Cancer Prevention/Awareness Dinner that will be held at Seven Feathers Convention Center on Friday, November 2. Tribal members and their family members over the age of 16 are invited to attend. Hors d'oeuvres and a tour of health booths are scheduled from 5 - 6 p.m.

Guest speakers will include Dr. Daskalos from the Cow Creek Health and Wellness Center; Teresa Guthrie, RN, MSN, Cancer Information Services in Seattle; and Ruth Jensen, Northwest Portland Area Indian Health Board. The new Cow Creek Health and Wellness Center's Cancer Prevention Program will be reviewed.

The real stars of the evening, however, will be the cancer survivors who have agreed to share their personal experiences. Cathie Parker, a nurse at the Cow Creek Health and Wellness Center, will talk about the experiences she and her two sons, Jonathan (17) and David (15)

handled as she cared for her husband, Rick, who was terminally ill with colon cancer. She will also talk about the impact grief has on people.

When asked for this article what she might speak about, Cathie said, "It's so hard to watch someone you love become ill and die. But, there's also the difficulty of dealing with grief after death. When we lost Rick, my heart really went out to my children. Children grieve differently than adults and few of us understand that. And, people who haven't yet had a serious loss, don't understand how much time it takes to work through grief. There's nothing easy about it. Every individual grieves differently. Education is the answer. That's what makes this dinner so meaningful."

Tribal members and family members over the age of sixteen should call Andrea Davis at the Cow Creek Health and Wellness Center by the end of the day on October 26 to make their reservations. You can reach Andrea at 1.541.672.8533 ext.5533.

## Energy Saving Tips

*For the next several months, tips on conserving energy and lowering your heating bill will be printed in the newsletter.*

As summer departs, energy bills increase. There are ways to use less energy in your home. Among them are:

### Stop the drafts around your windows

- Windows can leak cold air. Minimize that possibility by caulking the interior trim around all windows to stop air leakage through the wall and clean surfaces where weather-stripping will be installed.
- For double hung windows, install V-type weather-strips on sides and bottom of the window. For casement windows, replace existing weather-strips or install v-type weather-stripping. For slider windows and patio doors, replace existing weather-strip or create a plastic storm window by covering the window with shrink wrap material.

### "Snap track" storm windows

- "Snap tracks" cost about \$7 per window and can be reused next winter. Follow the installation directions on the package.

## Get Your Flu Shot, Not the Flu

It's time to dismiss the myths. Last year's shot won't protect you against this year's flu. You cannot get the flu from the flu shot. So, it's now time to get a flu shot for this season. Please call the Cow Creek Health and Wellness Center at 1.541.672.8533 or 1.800.935.2649 for an appointment. Note that you can receive your flu shot at the Tribal Quarterly Board Meeting on November 11, 2001.

## Education News

The American Indian Graduate Center is accepting applications for scholarships. They also have undergraduate scholarships available. Deadline for applications for scholarships is February 1, 2001. If you are interested, please call Kelly Strickler at 1.541.672.9405 or 1.800.929.8229.

## Helping One Another!

Last winter, 20 year-old Cow Creek Tribal member Eric Rondeau, bucked, split, stacked, and restacked two cords of firewood for another Cow Creek Tribal family through the Tribal Low Income Home Energy Assistance Program (LIHEAP). The family has two young children and had just relocated to the Glide area from California, applied to LIHEAP and qualified. They expressed real appreciation to Eric for his willingness to take time out of his busy life to help with the firewood project.

Eric grew up in the Myrtle Creek area, graduating in 1999 from South Umpqua High School. Eric is employed at Umpqua Lumber Company near Round Prairie. He and his wife also have two young children. Thank you to Eric!

## Seven Ways to Prevent Cancer

50 percent of cancers can be prevented by things you can do\*

- Maintain a healthy weight.
- Get at least 30 minutes of physical activity every day.
- Don't smoke. If you already smoke, quit for good as soon as you can.
- Eat a healthy diet.
- Drink less than one alcoholic drink a day, if you drink at all.
- Protect yourself from the sun.
- Protect yourself and your partner(s) from sexually transmitted infections.

\*Source: Harvard Center for Cancer Prevention



## Second Annual Tribal Family Picnic a Big Success!

The Second Annual Tribal Family Picnic was held on Saturday, September 8, at the K-Bar Ranches' Bare Park. Over a hundred Tribal members and guests attended this full day of play, fun, visiting, and enjoying good food.

- a.) Tribal children at Tribal Picnic, ready and eager for dessert
- b.) Leland VanNorman, Tribal elder and Tribal Board member
- c.) Michelle Friesen, Tribal member, tying balloons at Tribal Picnic
- d.) Carol McKimney, Tribal Board Executive Assistant, and Polly Rondeau, widow of long time Tribal Board member Buster Rondeau.
- e.) Tribal member Rhonda Malone with Tribal children at Tribal Picnic
- f.) Tribal children at Picnic
- g.) Tribal children at play at Tribal Picnic



a.)



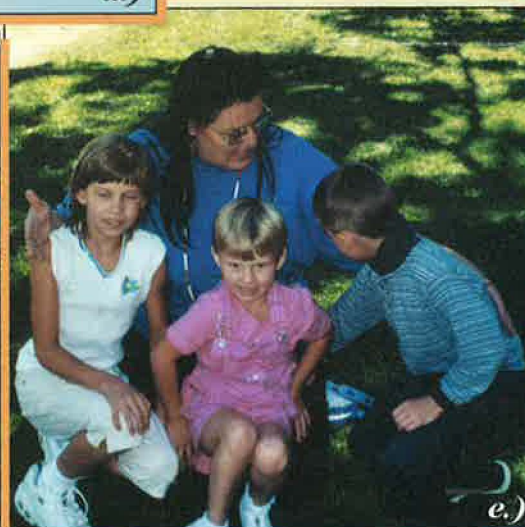
b.)



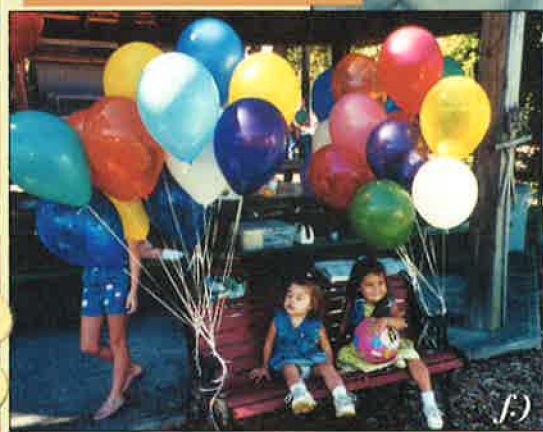
c.)



d.)



e.)



f.)



g.)

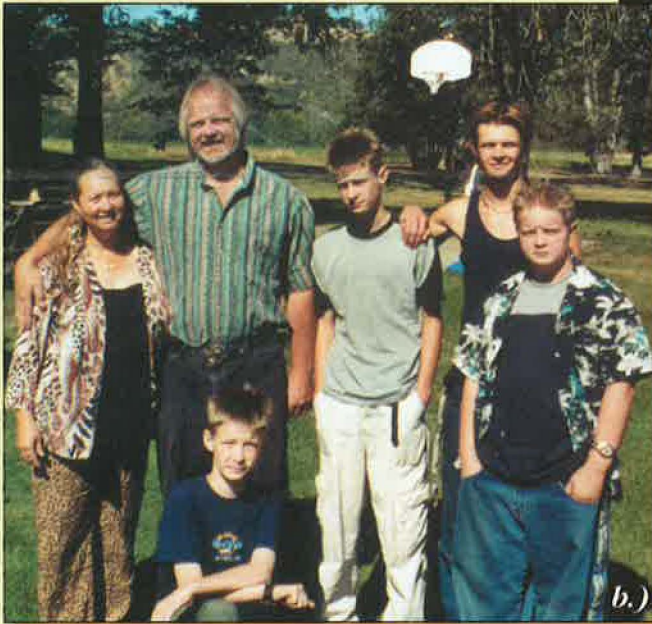


# TRIBAL FAMILY PICNIC 2001



a.)

- a.) Kelly Strickler, Cow Creek Education Director, organizing a game of horse shoes
- b.) The Nichols Family from Myrtle Creek Oregon
- c.) Chris Van Norman, Trace Van Norman and Tribal children
- d.) Tribal member Doug Rice and his father, Bill
- e.) The Potts Family from Myrtle Creek, Oregon



b.)



c.)



d.)



e.)



# TRIBAL FAMILY PICNIC 2001

- a.) Tom Rondeau, Tribal member and Tribal Board member, and his cousin, Butch Rondeau
- b.) Tribal children finishing the last of their dessert at the Picnic
- c.) Tribal member Jami Rondeau and her beau, Jimmy Thompson
- d.) Bernita Eagleman and her granddaughter, Brianna Bishop
- e.) Tribal members and guests relaxing and enjoying their lunch at the Tribal Picnic

f.) Delbert Rainville, Cow Creek Umpqua Indian Foundation Board member, and his wife, Mickey

g.) Tribal children stop for a minute for a posed shot



a.)



b.)



c.)



d.)



e.)



f.)



g.)



## Drum Making; the Focus of Culture Camp

Almost 40 people attended JOM Culture Camp on August 11 at the K-Bar Ranches. Culture Camp began with Louis LaChance, Cow Creek Tribal member, leading the group in prayer and song. Louis then spoke about the worth and importance of culture. Following Louis' comments, everyone formed a circle and greeted one another by saying "Klahowya" (hello in Chinook jargon).

A morning snack followed the opening activities and then Mike Nolte, Cow Creek Health and Wellness Center's drug and alcohol counselor, and several young people performed a skit on

alcohol and drug prevention. All the young people received a T-Shirt that said "In a good way. That's me. Drug Free."

Michael O'Dell, Cow Creek Tribal member, instructed the Culture Camp attendees on the art of making arrowheads or flintknapping. Rhonda Malone, Cow Creek Tribal member, instructed everyone on beading techniques. At the conclusion of the instruction, sandwiches were served for lunch.

The main event of the afternoon was the drum making instruction led by Clifford Latta, also known as Grey Wolf. Clifford Latta builds drums and helps others build drums. So, under

the watchful eye of Grey Wolf, Culture Camp participants made Native American style rawhide drums.

Classes were over at 5 p.m. when a barbecued dinner of hot dogs/ham-burgers with accompaniments was served. Everyone visited and enjoyed the end of the day. According to Kelly Strickler, Cow Creek Education Director, "Everyone who participated said they really enjoyed themselves, that they enjoyed the classes they took, and they're looking forward to next year."



*a.) Tribal members George and Louella O'Dell, lacing drums*

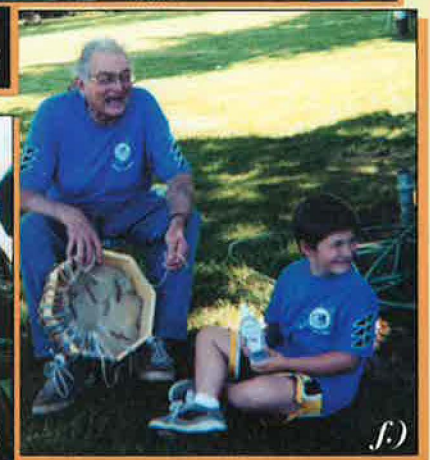
*b.) Michelle Friesen and Denise Parazoo*

*c.) Denise Parazoo and son tightening their drum*

*d.) Connie Johnston and son tightening their drum*

*e.) Tribal youth tightening the drums*

*f.) Clifford Latta, "Grey Wolf," teacher of drum making and young student*





## Living Well

by Louise Cenatiempo, Ph.D.  
Licensed Psychologist

*From time-to-time, Dr. Cenatiempo writes her column, "Living Well," addressing mental and emotional issues.*

### Coping With Disaster

The terrorist attacks on the Pentagon and World Trade Center have stunned the nation and the world. The magnitude of human suffering is overwhelming. Such an event can shatter long-held beliefs about the world as well as your sense of safety. Here are some things to look out for while trying to absorb what's happened.

In the days and weeks following a disaster, people may experience such things as increased irritability, nervousness, sleep disturbance, nightmares, intrusive thoughts of the event, changes in appetite, depressed mood, excessive worry, etc. Physical symptoms such as headaches, nausea, and chest pain are also possible.

Children are especially vulnerable to threats to their safety. They can have reactions that are similar to adult reactions but their distress may also manifest itself in behaviors. These can include, among other things, nightmares, new

fears or phobias, decreased school performance, temper tantrums, or social withdrawal. The most immediate help you can provide your children with is reassurance that they, and you, are not in danger. Limiting their exposure to television news with horrific images of death and destruction will help. You also want to maintain normal routines at home such as mealtimes and bedtime, which will make them feel secure. Also, participation in charitable events to help the victims can lessen their feelings of helplessness and reduce fear.

Children will have questions. Try to answer them without giving frightening information. The age of the child will determine how much you choose to explain. Finally, try to stay calm, as children take their cues from parents.

Don't be alarmed if you or your children experience any of the reactions listed above. They are normal reactions to an abnormal event. The symptoms usually subside on their own within a few weeks. If they continue longer than that, contact a therapist or counselor who is knowledgeable about trauma reactions. With sufficient time and perhaps a brief course of therapy, life will return to normal.

## Announcement - Cow Creek Medicare Part B Reimbursement

The Cow Creek Medicare Part B Reimbursement Program has been in use for the past three years. It was originally designed to assist the elders, age 65 and older. Last year it was changed to help the permanently disabled Tribal members who have the expense of Medicare Part B coverage withheld from their social security checks.

If you are disabled, you must contact Linda Rondeau to receive a release of information form for the verification of withholdings. This form must be signed and returned to Linda Rondeau by December 15, 2001 for processing. Qualified Tribal members will receive their check no later than the first week of January 2002.

If you do not meet the December 15, 2001 deadline, you will not be eligible again for this program until December 15, 2002. If you have already used this program, you do not need to call.

Tribal members who have questions are strongly encouraged to contact Linda Rondeau at 1.541.672.8533 or 1.800.935.2649.

## Beware of Wood Heating Dangers

With the cold temperatures and high fuel costs we're likely to experience this winter, there is renewed interest in wood heating. Heating with wood does reduce costs, but it can be dangerous. Fires caused by the misuse of alternate energy sources including wood stoves, portable space heaters, kerosene heaters, and fireplaces are the leading causes of residential fires.

About 1/4 of all U.S. homes have non-functioning smoke detectors. The main

reason for non-function are dead or missing batteries and/or incorrect installation or location of the alarm. The majority of fatal home fires happen at night and the smell of smoke won't always wake you up. In fact, smoke and poisonous gases can put you into a deeper sleep. Properly functioning home smoke alarms can wake you in time to escape, reducing your chances of death by 50%. Check your smoke alarm on a monthly basis. Be safe.

## Over-the-Counter Program

All requests for the Over-the-Counter Program must be received by November 15, 2001. Please note there won't be exceptions. The November 15 due date allows stores to compute and submit their billings by December 31, 2001.

Enrolled Tribal members will be able to begin accessing the Over-the-Counter Program on January 2, 2002.

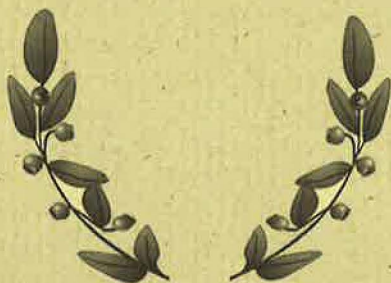
If you have any questions, please contact Tamara Robinson at the Cow Creek Health and Wellness Center at 1.800.935.2649.



## **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.



## **Tribal Identification Cards**

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1.800.929.8229. You will be sent an application with an I.D. card. Fill out the application, sign the I.D. card, enclose an appropriately sized photo, and mail the material back to the Tribal Government Offices for processing.

PLEASE DON'T FILL IN ANYTHING ON THE I.D. CARD EXCEPT YOUR SIGNATURE.

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

## **Tribal Jobs Line**

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1.800.676.0854 to hear a pre-recorded listing of openings.

**Seven Feathers Hotel & Casino Resort**  
**Seven Feathers Truck & Travel Center**  
**Umpqua Indian Foods**  
**Valley View Motel**  
**Riverside Lodge**  
**Canyon Cubbyholes**

**K-Bar Ranches**  
**Cow Creek Gaming Commission**  
**Cow Creek Tribal Government Offices**  
**Cow Creek Health and Wellness Center**  
**Nesika Health Group**

*\*The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.*

**Cow Creek Tribal Government Offices**  
**2371 NE Stephens, Suite 100**  
**Roseburg, OR 97470**

Phone: 1-800-929-8229  
Fax: 1-541-673-0432



[www.cowcreek.com](http://www.cowcreek.com)