

Winning Art Piece

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TWENTY-FIFTH

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Cow Creek Elders Travel to Eastern Oregon



Cow Creek elders from left to right & front to back: Robert "Bob" Picard, Jack "Tooter" Ansures, Esther Gatewood, Leland Van Norman, Iva "Bobbie" Davenport, Clem Rice, Ralph Young & Bill Rice.

On Friday, May 3, six elders gathered at the Cow Creek Tribal Offices to begin a weekend journey to Eastern Oregon. Iva "Bobbie" Davenport and her Mother, Esther Gatewood, Leland Van Norman, Clem Rice and her husband, Bill, and Robert Picard climbed aboard the rental van and began the drive to Diamond Lake. Arrival at Diamond Lake provided the perfect spot for lunch and for picking up the seventh elder, Tooter Ansures. After lunch, the group continued on to Bend where they picked up the eighth elder, Ralph Young.

While Boise-based Robert Picard had driven the furthest in order to be part of the outing,

most of the travelers had come from outside Roseburg. Bobbie Davenport came from Detroit Lake, Esther Gatewood from Mill City, Leland Van Norman from Days Creek, Bill and Clem Rice from Myrtle Creek, Ralph Young Myrtle Creek (and Bend, too), and Tooter Ansures from Medford.

The eight elders and Cow Creek Social Service Representative and Elder Coordinator Rhonda Malone drove on to Burns where they had dinner at the Apple Peddler and spent the night at the Best Western Rory and Ryan Inn.

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Nominees Selected for 2002 Tribal Election

The Tribal General Council and Nominations Meeting was held on May 19, 2002 at the Tribal Government Offices in Roseburg. Chairperson Shaffer opened the floor for nominations for the positions open for the 2002 Annual Tribal Election. The individuals who were eligible and returned their Acceptance Forms are as follows:

(1) Tom Rondeau, Sr. (2) Leland Van Norman (3) Gary Jackson (4) Terry Hanson
As the Tribal Board's request, the Siletz Agency of the Bureau of Indian Affairs will have oversight of the Tribal Election.

Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 19, 2002. If you are a registered voter and do not receive a ballot, you must contact the Tribal Office at 1.800.929.8229 or 1.541.672.9405. Ballots are to be returned to the Siletz Agency and must be received by the Agency no later than close of business on August 9, 2002.

COW CREEK HEALTH & WELLNESS CENTER HOURS

Hours for the Cow Creek Health & Wellness Center are:

Monday and Tuesday	9 a.m. - noon 2 p.m. - 5 p.m.
Wednesday	9 a.m. - noon 3 p.m. - 5 p.m.
Thursday and Friday	9 a.m. - noon 2 p.m. - 5 p.m.

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

INFORMATION & HAPPENINGS

WALKAMERICA – March of Dimes Update

Again, the Cow Creek Band of Umpqua Tribe of Indians did an outstanding job in their participation of WALKAMERICA, the recent March of Dimes fundraiser. At \$10,315, the team's 2002 total exceeded their 2001 total of \$8,770.

The Roseburg area contributed approximately \$52,000 to the campaign. At a little over \$10,000, the Cow Creek team's contribution was almost 20%.

25th Annual Cow Creek Pow-Wow To be Held July 19-21

The 25th Annual Cow Creek Pow-Wow will be held at South Umpqua Falls on Friday – Sunday, July 19 – 21, 2002. All Native American craftspeople are welcome. Friday, July 19, is the evening scheduled for the family potluck dinner. Bring your favorite dish to complement the salmon, frybread, and juice that will be provided. For more information, call Roma Jackson at the Cow Creek Tribal Offices at 1.541.672.8533 or 1.800.935.2649.



New Guidelines from the American Heart Association Focus on Good Foods to Eat



Everyone knows nutrition is a key player in creating a healthy heart, body, and mind. Until recently, heart-healthy eating goals focused on avoiding certain foods. In 2000, the revised American Heart Association guidelines were published and they focused on foods that should be eaten rather than foods that should be avoided. These recommended foods contain plenty of heart-healthy nutrients, such as soluble fiber and omega-3 fatty acids, as well as vitamins and minerals.

The American Heart Association's first suggestion is to achieve an overall healthy eating pattern. That pattern includes eating foods from all the major food groups. A variety of grains, fruits, and vegetables should be consumed. These foods form the basis of healthy meals and are important because they provide soluble fiber and other heart-healthy nutrients.

Soluble fiber is important because it forms a gel that binds some cholesterol in the small intestines and carries it out of the body, potentially lowering cho-

lesterol. There are many ways to enjoy more soluble fiber in your diet. Start your breakfast with a bowl of oat cereal. For those who miss breakfast, keep a bag of whole grain cereal at your desk.

Lunch or dinner can include more soluble fiber by adding quick-cooking barley to soups or casseroles. Kidney or garbanzo beans can be included in salads. Have your noon or evening meal include rye bread and fill up on an apple, pear, or orange.

Everyone needs an occasional snack and there are ways to make heart-healthy decisions with snacks, too. Eat baby carrots or roasted soy nuts. Dip vegetables or baked chips in hummus. Mix your favorite whole grain cereal with nuts and dried fruit. Create your own snack mix.

The following basic objectives should be part of a person's daily nutritional plan. Eat at least three servings a day of fruits or vegetables. Select six to eleven servings a day of grain products. Include fat-free or low-fat dairy products, legumes (dried beans and peas), poultry, and lean meats. An additional good objective is to eat at least two servings of fish per week. Each of these objectives helps a person increase their intake of soluble fiber.

Healthy Eating in Indian Country *

How a person can consume less sugar is easy

Most people eat too much sugar. Busy schedules contribute to reliance on processed foods and many processed foods are high in sugar. They're also high in calories and contribute to unwanted weight. Candies and cakes also contain a lot of sugar.

Instead of consuming processed foods such as canned fruits, presweetened cereal, sugar-sweetened fruit punches and soft drinks, candy, candy bars, pies and pastries; try eating fresh fruits, plain cereal topped with fresh fruit, water, crackers, and plain popcorn.

Did you know?

- 12 ounces of cola has 8 teaspoons of sugar
- A half cup serving of peaches in heavy syrup has 4 teaspoons of added sugar

** edited from "Healthy Eating in Indian Country" series*

Cow Creek Elders Trip

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The elders spent Saturday visiting with elders of the Burns-Paiute Tribe at the Tribal Community Center. Burns-Paiute elders shared stories in their own language. At 4:30, visiting ended and the elders traveled on to Bend. The group decided to eat at a local truck stop. After supper, Esther, Tooter, and Rhonda, shopped Wal-Mart. Saturday night's accommodations were at Bend's Cimarron Motor Inn.

After breakfast on Sunday, the group toured the High Desert Museum. Ralph Young left the group to be with his daughter, a Bend resident. The remaining seven elders drove to Diamond Lake where they had a snack and dropped Tooter. The

smaller group of six elders returned to the Cow Creek Government Offices in Roseburg.

According to Tooter Ansures, "This was a great trip. The only bad thing is we had too much to eat. Everything else was great. We really had a good time."

The trip was designed as part of the Cow Creek Tribe's effort to make the elders program a priority. Rhonda Malone said, "We all really had a good time being together for a

longer period of time. The elders on the trip didn't have any costs. Transportation, lodging, and meals were all paid for. We sure hope we can do this again in the future."



At 83, Nepu Kennedy is the Burns-Paiute's oldest Tribal Member. During their visiting time, Nepu told Coyote stories in her native language to the visiting Cow Creek elders. (The man at left in photo is unidentified.)

Cow Creek Culture Camp Expanded to Two Days

This summer, Cow Creek Culture Camp will be held on two days, Saturday, July 6, and Sunday, July 7. Camp was expanded to a two day format since last year's one day Camp was well received and because two days provides more time for classes and activities. Again, Culture Camp will be held at the K-Bar Ranch.

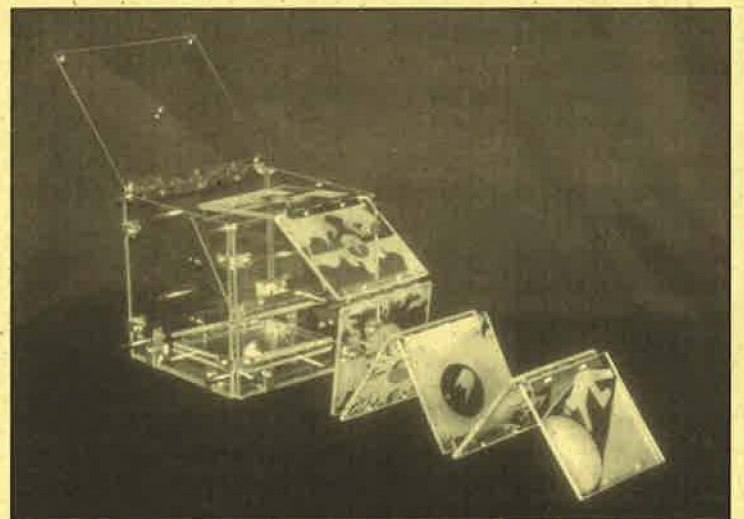
Tribal members and their families are invited to attend one or both days of Cow Creek Culture Camp. Since it is a day camp, the individual Culture Camp participant must make arrangements for overnight accommodation.

Those who are interested in receiving a Culture Camp application packet should contact Kelly Strickler, Education Director, at 1.541.672.9405 or 1.800.929.8229. The application packet will include the registration form, information on classes and activities, and local overnight accommodation information.

Tribal Member Receives National Recognition for "Book of Symbols" Creation

Cow Creek Tribal Member, Cam Campman, a graphics arts student at Lane Community College, entered one of his class graphics projects titled "Book of Symbols" into the "League of Innovation" nationwide art competition. The jurors judged "Book of Symbols" third overall in the competition and recommended it for purchase. "Book of Symbols" is now on permanent display at Lane Community College since the school purchased it last month. Cam Campman said, "I can't believe I sold art," on learning of the College's purchase.

Cam Campman is continuing to add to his portfolio as he works to be accepted, once he graduates from Lane Community College, at the American Indian Art Institute in Santa Fe, New Mexico.



Cam Campman's "Book of Symbols" wins nationally.

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