



**Information Exchange
Abounded at Cow
Creek Tea**

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**Cow Creek Tribal
Member Begins a
Notable Racing Career**

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**MARCH
EDITION
2003**

Volume 13 Issue 3

OF UMPQUA TRIBE OF INDIANS



KIUYUM-ID

HIGHLIGHTS

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From the Chairman...

The Board of Directors Make Annual Washington State Trip

On the week-end of March 7, 8, and 9, the Board of Directors made the annual trip to meet with Tribal families in Washington State, holding the usual meetings in Woodland on Friday night and in Port Angeles on Saturday afternoon. The purpose of this trip is to keep our Tribal members informed of ongoing activities ... a progress report, so to speak. It is also an opportunity for information sharing and for answering questions.

From the position of the Board, these meetings are energizing. Both meetings had a good turn out and the attitude of our membership was so positive. People come with good questions and a supportive

attitude of the work the Board is doing. Although the "out of the service area" members receive fewer benefits than the locals living "in the service area", they are so pleased with the direction the tribe has taken in our ongoing effort to provide for tomorrow. We also get good news, too...one young member with a GPA of 4.0. Congratulations!

Members from both areas voiced interest in coming to the annual Tribal family picnic at Bare Park on September 6.

*From the Board
Sue Shaffer, Chairman*

Dylan Tyler Rondeau – A Strong Student

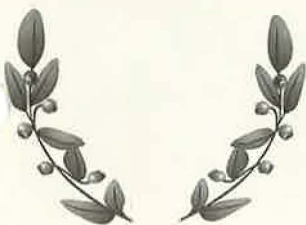
Dylan Tyler Rondeau, son of Tribal Member Chuck Rondeau and Carolyn Rondeau, is currently a freshman with a 4.0 GPA at Port Angeles High School in Port Angeles, Washington. Dylan's grades in computer science have been outstanding and he has been nominated for Business Student of the Year for 2003.

Prior to entering high school Dylan was chosen Student of the Year at Stevens Middle School in Port Angeles where he had earned a 3.99 GPA over a three-year period. Enrollment at Stevens Middle School is over 600.

Dylan is interested in a potential career in computer science, possibly in the computer graphics and design field.

Emily Rose Krantz, Cow Creek's Oldest Tribal Member, enjoys the Elders Trip

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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

TELE-HEALTH SCHEDULE

Tele-Health is a program that provides opportunities for interested Tribal members to become more informed about specific health topics via telephone conferencing. All calls are scheduled for the second Thursday of each month and last half an hour. Two phone sessions are scheduled on Tele-Health Thursday, one at noon and one at 7 p.m.

Tele-Health topics for the upcoming months are listed below. For information on how to participate in a Tele-Health call, contact the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.

- **April 10, 2003**

At noon and 7 p.m.

Topic: Women's Health

Provider: Dr. Trudy Mills

Dr. Mills will talk about what diseases are killing women today, what today's women face as lifestyle risks, what the complications of those risk areas are as well as prevention guidelines. Dr. Mills will also review the health concerns a woman should see a doctor about.

- **May 8, 2003**

Topic: First Aid

Provider: Noreen Thompson

- **June 12, 2003**

Topic: Foot Care

Provider: Russ Leonard

WANT TO QUIT SMOKING? Orientation Class Scheduled for April 2

It's been proven that getting support and information prior to quitting the use of tobacco can increase likelihood of success. On Wednesday, April 2, from 6 p.m. to 8 p.m., an orientation on smoking cessation is scheduled at the Cow Creek Health & Wellness Center.

Cheryl Gifford, Cow Creek Health & Wellness Center's on staff psychologist, and Tricia Hedges, Cow Creek's on staff dietitian, will address stress management and weight control issues that occur when a person quits using tobacco. Other topics related to quitting the use of tobacco will also be addressed. For more information, contact the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.



Healthy Eating Pays Off!

Scientific research has proven there is a direct relationship between what we eat and our health. Eating well powers us with needed energy, contributes to attractive looks, and maintains a healthy weight. Eating well also helps prevent annoying problems like irregularity that can slow a person down.

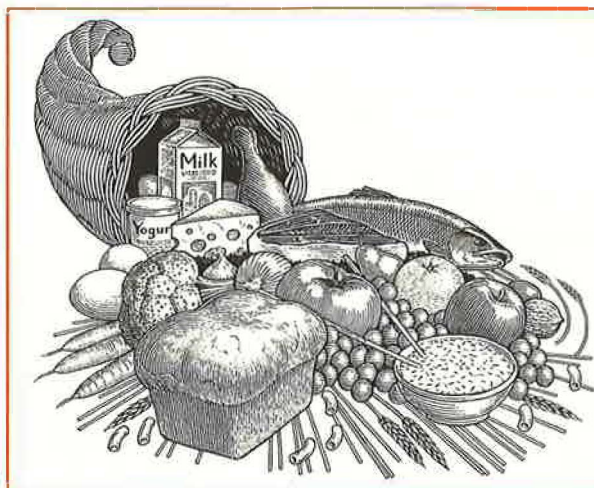
A lifetime of good eating helps prevent or delay a number of illnesses that can rob a person of zest for life or result in premature death. Poor eating habits contribute to contracting heart disease, cancer, stroke, and dia-

betes, four of the ten leading causes of death in the U.S.

The best part of this news is, it's easy to eat well. Start by eating lots of grains, vegetables, and fruits. These foods supply important nutrients and fiber. When eaten as part of a balanced, low-fat diet, they may well reduce our risk of heart disease and some types of cancer. Only lean meats should be consumed. Also, sweets should be limited. Added fats such as butter or margarine, sour cream, regular salad dressings, and cream cheese should be limited, too. Start cooking food from "scratch." Use more unprocessed foods such as whole grain flours and brown rice. Avoid fast foods.

Regular exercise, getting plenty of rest, and drinking lots of water are also components of good health. Improve health by beginning to make small changes and build upon those changes.

Many factors that affect our health are beyond our control, such as getting older or our family history. But eating well is within our control. It pays off.



Elders Travel to Elders Honors Day in Coos Bay

At 9 a.m. on Friday, March 14, two large passenger vans waited outside the Cow Creek Government Office as Cow Creek Tribal elders arrived to begin their trip to the Coos, Lower Umpqua, Siuslaw Tribe and the Coquille Tribe's Elders' Honors Day. Once the group got to Coos Bay, the 21 Cow Creek became part of a group of 500 elders that arrived from all areas of Oregon and northern California. The Elders Honors Day festivities took place on Saturday afternoon.

Before dinner at the National Guard Armory in Coos Bay, several of the Cow Creek went to the Mill Casino to try their luck. The Cow Creek group joined about one hundred other elders for breakfast Saturday morning at

the Coos, Lower Umpqua, and Siuslaw Tribal Hall. After breakfast, Cow Creek elders traveled to Bastendorf Beach to see the 25' waves, Cape Arago, and then had lunch at the Boat Works in Bandon. Touring Bandon Cheese Factory and shopping followed lunch. Saturday evening's dinner was at the Mill Casino. Elders stayed at the Red Lion Hotel in Coos Bay both Friday and Saturday nights.

According to Rhonda Malone, Cow Creek Elders Program Coordinator, everyone had a good time though, she said, "Ed and Esther will need to behave on our next trip or they won't be able to go."

UPCOMING ACTIVITIES IN 2003 FOR COW CREEK ELDERS INCLUDES:

- Siletz Elders Honors Days on April 8 and 9,
- a visit to the Grand Ronde and Siletz Casinos in May,
- an Elders Picnic at Bare Park in June,
- an Elders only Pot Luck at the Pow Wow in July,
- a huckleberry gathering and pot luck in August,
- a Rogue River jet boat trip and dinner in September,
- an Elders' pot luck for families in October,
- an Elders' Holiday dinner in November,
- and a trolley ride and pizza dinner with JOM in December.

More details on each event will be published in upcoming issues of KIUYUM-ID.



a.

a. Cow Creek Elders at Bastendorf Beach.

b. Emily Rose Krantz gets ready to "hit the beach." Shirley Roane watches.

c. Ed Davenport gets into van,

d. Leland Van Norman with Ester Gatewood peeking around,

e. Polly Rondeau, and

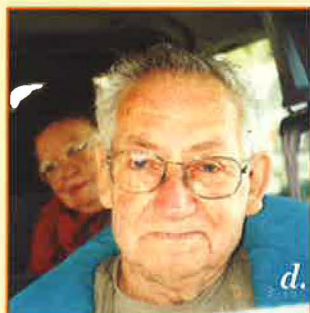
f. Mickey Rainville wait and wait for the vans to leave the parking lot.



b.



c.



d.



e.



f.

Cheyenne Dakota Mellin “Cleans Up” in Pee Wee Go-Kart Racing



By age four, Cow Creek Tribal member, Cheyenne Dakota Mellin was watching go-kart races...and loving them. At age seven, Grandpa Randy Ferguson asked Cheyenne if she'd like to be a go-kart racer. With a “yes,” she began her career, earning 15 trophies (one isn't in the photo) in the Pee Wee class. Cheyenne moves on to the 5hp Open class this next season. No more Pee Wee racing for this young gal who turns nine on April 9.

Cow Creek Health & Wellness Center's Healthy Woman Tea a Great Success

Eighteen Tribal members and employees attended the Healthy Woman Tea, catered by Seven Feathers Hotel & Casino Resort, at 1 p.m. on Sunday, March 9. The tea was organized as part of the Well Woman program at the center and specifically highlighted breast and cervical health awareness. Guest speakers and numerous informational displays were part of the day. Jennifer and Heather Van Norman brought items from their own family history to display for everyone's enjoyment.

Information, “goodie bags,” and door prizes were part of the fun, too. According to Sharon Stanphill, Director for the Cow Creek Health & Wellness Center, “This was a good day. Many of the women present told me they thought the information offered was useful. And they enjoyed the opportunity to visit and catch up with other Tribal women.”



a. From left to right: Dr. Sharon Stanphill, Dr. Trudy Mills, Andrea Davis, Dr. Cheryl Gifford and Pam Cressall with back to camera.

b. From left to right: Dr. Cheryl Gifford, Dr. Trudy Mills, Carol Follett, RN, share information. Again, Pam Cressall's back is to the camera.

c. Pamela Murphy and her mother Loretta Corbett have a good time at the Healthy Woman Tea.

d. Jennifer Van Norman, Tamara Robinson, and Heather Van Norman look at the Van Norman historical display.



Johnson O'Malley News

Listed below are a few questions that folks typically ask about the Cow Creek JOM Program:

What is JOM or Johnson O'Malley?

The Johnson O'Malley Program is a supplemental program that provides services to Cow Creek Tribal Members from age 3 through 12th grade. To benefit from the JOM Program, Tribal Members must reside within the Tribe's seven county service area and must attend, once they are of school age, a public school. The Johnson O'Malley Committee consists of a seven parent groups that meet the first Monday of each month. This committee plans yearly activities scheduled each year, as well as approving tutoring requests.

How do I utilize JOM services?

To receive assistance for parental costs or tutoring, the Cow Creek Education Director, Kelly Strickler, must be contacted. All new applicants need to complete a JOM application. For parental costs and tutoring requests, a "Request for Services" form is required.

What are "parental costs"?

"Parental costs" is what the \$50 per annum allowance for Cow Creek JOM students is called. Students may receive assistance for the following: swimming lessons, golf fees, sports fees, musical fees, dance fees, pre-school fees, and middle/high school fees. For more information, contact Kelly Strickler, 1.800.929.8229 or 1.541.672.9405.

EDUCATION NEWS

SCHOLARSHIP OPPORTUNITY

The Oregon Student Assistance Commission administers the Barber & Hairdresser (B & H) Grant Program. This grant program makes one time awards of \$600 to about 90 students each year. To be eligible: students must be Oregon residents with a financial need; students must file a Free Application for Federal Student Aid (FAFSA); and students must be attending a licensed Oregon school of barbering, hair design, cosmetology, or manicure that has course work of at least nine months or 900 hours. To apply for a B & H grant, speak with the financial aid officer at the school you plan to attend. For questions or concerns, contact Kelly Strickler at the Cow Creek Government Office at 1.800.929.8229 or 1.541.672.9405.

COW CREEK HIGHER EDUCATION OPPORTUNITIES

The Cow Creek Higher Education Program offers assistance to Tribal members who are interested in getting a one year certificate, a two year degree or a four year degree. For information, contact Kelly Strickler, Education Director, at 1.800.929.8229 or 1.541.672.9405.

Summer In Indian Country

Once again, the Lewis & Clark Law School is offering courses in Indian law during two summer sessions running from May 27 - July 31. This unique program combines Indian law courses with internship opportunities, field study on law and policy, and weekly roundtable discussions with Tribal leaders and practitioners. The program is open to all law students in good standing at ABA-accredited schools and to others with special permission.

More information can be obtained at the Web site, www.law.lclark.edu/dept/indianlw. Questions can be e-mailed to indianlw@lclark.edu.



*Stone tool set from the Maryhill Museum Native American collection.
Courtesy of Maryhill Museum of Art,
Goldendale, Washington.*

11th Annual Spring Pow Wow at SOU

On Friday and Saturday, April 12 and 13, Southern Oregon University will hold its 11th Annual Spring Pow Wow. All events will be held at the McNeil Pavilion in Ashland, Oregon. For more information or for vendor registration, contact the Native American Student Union at 1.541.552.6463 or fax 1.541.552.6440.

HIGHER EDUCATION GATHERING

A Cow Creek higher education gathering that will honor graduates from 2000, 2001, 2002, and 2003 will be held in June. The April issue of KIUYUM-ID will list the time, date, and location of the gathering. Please call Kelly Strickler, Education Director, at 1.800.929.8229 or 1.541.672.9405 if you have questions.

PROGRAM INFO

STRENGTHENING THE NEXT GENERATION

For parents, grandparents, or relatives interested in parenting support and information, contact Rhonda Malone at the Cow Creek Government Office at 1.541.672.9405 or 1.800.929.8229.

TRIBAL CHILD CARE PROGRAM

The federally funded Cow Creek Tribal Child Care Program serves Cow Creek youth under age 13 who live in the seven county service area. To use the program, parents must qualify by income and must also be working, enrolled in school, or attending a work experience program. Currently there is some space available in the Cow Creek Tribal Child Care Program. For information, contact Rhonda Malone at the Cow Creek Government Office at 1.541.672.9405 or 1.800.929.8229.

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
Holiday Motel
Canyon Cubbyholes
K-Bar Ranches
ciMediaGroup / ciPrinting
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.*

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www.cowcreek.com



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

oseburg, OR 97470

Cow Creek Tribal Government Offices
2371 NE Stephens, Suite 100

