



Tribal member Chris VanNorman & her daughter, Marisa Steward, work at the Beading Table at last year's Culture Camp.
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Volume 13 Issue 5

**EARLY JUNE
EDITION
2003**



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

KIUYUM-ID

HIGHLIGHTS

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Nominees Selected for 2003 Tribal Election

The Tribal General Council and Nominations Meeting was held on Sunday, May 18, 2003, at the Tribal Government Office in Roseburg. Chairman Shaffer opened the floor for nominations for the positions open for the 2003 Annual Tribal Election. The individuals who were eligible and returned their acceptance forms are as follows:

- (1) Kelly Rondeau (2) Roy "Steve" Jackson (3) George T. Rondeau

At the Tribal Board's request, the Siletz Agency of the Bureau of Indian Affairs will again have involvement in the Tribal Election.

Ballot packets, including instructions and a return envelope, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 18, 2003. If you are a registered voter and do not receive a ballot, you must contact the Cow Creek Tribal Office at 1.800.929.8229 or 1.541.672.9405. Ballots are to be returned in the enclosed envelope to the Siletz Agency and must be received by the Agency no later than the close of business on August 8, 2003.

Ballots will be counted on Sunday, August 10, 2003 at the Tribal Election Meeting.

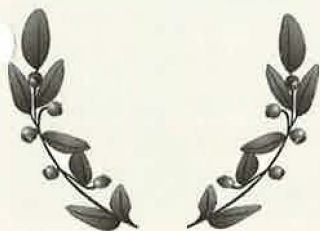
**Cow Creek Tribal Council Receives Award from
Roseburg Chamber of Commerce**

At a Monday Chamber of Commerce luncheon ceremony on April 14, 2003, the Cow Creek Band of Umpqua Tribe of Indians was honored for its community involvement. Community giving in Oregon is down 42% from three years ago but Roseburg continues to support philanthropy.

Twenty-one businesses were nominated for their community mindedness with three first place awards being presented to large, medium, and small business. The large business winner was the Cow Creek Umpqua Tribal Council of Roseburg. Runner-up in this category was Umpqua Bank. Mercy Medical Center won an honorable mention.



Detail shot of award given to Cow Creek Umpqua Indian Tribal Council



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

The Tele-Health teleconference call focuses on a different health topic each month. Calls occur on the second Thursday at noon and 7 p.m. Each call lasts one half hour and there is ample time for questions. Any Tribal member with an interest in the Tele-Health topic may call in and become part of the teleconference.

Tele-Health Topics for 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.

• June 12, 2003

Topic: Basic Foot Care

Provider: Dr. Ross Leonard

Dr. Ross Leonard is the podiatrist who works at the Cow Creek Health & Wellness Center on a part time basis. On the June 12 Tele-Health call, Dr. Leonard will discuss the basics of foot care: foot anatomy, foot care tips, finding the right shoes for adults and children, and how your walk can affect foot health.

Dr. Leonard will also discuss heelspur, hammer-toes, bone spurs, arthritis, athlete's foot, bunions, burning feet, flat feet, foot fungus, gout, tendonitis, ugly nail syndrome, shin splint, and other common foot ailments. Foot health is important to overall health and this Tele-Health call will provide information on that important connection.

• July 10, 2003

Topic: Children's Immunizations

Provider: Carol Follett

• August 14, 2003

Topic: Strength Exercise

Provider: Andrea Davis

Hepatitis B, Serious But Preventable

Hepatitis B, a serious infection of the liver, infects 240,000 people in the U.S. each year. Hepatitis B can lead to chronic disease, cancer, and even death. More than one million people in the U.S. have a chronic hepatitis B infection. Most people infected with the hepatitis B virus contracted it as adolescents or young adults. The Centers for Disease Control and Prevention (CDC) considers the hepatitis B virus, under certain conditions, to be 100 times more contagious than the virus that causes AIDS.

The disease is spread by direct contact with an infected person or through indirect contact. Common direct contact ways of getting the virus include: through the skin by way of cuts, scrapes, or needlesticks; through the eyes or mouth by exposure to blood or other body fluids, and through sexual contact. Indirect contact that may result in a person contracting hepatitis B includes: contact with a surface contaminated with infected blood or body

fluids; repeated sharing of a friend's or family member's toothbrush, razor, or earrings; getting a tattoo, and ear or body piercing. It is possible for the hepatitis B virus to retain its infectivity for as long as a month.

The good news is hepatitis B can be prevented by vaccination. Infants have been routinely vaccinated against hepatitis B since 1991. However, many adolescents haven't been vaccinated, leaving them in danger of getting hepatitis B. The CDC and the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), and the American Medical Association (AMA) recommend vaccination for 11 to 12 year-olds who haven't already been vaccinated.

For more information on vaccination against the hepatitis B virus, call the Cow Creek Health and Wellness Center at 1.541.672.8533 or 1.800.935.2649.

Mental Health Improvement

A person can do a great deal to improve mental health. There's no question that some situations require support group involvement or therapy, but there are ways to improve emotional well-being that require only individual initiative. Some basic suggestions for maintaining emotional health are listed below:

REDUCE STRESS LEVEL. If stress can be changed, do it. If stress needs to be endured, perform stress reducing exercises to assist you. Take a five-minute walk or breathe deeply. Keep your sense of humor.

EAT CORRECTLY. Reduce intake of refined sugars, bleached flour, and fat. Add brown rice, fruits, vegetables, grains and beans to your diet. Think low fat, high fiber.

SLEEP WELL. Setting a regular bedtime and wake time for yourself is important to health.

EXERCISE. Physical fitness can be improved with just three half-hour sessions of exercise a week. The better shape a person is in, the better they feel. Exercise actually creates chemicals in your brain called "endorphins" that contribute to a sense of well-being.

MEET NEW PEOPLE. Interacting with other people helps a person feel better. Find an activity or topic that interests you and join a group that is involved with that activity. Take a class. Go to church.

FOCUS ON SOMEONE ELSE. Help someone else. Without involvement in helping other people,

a person has a tendency to focus on their own problems. Putting problems in perspective is important.

TAKE A MINI-BREAK. Feeling a little pampered is good for a person. Get a new haircut or hair color. Go to the spa for the day. Spend the week-end at the beach. Allow yourself to be self indulgent.

QUIT SMOKING. Quitting smoking makes a person feel much better on all levels.

GET TREATMENT FOR ALCOHOL OR DRUG PROBLEMS. Drug/alcohol usage affects the brain chemicals that influence mood. Getting rid of substance usage in your life helps a person feel better physically, mentally, and emotionally.

GET HELP FOR MENTAL HEALTH PROBLEMS. If you have been "down" for a month or more or if you've had thoughts about hurting someone else or yourself, seek help. Depression can also manifest through eating and sleeping difficulties or concentration troubles. If any of these problems plague you, contact your doctor, a health professional, or your pastor. The Cow Creek Health & Wellness Center is able to assist in this area, too, and has excellent community references for specific problems.

These aren't new suggestions. These are reminders that each of us can do a lot to stay mentally healthy.

Culture Camp 2003 Has New Dates – June 27, 28 and 29

In the early May issue of KIUYUM-ID, Culture Camp was listed as occurring on August 1, 2, and 3. Dates for Culture Camp 2003 have been rescheduled for Friday, Saturday, and Sunday, June 27, 28, and 29. The location, Bare Ranch Park, is the same.

Culture Camp is open to all Cow Creek families. Bare Ranch Park has shower and restroom facilities as well as a limited number of tent spaces. Individual campfires are not permitted at Bare Ranch Park. Reservations for tent space and attendance at Culture Camp should be made by calling Kelly Strickler or Rhonda Malone. Both can be reached at 1.541.672.9405 or 1.800.929.8229.

Culture Camp 2003 is full of activity. Class topics include: nauset necklace making, archery, brain tanning, flintknapping, basketry, hand drum making, craft corner, four directions bracelet class, basket table display, and dentallium/olivella necklace and key chain making. For information on specifics of when classes will be taught, call Kelly Strickler or Rhonda Malone at the numbers above. The general schedule for Culture Camp 2003 is listed below.

JUNE 27, 2003 (FRIDAY)

Registration opens at noon. Introductions begin at 1 p.m. Classes run from 1:30 p.m. until 6 p.m. and are followed by a catered barbeque dinner. Time for socializing, visiting, hand drumming (sharing songs), and sharing stories are scheduled for 7 until 9 p.m. Camp ends at 9:30 p.m.

JUNE 28, 2003 (SATURDAY)

Registration begins at 8 a.m. and a catered continental breakfast begins at 8:30. Introductions begin at 9:30. Classes run from 10:00 a.m. until 1 p.m. and are followed by a catered lunch; scheduled from 1 to 2 p.m. Classes begin again at 2 and run until 6 p.m. Saturday's afternoon classes are followed by a catered salmon bake dinner at 6 p.m.

Social time is scheduled from 7 to 9 p.m. Camp is over for the day at 9:30 p.m.



Salmon is baked, in the traditional way, at the Salmon baking pit for the Culture Camp.

JUNE 29, 2003 (SUNDAY)

Registration starts at 8 a.m. and the catered continental breakfast also begins at 8. Introductions begin at 9 a.m. and Sunday morning classes run from 9:30 a.m. until 1:00 p.m. A catered lunch, scheduled from 1 to 2 p.m., follows the classes. Culture Camp ends after lunch on Sunday.

All reservations and completed liability forms for Culture Camp need to be received at the Cow Creek Government Office by June 23, 2003.

DRIVING TO BARE RANCH PARK

From the north. Take exit 113 off I-5, the Clarks Branch Road exit. Turn right at the stop sign. At the next stop sign, take a left. You will now be on Dole Road. Follow the road behind the small market/motel until the K-Bar Ranch sign, at 5719 Dole Road, is visible. Turn right. Go over the railroad tracks. This road will lead you right to Bare Ranch Park. The South Umpqua River will be on your left as you drive this dirt road.

From the south. Take the Clarks Branch Road, exit 113, off I-5. Turn left at the stop sign and left again at the next stop sign. Those two lefts put a person on Dole Road. Once on Dole Road, follow the directions detailed above.

MORE NEWS & INFO

26TH ANNUAL COW CREEK TRIBAL POW WOW TO BE HELD JULY 18TH, 19TH & 20TH

The Cow Creek Band of Umpqua Tribe's Annual Pow Wow will be held at South Umpqua Falls on July 18, 19, and 20 (Friday – Sunday). Set-up and the Tribal Potluck Dinner are scheduled for Friday, July 18. Bob Tom of the Siletz will serve as master of ceremonies at Saturday's pow wow events and Ackaktay is the host drum. No meal will be provided at the Saturday Pow Wow. Breakdown and clean up occur on Sunday, July 20. Drugs and/or alcohol are not permitted at the three-day event.

All drummers, dancers, singers, and traditional craftspeople are welcome. Only Native American handcrafts are to be displayed.

For more information, contact: Roma Jackson at 1.541.672.8533, Tom Rondeau, Sr., at 1.541.496.3324, or Tooter Ansures at 1.541.779.1690.

JOM STUDENTS HELP AT "KIDS HELPING KIDS" FUNDRAISER

The Johnson O'Malley Parent Committee coordinated a bake sale for fundraising on April 26 at the South Umpqua High School Pow Wow. Three JOM students; Nathan Nichols, Talon Nichols, and Dalin Nichols sold baked goods and raised \$48.53 in funds for the Boys and Girls Club and the Cobb Street Child Care Center in Roseburg.

UPCOMING COW CREEK GATHERING DATES

September 6 – Annual Tribal
Family Picnic

UPCOMING ELDERS' ACTIVITIES

June 27 – Elders' Picnic at
Bare Ranch Park

July 19 – Elders' Potluck at
South Umpqua Falls



**COW CREEK ELDERS AT WARM
SPRINGS ELDERS' HONORS DAY.**

*Front row from left to right:
Emily Rose Krantz, Tom Rondeau,
Sr., and May Rondeau. Back row
from left to right: Delbert Rainville,
Mickey Rainville, Shirley Roane,
and Polly Rondeau. More details
on Cow Creek Elders' activities in
the next issue of KIUMYM-ID.*



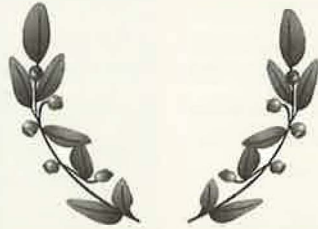
Keep Your Address Current

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.

Annex To Cow Creek Government Office Opens In June

The Cow Creek Band of Umpqua Tribe purchased the building directly across the street from the Government Offices several months ago. This month, both Rio Communications offices in Roseburg and Nesika Health Group will be located at the Cow Creek Government Office Annex, 2360 N.E. Stephens.



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
Creative Images (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.*

www.cowcreek.com



phone: 1-800-929-8229
fax: 1-541-673-0432

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