

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

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26th Cow Creek Tribal Pow Wow – July 18, 19, and 20

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 MC at Saturday's Pow Wow events. 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.

A pass has been negotiated with the U.S. Forest Service for the Tribe to use the Falls Campground July 8 – 22. All Tribal members and Pow Wow guests will be able to camp during the Pow Wow under the provisions of this pass. **Tribal members intending to camp anywhere in the Umpqua National Forest at other times must obtain a Day Pass (see article below).**

Pow Wow Etiquette

Pow Wow traditions vary from tribe to tribe. There is even more variance region to region. Usually, the Pow Wow MC (Master of Ceremonies) will provide instructions. Always ask questions when in doubt. Respect, courtesy, and common sense will take you far in the Pow Wow environment. Listed below are some tips that will assist you in Pow Wow participation:

Stand and remove your hat (if it doesn't have an Eagle feather) during the Grand Entry, honor songs, special prayers, or when elders are dancing. The MC will usually remind you of this detail at the necessary times.

Always ask permission before taking photos of anyone. Always ask permission before recording songs offered at the Pow Wow. Always ask permission before touching anything belonging to a

dancer or drum group. The Pow Wow is a tribute to our culture. It isn't a show performed for outsiders.

Dress appropriately. Wear clothing that shows your respect for those around you.

Feel free to dance during the intertribal and round dances, even if you aren't of American Indian descent or aren't wearing traditional regalia. Keep the arena clear at all other times. If you are a dancer, remember the example you set for others is of great impact when you are dressed in traditional clothing.

Respect differences in religion and spirituality. Pow Wow is not a place to "witness" to people uninvited nor is it a place to pry into tribal spiritual customs.

Tobacco Cessation Classes – Orientation on Wednesday, July 9th

On Wednesday, July 9, at 4 p.m., the Cow Creek Health & Wellness Center will hold orientation for tobacco cessation classes in the Huckleberry Room at Seven Feathers Hotel & Casino Resort. These classes offer the most up-to-date information on how to quit tobacco use that's available today. Stress management, weight control, and replacement information are all part of the information provided at orientation.

It seems that anyone who has quit smoking will tell you it was the one decision they've never regretted. Taking a look

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Day Pass For Umpqua National Forest

Tribal members interested in camping in the Umpqua National Forest can avoid payment of fees if they have a Day Pass.

To obtain a Day Pass, Tribal members may apply in person or call the Cow Creek Office (1.800.929.8229 or 1.541.672.9405). Upon receipt of your Day Pass, sign it and display it on the dashboard of your vehicle whenever you camp in the Umpqua National Forest. Do not loan your pass to others. This Day Pass is usable only in the Umpqua National Forest and is issued on an annual basis.



Tobacco Cessation Classes – Continued from front page

at the statistics, it's not hard to see why quitting tobacco use is a good decision. Tobacco use is related to about 419,000 deaths in the U.S. every year. Smokers die at younger ages. Smokers who give up tobacco use before age 50 have half the risk of dying in the next fifteen years compared to those who continue to smoke. If a person smokes less than half a pack of cigarettes a day, chances of dying at a younger age are 30% greater than a non-smoker. Those who smoke one to two packs of cigarettes a day increase risk by 100%. Smokers who smoke more than two packs a day increase their risk of dying at a younger age by 140%.

More than 35,000 people in the U.S. try to quit smoking every day. Only about 5% succeed. The low rate of success is linked to the fact that nicotine use is addictive. It changes the way information is transmitted in the brain. When a person smokes a few cigarettes, the brain cells adapt to a different mix of neurotransmitters that nicotine stimulates.

Without nicotine, there is below-normal neurotransmitter release, causing withdrawal symptoms, i.e. irritability. When a smoker says, smoking relaxes him, he's saying smoking cigarettes treats his nicotine withdrawal symptoms.

Typically, a smoker will develop a target concentration of nicotine and smoke to maintain nicotine at that target level. If a smoker switches to a cigarette with less nicotine, he will subconsciously smoke more cigarettes, inhale more deeply, hold the smoke longer, or put his lips over the microscopic holes in the cigarette filter to keep them from pulling in air that dilutes the inhaled smoke. All these techniques assist a smoker's system in absorbing enough nicotine to reach his target nicotine level.

Nicotine also has a mild stimulant effect that increases attentiveness, heart rate, and blood pressure. When a person successfully quits smoking, blood pressure drops to normal, pulse rate drops to

normal and smoker's cough disappears.

It is never too late to quit smoking. The positive results are immediate. A person who quits no longer pollutes the air. Short-term poisoning from carbon monoxide, nicotine, and other compounds causes many of the effects of smoking. These poisons begin to leave the body within hours or days. The gases that damage the cilia lining in the bronchial tree of the body can begin to repair themselves.

Studies show that 20% of those who quit smoking join group sessions and continue with support groups for at least six months to prevent relapse. Information on stress management, behavior changes, and diet control also play a role in quitting the use of tobacco. The Cow Creek Health & Wellness Center provides information on how to quit tobacco use successfully with a minimum of discomfort. Call 1.541.672.8533 to ask questions or to reserve a spot for orientation on July 9.

www.cowcreek.com



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