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Cow Creek Band of Umpqua Tribe of Indians & Wellness Center

September 2004

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- The effects of secondhand smoke and prevention.
- Injury Prevention Program: assisting with the purchase of a car seat and educating parents on car seat safety.
- Higher education programs through the Cow Creek Tribe.
- Highlight Tribal member family functions update.

Tribal General Elections

The General Elections for two positions on the Cow Creek Band of Umpqua Tribe of Indians Board of Directors took place August 8, 2004 at the Cow Creek Government Offices in Roseburg, Oregon.

The nominations for these positions were taken at the May 16, 2004 General Council Meeting.

This year's election was again conducted with the assistance of the Bureau of Indian Affairs and the Tribal Election Committee.

The Tribal Election Committee consisted of Rhonda Malone, Shirley Roane, Andrea Davis, Michael Rondeau and Tammy Woodruff.

Please Note: The General Council Meeting scheduled for Sunday November 14, 2004 has changed from 11AM to 10AM.

The results of the 2004 Tribal Board of Directors election are: **Sue Shaffer and**



Dan Courtney.

They were re-elected to serve a four-year term.

The election committee would like to thank the Tribal membership for participating in this year's election process.

Over-The-Counter-Program

All requests for the Over-The-Counter-Program must be received by November 15, 2004. The only exceptions to this date will be for Sonicare toothbrushes, Cow Creek Tribal members enrolled after November 15, 2004 and members requesting reimbursement for self-pays.

Enrolled Tribal members will be able to access the Over-The-Counter Program again on January 3, 2005. If you have any questions please contact Tamara Robinson at the Cow Creek Health and Wellness Center at 800-935-2649.

Health News

Secondhand Smoke

When you are exposed to smoke it is called secondhand smoke. There are two types of secondhand smoke; sidestream and mainstream.

Sidestream is the smoke from the burning end of a cigarette and mainstream is smoke exhaled from the lungs of a smoker. Sidestream has a higher concentration of toxic chemicals than mainstream because it is finer therefore being breathed deeper into the non-smokers lungs.

Studies have shown that children exposed to cigarette smoke in the home have more upper respiratory infections and more difficulty recovering from these infections. These children have more problems with chronic cough and chronic middle-ear infections as well. Secondhand smoke is a strong respiratory irritant and can cause or worsen respiratory conditions: asthma, COPD and allergies.

Children in households where one or both parents smoke have twice the amount of bronchitis, pneumonia and are hospitalized more frequently before their first birthday than children of non-smoking parents. If both parents smoke, teens are more likely to become smokers them-

Smoke Free Functions

Due to the over whelming studies of the effects of secondhand smoke, the Cow Creek Health & Wellness Center has gained support of the Cow Creek Tribal Board of Directors to have all 'Johnson O'Malley' functions be 'smoke free'. This does not exclude the use of traditional tobacco. The Cow Creek tribe does not wish to impede the use of tobacco for healing or prayer.

The first smoke free event was Culture Camp; appreciatively, no one was observed smoking. The staff for the Health & Wellness Center would like to thank the Cow Creek Tribal Members for supporting this effort.

selves.

Steps To Avoid Secondhand Smoke

- Keep your home free of secondhand smoke by having guests and family smoke outside.
- Do not smoke or allow others to smoke in your automobile.
- Sit in non-smoking sections of public areas (restaurants, airports, shopping malls, etc).

For more information and help in these areas call the

Injury Prevention Program

The Cow Creek Health & Wellness Center has been awarded an Injury Prevention Grant of \$10,000.00 from the Portland Indian Health Services. The Injury Prevention Grant is designed to enhance car seat safety for Cow Creek Tribal families.

The Oregon State Child Safety Law, effective January 1, 2002 states that children in an automobile under 6 years of age or under 60 pounds are required to be properly secured in a child safety seat or booster seat.

Injury Prevention Program Process:

- During the initial contact with

the Program Coordinator, a questionnaire (available over the phone) will be given to determine the weight/height/age of the child, and further questions determining eligibility and the appropriate car seat for the child.

- After the proper type of seat has been determined, the applicant will receive a packet with car seat safety information, a check off list, a self addressed stamped envelope and a car seat safety clinic schedule for the area. A purchase order will be faxed to a participating store convenient to the applicant where the appropriate car seat may be picked up.

- When meeting with the technician at the selected location, he/she will complete the check off list form. The final step is to return the completed form in the return envelope to the Cow Creek Health & Wellness Center within 14 business days. By complying with the Program Coordinator the Tribal family will be entitled to the next upgraded car seat based on the child's growth.

Tribal member families interested in the Injury Prevention Program may contact the Program Coordinator at the Cow Creek Health & Wellness Center at 541-672-8533 or 800-935-2649.

Education Honor Dinner

The Education Honor Dinner was held on June 24, 2004 at Seven Feathers in the Huckleberry Room.

The honored high school graduates were: Aaron Hill of Roseburg High School and Brian Emerson of La Center High School.

The honored higher education graduates were: Jeremy Bochart of Oregon State University with a Bachelors Degree in Environmental Science.

Among the attendees showing their support were; Ashley Courtney of Sutherlin High School with the Class of 2005, Amy Emerson of La Center High School with the Class of 2005, Kari Courtney of Thomson Education Direct majoring in Medical Transcription and Josh Emerson of Eastern Washington University majoring in Environmental Science.

If you are a high school graduate, GED graduate, college graduate for 2005 or if you are interested in attending the 2005 Educa-

tion Honor Dinner please contact the Education Director, Kelly La Chance. The 2005 Education Honor Dinner will be held on June 9, 2005.

Pioneer Days

The Cow Creek Band of Umpqua Tribe of Indians was well represented at Pioneer Days in August. Along with information booths from the casino and tribe, Robert Van Norman carried the Cow Creek flag in the parade to represent the Cow Creek Band of Umpqua Tribe of Indians. Thanks to Robert for carrying the Cow Creek flag, the Tribal members and Seven Feathers staff who served in the booths.



Cow Creek Culture Camp 2004

The Cow Creek Culture Camp was held on June 25-27, 2004 at the Bare Ranch Park in Myrtle Creek, Oregon where 140 attendees participated in the weekend event.

The weekend event offered a variety of classes from flint knapping to drum making with additions such as drum painting and appliqué 2-needle beading. On the evenings of the 25th and 26th attendees enjoyed Pow-

Wow drumming, singing and dancing. A main highlight of the camp took place on the evening of Saturday the 26th as the traditional baked salmon dinner was served, along the side of other traditional dishes.

Many thanks to those whom made the event a success: Sue Shaffer for the basket design, Mike Rondeau for use of the grinder, Delbert Rainville for filleting the salmon, Polly Ron-

deau for helping set up, Robert Van Norman for picking up the salmon, Bruce Caldwell for helping with clean up, Michael and Lottie Hamrick for helping with clean up and the salmon bake and Victoria Nichols with registration.

The next Cow Creek Culture Camp is schedule for June 10-12, 2005.

Tribal Functions

Huckleberry Gathering Picnic

Several Tribal families met at Huckleberry Lake for the Annual Huckleberry Picnic on Saturday, August 14, 2004. Delbert Rainville, Tribal Elder and Board of Directors member, conducted the blessing prior to sharing the catered meal by the Seven Feathers Hotel and Casino Resort. The chil-

dren enjoyed the marsh area that supplied an abundance of little frogs, while others ventured out to pick huckleberries.

Next years Huckleberry Gathering Picnic is tentatively scheduled for August 13, 2005.

Tribal Elders and JOM Youth Jet Boat Excursion

A group of 30 elders and 30 youth attended the Rogue River Jet Boat Excursion on August 20, 2004. The group met in Grants Pass and boarded the jet boat around 4PM. The boat tour turned around after entering the Hell's Gate section of the river and headed back to the OK Corral for dinner. The trip included 360° turns and sudden stops all in the attempt to get the participants soaked. A great time was had by all.

5th Annual Tribal Family Picnic



Good times were had at the 5th Annual Tribal Family Picnic at Bare Park. More than 100

men, women and children attended this event. The children and some of the adults participated in the water balloon toss, potato-partner race, 2-legged race and one-sock-hop games while being encouraged by the game instructors, Amy Amoroso the Tribal Natural Resources Di-

rector and Troy Davidson the Tribal Alcohol and Drug Counselor. In addition there was a youth archery shooting range manned by Wayne Shammel, Tribal Attorney and a horse-vaulting demonstration by Marquita and Anthony Bufum, Tribal member youth from out of state. The games ended with the youth sculpting magnificent play-dough masterpieces for display. These sculptures were judged by Terry Hansen a Tribal member.

Sue Shaffer welcomed all and

spoke briefly about the local and national political concerns facing Tribal Nations with the current government administration. Terry Hansen conducted the prayer prior to the meal that was catered by Seven Feathers Hotel and Casino Resort and the picnic ended with the door prize give a-ways.



Education News

EDUCATION PROGRAM

Adult Education is available for Cow Creek Tribal members who live within the 7-county service area. The Adult Education assistance is intended for employment enhancement classes, GED preparation classes and GED testing fees.

Tribal Employment Enhancement is available for Cow Creek Tribal members that live outside the 7-county service area. The Tribal Employment Enhancement assistance is intended for employment enhancement classes, GED preparation classes and GED testing fees.

Adult Vocational Training is available for Cow Creek Tribal members who live within the 7-county service area. The Adult Vocational Training assistance is intended for vocational training programs that will be complete within 2 years.

Higher Education Program is available for Cow Creek Tribal members regardless of where they live. The Higher Education Program assistance is intended for obtaining a 4 year degree from a col-

lege or university and for pursuing a Master's degree program or Doctoral degree program.

Continuing and Distance Education Program is available for Cow Creek Tribal members regardless of where they live. The Continuing and Distance Education Program is intended for the completion of a certificate program, 2 year degree, 4 year degree, Master's degree or Doctoral degree. Tribal Members are required to take 1-7 credits

each quarter/semester and be working towards one of the defined degree programs.

Life Time Learning Program is available for Cow Creek Tribal members regardless of where they live. The Life Time Learning Program is intended for Life Time Learning classes and encompasses classes approved by the Tribal Board of Directors.

For more information contact the Education Director, Kelly La Chance at 800-929-8229.

College Information Night

The Cow Creek Education Program and the Title 7 Indian Education Program from Roseburg will be co-hosting a College Information Night October 19, 2004 at the Cow Creek Government Office in the Board Room.

There will be admissions information and financial aid information for Oregon community colleges and universities. Parents please bring your students if they are high school juniors or seniors. (Now is the time to start preparing for the 2005-2006 academic year.)

Anyone interested in attending a college or university and learning about the financial aid and admissions process is welcome to attend. For more information please contact the Education Director, Kelly La Chance at 541-672-9405 or 800-929-8229.

JOM (Johnson O'Malley) Parent Committee Members needed:

The JOM Parent Committee has openings for any parent, grandparent or legal guardian of a Cow Creek student who is age 3 to the 12th grade. The JOM Parent Committee meets the first Monday of each month at the Cow Creek Government Office. Those interested in joining can contact the Education Director.



2371 N.E. Stephens, Ste. 200
Roseburg, Oregon 97470

Important Notices

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 800-929-8229. You will be sent an application which you should fill out and sign. Enclose a photo and mail

the material back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

TRIBAL JOBS LINE

Tribal members interested in

employment opportunities at any of the tribal businesses can call the Tribal Jobs Line at 800-676-0854 to hear a pre-recorded listing of openings. The Tribal Jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their

households 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 Office, please recommend that they call the toll free number (800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

