



# KIUYUM-ID

*Cow Creek Band of Umpqua Tribe of Indians*

**January 2007**

**Inside this issue:**

Announcements	2
Archaeologist to feature artifacts in KIUYUM-ID	2
Upcoming Events	3
Vaccines for Children Program	4
Mark MacDonald Joins CCH&W Staff	5
Preparing for Natural and Pandemic Disasters	6
Kids Corner	7

- ◆ Archeologist Alexis Sleight will feature the culture and history of a Native American Artifact beginning in next month's KIUYUM-ID.
- ◆ A Pow- Wow Committee planning meeting will be held on Thursday, February 15th at the Main Office.
- ◆ Cow Creek Health & Wellness Center Welcomes Mark MacDonald, Drug and Alcohol Counselor, to staff.

## Tribal Leaders Meet with Governor Kulongoski

On December 13<sup>th</sup> 2006, Oregon Tribal leaders met with Governor Ted Kulongoski for the ninth annual Government to Government Summit. This year the summit was hosted by the Cow Creek Band of Umpqua Tribe of Indians at the Seven Feathers Resort.

Tribal leaders addressed the Governor and State Agency Representatives with many different issues. The Governor then reviewed his state budget plan for the coming year focusing on education, affordable health insurance, adding more state patrolmen to highways, and fighting the methamphetamine crisis. Additional issues brought forward included concern with gangs, sending young people to college, the job market, and protecting the environment.



Ron Brainard, Chairman of the Coos Tribe, Oregon Governor Ted Kulongoski, Sue Shaffer, Chairwoman of the Cow Creek Band of Umpqua Tribe and Ed Metcalf, Chairman of the Coquille Tribe.

The Government to Government Summit meeting is set to strengthen the relationship between Tribes and various State Agencies in Oregon. The meeting proves to be a time of learning and exchange of values for all those involved.

"There is no state that has a better State/Tribe relationship. I see you as sovereigns, as equals, and as citizens of the great State of Oregon.", said Governor Kulongoski.

## Tribal General Council Meetings Set for 2007

Tribal General Council Meetings for 2007 have been scheduled as follows:

- February 11, 2007
- May 20, 2007 \*
- August 12, 2007 \*\*
- November 11, 2007

*Nominations Meeting\**

*Annual Election Meeting \*\**

All General Council Meetings will be held at the Cow Creek Tribal Government Offices located at 2371 N.E.

Stephens Street, Roseburg, Oregon.

The procedures for the nominations are as follows:

- Each person may nominate one individual for the election. When nominations are closed, no other nominations will be accepted.
- Any registered voter of the Tribe present at the May meeting each year may nominate.

(see nominations page 2)

## Announcements

### Over-the-Counter Tribal Prevention Program

Beginning January 2, 2007, enrolled Tribal members will again be able to access the Over-the-Counter (OTC) program. Also effective this date is a new rule regarding Sonicare toothbrushes. If OTC funds are available, Sonicare toothbrushes may be obtained as a one time benefit. Replacement heads are available as recommended.

For questions, please contact Tamara Robinson, Over-the-Counter Tribal Prevention Program Coordinator, at 672-8533, 800-935-2649 or [trobinson@cowcreek.com](mailto:trobinson@cowcreek.com).



The LIHEAP (Low Income Home Energy Assistance Program) is now accepting applications for energy assistance. This federally funded program assists low-income Tribal families with payment of their home energy bills. To qualify, you must meet income requirements and live within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

For more information or to request an application, contact Rhonda Malone, at the Cow Creek Government Office, at 677-5575 or 800-929-8229.



### Free Well Nations Subscriptions Available

Free Well Nations Magazine subscriptions are available to Cow Creek tribal members.

To subscribe, call the Cow Creek Government Office, at 672-9405 or 800 929-8229.



**Well Nations**  
MAGAZINE

### Archaeologist Alexis Sleight Brings Culture and History of Native American Artifacts to KIUYUM-ID

Archaeologist for the Cow Creek Band of Umpqua Indians, Alexis Sleight, brings an exciting new addition to KIUYUM-ID!

Beginning in the February newsletter, an artifact will be featured every month. The history behind each artifact and its cultural use will be discussed, along with photographs. The items will range from pre-historic tools to contemporary jewelry and weapons made by Tribal members.

Alexis is looking forward to sharing her enthusiasm and interest in ancestral life ways with current Tribal members and renewing interest in past culture and local history.



### Nominations Continued from page 1

- ◆ A nomination will only be considered complete when the nominee has accepted the nomination in writing.
- Nomination acceptance forms will be furnished to all nominees represented at the meeting.

For those nominees not present, forms will be mailed to them no later than three days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10th of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are received. Ballot packets including instructions, will be mailed out to registered voters of the Tribe from the B.I.A. Siletz Agency no later than July 15, 2007. Tribal members are encouraged to maintain an updated registration card including an updated signature.

Tribal members not registered to vote or members that do not receive a ballot should contact the Government Office at 672-9405 or (800) 929-8229.



### Employment Options for Tribal Members

Cow Creek Tribal members wishing to explore options for employment with the Tribe are invited to meet with Buffy Gillespie from Seven Feathers Hotel and Casino Resort Human Resources Department.

Cow Creek Tribal members interested in meeting with Buffy may contact Rhonda Malone, at 677-5575 or 800- 929-8229 to schedule an appointment.



### Upcoming Events

There will be a Pow -Wow Committee planning meeting on Thursday, February 15th at the Cow Creek Band of Umpqua Tribal Office, located at 2371 NE Stephens in Roseburg, Oregon. The meeting will be held in the South Building main conference room at 5:15 p.m.

Persons interested in helping out with the Pow-Wow are invited to attend.

For questions or information, contact Tammy Woodruff at 672-3861 or Rhonda Malone at 677-5575.

## What is Attention Deficit Disorder (A.D.D.)?

First of all, what isn't A.D.D.? It isn't a bad, lazy, or stupid child. It has nothing to do with how hard your child tries to be successful. It's not your child's fault if they have A.D.D. And it's not bad parenting.

What is A.D.D.? It is the inability of your child's brain to focus on what is relevant in his/her environment. It's sort of like an electrical short circuit in a radio or cell phone that is not plugged in correctly or properly charged. It involves the neurotransmitters (electrical transmissions) in the brain; all of the parts are probably there, but the connections aren't working right.

A child with A.D.D. often has difficulty in school due to this inability to determine what is relevant in the classroom and what isn't. The overhead lights may have a buzzing sound that you can't hear, but your child may. Your child may be very bothered by the child sitting six seats over who is tapping her finger on her desk. Your child may be agitated by the sound of the teacher helping another student. Sounds in the hall, the classroom next door, people at recess, and any movement or change may vie for your child's focused attention. Everything seems equally important to your child and he/she cannot select what to pay attention to. Your child may often be impulsive and may have difficulty making good choices, even when he/she wants to. Your child may often have difficulty with how he/she interacts with other children. Boys with A.D.D. are often aggressive and are reported to be on-the-go all of the time. Girls with A.D.D. are often withdrawn. A child with A.D.D. typically feels bad about him/herself and, as a result, may have low self-esteem.

The diagnosis for A.D.D. cannot be made by you or your child's teacher. A Qualified Mental Health Professional (Q.M.H.P. - Psychiatrist, Psychologist, Social Worker, Behavioral Health Therapist, etc.) may use the information that you and the teacher provide, as well as, how your child acts to determine a diagnosis of A.D.D. This information should include specific behaviors, actions, activities, and sounds that your child makes. The teacher can offer information on your child's interactions with other children. There are assessment tools that a Q.M.H.P. may use to make a diagnosis of A.D.D. Two such tools are the Conner's Rating Scale and the Taylor Hyperactivity Screening. A child that is under age five is typically not able to be diagnosed with A.D.D., even though they have many of the symptoms, as small children make lots of noises, are impulsive, and distractible as part of their developmental age. *Continued on Page 4*



The Vaccines for Children Program (VFC) supplies federally purchased free vaccines for immunizing eligible children in public and private practices. Approximately 60 percent of U.S. children may be expected to benefit from the VFC Program. Children through age 18 are eligible if they are:

- enrolled in Medicaid or The Oregon Health Plan
- uninsured
- American Indian/Alaskan Native.

Oregon's VFC Program was designed by a coalition of private and public sector health care professionals. The program aims to help Oregon reach its goal of having 90 percent of our children up-to-date with their immunization series by age two. Currently, 76.5 percent of Oregon's children are immunized on time.

### Which Vaccines Does VFC Offer?

Currently, the vaccines and combination vaccines offered through VFC are those providing protection against **diphtheria, *Haemophilus Influenzae* type b, hepatitis A, hepatitis B, human papilloma virus (HPV), influenza (high risk children only), measles, meningococcal, mumps, pertussis, pneumococcal, poliomyelitis, rotavirus, rubella, tetanus and varicella.**

### How much does the VFC vaccine cost?

The vaccine can be billed to Oregon Health Plan or managed care plans for Medicaid patients. For the uninsured, a fee of \$15.19 may apply; however, you will not be denied the VFC vaccine if you are eligible even if you cannot pay the fee.

To participate in this program, be sure to advise your physician that your child falls into one of the above categories. CHS can pay for the remaining balances after all other alternate resources have paid correctly.

For questions or more information about the program, contact Cynthia Galaktinoff, at 672-3455, extension 1 or 800-935-2649.

### **A.D.D. continued from page 3**

What can you do if your child has A.D.D.? If your child does have A.D.D., there are strategies he/she can learn from a Q.M.H.P. to help them cope. Examples are: you can teach your child to purposely make eye contact, in a mindful way, when someone is talking to them. Your child may want to sit in the front row in school to help eliminate distractions. You may want to watch what your child eats and drinks, some children may be sensitive to dyes, sugar, or other additives and these may worsen your child's symptoms. If your child continues to struggle, you may want a medication evaluation by a doctor. There are safe and tested medications that may allow your child's brain to plug-in more clearly and aid him/her with relevance and attending.

A.D.D. is not much different from any other physical problem or illness and can be treated. If you suspect that your child may have A.D.D., contact Lee Van Beuzekom, L.M.F.T. at the Cow Creek Health and Wellness Center at 672-8533 and request an assessment.



Cow Creek Health & Wellness Center's new Drug & Alcohol Counselor, Mark McDonald.

## **Cow Creek Health & Wellness Center Welcomes Mark MacDonald, Drug & Alcohol Counselor, to Staff**

In 1991, Mark MacDonald was in an automobile accident that almost took his life and confined him to a wheelchair for three years. That experience brought Mark to a point of self-realization. He realized he was abusing alcohol and drugs. During his recovery, he decided he wanted to dedicate his life to helping people recover from addiction. He also decided to walk again.

In 2002 Mark and his wife Lena moved to Roseburg. Mark is a Licensed Alcohol and Drug Counselor and comes to us from the ADAPT program of Douglas County and Serenity Lane. Mark says, "Recovering from addiction requires a comprehensive approach. Unless you've experienced addiction, you can't know how low a person can go before they might be willing to get some help. I want to help people before

they go as low as I went."

Mark will be contributing to the newsletter monthly with many tips on prevention and awareness. If you need his services now... "Don't Wait"!! He is available at the Health and Wellness Center at 672-8533 or 800-935-2649.

## **New Year's Resolutions and You**

Now that it is 2007, many of you have probably decided this is the year that you are really going to do something about your: **a.** health; **b.** weight; or **c.** lack of exercise. Why not allow the Cow Creek Health and Wellness Center to help you do something about all three? How is that possible? Through the Cow Creek Diabetes Prevention Program, that's how!

**What does being inactive and overweight have to do with diabetes? I don't walk as much as I used to and I've put on a few extra pounds, does that mean I'm diabetic?**

No, that does not mean you are diabetic, although it greatly increases the chances that you are pre-diabetic. Being pre-diabetic means that your blood sugar levels are not yet high enough for you to be considered diabetic. However, if you are pre-diabetic, your blood sugar levels are higher than normal and if you don't take steps to change your lifestyle, it is very likely that you will eventually become diabetic, especially if you are Native American.

**How can I find out if I am pre-diabetic?**

All it takes is a simple blood test and we can tell you for sure whether or not you are pre-diabetic. At the time of the blood test you can also meet with a "Lifestyle Coach", someone who will tell you more about the benefits of the program. You will not only learn how to eat healthier and become more active, you will also receive the support, encouragement and tools to be successful in your efforts!

**When are the classes held? I work during the day and can only come to classes in the evening.**

Classes are held morning, afternoon or evening depending on what works with the schedules of the people involved. In addition, we have the capability of having classes both in Roseburg and down in Canyonville, and other family members are encouraged to attend even if they themselves are not in the program. *Continued on page 6*



## Preparing for Natural and Pandemic Disasters

With the chill of the wind and recent snow still lingering, the Cow Creek Health and Wellness Center, along with tips from the Washington Department of Health, offers some important facts to remember.

Here is list of items to keep on hand in your home:

- ◆ Enough food and water per person for a week or more. Choose foods that will keep for a long time and do not require refrigeration or cooking, including a non-electric can opener.
- ◆ Medications - keep at least a week's supply of the medicines you take regularly. Items to relieve flu symptoms such as: Ibuprofen, Tylenol, cold packs, blankets, humidifiers, and fruit juices.
- ◆ Items for personal comfort— a week's supply of soap, shampoo, toothpaste, toilet paper, and cleaning products.
- ◆ Activities for yourself and your children —include books, crafts, board games, and art supplies. Include things that do not require electricity.
- ◆ Cash— banks may not always be open and cash machines may not work.
- ◆ Pet supplies—remember food, water, and cat litter.
- ◆ Cell phone or regular phone with a cord— cordless phones will not work if the power is out.
- ◆ Large trash bags—garbage service may be disrupted or postponed for many days.

Make household and family emergency plans.

- ◆ Agree on a point of contact where all family members can check in if you are separated during an emergency.
- ◆ Decide who will take care of children if schools are closed.
- ◆ Plan to limit the number of trips you take to shop or to run errands. Remember public transportation routes and times may be limited.
- ◆ Think about how you would care for people in your family who have disabilities if support services are not available.
- ◆ Be prepared to get by for at least a week on what you have at home. Stores may not be open or may have limited supplies.

### ***Resolutions continued from page 5***

#### **Are there any other requirements to be in the Diabetes Prevention Program?**

Other than taking the blood test and being diagnosed as pre-diabetic, a person needs to be 18 years of age and Native American. You do not need to be a member of the Cow Creek Band of Umpqua Tribe of Indians, but you do need to be a member of a federally recognized tribe.

Don't let this year's resolution to do something about your health fall by the wayside!

For information or to schedule for the test for pre-diabetes, contact Bob Dunas, Health Educator, by phone at 677-5575 or 800-938-2649.



## VALENTINE CONVERSATIONS WORD SCRAMBLE



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## Rice Krispies Valentine Hearts

### Ingredients

- 1/4 cup margarine or butter
- 1 pkg. (about 40) regular marshmallows†
- 6 cups Rice Krispies cereal
- Decorating icing, icing sugar, and food coloring.

### Directions

1. In a large microwave-safe bowl, melt margarine and marshmallows in a microwave set on HIGH for 2 minutes, stirring after 1 minute. Stir until mixture is smooth. To create different colored Rice Krispies hearts, add food coloring to melted marshmallows before adding cereal.
2. Add Rice Krispies cereal, stirring until well coated. Spread cereal mixture into a 13x9 baking pan coated with cooking spray or butter. Allow cereal mixture to cool slightly. Cut into heart shapes using a heart-shaped cookie cutter or knife. Use icing to decorate, and sprinkle with icing sugar if desired.



2371 N.E. Stephens, Ste. 100  
Roseburg, Oregon 97470



## IMPORANT 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 1-800-929-8229. You will be sent an application which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Gov-

ernment 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 1-800-

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 (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

### Reminder:

All Johnson O'Malley functions are smoke free.

