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Cow Creek Band of Umpqua Tribe of Indians

Honoring Our Tribal Veterans

November 2007

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Elders Dinner

60 people attended the 7th Annual tribal elders dinner on Saturday, November 10th, at the Seven Feathers Hotel and casino Resort.

Ralph Young, tribal elder, did the opening prayer. All the attendees introduced themselves with a few of them telling some jokes. Several people brought old time, and newer photos to share.

Emily Rose Krantz, Eldest tribal elder attended from Redmond Oregon, Ester Gatewood from Mill City, Oregon, Norma Malone from Twin Falls, Idaho and Rena and Dorian Cox traveling from Union, Oregon.

November is National American Indian Heritage Month and the Cow Creek Tribal Government would like to honor Tribal Veterans from the past and present for their sacrifices in protecting their country and fellow man.

In 2006, over 169,000 Native Americans served in the military and in the hundreds of years of dedicated service are known as strong warriors and dedication to their homeland. Native Veterans account for twice the ratio of any other ethnic group in the U.S. to serve in the U.S. Armed Forces.

The Cow Creek Tribal Government would like to honor all Tribal Members of past and present for defending our country and the sacrifices they make to carry on all American's continued freedom. The heroism and courage that each Tribal Veteran shows is an inspiration to the Tribe, United States Government, and all the people of America.

At the Canyonville Veterans Remembrance Ceremony on November 11th, Chairman Sue Shaffer spoke about the unity of veterans. "Perhaps the very act of war, is the prime example of man's inhumanity to man. How veterans are put in positions of either kill or be killed. Surely there is brotherhood in the shared foxhole or the scramble for cover



In celebration of National American Indian Heritage Month, artifacts will be on display at the Community Center of U.C.C. through November 22nd.

during a bombing raid. There is brotherhood in sharing the last few bites of limited rations. There is brotherhood demonstrated by one serviceman risking his own life to get another to safety. All of the combat veterans here understand and have probably had some of those experiences."

"Native American Veterans of WWI and WWII volunteered to fight in armies before they became citizens, before they could vote, and before they could be treated with respect and dignity in many parts of this nation," *Continued on page 3...*



Chairman Sue Shaffer speaks at the Canyonville Veteran's Remembrance Ceremony on November 11, 2007.

Announcements

November 25th Address Change Deadline for Annual Distribution Checks

Address changes for the annual distribution checks must be received by November 25, 2007.

Tribal members who have minor children who are not living in their household also must make sure their children's updated addresses are on file. Call 672-9405 or 800-929-8229 to update your address.

Tribal Child Care Assistance Program Accepting Applications

The Cow Creek Tribal Child Care Assistance Program, (a federally funded program), is currently at full capacity. However, applications are still being accepted.

The Cow Creek Tribal Child Care Program is designed to assist parents who are employed full or part time, attending school or a training program. Eligibility is based on the child's enrollment status, family income and must reside within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

Those who qualify will be placed on a waiting list until an opening is available.

To request an application call 541- 677-5575.

Education News

College Visitation Night

On December 4, 2007 from 6:00 pm to 8:00 pm, the University of Oregon will be having a presentation on financial aid, scholarships and degree programs at the Cow Creek Government Office, Building 2. High school students and other interested Tribal members are welcome to attend. There will be pizza and refreshments. Please RSVP to Kelly LaChance at 677-5575 or 800-929-8229.

High School Seniors

If you plan to attend college in the fall of 2008, you need to file your FAFSA (Free Application for Federal Student Aid) after January 1, 2008 and before February 1, 2008. After, February 1st, students lose priority status for being first in line to receive federal grants. FAFSA applications can be filed on-line at www.fafsa.ed.gov or students can obtain paper applications at any college or careers office in their high school.



Tribal members clockwise from left : Joseph Young, Ralph Young, Jonell Wehde, Mary Anne Wehde and Jessica Wehde attend the 6th Annual Fall Health Fair on November 3rd in Canyonville, Oregon.

6th Annual Fall Health Fairs a Great Success

The Cow Creek Health Fairs, sponsored by the Tribe and organized by the Cow Creek Health and Wellness Staff, were held in Redmond on October 20, and at the Block House behind the Seven Feathers Hotel and Casino on November 3, 2007.

Tribal members and their families were able to view displays and receive pamphlets on Diabetes Prevention, Drug and Alcohol Prevention, Women's Health with an emphasis on Breast Cancer, and Contract Health.

Preventative tests, included blood pressure checks, blood sugar readings and cholesterol screenings. Flu shots were also available.

LIHEAP Program Accepting Applications for Seniors and Disabled

The LIHEAP (Low Income Home Energy Assistance Program) is now accepting applications for energy assistance for senior and disabled tribal members only. 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.

Nesika Health Group Annual Open Enrollment

Nesika Health Group is the self-funded health insurance that is provided to eligible employees and Tribal members that participate and pay the monthly premium.

The Annual Open Enrollment Month for Nesika Health Group is in the month of December. Annual Open enrollment is the only time of the year that you can make changes without having a qualifying event.

The qualifying events are: marriage, birth, adoption, divorce and death.

Changes you can make are: add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. (i.e. you may have chosen your plan to include prescription benefits and now you do not feel that you need the prescription portion.)

Newly-elected plan coverage will become effective on January 1, 2008. Anyone enrolling at the Annual Open Enrollment may be subject to the 18-month preexisting condition period.

For enrollment information, please call the Nesika office at 677-5508 or 800-284-9917. A packet will be mailed to you.

The required enrollment information must be returned to our office no later than December 20, 2007 for coverage to take effect on January 1, 2008.



Upcoming Events.

Tuesday, December 4th—The University of Oregon will be having a presentation on financial aid, scholarships and degree programs at the Cow Creek Government Office south building from 6:00 pm to 8:00 pm. Please call Kelly LaChance at 541-677-5575 or 800-929-8229

Saturday, December 8th— The JOM Parent Committee is hosting a Christmas Party at the Cow Creek Government Office south building from 1:00 pm to 4:00 pm. There will be fun activities for JOM students and families.

Christmas Stockings for Tribal Soldiers

Umpqua Indian Foods and the Cow Creek Tribal Government Office are working together to get stockings out to active soldiers on duty. This is the third year that the "Give a Soldier a Stocking" program has been in place.

Please call into the Tribal Government Office at 672-9405 or 800-929-8229 with the name and phone number of Tribal members you know that are on active duty in the military. If you provide a name and address, a camouflage stocking with Christmas goodies will be sent free of charge. The last date to call in is December 10th.

Left: Shiela Crothers shows the hide she tanned at the Brain Tanning Hide Classes that were hosted by the Cow Creek Cultural Program on November 9-11, 2007 at the Bare Park Ranch.

Honoring Veterans Cont.....

"Native Veterans will be the first to say that when in combat, they didn't see a red man, black man, or yellow man. They only saw their brother and sisters as comrades in arms." said Joe Garcia, National Congress of American Indians President.

If you know of any Tribal Members that are currently serving in the military please call 800-929-8229 with contact information so that we can include them in the Umpqua Indian Foods "Send a Soldier a Stocking" program.

Holiday Depression and Stress



The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

1. Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
2. Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
3. Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
4. Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
5. Do something for someone else. Try volunteering some of your time to help others.
6. Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
7. Be aware that excessive drinking will only increase your feelings of depression.
8. Try something new. Celebrate the holidays in a new way.
9. Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
10. Have time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

For mental health treatment related to decreasing stress or other issues, contact the Cow Creek Behavioral Health Clinic to make an appointment with Lee Van Beuzekom, LMFT, at 672-8533.



Nearly 21 million children and adults in the United States have diabetes, and another 54 million people are knocking at that door. Diabetes is the fifth deadliest disease in the nation and may well be the most serious health problem facing America today. Nevertheless, the public doesn't seem to grasp the gravity of the situation. In an effort to focus the public mind on just how devastating diabetes is becoming.

November is designated as National Diabetes Month. Both the day and the month aim not only to raise public awareness, but also to honor the dedicated people who work with diabetes and the millions who live with it.

Contract Health News



Thanksgiving is fast approaching so be sure to sit back, relax and enjoy some family time.

The Health Fairs were once again a great success. Contract Health Service will be looking forward to attending next year.

The 2008 Applications will be sent to enrollees in this month and are required to be submitted before health care can be authorized for 2008.

1. Submit your 2008 Application for Contract Health Service
2. Referrals out of the clinic for procedures or further health care need a PO number from CHS BEFORE the appointment.
3. ER visits are for Emergencies only. Please utilize the Urgent Care Clinics as much as possible for after hours and non-emergent visits. If an urgent care is visited after business hours, you have 72 hrs to notify the CHS office for a PO number.
4. Call your dentist for an appointment if you haven't used your 2007 allotment before the end of the year.

Happy Thanksgiving from CHS!!!

Diabetes Prevention Program Perks

All of us here at the Cow Creek Health and Wellness Center realize that it is difficult for any of us to make changes in how we live. Learning how to shop, cook and eat differently can seem overwhelming. Getting started with regular exercise, even just walking ten minutes a day, may appear to be a major hurdle!

What's more, we know that making these changes on your own are even tougher and that the support, structure and encouragement that are provided by the Diabetes Prevention Program and its lifestyle coaching can make all the difference. But that's not all you get when you join the DPP- here is a list of some of the many benefits that are provided for those willing to take the steps towards a healthier, fitter, happier new you!

- * At each class, participants earn "DPP Bucks", which can then be used to purchase many different items in our "DPP Store". For example, George Foreman grills and slow cookers along with many other items are available.
- * People in the DPP have use of our exercise facility, will be trained to use the equipment and can have an exercise program planned for them.
- * Participants will be provided with everything from t-shirts, water bottles, and jackets to walking sticks and exercise equipment they can use at home.
- * We now have the opportunity to provide all of our participants with a pair of the new Nike Native Fitness sneakers! In short, we want to make sure you have everything you need to exercise in comfort and safety!
- * You will get to enjoy a wonderful meal at each class and the recipes and cooking technique are shared with you so that you can make the same tasty, convenient affordable meals at home!
- * Finally, if that is not enough to entice you, at each class we will give you a \$25. Gift Certificate to Albertsons to purchase healthy foods for you and your family. That's a total of \$400. for the 16 basic classes of the program!

There are many other benefits besides these "perks" when you join the Diabetes Prevention Program. For more information about the program, call Bob Dunas, Lifestyle Coach at 541-677-5575.

Traditional Facts

Riverine resources were and still are an important component of the Cow Creek diet. The South Umpqua River and its tributaries once supported an abundance of Chinook, Coho, and Chum salmon as well as cutthroat trout and steelhead.

Annual fishing camps were also maintained on tributaries of the Rouge River and fish-filled mountain lakes were numerous.

Similar to today's fishermen, the type of fishing gear utilized was dependent on the season, species type, and the surrounding environment. Fish weirs, similar to the one pictured, were built by tribal members and placed in creeks. Weirs were especially useful in trapping steelhead heading back to the ocean after spawning. Waterfalls, such as South Umpqua and Beaver Creek, provided an excellent opportunity for spearing bounding salmon and steelhead. Vine maple gaff hooks, which consist of a pole with a sharp hook on the end, allowed fishermen to catch fish quickly and throw them onto the bank.



November Marks National American Indian Heritage Month

By Presidential Proclamation November has once again as National American Indian Heritage Month, educating the public the rich history, culture, art and traditions of Native Americans and is celebrated around the country.

The first American Indian day to be celebrated was in May of 1916 by the Governor of New York and was followed by several States with "Native American Day" in place of Columbus Day. By 1990, President Bush Sr. approved a joint resolution for November to be National American Indian Heritage Month. A similar proclamation was approved by succeeding Presidents following Bush Senior.

"During National American Indian Heritage Month, we underscore our commitment to working with tribes on a government-to-government basis and to supporting tribal sovereignty and self-determination. We also express our gratitude to the American Indians and Alaska Natives who serve in our Nation's military and work to extend the blessings of liberty around the world." President George Bush, by Proclamation 10/31/07.

In celebration, the Cow Creek Band of Umpqua Tribe of Indians Government Office has a display of artifacts in the Community Center of Umpqua Community College and will be on display through November 22nd.

ODFW Offers Tribal Members Opportunity to Obtain Bear Carcasses

Occasionally in the fall or spring, the Oregon Department of Fish and Wildlife (ODFW) receives bear carcasses from United States Department of Agriculture's Wildlife Services division. These bears were killed because of their predation on livestock. ODFW would like to see these carcasses go to good use rather than be thrown out. They have asked the Tribe's Natural Resources department to compile a list of Tribal members that interested in receiving carcasses.

Once you are on the list, you may receive a call from ODFW staff indicating there is a carcass to be picked up. Once a family has agreed to pick up a carcass, they must sign a form at the ODFW offices stating they have agreed to cook the meat thoroughly to avoid sickness. All carcasses will need to be skinned, will have a tag which indicates it is legal for the family to transport and will come with paper documentation. If the family wants to share the meat or fur with others outside the immediate family, they must have documentation of persons the meat or fur is given to.

If you would like to be on a list to receive one of these carcasses, please call Amy Amoroso at the Tribal Government offices (541) 677-5575 ext. 5516. You will need to provide your name, phone number and hours available by phone.



Thanksgiving Word Search

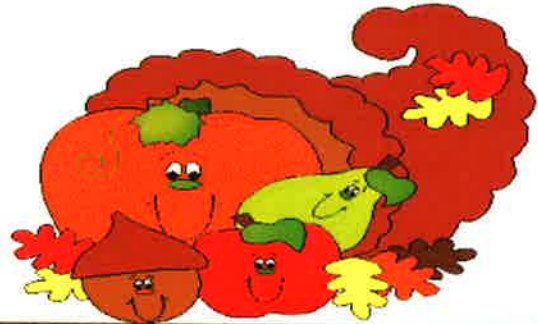
The turkey is one of the most famous birds in North America. In fact, Benjamin Franklin wanted to make the wild turkey, not the Bald Eagle, the national bird of the United States!

The turkey's popularity comes from the American people's love of eating the bird for special occasions like Thanksgiving and Christmas.



cook
corn
dinner
fall
family
feast
food
gravy
harvest

maize
pilgrims
pumpkin
relatives
settlers
squash
stuffing
thanks
turkey



R	E	L	A	T	I	V	E	S	T	I	F	S	M	F
P	N	R	E	U	K	S	S	N	C	H	A	O	E	A
X	I	E	F	B	O	B	E	T	I	L	A	A	O	S
O	B	L	Z	Y	O	L	T	U	R	K	S	N	T	D
W	R	Y	G	I	C	E	T	R	E	T	P	U	K	Y
T	S	E	V	R	A	H	L	K	N	Y	F	M	L	S
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S	Q	U	A	S	H	M	R	Y	I	W	M	A	R	P
F	A	L	L	P	R	A	S	N	D	A	L	O	B	A
R	M	H	T	N	B	A	G	C	F	A	C	E	K	I



On Saturday, November 3rd, the JOM participants went to see Disney on Ice at the Rose Garden in Portland. **Upper Left:** Brooke Hoodie, Korbin Gott, Josh Nurrie, Elizabeth Dompier and Melissa Miller. **Lower Left:** Tish Haataia and Elizabeth Gipson.

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 Amy Layfield 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

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 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

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:

Cow Creek Government Office,
2371 NE Stephens St., Ste 100,
Roseburg, Oregon 97470.

are not living in their households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

Reminder:

All Johnson O'Malley
functions are smoke free.

