



# KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

November 2008

Volume 18 Issue 11

## Reminder:

There are several tribal members who have still not turned in their W-9 tax form. Those distribution checks **WILL NOT** be mailed out until we receive their W-9 form.

## Points of Interest:

- \* Tribal Veterans Ceremony
- \* Health fair photos
- \* Safety in the kitchen
- \* Just say "No"
- \* Tribal Announcements
- \* Just for fun

During National American Indian Heritage Month, we celebrate the rich ancestry of American Indians and Alaska Natives and recognize their many contributions to our national story.

Native Americans have enriched our heritage and added to all aspects of our society. Our country is blessed to have their character and strength, and we are especially grateful for the generations of Native Americans who have answered the call to defend our country. During World War II, these brave patriots used their native languages to create an unbreakable oral code. Today, that legacy continues as Native Americans work to advance freedom's cause.

My Administration remains committed to protecting tribal sovereignty and the right to self-determination and to working with tribes on a government-to-government basis. To help more Native Americans realize the dream of home

ownership, I signed the Native American Housing Assistance and Self-Determination Reauthorization Act of 2008. For nearly eight years, we have also worked to strengthen



educational opportunities for all Americans. In 2004, I issued an executive order to help Native American students fulfill the challenging standards of the No Child Left Behind Act. This order established the Interagency Working Group on American Indian and Alaska Native

Education to improve educational programs consistent with tribal traditions, languages, and cultures. By setting high standards for academic achievement, we are enabling more Americans throughout our country to pursue their dreams. During this month, we honor our native peoples and recognize them for strengthening the diversity of our society. NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November 2008 as National American Indian Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of October, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

GEORGE W. BUSH





# Save the Date!

## **"GATHERING OF OREGON'S FIRST NATIONS"**

Honoring Oregon's Sesquicentennial Birthday

January 31, 2009

Oregon State Fair & Expo Center  
Salem Pavilion

2330 17th Street NE, Salem, OR

Event details to come

Featuring educational booths,  
Native craft demonstrations,  
cultural drumming & dancing

This event is sponsored  
by the sovereign governments of



Pavilion provided by State of Oregon

Table of Contents

Cow Creek Mission Statement.....4

Important Tribal News.....5

Health Matters.....6

Safety First .....7

Traditional Facts.....8

Communication Today.....9

Tribal Announcements.....10

Money Matters/Grins & Giggles.....11

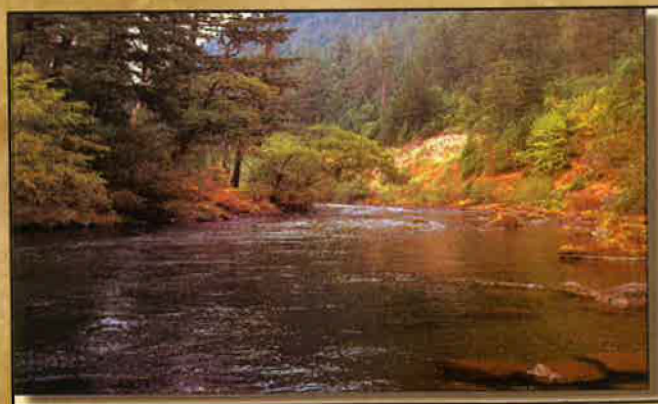


# A Time To Reflect and Not Forget

## Mission Statement

The Cow Creek Band of Umpqua Tribe of Indians upholds Tribal Government, protects and preserves Tribal sovereignty, history and culture and the general welfare of the Tribal membership and serves to provide for the long term economic needs of the Tribe and its members through economic development of Tribal lands. The Tribe encourages and promotes a strong work ethic and personal independence for Tribal members, while strongly upholding the "government to government" relationship with local, State and Federal governments. The Tribe constantly strives to maintain and develop strong cooperative relationships that benefit the Tribe and local community.

The Cow Creek Band of Umpqua Tribe of Indians is one of the nine federally recognized Indian Tribal Governments in the State of Oregon. The Cow Creek Tribal Nation, located in southwestern Oregon, has nearly 1,484 members who are governed by an elected eleven member council known as the Tribal Board of Directors. The Cow Creeks have a rich history in southern Oregon that reflects hard work, perseverance and the desire to be self-reliant.



South Umpqua River

## Honoring our Tribal Veterans

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 2007, over 178,000 Native Americans served in the military, and in their hundreds of years of service, our people have been strong warriors dedicated 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.

In Canyonville, OR. A Veterans Remembrance

Ceremony was held on November 11, 2008.

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 to kill or be killed. Surely, there is brotherhood in the shared foxhole or the scramble for cover 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."

If you know of any Tribal members that are currently serving in the military please call 1-800-929-8229 with contact information so that we can include them in the Umpqua Indians Foods "Send a Solider a Stocking" program.

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

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The cold season is now among us and it can take a toll on working out in many ways: When it's no longer light and cold in the morning, it's sometimes harder to get out of bed. Sometimes having a cold makes you less motivated to get to the gym. Lastly, the fall season brings us baked goodies that are simply irresistible. Those examples above, are some simple excuses for not wanting to work out. Try to get in a workout by keeping these ideas in mind.

- ♦ Relieve some holiday stress with a good quick workout.
- ♦ Getting into your workout will help you say no to all the goodies.
- ♦ Make time for yourself to work out several times a week.



## Health Matters

### Cow Creek Health and Wellness 2008 Fall Health Fair

With the flurry of red and gold leaves scampering across the two lane road, the staff of the Cow Creek Health and Wellness Center made their way to Redmond for the Fall Health Fair on October 18, 2008. On Saturday morning tribal members started coming into the White Water Room. They signed in, and received their flu shots. Then all went around and looked at the various displays and picked up the pamphlets. It was so exciting to see the Tribal members visiting with all the staff members and then with

one another. Many tribal members were present from Tribal Elders to teenagers. Tribal members got their blood pressure taken, and their blood sugar and cholesterol levels checked. A delicious catered luncheon with guest speakers then followed. The theme this year was Diabetes Prevention and life style changes. During the health fair at the Block House in Canyonville, members went around to all of the various displays, picking up pamphlets and talking with staff members.

The Seven Feathers Casino catered a very delicious lunch. During the lunch guest speakers spoke on Diabetes Prevention and Life Style Changes. It was nice to see everyone visiting together.



Elderly Tribal member Emily Rose Krantz, receiving her flu shot from Noreen Thompson.



Cow Creek Health and Wellness team pictured from left to right: Tricia Hedges, Andrea Davis, Elizabeth Coleman, Kathy Parker, Carol Follett, Noreen Thompson, Don Gilbert, Lena Cook and Mary Hagood

### Deadline for Over-the- Counter Purchase Orders



All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2008. The only exceptions to this date will be for Sonicare toothbrushes (available through Cow Creek Health and Wellness Center (CCHWC), members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2008 reimbursement must be received by January 15, 2009.

Enrolled Tribal Members will be able to access OTC again on January 2, 2009. If you have any questions, contact Tamara Robinson @ CCHWC 541.672.8533 option 2, 800.935.2649 or trobinson@cowcreek.com.

# Safety First

## Staying Safe on Thanksgiving

When you fire up the oven to roast your Thanksgiving turkey, you're probably not thinking about tragedy.

But home fires are the most common disaster in the United States, according to the American Red Cross. One fire is reported every 79 seconds. Cooking is the leading cause of those fires, and Thanksgiving is the unfortunate host of about 4,000 fires each year. Here are some safety tips to keep your Thanksgiving fire-free:

- Stay in the kitchen and keep watch while you are cooking.
- Use a timer if you have something in the oven, or are boiling something on the stove.
- Don't wear loose sleeved clothing while cooking.
- Keep anything that can catch on fire—oven mitts, pot holders—away from your stovetop or oven.
- Turkey fryers are extremely dangerous, and most safety organizations do not recommend their use.
- Make sure that there is a smoke alarm installed with working batteries. Push the button to

check that it is working every month and install new batteries at least once a year.

- After guests leave, do a home safety check to make sure all candles and cigarettes are extinguished.



## Side-impact air bags save lives



The purpose of an air bag is to help the occupants to either not sustain any injuries or keep the damage to him or her to a minimum. During a moderate to severe car accident, to the front of the car, the frontal air bags are supposed to inflate to prevent the occupants of the car from striking into the interior of the vehicle. The air bags also help absorb forward force that the body usually incurs in that type of accident.

About one-third of vehicle occupant deaths occur during side-impact collisions. Side air bags that protect the head and chest generally reduce these deaths, say researchers at the Insurance Institute for Highway Safety. Side air bags that protect drivers' heads alone are reducing deaths by 37% even in cars struck by SUV's and trucks. Air bags that protect only the chest and abdomen are reducing deaths by 30%.



*Goodyera oblongifolia* is also known as Western Rattlesnake Plantain or "snake plant." A poultice made of snake plant was used to treat burns, cuts, and blood poisoning. According to our Tribal Elders, this leaf should be rubbed until it peels. The fleshy pulp should be removed and applied to a burn or cut. Cow Creek elders preferred to use the larger leaves. This medi-

nal plant was collected in numerous locations throughout the Tribe's usual and accustomed places including Devil's Flat, the ridges along the Cow Creek River, upper Days Creek, the Drew Lake area, and the Joe Hall Creek Trail.

## Oregon Is Indian Country

"Oregon Is Indian Country" will be on display at the Seven Feathers Resort and at the Douglas County Headquarters Library in Roseburg. The exhibit, developed by the Oregon Historical Society in partnership with the nine federally recognized tribes of Oregon, focuses on The Land, Federal Indian Policies, and Traditions That Bind. The Land and Federal Indian Policies will be on display at the Seven Feathers Resort in Canyonville from November 6 through November 30. The Traditions That Bind will be on display at the Douglas County Headquarters Library in Roseburg from November 6 through November 29.

result of the Oregon Tribes Project, a multi-year collaboration between the Oregon Historical Society's Folklife Program and Oregon's nine federally recognized tribes. Tribal members documented their contemporary traditions and worked with Society staff to plan a series of heritage resources to be used to teach about tribal histories and cultures.

For information about events at Seven Feathers, call 672-9405. For information about events at the Douglas County Headquarters Library, call 440-4311.



### More about the exhibit:

Oregon Is Indian Country is a groundbreaking project that brings all nine Oregon tribes together to present information on contemporary indigenous cultures never before assembled in one exhibit. Oregon's Indian traditions are pulled from many art forms including native voices, historical artifacts, photographs, and more. The exhibit is a direct



# Communication Today

## Six tips to become a better listener

Let's face it: Being a good listener is not as easy as it sounds. We've all drifted off into our own thoughts when we're supposed to be paying attention to what someone else is saying. Maybe it's because the subject matter is boring or the person is speaking in a monotone; maybe we're distracted by some personal matter that worries us. Whatever it is, these tips can help improve your listening skills:

- \* Listen more than you talk.
- \* Stay focused on what the other person is saying— not on what you are going to say next. Don't plan a story you want to tell while the person is still talking.
- \* Never finish another person's sentences.
- \* Resist the urge to dominate the conversation.
- \* Give appropriate feedback, but do not interrupt.
- \* Occasionally mirror back short summations of what the other person is saying to keep your mind from moving on to other subjects and to assure the other person that you've understood what he or she has been saying.



" Words can sometimes, in moments of grace, attain the quality of deeds."

- Elie Weisel

## Learning how to say that dirty two-letter word

There will always be someone out there who's going to ask you to do something you don't have time to do. In an effort to please everyone, you may say yes. While this is honorable, it is also a recipe for increasing your stress and falling short of completing any obligation well. So all might be better served if you just say *no*. How can you do that? Start with this advice:

~ Don't say anything when you are on the spot. Take

some time to think it over.

~ Be direct. Tell the truth about why you can't do what's asked of you. There's no need to make up what might be deemed a better reason.

~ Be polite, but firm. Don't build false hope about what you can do. Don't say, "I'll try." You'll just worry about squeezing the request into your schedule or how you are going to say in the end that you didn't get it done.

~ Suggest alternatives.

Perhaps you know of someone who has the time or is better suited to fulfill the request. Or perhaps you yourself will have time in the future. If so, try saying, "I don't have time to do that this week, but I can do it next Thursday if you can wait." Be Honest, though. This tactic shouldn't be used merely to get the person off your back or to postpone an inevitable no.



## Announcements

### Spirituality & Ceremonies Class

On November 20, 2008 the Cow Creek Culture Committee is sponsoring a Spirituality and Ceremonies talk by Cherokee Spiritual Elder Clara Seele. Clara taught this class at the Cow Creek Culture Camp in June in the teepee and this will be a continuation of that. The talk will start at 6:00 pm and will be held in the South Building at the Government Office. Clara Seele will be available for individual spiritual appointments during the time she is here in the area. For more information contact Kelly LaChance at 541-677-5575.

### JOM Holiday Pow-wow

The JOM Parent Committee is sponsoring a JOM Holiday Mini-Pow-wow on November 22, 2008 at the Seven Feathers Convention Center. This is a Christmas party for JOM students and families combined with a mini Pow-wow. The Christmas craft activities will be from 1:00 pm to 4:00 pm. A dinner will be served from 4:00 pm to 5:00 pm with grand entry for the mini Pow-wow at 6:00 pm. For more information contact Kelly LaChance at 541-677-5575.



## Low Income Home Energy Assistance

The Low Income Home Energy Assistance Program is available to tribal members living within the seven county service area of Coos, Lane, Douglas, Josephine, Jackson, Klamath and Deschutes. This will be available to tribal elders and disabled tribal members beginning November 3, 2008 and to the general tribal membership beginning December 1, 2008. Please call Janet Cooper for an application at 541-677-5575 or 1-800-929-8229 ext. 5575. Completed applications will need to be returned to Rhonda Malone at 2371 NE Stephens, Roseburg, Oregon 97470.



## Nesika Open Enrollment

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to 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 one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to 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, 2007. Anyone enrolling at the Annual Open enrollment may be subject to the 18-month preexisting condition period.

If you are interested in receiving enrollment information, please call the Nesika office at 541.677.508 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 for coverage to take effect on January first.

## Money Matters

### Corking your leaking finances

Personal finances expert Galia Gichon recommends plugging up some of those budget leaks you might be experiencing. As a matter of fact, she says that if you can figure out how to save just \$125.00 per month, then set up an automatic savings to a mutual fund that yields an average of seven percent, in five years you will have almost \$9,000.00. In 20 years, that amount will have grown to \$65,00.00!

Here are four suggestions from Gichon for coming up

with that \$125.00 per month.

- ♦ Do you really need all of those channels? Take a look at your cable bill. Roll the bill back by getting rid of premium channels or subscribing to a smaller, cheaper package.
- ♦ Stop picking up magazines from the supermarket or newsstand. Save yourself some money by subscribing to your favorite magazine

instead. If you are subscribing to anything you don't read, cancel it.

- ♦ Consider changing your cell service to get a better deal. Shopping around can save you bucks.
- ♦ Call your credit card company and ask for a lower rate. Believe it or not, this usually works.

For additional information visit online at:

[www.downtoearthfinance.com](http://www.downtoearthfinance.com)



## Grins & Giggles

### Thanksgiving Chuckles

Who is not hungry at Thanksgiving?

*The turkey-he's already stuffed.*

Why did they let the turkey join the band?

*Because he had the drumsticks*

What key has legs and can't open doors?

*A turkey*

### Ancient History

Two 9-year old boys were fascinated by a mummy they were looking at in a museum. At the bottom of the mummy case was a sign that read: "1257 B.C." "Whaddaya think that means?" asked one kid. "It's probably the license plate number of the car that hit him silly," said the other boy.



### Hanging the turkey

Little Levi was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal. "What are you doing?" says Levi. "Oh, I am just stuffing the turkey," grandmother replies. "Wow, that is cool." "Are you going to hang it next to the deer?" Levi asks.





2371 NE Stephens St., Ste  
100, Roseburg, OR 97470  
Direct: 541-672-9405  
Toll Free: 800-929-8229



#### Reminder:

All Johnson O'Malley functions are  
smoke free.



## Apply for jobs online at [UIDCHR.com](http://UIDCHR.com)

#### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet Cooper 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 WEBSITE

Tribal members interested in employment opportunities at any of the tribal businesses may go online at [www.uidchr.com](http://www.uidchr.com). On that site you may fill out an application online and search job listings that are available.

#### 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 Office. 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.

