



Cow Creek Band of Umpqua Tribe of Indians

KIUYUM-ID

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Culture Camp Blast

The Cow Creek Culture Camp was held on June 20, 21 and 22, 2007 at the Bare Ranch Park. "Honoring our spiritual ways" was shared in all of the classes, as well as in the Salmon Honoring Ceremony. Camp participants learned that honoring our spiritual ways involves doing things in a good way in all aspects of life. Family to our ancestors is the most sacred gift the Creator could give human beings, with the husband and wife being the highest gift given. A family that walks the roads of the old ones in honoring the spiritual ways of the people will walk their way to a happy heart. The walk involves the whole family with each person being responsible to be in balance physically, mentally, spiritually and emotionally. When a person is in balance in all areas of their life they are a whole person with a happy heart.

Participants who helped with the event included Donnell Rogers who taught the flint knapping class, Shepard Latta who taught drum making, Craig Buzzard who was in charge of the archery shoot, Joyce Sertain taught the shawl class, Celine Rolatis showed how to make traditional necklaces, Kitty Hostler-Navarro cooked up the delicious

salmon, Marleen Stewart brought many of the traditional displays for Tribal members to view, Del Ansures showed Tribal members how to drum, Clara Seele, a Cherokee Nation Spiritual Elder, assisted Louis and Kelly Lachance in facilitating the ceremony this year and Kristen Dompier and Melissa Miller handled many of the fun youth activities that were held at the camp.

Many thanks to the Cow Creek Culture Camp Committee members and to all of the Tribal members that attended this year. Also, many thanks to the instructors for all they shared with everyone. Creators blessing to all.

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Announcements

Forest Passes

Come by the Cow Creek Government offices to pick up your Umpqua National Forest Pass.

The pass is only valid in the Umpqua National Forests and is for Tribal members only. Call Lindsie or Janice for additional information 541-672-9405.

Movie Club

The summertime movie fun will continue on August 5 and 12, 2008. Free movies will be held for the youth and Tribal families at Cinema Seven in Roseburg. You must call Rhonda Malone the day before the movie event to reserve your spot at 541-677-5575.



All About Food and Cooking Classes

There will be no classes through the month of July at the Block House. Classes will resume in August on Thursdays from 4 to 6 p.m. Registered Dietician and Certified diabetes Educator Tricia Hedges will be teaching the cooking classes. Learn to cook and eat low fat and high fiber foods. Contact Tricia at 541-677-5575 or 800-929-8229 for more information on the class.

HOUSING ASSISTANCE

Cow Creek Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept applications for the Low Income Rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe. This program can assist eligible tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free homes.

Tribal Housing Program

The Tribal Housing Program can assist tribal members with down-payment assistance or home repair assistance. This program is not restricted to the seven county service areas, however, applicants must be ineligible for the BIA HIP program.

Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist tribal members living within the seven county service areas with sanitation needs such as, installation of septic systems, installations of wells, pressure systems and hook-ups to community services.

For more information regarding the above programs contact Stacy Dompier, Housing Director at the Tribal Government Offices at 541-677-5575.



NOTICE to RESCHEDULE:

Career Fair @ Seven Feathers Hotel & Casino Resort

Due to unforeseen construction delays, the Human Resource department will be **postponing** the Career Fair that was originally set for July 30. We will hold the event at a future date that will be announced in a future edition of the KIUYUM-ID. Until then we invite you to visit our web site for current career opportunities, www.uidchr.com.

The department apologizes for any inconvenience this has caused. If you have any questions call 541-492-5277 for assistance.

Make sure to check future issues of the KIUYUM-ID for updates!

Despite Loss, Kittelman continues Anti-tribal work

In spite of an overwhelming defeat by the voters of Douglas County, freshman Commissioner Marilyn Kittelman vows to continue her crusade against the Tribe. The day after her defeat, Kittelman was in St. George, Utah attending the National Association of County (NACO) Conference and took part in the Government Affairs Committee proposing opposition to tribal rights.

In the May 20th Primary Election, challenger Susan Morgan soundly defeated the first term commissioner by winning 62 of the 72 precincts and garnering over 55% of the vote to Kittelman's 29%. A third party candidate, Patrick Starnes received nearly 15% of the vote.

Throughout her campaign, Kittel-

man made repeated attempts to develop her negative issues with the Tribe into a central theme of her campaign by speaking out against the land into trust transfers of the tribe and criticizing tribal services to its membership. Though many lies and distortions were made during the campaign, tribal leaders determined her actions to be "acts of desperation" and chose not to engage publicly with her. Many times during the campaign, her campaign produced confusing dialogue suggesting that the tribe financed her opponent's campaign. This of course was not true. The tribe did not make any contributions to any commissioner's campaign.

At the July 9, 2008 Douglas County Commissioners meeting,

Kittelman announced that she will again be attending the NACO conference to continue her work in gaining support for position against tribal rights.

Commissioner Kittelman's term of office will conclude in January 2009.



Huckleberry Patch

Since time immemorial, the Huckleberry Patch, located on the Rogue-Umpqua Divide, has been utilized by Cow Creek families. This resource area was one of the most important food-processing locations for the Tribe. Before automobiles and relatively convenient road access, tribal families had to pack everything in and out on horseback. Each family more or less camped in the same spot each year and would stay several weeks at a time in the late summer and early fall.

Picking, drying, and eating huckleberries was the primary focus

for gatherings, however; tribal members did not limit themselves to just these activities. Hazel-nuts, camas, blackberries, poo-eat-sic (yampa), and licorice root were also collected. Deer hunts supplied everyone with a little fresh meat. Some of the venison was dried, pounded out with a mortar and pestle, and mixed with poo-eat-sic to make a rich gravy.

These gatherings provide tribal members with a chance to get together at the spiritual meeting place of our ancestors, connect with kin, pray, and to simply enjoy

this peaceful and unique area.

The Huckleberry Gathering will be on Saturday, August 9th @12:00 p.m. It will be a "no-host" gathering for any Tribal member who would like to meet up on the Rogue Umpqua Divide at Huckleberry Lake (dry lake). People need to bring their own table service, drinks and food to share for the pot luck. Call Rhonda Malone at 800-929-8229 ext 5513 for details.



Misconceptions of Reporting Child Abuse

When a child abuse tragedy is reported in the media, neighbors often say that they thought something was wrong, yet too often no reports of known or suspected abuse were made to the police or local child protective services agency.

According to Childhelp®, surveys have shown that, although the majority of Americans polled believe that everyone should play a role in stopping child abuse, many people also admit to witnessing child abuse and doing nothing about it.

The reasons for not reporting abuse include not knowing where to call and misconceptions regarding what will happen once a report of known or suspected abuse is made to the police or a child protective services agency. Many people incorrectly believe that:

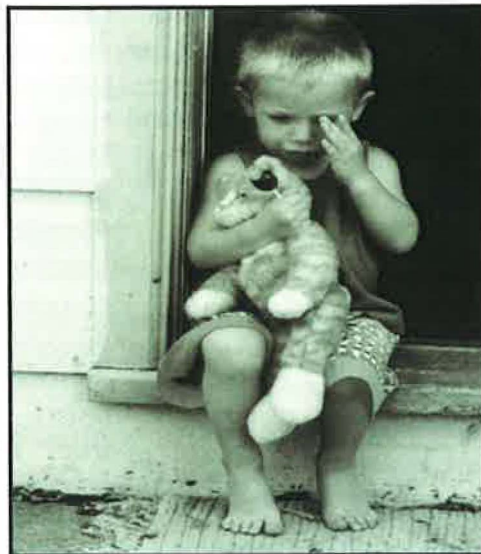
- ~ By law, abused children must be removed from their homes immediately, which is the least likely outcome.
- ~ Child abuse cannot be reported anonymously. In most states, you don't need to provide your name.
- ~ The person reported for abuse is entitled to know who made the report.

For definitions

of child abuse or reporting numbers in your area, call the Childhelp® National Child

Abuse Hotline at 1-800-4-A-CHILD® (1-800-422-4453). The hotline is staffed by degreed professionals 24 hours a day. Calls are anonymous and toll-free. State-of-the-art technology provides translators in 140 languages.

For more information contact Lee VanBeuzekom, LMFT at Cow Creek Health & Wellness Center at (541) 672-8533.



Contract Health News

In July of 2007 Contract Health became covered by Medicare Rates (which are huge discounts) as authorized by Section 506 of the Medicare Prescription Drug, Improvement, and Modernization Act of 2003, and Federal Register / Vol. 72, No. 106 amending 42 CFR Chapter 1, Section 136, for hospital services only.

Contract Health is asking if you live within the seven counties and receive authorized medical benefits but, have received a bill from a hospital or medical center, forward your statement to Contract Health Service, immediately. Some hospitals have been billing the balances to patients in error. Help us correct these errors before they become a problem.

Please call at least two weeks in advance for any non emergent surgeries, physical therapy, MRI's, bone density testing. These items require approval through the Resource Management Committee (RMC) and they meet every other Friday.

ER visits are for Emergencies only. Please utilize the Urgent Care Clinics as much as possible for after hours and non emergent urgent health. If you visit an urgent care center on the weekend or evening you will still have 72 hrs to notify the CHS office for a PO number for urgent care.

Remember Purchase Order (PO) numbers are required prior to your visits and you must have one for each date of service.

Please call (541) 672-8533, option one, for more information or if you have any questions about Contract Health Service.



Exercising Safely in Hot Weather

It's summertime! The sunny skies beckon you outside for a brisk walk. There is no reason not to exercise all summer long simply because it is warm outside. However, some simple precautions will go a long way towards making sure that the exercise you do is enjoyable and most importantly, safe.

Strategies to protect yourself from heat related problems. Drinking enough fluid, whether it be water or a sports drink, it is critical when exercising in hot or humid weather.

Staying hydrated is essential to maintaining proper body temperature. Sweat helps our bodies cool down. If you let your body become dehydrated, you'll find it much more difficult to perform even the lightest of workouts.

However, don't wait until you're thirsty to start replenishing those fluids. Chances are, by the time

you actually feel thirsty, your body is well on its way to becoming severely dehydrated.

The following strategies will help you protect yourself from the onset of heat illness:

Hydration:

Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise and strive to drink six to eight ounces of fluid every 15 to 20 minutes during exercise.

Exercise Intensity:

Reduce the intensity of your workout, particularly the first few times you are exposed to higher temperatures. Give your body a chance to get used to the heat.

Temperature+Humidity:

Use the heat stress index table to determine the risk of exercising at various

combinations of temperature and humidity. While a 90° F outdoor temp is relatively safe at 10 percent humidity, the heat stress of 90° F at 50 percent humidity is the equivalent of 96° F. When the heat stress index rises above 90° F, you may want to consider postponing your exercise session until later in the day. Or, plan ahead, and beat the day's heat by working out early in the morning.

Fitness:

Physical training and heat acclimation can increase your blood volume, helping to regulate body temperature more effectively. The acclimatization process can be completed in 7 to 14 days of repeated heat exposure. However, you must always continue to drink fluids before, during and after exercise.

Proper Clothing:

Wear minimal clothing to

provide greater skin surface area for heat dissipation. Your clothing should be lightweight, loose fitting, light colored to reflect the sun's rays, and of a material that breathes well or wicks moisture. Never wear rubberized sweat suits in an attempt to sweat off fat. You could quickly overheat since you have effectively closed off your body's cooling system.

Rest:

Know when to say "no" to exercise. Using common sense is your best bet for preventing heat related illness. Remember, it can be safe to exercise if you make adjustments after taking the weather conditions into consideration.

For more information on any questions you may have related to exercise or fitness, please contact Bob Dunas, Health Educator at 677-5575.

Prescription Pain Medications

Although the latest research indicates a decline in Methamphetamine use, prescription pain relief drug abuse continues to climb.

Most prescription pain relief drugs are from a class of drugs known as "downers" or "depressants". These drugs suppress the overall functioning of the central nervous system causing sedation, drowsiness and even coma if used in excess.

These drugs are derived from opiates commonly known as morphine,

codeine, hydrocodone, oxycodone, methadone and even heroin to name a few. Although these drugs used properly are shown to effectively treat pain, control cough and to treat diarrhea it is also shown to be very addictive. The dangers of continued and prolonged use of opiates range from lowered blood pressure to overdose. Mixing these drugs with other depressants, such as alcohol or marijuana, poses a greater risk of overdose. If you have a history of addiction, share this information with

your physician when opiates may be prescribed for treatment. Often times there are effective alternatives to opiates for treatment. Because of the severe withdrawal symptoms associated with opiates, treatment is often necessary for recovery from addiction.

Contact Don Gilbert Drug & Alcohol counselor at 541-672-8533 with any questions.



VACCINES AVAILABLE TO YOU



There is a special project for Oregon to prevent Pertussis offered by DHHS Immunization Program. For a limited time Tdap vaccine is available to those age 11-64 years without cost. It allows people to update the Tetanus/Diphtheria (Td) with the added benefit of protecting our children from Pertussis. The most common sources of Pertussis in children are caregivers, parents, grandparents, siblings, daycare workers, health professionals and teachers who often do not know they are passing it on.

As a one-time booster for Td (usually due every 5-10 yrs) and required immunization for 7th graders in September 2008, this project is hoping to prevent further disease and deaths.

Tetanus, diphtheria & pertussis are all caused by bacteria. Diphtheria & pertussis are spread from person to person. Tetanus enters the body through cuts, scratches and wounds.

TETANUS (Lockjaw) causes painful tightening of the muscles, usually all over the body. It can lead to 'locking' of the jaw so that the victim cannot open his mouth or swallow.

DIPHTHERIA causes a thick covering in the back of the throat causing breathing problems, paralysis, heart failure and even death.

PERTUSSIS (Whooping Cough) causes severe coughing spells, vomiting and disturbed sleep. It can lead to weight loss, incontinence, rib fractures and passing out from violent coughing, pneumonia and hospitalization due to complications.

For more information and to receive this very important vaccine, call the Cow Creek Health and Wellness Clinic at 541-672-8533 OR 1-800-935-2649.

Refreshing Water

Water, water, the source of all life! Did you know that even a slight amount of dehydration diminishes brain function, coordination, metabolism, and our body's ability to detoxify. Research has shown that even as little as 1-2 % loss of body hydration decreases mental functioning.

Water suppresses your appetite naturally! Did you know that your sense of thirst diminishes with age? So keep an eye out for your elders and help them stay hydrated.

So how much should we be trying to drink every day? Take your weight divided in half, for example, 150 pounds divided in half equals 75 lbs. Convert the pounds to ounces = 75 ounces, each day or just over 8 large glasses, not including drinks with caffeine.

When the temperatures go up or you are working out a lot then the amount you should drink should go up accordingly.

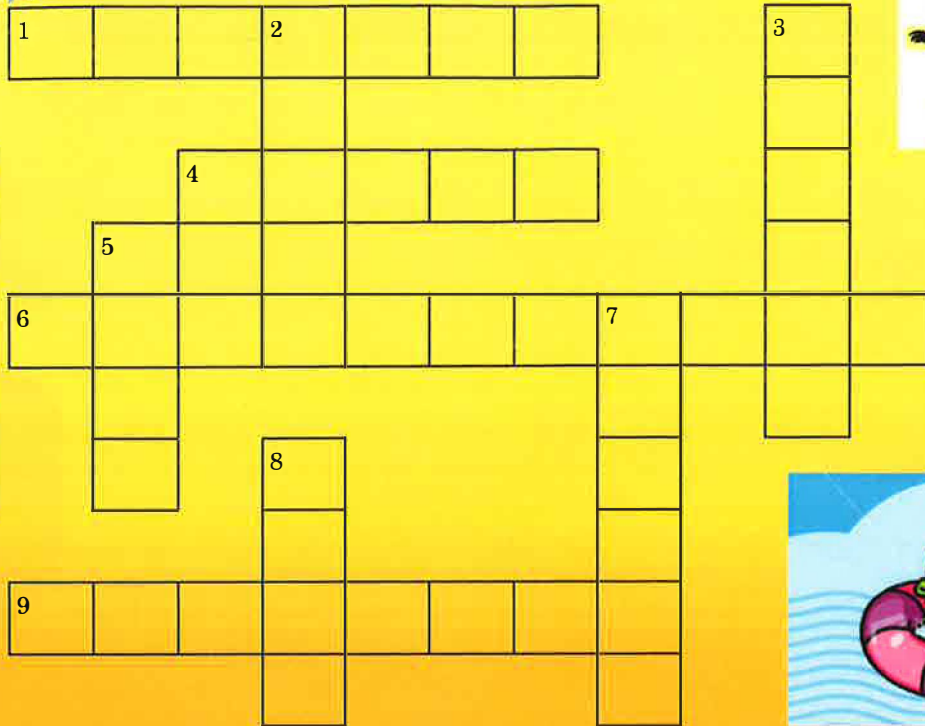
A common reason for not drinking enough is that it will require more trips to the bathroom. When you are limiting your intake to limit your output than you are accumulating in your body toxins. These toxins that with adequate hydration would be flushed hang around longer. The longer the toxins are in your body, the more time they have to do damage. So think twice before limiting your water intake.

Fill a container(s) with the amount of water you should drink each day. Check to see how you do. You may need to work up to the amount you should be drinking if you have not been drinking enough. How about you? Are you drinking enough for your weight?

Call Jeanette Welker, FNP-BC at the Cow Creek Wellness Center for any questions at 541-672-8533.

Kids Corner

Summer



ACROSS

DOWN

1. I was in the sun too long and I have a _____.

4. We like to jump in the _____ as they come to shore.

6. I have a yellow _____ with orange polka dots.

9. Let's drink some _____.

2. I like to go to the _____ to build sand castles.

3. We went on a _____ and grilled hot dogs.

5. The _____ castle was three feet high.

7. _____ is the warmest season.

8. The kids swam in the neighborhood _____.

WATERMELON POPSICLES RECIPE

~ two cups watermelon cubed, remove seeds.

~ one cup apple juice

* Blend in a blender until smooth. Pour into popsicle molds and then freeze.



Rock Bugs

What You Need:

- ~ Paint
- ~ Rock
- ~ Glue
- ~ Google Eyes



What You Do: Let your kids go pick out their own rocks. Then wash the rocks, let them dry. Then give the kids all the different supplies and let them design their own bug.

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



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

**We are on the
web!**
cowcreek.com

Reminders:

**All Johnson O'Malley
functions are smoke free.**



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 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 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.

