

31ST ANNUAL COW CREEK POW-WOW BY TAMMY WOODFUFF



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The 31st annual Tribal Pow-wow was held on July 18, 19 and 20 at the South Umpqua Falls. The Pow-wow was a great success! There was a wonderful show of people attending both the Tribal and InterTribal Pow-wow. The Tribal dinner on Friday, saw more than two hundred people enjoying the great Salmon and all other wonderful dishes brought by families! Opening prayer was given by Ms. Rena Cox, the third eldest member of our Tribe. Saturday night had a great turn out for dancing by both participants and spectators alike. Once again opening prayer was given by Rena Cox with welcoming words by our Tribal Chair, Ms. Sue Shaffer. Everything wrapped up on Sunday with a very successful raffle. The raffle gives everyone one last chance to all gather around and harass the winners.

This year, they had two very special guests in attendance two of the Tribes three eldest Tribal members.

Emily Rose Krantz at 93 years young and Rena May Cox at 91 years young were once again in attendance. It is a great pleasure to see these two wonderful women able to make the journey to the special celebration.

Thank you to the Glendale Ambulance, who was so gracious to provide the tribe use of their fully equipped ambulance from their facility.

Another big thank you goes out to those who helped make the Pow-wow a success: Tribal Board, Umpqua National Forest Service, Douglas County Sheriff's Office, Seven Feathers, UIDC Maintenance, set-up & clean-up crews, medic crew, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between. Thank you all for all of your time and effort put forth!



Del Ansuere and Terri Hansen

SPECIAL POINTS OF INTEREST:

- Tribal election results
- A fun event for you and your dogs
- The perfect exercise
- Immunization update
- Back to school tips for kids

TRIBAL ELECTION BY MIKE RONDEAU

Members of the Tribal Election Committee along with Officials of the Bureau of Indian Affairs (BIA) met on Sunday, August 10, 2008 to conduct the Cow Creek Tribal Board of Directors Election. For this election, two positions for the Board of Directors were up for consideration. Long time Tribal Chairman, Sue Shaffer and Vice Chairman, Dan Courtney, were each re-elected to 4 year terms of office.

As mandated by the Tribal Board, BIA Officials are involved in all aspects of the Tribal Election and were responsible for the collection of tribal ballots. Ballots for this year's

election were accepted by the BIA Siletz Agency until Friday, August 8, 2008 and were delivered to the Tribal Election Committee on the morning of the Election Day.

Election Committee members consists of four tribal members, Rhonda Malone, Michael Rondeau, Tammy Woodruff and Andrea Davis, as well as one tribal board member, Shirley Roane, and one official of the BIA, Ron Kortlever. For the years that Shirley Roane is up for election, Tribal Vice-Chairman, Dan Courtney alternates the tribal board member position on the election committee.

During the 2007 - 2008 year, the Tribal Election Committee made a con-

certed effort to update voter registration and signature cards. "When a tribal member registers with the Cow Creek Tribe to vote they are not required to register again, however, tribal members are encouraged to periodically update their voter registration signature" said Rhonda Malone, Committee Chairman.

In 2009, three positions will be up for election. As mandated by the Tribal Constitution, nominations will be taken at the Quarterly General Council Meeting in May.



Sue Shaffer



Dan Courtney

UMPQUA FOREST CAMPING PASS UPDATE

BY STEVEN RONDEAU

Umpqua National Forest camping passes are available to Tribal members upon request. These passes act as a fee waiver at campsites and fee trailheads within the Umpqua National Forests. Additional information will be provided with the forest passes that explains the procedure and eligible camp-

sites and trailheads when you pick them up at the office. To reserve campsites, call Lindsie or Janice at 541-672-9405 and let them know when and where you would like to camp. Do not reserve a site online. The information will allow us to contact the USFS (United States Forest Service) and reserve your site.

Site reservations are on a first come first serve basis, so make your reservations in advance.



North Umpqua River

Cow Creek Health & Wellness Diabetes Program

Dog Fun Day

and

Poker Walk

Saturday, October 4th.....Stewart Park Pavilion

Roseburg, Oregon

COME JOIN US FOR A DAY OF DOGGIE FUN!!!

All "leashed", dogs are welcome.

This promises to be a fun filled day for all!

Registration is free and begins at 9:30am. All events run from 10:00am to 3:30pm.

This is the perfect chance for you to show off that perfect pet!

Great Prizes & Awards

Fun Dog Contests

- Dog/Owner look alike contest
- Dog costume contest
- Best trick
- Best catcher (toy or food)
- Tallest dog & shortest dog awards



Mini Agility Course

Prizes for many categories including the fastest and slowest times of the day.

Details of course provided in information packet.

Top Dog Award

The special honor of "Top Dog" will be awarded to the dog with the most accumulated points during the day.

Place 1st—earn 5 points

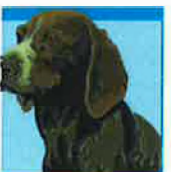
Place 2nd—earn 4 points

Place 3rd—earn 3 points

Food + Fun + Friends

Poker Walk.... The best hand wins a super duper pooper scooper (there will be other great prizes, too)!! All classes will be judged by nonparticipating, unbiased dog enthusiasts who are above and beyond bribery and political coercion. Their main qualification is that they *must love dogs!*

For your information packet please contact the event coordinator: Tricia Hedges at (541) 677-5575.



Health News from Cow Creek Health and Wellness Center

WALKING—THE EASIEST EXERCISE by Carol Follett

During the busy days of summer sometimes it is hard to find time to exercise. Here are some tips from the clinic and Top Health promotion Newsletter. Walking is the easiest exercise and can add years to your life. One does not need to join a health club, wear special equipment or go into training to get the benefits.

Walking conditions the heart and lungs and improves the body's ability to use oxygen more efficiently. One study showed that women who walked briskly at 3-4 MPH at least three hours a week cut their risk of

heart attack and stroke by more than half.

Walking helps with other health problems too. It reduces risk of some forms of cancer, and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. In certain people with diabetes can reduce or eliminate their need for medication.

Walking can burn almost as many calories per mile as jogging, and delivers less of the jolt. So, walking is easier on joints and muscles. Walking lessens stress and lightens depression. Beginning walkers

usually report that they feel and sleep better, and that their mental outlook improves.

Walking has the lowest dropout rate of any form of exercise. Therefore one is more likely to stick with it and get all the benefits. Digestion is improved, and often the blood pressure is lowered.

Use the stairs instead of the elevator or escalator. On bad weather days walk in a mall or try a treadmill to get your body moving! So get up and start walking today! It is for your health.



"Walking can burn almost as many calories as jogging".

Mail order pharmacy by Leta Cook

A sluggish economy and \$4.00 per gallon for gas can put a squeeze on any budget.

One way to save is to use the mail order pharmacy, Wellpartner. By using mail order, the extra gas that it takes to drive to the local pharmacy will not be necessary.

There are four different ways to order from Wellpartner. 1) Order by mail; 2) Order by fax; 3) order online (for refills); or 4) order by

phone. Wellpartner's goal is for the prescription to be received within four to seven business days from the date that they receive the order.

The pharmacists at Wellpartner will also substitute a less expensive generic medication for the brand-name medication the doctor prescribed, unless it is indicated that name-brand is required.

Wellpartner's contact information is as follows:

1. Phone: 1-877-935-5797
2. Fax: 1-866-624-5797
3. Online: www.wellpartner.com
4. Mail: PO BOX 5909 Portland, OR 97228-5909

As always, a Nesika Health Group representative is always willing to help in any way that is necessary 1-800-284-9917 or 1-541-677-5508

YOUTH MENTORING & OUTDOOR RECREATION FUN

BY JANET COOPER

Are you a young man between the ages of 14 and 19? Are you also a Tribal member, employee, or the son of an employee? Then join us for this exciting new program.

The meetings will be regularly scheduled for the second and fourth Monday of each month from 6:00 p.m. to 8:00 p.m. Snacks and beverages will be provided. Meetings will be held at the Cow Creek Block House, which is located directly behind Seven Feathers Casino.

Many fun activities are planned such as guitar lessons, cooking, camping, archery, rafting trips, biking and much more.

For more information call Don Gilbert, Alcohol and Drug Counselor at 541-672-9405



NEW IMMUNIZATIONS RULES COMING TO A SCHOOL NEAR YOU

BY ANDREA DAVIS

Beginning in the 2008-2009 school year, two new additional vaccines will be required for children to attend school or childcare-Tda (combined Tetanus, Diphtheria and Pertussis) and Hepatitis A. Immunization schedules can be confusing, but simply stated:

~ 7th graders will need one dose of Tdap if it has been at least 5 years since their last diphtheria/Tetanus containing vaccine.

~ Children in kindergarten, preschool, Head Start and childcare will need two doses of Hep

A vaccine. The first dose will be required by 18 months of age, and the second dose will be required within one year of the first dose.

What You Can Do:

Medical Providers can take every opportunity to give all recommended vaccines, even the ones that aren't required for school.

Parents can get their children immunized **now**. Maintain complete vaccination histories for your children and make sure that the school has an updated immunization record.

School or Childcare Providers can use Oregon's ALERT registry. Authorized users can look up children's immunization records at www.immalert.org. Remind parents **now** about the new requirements.



"Two new vaccines will be required for children to attend school or daycare"

Traditional Facts

By Jessica Bochart



The Cow Creeks made use of nearly every part of a deer. Venison was eaten fresh or dried in preparation for the winter months. Hides were used to make moccasins, gloves, pants, etc. Deer brains were used to tan the hides and the horns were used for buttons. In addition to its nutritional value bone marrow could be rubbed into the hair to keep it from breaking or splitting. Tools, such as needles and awls, could be made from the bones and sinew could be used for sewing and backing bows. Moreover, deer hooves were boiled down and used as glue. Musical instruments, such as deer hoof rattles, were also manufactured.

West Nile Fever Strikes In Malheur County

According to the latest Oregon DHS news release, the first human cases of West Nile fever in Oregon this year have been reported in Malheur County.

State health officials say the appearance of the cases should be a reminder to avoid mosquito bites – particularly with outside activities during the end of summer.

Most infections are mild, with fever and flu-like symptoms but severe infections may cause inflammation of the brain and, rarely, death.

West Nile virus is transmitted to

people by mosquitoes. Birds are the principal carriers of the virus, infected birds are bitten by mosquitoes, which pick up the virus and carry it to people.

WNV PREVENTION ADVICE

- Use insect repellents containin DEET, picaridin, oil of lemon, eucalyptus, or IR3535.
- Avoid being outdoors when mosquitoes are most active.
- Wear long sleeve shirts, long pants, and a hat to reduce bites.
- Check screen doors and win-

dows for openings that might allow mosquitoes indoors.

- Decrease standing water to the greatest extent possible, particularly around the home.

If you or anyone in your family shows any West Nile symptoms, see your doctor for testing and follow-up care.



BACK TO SCHOOL TIPS FOR KIDS

BY Lindsie Hicks



- Work out a safe route to school with your parents. Choose the quickest way with the fewest street crossings and use intersections with crossing guards. Stay away from parks, vacant lots, fields, and other places where there aren't many people around.
- Whenever possible walk to and from school with a friend, neighbor, brother, or sister. Don't go by yourself.
- Be sure you know your home phone number (including area code) and address, the numbers of your parents at work and of another trusted adult, and how to use 911 for emergencies.
- Never talk to strangers or accept rides or gifts from strangers. Remember, a stranger is anyone you or your parents don't know well and trust.
- If you bike or skate to school, wear a helmet. And don't forget to lock up your bike with a sturdy lock wherever you leave it.
- If you're home alone after school, check in with a parent or neighbor as soon as you walk in the door.
- Let parents and friends know if you stay late after school. Get permission first if you want to play with a friend instead of going home.

School Bus Cut-out Fun!

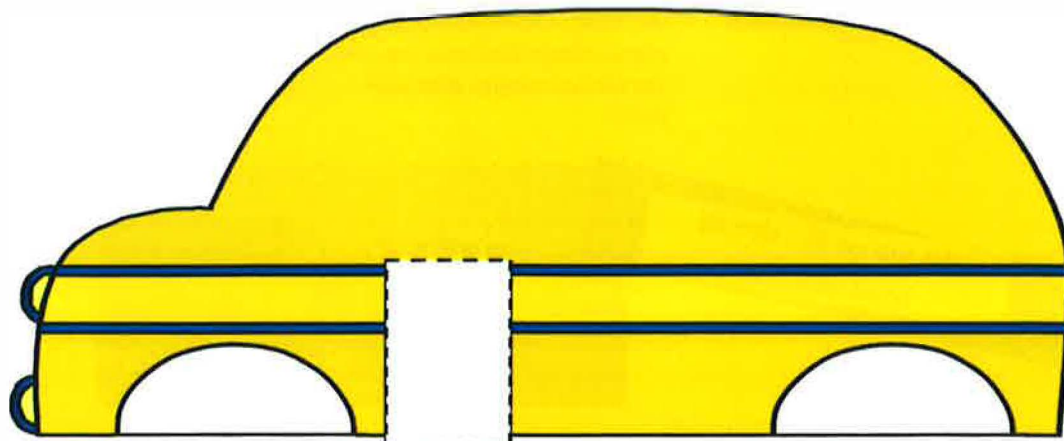
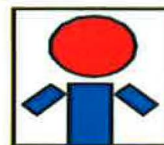
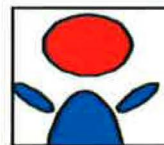
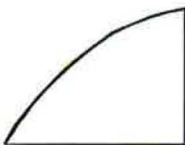
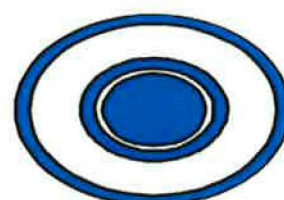
Materials to gather:

~ glue stick

~ scissors

~ markers/crayons

Cut out all the pieces to the school bus. Glue the wheels on and the children in the windows onto the school bus. Be safe when using scissors!



**COW CREEK BAND OF
UMPQUA TRIBE OF INDIANS**

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

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.

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.

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.

We are on the web at
cowcreek.com



Reminders

**ALL JOHNSON
O'MALLEY
FUNCTIONS ARE
SMOKE FREE.**

