



Cow Creek Band of Umpqua Tribe of Indians

KIUYUM-ID

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American Masterpieces project features rarely seen Native American regalia

SALEM, OR — A groundbreaking exhibition of historic and contemporary ceremonial regalia from all nine of Oregon's federally recognized Native American tribes, much of which is rarely seen by the general public, will be on display Sept. 27 to Jan. 18 at the Hallie Ford Museum of Art at Willamette University.

The Art of Ceremony: Regalia of Native Oregon, Oregon's 2008 American Masterpieces project, features what the tribes consider their finest artwork, items they wear and use in private ceremonies and rituals. Hand-crafted dance outfits, jewelry, staffs, headdresses, musical instruments and a 21-foot cedar canoe — many on loan from Native families across the state — are among the items to be displayed. The American Masterpieces grant was awarded by the Oregon Arts Commission with funds from the National Endowment for the Arts. "Most people have never really seen Oregon's traditional regalia," said Willamette anthropology Professor Rebecca Dobkins, who organized the exhibition in collaboration with Native community curators. "The only time much of this regalia is worn is during private events like funerals, feasts or dance ceremonies. These items are not largely shared outside their community."

A multitude of free public events will accompany the exhibition, starting with a Procession of Nations through campus on Sept 27 at

3:00 p.m. that will include members of all Oregon's tribes. The procession will be followed by an opening ceremony at the museum and a traditional Native American feast on campus. Visitors can watch regalia-makers at work from 1 to 5 p.m. Sept. 28 at the museum. Tours, films, lectures and demonstrations are among the other events scheduled throughout the exhibition (see attached schedule).

The Art of Ceremony will showcase the diversity of regalia between tribes, from the western tribes' use of feathers and abalone shells to the eastern tribes' beadwork and buckskin. After leaving the Hallie Ford Museum of Art, the exhibition will travel to the Tamástslikt Cultural Institute in Pendleton, Ore., and the Museum at Warm Springs in central Oregon.

"A lot of people attend inter-tribal powwows and mistake what they see there as our traditional dances and regalia," said Bud Lane, vice chairman of the tribal council for the Confederated Tribes of Siletz Indians on the central Oregon coast. "We want people to see that each tribe has its individual traditions and cultures that vary from region to region."

In addition to the American Masterpieces grant, the exhibition is supported by an endowment gift from The Confederated Tribes of Grand Ronde through the Spirit Mountain Community Fund, a Millicent McIntosh Fellowship from the Woodrow Wilson Foundation, a

Siletz Tribal Charitable Contribution Fund award, and by grants from the city of Salem's Transient Occupancy Tax funds, the Oregon Arts Commission and the William and Flora Hewlett Foundation.

The Hallie Ford Museum of Art is located at 700 State St. (corner of State and Cottage streets) in downtown Salem near the campus of Willamette University. Hours are Tuesday through Saturday from 10 a.m.–5 p.m. and Sunday from 1–5 p.m. The galleries are closed Monday. Admission is \$3 for adults and \$2 for seniors and students. Children younger than 12 are admitted free, and Tuesday is an admission-free day. For more information, call (503) 370-6855 or visit www.willamette.edu/museum_of_art.

Points of Interest

- Education Announcements
- Career Day Happening
- Art of Ceremony Events
- Night Terrors Article
- Contract Health News
- Bow Hunting Tips
- Kids Corner

Announcements

Higher Education Deadlines

The deadline for Higher Education applications for 4 year students is December 1, 2008 for winter and spring quarters. Students must turn in their applications along with a financial aid award letter by the deadline in order to be considered for funding. Applications may be printed from the Cow Creek website at www.cowcreek.com. If you don't have access to the Tribal website please contact the Education Director at 677-5575 or 1-800-929-8229.

College Scholarship Information

The Cow Creek Education Program has scholarship information available for students from different disciplines. Seniors in high school attending college in 2009-2010 right now is the time to start researching and applying for scholarships. If you are interested, please contact the Cow Creek Education Program.



Free Application for Federal Student Aid

For students that are pursuing a certificate, 1, 2 or 4 year program full time filing for financial aid is an important part of the process. Remember, it takes 4 to 6 weeks to process your application. This information is transmitted to the school from the federal processor and then the college puts together your award with this information. If you plan to attend winter or spring quarter, file now as this will allow time for your application to be processed. The later a student files in the year for fall term the slower you will re-

ceive a financial aid award. Typically if you file later than June with the bigger universities you may not receive your award until late September or October.

Remember as a rule to file your financial aid after January 1st of each year for the next academic year. Filing earlier in the year allows the student to be eligible for more grants and also eliminates the crunch of meeting other scholarship deadlines. The FAFSA is now available on line at www.fafsa.ed.gov. The form is easy to fill out and also allows

the student to make corrections and add other colleges as needed.

If you have questions about the FAFSA, please contact Kelly LaChance, Education Director at 677-5575 or 1-800-929-8229.



Career Fair

The UIDC Human Resource Department is beginning recruitment for the new 250 seat buffet at Seven Feathers Hotel & Casino Resort. The expansion of the hotel and addition of the new spa will open in 2009.

As part of the Recruiting Plan, UIDC is holding a Career Fair that will be open to all tribal members as well as the public. The Career Fair will occur on September 24, 2008 from 11am – 7pm at Seven Feathers Hotel & Casino Resort, in the

Azalea Room of the convention center. Hiring managers, supervisors, and the Benefits Coordinator will be available. Computers will also be available for use to fill out online applications. UIDC knows that we are only as successful as our

tribal members and our employees. Tribal members are invited to find out what careers are available.

Visit the newly redesigned Employment Web Site! Browse around the site and see all the information that is pulled together for all of the UIDC businesses. You can visit us on the web at www.uidchr.com or come visit us in person at our Canyonville office or Roseburg location.



The Art of Ceremony: Regalia of Native Oregon

Sept. 28, 2008–Jan. 18, 2009

*NOTE: All special events are free and open to the public.

Welcome and Procession of Nations

Saturday, Sept. 27, 3 p.m., Jackson Plaza, Willamette University

The procession will include and celebrate the Native nations of Oregon. Participants will move across campus to the Hallie Ford Museum of Art for an official opening ceremony.

Feast and Celebration

Saturday, Sept. 27, 5 p.m., Goudy Commons, Willamette University

A feast of traditional Native foods will follow the official opening. Please RSVP by Sept. 20 at (503) 370-6855.

Regalia-Making Demonstrations by Oregon Tribal Artists

Sunday, Sept. 28, 1–5 p.m., Hallie Ford Museum of Art, Willamette University

Visitors can watch Native regalia-makers at work.

Tuesday Gallery Talks

Tuesdays, Sept. 30–Jan. 13, 12:30 p.m., Hallie Ford Museum of Art, Willamette University

Museum staff and docents will lead free talks about the exhibition.

Teacher Workshop

Wednesday, Oct. 1, 4–5:30 p.m., Hallie Ford Museum of Art, Willamette University

Elizabeth Garrison, the museum's Cameron Paulin Curator of Education, will lead a workshop for teachers interested in bringing their classes to visit the exhibition.

Saturday Gallery Tours

Saturdays, Oct. 4–25, 1 p.m., Hallie Ford Museum of Art, Willamette University

Willamette University students will lead free tours of the exhibition.

Lecture, The Art of Ceremony: Regalia of Native Oregon

Thursday, Oct. 16, 7 p.m., Paulus Lecture Hall, College of Law, Willamette University

Anthropology Professor Rebecca Dobkins, Faculty Curator of Native American Art at the museum, will give a lecture about Oregon's Native regalia and the exhibition. This lecture is co-sponsored by the Salem Society of the Archaeological Institute of America.



Shape Up for the Holidays with these Healthy Tips By Bob Dunas

Don't dread the holidays and the weight gain that often accompanies them. Use these tips to make changes now that will allow you to enjoy yourself while becoming healthier at the same time! Whether your goal is to avoid diabetes or heart disease or simply to lose some weight to look and feel better, the principles are essentially the same. Eat healthy foods, control the portion sizes and exercise regularly. To keep the pounds off permanently, incorporate new, healthy behaviors into your routine so that they become a natural part of daily life.

Here are 15 ideas to reinforce your healthy lifestyle and to keep you committed to permanent weight loss:

Exercise 30 to 45 minutes 4 to 5 times a week. If time is limited, exercise for several brief periods throughout the day — for example, three 10-minute sessions rather than one 30-minute session.

Eat three healthy meals during the day, including a good breakfast. Skipping meals causes increased hunger and may lead to excessive snacking.

Focus on fruits and vegetables. Top off your morning cereal with sliced strawberries or bananas. Stir berries or peaches in yogurt or cottage cheese. Liven up your sandwiches with vegetables, such as tomato, lettuce, onion, peppers and cucumber.

Don't keep comfort foods in the house. If you tend to eat high-fat, high-calorie foods when you're upset or depressed or bored, don't keep them around. Availability of food is one of the strongest factors in determining how much a person eats.

Plan a family activity. Get the family together to go for a bike ride, play disc golf or kick the ball around in the yard.

Pay attention to portions. Serve meals already dished onto plates instead of placing serving bowls on the table. Take slightly less than what you think you'll eat. You can always have seconds, if really necessary.

Create opportunities to be active. Wash your car at home instead of going to the car wash. Bike or walk to the store. Participate in your kid's activities at the playground or park.

See what you eat. Eating directly from a container gives you no sense of how much you're eating. Seeing food on a plate or in a bowl keeps you aware of how much you're eating.

Vary your activities. Regularly change your activity routine to avoid exercise burnout. Walk a couple of days, swim another and go for a bike ride on the weekend. Seek out new activities — karate, ballroom dancing, cross-country skiing, tennis or Pilates.

Eat at home. People eat more food in restaurants than at home. Limit how often you eat at restaurants. If you do eat out, decide what and how much you're going to eat before you start and have the rest boxed to go.

Plan healthy snacks. The best snacks include fruits, vegetables, whole grains and low-fat dairy products. Fruit smoothies, sliced fresh fruit and yogurt, whole-grain crackers, and carrot and celery sticks with peanut butter are all good choices.



For more information on how to make these healthy habits a part of your life, please contact Bob Dunas, Lifestyle Coach for the Cow Creek Health and Wellness Center at 541-677-5575.

Causes and Risk Factors of Night Terrors

By Lee Van Beuzekom

Night terrors strike children, usually between the ages of 3 years and 8 years. They rarely occur in older children, adolescents and adults.

In both adults and children, night terrors may be caused by unresolved psychological conflicts, traumatic events or fatigue. In children, traumas such as the loss of a favorite toy, overhearing a loud argument between parents, watching scenes of violence on television or listening to frightening stories could trigger a night terror. Particularly among adults, prescription drugs such as antihistamines, decongestants, levodopa, reserpine, beta blockers, and antidepressants, as well as withdrawal from addictive drugs, all can provoke sleep disturbance.

Treatment of Night Terrors

Night terrors in children usually disappear with adolescence, so standard medical treatment is not necessary. The doctor may advise the parents to adjust the sleep habits of the child to allow for more sleep time, and eliminate stresses in the child's life.

Additionally, the parents should determine when the night terrors usually occur and fully awaken the child about 15 minutes before that time. After 4 or 5 minutes, the child can return to sleep. The waking is discontinued once the terrors stop, which in most circumstances is usually within a week.

In severe cases of night terrors the doctor may prescribe an antidepressant which may relieve nervousness or tension and also treats insomnia. *Night terrors in adults* can be treated with medications such as an antidepressant called Tofranil or benzodiazepine drugs such as Klonopin or Valium. Additionally, the doctor may recommend psychotherapy, which is a method of treating emotional problems. In psychotherapy, the patient talks with a therapist about their concerns and problems that may be linked to this sleep disturbance.

Note: never yell or shake a person experiencing a night terror, this will only confuse and upset them more. Comforting them with a hug or gently restraining them will help.

Questions To Ask Your Doctor About Night Terrors

Is there a psychological cause such as depression, emotional trauma, or stress? Is it related to any medications that are currently being taken? Should any changes be made in the medications currently being taken? Would psychotherapy help? What can be expected from psychotherapy? Will a person grow out of night terrors?

Call Lee Van Beuzekom, marriage and family counselor at 541-672-8533 for additional info.

Contract Health News

By Elizabeth Coleman

Patients must call their primary insurance prior to having a MRI, CT scan or surgery as most insurance companies require authorization prior to these tests or surgeries. Failure to contact primary insurance may mean that primary insurance will pay at 50% instead of 80%.

Example: Surgery- \$ 5000.00, with precertification insurance pays @ 80% = \$ 4000.00. Contract Health Service pays

\$1000.00 with a PO# the patient balance would be \$.00. Same surgery not pre certified - \$5000.00, insurance pays 80% of \$2500- \$2000.00. Patient balance = \$2500.00, Contract Health Service pays - \$500.00 with PO#. Contract Health Services funds can't be used to pay the patients responsibility for services that are not preauthorized by the primary insurance. Federal regulations state that all other resources must be used first. Failure to contact primary insurance is failure to use other resources. Call at least one week in advance for any non-emer-

gent surgeries, physical therapy, MRI's, CT, 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. Emergencies are considered life threatening or loss of limb. 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. PO's are required prior to your visits and you must have one for each date of service. Call Elizabeth at 541-672-8533 for more information.

TRADITIONAL FACTS

By Jessica Bochart

The oldest bone tools from Africa have been dated to 1.5-2 million years ago, which is still a matter of contention among archaeologists. Interestingly, the first tools show right and left side dominance which still exists today. Although it is unclear when humans or their ancestors manufactured tools out of bone, all can agree that it was an important milestone in conceptual thought.

The artifacts pictured right, are bone awls recovered from the Rogue-Umpqua Divide. Bone awls were commonly manufactured from split deer bones. The pointed tip was used to punch holes in skins or leather for sewing garments. Awls were also used in basket making and weaving. Most awls exhibit polishing, which indicates they were used on a regular basis.



Safety Reminders for the Bow Hunter

By Lindsie Hicks

By following a few, simple rules, Oregon's archery hunters can enjoy a safe experience in the state's back country this season.

- ♦ Tree stands - before climbing a tree, make sure it's large enough to hold your weight. To avoid falling while climbing the tree, attach a hauling line to your bow, arrows and other equipment and leave them on the ground. After climbing into your tree stand, attach your safety line. Then use the hauling line to lift all gear up.
- ♦ Keep the arrows in a hooded quiver that covers the broadheads, until it is time to shoot. Archers may jab themselves or hunters who walk to close to them, while carrying those arrows in their hand. It is one of the most common accidents that happens during the archery hunts.
- ♦ Preparation - equipment checks - make sure laminations are not flaking or separating, that strings are not fraying and that the pulleys and cables on compound bows are in good working order. Also, be sure the equipment is matched. The arrow's spline (the stiffness of the arrow's shaft) matches the bow's draw weight. If your bow's draw weight produces more force than your arrow is designed to handle, the arrow will probably fly off target.
- ♦ Broadhead sharpening - be careful not to cut yourself while sharpening broadheads. Broadheads should be razor sharp. Do not cut yourself in the process.
- ♦ Practice your shooting as much as possible.
- ♦ Obtain written permission from private landowners, before hunting on their property and always keep a valid hunting license and tags.
- ♦ Know the boundaries of limited entry units and other restricted areas. Never take a shot at a deer or elk that is beyond your maximum, effective range. Before releasing your arrow, be sure of your target and what's beyond it.
- ♦ If you are hiking a long distance, add a bow sling to your bow. This keeps your hands available and free.

Apple Printing Craft



What you'll need:

Apples

Paint

Paper plate, shallow tray, or wide paint brushes

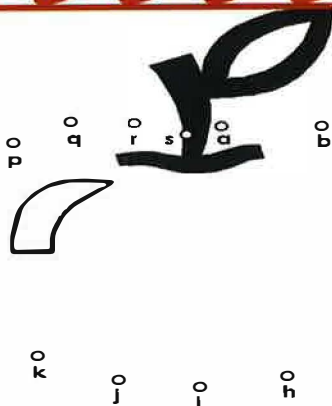
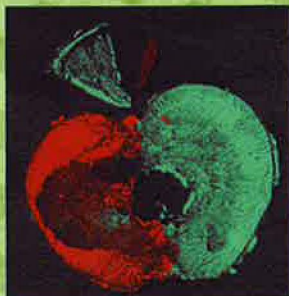
Something to print on, like paper

Newspapers to protect the table

Knife to cut the apple

How to make it:

- Apple printing is always fun: there are two very different prints you can get by cutting apples in half through the middle OR from the top to bottom.
- You can cut them in half through the stem, dip them in red and green paint, and make a very nice-looking collage of apple shapes. Cutting them through the middle makes a circle stamp with a star in the middle. It can also make a circle in the middle.
- Using black or white paper create the apple collage by dipping apple into paint.
- You can make a wreath by using two colors of green paint and apples cut through the middle (to make circles with 'star' centers). Then take a sponge, cut a triangle (for 1/2 of the bow) and dip it into red paint - add the bow. To make dark green paint, add a little black paint at a time to some green paint.



Connect the letters

Apple Facts:

- ♦ It takes about 36 apples to create one gallon of [apple cider](#).
- ♦ An apple tree will start bearing fruit 8-10 years after it is planted. A dwarf tree starts bearing in 3-6 years.
- ♦ Apples are a member of the rose family of plants along with pears, peaches, plums and cherries.
- ♦ Apples come in all shades of reds, greens and yellows.
- ♦ Two pounds of apples make one [9-inch pie](#).
- ♦ Americans eat 19.6 pounds of apples every year.
- ♦ It takes the energy from 50 leaves to produce one apple.



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Toll Free: 800-929-8229



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

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

Reminder:

**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 WEBSITE

Tribal members interested in employment opportunities at any of the tribal businesses may go online at www.uldchr.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.

