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Volume 7 Issue 6

September 11 , 1997

Cow Creek Tribal Election Results

General Elections for 3 positions open on the Cow Creek Band of Umpqua Tribe of Indians Board of Directors were held on August 13, 1997 at Seven Feathers Hotel & Casino in Canyonville, OR.

This Election was conducted with the assistance of the Bureau of Indian Affairs and the Election Committee. The Election Committee consists of Danny Courtney, Christine Van Norman, Yvonne Dumont, Rhonda Malone and Michael Rondeau.

The results of the 1997 Tribal Board of Directors election are as follows:

Shirley Roan	132
Robert Van Norman	125
James Estabrook	121
John Cox	67
Arthur Parazoo	37

Shirley Roan, Robert Van Norman, and James Estabrook will each serve a four year term. We appreciate tribal participation in the voting process.

Fine Dining at Seven Feathers

The Tribe's fine dining outlet, the "Camas Room", located within the Seven Feathers Hotel and Casino Resort, opened to the public on Tuesday, September 2, 1997. The elegant dining room will provide an experience comparable to any fine dining establishment from San Francisco to Seattle.

The Camas Room can seat up to 57 with a private dining area for 14. In addition to the indoor seating, the connecting patio will accommodate those wishing to dine outdoors. The patio will also be available for private parties.

Background music, provided by local pianists, can be heard while you enjoy delicious creations prepared by Chef James Walsh and his well trained staff.

Several reservations for group events have been scheduled in the dining room.

To experience the fine dining provided in the Camas Room, call 1-888-677-7771 to make your reservations.

Convention Center Meeting Community Need

The Seven Feathers Convention Center, completed earlier this year, is meeting a very important need in the local community. There are no other facilities like the Seven Feathers Convention Center in the local area. Through training, tribal members and local people are providing a valuable service to the entire state.

Many groups and individuals from the local area as well as from around the region have scheduled events at the convention center. An event that was scheduled by a local lumber company owner gave the convention center staff the opportunity to serve dinner to 621 people. Other events that have taken place at the convention center include the Doernbecher Dinner and Benefit Auction, State Farm Insurance Convention, Phoenix School Dinner and Benefit Auction and multiple wedding receptions.

The response from the community regarding the facility and the quality of food and service has been excellent.

Representatives from the National Indian Women's Leadership Conference have scheduled their 1997 meeting at Seven Feathers. This group is comprised of women who are chairperson's of their respective Tribe's. This is the first time this event has been scheduled on the west coast.

Tribal Member Discounts at Seven Feathers

At the July Tribal Board Meeting, the Board of directors approved Tribal member discounts for various outlets, as well as reduced rates at the Seven Feathers Hotel and Casino Resort.

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Tribal members, upon presentation of their Cow Creek Tribal I.D. card, will receive a 10% discount in Scoops, the Cow Creek Restaurant (24 hour) and in the Gift Gallery. The discount does not apply to alcoholic beverages. When a tribal member is dining in the Cow Creek Restaurant or Scoops with other members of his or her family, the 10% discount applies to their meal as well.

Tribal members will also receive a 10% discount on Convention Center charges for tribal family events that have received pre-approval from the tribal Board of Directors. Again, this discount does not apply to alcoholic beverages.

In addition to the 10% discounts previously mentioned, tribal members, upon presentation of their Cow Creek Tribal I.D. card, will be eligible for a \$40.00 per night rate at the Seven Feathers Hotel. When making your reservations at the hotel, please notify them at that time that you will be presenting a Cow Creek Tribal I.D. card. This card must be presented to receive the \$40.00 rate.

If you have not requested a Cow Creek Tribal I.D. card, please refer to the following:

TRIBAL I.D. CARDS

Tribal Identification Cards are available to any tribal member upon request. If you would like one, contact Carol Ferguson at the Cow Creek Government Offices. You will be sent an application with an I.D. card attached for your signature. Just simply fill out the application, sign the I.D. card, enclose an appropriately sized photo and mail back to the Administrative Offices for processing. PLEASE DO NOT FILL IN ANYTHING ON THE CARD EXCEPT YOUR SIGNATURE. In order for cards to be uniform, this procedure must be followed. The card will then be processed with the Chairman's signature, laminated and then mailed back to you.

The U-Turn That Changed A Life

Tribal member, Tamara Brunell, described her life changing from a point of low self-esteem to extreme fulfillment with the support of the Tribal Education Program.

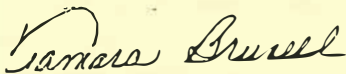
Tamara was gripped by a sense of depression and rejection while driving by the local college every day for years. Then one day, she says, "I made a U-turn in the middle of the street after deciding that if I didn't go at that very moment and pick up a catalogue, I never would." In August, she wrote a letter to the Tribal Board expressing her personal challenges

Dear Tribal Board of Directors:

I have often worked part-time while attending school. I am a full-time wife and mother, as hard as it can be, the feeling of personal satisfaction college has given me is hard to describe. I am not always praised for doing my motherly or household duties, however, I have been told by many of my professors at Worcester State that what I have accomplished there is extraordinary. I have developed a better sense of self and more confidence as a result of my education. I stress to many of my friends and family that it is never too late to go after a dream. I am close to realizing mine. I

give you my word, your confidence in me will not be misplaced. Thank you very much.

Sincerely,



Tamara Brunell

Tamara will soon be graduating with a Bachelor's degree and has plans to attend law school.

Quick Safety Seat Checkup

In 1996, according to statistics from the Oregon Auto Safety Hotline, 11 children under age 4 were killed and 853 were injured, due to the lack of proper use or no use of child restraints in cars.

With the beginning of the new school year, now is a good time to do a safety seat check-up. Some questions parents may want to ask themselves are: Are you using safety restraints while your child/children are in your car and do you require your child/children to be restrained in someone else's car? And are you using safety seats/belts/booster seats properly?

Does your child ride in the back seat?

- The back seat is generally the safest place in a crash.
- If your vehicle has a passenger air bag, it is essential for children 12 and under to ride in the back seat.

Does your child ride facing the right way?

- Babies should ride facing the rear up to at least age one and 20 pounds

Children over age one and at least 20 pounds may ride facing forward. Does the safety belt hold the seat tightly in place?

- Put the belt through the right slot. If your safety seat can be used facing either way, use the correct belt slots for each direction.
- The safety belt must stay tight around the safety seat. Check the vehicle owner's manual for tips on using the safety belts.

Is the harness buckled snugly around the child?

- Keep the straps over your child's shoulder. The harness should be adjusted so you can slip only one finger underneath the straps at your child's chest. Place the chest clip at armpit level.

Does your child over 40 pounds have the best protection possible?

- Keep your child in a safety seat as long as possible, at least until 40 pounds. Then use an auto booster seat that makes vehicle belts fit better. Most children this size are much too small to fit correctly in safety belts.

A booster seat without a shield is preferred. It is used with lap and shoulder belts. A booster with a shield is used if your car has only lap belts in back. Check on special products for heavy children too active to sit still in a booster.

How should a safety belt fit an older child?

- The child must be tall enough to sit without slouching, with knees bent at the edge of the seat. The lap belt must fit low and tight across the upper thighs. The shoulder belt should fit over the shoulder and across the chest. Never put the shoulder belt under the arm or behind the back.

If you have any questions, or need a car seat for your child please contact Rhonda or Peggy in the Tribal office.

Tips on Self Healing:

It's that time of year again, when your child is exposed to an environment of germ saturated air commonly known as the classroom. You can wage war upon infestation of these invisible germs causing strep, colds and viruses. Here are simple ways of boosting your child's immunity for the benefit of the whole family.

- **Teach hand washing as a habit** - explain how a good hand washing before lunch can frequently prevent illness. Show your children how to hand wash properly by scrubbing hands on all surfaces as long as it takes to sing the "Happy Birthday" song. Any kind of soap will do because it is the friction of rubbing, combined with the soap that attacks the germs.
- **Supplement a healthy diet with vitamins and minerals** - vitamin C and multiple vitamins will help ward off unwanted microbes.

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- **Keep your kids hydrated** - water helps the body function. Give each child a bottle of to drink at school, practices and games.

Make sure your children have lots of sleep - brief 10 minute massage (back, head, or foot) will encourage relaxation and trigger dream state. Most kids need 8-9 hours of rest a night in these growing years. Instead of fighting about "bedtime", children are ready for a 10 minute massage. It is an opportunity of 10 special minutes set aside in the day between you and your child.

Vaccines for Children:

The Tribal health program can save precious dollars on children's vaccine serum. Identify your child as a Tribal member and ask your physician if he/she participates in the Vaccine for Children Program. Vaccine serum is free to

participating physicians. If you would like to know if your physician is a participant in the seven county service area, call Contract Health.

This is a Nationwide program.

Jobs Bulletin:

Here's the big news: the microchip industry has jobs. Lots of jobs! The semiconductor industry estimates it will need about 40,000 more trained employees to fill new jobs in Oregon over the next five years. A minimum of a high school diploma or GED with some specialized training allows you to earn certification in this red hot field. Our Tribal Employment Program and Umpqua Community College are in joint participation to train available tribal members interested in work in the semiconductor industry: Semiconductor Manufacturing Technology, Microelectronics Technology, Digital Systems Technology and Electronics. If you are interested in this program or getting your GED, please call Joe Miller at the Cow Creek Government Offices.

Doernbecher Fund-raiser

The Friends of Doernbecher Benefit Golf Classic, Dinner and Auction held on Saturday, August 23, 1997 proved to be a complete success, raising nearly \$50,000.00 for the hospital. For nearly a year the Tribe has worked with the "Friends of Doernbecher", as have other community leaders on planning preparing for this charity benefit.

The funds raised from this event are to be used to help with construction costs of the new, state-of-the-art Doernbecher Children's Hospital. The new hospital will consist of four floors dedicated solely to pediatric service.

In the 1995/1996 years, Doernbecher Children's Hospital assisted 63,549 children just in the State of Oregon, **582 in Douglas County alone.** Many Tribal children have been treated at this hospital as well.

The charity event began at the Myrtle Creek Golf Course and was followed by a dinner and auction at the Seven Feathers Hotel and Casino Resort.

The "Golf Classics" tournament started early in the day at the new Myrtle Creek Golf Course. The tournament featured 36 teams of four individuals. Dozens of local businesses were represented in the golf tournament.

After the golf tournament, participants and the public gathered in the convention center of the Seven Feathers Hotel and Casino Resort. Nearly 450 people from as far away as Portland attended the banquet and benefit auction which included such donated items as artwork, sporting goods, mini-vacations and a miniature sculpture of the Seven Feather's Eagle "Skookum Hyak" donated by the artist, Lorenzo Ghiglieri. The Douglas County Chapter of the Friends of

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Doernbecher had originally hoped to raise \$15,000.00 to \$20,000.00 from the golf charity event, however the local community proved their generosity by raising over \$47,000.00.

In Memory of..... George Benjamin Rondeau

Oldest Tribal member, George Benjamin Rondeau, known to many as "Ganz", died at his home Sunday, July 20, 1997 at the age of 96.

Services were held at Lundberg's L.B. Hall Funeral Home with the Rev. Jim Roberts officiating.

Ganz was born on January 12, 1901, in Starveout, Oregon. On October 9, 1920, in Glendale, Oregon, he married Theora Williams, who preceded him in death in June 1996. He started working in the woods at age 15 on a steam donkey and worked as a logger for many years. He enjoyed fishing and hunting.

Survivors include two sons, Leonard Pike and Ben Rondeau, both of Grants Pass, Oregon; a daughter, Louella Rondeau-O'Dell of Anchorage, Alaska; four grandchildren, 17 great-grandchildren; and 15 great-great-grandchildren. In addition to his wife, he was preceded in death by two grandchildren and two great-grandchildren.

Ganz was the oldest member of the Cow Creek Band of Umpqua Indians since the death of Wallace J. Rondeau in January 1997.

The oldest members of the Tribe have been these two men for many years, with their passing, the two oldest members of the Tribe are now women: 1) Della Rainville Bell and 2) Emily Rose Lerwill Krantz.

* For information regarding Tribal Programs, please call 1-800-929-8229 or (541)672-9405