

KIUYUM-ID



2001 Quarterly General Council Meeting Notice

Date	Day	Time	Location
May 20*	Sunday	11 a.m.	Cow Creek Government Office, Roseburg
August 12**	Sunday	11 a.m.	Cow Creek Government Office, Roseburg
November 11	Sunday	11 a.m.	Cow Creek Government Office, Roseburg

*Board of Directors Nomination Meeting

**Annual Board of Directors Election Meeting

Nominations for the 2001 Board of Directors Election will be taken at the May 20th meeting. Lunch will be served following all 2001 General Council meetings.

The procedures for the nominations for the Tribal Board of Directors Election are as follows:

Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election. When the nominations are closed, no other nominations will be accepted.

A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates present at the meeting. For

those nominees not present, forms will be mailed to them no later than three (3) days following the nominations meeting and must be received in the Tribal office no later than June 10th of each year. Candidate acceptance forms will be placed in the election file. Candidates' names will be placed on the ballot in the order the nominations are made.

Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 20, 2001. Ballots must be received by the Siletz Agency no later than 4 p.m., August 10, 2001. If you are a registered voter and do not receive a ballot, you must contact the Tribal Government Office at 1-800-929-8229 or 1-541-672-9405.

Cow Creek Tribe Begins to Operate Its Own Utility

On Jan. 3, the front page of The Oregonian's "Business Section" printed a story on how the Cow Creek Tribe has set up its own utility company to distribute low-cost Bonneville Power Administration (BPA) electricity to Seven Feathers and other Cow Creek businesses. The Tribe will continue to rely on PacifiCorp for the transmission of electricity to Cow Creek locations from BPA lines near Eugene.

In setting up its own power company, the Tribe will be able to purchase power directly from BPA at the rates offered to other public utilities, rather than paying the higher "retail" rates. The contract is part of a BPA program that sets aside 75 megawatts for new small utilities. The 75 megawatts represents less than 1 percent of BPA's available power. Under the terms of the contract, the Cow Creek cannot resell the power on the open market.

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Update on Trust and Properties

The Tribe now has purchased an estimated 3,877.30 acres of land within the approved Tribal Land Consolidation Area. Of this, 604.67 acres has been taken into trust and 3,272.63 acres are in the trust process.

Details on lands that recently have been placed in trust are:

- 1) On Dec. 4 and 6, 2000, the Tribe received official notice from the BIA that the following properties are now in trust:

Ringen
.83 acres
Proclamation #2000-22
Valley View Motel
3.87 acres
Proclamation #2000-28

Manshach
5.08 acres
Proclamation #2000-29

Klenke
.83 acres
Proclamation #2000-30

- 2) On Dec. 20, 2000, the Tribe received official notice from the BIA that the following property now is in trust:

Barracough
.35 acres
Proclamation #2001-01

- 3) On Jan. 2, 2001, the Tribe received official notice from the BIA that the following property now is in trust:

Weaver Interchange
11.35 acres
Proclamation #2001-05

Living Well

By Louise Cenatiempo, Ph.D.
Licensed Psychologist

Stress and Health

Stress is a normal part of life. We never can eliminate it from our lives, only learn how to manage it. Research has shown that prolonged periods of stress can result in potentially serious health problems. To understand how this happens, we need to know what goes on in the body when it reacts to a stressor.

When something threatening occurs, the brain sends out signals to the body to rev up to meet the threat. This is called the "fight or flight response," that is, we're being prepared to either fight or run from danger.

In ancient times, dangers often were life-threatening (wild animals, for example), and a person's very survival depended on his or her ability to escape or take defensive action. In modern times, the dangers aren't usually life-threatening, but the body still reacts the same. That is, during the "fight or flight response," heart rate, blood pressure and respiration increase, and adrenaline and other stress hormones are released into the body.

In emergency situations, this is a highly adaptive response that increases our chances of survival. When the emergency is over, the body returns to its normal state. However, when stressors are on-going and we are in a heightened state of arousal for prolonged periods, the body can't return to a full state of rest, and problems arise. Research has revealed an association between chronic stress and medical problems, such as heart disease, high blood pressure, diabetes, asthma and arthritis.

Modern day stressors typically are things like job stress, unemployment, financial problems, the death or illness of a loved one, interpersonal conflicts, marital or family problems, etc. The trials and tribulations of everyday life can build in layers until a person begins to experience symptoms of stress, such as sleep disturbance, irritability, tension headaches, depression and anxiety. Behavioral indicators of stress may

include drinking, over-eating, yelling and other maladaptive activities that only serve to create additional problems and, consequently, more stress.

We all need to learn techniques of deep relaxation, which means reversing the revving up process and bringing down our heart rate, blood pressure and respiration. There are many deep relaxation techniques we can use to accomplish this: breathing exercises, progressive muscle relaxation, visualization, meditation, prayer, yoga, etc.

The key to successful stress management is incorporating some kind of relaxation into our daily lives. As little as 10 minutes a day can produce noticeable relief and help protect against disease. Managing stress allows us to be healthier, happier, and more likely to achieve what we want in life.

Stress management training is offered to Tribal members at the Health and Wellness Center. It typically requires only three to four sessions.

Learning Your ABC's Can Save A Life

CPR classes are available upon request and are subject to a three-student minimum per class each month. If you're interested, please contact the Cow Creek Health and Wellness Center at 1.800.936.2649 or 1.541.672.8533

"Over-the-Counter" Tribal Prevention Program

This is a reminder for all enrolled Tribal members. The new fiscal year is upon us. Please remember to utilize the "Over-the-Counter" Program for your prevention needs. Examples of items covered include dental hygiene products, cold and flu medicine, pain relievers, medicated shampoo, and vitamins. Examples of items that aren't covered include deodorant, shaving lotion, and weight loss products.

To access the program, call the Program Coordinator with a list containing at least

Obituary

Sanda Glen

Cow Creek Tribal Member Sanda Glen (Huddleston), age 58, died from breast cancer at her daughter's home in Montana on December 19, 2000. Born Sandra Glen Isakson in Roseburg, Oregon, to Helen and Clarence Isakson, she attended school in the Glide area.

She lived in Heber City, Utah and worked at the Wasatch County Hospital there for eleven years. She then moved to Santa Fe, New Mexico, where she lived for the last ten years.

She touched many lives. She is survived by her two daughters, Robin Frandsen and her husband, John, and grandchildren, Elijah and Sidney of Whitefish, Montana; and Kelly Huddleston and her husband, Alex Malin, of Santa Fe, New Mexico; by her brother, James Estabrook, of Roseburg; nephews and nieces, Gary Estabrook of Idaho, Robert Estabrook, Mary Brim and Laura O'Neil, all of Roseburg; uncle Don Isakson and family, Roseburg; aunt and uncle, Frances and Elmer Isakson, Butte, Montana; uncle, Eston Dumont and family, Glide; long-time friend Donna Morgan of Roseburg; and by former husband, Don Huddleston of Salt Lake City, Utah. Memorial contributions may be made to the American Cancer Society or Hospice.

five items or have a minimum total of \$25. Always use the same store and allow 24 hours for all requests to be processed.

Sonicare toothbrushes and replacement heads are available at the Cow Creek Health & Wellness Center and can be deducted from your over-the-counter annual allotment. As of October, 2000, Wal-Mart is no longer available for over-the-counter purchases. The cut-off date for all over-the-counter requests is November 15, 2001.

If you have questions, contact:

Tamara Robinson
Cow Creek Health & Wellness Center
1.541.672.8533 or 1.800.935.2649

JOM Parent Committee Meetings

Parents with children ages three to 18 years are invited to attend the JOM Parent Committee Meetings. The meetings are held at 5:30 p.m. on the first Monday of each month at the Cow Creek Government Office.

IHS Scholarship Program Applications Being Accepted Now

The Indian Health Scholarship (IHS) Program is now accepting applications for the academic year 2001-2002 awards cycle. Full-time and part-time academic scholarships will be funded for each of the three scholarship programs listed below:

Health Professions Preparatory Scholarship awards

Health Professions Pre-graduate Scholarship

Health Professions Scholarships

The deadline for applications is Monday, April 2, 2001. For more information on the IHS Scholarships, call Kelly Strickler, Education Director, at the Cow Creek Government Office at 1.800.929.8229.

Low Income Home Energy Assistance Program

LIHEAP will be available to assist Tribal families, who qualify by income, for energy assistance. This program helps with electric, gas, propane, wood pellets, and oil fuel purchases during winter months.

Heating assistance is used to pay for eligible heating costs with payments made directly to the energy supplier. Crisis assistance, if funds are available, will be used to prevent the source of energy from being shut off. For crisis assistance, a shut off notice is required.

To be eligible for assistance, the household applying must be within the Seven County Service Area. In addition, the family household income must be within 150% of the Federal Poverty Income Guidelines. **Applicants can submit a copy of their 1040 Tax Form from 2000 for verification of their income.**

Applications for LIHEAP may be picked up from Rhonda Malone at the Cow Creek Government Office. Rhonda can be reached at 1.800.929.8229.

Tribal Child Care Assistance Program

The Tribal Child Care Assistance Program is provided through the Child Care and Development Fund, and can provide full child care services and after school care for eligible families.

To be eligible for this program:

- 1) The child(ren) must be under the age of 13 (exceptions exist for special needs children with physical or mental incapacities) and be currently enrolled with the Cow Creek Tribe.
- 2) By statute, children must reside with the family applying for them. Legal custody, either permanent or temporary, determines "residing with," as the State of Oregon recognizes it.
- 3) All applicants in the household must be employed, engaged in an on-the-job training program, or enrolled in school. Employment may be either full time or part time (60 hours or more per month), and live within the Seven County Service Area.

If you would like to apply to the Tribal Child Care Program, please contact Rhonda Malone at 1.800.929.8229 for further assistance.

Sweatshirts for Sale

The sweatshirts from the JOM Ice Cream Social in November now are available to purchase for \$24. The sweatshirts are red, hooded, and are available in the following sizes: children's medium (14-16), adult small, adult large, adult XL, and adult XXL. Call Kelly Strickler, Education Director, at the Cow Creek Government Office (1.800.929.8229) if you have questions or are interested in purchasing a sweatshirt. Kelly Strickler also will have prices for shipping and handling if the sweatshirts are to be mailed.

Logo on front of sweatshirt reads, "Cow Creek Band of Umpqua Tribe of Indians," and "Honor Good Ways."



Logo on back of sweatshirt reads, "As in all good things of nature, use tobacco in a sacred way."