



KIUYUM-ID

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PORTLAND STATE UNIVERSITY TO OFFER "INSTITUTE FOR TRIBAL GOVERNMENT"

Tribal leader took part in a group organized by former Congresswoman Elizabeth Furse to explore the concept of developing a resource center would benefit tribal governments through training programs relevant to tribal leadership roles, tribal governmental policies and diversification.

The first meeting, held last December at Portland State University, was attended by former Senator Hatfield, President of Oregon State University, Dan Berstien, Kathryn Harrison, Chairman of the Grand Ronde Tribe, John Echohawk, Executive of the Native American Rights Fund and other respected Indian leaders.

The overall perception emanating from this exploratory meeting was that a resource center for existing and newly elected tribal leaders was an extremely important concept and one that would greatly benefit tribal leaders through the education of tribal government itself. The tribes, in conjunction with educators, would develop the curriculum. This program would be named the "Institute for Tribal Government".

As a result of further discussion on the need for this type of resource, another important area for education was identified. Various agencies, local and state governments, and businesses could benefit from a curriculum of this nature. With tribes conducting more and more business with local and state agency's, it would be very beneficial for agency representatives to have a better understanding of how tribal governments operate, as well as a more educated view of tribal cultures.

Portland State University has taken a progressive roll in this project, by offering to provide these courses through the University's Senator Mark Hatfield School of Government. A Masters Degree in Tribal Administration is currently offered through the Hatfield School of Government.

Portland State University has also recognized the needs of Native American and Alaskan Native students, and continues to move forward with the Native American Student Center. The University has donated the land where the Native American Student Center will be constructed. Financing for the facility, however will be raised through donations and contributions. Cow Creek Tribal Chairwoman, Sue Shaffer, has been asked to sit on the Campaign Cabinet and Advisory Committee for this project, along with other dignitaries, such as former Governor Victor Atiyeh and Former Congresswoman Elizabeth Furse.



*... I have seen that in any great undertaking
it is not enough for a man to depend simply
upon himself.*

Lone Man (Isna-la-wica) Teton Sioux





1999 TRIBAL DISTRIBUTION

The Cow Creek Tribal Board of Directors announced in December 1999, the Tribe's "first ever" non-gaming cash distribution. For the 1999 year, each tribal member received a total of \$250.00

All Tribal members received a \$100 business diversification distribution derived entirely from the income of tribal businesses that are non-gaming (truck stop, motels, min-storage, and property rental incomes). In addition to the business diversification income, all tribal members received the annual \$100 gaming distribution, as well. For Tribal members under the age of 18, the \$200 was deposited into their individual trust funds.

In previous years tribal members 18 years and older, received a \$25 Safeway gift certificate to use towards their holiday dinner. For the 1998 year, the Safeway gift certificate was increased to \$50. For the 1999 year, the Tribal Board of Directors opted to distribute \$50 for the holiday dinner, rather than the gift certificate (*Tribal minors did not receive the \$50 holiday dinner*).

LIHEAP LOW INCOME ENERGY ASSISTANCE PROGRAM

The Low Income Home Energy Assistance Program (LIHEAP) is still available to tribal members in the service area. The program is designated to assist eligible applicants with energy costs (oil, propane, electric, wood, and gas).

These are two parts to the program: Heating Assistance and Crisis Assistance. Each of these is a one-time payment.

For more information, please call Rhonda Malone at 1-800-929-8229 or (541) 672-9405

REGISTER YOUR BUSINESS

Tribal members owning businesses who wish to bid on various jobs that may become available by the tribe should contact the Tribal Office and register their name and type of business. The Tribal Board of Directors Assistant, Carol McKinney will maintain this list. When jobs requiring bids come available, and your name appears on this list for that particular type of work, you will be notified and given the opportunity to bid. To have your business registered please contact Carol McKinney at 1-800-929-8229 or (541) 672-9405

TRIBAL HEALTH INSURANCE

For the past two months tribal staff have been working on a Health Insurance Plan for the entire tribe.

Several meetings have been held finalizing a plan that will be offered to the staff, ALL tribal members and, their families.

Cow Creek is joining several other tribes in the nation on developing a self-funding insurance plan covering health and death benefits. The proposed low-cost insurance will be made available to ALL tribal members and their spouses, regardless of where they live.

We hope to offer the insurance at less than half of what people are paying now, however, a more accurate premium will be developed, as the plan becomes final.

Information is currently being gathered and a flyer will soon be sent to tribal families with more information.



COW CREEK TRIBE TO HONOR WORLD WAR II VETERANS

Plans are underway by the Tribal Board of Directors and others to sponsor a fund-raiser that will honor veterans of World War II. The fund-raiser will help with the construction of the National World War II Memorial in Washington DC. The groundbreaking ceremony is scheduled to take place on Veteran Day 2000.

The memorial will be built on the Capitol Mall and will recognize the contribution made by the men and women who served in the military service as well as those who assisted the war effort on the Home Front.

The State of Oregon in December 1999 authorized \$147,633 to be donated for the construction of the memorial. The dollar amount represents \$1 for each man and women from the State of Oregon who entered military service during World War II.

Tentative plans for the Tribal Fund-raiser and honoring ceremony are scheduled for Saturday, July 1, 2000. More specific information about the event will be announced at a later date.

The Tribal Board of Directors is requesting that Cow Creek Veterans notify the Government Office that they are, in fact, veterans. At the present time, because of the WWII Memorial being in the planning stage, we will concentrate on those veterans of WWII. However we need to compile a permanent roster of all veterans for the future.

Please call Carol McKinney at the Tribal Government Office or drop a note with the following information:

Name
Branch of service
Dates of service
War time service (which war)
Peacetime service
Military career? If so, retired or presently active?
Special awards, if any?

CHILDCARE AND YOUTH ACTIVITIES WORKERS NEEDED

The Health & Wellness Center is starting a new family program called, "Strengthening the Next Generation." Childcare and youth activities workers are needed on Wednesday evenings from 5:30 p.m. to 8:30 p.m. Pay is \$10.00 hour. Dinner included. Must be 18 or older. CPR certification is required and will be provided on May 17 from 5:00 p.m. to 9:00 p.m.

Also needed: Six youth helpers between the ages of 13 and 17. \$5.00 hour. Dinner included. CPR training not required.

Deadline for applications is May 10.

Please contact Louise, Rhonda, or Sharon at (541) 672-8533 for more information. Applications are available at the Health & Wellness Center reception desk.



LAW SCHOOL SCHOLARSHIPS

Free Scholarships to Law School

INROADS is implementing a new program for students of color planning to attend law school in 2000 or 2001 called the INROADS Law Internship Program.

Qualification:

- College junior or senior with at least a 3.0 grade point average.
- Planning to enter law school in 2000 – 2001.
- African American, Asian American, Latino or Native American students.
- Demonstrated leadership skills.

The INROADS Law Internship Program (ILIP) is to encourage greater technical excellence and academic preparation for students of color in the field of law. Students will have a paid internship with a law firm during their last summers of college and on into law school. In addition to the paid internship, the student will attend leadership training and law forums. The ultimate goal is to place the student with the firm. The intern would be obligated to work for a minimum of two years with the sponsoring firm upon graduation from law school.

For more information, visit the INROADS web site at <http://www.inroadsinc.org> or call Ellecia Williams at, (503) 281-00825.



IT'S TIME TO BE COUNTED AGAIN!

Taking part in the census is in the best interest of all American Indian and Alaska Native people. When you answer the census, you help your Indian communities, reservations and urban areas obtain valuable information that results in federal funding for planning hospitals, roads, education, housing and more. Census information helps decision-makers understand which neighborhoods may need new schools, hospitals, housing or better services for the elderly.

Native Americans haven't been counted correctly in the past, and as a result have lost revenue from the government. It is vitally important that all members of our Tribe be counted. As an enrolled member of a tribe, it is important for you to mark your census as head of household and Native American. If you have not received a census form, or you need assistance in completing the census form, you may contact Tonya Bishop or Rhonda Malone, who have been trained and sworn in as volunteers with the U.S. Census. Call the Cow Creek Tribal Government Office at 1-800-929-8229.

FEMA INSPECTION TRAINING OFFERED

FEMA, Federal Emergency Management Agency, is offering free Field Inspector training to Native Americans.

Federally declared disasters have given inspection teams the opportunity to travel to various states to aid disaster applicants while earning compensation. Some experience in the housing and related professions is required.

For more information, or if interested in taking the training, you may contact Carol Ferguson at the Tribal Government Office.



LIVING WELL

Psychological services were recently added to the services already provided by the Cow Creek Health and Wellness Center. Increasingly, evidence has emerged in recent years about the effects of our emotions on our physical health, and vice versa. Even though the evidence is overwhelming, medical psychology is still a specialty rarely found in settings other than large university medical centers or chronic pain programs. Cow Creek, by including psychological services in their comprehensive care of tribal members, recognizes the mind-body-spirit connection.

This column will be a forum for discussing things in life that create or contribute to stress, anxiety, depression, adjustment difficulties, relationship strife, and other problems that negatively affect our health and well being. Future topics will include, among other things, the demands of self-care for people with diabetes, psychological trauma, struggling with substance abuse, domestic violence, the plight of working parents, and dealing with small (and not so small) children. The goal is to enhance our ability to deal effectively with these problems and to learn how to access the resources we need to deal with them. Trying to do it alone can feel overwhelming. It's usually a relief to learn that other people struggle with the same things we do. Unfortunately, the column can only offer a brief overview of complex subjects, so feel free to call the clinic for more information, or to schedule an appointment, at 1-800-935-2649.

As the newest member of the clinical team, I am excited about the prevention aspect of comprehensive care. By working to prevent problems or minimize them when they occur, our goal is to promote healing, health, and wellness.

Louise Cenatiempo, Ph.D.

OUTDOOR RECREATION THERAPY PROGRAM

The Outdoor Recreation Therapy Program is a year-round program, which provides tribal youth with activities that are preventative in nature.

A significant part of this program is educational. The educational components are composed of the following: self-esteem and social skills building, stress management, relationship, and communication skills.

The program is unique in the respect that the preventative components are provided in an outdoor setting.

Outdoor activities incorporated into the program include such events as white water rafting, snow skiing, backpacking, mountain biking, and camping.

During the past year, approximately thirty-five tribal youth, ages eight to nineteen, participated in the program. The program activities consisted of white water rafting, snow skiing and a marine science outing to the coast.

If you are interested obtaining more information about the program, contact the Tribal Office at 1-800-935-8533 or (541) 672-8533.



TEN STRATEGIES FOR EATING OUT

Develop a "can do" attitude.

Too many of us think in negative equations: Eating out equals pigging out; a restaurant meal must be a special occasion; eating out means blowing your diet. These attitudes defeat confidence that you can enjoy a healthy meal when you eat out. Slowly begin to change how you order and the types of restaurants you choose.

Decide when to eat out – or not!!!

Take a look at how often you eat out. If the count verges on the excessive, then ask yourself why you eat out so frequently and how you can reduce your restaurant meals. If you eat out more frequently than you need to, keep splurges to a minimum. If you eat out only once a month, you might take a few liberties – perhaps with an alcoholic drink or a dessert.

Zero in on the site.

Seek out the restaurants that offer at least a smattering of healthier options. Remember that there's an advantage to eating in chain restaurants. You can master the menu and plan ahead, no matter which one of the chain's locations you pop into.

Set your game plan.

On your way to the restaurant, whether it's a quick fast-food lunch or a leisurely weekend dinner, envision a healthy and enjoyable outcome. Plan your order, or at least what you might have, if you aren't familiar with the restaurant, before you cross the threshold. Don't become a victim of hasty choices.

Become a fat detective.

Learn to focus on fats. Fat is very high in calories, and is often hidden in sauce, so to speak – or on the salad, on the bread, or in the chips. Watch out for the high-fat ingredients – butter, cream, sour cream. Be alert for the high-fat foods – cheese, avocado, and sausage. Steer clear of high-fat preparation methods – frying of any kind. Look out for the high-fat dishes – Mexican chimichangas, broccoli with cheese sauce, or stuffed potato skin, for starters.

Let your food plan be your guide.

Keep miniaturized versions of your food plan with you: choose foods with your meal plan in mind. Try to include all items in your meal plan by selecting appropriate menu items or substituting foods. For instance, replace a serving

of milk or a fruit serving, which are often hard to get in restaurants, with another starch serving so that you will keep the amount of carbohydrates you eat consistent – an important goal.

Practice portion control from the get go.

The best way to not to eat too much is to order less. Order with your stomach in mind, not your eyes. You need to outsmart the menu to get the right amount of food for you.

Be creative with the menu.

You outsmart the menu by being creative. Remember, no sign at the entrance says, "All who enter must order an entrée".

You have options:

- ◆ Take advantage of appetizers, soups, salads; share menu items, including the entrée, with your dining partner.
- ◆ Order one or two fewer dishes than the number of people at the table and eat family style.
- ◆ Mix and match two entrees to achieve nutritional balance. For example, in a steak house, one person orders the steak, baked potato, and salad bar and the other orders just the potato and salad bar, then they split the steak. In an Italian restaurant, one person can order pasta with a tomato-based sauce and the other orders a chicken or veal with a vegetable.

Get foods made to order.

Don't be afraid to ask for what you want, even in a fast-food restaurant. Restaurants today need your business and want you back. Make sure your requests are practical – leave an item such as potato chips off the plate; substitute mustard for mayonnaise on a sandwich on a whole wheat bread rather than a croissant; or ask for the dressing on the side. Restaurants can abide by these requests. However, don't expect to have your special requests greeted with a smile at noon in a fast food restaurant, or when you try to remake the menu item. Be reasonable and pleasant.

Know when enough is enough.

Many of us grew up being members of the "clean plate club". To keep from overeating, don't order too much, order creatively, and push your plate away when you meet your calorie needs. Take home what you don't eat and have it for another meal.

Submitted by Sharon Stanphill, Ph.D.



NESIKA HEALTH GROUP

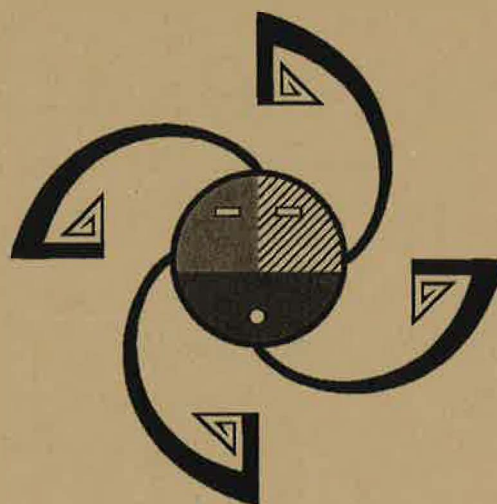
Nesika Health Group has been processing health insurance claims from our office in Roseburg since July of 1999. Previously, claims had been processed by a third party administrator named Sycuan. To ensure that your provider's mail claims to the correct address, please check the back of your Nesika insurance card. If your insurance card does not have the following address printed on the back, please contact our office and an updated card will be issued to you:

Nesika Health Group
2371 NE Stephens St, Suite 400
Roseburg, Oregon 97470
(541) 677-5508 or 1-800-284-9917

For those members of Nesika who are taking maintenance medications, we would like to remind you of your pharmacy benefits provided through Pequot's Remote Distribution Service. You may send in a prescription using a provided postage-paid envelope, along with a co-pay of \$5 for generic or \$7 for name brand medications, and receive a 90 day supply of the medication. Using this service will maximize your pharmacy benefits. Please contact our office for the provided envelopes and follow the guidelines below when accessing the mail-in service through Pequot.

- Allow time for delivery when mailing your prescriptions to Pequot. Pequot is located on the east coast and it may take 3-4 days for your prescription to reach their facility.
- You must allow 7-14 days for Pequot to process your prescription after it has reached their facility.

- Pequot will send your prescription by US Mail. Therefore, you should allow another 3-4 days for the return delivery of your filled prescriptions.
- Pequot will only refill your prescription on the date that it is eligible after your last refill.
- You can mail more than one prescription in an envelope. Keep in mind that Pequot will hold the order until all prescriptions mailed in together have been processed. If one of the prescriptions is not eligible for refill, or unable to be processed, all prescriptions mailed in the same envelope will be held. To avoid delays, it is recommended to mail in prescriptions separately.
- If you have not received your prescription back within 2-3 weeks, contact the pharmacy at Pequot directly at 1-800-342-5779.





OVER-THE-COUNTER HEALTH PROGRAM

The Over-the-Counter Health Program enables all tribal members, regardless of where they live, to \$100.00 of non-prescription pharmaceutical supplies, such as Advil, Tylenol, cold and flu medicines, cough syrup, thermometers, vitamins etc. If you want to quit smoking, Contract Health can pay up to three months worth of non-smoking supplies.

To enroll in this program, you must contact Linda Rondeau at 1-800-935-2649, with the name of the pharmacy you normally use. Once the account information is established with your pharmacy, you can call Linda at least 24 hours in advance, for pre-approval of your pharmaceutical needs. Your list needs to be at least 5 items or more. Plan ahead and stock up on needed items.

OMAP COVERAGE

In response to some recent inquiries regarding the Oregon Medical Plan eligibility and coverage as it relates to the Cow Creek Contract Health Program, the following information is provided:

Federal guidelines mandate that the Cow Creek Contract Health Program is the payer of last resort, therefore, any tribal member eligible for the Oregon Medical Plan must maintain a current OMAP medical card. If coverage under OMAP lapses for lack of member responsibility, the Cow Creek Contract Health Program will not cover any medical appointments or prescriptions.

If you have additional questions about the Oregon Health Plan, or eligibility for the Cow Creek Contract Health Program, please call Linda Rondeau at 1-800-935-2649 or (541) 672-8533

TRIBAL IDENTIFICATION

Tribal identification cards are available to any member upon request. If you would like one, contact Carol Ferguson at the Cow Creek Government Offices. You will be sent an application. Sign the ID card, enclose an appropriately sized photo and mail it back to the Tribal Government Offices. **PLEASE DO NOT FILL IN ANYTHING ON THE CARD EXCEPT YOUR SIGNATURE.**

UPDATED ADDRESS

Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children not living in their household should update the child's current address for information on trusts and youth activities. If you know of any tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1-800-929-8229) or write to: **Cow Creek Government Offices, 2371 NE Stephens, Suite 100 Roseburg, OR. 97470**

JOB LINE

Tribal members interested in employment opportunities at the Seven Feathers Hotel and Casino Resort, the Cow Creek Gaming Commission, the Cow Creek Government Offices, Valley View Motel, Riverside Lodge, Seven Feathers Truck & Travel Center, Umpqua Indian Foods, or Canyon Cubbyhole's, please call the Tribal Job's Line at 1-800-676-0854 for a prerecorded listing of all job openings. The Tribal Job's Line is updated on a weekly basis and provides instruction as to where and how to apply.



SEVEN FEATHERS HOTEL & CASINO RESORT

WIN THIS JOB & LOVE IT III

MARCH 1 - April 12

Win This Job & Love It III
\$24,000 Grand Prize*
\$12,000 2nd Prize*
\$6,000 3rd Prize*

It's the ultimate job.... it's money for nothing and a check for free!!! It's Seven Feathers "Win This Job & Love It III", your chance to win the equivalent of one year's salary. Three lucky winners will be drawn April 12 to win \$24,000, \$12,000 or \$6,000!

It's easy to enter: You can receive one entry form each day beginning March 1 at 8:00 a.m. though April 12 at 7:00 p.m. Just present your Players Club card at the Player Services Desk. You can also earn additional entry forms for playing on the casino floor. The Grand Prize Drawing will be held April 12 at 8:00 p.m. You must be 21 and present to win. See Player Services for complete details.

First installment will be paid in cash on the day of the drawing. Remaining prize amount will be paid in 11 monthly installments.

THE BLUEWATER BOAT GIVEAWAY

Enter to win a 19" Bluewater boat April 14 - May 21

Just in time for summer.....It's the Seven Feathers "Bluewater Boat Giveaway". You can enter to win daily by presenting your Players Club Card at the Player Services Desk. Entry forms will be available beginning April 14 at 8:00 a.m. through May 21 at 5:00 p.m., and you can earn additional entry forms while playing on the casino floor. Don't forget to stop in daily, as the more times you enter the better your chances of winning. This great boat giveaway includes a wakeboard package that is sure to keep you busy all summer long. The drawing will be held on May 21 at 6:00 p.m. You must be 21 and present to win. See Player Services for complete details.

RIDE THE SEVEN FEATHERS EXPRESS

Monday: Medford, Rogue River, Grants Pass, Winston, Roseburg

Tuesday: Medford, Rogue River, Grants Pass, Glendale, Azalea

Wednesday:

1st Klamath Falls
2nd Coos Bay, North Bend, Coquille
3rd Yreka, Ashland
4th Medford, Rogue River, Grants Pass, Winston, Roseburg

Thursday: Eugene, Springfield, Creswell, Cottage Grove, Sutherlin, Myrtle Creek, Riddle

Friday: Medford, Rogue River, Grants Pass, Winston, Roseburg

Sunday: Eugene, Springfield, Creswell, Cottage Grove, Sutherlin, Myrtle Creek, Riddle.

Call toll free 1-877-339-1068 for free day trip coach service and play the "Interactive Bus" game.

- Free round trip coach transportation to Seven Feathers Hotel & Casino Resort.
- Chance to win prizes! Weekly Drawings - Everything from free services to fabulous weekend getaways.
- Comfy coach seats, on-board video games and entertainment.
- Earn an entry form with each ride. If your name is drawn, you'll peel the sticker off the side of the "Interactive Bus" and win the prize underneath.
- Earn an additional entry form when you sign up for the Players Club.

For evening trips, ride the Seven Feathers shuttle bus from Roseburg and Winston.

Call 1-800-548-8461 for shuttle times.