

# KIUYUM-ID



Oct. 2000

## The Huckleberry Patch Needs You!!

After twenty years of struggling to protect and preserve the Huckleberry Patch, the Tribe has finally been able to get the federal government to move toward formally "withdrawing" the area from further mineral exploration.

While the proposed withdrawal will not necessarily stop the existing mining claimant in the area from continuing to prospect (the Tribe will continue with that battle as well), it would prohibit new claims from being filed for a few years and would significantly reduce the chance that any commercial mining will be developed in the area.

As part of the official "comment" period during the federal withdrawal process, there will be public "open house" meetings held by the Forest Service in both Roseburg and Medford. The dates and locations of these meetings are:

**Roseburg, Oregon – November 20, 2000 – County Library (1409 NE Diamond Lake Blvd.) – 4 p.m. to 7 p.m.**

**Medford, Oregon - November 21, 2000 – Jackson County Courthouse (10 S. Oakdale) – 4 p.m. to 7 p.m.**

It is critical that the Tribe be able to show good attendance and interest at these meetings. Please show your support for the Tribe's effort to preserve one of our most important cultural treasures by attending one or both of these meetings. Your attendance can and will make a difference!!

If you need transportation to the Medford area for the open house there on November 21st, you must make a reservation by calling Carol McKinney at the Tribal offices, 1.541.672.9405 prior to Nov. 16. The Tribe will arrange transportation to the Medford meeting via bus or van from the Tribal offices in Roseburg.

Help Save Our Culture and Heritage by Helping to Save our Huckleberry Patch!! Please Attend One or Both of the Listed Meetings.

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## Announcement

The Cow Creek Government Office will be closed Wednesday, Thursday, and Friday, November 22 – 24 for Thanksgiving, Veterans Day, and Columbus Day (Indigenous Day). The Cow Creek Government Office was open on Indigenous Day and will be open on November 10, the observed Veterans' Day holiday, to provide for a longer Thanksgiving Holiday.

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## Cow Creek Tribal Properties Achieve Proclamation Status

Two Properties that are part of Cow Creek Tribal lands have achieved Proclamation status. **The 285.16 acres Hurd-Lilja property and the 200.05 acre Ravenswood property achieved Proclamation status on September 29, 2000.**

The Trust process on the Hurd property began in August of 1995 and was completed in February of 1997. *Proclamation status efforts on the Hurd property began in April of 1997.*

Lilja property Trust process efforts began in September of 1995 and were completed in July of 1997. *The proclamation process was started in August of 1997.*

Ravenswood property Trust process efforts began in September of 1996. Trust status was achieved in June of 1998. *Proclamation process started on the Ravenswood property in August of 1998.*

## Vote Pro-Indian

**Tuesday, November 7, 2000 is Election Day.  
Make sure you vote and that you vote pro-Indian.**



## Accessing Psychological Services Pre-Authorization Required

Dealing with anxiety, stress, anger, abuse, family problems, eating disorders or other difficulties that create problems for you to live positively can be addressed. You can access psychological services. Here's how:

1. Call the Health & Wellness Center (1.541.672.8533 or 1.800.935.2649) and ask for Behavioral Health to get pre-authorization for psychological support.
2. If you can't come into the Health & Wellness Center for an intake evaluation, the intake can be completed over the phone. Necessary release forms can then be mailed or faxed to you. After the forms are returned, a letter of referral and authorization for services will be sent to a pre-approved treatment provider in your area.

3. You can then call the treatment provider and set up an appointment.

Remember, in order to receive services outside the Health & Wellness Center, you need to receive authorization before you see a treatment provider, except in the case of an emergency.

If the possibility of suicide or harm to others exists, go immediately to the nearest hospital emergency room.

For non-emergent assessment and treatment, you have the option of seeing our own licensed psychologist, Dr. Louise Cenatiempo, at the Health & Wellness Center. Pre-authorization is never required when you receive services at the Health & Wellness Center.

## Living Well

by Louise Cenatiempo, Ph.D.  
Licensed Psychologist

Psychological services were recently added to the services already provided by the Cow Creek Health and Wellness Center. More and more 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 newsletter column, "Living Well", 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 the demands of self-care for people with diabetes, psychological trauma, struggling with substance abuse, chronic pain, domestic violence, the plight of working parents, dealing with children at different stages of development, and problems in aging. The goal is to enhance our ability to deal effectively with these problems, and to learn how to address 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. This column can only offer a brief overview of complex subjects, so please call the Health and Wellness Center.

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 always to promote healing, health, and wellness.

## Nesika Health Group

During the month of December an Open Enrollment will be held for those Tribal members who did not enroll their spouse or dependents when initially eligible, or those who would like to re-enroll with Nesika Health Group. If you are interested in receiving enrollment information please call our office at 1-541-677-5508 or 1-800-284-9917, and a packet will be mailed to you. The required enrollment information will need to be returned to our office no later than December 20, 2000 for coverage to take effect on January 1, 2000.

New Nesika identification cards were mailed to members in September. It was necessary to replace the current card to allow members more access to pharmacies nationwide. You will need to use the new card when getting prescriptions filled at the pharmacy. Please let your pharmacist know that you have a new card. Without the new card your prescriptions will not be covered. You will

still receive the same benefits for medical/dental/vision prescriptions when using the card. If you did not receive a new ID card or you have any questions please call our office.

## November 16 is the Great American Smoke Out

November 16, 2000 is the date for the annual Great American Smoke Out sponsored by the American Cancer Society. Cow Creek Health and Wellness Center will have a health booth at Seven Feathers Hotel and Casino Resort on Great American Smoke Out day. The health booth will have multiple displays, brochures, and stop smoking aids. It will also have multiple drawings for prizes. The staff will be available to check blood pressures, screen for diabetes, and discuss smoking cessation. We encourage all of you to come and visit the health booth that will be located in the hallway between the hotel and the casino. If this isn't convenient, feel free to stop by the

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## There's Housing Help Out There" – For Repairs and Purchases

There are ways for Tribal members to receive assistance on the maintenance of a home as well as a program that can provide help with down payments.

### Tribal Housing Program

The Tribal Housing Program can assist tribal members with down payment assistance or home repair assistance. This program is not restricted to the seven county service area. However, applicants for the Tribal Housing Program must be ineligible for the BIA HIP Program.

### BIA Housing Improvement Program

The BIA's Housing Improvement Program (HIP) is accepting applications for housing assistance. HIP is a Bureau of Indian Affairs (BIA) federally funded program contracted and administered by the Tribe. The program can assist eligible Tribal members living within the seven county service area with housing needs such as repairs, rehabilitation (roof

repairs, weatherization, window installations, door installations, structural repairs, electrical needs, plumbing repairs, etc.) or replacement housing. Priority is given to families with the greatest need as determined by income, family size, age, and other factors.

### Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist Tribal members living within the seven county service area with sanitation needs such as installation of septic systems, installations of wells, pressure systems, and/or hook-ups to community services.

*For more information on any of the programs described above, contact: Carol Ferguson, Housing Director at the Tribal Government Offices. She can be reached at 1-800-929-8229.*

### Tribal Child Care Assistance Program

This 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, the child(ren) must be under the age of thirteen (exceptions exist for special need children with physical or mental incapacities) and be currently enrolled with the Cow Creek Tribe. By statute, the child must reside with the family applying. Legal custody, either permanent or temporary, determines "residing with", as the State of Oregon recognizes it. 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).

If you would like to apply to the Tribal Child Care Program, please contact Rhonda Malone at 1.800.935.2649 for further assistance with any questions and/or for an application.

### In Loving Memory of Rose Deardorff

Rose Deardorff passed away at her home on June 26, 2000. Rose was born to Ralph and Emaline Young (Lerwill) in Tiller, Oregon. She attended school at Tiller, Days Creek, and Myrtle Creek. She married Loren Deardorf on December 22, 1940.

Rose enjoyed gardening and quilting. As a member of the Cow Creek Tribe, she was active in Tribal cultural activities including the Tribal Pow Wow.

Rose was preceded in death by sons, Dwight D. Deardorff and Joseph Deardorff, and her brother, John Young. Rose is survived by her husband, Loren, as well as, daughter Edna DeCarlo, sons Jim Deardorff, Royce Deardorff and

Cloyd Deardorff, her sisters Clara Keller and Clemantine Rice, and a brother, Ralph Young. Rose is also survived by her thirteen grandchildren and seventeen great grandchildren.

### Low Income Home Energy Assistance Program

LIHEAP will be available to assist tribal families within the seven county service areas, 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 must be within the seven county service area and the family household income must be within 150% of the Federal Poverty Income Guidelines. This will be determined by showing the prior 12 months of income at the time of application to the program.

Applications for LIHEAP can be picked up from Rhonda at the Tribal Government Office and submitted on the following dates:

**Elders and Disabled may begin submitting applications: Nov. 1-24.**

**General Tribal Households may begin submitting applications: Nov. 27.**



## **Chairman Sue Shaffer Honored by Oregon Commission for Women**

The Oregon Commission for Women honored three Oregon women as "Women of Achievement" for the year 2000 on Saturday, September 9, at the Oregon Convention Center in Portland.

Other recipients were Elmo Bloom of Hermiston and Roslyn Hill of Portland. Recipients were selected based on their leadership, promotion of the status of women, community visibility, and commitment to principles of equity and diversity.

"The obstacles that these women have overcome to achieve what they have done to date is remarkable," commented JanMarie Dielschneider, OCW Chairperson. "They truly represent what a majority of women go through - family challenges, economic challenges, and challenges associated with gender and race discrimination."

## **Tribal Jobs Line**

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1-800-676-0854 to hear a pre-recorded listing of openings.

- **Seven Feathers Hotel & Casino Resort**
- **Seven Feathers Truck & Travel Center**
- **Umpqua Indian Foods**
- **Valley View Motel**
- **Riverside Lodge**
- **Canyon Cubbyholes**
- **K-Bar Ranch**
- **Cow Creek Gaming Commission**
- **Cow Creek Tribal Government Offices**
- **Cow Creek Health and Wellness**
- **Nesika Health Group**

The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.

### **General Council Meeting**

The Quarterly General Council Meeting is scheduled for Sunday, November 12, 2000 at 11 a.m. at the Tribal Government Offices, located at 2371 N.E. Stephens Street, Roseburg. A buffet lunch will be provided at 1 p.m. by the Seven Feathers culinary staff.

## **Tribal Identification Cards**

Tribal Identification Cards are available to any tribal member upon request.

To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1-800-929-8229. You will be sent an application with an I.D. card. Fill out the application, sign the ID card, enclose an appropriately sized photo and mail the material back to the Tribal Government Offices for processing.

**PLEASE DON'T FILL IN ANYTHING ON THE I.D. CARD EXCEPT YOUR SIGNATURE.**

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

### **Great American Smoke Out** from Page 2

clinic and ask about our stop smoking program. Remember, committing to quit smoking is a three-phase plan:

- 1 Deciding to quit.**
- 2 Preparing to quit.**
- 3 Following through.**

If you are a smoker, we would like to have you discuss these issues with us, either at our booth or at the office. For any additional information, please call the Cow Creek Health and Wellness Center at 1-541-672-8533.

**Cow Creek Tribal Government Offices  
2371 NE Stephens, Suite 100  
Roseburg, OR 97470**

Phone: 1-800-929-8229  
Fax: 541-673-0432

