

COW CREEK BAND OF UMPQUA INDIANS KIUYUM-ID



Cow Creek Government Office Employees Support March of Dimes

Employees from the Cow Creek Government Office raised \$8,770 for the 2001 March of Dimes effort in Douglas County.

Ankeny Property Put in Trust

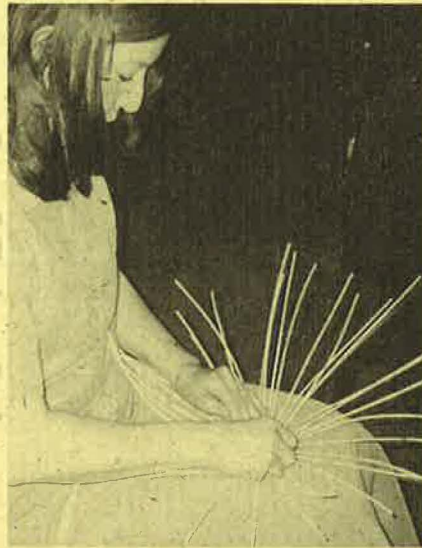
On April 12, the Bureau of Indian Affairs notified the Tribe that the Ankeny Property, a parcel of .11 acres, had been put in trust.

Elders Gathering Scheduled for May 8

On Tuesday, May 8, the Confederated Tribes of the Siletz Indians will hold an Elders Gathering. The Circle of Wisdom program will begin at 11 a.m. at the Chinook Winds Casino & Convention Center in Lincoln City.

If you wish to attend or have questions, please contact Rhonda Malone at 541.672.9405. A list of local hotels/motels can be provided to you upon request.

Basketry Class Taught at Seven Feathers



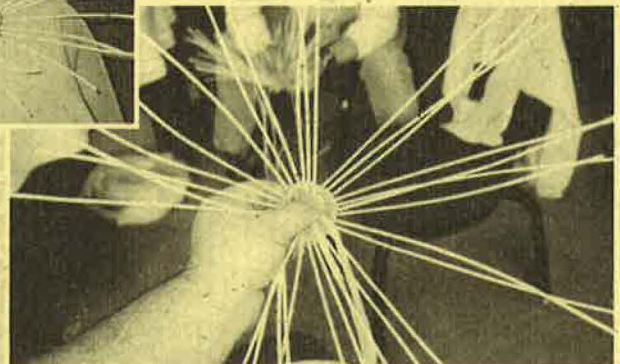
Andrea Davis learning basic techniques.

The beginning of a new tribal basket

The Tribal Cultural Committee hosted the first of a series of traditional basketry classes in the Huckleberry Room at Seven Feathers Hotel & Casino Resort on Saturday, April 21, 2001. Siletz Tribal members Bud and Cheryl Lane taught the class.

The Lanes brought many styles and uses of basketry, as well as traditional feather dance regalia, to show the class of 15.

The purpose of this first class was to familiarize students with basic basket making techniques and materials.



Bill Introduced To Help Teachers of Tribal Youth

Senator Tom Daschle, a Democrat from South Dakota, has just introduced legislation that would forgive up to \$15,000 of a student loan if a certified teacher chose to teach for five years at a tribal college or university. The legislation is similar to other programs that forgive student loans for teachers who teach in under-served elementary and secondary schools.

According to Senator Daschle, "Tribal colleges are playing an increasingly important role in helping improve economic conditions for Native Americans, and the schools' success depends in large measure on their ability to recruit and

retain top-notch instructors." Daschle also commented that he didn't think low pay and geographic isolation should keep qualified teachers away. There are 32 tribal colleges and universities in Indian Country.

The proposed plan would, during the first two years of teaching, forgive 15 percent of a teacher's loans. During the third and fourth years of teaching, 20 percent of a teacher's loans would be forgiven. In the fifth year of teaching, 30 percent of the loans would be forgiven, up to \$15,000.

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Important Reminder Pre-Authorization

Don't forget! Before you see an outside therapist, you must call the Cow Creek Health and Wellness Center for authorization. To get pre-authorized for therapy, contact Dr. Louise Cenatiempo at

1.541.672.8533 or 1.800.935.2649. An intake interview can be conducted over the phone. Then you will be referred to an approved, licensed mental health professional.

Cow Creek Health and Wellness Center Begins Monthly Bone Marrow Clinic

Every year, more than 30,000 children and adults in the United States are diagnosed with life-threatening blood diseases, such as leukemia. For many of these patients, a marrow or stem cell transplant is their only chance for a cure. Such transplants are possible only when the patient and donor have matching tissue types. Nearly 30 percent of the patients in need will find a matched donor within their immediate family. The other 70 percent must search for a donor.

These patients turn to the National Marrow Donor Program (NMDP) Registry in hopes of finding a match. The Cow Creek Health and Wellness Center now has the opportunity to help one of these patients in need. A monthly Bone Marrow Clinic now has been set up on the third Thursday of each month, from 9 a.m. until noon, at the Cow Creek Health and Wellness Center.

Donor Requirements:

Anyone between the ages of 18 and 60 and in good general health is eligible to become a volunteer marrow donor. After reviewing the medical evaluation and signing a consent form, volunteers give a small blood sample that will be tested for their marrow type and listed on the NMDP National Registry. Typing costs are between \$45 and \$96. For Native American donors, the testing is done free. If a volunteer donor matches any of the patients searching the NMDP Registry, he or she will participate in additional testing, a physical exam and counseling about the donor procedure.

If you would like more information about the donor process or how to become a volunteer marrow donor, call the Cow Creek Health and Wellness Center at 1.541.672.8533. The next bone marrow clinic is on May 17.

Keep Your Eyes Safe — Get the Facts*

The statements below have become standard knowledge when it comes to eye care. However, these commonly believed statements are more myth than fact.

There's nothing you can do to prevent sight loss.

FACT: Wearing eye protection when working with shop tools, playing sports or using pesticides will help save your sight.

Reading in dim light will hurt your eyes.

FACT: It may cause eye fatigue, but reading with too little light won't harm your eyes.

**Adapted from Top Safety, January, 2001*

Failure to use your glasses will hurt your eyes.

FACT: While corrective lenses are needed to improve eyesight, using your eyes without them won't incur any further damage.

You don't need an eye examination unless you're having vision problems.

FACT: Having your eyes examined regularly ensures that hidden problems are less likely to go undetected.

Eating carrots will improve your eyesight.

FACT: Although the vitamin A found in carrots is essential, only a small amount is necessary for good vision. Eating carrots will not further improve your eyesight.

Welcome to Andrea Davis, Community Health Representative

The Cow Creek Health and Wellness Center's new Community Health Representative, Tribal member Andrea Davis, has lived in Douglas County all her life. Andrea attended Roseburg High School, married, and became the mother of two sons.

Prior to working with the Tribe, Andrea worked as a waitress for eleven years and as a mill worker for four. Eight months ago, Andrea began attending classes at Umpqua Community College and became a receptionist at the Cow Creek Government Offices. Today, she's the new Health and Wellness Center's Community Health Representative (CHR).

A CHR responds to Tribal and community health needs. Andrea spends time educating people about the negative effects of not taking care of yourself.

Andrea says, "I like health care very much, always have. I love our elders and I love to listen to people. I hope the things I've been through in my life can be helpful as I share them with others."

If you've met Andrea, you know she helps others. Welcome to Andrea Davis!



Young shell making class participant, Serina Steward, shows the results of her efforts. Shells were gathered on the Oregon Coast, on the day before, by the students in the class.



Lexie Knighten, the youngest participant in the shawl making class held on March 24, sleeps peacefully in a handmade shawl through the labors of the day.

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."

Dentalium Hat Making Class

A Dentalium hat making class is scheduled for Saturday, May 12. Pre-enrollment by May 10 is necessary. Call Kelly Strickler at the Cow Creek Government Office at 1.800.929.8229 to pre-enroll.

Ten Tips for Latchkey Kids*

Working parents frequently have to worry about their children coming home to an empty house. Parents should review the following list of tips so their children are comfortable with procedures that will ensure their safety.

1. Check in with their mother or father immediately after arriving home.
2. Know neighbors' names and telephone numbers.
3. Call 911 in an emergency.
4. Never go into the home if the door is open or if a window is broken.
5. Lock all doors and windows once inside the home.
6. Know how to get out of their home quickly in case of fire. This really is important in apartment situations.
7. Know how to answer the telephone when home alone. Never tell anyone they are home alone.
8. Never answer the door when they are home alone.
9. Call a neighbor if they are frightened or uncomfortable.
10. Never go anywhere with another adult unless their mother or father has made arrangements ahead of time.

**Adapted from Top Safety, March, 2001*

Education News

Reminder to All Higher Education Students

It's that time of year! FAFSA forms need to be filled out and sent in as soon as possible! In order for higher education applications to be processed each year, these forms need to be sent in so your college of attendance can receive the information. If you need a FAFSA form, they are available at the Cow Creek Government Office, or you can check with the Financial Aid Office where you are attending school. New and returning students alike need to file a FAFSA.

Keep Your Address Current!

Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children who are not living in their household also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend they call the toll free number (1.800.929.8829) or write to Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

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.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members 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 I.D. 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.

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Cow Creek Tribal Government Offices
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