

KIUYUM-ID



Late May, 2001

ATNI HELD at SEVEN FEATHERS!

The Affiliated Tribes of Northwest Indians (ATNI) held their Mid-year conference at Seven Feathers Hotel & Casino Resort in Canyonville, Oregon, on May 7 - 10, 2001. Nearly 200 tribal leaders from Northwest Tribes attended the four days of informational updates.

The ATNI Executive Board meeting was held on the evening of May 6. Consecutive Committee meetings on housing, economic development, ATNI youth, transportation, culture/elders, natural resources/land, health, gaming, tourism, veterans, education, Indian child welfare/social service were held on Monday, May 7. The Welcoming Reception, hosted by the Cow Creek Band of Umpqua Tribe of Indians, was held on Monday evening.

General Sessions were held on Tuesday, Wednesday, and Thursday mornings. Of particular interest was Dr. Manley Begay Jr.'s presentation on "How Tribal Governance Can Strengthen Economic Opportunity for Indian People." Dr. Begay is Co-director of the Harvard Project on American Indian Economic Development,



ATNI Conference, Mini-POWOW

Ron Brainard, Chairman

Coos Lower Umpqua & Siuslaw

Kathryn Harrison, Chairwoman

Confederated Tribes of the Grand Ronde Community

Kennedy School of Government, Harvard University as well as the Director of the Native Nations Institute for Leadership, Management, and Policy, at the Udall Center, University of Arizona. Other General Session topics presented on Tuesday included a



ATNI Conference, Mini-POWOW

L to R, Tooter Ansures, Cow Creek

Sue Shaffer, Chairman

Cow Creek

Kathryn Harrison, Chairwoman

Confederated Tribes of the Grand Ronde Community

National Indian Gaming Association (NIGA) update by Ernie Stevens, Jr., Chairman, NIGA; "Tribal Colleges Working With Indian Nations" by Tommy H. Lewis, Jr., President of Northwest Indian College, and updates from the BIA and the Administration Management System.

The highlight of Wednesday's activities was the mini-POWOW. Kathryn Harrison, Chairwoman for the Grand Ronde Tribe was honored for the work and service she's given Northwest Tribes as well as the Grand Ronde. Chairwoman Harrison will be retiring in September of 2001.

Wednesday's General Session included updates on "Columbia River Inter-Tribal Fish Commission Update" presented by Donald G. Sampson, Executive Director of the CRITFC; "River Operations Policy" by BPA Vice-president Greg Delwiche, and "Institute for Tribal

Continued on page 4

IN THIS ISSUE

Car Seat Recall

2

Pre-authorization details

2

Computers donated

3

Tribal Higher Education Grants increase

3

Keep address current!

4

And more . . .



ATNI Conference, Mini-POWOW

Robert Van Norman, Board Member

Cow Creek

Kathryn Harrison, Chairwoman

Confederated Tribes of the Grand Ronde Community

Exercise ... A Great Move for Your Diabetes

You may love to exercise. Or you may dread the thought of it. Those who love it have discovered some of its many benefits: a healthier heart, stress relief, and feeling good. Actually, a lot of people who exercise regularly say that getting started is the hardest part. Once an exercise routine is started, many people begin to like exercising more and more.

Exercise plays a very important role in the overall role treatment plan for people with diabetes. It works wonders to keep your body healthy! It helps give your muscles the energy they need to work. Exercise helps your body's glucose move from the blood into cells. The cells use the glucose to make energy — helping your body function the way it should. With regular exercise, your blood glucose levels may go down, and glucose control may improve.

If you are trying to lose weight, exercise is an excellent way to shed pounds and stay in shape. It helps your body burn the extra calories that can put on weight.

Exercise and blood glucose levels

Exercise can lower blood glucose levels, which can make your insulin levels too high. Check your blood glucose level before exercising. If it is too low, you may need to eat a snack first. If your glucose goes too low, you will know because you may feel faint or dizzy. This is called an insulin reaction. If you feel these symptoms, stop

Less time needed than you think.

Exercise only helps if you do it regularly. But the good news is, you don't need to exercise every day: 20 minutes, 4 times a week is fine.

Starting out.

Start slowly, and don't push yourself too hard at first. A great way to get started is with one of the most popular kinds of exercise: walking. Walking does not take a lot of effort, yet it helps get your blood circulating. Just taking a few extra steps, like climbing stairs rather than taking the elevator, is a "step" in the right direction.

Check with your healthcare professional about the type of exercise you should get involved in. He or she can tell you if your exercise should be light, moderate, or vigorous. Here are some examples:

Light exercise: walking, bicycling, gardening.

Moderate exercise: golfing, bowling, playing softball.

Vigorous exercise: swimming, jogging, aerobics.

exercising and have a snack, like a small glass of juice or regular soda.

Make sure your family and healthcare professional know about your exercise plan, so they can offer support. And have fun! You will feel better and will be doing a great thing toward helping get your diabetes under control.

Caution with Carts*

Falls from shopping carts are among the leading causes of head injuries to young children. The U.S. Consumer Product Safety Commission (CPSC) estimated that in recent years about 12,800 emergency room visits per year by children 4 - 5 years and under were associated with shopping carts. Of those, 5,700 were head injuries. About 25 percent were serious head injuries, such as concussions and fractures.

To prevent falls from shopping carts: Use cart seat belts to restrain your child; don't allow your child to stand or ride in the cart basket or to ride or climb on the sides or front of the cart. Never leave a child in a cart unattended.

*Adapted from Top Safety, May 2001

Important Reminder!

Pre-Authorization is Necessary for

Mental Health:

Don't forget! Before you see an outside mental health provider, you must call for authorization. To get pre-authorized for services, contact Dr. Cenatiempo at 1.541.672.8533 or 1.800.935.2649. An intake interview can be conducted over the phone. You will then be referred to an approved, licensed mental health professional.

Medical:

One of the guidelines for Contract Health is all appointments must be pre-authorized. There are some services that are not covered. When you call for an appointment, if the appointment will be a covered service, you will be given a number.

All emergency visits **MUST** be called in within 72 hours. There are **NO** exceptions.

Remember, the emergency room is for possible loss of life or limb only. Colds and sore throats are not an emergency. Go to a regular doctor or to an urgent care for non-emergent services facility.

Safety Notice

First Alert has announced a recall on fire extinguishers with model number FE1A10G. This number is located on the extinguisher's label, along with a serial number. The serial number starts with the letters RH, RK, RL, RP, RU, or RW. If your extinguisher has these letters, please notify the First Alert Company by calling 1.866.669.2736 for a refundable coupon.

Car Seat Recall

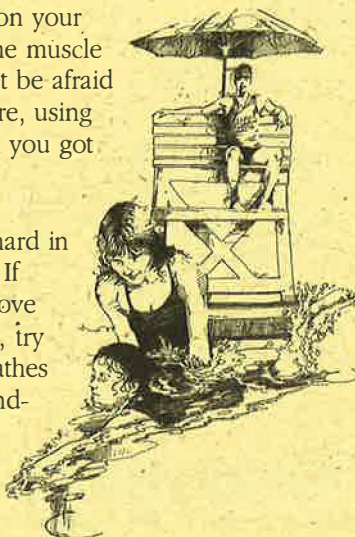
There's been an urgent recall on Evenflo Joyride Car Seats as the carrying handle on the car seat has had some failures. Evenflo will provide consumers with a free easy-to-install repair kit. Call 1.800.557.3178 to access the web site at www.joyride-carseat.com any time for information. Have your car seat near you when you contact Evenflo so you can answer their questions.

Water Safety

Here are some good safety tips to remember when swimming!

General Safety:

- Never swim alone, bring a "buddy" with you.
- If you get a leg cramp, try not to panic. Float on your back, and bring your leg to the surface. Rub the muscle with both hands, with a kneading action. Don't be afraid to rub hard. Try swimming slowly back to shore, using a different stroke than the one you used when you got the cramp.
- A stomach cramp is more serious. Swimming hard in cold water on a full stomach usually causes it. If the pain is very bad, try to keep your head above water, and shout for help. If it's not too severe, try floating on your back and take slow deep breathes to help relax the muscles. You can also try bending your knees to your chest, and then extending them again.



Low Income Home Energy Saving Tips *

Here's What You Can Do To Save Energy:

1. Peak energy usage time is 4 - 8 p.m., Monday through Friday. So, if you wait until after 8 p.m. to run your household appliances (like your dishwasher), you'll ease the strain on the power supply.
2. Keep your thermostat set between 65 and 68 degrees, if your health permits. Over a month, each degree you lower your thermostat can save you up to 3 percent on your bill.
3. Do laundry on the week-end.
4. Tackle some easy and inexpensive energy-saving projects around your house. Insulating, caulking, and weather stripping can add up to big savings of energy and money.
5. Clean or replace furnace filters once a month during the heating season.
6. Your heat may be going up your chimney. Close the damper as soon as your fire is safely out.
7. Turn off shower fans after they've done the job (usually half an hour). In just one house, these fans can empty a house of warm air.
8. On sunny days, open your drapes and take advantage of the sun's free heat. On overcast days and at night, close them to keep heat in.
9. Turn off extra lights, especially between 4 and 8 p.m.

*PacifiCorp Energy Tips

Education News

• The Tribal Higher Education grant amounts have increased. The Board increased the amounts due to the increasing costs of education. The 2-year grant was increased from \$2,500 to \$4,500 a year while the 4-year grant was increased from \$4,500 to \$6,500 a year. For graduate students, the amount is \$10,000 per year. Grant awards are not for a specific dollar amount but are instead made on the basis of unmet need. If you have questions, or are interested in applying for a grant to attend school, contact Kelly Strickler, Education Director at 1.800.929.8229.

• The Northwest Portland Area Indian Board donated two Macintosh Computers to the Cow Creek Education Department. These computers, located in the library at the Cow Creek Government Offices, have high quality graphics and are available to students and Tribal members to utilize for internet access. Thank you to the Health Board and Gary Small for the donation.

Native American Student Science Summer Workshop

Willamette University in Salem is hosting summer science workshops for Native American Students on Willamette's campus from June 24 - 29, 2001. The workshops focus on biology, chemistry, and environmental science and are open to Native American students who will be entering their junior or senior year of high school. Please contact Kelly Strickler, Education Director, at 1.800.929.8229 for more information.

Sweatshirts for Sale

Sweatshirts are still available to purchase at a price of \$24. There are still plenty of sizes available from children's up to XXL. Consider purchasing one (or two) as gifts of treat yourself to this vibrant, richly designed, red sweatshirt. Call Kelly Strickler, Education Director at the Cow Creek Government Office, 1.800.929.8229, to place your order. If your sweatshirt order requires mailing, Kelly can give you shipping prices. For those who have already purchased a sweatshirt, call Kelly and let her know if you're enjoying your purchase.

ATNI Held at Seven Feathers...
continued from page 1

Leaders Update" presented by Kathryn Harrison, Chairwoman of the Grand Ronde Tribe. James Floyd, Director of Economic Development Guidance and Empowerment presented "Native E.D.G.E." and Indian Health Service Budget Updates were given by Julia Davis and Ed Fox, Chairman and Executive Director respectfully of NPAIHB.

Wednesday afternoon included a National Congress of American Indians (NCAI) update presented by John Dossett, Acting Executive Director, NCAI.

On Thursday morning, each committee was asked to read to the General Assembly its resolutions. The conference was closed on the middle of the day on Thursday with a prayer. Colors were retired and the meeting was adjourned.

The Affiliated Tribes of Northwest Indians Mid-Year Conference at Seven Feathers Hotel & Casino Resort received many positive comments and was considered very successful by those who attended.

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 that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

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.

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

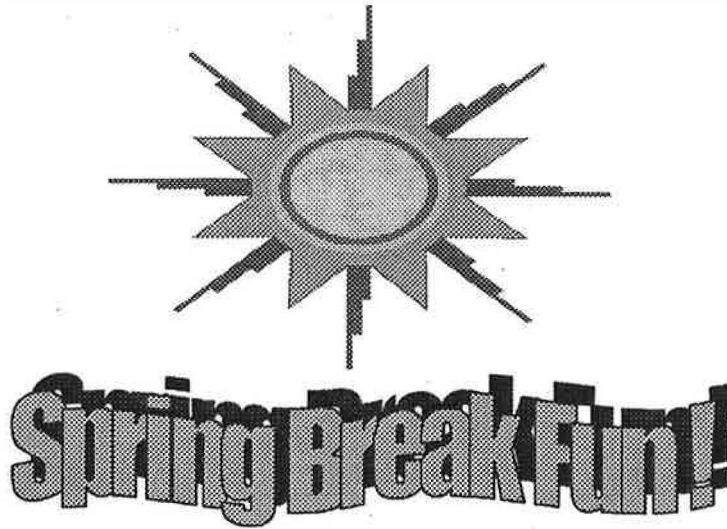
K-Bar Ranch
Cow Creek Gaming Commission
Cow Creek Tribal Government Offices
Cow Creek Health and Wellness Center
Nesika Health Group

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

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

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





A Shell Gathering Trip is scheduled for March 29th to Yachats! We will be gathering olivella shells. These are shells that were used for necklaces, dresses and as trade items by Indian Tribes in South Western Oregon. The high tides and winter storms usually start bringing them to shore in late winter and early spring.

Date: March 29th, 2001

Time Leaving: 6:00 am – Roseburg

Time Arriving back: 4:30 pm – Roseburg

If you need Transportation from Glendale, Canyonville or Myrtle Creek, or any other area please let me know. Times will vary in pick up from those areas. Breakfast, lunch & snacks will be provided for students and chaperones.

On the following day, March 30th, 2001. The shells that we have gathered, we will make necklaces out of them. I will also have dentillia available to make necklaces with also. This will be at the Cow Creek Government Office in the Board Room from 1:00 to 3:30 pm. Again if you need transportation, please let me know and it can be arranged for transportation to and from the Necklace Class.

I

Any questions, call Kelly Strickler, Education Director at 672-9405 or 1-800-929-8229. The attached permission form needs to be signed by parent/guardian and student and sent back by March 21st, 2001.

Permission Form

My Child _____ has permission to attend the Shell Gathering Trip on March 29th, 2001.

I authorize Kelly Strickler, Education Director and other named chaperones To secure services of a physician or hospital, in the event of accident or illness, and I will provide payment for the payment of these costs.

I will not hold the Cow Creek Band of Umpqua Indians, nor Kelly Strickler, Education Director liable for any accidents or emergencies that my occur.

Parent/Guardian Signature

Date

EMERGENCY CONTACT PERSON: _____

Student Participation Contract

I _____ agree to participate fully in this Shell Gathering Trip and agree to comply and follow instructions and guidance of my chaperone. Failure to do so, will further exclude me from future events. I understand that this is for the safety and well being of other participants and chaperones.

Student Signature

Date

For the March 30th, 2001 Necklace Class:

- ☐ I *will* be attending the class and *will need transportation*.
- ☐ I *will* be attending the class and *will not need transportation*.
- ☐ I *will not* be attending the class.

Cow Creek Band of
Umpqua Tribe of Indians
2371 NE Stephens Suite #100
Roseburg OR 97470



97470X9473

