

KIUYUM-ID



Sept., 2001

Congressman Patrick Kennedy at Seven Feathers on August 20!

On Monday, August 20, Congressman Patrick Kennedy, co-founder of the Native American caucus and fourth term congressman from Rhode Island, came to Seven Feathers Convention Center as keynote speaker at a luncheon and rally for Douglas County Democrats.

About seventy-five people attended the rally including representatives of the Confederated Tribes of the Umpqua, Coos, and Siuslaw, as well as the Grand Ronde Indians. In introducing Congressman Kennedy, Cow Creek Chairman Sue Shaffer said, "He's carrying on the tradition of his family with good humanitarian causes. He is our benefactor."

Kennedy told the crowd that there weren't many tribes that had the respect and recognition that the Cow Creek have, "When a tribe such as the Cow Creek is prominent in supporting the Native American caucus and issues of sovereignty for the 557 sovereign nations, it helps all the other tribes as well."

When the Native American caucus was founded in 1995, only two dozen



Canyonville's Gloria McGinnis, Chairman Sue Shaffer, and Congressman Kennedy take the opportunity to visit.

congressmen belonged. Today, the list numbers over 100. The caucus pushes government to meet its responsibilities to tribes as well as serving as a general information center for information on Native Americans.

In his remarks, Kennedy emphasized that Native Americans are an entitlement population because the U.S. Government took their land. He said the Native American caucus respects the efforts of Indians to have their ancestral lands put in trust for future generations. Kennedy also said that just because the Cow Creek were a landless tribe didn't make their claims less legitimate.

In responding to a question about a recently released report indicating the U.S. Treasury Department had mishandled documents involving billions of dollars owed to Native Americans, Kennedy said the report, "... gives moral outrage and credibility to our case that the federal government has not only neglected its trust responsibility but also neglected its management of those accounts it did have within its power. It makes our case fool-proof that we have a greater moral responsibility to our tribes in this country."



Oregon State Representative Dan Gardner and Cow Creek Board Member Tom Rondeau exchange views.

Kennedy praised Cow Creek Chairman Sue Shaffer, "What an incredible friend she has been to the Democratic Party." The Congressman was scheduled to head to Seattle after his visit at Canyonville, the only stop he made in Oregon.

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September is National Cholesterol Education Month

It's important to know your cholesterol numbers. Get a fasting "lipoprotein profile" to find out what your total cholesterol numbers are. Those numbers will help you discuss with your healthcare provider your risk for heart disease. Always, always, take steps to reduce the factors that put you at risk. Pay attention to the list below.

- 1.) Choose foods that are low in saturated fats and cholesterol. Foods high in those numbers clog your arteries.
- 2.) Reduce your body fat.
- 3.) Be physically active. Get your pulse rate up at least 30 minutes a day on

most days, preferably, all, days of the week. You don't have time? Break the 30 minutes into three 10-minute segments.

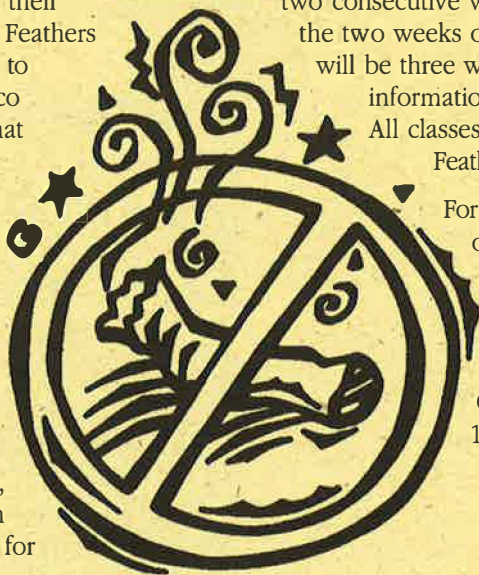
- 4.) DON'T SMOKE. If you do, contact your healthcare provider to discuss ways in which they can help you quit.



KICK YOUR BUTTS! — Tobacco Cessation Classes

All Tribal members, their families, and Seven Feathers employees are able to enroll in the Tobacco Cessation Classes that begin with a Preparation Night on Tuesday, September 25, 2001. Preparation Night class begins at 7 p.m. After Preparation Night, instruction classes will be held on Mondays, Tuesdays, and Thursdays from 7 p.m. to 8:30 p.m. for

two consecutive weeks. Subsequent to the two weeks of instruction, there will be three weeks of support group information on Monday nights. All classes will be held at Seven Feathers Convention Center.



For further information on the Tobacco Cessation Program, call Mike Nolte at the Cow Creek Health & Wellness Center at 1.800.935.2649.

Indian Health Service Requests Sanitation Information

The Portland Area Indian Health Service has asked Western Oregon Tribes to identify and compile a list of future needs concerning sanitation assistance.

For the Tribe to be considered for funding in the 2002 year, we must submit a list of specific information including names, locations, and type of assistance (well, septic, etc.) needed.

Tribal members who currently live in the seven county service area, own their home, and are having trouble with their existing sanitation facility, or have a sanitation system that has surpassed its expected service life, should call Carol Ferguson at the Cow Creek Government Office at 1.800.929.8229.

Podiatry Services Offered!

Our Diabetes Management Clinic continues to expand. We're now able to offer podiatry services through the sponsorship of the American Diabetes Association Elizabeth Furse Foundation. Dr. Ross Leonard is our contracting podiatrist and is on site one day each month. Services offered include foot screen, daily foot care education, podiatry kits distributed, and other foot care education. For more information on our podiatry services, call 1.800.935.2649.

Over-the-Counter Program

All requests for the Over-the-Counter Program must be received by November 15, 2001. Please note there won't be any exceptions.

Enrolled Tribal members will be able to begin accessing the Over-the-Counter Program again on January 2, 2002.

If you have any questions, please contact Tamara Robinson at the Cow Creek Health & Wellness Center at 1.800.935.2649.

Men's Health Corner

Facts About Prostate Cancer

Each year of the approximately 180,000 men who are diagnosed with prostate cancer, 37,000 die from the disease. Risk increases with age. Most cases of prostate cancer occur in men aged fifty or older. Seventy-five percent of the diagnosed cases occur in men who are over age sixty-five. A man's risk for prostate cancer is greater if he is of African American heritage or if there has been a family history of the disease.

Defensive Measures:

1. Early detection is the best defense.
2. Men over 40 should have an annual DRE (digital rectal exam) performed by their healthcare provider.
3. Men 50 and older should have a blood test to determine PSA.
4. Elevated PSA or an abnormal DRE can lead to early diagnosis.
5. Early diagnosis allows a man greater access to the many new forms of treatment that now exist for this disease.

There's Housing Help "Out There" — For Repairs and Purchases

There are many 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 of

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.

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.

Strengthening The Next Generation — Learn How to Refill Your Glass

By Rhonda Malone

Do you ever feel like your glass is 1/2 empty or maybe totally empty? Does your patience run out, your hair stand on end? Are your fingernails chewed to their quick?

Some days the duties of parenting and just living life are overwhelming. Our stomach gets upset, our head starts to pound, and we begin to sweat out the frustration of living through every pore. What can a person do to ease the day-to-day frustrations of life? How do you refill your glass?

Listed below are some ideas that were presented in our parenting group (Strengthening The Next Generation). You can do one or more of these activities (or all of them) to ease your stress level and refill your proverbial glass!

1. Exercise.
2. Read.
3. Have your own play day.
4. Take a night off from cooking. Eat out or order in.
5. Water the plants. Garden.
6. Have a water fight.
7. Watch your favorite television show.
8. Take a bath with your favorite fragrant candle lit. Sit it on the edge of the tub and read your favorite magazine.
9. Go fishing.
10. Take time with your spouse and go for a walk holding hands.
11. Listen to your favorite radio station or tape/cd.
12. Hug your children.
13. Eat a meal together as a family.
14. Get a neighbor, friend, or family member to watch your children for a few hours.

We tend to think that taking care of ourselves is selfish and it really isn't. We have to take care of ourselves before we can take care of others effectively. Refilling our glass does not have to be expensive. Get creative and see what you can do to take care of yourself and do something you enjoy!

J OM News

The JOM Parent Committee extends an invitation to parents and grandparents who are interested in attending the JOM Parent Committee to plan next year's activities. The meeting is scheduled for Monday, October 1, at 5:30 p.m. at the Cow Creek Government Office. Please plan on attending and providing input on cultural and educational activities for JOM students for year 2002. Should you have questions, please call Kelly Strickler, Education Director, at 1.800.929.8229.

Higher Education News

Congratulations to Tonya Bishop, who is majoring in paralegal studies, on earning a 4.0 gpa during summer term. Good job, Tonya, on your first term of study!

Tribal members who are interested in enhancing their current job skills by taking one or two classes or who are interested in completing a GED, please call Kelly Strickler, Education Director, at 1.800.929.8229.

Seven Feathers Hotel to Sell Used Televisions!

Seven Feathers Hotel and Casino Resort has ordered new television sets for its hotel rooms. Once those televisions have arrived, the hotel's used sets will be sold for \$50 each with Tribal members having the first opportunity to purchase. Buyers may purchase a maximum of two sets. **Sales are cash only. All sets will be sold as is and there will be no returns. Remote controls will not be included in the sale.** Sale of the used televisions to Tribal members will close at 4 p.m. on Tuesday, October 31, 2001.

Those who buy sets must pick up their property within two weeks of the purchase. If there are more interested buyers than there are televisions, a drawing will be held.

After the sale to Tribal members closes, if there are televisions remaining, they will be sold to UIDC employees under the same provisions as listed above.

Tribal members interested in purchasing one of the used televisions should call David Quanbeck at Seven Feathers Hotel and Casino Resort at 1.800.548.8461.

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.

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

- 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 & Wellness Center
- Nesika Health Group

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.

Save the Date!

On Friday, November 2, the Cow Creek Health and Wellness Center will hold a Women's Cancer Awareness Dinner. Details will appear in next month's edition of KIUYUM-ID.

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.

Note

Photo taken of Brianna Bishop in last month's "Pow-Wow Insert" within KIUYUM-ID was taken by her Mother, Tonya Bishop.

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