

KIUYUM-ID



January, 2002

2002 Quarterly General Council Meeting Notice *

| Date | Day | Time | Location |
|-------------|--------|---------|--|
| February 10 | Sunday | 11 a.m. | Cow Creek Government Office, Roseburg |
| May 19 | Sunday | 11 a.m. | Cow Creek Government Office, Roseburg <i>The May 19 meeting is the Tribal Nominations Meeting.</i> |
| August 11 | Sunday | 11 a.m. | Cow Creek Government Office, Roseburg <i>The August 11 meeting is the Tribal Elections Meeting.</i> |
| November 10 | Sunday | 11 a.m. | Cow Creek Government Office, Roseburg |

Annual Board of Directors Meeting Nominations for the 2002 Board of Directors Election will be taken at the May 19 meeting. Lunch will be served following all 2002 General Council meetings.

The procedures for the nominations for the Tribal Board of Directors Election are as follows:

Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election. When the nominations are closed, no other nominations will be accepted.

A nomination will be considered complete when the nominee has

accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting. For those nominees not present, forms will be mailed to them no later than three (3) days following the Nominations Meeting and must be received in the Tribal office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are made. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 19, 2002. Tribal members are encouraged to maintain an updated registration card including updated signature. If you are a registered voter and do not receive a ballot, you must contact the Tribal Government Office at 1.800.929.8229 or 1.541.672.9405.

Update on Trust and Properties

Details on lands that recently have been placed in trust are:

- 1) On December 3, 2001, the Tribe received official notice from the BIA that the Irwin Property, a property of 5.0 acres, was in Trust.
 - 2) On December 4, 2001, the Tribe received official notice from the BIA that the Rigsby Property, a property of 2.50 acres, was in Trust.
 - 3) On December 19, 2001, the Tribe received official notice from the BIA that the Erickson Property, a property of 2.09 acres, was in Trust.
 - 4) On January 15, 2002, the Tribe received official notice from the BIA that the Walker Property, a property of 7.01 acres, was in Trust.
 - 5) On January 15, 2002, the Tribe received official notice from the BIA that the McNeil (Casino) Property, a property of 8.35 acres, was in Trust.
 - 6) On January 15, 2002, the Tribe received official notice from the BIA that the Goodin Property, a property of 2.02 acres, was in Trust.
- (Trust Article Continued on page 4)*

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And more . . .

Cow Creek Gathering Dates

The Tribal Anniversary Celebration is Saturday, April 20. The Cow Creek Tribal Pow Wow is July 19, 20, and 21. The Annual Huckleberry Gathering is Saturday, August 31 and the Cow Creek Tribal Family Picnic is at the Bare Ranch on Saturday, September 7.

| Date | Day | Event |
|-------------------|--------------------|--------------------------------|
| April 20 | Saturday | Tribal Anniversary Celebration |
| July 19, 20, & 21 | Friday, Sat., Sun. | Cow Creek Tribal Pow Wow |
| August 31 | Saturday | Huckleberry Gathering |
| September 7 | Saturday | Cow Creek Tribal Family Picnic |

**Tear off this front page and place it where you'll see it often so these important dates won't be missed.*

Winter Safety

This may be a year for snow. A little extra attention for safety is always a good idea during the winter season. Below are safety practice ideas.

Winterize Your Home:

- Stock up on sand and ice melt chemicals for those slick sidewalks and porches.
- Have an alternate heat source, fire place, woodstove, and/or space heater. Equipment should be approved for indoor use.
- Properly ventilate room and use strict fire safety measures.
- Have a smoke detector on each level of the home. Check batteries monthly.
- Have a fire extinguisher near each heating source.
- Assemble an emergency supplies kit.
- Extra supplies of high energy food and food requiring no cooking or refrigeration (suggestions for canned foods: 10 cans of food per person.)
- Non-electric can opener.
- Bottled water for three days (one gallon per person per day).
- Extra warm clothing.
- Extra blankets or sleeping bags.
- First Aid kit, including all essential medications.

If You Have No Heat:

- Turn off electrical appliances that were

on when the power went off to avoid a power surge when electricity is restored.

- Use flashlights to see. Do not use candles. Candles greatly increase the chance of having a fire in your home.
- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Cover windows at night.

Eat and Drink

Food provides the body with energy to produce its own heat. Keep the body replenished with fluids to prevent dehydration.

Planning a Trip:

- Leave early with delays in mind.
- Check your vehicle's battery. Recharge or replace if it's low.
- Check oil and replace anti-freeze.
- Be sure heater, brakes, and windshield wipers are in good working order.
- Carry blankets or sleeping bags.
- Bring extra warm clothing.
- Bring a sack of sand or kitty litter.
- Bring a shovel.
- Bring a tow rope, a windshield scraper and brush.
- Bring booster cables.
- Bring chains.
- If you are caught in a storm, stay inside your vehicle.

"Awakening the Spirit" Diabetes Class

"Awakening the Spirit" is a five-week diabetes educational program sponsored by the Cow Creek Health & Wellness Center. The class is fun and packed with information useful to everyone but particularly so to our Tribal members who have diabetes. The five-week class focuses on the practical side of diabetes care – how to shop and cook and why exercise is helpful are among the many topics. Class begins on Tuesday, February 5, at 5:30 p.m. The Class lasts one hour.

For more information, contact Andrea Davis at 1.800.935.2649 or 1.541.672.8533.

Dr. D's Suggestions on the Best Ways to Prevent Cancer

- Don't Smoke
- Exercise Daily
- Maintain A Healthy Weight
- Avoid the Harmful Rays of the Sun
- Do Not Abuse Alcohol or Drugs
- Eat a Healthy Diet
- Protect Against Sexually Transmitted Diseases
- Reduce Stress and Anxiety\Get Regular Medical Check-Ups

Call the Cow Creek Health and Wellness Center for an Appointment to Discuss Any or All of the Above Preventive Measures

Dr. D. is Dr. James W. Daskalos, D.O., Medical Director for the Cow Creek Health & Wellness Center

ATTENTION - March 15 Cancer Information Dinner!!

Next cancer information dinner will be held on Saturday, March 15, in Medford at the Rogue Regency Inn. Check the February issue of KIUYUM-ID for more details.

Nesika News

Nesika changed to a Preferred Provider Organization (PPO) effective Jan.1, 2002. The Preferred Provider is CCN or Community Care Network. What this means to you as the insured enrollee/ member is that there will be a savings for you if you go to a physician, hospital, or healthcare provider that's on the preferred provider listing (in-network provider). If you choose to go out-of-network or to someone not on the listing, you will pay more.

All covered medical services performed by in-network providers/hospitals will be paid at 80% of the contract allowable charges after your deductible has been met (this does not apply to dental or vision providers). The co-pay will go toward the maximum out-of-pocket (OOP). All covered medical services

performed by out-of network providers will be paid at 60% of the Usual and Reasonable (U & R) charges after your deductible has been met for covered services. The co-pay will not go towards the maximum out-of pocket (OOP).

Cow Creek Health and Wellness Clinic is an in-network provider even though it is not listed in the CNN Directory. CCN is a national network with providers located in each state. A directory of providers in your area is available to you by contacting our office at 1.541.677.5508 or 1.800.284.9917. You can also call CCN at 1.800.247.2898 or access their website at www.ccnusa.com. Any questions you might have should be referred to Kelli Zenchenko at 1.541.677.5508.

Free Workshops in Canyonville

In January, February, and March, several workshops will be held in the community room of the Stagecoach Apartments, located at 601 Stagecoach Road in Canyonville. Free lunch will be provided at each workshop. The workshops cover a range of topics, from developing listening skills to the basics of banking. Class dates and topics are listed below. For more information, contact the Cow Creek Social Service Representative Rhonda Malone at 1.541.672.9405, ext. 5513, or 1.800.929.8229. The Umpqua Community Action Network's Transitions Program sponsors the workshops. If you don't have questions, you can register directly by calling 1.541.672.5392.

Tuesday, February 5

10 a.m. - 12:30 p.m.

Money Smart: Banking Basics and Banking Accounts

Tuesday, February 19

9:30 a.m. - 12:30 p.m.

I'm Tired of Living in This Dump!

Tuesday, March 12

9:30 a.m. - 12:30 p.m.

Money Smart: Borrowing Basics and Banking Rights

Tuesday, March 19

9:30 a.m. - 12:30 p.m.

Getting Outside Your Box - Exercises in Creative Thinking

UCAN Presents "Money Smart" Workshops

The Money Smart program helps adults outside the financial mainstream build financial knowledge. The program teaches ten modules ranging from the mechanics of budgeting and saving as well as how to use credit responsibly. Recognizing financial scams and predatory lending are also covered. The Umpqua Community Action Network (UCAN) is presenting these workshops on a monthly basis beginning in January, 2002. For more information, call the UCAN Transitions Program at 1.541.672.5392.

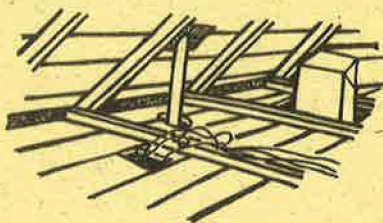
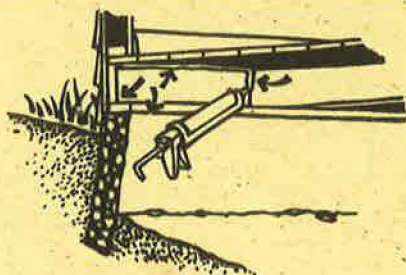
Energy Saving (and Money Saving) Tips

For the next few months, tips on conserving energy and lowering your heating bill will be printed in the newsletter.

Seal Air Leaks for Winter Comfort

• In order to make sure as much warm air stays in your home as possible (and that as little cold air enters as possible), make sure your home is sealed for colder weather. The following pointers might help you. In sealing against air leaks, use a low cost caulk and drywall patching compound.

- 1.) Seal large holes in exterior and interior walls.
- 2.) Seal or repair broken windows.
- 3.) Seal holes under sinks and in closets.
- 4.) Stop warm air from escaping from your house and attic by sealing holes where pipes, wiring, and open shafts enter the attic.
- 5.) Weatherstrip attic access hatch.
- 6.) Seal cracks and holes at the foundation of your home where cold air could enter.
- 7.) Seal holes in the basement walls where you can see daylight. Seal holes in floor above the crawl space.



Higher Education News

Cow Creek Tribal Members Graduate

Congratulations go out to two Cow Creek Tribal members who completed requirements to graduate this past term.

Teddy Rainville finished his requirements for a bachelor of science degree from Western Oregon University in law enforcement. Teddy will be completing training in Georgia and will return in June to begin working in Gold Beach for the Siskiyou National Forest.

Amee Ireland completed requirements to receive a Master of Arts in Teaching from Oregon State University. Amee is working as a teacher in Madras at the Madras High School.

Both of these students have worked hard over the past few years to complete their degrees.

Honor Roll

Congratulations to Justin Mathison for his hard work during fall term. Justin was placed on the honor roll at Southern Oregon University in Ashland for achieving an excellent GPA. Justin is majoring in art. Good work!

Roseburg Title 9 Offering Drumming Classes

The Title 9 Program of Roseburg is offering drumming classes at the Roseburg Boys & Girls Club. The classes will begin on Tuesday, Feb. 5, from 3:30 - 5:30 p.m. If your child goes to a Roseburg school, they can be bussed to the Girls & Boys club at 3:30 p.m. for the Feb. 5 class. For more information, contact Julianna Marez at 1.541.440.4032.

Tele-CAN: the Telephone Education Opportunity on Cancer Education

Future dates and topics for Tele-CAN are:

Tuesday, February 22, 2002 –
Breast Cancer and Cervical Cancer. The facts. Who is at Risk? Participants on this call will learn why the best defense is early detection and regular

check-ups. Call Andrea Davis at the Cow Creek Health and Wellness Center, 1.541.672.8649 or 1.800.935.2649, for information on how to call in and get educated on these cancers.



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 prerecorded listing of openings.

Seven Feathers Hotel & Casino Resort
Seven Feathers Truck & Travel Center
Umpqua Indian Fobds
Valley View Motel
Riverside Lodge
Canyon Cubbyholes

K-Bar Ranches

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.

Trust Update Continued from p.1

- 7) On January 15, 2002, the Tribe received official notice from the BIA that the Hunt Property, a property of 2.54 acres, was officially in Trust.
- 8) On January 15, 2002, the Tribe received official notice from the BIA that the Bay Property, a property of 0.30 acres, was in Trust.
- 9) On January 15, 2002, the Tribe received official notice from the BIA that the Dynamic Property, a property of 11.61 acres, was in Trust.

Cow Creek Tribal Government Offices
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Roseburg, OR 97470

Phone: 1-800-929-8229

Fax: 1-541-673-0432



www.cowcreek.com