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UMPQUA TRIBE OF INDIANS

KIUYUM-ID



HIGHLIGHTS

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Cow Creek Band of Umpqua Tribe Celebrates 20th Anniversary of Federal Restoration.... And 10th Anniversary of Seven Feathers Grand Opening

The Cow Creek Band of Umpqua Tribe of Indians

Invites all Tribal Members and their families

to join together for a dinner and celebration

on Saturday, April 20, 2002

Social Hour at 5 p.m.

Program and Dinner at 6 p.m.

The Event Honors the Twentieth Anniversary

of the Federal Restoration of our Tribe

and the Tenth Anniversary

of the Grand Opening of

Seven Feathers Hotel & Casino Resort

The Twentieth Anniversary Celebration of the Tribe's Restoration as well as the Tenth Anniversary of Seven Feathers Grand Opening will include photo displays of Tribal families, friends, and events. Traditional food will be available for sampling. Indian regalia and Tribal artifacts will also be on display.

After dinner, at 9 p.m., "Jubilee," the current Seven Feathers Cabaret show will perform in the Convention Center. Tours of the new Seven Feathers Truck & Travel Center are scheduled for Saturday and Sunday. Persons interested in touring the new facility should meet under the front entrance of Seven Feathers Hotel & Casino Resort at either 4 p.m. on Saturday, April 20, or Sunday, April 21.

Washington State Cow Creek Annual Tribal Meetings held in March

Attendance strong at both Washington State Meetings

Cow Creek Tribal Chairman Sue Shaffer, in commenting on the Washington State meetings said, "Both the Woodland and Port Angeles meetings had excellent participation. We were so pleased with the quality of both those meetings. We got so much done!"

The Washington Tribal meetings were held on Friday, March 22, and Saturday, March 23. Friday's meeting was held in Woodland at the Oak Tree Restaurant at 7 p.m. The Saturday Meeting was held in Port Angeles at the Red Lion Hotel's Olympic Room at 1 p.m.

COW CREEK HEALTH & WELLNESS CENTER HOURS

Hours for the Cow Creek Health & Wellness Center are:

Monday and Tuesday	9 a.m. - noon 2 p.m. - 5 p.m.
Wednesday	9 a.m. - noon 3 p.m. - 5 p.m.
Thursday and Friday	9 a.m. - noon 2 p.m. - 5 p.m.

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

INFORMATION & HAPPENINGS COW CREEK HEALTH & WELLNESS CENTER

New Research Shows Diabetes Prevented by Three Factors

The New England Journal of Medicine for February, 2002, reports that diabetes can be prevented by attention to three key factors: good nutrition, maintaining a health body weight, and physical activity. For more information on diabetes prevention, testing, and maintenance, call the Cow Creek Health & Wellness Center at 1.541.672.9405 or 1.800.935.2649.

Everyone Should Know First Aid and CPR!

The Cow Creek Health & Wellness Center schedules First Aid and CPR training quarterly. According to Noreen Thompson, Cow Creek Health & Wellness Center Clinic Nurse, "These free classes are held so more people can become knowledgeable about these important, potentially life saving techniques." The next First Aid and CPR training class will be held at the Cow Creek Health & Wellness Center on Friday, May 3, 2002. Register for the class by calling Noreen Thompson at the Wellness Center at 1.541.672.8533 or 1.800.935.2649.

Cancer Awareness Dinners Achieve Their Mark



Tooter Ansures, Cow Creek Tribal Member, at Cancer Awareness Dinner at Rogue Regency Inn in Medford on March 15.

Next Cancer Awareness Dinner in Redmond on May 24

The Cow Creek Health & Awareness Center will hold its next Cancer Information Dinner at the Travelodge New Redmond Hotel in Redmond, Oregon, on Friday, May 24, from 5 - 9 p.m. Two Cancer Awareness Dinners, one in Roseburg in November and one in Medford on March 15, have already been held by the Wellness Center.

The dinners are part of a cancer information/cancer prevention program the Wellness Center has developed as part of its commitment to satisfy the requirements of a National Cancer Institute grant.

The Awareness Dinners begin at 5 p.m. with a social hour and a tour of information trade show booths. Dinner and program begin at 6 p.m. Both health care specialists and cancer survivors participate in the program. According to Andrea Davis, Community Health Representative for the Cow Creek Health & Wellness Center, "The dinners we've hosted so far have been so rewarding. People who have survived

cancer speak to the entire group. That, along with the professional advice the health care professionals deliver at these events, makes for an information packed evening. I'm sure the Redmond dinner will also be successful."

Sharon Stanphill, Director of the Cow Creek Health & Wellness Center adds, "We're so pleased to be part of this National Cancer Institute effort. Native Americans do have a higher incidence of cancer than the general population in this country. Education is the key to changing that."

"...along with the professional advice the health care professionals deliver at these dinners makes for an information packed evening."

...Andrea Davis

Tribal members who want to attend the Redmond dinner on May 24 or who have questions regarding the cancer information activities conducted through the Cow Creek Health & Awareness Center should call Andrea Davis at 1.541.672.8533 or 1.800.935.2649. Reservations for the dinner need to be made by May 18.



Tribal Member Justin Mathison and his wife, Jessica, at the Medford dinner.

Additional Over-the-Counter (OTC) Program Details

The Cow Creek Health & Wellness Center's Over-the-Counter (OTC) Tribal Prevention Program, approved in 1998, provides cost coverage for preventative health care products that can be purchased over the counter. Dental floss, cotton balls, and mouthwash are examples of products currently approved by the OTC program. Enrolled Tribal members are eligible to receive \$100 worth of qualifying products each year.

Sonicare toothbrushes, both individual and family models, may be purchased at reduced prices at the Wellness Center. Replacement heads and chargers are also available. The cost of

these toothbrushes is deducted from the \$100 annual allowance allotted each Tribal member.

Enrolled Tribal members may receive coverage for tobacco cessation and delousing products. Specifics regarding the benefit coverage for tobacco cessation or delousing products, as well as any other questions about the OTC Program, should be directed to Tamara Robinson at the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649. Faxed (1.541.672.4993) or e-mailed (trobinson@cowcreek.com) requests are welcome.

Brent Florendo Leads Storytelling and Pow-Wow Protocol Classes

Brent Florendo, a member of the Confederated Tribes of Warm Springs and an instructor at Southern Oregon University in Ashland, Oregon, led a storytelling session in January where participants shared tribal stories, personal experiences, and songs. Over 15 people participated in the class at the Cow Creek Government Office in Roseburg.

On Saturday, March 9, the JOM Parent Committee sponsored a Pow-Wow protocol workshop also led by Brent Florendo. Participants learned about pow-wow dance, dance styles, correct dance steps, and specifics of protocol.



Brent Florendo in traditional dress at Pow-Wow protocol class

Housing for 62 and Older in Myrtle Creek

People aged 62 or older, including Tribal Elders, in need of affordable housing and who want to live in Douglas County may be eligible for residency in the Plaza Retirement Community located in Myrtle Creek, Oregon. Plaza Retirement Community is a modern, three-story building with 24 one-bedroom apartments. The facility has an elevator, mail delivery, a laundry, as well as paid water, sewer, and garbage.

Tenants pay 30% of their adjusted gross income (income after medical expenses are deducted from gross income) for rent. Rent may also be adjusted throughout the year to accommodate unexpected medical expenses. Similar housing units are available in the Reedsport and Roseburg, Oregon areas. Questions regarding occupancy requirements may be directed to Rhonda Malone at the Cow Creek Government Office at 1.541.672.9405 or 1.800.929.8229.

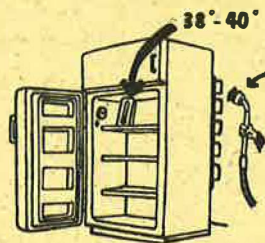
Keep the Refrigerator Cool!

These suggestions are passed on as tips to help you conserve energy and to potentially lower your heating bill.

A refrigerator can work more efficiently if a person:

- 1.) Vacuums the coils on the back or underneath the refrigerator twice a year. This will need to be done more often if you have pets in your home.
- 2.) A good temperature setting for a refrigerator is 38° - 40° Fahrenheit. Check the accuracy of a refrigerator's temperature by placing a thermometer inside the unit and checking its reading against the refrigerator's temperature dial. A freezer unit should be set for 0° Fahrenheit.

- 3.) Turn off the refrigerator's gasket heater. Set the "Energy Saver" switch to winter or off. The Energy Saver switch is usually next to the temperature dial.
- 4.) A refrigerator or freezer that's plugged in but isn't being used is an energy draw. Unplug it. These unused units should be recycled or, if stored, the doors need to be removed as a safety precaution.



Thermometer placed in refrigerator measures interior temperature.

ENERGY SAVER SWITCH



HIGHER EDUCATION NEWS

Diplomas, Classes, and Graduations

Crystal Ansures, a member of the Cow Creek Tribe, graduated in the top ten percent of her culinary arts class from Rogue Community College in Grants Pass, Oregon, on March 7. Crystal has been hired by the retirement center, The Manor, in Medford, Oregon. The Manor is known for its on-site four star restaurant where Crystal is now employed as a chef. **Louise Richards**, a member of the Cow Creek Band of Umpqua Tribe, will graduate with an Associate of Arts and Sciences degree from Clark College in Vancouver, Washington, this spring term. **Belinda Kirk** has just received an Associate of Science in Medical Assisting from Western Career College in San Leandro, California. Kirk is a member of the Cow Creek Band of Umpqua Tribe of Indians. Cow Creek Tribal Member **Larry A. Davis** from Boise, Idaho, recently completed a seminar at the Golfsmith Clubmakers Training Program in Austin, Texas. The Golfsmith Program offers instruction and hands-on training in all aspects of golf club assembly and repair. Golfsmith is the world's largest supplier of golf club components, repair supplies, tools and equipment and has instructed thousands of clubmakers since its program began in 1970.

Johnson O'Malley (JOM) Ski Trip

The JOM Parent Committee sponsored the 2002 annual youth ski trip to Willamette Pass on February 23. Over 25 young people and nine adult chaperones made the trip.

Education Information and Scholarships

Reporters at KUYUM-ID regularly receive information about scholarship opportunities and ways to stay informed. An attempt is made to pass on the most critical information.

The Free Application for Federal Student Aid (FAFSA) needs to be completed by any student that is in the Higher Education /AVT Program and who will be attending college in 2002-2003. Students should send in their grades from the school term they've just completed as well as their current class schedule to Kelly Strickler, Education Director, Cow Creek Government Office, 2371 N.E. Stephens, Roseburg, Oregon 97470.

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Higher Education/ AVT grants cannot be released until these documents are received. Questions should be directed to Kelly Strickler at 1.541.6722.9405 or 1.800.929.8229.

A new web site, **www.steps2cash.org**, has just been created by the Oregon Department of Revenue. The site is specifically targeted for employed students information about Oregon taxes. First time filers learn what materials they need, how to make sense of W2's, how to interpret Form 1099 – INT, and how to complete a self-calculating Form 40S (short form).

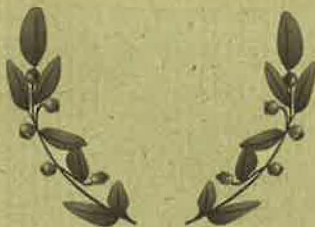
Deadline for the American Indian Graduate Scholarships for 2002 is June 3. American Indian Graduate Scholarships are open in a variety of fields of study. Information is readily accessible at the American Indian Graduate Center web site at **www.aigc.com**. The site provides an on-line application. Cow Creek Tribal members who are entering graduate school and applying for a Tribal Scholarship must apply at the same time for an American Indian Graduate Center scholarship.

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 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.*

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

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



www.cowcreek.com

