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Cow Creek Band of Umpqua Tribe of Indians & Wellness Center

Volume 15 Issue 4

May 2005

Johnson O'Malley	2
Education Honors Dinner	2
Culture Camp	2
3rd Annual Spring Tea	3
Nesika Health Group Program Changes	3

Lamprey Harvest Permits

The Oregon Fish and Wildlife Commission recently approved the issuance of permits to tribal governments authorizing harvest of Lamprey at Willamette Falls by members of a federally recognized tribe for personal use only. The Commission has also recently adopted statewide regulations prohibiting the use of lamprey for bait in all recreational and commercial fisheries.

Personal use lamprey harvest (meaning no harvest for commercial sales) is restricted to the hours of 7:00 am to 6:00 pm, Saturday through Monday, between June 1, and July 21, 2005. The open fishing area is at the eastside of the falls, and the harvest method is limited to the use of hand or hand-powered tools and a limit of 100

lampreys per permit holder.

All harvesters are required to record their lamprey harvest on a daily basis on an Oregon Department of Fish and Wildlife issued harvest record card, which can be obtained at the Cow Creek Tribal Government Offices or by contacting the Clackamas office of the Oregon Department of Fish and Wildlife at 17330 SE Evelyn Street, Clackamas, OR 97015 or by telephone (503) 657-2000. Your tribal identification card will act as your 2005 permit.

For further information regarding lamprey harvest permits, contact Amy Amaroso at the Cow Creek Government offices at (541) 672-9405.

- Johnson O'Malley (JOM) Regalia class offered May 21, 2005.
- Tribal Student graduates will be honored at the Education Honors Dinner.
- A Traditional Arts Apprenticeship Grant is making it possible for Julia Parker to demonstrate the entire process of preparing and cooking acorns at this year's Culture Camp.
- 3rd Annual Women's Spring Tea, another great success.
- Changes have been made to the Nesika Health Group Insurance program.



Education Corner

Education Honors Dinner

The Cow Creek Education Honor Dinner will be held at the Seven Feathers Convention Center June 9, 2005.

Tribal students that have graduated from high school, college or have obtained their GED will be honored. All Higher Education students are welcome to attend.



Hors d'oeuvres will be served at 6:30 pm and dinner will be served at 7:00 pm.

To attend, RSVP by June 1, 2005 by contacting KellyLaChance at (541) 672-9405 or (800) 929-8229.

Johnson O'Malley

The Johnson O'Malley regalia class was held at the Cow Creek Government offices April 16, 2005.

The next regalia class will be held at the Cow Creek Government offices May 21, 2005 from 10:00 am to 2:00 pm.

Pow-wow drumming and singing instruction will be available at the May 21, 2005 Regalia class.

Further information and questions may be directed to Kelly LaChance, Education Director, at (541) 672-9405 or (800) 929-8229.

Become An Ironworker

The National Ironworkers Training Program for American Indians is offering a 12-week course. When completing the course, a job placement as an Apprentice Ironworker will be available.

For additional information on becoming an Ironworker contact the National Ironworkers Program at (708) 345-2344.

Culture Camp 2005

This year's Cow Creek Culture Camp will be held June 10, 11 & 12. A continental breakfast will be served on the 11th and 12th.

To participate in the cultural crafts at Culture Camp, a Culture Camp Application must be completed and returned by the RSVP date. The application packets will be sent out to Cow Creek tribal members by April 28, 2005.

A special elder guest, Julia Parker, a Kashia Pomo Indian of Stewarts Point Rancheria in California, will have a demonstration at this years camp.

On Saturday the 11th, Julia will demonstrate the entire process of preparing and cooking acorns. She is one of a few that still uses a basket and rocks to cook the acorns.

The Cow Creek Tribe received a 2005 Traditional Arts Apprenticeship Grant from the Oregon Historical Society. The grant has made it possible for Julia to bring her demonstration to the camp.

For questions or further information, contact Kelly LaChance at (541) 672-9405 or (800) 929-8229.



3rd Annual Women's Spring Tea



The 3rd Annual Women's Spring Tea was held at the Cow Creek Government office on April 14, 2005 and was a success with a great turnout and an abundance



of information.

Brunch was provided along with pamphlets and display topics for breast and cervical cancer, tobacco cessation and diabetes.

The speakers presented information about osteoporosis, etiology treatment and prevention, medicinal and esthetic properties of lavender and battered women's advocacy.

Nesika Health Group Program Changes

The Nesika Health Group has made changes to the pharmacy program. Nesika is now affiliated with Kroger Prescription Plans, located in Portland, Oregon. Kroger will be replacing Pequot (PRXN/Caremark) as the pharmacy network.

Members of the Health Plan will be receiving a letter and new Nesika ID cards in the mail. *(The current pharmacy card may still be used until the new one has been received or until May 31, 2005. However, Kroger must be used for prescriptions on or after June 1, 2005.)*

All benefits and co-pays remain the same. The major change is in the mail order portion of the program. There are now two different ways to access the mail order. The first is Postal Prescription Services to receive your 90 day supply (the prescriptions is mailed to the home address) or the alternative of Option 90.

Kroger Prescription Plans offer a special feature called Option 90, which allows members to fill the mail order prescription (90 day supply) at the mail order cost at a local Kroger Pharmacy such as Fred Meyer or QFC. Members will receive the same mail order benefit even though the prescription will be filled at the local Kroger Pharmacy.

To locate the nearest participating pharmacy, call (800) 957-6437 or go to the website "MedImpact", click pharmacy locator, put in your ID number and a zip code, it will locate the nearest participating pharmacy.

Members will now have two ID cards. One card is for pharmacy benefits and the other card is for medical, dental and vision benefits.

For further information or questions regarding the Nesika Plan contact Leta, Nesika Director at (541) 672-9405 or (800) 929-8229.



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Roseburg, Oregon 97470

IMPORTANT NOTICES

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 which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Govern-

ment Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

TRIBAL JOBS LINE

Tribal members interested in employment opportunities at any of the 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 pro-

vides instructions as to where and how to apply.

ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their households 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 Office, please recommend that they call the toll free number (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

REMINDER

All Johnson O'Malley functions are smoke free.

