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Cow Creek Band of Umpqua Tribe of Indians

January 2006

Inside this issue:

| | |
|---|---|
| Cow Creek Salmon Restoration Project | 2 |
| Family Preservation Luncheon Scheduled | 3 |
| New GIS/GPS Technology for Tribe | 4 |
| Low-Income Housing for Tribal Members | 5 |
| Family Helpers Program Offered | 5 |
| Student Financial Aid Planning Calendar | 6 |
| JOM Diamond Lake Snow Trip Planned | 7 |

- Volunteers needed for Cow Creek Salmon Restoration Project.
- EPA funds supply Tribe with GIS/GPS Technology.
- Family Preservation Program presents a free informational luncheon on Saturday, March 18.
- The Cow Creek Housing Program accepting applications for tribe's new low-income rental homes.
- JOM Parent Committee sponsors Diamond Lake trip on Saturday, February 11.

Tribal General Council Meetings Set for 2006

Tribal General Council Meetings for 2006 have been scheduled as follows:

- February 12, 2006
- May 21, 2006 *
- August 13, 2006 **
- November 12, 2006

* Nominations Meeting

** Annual Election Meeting

All General Council Meetings will be held at the Cow Creek Tribal Government Offices located at 2371 N.E. Stephens Street, Roseburg, Oregon.

The procedures for the nominations 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 nominations are closed, no other nominations will be accepted.

• A nomination will only be considered complete when the nominee has accepted the nomination in writing.

• Nomination acceptance forms will be furnished to all nominees represented at the meeting.

• For those nominees not present, forms will be mailed to them no later than three days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are received. Ballot packets including (see nominations page 2)

Cow Creek Health & Wellness Center Hosts Diabetes Prevention Program Dinner

The Cow Creek Health and Wellness Center will host a Diabetes Prevention Program dinner at Seven Feathers Hotel & Casino Resort on January 27, 2006. The Diabetes Prevention Program will last three years. Participants will be helped to lose body fat and to find an exercise program that can realistically fit into their daily schedules.

A catered dinner, along with nationally recognized guest speakers and valuable information about the program will be presented. This program provides participants with an opportunity to prevent diabetes in the Tribal community and to achieve a higher quality of life.

Tribal Members 18 years of age or older are invited to attend and will be allowed one guest. For more information or to RSVP for the event, contact Jennifer Boetcher at (541) 672-8533 or (800) 935-5649.

Tribal Volunteers Needed for Cow Creek's Salmon Restoration Project

In 2006, the Tribe, in partnership with the Oregon Department of Fish and Wildlife, will be releasing a total of 67,000 steelhead smolts into two steelhead acclimation ponds near Seven Feathers Hotel and Casino Resort on Canyon Creek, close to the South Umpqua River. The acclimation ponds are designed to help young steelhead adapt from state run hatcheries to the waters of the South Umpqua River.

The fish are held in the acclimation ponds until they can recognize the smell of Canyon Creek and the South Umpqua River. Scientists have conducted research in acclimation and have found that salmon use the smell of water to find their home stream as they are migrating back from the ocean. (See attached salmon life cycle for more information.)

Tribal members are needed to assist in the arrival of fish three times during the winter on the following dates:

Group 1:

- Arrive Feb 13
- Release March 3

Group 2:

- Arrive March 6
- Release March 24

Group 3:

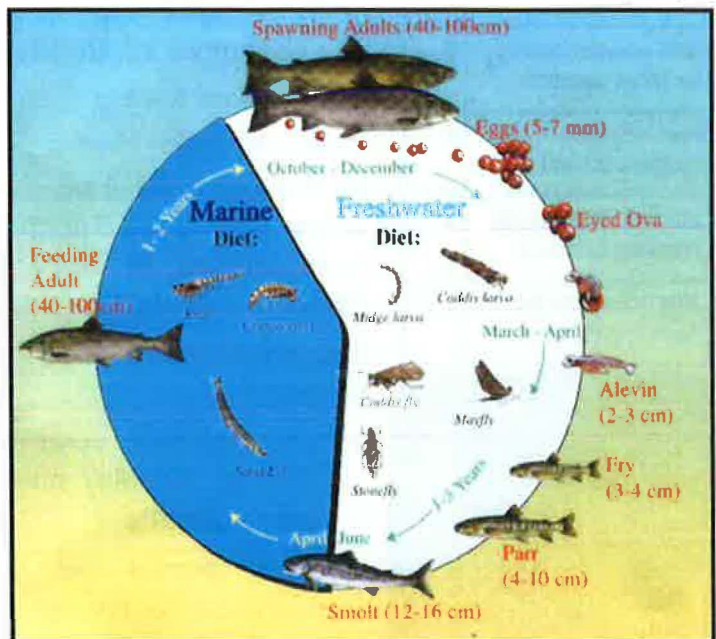
- Arrive April 10
- Release April 28

The arrival process takes a full day and consists of netting fish in the transportation tanks and moving them into acclimation ponds.

Volunteering to help the Cow Creek's Steelhead Restoration Project is a great opportunity to

restore them to the South Umpqua River. All ages are welcome to participate. Other volunteer opportunities for fish related projects are available, as well as student internships with the Oregon Department of Fish and Wildlife.

For more information, please contact Amy Amoroso at the Cow Creek Tribal Government office (541) 677-5575 or (800) 929-8229.



Salmon Life Cycle Chart

Nominations continued

instructions, will be mailed out to registered voters of the Tribe from the B.I.A. Siletz Agency no later than July 15, 2006. Tribal members are encouraged to maintain an updated registration card including an updated signature.

Tribal members not registered to vote or members that do not receive a ballot should contact the Government Office at (541) 672-9405 or (800) 929-8229.

LHEAP Energy Assistance Applications Available

The LIHEAP (Low Income Home Energy Assistance Program) is now accepting applications for energy assistance. This federally funded program assists low-income Tribal families with payment of their home energy bills. To qualify, you must meet income requirements and live within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

For more information or to request an application, contact Rhonda Malone, at the Cow Creek Government Office (541) 677-5575 or (800) 929-8229.



Family Preservation Program Luncheon Scheduled

The Family Preservation Program will present a free informational luncheon on Saturday, March 18, 2006 for Cow Creek Tribal families. The program will be presented by Victor Fejeran and will discuss how anger can affect our bodies, minds and behavior.

The luncheon begins at 10:00 a.m. and will continue through lunch and be completed by 2:00 p.m. The location will be announced in the February Tribal News letter.

For more information or to reserve a space for the luncheon, contact Rhonda Malone, at the Cow Creek Government Office at (541) 677-5575 or (800) 929-8229.



STEPS TO A HEALTHY LIFESTYLE

It's never too late to resolve to lead a healthful lifestyle! Whether you're making a new year's resolution or simply a promise to yourself, here are some tips to make achieving your resolutions a little bit easier:

- Make concrete resolutions for items that you can control, such as losing 15 pounds or taking a break three times each day for relaxation and to reduce stress.
- Don't be afraid to make resolutions that take a long time to accomplish such as reducing your cholesterol level.
- Break larger resolutions into small, easy-to-achieve steps. If you want to lose 30 pounds, break it down into smaller steps such as losing six pounds a month for five months.
- Surround yourself with people who will give you positive feedback on your progress to achieving your resolution.
- When making your list of resolutions, start with those that are easy to accomplish and then move to more difficult resolutions.
- Develop a written plan outlining the steps to accomplish your resolutions.

Don't worry if you do not accomplish a resolution in the time you set. Just re-evaluate and continue to work towards accomplishing it on a new time line.

Tribe Gains New GIS Technology

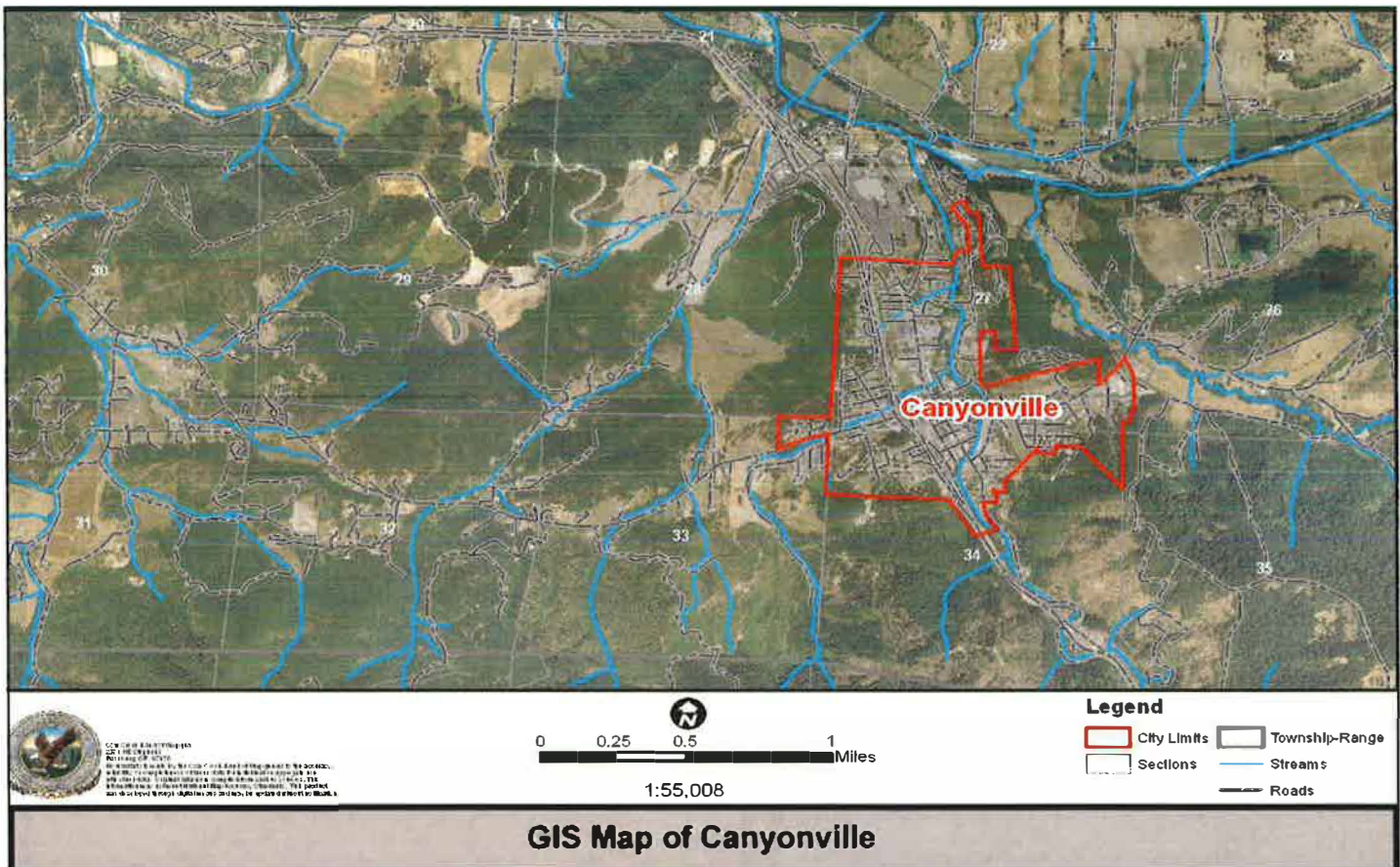
Recently secured funds from the Environmental Protection Agency have supplied the Tribe with Geographical Information Systems (GIS) software and a Global Positioning Unit (GPS). GIS is a technology that is used to view and analyze data from a geographic perspective. The technology is a piece of our overall information system framework.

A GIS is a set of intelligent maps and other views that show features and feature relationships on the earth's surface. The Tribe will now have the capability to create high quality maps which contain information about the layers displayed. Layers are the different features displayed on a map. (see legend in map below).

and are displayed in the legend of a map for clarification.

For example, the Tribe has specific map layers like roads, land use, streams and ownership. The roads layer would contain information including, name of the road, surface type, owner, construction year, number of lanes, etc.

New data can be collected using a GPS hand held computer. The GPS unit gets a reading from 3 satellites, which then give an on-the-ground coordinate. GPS uses these "man-made stars" as reference points to calculate positions accurate to a matter of meters. In a sense, GPS gives every square meter on the planet a unique address.



Low- Income Housing Available for Tribal Members

The Cow Creek Housing Program is accepting applications for the Tribe's new low-income rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

The program assists eligible Tribal members currently living in or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest need in relation to income, disabilities, family size, age, etc.

In an ongoing effort to promote a smoke-free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free.

Interested persons that would like to apply for a rental, should contact Carol Ferguson, Housing Director, at the Cow Creek Government Offices (541) 677-5575 or (800) 929-8229.



Low-Income Rental Home in Tri-City, Oregon

Direct Lines Now Available for Clinic Services

Dial the number for Cow Creek Health and Wellness Center at 672-8533 and press:

Option 1 : **Contract Health Services**

Option 2 : **Over-the-Counter Program**

Press 0: **Other Clinic Services**

Please utilize this automated system to speed along your calls!

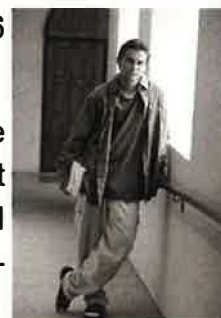


Family Helpers Program Offered for Families with at Risk Youth

Cow Creek Health and Wellness Center is offering a program through Options Counseling Center for families who have youth at risk for failure. The program is called Family Helpers.

Family Helpers has staff trained in helping youth who are failing in school or are demonstrating risky behaviors. These behaviors include negative family interactions, depression, chronic irritability that interferes with daily functioning, and family relational issues. If your child qualifies, Family Helpers will be available to families 24 hours a day, 7 days a week, for up to 6 months.

For more information please contact Lee Van Beuzekom at the Cow Creek Health and Wellness Center at (541) 672-8553 or (800) 935-2649.



2006– 2007 Student Financial Aid Planning Calendar

- January 2006– Complete Free Application for Federal Student Aid (FAFAS) by January 30, 2006.
- March 2006– Student Aid Reports (SAR's) are sent to early FAFSA filers. Sign necessary forms and return them immediately. Make corrections if needed.
- April 2006– Oregon colleges and universities start processing financial aid applications this month. Stay in touch with financial aid offices and notify if there are any changes in address or enrollment information.
- May 2006– Call or visit the Office of Financial Aid to check on final status of award letter. Notify financial aid of any scholarships that have not been reported.
- June 2006– The Office of Financial Aid has completed and sent out financial aid award letters. Letters that have been received need to be signed and sent back to the Office of Financial Aid.
- July 2006– Students that have accepted student loans need to submit promissory notes to complete the loan process.
- August 2006– Find out how financial aid is dispersed and when funds will be applied to school charges.
- Sept. 2006– School begins and the financial aid process for 2006 is complete

Free Application for Federal Student Aid (FAFSA) Due January 31

Higher Education students can file a FAFSA for the 2006-2007 academic year after January 1, 2006. The FAFSA needs to be completed by January 31, 2006 to be placed into the priority pool for scholarships and grants. The fastest, most efficient way to file is online at www.fasfa.edu.gov.

FAFSA forms are also available at college financial aid offices. Applications are also available at the Cow Creek Government Offices Education Department.

Students that do not have access to the web may contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229

Cow Creek Culture Committee Hosts Winter Gathering

The Cow Creek Culture Committee is having a Winter Gathering on Saturday, January 28, 2006 from 1:00 p.m. to 3:00 p.m. in the boardroom at the Cow Creek Government Office.

Demonstrations include plank splitting by Don Day, traditional basket making by Lena Hurd, and a display of baskets, necklaces and other cultural items.

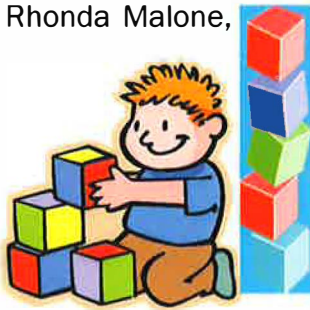
Homemade soup, stew and refreshments will be served at 1:00 p.m.

Please RSVP to Kelly LaChance at (541) 677-5575 or (800) 929-8229 by January 20, 2006.

Child Care Assistance Applications Available

The Tribal Child Care Assistance Program is currently at capacity, however, applications are still being accepted. Program eligibility is based on the child's enrollment status, income requirements and living within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

Those who qualify will be placed on a waiting list until an opening is available. For further information or to request an application, contact Rhonda Malone, at the Cow Creek Government Office (541) 677-5575 or (800) 929-8229.



Secondhand Smoke Affects the Home

More time is spent at home than anywhere else. When a cigarette is lit in the home, forty-three cancer causing carcinogens and more than 4000 chemicals circulate throughout, exposing families to the dangerous effects of secondhand smoke.

Those most affected by secondhand smoke are children. Since a child's body is still developing, exposure to the poisons in secondhand smoke puts them in danger of severe respiratory diseases and can hinder the lung's growth. The effects of secondhand smoke can last a lifetime.

Ventilation systems in homes cannot filter and circulate air well enough to eliminate secondhand smoke. Blowing smoke away from children, going into another room to smoke, or opening a window may help reduce children's exposure but will not protect them from the dangers of secondhand smoke.

Benefits of a smoke-free home include:

- Health risks associated with secondhand smoke are removed
- Smoke-free homes smell better
- Food tastes better
- Less time, energy, and money is spent cleaning curtains, walls, windows, and mirrors
- Insurance rates may be lower
- Pets will be happier and healthier

For more information, contact Andrea Davis at (541) 677-5575 or (800) 929-8229

JOM Sponsors Diamond Lake Snow Trip

The JOM Parent Committee is sponsoring a day in the snow for JOM students at Diamond Lake on Saturday, February 11, 2006 from 6:00 a.m. to 8:00 p.m. (time will vary due to pick up and drop off location).

Transportation will be provided from Medford, Grants Pass, Canyonville, Myrtle Creek, and Roseburg. Attendees must ride the bus from one of these locations if you plan to participate.

Activities will include snow tubing and snowboarding and lunch and dinner will be provided.

Participants will need to bring snacks, juice, water and an extra change of warm clothes.

Chaperones are needed for snowboarding and snow tubing. Lunch and dinner will be provided for persons chaperoning.

There are limited slots available for the trip. Forms must be returned by February 1, 2006. For questions or to sign up and obtain forms for the event, please contact Kelly LaChance, Education Director at (541) 677-5575 or (800) 929-8229.

2371 N.E. Stephens, Ste. 200
Roseburg, Oregon 97470



IMPORANT 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 Tribal 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 Government 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 provides 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.

