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Cow Creek Band of Umpqua Tribe of Indians

Tribal General Council Meetings Set for 2008

January 2008

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- The Cow Creek Culture Committee is sponsoring a Winter Gathering on February 9, 2008 from 9:00 a.m. to 12:00 p.m. at the Cow Creek Government Office South Building.
- The Tribal Board of Directors will travel to Washington State March 7th & 8th for their annual informational meetings.
- The dates are in for the Steelhead Restoration Project! We will be contacting those of you who have already offered to volunteer but are still in need of new volunteers. Please check your calendars for the following dates: March 18 and April 25.

The national presidential election is fast approaching....November, 2008. Many local, state and national elections critical to Indian Country are at stake. **IF YOU ARE NOT ALREADY A REGISTERED VOTER....REGISTER TODAY!**

Your tribal benefits are at stake...tribal sovereignty is at stake...It is the obligation of everyone to protect tribal governmental rights...VOTE...be aware, stay informed.

Native Americans are encouraged to use their vote in helping to shape the future of this country....before casting your ballot, make certain the person you are voting for is an advocate on behalf of Indian issues.

**ELECTION
2008**

Tribal General Council Meetings for 2008 have been scheduled as follows:

- February 10, 2008
- May 18, 2008 *
- August 10, 2008**
- November 09, 2008

*Nominations Meeting**

*Annual Election Meeting ***

All General Council Meetings will be held at 10:00 a.m. at the Cow Creek Tribal Government Offices located at 2371 N.E. Stephens Street, Roseburg, Oregon.

The procedures for the nominations are:

- Each person may nominate one individual for the election. When nominations are closed, no more nominations will be accepted.
- Any registered voter of the Tribe may nominate(at the May meeting each year) .
- ♦ A nomination will 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 business days) following the Nominations Meeting. Nomination Forms must be received at the Tribal Government Office no later than June 10th. Candidate acceptance forms will be placed on the ballot in the order they are received. Ballot packets with instructions will be mailed out to registered voters of the Tribe from the B.I.A. Siletz Agency by July 15, 2008. Tribal members are encouraged to maintain an updated registration card and an updated signature.

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

Announcements

The Cow Creek Government Offices is asking for assistance in locating the following Tribal members:

Cody James Poole

Debbra Sirena Cole

Joshua Adam Kennedy

John Leroy Kenyon III

Lisa Nicole Redbord

Jared Marshall Potts

Justin Henry Shepardson

Forrest Keith Olsen

If you know the location of any of the above persons, please have them call the main office at 800-929-8229.

Tribal Child Care Assistance Program

Accepting Applications

The Tribal Child Care Assistance Program is currently at full capacity. However, applications are still being accepted.

The Cow Creek Tribal Child Care Program is designed to assist parents who are employed full or part time, attending school or a training program. Eligibility is based on the child's enrollment status, family income and applicants must reside within the tribal service areas 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.

To request an application call 541- 677-5575.

Tribal Firewood Project

Rhonda Malone would like to say thank you to all tribal and non-tribal members that volunteered to help cut firewood for tribal families on January 19, 2008.

Call Rhonda for more information on the firewood project or to be placed on a waiting list at 677-5575.

Department of Energy Offers Summer Internships for Native American Students

The U.S. Department of Energy, Tribal Energy Program is continuing and expanding its summer Internships to Native American students. Utilizing a 10-week intensive summer model, the Bonneville Power Administration (BPA) will provide academically gifted Native American college students a stimulating and challenging set of professional experiences within BPA's Integrated Fish and Wildlife Program, Transmission Services, Power Services and Corporate Services. For information, eligibility requirements, applications and instructions, contact Buzz Cobell, Tribal Liaison, at (503) 230-5069 or via e-mail at GLCobell@bpa.gov.

2008 Dates Available for Help with Cow Creek's Steelhead Restoration Project

The dates are in for the Steelhead Restoration Project! We will be contacting those of you who have already offered to volunteer but are still in need of new volunteers. Please check your calendars for the following dates: March 18 and April 25.

The project is designed to adapt young steelhead from state run hatcheries to the waters of the South Umpqua River. Steelhead are a larger version of rainbow trout born in fresh water. They hold in rivers and streams for 12 to 18 months before migrating to the ocean to feed and wander for a year or two after which they return back to rivers and streams for spawning.

Volunteering to help the Cow Creek's Steelhead Restoration Project is a great opportunity to learn about steelhead, while helping to restore them to the South Umpqua!

The dates above will both be releases of the fish into the South Umpqua. All ages are welcome to participate.

To find out more, please contact Amy Amoroso at the Cow Creek Tribal Government office (541) 672-9405.



Tribal Board of Directors to Travel to Washington State

The Tribal Board of Directors will travel to Washington State in March for their annual informational meetings.

The meetings will be held at the following locations:

- Friday, March 7, 2008, in Woodland at the Oak Tree Restaurant at 7:00 p.m. in the Columbia Room.
- Saturday, March 8, 2008, in Port Angeles at the Red Lion Hotel at 1:00 p.m. in the Peninsula Room.

For more information contact Carol McKinney at (800)929-8229.

2008 Important Tribal Events

Culture Camp— June 20 - 22

POW WOW— July 18 - 20

Tribal Family Picnic – Sept. 6

Upcoming Events

Saturday, February 9— The Cow Creek Culture Committee is sponsoring a Winter Gathering on February 9, 2008 from 9:00 a.m. to 12:00 p.m. at the Cow Creek Government Office South Building. Guest speakers will be Bud Lane from the Confederated Tribes of Siletz and his wife Cheryl. They will talk about men's and women's traditional roles and the Southern Oregon, Northern California earth renewal dance Naydosh. Bud and Cheryl attended the Cow Creek 25th Restoration Celebration and held a Naydosh dance for the Cow Creek Celebration.

Refreshments will be served. For more information or to RSVP, contact Louis LaChance at 677-5575.

Saturday, February 16— A Financial Fitness Workshop will be held from 10-1 at the Tribal Office Board Room. Lunch and child care will be provided. Discover the rule of 72, your net worth, the scoop on credit cards and the importance of paying yourself first! Information about the Dreamsavers Program will also be given. Call Rhonda Malone for more information or to RSVP at 677-5575 by February 13, 2008.

Student Financial Aid Planning Calendar

January	Complete Free Application for Federal Student Aid (FAFSA) by January 30, 2008.
March	Student Aid Reports (SAR's) are sent to early FAFSA filers. Sign necessary forms and return them immediately. Make corrections if needed.
April	Oregon colleges and universities start processing financial aid applications this month. Stay in touch with financial aid offices and notify them if there are any changes in address or enrollment information.
May	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	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	Students that have accepted student loans need to submit promissory notes to complete the loan process.
August	Find out how financial aid is dispersed and when funds will be applied to school charges.
September	School begins and the financial aid process for 2008 is complete.

New Nesika Pharmacy Partnership with Restat begins in January

Nesika Health Group is very excited about the new pharmacy partnership with Restat, this began on January 1, 2008.

Eligible participants should have received the new pharmacy cards at this time. Tribal members that have not received a card should contact the Nesika office so there will not be any delays in obtaining any prescribed medications. Prescriptions cannot be filled without the new card. Please be sure to destroy old KPP or Kroger prescription cards.

To locate a pharmacy or locate a participating pharmacy, visit the website at www.restat.com or call customer service at 800-248-1062. Calls can also be made to the Nesika office at 800-284-9917 or 541-677-5508.

For a 90 day supply (with provider approval) of medications, there are three options:

Option #1: Wellpartner is the new mail order pharmacy. Original prescriptions written for a 90 day supply and a completed order form can be mailed to Wellpartner, PO BOX 5909, Portland, OR 97228-5909; you can register at www.wellpartner.com or 877-935-5797 and have the doctor fax the prescriptions to 866-624-5797.

Option #2 : Go to any Bi-Mart location to fill your 90 day prescriptions.

Option #3 : Go to any Rite-Aid location to fill your 90 day prescriptions.

The co-pay amounts will remain the same at \$10.00; \$20.00 and \$40.00. Under the new plan, the formulary for some medicines may have changed, so some co-pays may have increased or decreased. Also, some medications may be subject to Clinical review, which would require prior authorization. Once the member or pharmacy contacts the Clinical Department at Restat, then the Restat team will contact the physician for the necessary medical records. An approval/denial is usually determined within 24-48 hours of receiving all completed forms and required documents from the physician. In the past, Nesika has done the Prior Authorizations.

Again, the staff of Nesika Health Group would like to thank everyone for their continued patience over the last year and we are confident that you will find as we have, that the customer service that Restat offers is unbeatable.

For questions, please do not hesitate to contact Restat customer service or Nesika Health Group.

Contract Health News

Happy New Year from CHS!! Wow, another new year already!!



Made any New Year's resolutions for this year to keep up with dental check-ups or physical exams? Don't forget your PO# first!

Local tribal members that require crutches, please contact the clinic as they now have crutches that can be checked out.

Please submit any 2008 Contract Health applications if they haven't been turned in. No PO#'s will be issued until the applications are received per regulations.

Please call at least one week in advance for any non-emergent surgeries, physical therapy, MRI's, bone density testing. These items require approval through the Resource Meeting Committee (RMC) and they meet once a week.

ER visits are for Emergencies only. Please utilize the Urgent Care Clinics as much as possible for after hours and non emergent urgent health. If you visit an urgent care center on the weekend or evening you will still have 72 hrs to notify the CHS office for a PO number.

PO's are required prior to your visits and you must have one for each date of service.

Nike Air Native N7 Fitness Shoes Now Available

By now most, if not all of us, are aware that a new walking shoe made to fit a wider and higher arched foot for some Native Americans has been developed and available through the Nike Company.

The Nike Air Native N7 is the result of nearly two years of collaborative research, development and fit testing in partnership with the Native American community. This first-of-a-kind performance shoe is built on a new and unique last created to address the specific fit and width requirements for the Native American foot.

"Nike is aware of the growing health issues facing Native Americans," explained Sam McCracken, Manager of Nike's Native American Business program. "Through the Nike Air Native N7 we are stepping up our commitment to use our voice on a local, regional and national level to elevate the issue of Native American health and wellness. We believe physical activity can and should be a fundamental part of the health and wellness of all Native Americans."

For more information on how to order a pair of the new Nike performance shoes, contact Bob Dunas, Health Educator and Fitness Specialist at the Cow Creek Health and Wellness Center, 677-5575. In addition, Bob will help you evaluate your health and fitness level and develop a walking/exercise program that will ensure that your new shoes are used to give you the most benefit in achieving your wellness goals.



Smoke-Free Living Begins at 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 4,000 chemicals circulate throughout, exposing families to the dangerous effects of secondhand smoke.

Children are most affected by secondhand smoke. 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:

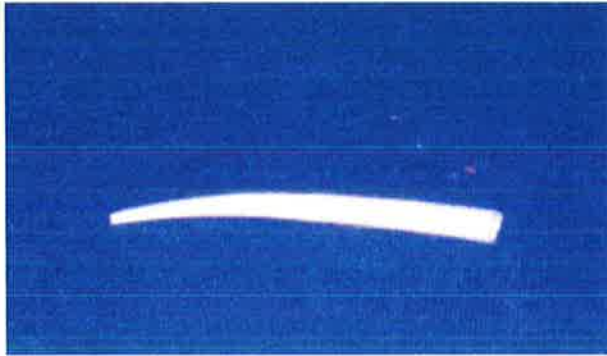
- Health risks associated with secondhand smoke are removed
- Smoke-free homes smell better
- Food tastes better
- Less time, energy, and money is spent cleaning curtains, walls, windows, and mirrors
- Insurance rates may be lower
- Pets will be happier and healthier

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

Traditional Facts

Dentalia shells were and are a highly prized item to most tribes of the Pacific Northwest, including the Cow Creek. These tusk-shaped shells come from a marine mollusk. On the west coast they are only found off the coast of Vancouver Island, British Columbia. Subsequently, these shells were rare and thus a popular trade item.

For the tribes of the Pacific Northwest dentalia represented wealth and prestige. The shells would be carved into beads to be worn as jewelry or to adorn ceremonial outfits. Many tribes used dentalia shells as a type of currency.



Preparing for Winter Weather and Staying Warm Safely

During the winter months, many people turn to alternative heating methods such as wood burning stoves, fireplaces and space heaters. With these alternative ways to heat your home, come a few potential fire hazards. The Red Cross recommends keeping all potential sources of fuel, such as paper, clothing, bedding and carpets or rugs, at least three feet away from heat sources.

It is also possible that severe winter weather could cause power outages. Flashlights should always be used for emergency lighting during a blackout. The Red Cross recommends against using candles due to the significant danger of causing a home fire. Follow these tips to ensure your safety during a power outage:

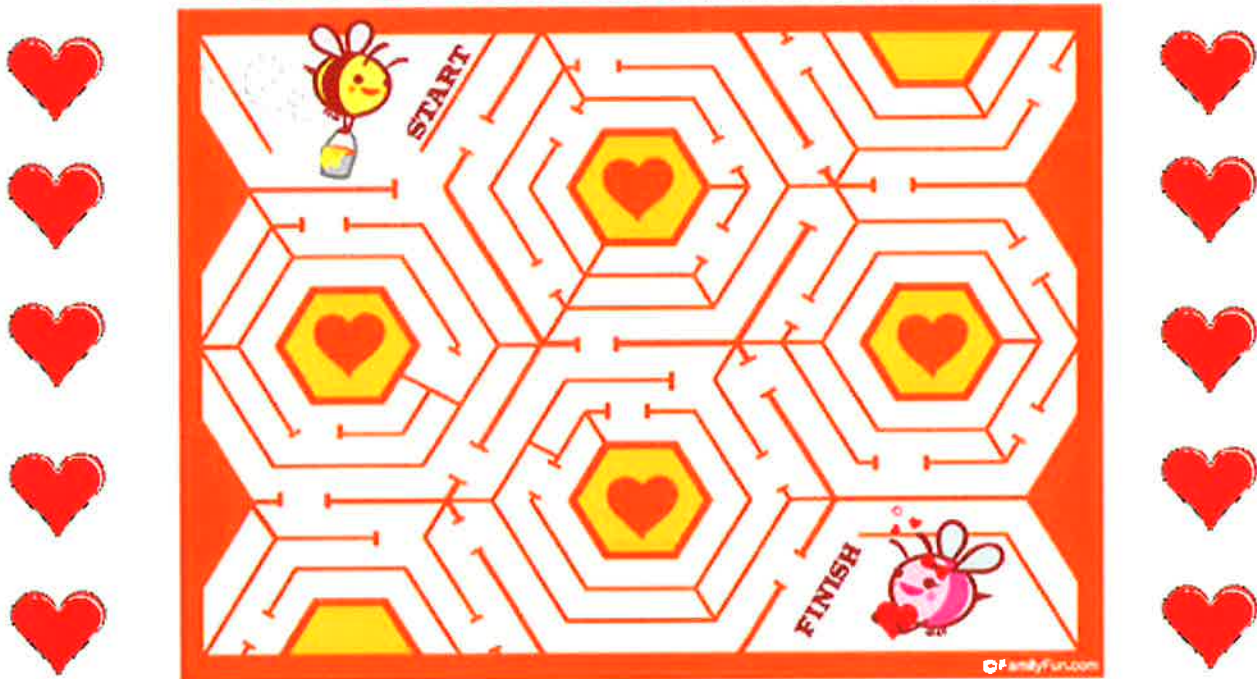
- Turn off or disconnect any appliances, electrical equipment or electronics you were using when the power went out. When power comes back on, it may come back with momentary "surges" or "spikes" that can damage equipment such as computers and motors in appliances like the air conditioner, refrigerator, washer, or furnace.
- Leave one light turned on so you'll know when your power returns.
- Keep the doors of your refrigerator and freezer closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
- Use the phone for emergencies only. Listening to a portable radio can provide the latest information. Do not call 9-1-1 for information -- only call to report a life-threatening emergency.
- Eliminate unnecessary travel, especially by car. Traffic signals may stop working during an outage, creating traffic congestion. Also remember that equipment such as automated teller machines (ATMs) and elevators may not work during a power outage.
- If you use a generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a generator to a home's electrical system or operate the generator inside.
- Remember to provide plenty of fresh, cool water for your pets and make sure you have enough food stored for them as well.

If it is cold outside, put on layers of warm clothing. Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (relative, friend, or public facility) that has heat to keep warm.



Bee-A-Mazed

A bucket of honey is on its way to this little bee's honey on Valentine's Day.



Lollipop Flowers

There is something irresistibly simple and lovely about this card, and your sweetheart is sure to be a sucker for the candy treat it hides.

CRAFT MATERIALS:

Red and green construction paper or card stock

Scissors

Lollipop

Glue stick

Time needed: Under 1 Hour

1. From red construction paper, cut out a heart that's just larger than the lollipop candy and glue it to the wrapper.
2. For the leaves, fold the green paper in half and cut out a leaf shape, leaving the two sides attached at the seam.
3. Unfold the double leaf shape, coat the entire inside surface with glue, and fold it back over the lollipop stem, pressing to secure.

Tips:

If you use cardboard templates, one child can trace and cut hearts while another works on the leaves.

Variations:

Make cardboard templates of the hearts and leaves.



2371 N.E. Stephens, Ste. 100
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 Amy Layfield 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

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

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:

Cow Creek Government Office,
2371 NE Stephens St., Ste 100,
Roseburg, Oregon 97470.

are not living in their households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

Reminder:

All Johnson O'Malley
functions are smoke free.

