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July 8, 1997

Tribal Election Meeting Location Changed

The Annual General Council and Election Meeting for the Tribal Board of Directors will be held at the **Seven Feathers Hotel and Casino Resort**, 141 Chief Miwaleta Lane, Canyonville, on August 10, 1997 at 1:00 PM in Conference Room A of the Convention Center.

All voting shall be conducted by absentee ballots which will be mailed out to all registered voters from the Bureau of Indian Affairs, Siletz Agency on July 18, 1997. Completed ballots must be returned and received by the Siletz Agency no later than 3:00 PM, Friday, August 8, 1997.

The election results will be announced at the General Council Meeting by the Election Committee, once all ballots have been tabulated.

JOB OPENING

Education Director

Applications for the position of Education Director for the Cow Creek Band of Umpqua Tribe of Indians are being accepted by the Tribal Government Offices until Friday, August 1, 1997.

Duties

The Education Director is responsible for administering the education programs of the Tribe, to assist tribal students with the program application and enrollment process, and coordinate with the counseling department of the school or training.

The Education Director must screen all students for appropriate education program placement, assist in arranging necessary testing, pre-admission requirements, and special needs of the students. The Director is also responsible for maintaining complete and accurate student files, monitoring student attendance, tracking grade reports, and ensuring adherence to appropriate program guidelines and requirements.

Qualifications

Applicant must have a Bachelor's Degree or equivalent experience in a closely related field as well as a background in Tribal, State or Federal education programs and counseling.

Applicants interested in applying, please send cover letter and resume' to: Attn: Personnel, 2400 Stewart Parkway, Suite 300, Roseburg, OR 97470

TRIBAL PROGRAM

Cow Creek Contract Health Services

Cow Creek Contract Health is a federally funded program for eligible tribal members.

ELIGIBILITY REQUIREMENTS

1. Be an enrolled member of the Cow Creek Band of Umpqua Tribe of Indians.
2. Must reside in the seven county service area, which is Douglas, Jackson, Josephine, Lane, Deschutes, Coos, and Klamath counties.
3. Pre-authorize all services. Emergencies must be called in within 72 hours of service.
4. You must use all other alternate resources to pay for your care, such as Medicare, private insurance or OMAP. CHS will pay only as a last resort.

PRE-AUTHORIZATION

All services provided must be pre-authorized by calling the Tribal Office at 1-800-935-2649. When you call in, have the following information ready:

1. The name and address of the medical provider.
2. The date of the appointment.
3. The medical problem.
4. Any support services that may be required (i.e.; x-rays, blood test, etc.).

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At the time of the approval, you will be given a number for each doctors appointment. Please write this number down and refer to it when inquiring about billings.

Please remember, if the date of the appointment changes, you must call Contract Health and have the date changed, or the bill may not be paid.

Recently, there has been some confusion regarding emergencies. Use of a hospital emergency room should be limited to loss of life or limb only. If your child is sick during the day, please make every attempt to get him/her into the primary care provider or an urgent care facility.

All emergencies need to be called into Contract Health **WITHIN 72 HOURS**. For example, if you have an emergency at 5 p.m. on Friday, you must call Contract Health by 5 p.m. Monday. If you leave a message on the answering machine and do not receive a return phone call with an authorization number, it is your responsibility to call Contract Health again to get a number.

If there are any questions regarding emergencies or any other Contract Health related issues, do not hesitate to call.

Protect Yourself Against Over Exposure to the Sun

In 1991, researchers estimated 600,000 Americans would be diagnosed with some form of skin cancer, including 32,000 with malignant melanoma, the most life threatening form of the disease. About 90 percent of all skin cancers are linked to sun exposure.

Below are some simple guidelines to help protect you from the damaging rays of the sun:

1. Minimize sun exposure during the hours of 10 a.m. to 3 p.m. when the sun is the strongest.
 2. Wear a hat, long-sleeved shirts and long pants when out in the sun and/or.....
 3. Apply a sun screen 30 minutes before every exposure to the sun and reapply frequently and liberally at least every two hours, as long as you are in the sun.
 4. Use a sunscreen during high altitude activities, such as mountain climbing and skiing. At high altitudes, where there is less atmosphere to absorb the sun's rays, your risk of burning is greater.
 5. Don't forget to use your sunscreen on overcast days.
 6. Individuals at high risk for skin cancer (outdoor workers, fair-skinned individuals, and persons who have already had skin cancer) should apply sunscreen daily.
 7. Photosensitivity, an increased sensitivity to sun exposure, is a possible side effect of certain medications, drugs, cosmetics and birth control pills. Talk with your doctor or pharmacist before going out in the sun. You may need to take extra precautions
 8. If you develop an allergic reaction to your sunscreen, change sunscreens.
 9. Beware of reflective surfaces! Sand, snow, concrete, and water can reflect more than half the sun's rays onto your skin. Sitting in the shade does not guarantee protection from the sun.
 10. Avoid tanning parlors. The UV light emitted by tanning booths causes sunburn and premature aging, and increases your risk of developing skin cancer.
 11. Keep your infants out of the sun. Begin using sunscreens on children at 6 months of age, then allow sun exposure with moderation.
 12. Teach children sun protection early. Sun damage occurs with each unprotected sun exposure and accumulates over the course of a lifetime.
 13. Up to 4 out of 5 skin cancers occur from "incidental exposure," i.e. the sun we get every day. Therefore, it is strongly recommended that sunscreen be used on the face daily.
- For more information, contact Rhonda at the Cow Creek Government Offices.

Pow-Wow Schedule of Events July 18-20, 1997

- Fri. July 18: Flag raising ceremony. Dawn.
 Individual camp set-up. All day.
 Securing of grounds by youth. No time set.
 Tribal family salmon bake/potluck dinner. Approximately 7 PM
 Retire flags. Sundown.
- Sat. July 19: Flag raising ceremony. Dawn
 Invocation and Tribal welcome. 10:30 AM.
 ****South Umpqua kiosk dedication. 11:00 AM**
 (at the visitor parking area by the Falls.)
 Games all day at far end of field.
 Memorial at flag pole. 2:00 PM
 GRAND ENTRY: 7:00 PM
 Master of Ceremonies: Bob Tom
 Host Drum: Red Willow
 Retire flags. Sundown.
- Sun. July 20: Flag raising ceremony. Dawn
 RAFFLE. 10:00 AM.
 Individual camp breakdown. All day.

****Over the years, the Cow Creek Indian Tribe has enjoyed a special working partnership with the U.S. Forest Service, Tiller Ranger District. In the spirit of this partnership, the dedication of a new information kiosk located at South Umpqua Falls will be held July 19, 1997 at 11:00 AM as part of the annual Tribal Pow-Wow. The Pow-Wow is July 18, 19 & 20 and as always, will be held at South Umpqua Falls campground. *All tribal members are urged to attend* this important event that recognizes the ongoing efforts of the Tribe and Forest Service to be partners and to work together in harmony.**