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October 3, 1996

Tribal Meeting Set In Sacramento

The Tribal Board of Directors have scheduled an informational meeting for tribal members in Sacramento, California on Saturday, October 12, 1996, at the Red Lion's Sacramento Inn, 1401 Arden Way, Sacramento, California 95815. The telephone number is (916) 922-8041. The meeting will be held at 1:00 p.m. in the California Room.

Directions to the Red Lion's Sacramento Inn are:

From Stockton Area:

Take Hwy 99 into Sacramento. When you reach Sacramento, take Business Loop 80 East to Arden Way Exit. Go East on Arden, Red Lion's Sacramento Inn is next to the Arden Fair Mall.

From San Francisco Bay Area:

Take I-80 East to Sacramento. Go through downtown until you reach Business Loop 80. Follow Business Loop 80 North to Arden Way East. Make a left on Arden and follow the signs to Red Lion's Sacramento Inn.

From Reno Area:

Take I-80 South to the Hwy 80 and Business Loop 80 split. Take Business Loop 80 to the Arden Way Exit. Exit Arden to the right and

make a left at the signal. Go under the overpass and turn left, follow the signs to Red Lion's Sacramento Inn.

From Woodland Area:

Take Hwy 5 South to the Hwy 5 and 50 split. Take Hwy 50 East to the Business Loop 80 and Hwy 50 Split. Follow Business Loop 80 until you reach the Arden Way Exit. Exit Arden Way to the East. Turn left on Arden and follow the signs to Red Lion's Sacramento Inn.

Tribal members are encouraged to attend this informational meeting. For further details about this meeting, contact Carol McKinney at the Tribal Office, 1-800-929-8229 or (541) 672-9405.

Trust Funds Withdrawal Information

Under the Tribe's Gaming Revenue Distribution Code, tribal members who turn 18 years of age may apply to the Tribal Board of Directors to receive gaming revenue distribution moneys held in trust for them during their minor years (*although the trust moneys need not be withdrawn and may be left in trust*). Unless the applicant owes money to the Tribe or there are other extenuating circumstances (e.g. lack of competency; illness; etc.) the Board will approve the application for trust money disbursement and the applicant should receive their trust check shortly after the end of the

quarter during which they make their disbursement application.

Family Abuse Advocacy Program

The Tribe is now offering assistance to families affected by family violence. A brochure is included with this newsletter which provides information concerning this important program. The brochure includes resource contacts for individuals to call. If you have further questions regarding the program, please contact Randy Anderson, Drug and Alcohol Counselor at the Tribal Office.

Tribe awarded Children's Mental Health Grant

The Tribe has applied for and received a Social Service Block Grant for the 1996/97 fiscal year from State of Oregon Service to Children and Families. This grant was written to provide a "Children's Mental Health Program" which will provide funds for assistance with in-patient and out-patient counseling, suicide prevention, depression counseling, and various training seminars for children ages 0-18 years, residing in the tribal seven county service area.

If tribal members are aware of any tribal children in need of this type of service, please contact the Tribal Office for more specific information.

Housing Assistance

The Cow Creek Bureau of Indian Affairs (BIA) Housing Improvement Program (HIP) is currently accepting applications for housing

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assistance. This program can assist eligible tribal members who are currently living within the seven county service area with housing needs such as: rehabilitation (roof, weatherization, windows, doors, structural repairs, etc.) and down payment assistance. Priority is given to families with the greatest need in relation to income, family size, etc.

If you would like to apply for Housing Assistance, please contact Carol Ferguson at the Administrative Office (541) 672-9405.

Child Care Assistance

The Cow Creek Child Care Assistance Program is provided through the Child Care and Development Block Grant and can provide full child care and/or after school care for income eligible families. All applicants must live in the seven county service area and be employed, engaged in an on-the-job training program, or enrolled in school. The children must be under the age of 13.

Income eligible families can also receive assistance for parenting classes.

For more information regarding this program, please contact Carol Ferguson at the Tribal Administrative Office.

Child Safety Car Seats

Even the safest car seat won't protect your child if it is used **incorrectly!**

85% of the Child Safety Car Seats in Oregon are being used improperly. Yet we know that child safety seats, when used correctly, are 71% effective in preventing fatalities.

Do you have the instructions for your child safety car seat? Remember, the Child Safety Car Seat needs to be fastened in with a seat belt. Make sure your child is correctly belted into

their Child Safety Car Seat. As your child grows, there are adjustments you need to make to their seat to keep them riding safely. If you use a convertible seat, remember: Keep it facing the seat until your baby weighs 20 pounds and/or is 12 months old. Then turn it around. Adjust it to sit upright when used facing forward. If your child is outgrowing their convertible child safety seat, a booster seat is the next step in providing the safest ride.

For more information call the Child Safety Seat Resource Center at 1-800-772-1315 or Rhonda Malone at 1-800-929-8229.

Flu Vaccination Clinic Sponsored By Tribe

Tribal members and their families, as well as tribal employees, can get a free flu vaccination at the Seven Feathers Hotel and Gaming Resort, in the Bingo Area during the following times:

**October 23, 1996 - 7:30 am to noon
and 3:30 p.m. to 7 p.m.**

**October 24, 1996 - 7:30 am -noon
and 11:30 p.m. to 1 a.m.**

An informational flyer on influenza has been included in this newsletter. For more information please contact Tribal Nurse, Peggy Meharry at 1-800-929-8229 or (541) 672-9405.

Job Openings

The Tribe has a job opening for a paralegal/legal assistant who will work closely with the Tribal Attorney and Administration. Salary depends on experience. Tribal Office hours and benefits. A job profile for this position is available upon request from the

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Tribal Offices. Interested parties please send resumes to the Tribal Office c/o Tribal Attorney by October 18, 1996.

Notes From the Chair

Legislative Update

The 104th Congress has adjourned after what were long and often heated negotiations involving Indian issues. The FY 1997 Defense Appropriations Bill included the Department of the Interior (BIA). This was a critical time and an all out effort was made to defeat anti-Indian "riders". The threat of a veto by President Clinton, *(which would have necessitated operation of the federal government by a Continuing Resolution, and therefore, the need to keep Congress in session)*, is what is credited with "saving the day" for Indian Country. The Istook Amendment which had passed the House would have required tribes to enter into agreements with both local and state governments before any new lands could be taken into trust. This would have been absolutely devastating to a tribe like the Cow Creeks who, after years of being ignored by the federal government, are just now being able to start to build a land base. We actively worked with our friends in Congress to get this taken out of the bill. The other legislation that was directly related to this tribe was the effort made by Senator Gorton of Washington State *(who is known to oppose tribes at every opportunity)* and Senator Chafee to prohibit the Secretary of Interior from issuing procedures for Class III Gaming Compacts for 1997. Any anti-Indian gaming legislation would be very detrimental to our tribe since we have only gaming revenue to depend on.

Although this session of Congress is closed, we must not let up on our guard for one second on

anti-Indian legislation. It is alive and well!! We can be sure that it will be right up front when Congress convenes the next session in January. With a great deal of effort we squeaked by this time, but we must not be complacent, the "sharks are circling", and will be introducing this same type of legislation again.

Voter Registration

If you are not a registered voter, please register so that you can vote in this most critical election. I will be spending several days registering voters in this area. October 15th is the last day to be able to register here in Oregon. Please put forth every effort to see that everyone gets to the polls on Election Day.

Cow Creek Tribal Elder To Be Honored at Kiosk Dedication

The wagon train recognizing the 150th Year anniversary of the Applegate Trail will arrive in Canyonville, *(which has been determined to be the most significant site in Douglas County)* on October 10, 1996.

A commemorative kiosk has been erected at Pioneer Park with information panels. One of the panels features an excellent drawing of Tribal Elder Wallace Rondeau, Sr., now 97 years old. At the dedication ceremony Wallace will be honored as the Tribe's oldest member. A good turn out to honor Wallace is expected.

A social hour is planned at 5 p.m. and the dedication will be at 6 p.m. The dedication will be followed by a free chili feed with cornbread, rolls, cookies and beverage, as well as entertainment by the Old-Time Fiddler's and other musical groups, humorous readings and sing-a-longs.

Gaming Center Construction Progress

Good weather has allowed construction of the new facility to stay on schedule. The Gaming

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Center, Gift Shop and Kids Video Arcade are scheduled to be completed by December 11, 1996. The Ice Cream Parlor Fine Dining and Lounge are scheduled for completion prior to April 29, 1997. Tentatively, the Convention Center will be open for business in January of 1997, however, final work will continue through 1997.

The majority of landscaping will be completed by the end of 1996. The water feature located at the main entrance is being coordinate with engineers and the artist who has been selected to create the Eagle.

A Special Thank you to Tribal Members

A special thank you to all of you who take the time to send notes, call or write letters of appreciation for what the Tribe is doing for our members. It is most gratifying and heart warming to receive your words of support for Board actions. Thank you so much.

Sue Shaffer, Chairman

Free Piano Lessons Offered

Beginning Piano Lessons are being offered by Jody Falske, free of charge, to tribal youth in the Grants Pass area. Children must be able to read before lessons can be taught.

Jody serves as the Cow Creek Band of Umpqua Tribe of Indians Johnson O'Malley Children's Program Vice-Chairperson. She has been involved with the program for the past two years. She is a member of the Muskogee Creek Nation. Jody has three children of her own. Her eldest daughter is in college and her younger girls are in school locally. She is employed as a postal carrier for Grants Pass and has lived in Oregon for several years.

If you are interested, call Rhonda Malone at the Tribal Office for more information.

National Food Safety Month

Protect yourself against the risk of food borne illness by following these simple food safety tips for your kitchen.

1. Refrigerate leftovers immediately and eat within 2-3 days of preparation.
2. Wash your hands before preparing food and after handling raw eggs, meats, poultry and seafood.
3. Wash utensils and surfaces with hot, soapy water, especially after preparing eggs, meats, poultry and seafood.
4. Never thaw foods at room temperature. Thaw in the refrigerator or under cold running water.
5. Place raw meat, poultry or seafood on a tray in the refrigerator so that they can't leak on other foods.
6. Follow cooking and reheating instructions carefully.

For more information on food safety, call the Department of Agriculture's Meat and Poultry Hotline at 1-800-535-4555.

Forest Service Lecture

On Wednesday, October 2, Chairman Shaffer gave a lecture to about 100 Region 6, U.S. Forest Service "30 Year Club" members at their

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luncheon held at the Seven Feathers Hotel and Gaming Resort. The lecture focused on tribal sovereignty, treaty rights, Cow Creek history, the development of the Tribal Resort, land acquisition, tribal future through education and economic development. The lecture was very well received and there were many positive comments on the facility and the fine lunch.

THE CIRCLE OF LIFE

The "Circle of Life" is a Breast Cancer Awareness Project for Native American Women being conducted by the American Cancer Society.

The chance of getting breast cancer is MUCH greater as a women grows older. Native American women are dying of breast cancer more often than other American women. Education, finding cancer early, and prompt treatment are what is needed to lower this rate. To find cancer early, the American Cancer Society asks women to:

*get a mammogram (a breast x-ray)

*get a breast exam by their health care provider, and

*practice B.S.E. (breast self exam)

For more information on how you can protect yourself or someone you care for from breast cancer, contact the American Cancer Society at 1-800-227-2345, your private health care provider or Rhonda Malone at the Tribal Office.

**ANY PERSON
WISHING TO LESSEN HIS OR HER
CHANCES OF GETTING THE FLU CAN
BE VACCINATED**

Influenza is a highly infectious viral illness. The name, "influenza" originated in 15th century Italy, from an epidemic attributed to "influence of the stars." The first pandemic that clearly fits the description of influenza was in 1590. At least four pandemics of influenza occurred in the 19th century. The pandemic of "Spanish flu" in 1918-1919 caused an estimated 21 million deaths.



DEFINITIONS:

Pandemic-a disease that occurs throughout a population.

Epidemic- a disease that spreads through a part of the population. For example, an epidemic may affect everyone in a specific geographic area or everyone of a certain age or sex.

Vaccination-an injection of weakened bacteria given to protect against or reduce the effects of related diseases.

WHAT'S YOUR FLU IQ?

FALL 1996

Flu season-it's just around the corner. Will you be ready? Each year, in the United States thousands are affected by the flu, and as many as 60,000 will die from complications.

Caused by an airborne virus, it is passed along through direct contact with an infected person or through objects they have handled. Unfortunately, a person infected with the flu can pass along their illness 3 to 5 days before they have any symptoms. "Classic" flu symptoms include an abrupt onset of a 101 to 102 degree fever, aching muscles, sore throat and a nonproductive cough. Most people complain of extreme fatigue. Additional symptoms may include runny nose, headache, chest burning, eye pain and sensitivity to light and intestinal symptoms. The symptoms usually last from 3 to 5 days. Many can look forward to a rapid recovery, but for some, there may be prolonged fatigue and weakness. Although most people will recover with rest and fluids, a number of people will develop complications which can actually be life threatening and result in hospitalization. Influenza is a serious health problem and prevention is very important and easy to do. An annual flu vaccination is one way to lessen the chance of tangling with the flu this winter.

What you don't know can hurt you. Test your knowledge of the flu.

TRUE OR FALSE?

- **Each year 60,000 Adults will die of diseases that could have been prevented by receiving a vaccine?**

True! Each year many suffer needlessly from diseases that could be prevented by a vaccine. In the U.S. we are doing better and better in making sure our children receive the immunizations they need, but often adults aren't taking advantage of the opportunity to be vaccinated.

- **Influenza and pneumonia are the 6th leading cause of death in the United States?**

True!

- **Influenza vaccine can prevent up to 70% of hospitalizations and 85% of deaths from influenza related pneumonia?**

True!

- **You can get flu symptoms from getting the flu vaccine?**

False! The vaccine is made from an inactivated virus so therefore is not capable of causing flu symptoms.

- **The most common side effects of the flu vaccine are soreness where the vaccine was given, and occasionally slight fever and aching muscles?**

True! The most common adverse reaction is soreness, redness, and slight swelling at the site of the vaccination. These symptoms last less than 48 hours. Less than 30% of persons receiving the vaccine have these symptoms. Less than 1% experience muscle aches and fever. The symptoms occur 6-10 hours after receiving the vaccine and last less than 48 hours.



the vaccine and last less than 48 hours.

- **Only the elderly and chronically ill should have a flu vaccine yearly?**

False! Actually, any person who wishes to reduce the likelihood of becoming ill from influenza should be immunized.

Flu Vaccine Clinic At the Hotel Gaming Facility Oct. 23 7:30am-noon and 3:30pm-7pm and Oct 24 7:30am-noon and 11:30pm-1:00am. Vaccines will be free of charge to Tribal Members and their families. Look for Us in the Bingo Area. Questions? Call Peggy RN (672-9405) at the Tribal Administrative Office.