

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 20—ISSUE 10

October 2010

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Veteran's Stand Down Event



On Friday, September 17, 2010 the Veteran's Administration in Roseburg, Oregon held an event called "The Stand-Down". This event lasted through the weekend and was free to all Veterans. The main focus of the event was to help the homeless veterans in the area. The participants were supplied with a place to sleep, blankets, clothing and food. Various agencies were available to assist with social services, medical and dental needs as necessary.

The Cow Creek Band of Umpqua Tribe's Color Guard posted our colors while Thundering Water Drum group played honor songs. Also in attendance honoring all the veterans was the Good Medicine Drum group from Butte Falls, Oregon.

There are plans currently being made to provide a Pow Wow at the Roseburg, Veterans Administration for fall of 2011. The veterans Administration will be hosting next year's "Stand Down" event in White City, Oregon.

The Cow Creek Band of Umpqua Tribe was well



received and was honored to be able to be there for our Veteran's. If you are a Veteran and would like to participate in future color guard activities please contact Rhonda Malone at the Tribal Government Office.

Special points of interest:

Government Office Hrs.:

Mon-Thurs 8am-5pm
Fri 8am-4pm

Roseburg Clinic Hrs.:

Mon-Thurs 8am-5pm
Closed 12pm-2pm

Canyonville Clinic Hrs.:

Mon-Thurs 8:30-4:00
Closed 12pm-2pm

Clinic Closure

Both Clinics will be closed on
October 28 and 29th



Project Warmth



Project Warmth is now entering its 2nd year of funding. The program, intended for Tribal members ages 0-16, was created to assist families with shoes and coats for their children. This program has no service area requirements and consists of a one time per year funding cycle. The Tribal member will be reimbursed up to \$25 for each pair of shoes and \$25 per coat, one of each per child. The receipt must be submitted with the program application for reimbursement. Contact Cindy Delay at 541-677-5575 for more information.

Outdoor Volunteer Opportunity for Tribal Members

Tribal Member, Kelly Crispen, is the Umpqua Legacy River Coordinator for the Pacific Rivers Council. She is currently seeking Tribal Members that are interested in volunteering their time to help her monitor various projects on the Umpqua River. Kelly is looking for volunteers to help her perform snorkel surveys for fish in Canton Creek, as well as a stream survey on a restoration project in Johnson Creek. Volunteers do not need to have previous experience, just an enthusiasm for conserving the Umpqua River, and the ability to work outside in a stream. Anyone who is interested should contact Kelly at (541) 530-5917 or email her at: kelly@pacificrivers.org

Student Rental Assistance Program

The Student Rental Assistance Program is a relatively new program designed to help college students with rent during the school year. This program will assist Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. Students can contact the housing department to obtain an application. If you are a continuing student, an application must be resubmitted annually to continue receiving assistance. Funding is limited for this program, therefore applications must be received as soon as possible. If you have any further questions please contact the Housing Director, Justin Mathison at 1-800-929-8229.

Day Care Assistance

Applications continue to be accepted for the Tribal Child Day Care Program. This program serves the area of Klamath, Deschutes, Lane, Jackson, Josephine, Douglas and Coos counties. To qualify, applicants are required to meet income guidelines, must be living in the Tribal service area, attending either school, work or a training program and the child or children must be enrolled with the Cow Creek Tribe. Currently, there is a waiting list. If you have any questions please contact Rhonda at the Tribal office.

Are You Prepared? 72 Hour Kits For Personal, Family and Special Needs

Fall is now upon us and winter will soon be knocking at our doors. Soon we won't be leaving our homes without an umbrella and a warm coat. With the change of the seasons comes more inclement weather. With the rain and cold come opportunities for flood, ice storms and other possible life threatening events. Are you and your family prepared? Can you survive for 3 days if help is unable to get to you? Do you know what you need to prepare?

Enclosed in this newsletter is a pamphlet from FEMA with an Emergency Supply List. Take time to go over it with you family and help keep them safe ahead of time. Ensure you also make a family plan to know where to meet in case of an emergency. You and your family's safety is paramount, take time to make sure you have the best possible chances.

For more information visit www.fema.gov or www.ready.gov

Low Income Energy Assistance Program (LIHEAP)

The LIHEAP Program is gearing up for this year's Tribal homes energy needs. Beginning November 1, the homes to be served first will be the elderly and disabled. In December the general Tribal membership may apply for assistance. Income, Tribal enrollment and service area requirements must be met prior to receiving energy assistance. Applications are available at the Government Office South building Reception Desk or by calling 541-677-5575 to have it mailed. For further information please contact Cindy Delay at the Tribal office.

Food Bank



Any Tribal member that is in need of food is encouraged to come to the food bank. This program is open to all Tribal members regardless of service area. The food bank is on the second Tuesday from 9:00 am to 12:00 pm and the fourth Tuesday from 1:00 pm to 4:00 pm of every month. If you have any questions please call Cindy Delay at 541-677-5575.

Tribal Youth Outdoor Program Volunteer Opportunity



Our youth will be given the opportunity to help serve our tribal elders for the Annual Elders Dinner held at Seven Feathers Oct 13th in the Huckleberry Rm. This is an opportunity for our youth to show their appreciation to our elders and glean valuable information from them thru sharing of stories. Please contact Cindy Delay for further information and to sign up.

Tribal Elder's Dinner @ Seven Feathers



The Annual Tribal Elders Dinner is currently planned for Saturday, November 13, 2010, at Seven Feathers Hotel and Casino Resort in the Huckleberry & Grape Rooms. The dining room is opening at 3:30, entertainment at 4:00, dinner at 4:30, elders interested in sharing stories will be starting at 5:15, prize drawing at 6:00 and closing by 6:30. A no host breakfast will be provided on Sunday morning for elders who wish to attend. Twenty hotel rooms are reserved for Tribal elders and guest. Please call Rhonda Malone to reserve a place by November 5th, at 800-929-8229.

Money Basics Class Offered

The Cow Creek Government Office has teamed up with Reliant Behavioral Health and Linda Smith of CCCS of Douglas County to provide a financial class for Tribal members. Tribal members 18 years of age and older can sign up for the class. The class titled "Money Basics" is intended to give the participant a foundation for managing their personal financial goals.



In this class, you will receive advice on:

- ◆ **How to build a workable month to month budget**
- ◆ **Techniques for building savings**
- ◆ **Setting financial goals**
- ◆ **Managing debt**

"Money Basics" will be held on November 2, 2010 from 6:00 pm – 8:00 pm in the Government Office Boardroom.

If there are any further questions, please contact Marcella Fummerton, Administrative Assistant at 541.673.5575 or 1.800.929.8229.

Tribe Receives Gift



The Tribe received a gift from Glenn Smith on October 5, 2010. Glenn presented to the Tribe an eagle feather headdress and double bustle. Mike Rondeau and Rhonda Malone accepted the generous gift on behalf of the Tribe.

Glenn Smith currently lives in Southern California but is also a resident of Canyonville for part of the year. Glenn has a great affinity for Native American peoples and their beautiful artifacts and crafts. Glenn wanted the Tribe to have these unique items which have been on display in his home for the past ten years. Glenn received these items as a gift from a friend named "Blackfoot." Glenn said the head dress and bustle are from a Northeastern Tribe. The items appear to be very old but are in fairly good condition.

The Tribe extended its deep appreciation of this generous gift to Glenn Smith on behalf of all Tribal members.

Human Services Program Information

Tribal members in need of assistance for various programs, such as Child Care Assistance, Low Income Home Energy Assistance (LIHEAP), and Project Warmth may obtain applications by contacting the Tribal Government Office at 800-929-8229 or 541-677-5575, or by coming to the Cow Creek Tribal Government Offices, South Building Reception desk at 2371 NE Stephens Street, Roseburg, OR.

If you should have any questions regarding any of the social programs, please contact Rhonda Malone at the Tribal Government Office as well.

Nesika Open Enrollment

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium.

The Annual Open Enrollment Month for Nesika Health Group is in the month of December.

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. (i.e. you may have chosen your plan to include prescription benefits and now you do not feel that you need the prescription portion.)

Newly-elected Plan coverage will become effective on January 1, 2011. Anyone enrolling at the Annual Open enrollment may be subject to the 18-month pre-existing condition period.

If you are interested in receiving enrollment information, please call the Nesika office at 541.677.508 or 800.284.9917 and a packet will be mailed to you. **The required enrollment information must be returned to Nesika office no later than December 20 for coverage to take effect on January 1.**

Thundering Water Drum Classes

Drum classes have begun. If you are interested in participating or attending the next drumming date please call Teri Hansen at the Government Office at 541-672-9405. There are still decisions being made about location so call before you go to be sure where it is.

3rd Annual

Save the Date!

"GATHERING OF OREGON'S FIRST NATIONS"

January 29, 2011

**Oregon State Fair & Expo Center
Salem Pavilion**

2330 17th Street NE, Salem, OR

Doors open at Noon

Grand Entry - 1 p.m.

Break - 5 - 6 p.m.

Powwow ends at 9 p.m.

**Tribal vendors can contact us at
1-800-422-0232**

This event is sponsored
by the sovereign governments of



Fall Health Fair

The upcoming 2010 Cow Creek Fall Health Fair will be held at the Block House in Canyonville on Saturday, November 6, from 10 AM to 2 PM. The focus of the health fair is to provide flu shots, however, other services such as blood sugar checks, lipid panels, and HgbA1C as well as blood pressure readings will be offered. There will also be special displays and informational handouts.

There will be two guest speakers. Elizabeth Coleman, will provide valuable information on Contract Health Services, and Tricia Hedges will talk about the "Diet Free" classes during the catered luncheon. Individual letters with information on the 2010 Cow Creek Fall Health Fair have been sent out to tribal membership. Please remember to send back your information if you plan to attend.

The staff at the Cow Creek Health and Wellness Center look forward to seeing everyone and promoting wellness to the Tribal families. For more information about the event, please do not hesitate to contact the clinic at 541-672-8533 or 800-935-2649.

Flu Vaccine— Is it for you?

There is only one influenza vaccine this season. The flu "shot" (inactivated) killed virus is a trivalent vaccine that is made up of H1N1 (2009), H3N2 & Influenza B viruses. This is determined by international surveillance and scientists who estimate strains that will circulate in a given year. When the vaccine is available, it is recommended, since outbreaks usually occur as early as October and peak in January or later.

Within two weeks of receiving the flu vaccine antibodies provide protection which can last between 6-8 months. Side effects like redness, soreness and/or swelling, fever and aches can occur 1-2 days after vaccination. People who should not receive the vaccine include those allergic to chicken or eggs, those who develop Guillain-Barre Syndrome (polyneuropathy, muscle weakness and mild distal sensory loss) which may begin 5 days to 3 weeks after an infectious disorder, surgery or vaccination and anyone with a

moderate-severe illness with fever.



WHO SHOULD RECEIVE FLU VACCINE?

Healthy individuals as well as people with chronic conditions and those considered to be high risk including: Pregnant women, Children up to 5 years (especially < 2 yrs), People with Asthma, Diabetes, Immunocompromised, People living in Nursing homes, Health Care Workers, Household contacts and out of home caregivers of children <6 months of age.

MYTHS:

You **can not** get the flu from the flu shot. If you do get sick after receiving the vaccine, you may have been exposed to viruses prior to developing protective antibodies. Some people do not have enough antibodies/cells in their body to provide protection even with the vaccine.

GOOD NEWS! We have an ample supply of Flu vaccine at your Cow Creek Health and Wellness Center. This is available to any Tribal member and their family. Please call or stop by the clinic to receive this effective annual vaccine. It is important to protect yourself as well as others, especially those who can not receive the vaccine themselves. **SO FOR THE GOOD OF ALL—vaccinate TODAY!** Please call 541-672-8533 (Roseburg) or 541-839-1345 (Canyonville) or 1-800-935-2649 if you have questions or want to schedule an appointment to receive this life-saving immunization.

Contract Health News

- ♦ **Q:** Do I have to fill out a new application each year for Contract Health Services?
- ♦ **A: Yes!** Contract Health Services has to have a current application on file each year per federal guidelines. Due by 12/31/2010.
- ♦ **Q: What if I don't turn in the 2011 application by 12/31/10?**
- ♦ **A: Contract Health Services will not issue PO#s for 2011 without a current application on file.**
- ♦ **Q:** Why do I need to call several days in advance for a purchase order?
- ♦ **A: It is important to call 2-3 days in advance in case CHS needs to request a W-9 or other information from the provider or CHS is in a training or in a meeting. Calling in advance means you will still be able to keep your appointment because you will have the needed PO#.**
- ♦ **Q:** Do I need a new purchase order if my appointment is rescheduled for a new date?
- ♦ **A: Yes!** All purchase orders are date sensitive and each appointment requires a purchase order.
- ♦ **Q:** Do I need a new purchase order if I'm going for a follow up visit?
- ♦ **A: Yes!** All visits require a purchase order.
- ♦ **Q:** The clinic (Cow Creek) sent me to get x-rays or additional care outside the clinic. Do I need a purchase order before going?
- ♦ **A: Yes!** All visits outside of the (Cow Creek) clinics require that the member obtains a purchase order from Contract Health Services.
- ♦ **Q:** I received a statement in the mail. What should I do?
- ♦ **A:** Call the office that sent you the statement and be sure that they have billed all appropriate insurances and that they have billed Contract Health Services as your payor of last resort. The problem with sending the statement to Contract Health Services without calling the providers office is that some offices will not talk to us without written permission from the patient or they need additional information on the patient that CHS doesn't have.
- ♦ **Q:** I need medical supplies for example C-pap on a monthly bases. Do I need a purchase order?
- ♦ **A: Yes!** Call when you order or if it is automatic call for a purchase order when your supplies come in. This way Contract Health Services know that the member has in fact received the items that are being billed to us.
- ♦ **Q:** What if I don't read the news articles from Contract Health Services in the monthly Newsletter?
- ♦ **A:** It is the member's responsibility to read the news articles and know what changes are being made to CHS's program. Elizabeth and Amy are always ready to help with questions and to issue PO#s.

Over the Counter Deadlines



All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2010. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2010 reimbursement must be received by January 15, 2011.

Please send OTC receipts to the New Canyonville Address:

Cow Creek Health and Wellness Center (CCHWC) Annex-OTC
270 Gazley Bridge Rd
Canyonville OR 97417

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 3, 2011. If you have any questions, please contact Tamara Robinson at CCHWC 541.839.1347, 800.935.2649 option 2 or trobenson@cowcreek.com.

Indian Child Welfare Conference

The 2010 Indian Child Welfare (ICW) Conference was held October 13 & 14 at Seven Feathers Hotel and Casino Resort in Canyonville, Oregon. This annual conference was co-hosted by the Cow Creek Band of Umpqua Tribe of Indians and the State of Oregon Department of Human Services. Approximately 200 people were in attendance with representatives from all of Oregon's 9-Federally recognized tribes. The conference is held annually in an effort to build a strong relationship between the tribes and the State to better serve children who are in foster care.

Opening day the keynote speaker Eddie Screechowl presented the subject of "Engaging Native Families" and how to apply the information for case work. Additional speakers provided smaller classes with subjects titled ICWA Compliance In State Court, Prevention Services Up Front, Supervising for Excellence, ICWA Upfront Assessment, Sovereign Nations as well as other important subjects.

Teri Hansen, provided the opening prayer, Mike Rondeau, Tribal Administrator and Dan Courtney, Tribal Chairperson welcomed the attendees to this co-hosted conference. Cow Creeks Color Guard brought in the flags with Thundering Water Drum lead by Jody Real. Representative from each of the Oregon tribe's carried their tribal flag into the general session behind the Color Guard. Breakfast for both days and dinner on opening day was provided by Cow Creek Tribe.

Congratulations! Tribal Member



Congratulations to Tribal member Cheyenne Mellin! This was Cheyenne's first steer. She won Reserve Grand Champion at the Douglas County Fair this year

Tribe Applies for \$500,000 ICDBG Grant

The Tribe is applying for an ICDBG (Indian Community Development Block Grant) to construct a secondary water tower and main water line. Construction of a new water tower and water line will be the start to a larger scale proposed project. The Tribe has proposed a housing development project, which includes the construction of 75-100 new transitional and low-to-moderate houses in the Canyonville, Oregon area. A meeting will be held in the boardroom on Tuesday, October 26th at 4:00pm. Any questions and comments can be addressed to Justin Rainville-Mathison at the Tribal office 541.677.5575 or 1.800.929.8229

October 2010

S	M	T	W	T	F	S
					1	2
3	JOM Mtg 5-6 pm	4	5	6	7	8
10	11	12 Food Pantry 9-12 pm	13	14	15	16
17 Redmond Hlth Fair 10-2 pm	18	19	20	21	22	23
24	25	26 Food Pantry 1-4pm	27	28 Clinics Closed	29 Clinics Closed	30
31						

November 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9 Food Pantry 9-12 pm	10	11	12	13 Elder's Dinner 7F 3:30-6:30pm
14 Tribal Board General Council Mtg @ 10:00 am	15	16	17	18	19	20
21	22	23 Food Pantry 1-4 pm	24	25	26	27
28	29	30				

The following Flyer was included with the most recent paycheck for all Tribal Employees. The Tribe is including it with the Tribal Newsletter for your benefit as well

VOTE NO ON MEASURE 75

The 2010 General Election, which occurs on November 2, 2010, will present six Ballot Measures for vote, including Ballot Measure 75. Currently, private non-tribal casinos are illegal in Oregon pursuant to state statute. Ballot Measure 75, however, would end the statutory prohibition of private casinos and permit a private casino to operate at the former Multnomah Kennel Club dog track, located in Wood Village, Oregon, which is a small town a few miles east of Portland, Oregon. Ballot Measure 75 would additionally authorize up to 3,500 slot machines at the private casino, which exceeds the number of machines in any casino in Nevada, most casinos in Atlantic City, and all of the Tribal Casinos in Oregon combined.

Passage of Measure 75 is bad for Oregon. A state economic analysis by the non-partisan Legislative Revenue Office concluded that the proposed casino would weaken Oregon's economy rather than strengthen it because it could draw between \$29 million and \$87 million a year more out of the economy than it would contribute. The analysis found that between \$128 million to \$230 million a year would pour out of Oregon and into the pockets of the proposed casino's out of state owners and bankers, which is far more money than the proposed casino would bring into Oregon. In fact, the backers of the proposed casino estimate that most of the spending at the casino will come from within Oregon, which would diminish spending elsewhere in the state, including spending on the Oregon State Lottery and at Tribal Casinos in Oregon. The analysis found that the loss of all that money would create a net loss in jobs and would not add to state tax revenues. Further, critical public programs which the Oregon Lottery currently funds, such as K-12 schools, parks, and economic development programs, will lose \$93 million or more a year. Oregon's K-12 schools alone will get \$5.5 million less in annual funding. Finally, the proposed casino will likely lead to the opening of other similar private casinos throughout the State, with similar harmful effects.

The Oregon State Lottery and Tribal Casinos in Oregon, on the other hand, contribute generously to the State of Oregon. Currently, nearly all gaming profits ultimately support schools, prisons, health care, social services, parks, economic development programs and tribal programs located within Oregon. The Oregon Lottery must return 84% of its revenues to the public in the form of prizes, or support for public programs and services, with 65% of the revenue contributed directly to schools and other state services. Oregon Tribes allocate 94% of tribal gaming revenue to support tribal government programs such as housing, health care, and job training, and the remaining 6% goes to the state, an amount equal to the corporate income tax. Tribal support of tribal programs using tribal gaming revenue benefits Oregon because the State can save the money it would have otherwise had to spend to provide similar services to tribal members. Further, Oregon Tribes support 5,000 jobs and purchase over 75% of all goods and services from Oregon businesses.

Passage of Measure 75 is not only bad for Oregon, it is also bad for your job and our local community. The state economic analysis of Measure 75 predicts that the proposed private Casino would cut Oregon Lottery sales by about 14% a year, which would reduce the amount the Oregon Lottery contributes to schools, prisons, parks and other programs by \$72 million to \$79 million. Tribal Casinos in Oregon could also suffer a similar decline in revenues and Tribal employment could be at risk. Vote no on Measure 75 if you want to save our jobs and your community.

VOTE NO ON MEASURE 75

Announcements

Births/New Enrollments

Frederick Christopher Wilhelm, David Lee Thrash III,
Sergio Guadalupe Magana Mata

Obituaries

Florence Watkins

Medicare Part B

If at any time during the 2010 calendar year Medicare Part B premiums were withheld from your Social Security benefit, you may qualify for reimbursement from the Tribe. Tribal members aged 65 or those receiving disability payments are eligible for Medicare Part B insurance.

At the end of each calendar year, the Social Security Administration (SSA) sends recipients a SSA-1099 form for tax purposes that details social security benefits. According to the Social Security Administration the SSA-1099 forms for year 2010, will be mailed to recipients by the last week of January 2010. In order to expedite premium reimbursement, please mail a copy of the SSA-1099 in the envelope provided. Reimbursement checks will be distributed upon receipt. To request an SSA-1099, please contact your local Social Security Administration office. By dialing 1-800-772-1213.

If Medicare Part B premiums were paid for you through a retirement account, pension fund, or by some other means, you may still be eligible for reimbursement. Please provide proof in which payment was made.

Tribal members also have the option of receiving monthly reimbursement for Medicare Part B premiums. If you would like more information regarding this program or have questions, please contact me at (541) 672-8533.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Reggi at the Cow Creek Government Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you. Tribal I.D. cards are accepted as legal proof of Identity.

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 should also make sure their children's updated addresses are on file at the Tribal Government Office. 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.

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ONLINE JOBS...GO TO: uidchr.com

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