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Rio Networks Director Chosen for Award

At the “15th Oregon Connections Telecommunications Conference” held in October in the Dalles, Oregon, RIO Networks received high honors for the creation of the proposed “Business Incubator and Data Center.” Congratulations go out to General Manager, Mark Bilton-Smith and the RIO Networks Team for the “Excellence in Telecommunications Partnership Award.”

The Business Incubator and Data Center project came about for the Tribe through partnering with the City of Roseburg on the grant submission. In the fall of 2009, the Tribe was notified of a successful grant award of \$2.75 Million from the Federal Economic Development Administration.

The Grant will fund a remodel to the Tribe’s property, (former site of the Douglas County Farmers Co-op) that will eventually house up to twenty eight businesses and a “server farm” (A server farm is networked servers housed in one location).

The business incubator will provide additional office resources for a start-up business to grow from a concept into a viable company ready to compete. The Roseburg Business Incubator plans to be fully outfitted to provide office space and management resources to “incubate” bright ideas into job providing companies.



The Excellence in Telecommunications Partnership Award goes to Rio Networks for creation of a Business Incubator and Data Center in Roseburg Oregon.

Excellence in Telecommunications Partnerships

Individual, organization or company that has developed an innovative telecommunications partnership for the purpose of providing improved access, reliability and/or affordability for underserved and rural communities.

Special points of interest:

Government Office Hrs.:

Mon-Thurs 8am–5pm
Fri 8am–4pm

Roseburg Clinic Hrs.:

Mon-Thurs 8am–5pm
Closed 12pm–2pm

Canvonville Clinic Hrs.:

Mon-Thurs 8:30–4:00
Closed 12pm–2pm
OTC Closed on Fridays

Office Closures:

Thanksgiving - November 25,26
Christmas - December 24,27
New Year's Eve - December 31

PROGRAMS

KIUYUM-ID

Human Services



If you have any questions or comments regarding any of the Human Services Programs (Day Care, Low Income Home Energy Assistance Program, Elders, Project Warmth, Food Bank, Veteran's Program, Indian Child Welfare, Oregon Youth Authority) please contact Rhonda Malone or Cindy Delay at the Tribal offices at (541) 677-5575 or 800-929-8229.

Student Rental Assistance

The Student Rental Assistance Program is a 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.

Project Warmth



Project Warmth is a reimbursement program for shoes and coats for kids. Youth between the ages of newborn through age 16 who are tribally enrolled may qualify for assistance. No income guidelines or service area requirements are necessary. Each child may access this program once per year. Up to \$25.00 per coat and \$25.00 per pair of shoes will be reimbursed to the parent or guardian who purchased the items. Please call Cindy Delay for an application.

Child Care Assistance Program

Applications are continuing to be accepted for the Tribal Child Day Care Program. This program serves Klamath, Deschutes, Lane, Jackson, Josephine, Douglas and Coos counties. The qualifications required to meet the program guidelines include income verification, residing in the tribal service area, attending 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 Malone at the tribal office (541) 677-5575.

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) 530-5817 or email her at: kelly@pacificrivers.org

Low Income Energy Assistance Program (LIHEAP)



The LIHEAP Program is now accepting applications for the 2011 year home energy needs. Elderly and disabled LIHEAP applications will be accepted first through the end of November. General tribal membership may apply for assistance beginning December 1st. Income, tribal enrollment and service area requirements must be met prior to receiving energy assistance. For further information please contact Cindy Delay at the tribal office (541) 677-5575.

Medicare Part B Reimbursement

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 2011. 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 Food Program

The Cow Creek Food Program is available to Cow Creek Tribal families in need. The program is open on the **second Tuesday from 9-12 pm** and the **fourth Tuesday from 1-4 pm** each month at the tribal office in Roseburg. Applications



will not be mailed however, upon arriving you will be able to complete your form and receive assistance. This program is qualified by "income self-certification" and tribal enrollment with no service area requirements. No other member of extended family will be able to pick up food nor will it be delivered by a staff member except under extenuating circumstances. Please contact Cindy Delay at the tribal office if you have any questions at (541) 677-5575.

ADDITIONAL HOURS—By Appointment Only

Sat. December 4 9-12 pm

Sat. January 8 9-12 pm

Storytelling Workshop

Beginning in January, 2011, Traditional Kalapuya/Coos elder and storyteller, Esther Stutzman will be offering storytelling workshops to a limited number of tribal groups.

Esther will share knowledge of storytelling techniques and presentation and offer support for emerging storytellers in an all-day workshop. A time for sharing stories will also be made available.



Groups of no more than 10 are preferred so that individuals will receive the needed one-on-one assistance.

Esther Stutzman is a well-known Pacific Northwest storyteller and a charter member of the Northwest Indian Storytellers Association (NISA). She has received numerous awards for her work with groups and individuals and has been a master storyteller with the Oregon Folklife Program. She performs annually during the NISA Storytelling Festival and in many other locales in the northwest.

For more information, please contact: Esther Stutzman,
kalapuya@centurytel.net, (541) 580-3810

Medicare Eligible? Sign-up is Necessary

Are you currently covered by Nesika Health Group? Are you or your spouse turning 65 this year? If you answered yes to both of these questions then this is important information for you.

You may ask yourself, why pay the Medicare premium when I am already covered by Nesika Health Group? Well the answer to that question is really quite simple, the Nesika Health Group plan requires that when you become eligible for Medicare that you must sign up. If you choose not to sign up when you are initially eligible Nesika will still view you as a Medicare eligible member and the plan will only cover the 20% that we would have been responsible for if you had signed up for Medicare.

What that means to you is that you will be responsible for 80% of the billed charges. If you are covered by Medicare and Nesika then after your yearly deductible has been satisfied and assuming it is a covered service under the plan, you may not owe anything. It is very important that when you become eligible for Medicare that you sign up!

If you have any questions about how becoming Medicare eligible will affect your Nesika coverage please do not hesitate to contact a Nesika representative at (800) 284-9917 or 541-677-5508.

BIA Housing Improvement Program

The FY 2011 Budget that has been submitted to Congress has proposed funding for the BIA's Housing Improvement Program. Each tribe must provide proof of tribal member eligibility in order to receive the funding. Priority is given to families with the greatest need as determined by income, family size, age, and other factors. The program can assist eligible Tribal members whom own their home and are living within the seven county service area with housing needs such as repairs, rehabilitation (roof, weatherization, window replacement, doors, structural, electrical, etc.) or replacement housing. The tribe is now accepting applications. If you think you might be eligible you may contact the Cow Creek Housing Department.

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 Group Schedule

Thundering Water Drum Group will be meeting on the following dates. Please call Rhonda or Teri at the tribal office, 541-672-9405 for further information.



December 3 (Friday) @ Canyonville-block house, **drum practice**, 6:30 pot luck, drumming 7:15 until done

December 19 (Sunday) @ Roseburg Tribal office **drum practice and AA meeting**, 3:30-???

January 2 (Sunday) Tribal Office-Roseburg 3:30

January 21 (Friday) Block House-Canyonville 6:30 Pot luck

January 29 (Saturday) Gathering of Oregon Tribes-Salem TIME PENDING

February 6 (Sunday) Tribal Office-Roseburg-3:30

February 25 (Friday) Block House-6:30 Pot luck

Youth Outdoor Program Event



SAVE THE DATE



WHAT: YORP CHRISTMAS PARTY (Youth Outdoor Recreation Program)

WHEN: Friday, Dec 3rd, 2010

WHERE: Block House (In Canyonville behind the Casino)

TIME: 7:pm -10:pm

FEATURING: Indian Tacos & Refreshments, Games, Gifts, Music, and FUN! FUN! FUN!

This is a drug & alcohol Free event for our Tribal Youth!

Please call Cindy Delay with any questions at 541-677-7757 or to sign up!

ICDBG Application Successfully Submitted

On October 26, 2010 the Cow Creek Government Office held a public meeting to hear comments and to receive information about the proposed infrastructure plans associated with the application submission for a \$500,000 Indian Community Development Block Grant. The meeting was held as a part of the grant requirement to allow for public input into the community project.

The proposed grant would fund the purchase and installation of a one million gallon freshwater tank that would provide drinking water to a new tribal housing development the tribe is proposing.

There were 14 attendees at the meeting who had very good input about the project and provided good dialog about the Housing Program's current and future plans. At the conclusion of the meeting and after good discussion about the proposed new HUD housing project the general consensus of the attendees was support for the project.

The ICDBG Grant application was submitted on October 26 2010. The Tribe should be notified in February or March, 2011 of the decision on the grant application.



How to Enjoy the Holidays Without Gaining 5lbs!



Can a person actually enjoy the holidays and all the good food and drink that go along with it without gaining a bunch of weight? With a little bit of planning ahead and sticking with "The Plan" it is possible to reach 2011 without 5 (or more!) extra pounds.

First, sit down and write out a plan (and post it in a prominent place). This should take about 5 minutes at the most. Putting it down on paper makes it firm in your mind. Then, look it over before going to the party. For instance, you may decide before going to a family sit-down dinner that you will fix your plate once and it will include lots of vegetables. About one-fourth of the plate will be protein-rich food and about one-fourth carbs. You will not go back for seconds.

Eat before you go. Have a decent breakfast the day of the event and then a little something later on before you go. If you arrive starving, it will be much harder to stick to your plan and not overdo it. Have an apple with some peanut butter smeared on it – something with some fiber and substance. Not half a bag of Fritos.

Think "pick and choose," not "sample." Instead of saying "I'll have a little bit of each" when asking for dessert, have a little bit of the one you absolutely can't live without. Or, help serve guests including yourself...sometimes the "slivers" a hostess serves may be quite a bit larger than what you would have given yourself.

Remember, alcohol is loaded with calories. Don't start off with an alcoholic drink; it will make it harder for you to stick to your plan. Instead, as soon as you arrive, have a couple of glasses of water. Maybe a glass of wine with dinner and then switch back to water again.

Be the Hostess. Every holiday dish can be made healthier by adjusting the recipe in ways no one will notice. Do what you can to cut down on fat and sugar in different dishes. Every little bit adds up. Keep a tray of cut up veggies nearby when preparing dishes, as this will give you something low calorie with lots of fiber to munch on.

Move! When you go shopping, plan to walk the mall or store for five or ten minutes before you buy anything. Once you buy something, walk for five more minutes between purchases.

In addition, take a good brisk ten minute walk everyday...everyone can fit ten minutes into their schedule. (and don't let the weather conditions stop you!)

Stick to your plan. Your plan should include what you will do to deal with well wishers who push food on you. You know who I'm talking about; those people who mean well but keep saying things like, "one more piece isn't going to kill you!"

Say something complimentary like, "You know I love your pie but I am full".

This works much better than telling them you have to cut back. That's an invitation for them to come back with tough-to-resist lines such as "Oh, it's only one day," or "You can afford it."

Whatever you do, don't cave in to the temptation to say, "I'll just take a piece home with me if that's okay." You and I both know how that plan will end up!

In January, you will be happily surprised to see that your weight is the same (or less) than when the holiday season began. **If you have any questions regarding coming up with a plan, eating healthy or exercising, please feel free to give Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 677-5575.**

JOM Disney on Ice Trip



The JOM Parent Committee sponsored a Disney on Ice Trip on October 30th for JOM Students and families. The event was well attended with over 40 participants. JOM students and families attended the Disney on Ice show at the Rose Quarter and then had a pizza dinner at Bullwinkles.



Creekside Restaurant Highlighted in Stopwatch Magazine

At Creekside Restaurant, located at the Seven Feathers Truck and Travel Center in Canyonville, OR., General Manager Don Baglien is looking for opportunities for growth. Located just 20 miles from the nearest branded full-service restaurant, Baglien decided two years ago that success hinged on creating a market niche designed to capture the local community within a 15 mile radius of the restaurant as well as the truck drivers traveling up and down Interstate 5.

Baglien hired a new restaurant manager. He also set about changing Creekside's mission statement, placing a new-found emphasis on local foods. Today, Creekside almost exclusively offers fresh Oregon foods grown by local farmers. Baglien further added a new seasonal menu that changes each quarter, diversifying the menu and reclaiming a local customer base.

The restaurant also switched to serving homemade pies, prepared nightly by a team of restaurant staff that bakes throughout the graveyard shift to ensure homemade pastries are available the next day.

For any restaurant, food costs typically represent one of the largest operating expenses. Franchised fast food restaurants and branded full service restaurants typically have lower food costs, Baglien said, because of their ability to buy in bulk.

But buying local is proving advantageous. By purchasing food from local farms, Baglien reduced Creekside's food costs by 4 percent. What's more, the addition of homemade pies increased dessert sales by 250 percent each month.

"In a full-service family restaurant such as ours, it is difficult to [lower] food costs because we are buying better quality product and there are a lot more moving parts. We have over 60 different menu items," Baglien said. "To a large extent anything we can do that is fresh food or to take advantage of local ingredients is how we are lowering our food costs and remaining competitive. There's a market for it. It's working well for us."

(Exerpt from Article "Restaurants Revamped" by Tiffany Wlazlowski of STOPWATCH Magazine.)



GOVERNMENT OFFICE Phone: 800-929-8229

NOVEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Food Bank 9-12 pm	10	11	12 Drum Group Practice @ Block House 6:30 Pot	13 Tribal Elders Dinner 3:30- 6:30
14 General Council Meeting 10 am	15	16	17	18	19	20
21 AA Mtg	22	23 Food Bank 1-4 pm	24	25 CLOSED THANKSGIVING	26 CLOSED	27
28 AA Mtg	29	30				

GOVERNMENT OFFICE

DECEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Drum Practice Blockhouse 6:30	4 Food Bank 9-12 pm By Appointment
5 AA Mtg	6	7	8	9	10	11
12 AA Mtg	13	14 Food Bank 9-12 pm	15	16	17	18
19 Drum Practice 3:30 pm AA Mtg	20	21	22	23 OFFICE CLOSED @ 2 PM	24 CLOSED CHRISTMAS	25
26 AA Mtg	27 CLOSED	28 Food Bank 1-4	29	30	31 CLOSED NEW YEAR'S EVE	

Fall Health Fair

With fingers of fog encircling cars and leaves scampering across the road the staff of Cow Creek Health and Wellness Center made their way to the Health Fair venues. The clinic was privileged to hold three Health Fairs this year. The first one was held in Redmond October 16. The second one was a new location for the clinic. It was held at Kelso and Port Angeles, Washington. It was nice visiting with the tribal members in the Washington area. The third Health Fair was held at the Block House in Canyonville.

The staff set up the displays on exercise, nutrition, contact health, and the staff of the wellness clinic. Various pamphlets and handouts on exercise and nutrition were available. There was a handout on how many calories are in the various soft drinks and coffee drinks. Some of the drinks had enough calories for a whole day of food. Contract Health had applications for the coming year for the tribal members to fill out and leave with the staff member. Several nice door prizes were given to the tribal members.

Blood pressure and blood sugar, and cholesterol and HgbA1C tests were done. A special scale for body composition analyzer was also available. The results of the tests were explained by a staff member and also handed to the tribal member. The all important flu shot was given to tribal members ranging from children to elders.

The catered lunch was a time to relax, and guest speakers spoke about contract health, mental health, and the new Diet Free program being offered by the clinic. Later a tribal member mentioned that she had quit smoking since the last time the Fall Health Fair was held. Another member mentioned that they had lost over 25 pounds. It was good to renew acquaintances with everyone. Families were having little mini reunions. The Fall Health Fairs are a wonderful way to end the year.



Contract Health News (continued on Page 11)

Contract Health Services would like to thank everyone for a job well done. May you and your families be blessed as we go into this holiday season and New Year!!!

Please read your application packet, complete and return ASAP.

2011 APPLICATIONS ARE DUE NOW. Hard to believe another year has just about come and gone. If you have not received a new 2011 CHS application and live within the seven county service area, please contact Contract Health Service at 541-672-8533 (option 1) for an application. Applications are required for each individual using CHS, by Federal regulations, each year, prior to PO being issued and to assure eligible for services. Note: if your CHS application has not been received by 12/31/10, your CHS services will be put on hold until your application has been received.

Announcements

Births/New Enrollments

Rheanna Nichole Ziegler, Chloe Grace Nicklason,
Mikayla Jean Brim, Kade Aaron Croucher

Obituaries

No Deaths Reported

Contract Health News (continued from page 10)

Something NEW: Please call 1-2 business days, in advance, for purchase orders. It is important to know the name of the business that you are going to as most doctors and dentists are listed under the business name and the location of the business (name of the town). It is the tribal member's (parent or guardian's) responsibility to call for their own purchase orders before each visit. PO#s must be issued before each date of service.

If you receive a statement and it doesn't have CHS as the payor of last resort information on that statement, please call the provider and give them our address and telephone number so they can bill CHS. This will speed up payment and keep you from receiving late payment notices and/or bad debt letters.

NEW CHANGE: If you live within the seven county service area and have Nesika as your primary coverage please follow the guidelines set forth by Nesika starting January 1, 2011 that were mailed 10/01/10 from Nesika. If you have questions call Elizabeth or Amy. (541) 672-8533 option 1. Contract Health will be sending out instruction cards later this month that you can show providers that explains how they need to bill Contract Health Service. This should make the process much easier.

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 legal documents and 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.

Cow Creek Band of Umpqua Tribe of Indians
2371 NE Stephens St. Suite 100 Roseburg, OR 97470
Phone: 541-672-9405 Fax: 541-673-0432
Toll Free: 800-929-8229



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com