

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 21—ISSUE 1

January 2011

Inside this issue:

Health	2-3
Tribal	4
Life	5
Health/Calendar	6-7
Business	8
Announcements	9

2011 Tribal General Council Meeting Schedule

Tribal General Council Meetings for 2011 have been scheduled as follows:

February 13, 2011

May 15, 2011*

August 14**

November 13, 2011

**Nominations Meeting*

*** Annual Election Meeting*

All General Council Meetings will begin at 10:00 am in the Cow Creek Tribal Government Offices located at 2371 NE Stephens Street, Roseburg, OR. A buffet lunch will follow the General Council meeting.

Election Procedure Changes

Prior to the 2010 Tribal Election, the Tribe was notified by the Superintendent of the Siletz Agency, Bureau of Indian Affairs, that upon legal advice from the Office of the Regional Solicitor, U.S. Department of the Interior in Portland, Oregon, the Bureau of Indian Affairs could no longer actively participate in the processes of Tribal elections.

Due to this change, the Cow Creek Tribal Election Ordinance procedures are currently being reviewed and revised by the Cow Creek Tribal Election Committee and Tribal Board of Directors. Upon completion of this revision, tribal membership will be notified.

Housing Assistance

Cow Creek Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept applications for the Low Income Rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe. This program can assist eligible tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free homes.

Applicant must maintain an updated application annually for this program.

Tribal Down Payment/Repair Assistance Housing Program

The Tribal Down Payment/Repair Housing Program can assist tribal members with down-payment assistance or home repair assistance. This program is not restricted to the seven county service area.

Student Rental Assistance Program

The Student Rental Assistance Program is a program approved by the Board of Directors to assist full time tribal students who are attending an accredited college, university, or technical school. Space is limited for this program and is subject to availability of funds.

Should you have any questions, please do not hesitate to contact Justin Matheson at (541) 672-9405 or (800) 929-8229.

Special points of interest:

Government Office Hrs.:

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

Roseburg Clinic Hrs.:

Mon-Thurs 8am-5pm
Fri 8am-4pm
Open @ 1:00 on 1st Wed/
Month

Canyonville Clinic Hrs.:

Mon-Thurs 8:30-5:00
Education only on Fridays

Office Closures:

Presidents Day -Feb 21



How to Prepare for a Doctor Visit (Continued on page 6)



Why Preparation is Important

A Doctor's time with you is often limited. Preparing before you get to the doctor helps you use the time you have more efficiently. Creating lists and being prepared also helps if you are nervous, subject to "white coat syndrome" or just have a lot to discuss.

Make a Medication List

It is very important and wise to keep all your medications-both prescription and over-the-counter updated with your doctor. Many medications should not be combined. Providing your doctor with all your medications allows him/her to better serve your needs and keep you safer.

Make a Vitamin and Supplements List

The same reasons listed above are also true for the list of vitamins and supplements you are taking. Your doctor needs

Contract Health Instruction Cards

Cow Creek Tribal Members will soon be sent Cow Creek Contract Health instruction cards to share with medical providers. This card is only designed for information for providers on how CHS processes claims for tribal members. Contract Health Service (**CHS**) is a **payor of last resort and not an insurance company**.

Members living within the 7 county service area (Douglas, Josephine, Jackson, Coos, Lane, Deschutes and Klamath counties) these instruction cards are for both medical and dental services.

Members living outside the 7 county service area these instruction cards are for your dental services only.

The information provided on these cards will guide your providers on how to bill Cow Creek Contract Health Services (CHS) and what information is required to process claims. This should speed up the process and cut down on the time CHS spends trying to get all the needed information on claims.

PUCHASE ORDERS (PO'S) ARE REQUIRED FOR EVERY VISIT.

ALL PO'S ARE DATE SENSITIVE AND CAN'T BE USED FOR A DIFFERENT DATE. IF YOUR VISIT IS RESCHEDULED YOU WILL NEED A NEW PURCHASE ORDER FOR THE NEW DATE OF SERVICE.

If CHS has not received your 2011 application for CHS services you are not eligible for services until you're application has been received in the CHS office. This is a requirement in the federal guidelines for eligibility.

REMINDERS:

- It is the member's responsibility to call **2 to 3 days in advance** for a PO#.
- Know the name of the Provider's office and the doctor's name when calling in.
- It is the patient's responsibility to keep CHS informed. If you have no other coverage, or your coverage changes and you fit the income criteria you could get coverage from Contract Health. Failure to provide us with this information can make you responsible for claims you may have thought were covered.
- All MRI's, DEXA Scans and surgeries require prior authorizing from the Resource Management Committee (RMC). **Once the test or surgery has been approved through RMC, members still need to call for a PO# for the appointment to be covered.**

If you have a question about services call CHS at 541-672-8533 (option 1).

Remember the Cow Creek Health and Wellness Center has clinics in Roseburg and Canyonville. The clinic has your medical and mental health needs as a top priority and provides a nationally accredited Diabetic Prevention Program that has won awards. Come in or call to check out the services provided by the CCH&WC.

Over the Counter Program Resumes in January 2011

Beginning January 3, 2011, enrolled Tribal members will again be able to access the Over-the-Counter (OTC) program. Covered items include preventative products. This program does not cover prescriptions or personal care products. For more information regarding covered and non-covered items, please go to our website at www.cowcreek.com click on Health then Over-the-Counter Program.

The Tribal Member must be enrolled to receive this benefit. Each enrolled Tribal Member 18 and older is eligible for \$100 per calendar year; under 18, \$50.

Only the items authorized on the Purchase Order may be picked up. Obtaining non-covered or non-authorized items will result in a loss of benefit for this program.

The cut-off date for 2011 OTC requests is November 15, 2011. Please allow 24 hours for your request of five items or minimum of \$25.00 to be processed. Requests are to be made in advance and will not be accepted if made from the store or pharmacy. Faxed and e-mailed requests are gladly accepted. When faxing or emailing, please call the program coordinator to confirm the information was received.

For self-pay reimbursement, please include the following:

- Name(s) of tribal member(s), phone number and mailing address
- Legible receipts showing the date
- If highlighting, use yellow only; it is better to bullet an item rather than highlight it
- Separate OTC items from regular grocery items i.e., subtotal or obtain separate receipt
- Self-pay reimbursement receipts may be submitted at any time for the current year. The cut-off date does not apply. However, receipts must be received by January 15th of the next year for the current year.



If you have any questions, please contact Tamara Robinson, Over-the-Counter Tribal Prevention Program Coordinator at 541.839.1347 or trobenson@cowcreek.com.

CHILD CARE ASSISTANCE PROGRAM

Applications are continuing to be accepted for the Tribal Child Day Care Program. This program is funded by the Aid to Children and Families Health and Human Services and is restricted to the seven county service area which includes 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. If qualified, the family may be placed on a waiting list. If you have any questions please contact Rhonda Malone at the tribal office (541) 677-5575.

Tribal Employees Key To Umpqua Indian Foods Success



Two tribal members working at Umpqua Indian Foods are helping the company grow sales to record levels. Jake Ansures and Tabbitha Champney filled open positions at Umpqua Indian Foods earlier this year.

Jake started at UIF in an entry-level position in January and worked his way up to earning an account manager position. Jake is currently responsible for sales & marketing of UIF products to the commercial retail segment. "Shortly after Jake came on the job at UIF his supervisor took notice. Not because he is tribal but because he possesses a strong work ethic and has a passion to be successful in life," stated Kernin Steinhauer, UIDC Director of Organizational Development and Marketing.

Tabbitha Champney joined UIF last June in an administrative capacity is UIF's Retail office manager. Tabbitha is responsible for managing the retail store and office. This includes inventory management, financial reporting and retail customer service. Tabbitha also assists Judiann Buhl with UIF's social marketing presence on Facebook and UIF's web site marketing efforts. Tabbitha's genuine welcoming presence teamed with her professional skills have proven to be a welcome asset to UIF.

Since Jake and Tabbitha have joined UIF they have made a very positive impact on the company. Umpqua Indian Foods will end the year with the best financial performance in the history of the company.

Other UIF News

UIF is launching a new jerky product called *Jerky for Life*. JFL was engineered in the R&D lab at UIF and is made with no added sugar or artificial ingredients. "The product was designed for people with dietary eating concerns, especially those affected by diabetes" says Jake Ansures. UIF is shipping pre-launch release orders to interested clients and market testing indicates *Jerky for Life* will be hot seller.

The Brew Pub product line is now being sold at Stix sports bar at Seven Feathers Casino Resort. This line has been a strong seller since it was launched in 2009. Brew Pub is brined in non-alcoholic beer extract along with carefully selected natural seasonings and natural preservatives. Brew Pub is quickly becoming a success on its own.

Private Tyler Jasper Graduates

A Tribal Member and 2010 Graduate of Riddle High School graduated from Marine Recruit Training at Camp Pendleton in San Diego, CA on October 15, 2010. Tyler is the son of Tammy L. Anderson-Jasper and grandson of Linda and Robert Van Norman. He has enlisted for 4 years in the United States Marine Corps and is now in Charlotte North Carolina for more advanced training and schooling to pursue a career in Computers and Electronics.



Financial Class Offered in March



Dave Ramsey's Financial Peace University classes are being offered at the Cow Creek Tribal offices in Roseburg, Oregon. The classes will be held from 6-8 p.m. every Thursday evening beginning March 17, 2011 and continuing through June 9, 2011. *Dinner and child care will be provided.* All enrolled participants will receive Dave Ramsey's Financial Peace program including the DVD's and work books to take home and keep upon graduating the program. Normally this program costs \$100.00 to complete, but is **FREE** to our tribal families. The class topics will be:

Super Saving

Cash Flow Planning

Credit Sharks in Suits

Clause and Effect

Of Mice and Mutual Funds

Working in Your Strength

The Great Misunderstanding

Relating with Money

Dumping Debt

Buyer Beware

That's Not Good Enough!

From Fruition to Tuition

Real Estate and Mortgages

Class is limited to 25 participants (one program per family). Please contact Rhonda Malone with any questions. To enroll in this free class you may call Reggi at 541-677-5575 by February 7th.

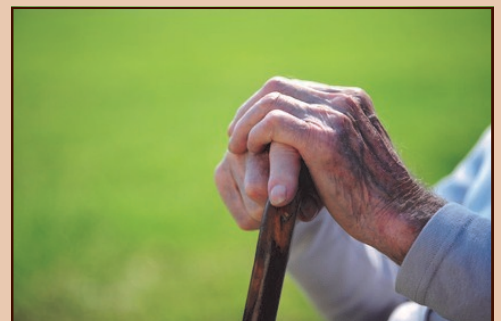
Seniors With Lower Incomes

Help with medical bills is available for people with low incomes and few assets. If you qualify, you can get help with most of the costs that Medicare doesn't cover. If you think you might qualify, you ought to apply. It's estimated that less than half of the people who are eligible for help sign up. Contact your local social Security Administration office or your state's Medical Assistance or Medicaid office, or call Cow Creek Health & Wellness at the number listed below.

Who's eligible?

Eligibility depends on your income, money you get from retirement benefits or other money that you report for tax purposes. The government also looks at your assets (for example, property other than your house). States set their own income eligibility levels, but the average is close to \$16,000 per year for an individual or \$21,500 for a couple.

For questions call Andrea Davis 541-672-8533



How to Prepare for a Doctor Visit (Continued from page 2)

a complete picture of all the things you are taking so that he can better prescribe medication and take care of your total health.

Make a List of Symptoms and When They Started

Even when you are making your appointment, the first thing they will ask you is why you need to be seen. Writing down when your symptom started, what the symptom is and whether it has gotten better or worse is a great opening line.

Make a List of Questions

Think about the things you wish to talk over with your doctor. Make sure to put the most important first in case time runs short. However, just by being organized you are saving time and showing your doctor you care about their time as well. After all, you are building a relationship with your doctor and it should be a good one.

Final Thoughts

Make sure your doctor seems unhurried when he/she is with you. I often ask my physician if he has time to listen or if he minds sitting down. Remember, you are paying for this visit and you want to use the time well. That is why if you are prepared before the visit, you will gain your doctors respect and use the time you have together more wisely.

New U-TRANS South County Bus Route Added

A Tribal representative attended many public meetings and worked diligently with the Douglas County Commissioners, ODOT and City Managers to make a new bus route in the South County area a reality. The funding was received through ODOT Grants, Tribal Grants, ODOT Special Transportation funds, City of Myrtle Creek, City of Riddle, and City of Canyonville.

The buses will run 6 times a day (Monday-Friday) which will consist of 3 buses in the morning –starting at 4:45 am, and 3 buses in the evening-the latest leaving Canyonville at 7:30 pm.

The Bus Fares are as follows:

One Way Passes	\$1.75
Day Passes	\$5.00
Monthly Passes	\$45.00 (Ages 18-59)
Senior/Disabled	\$28.00
Student Pass	\$30.00 (1st Grade Through High School)
UCC Pass	\$45.00 (Per Term, Purchased at UCC)

There are Commuter Routes (Planned Stops) and Flag Stops (stops on a route that are not regularly scheduled or designated stops).

Bus schedules are available on the internet at umpquatransit.com. They will also be posted at Myrtle Creek City Hall and Canyonville City Hall. For more information please call Umpqua Transit at 541-440-6500.

This is something the Tribe is extremely proud of, as it will be a benefit to all; Tribal employees, Tribal members, college students, elderly and the communities at large.

GOVERNMENT OFFICE

JANUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 CLOSED Martin L. King	18	19	20	21 Drum Practice 6:30 pm Block house	22
23	24	25 Food Bank 1-4 pm	26	27	28	29 Gathering of Oregon's 1st Na- tions
30	31					

GOVERNMENT OFFICE

FEBRUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Food Bank by appointment only
6	7	8 Food Bank 9-12 pm	9	10	11	12
13 General Council 10 am	14	15	16	17	18	19
20	21 CLOSED Presidents Day	22 Food Bank 1-4 pm	23	24	25	26
27	28					

'Going Green' at 7F Hotel & Casino Resort

Seven Feathers Hotel and Casino Resort recently established a 'Green Team,' to look at where they could cut back on waste. They found several things which have reduced garbage and electricity use. It is all about changing your mind set about the way you do business. Soap dispensers have been placed in the hotel rooms to replace the individually wrapped bars of soap in the 'Going Green' campaign at the facility. The new wing of the hotel has all energy efficient lighting and the hotel staff have made efforts to keep lights turned off that are not in use.

Efforts to go green can save businesses money in the long run and 7Feathers is seeing the savings after just six months. Even with the recent addition of the new hotel, spa, and buffet, the casino has managed to save over 275,000 kilowatt hours of electricity. The biggest waste reduction change was made in the hotel rooms. The hotel used to go through 175,000 individually packaged soaps and shampoos every year. Recycling bins have been placed in areas around the building to promote recycling and the slot machines on the casino floor have L.E.D. lighting. The 'Green Team' is now working on ways to reduce waste in food services. 'Going Green' has saved the casino money and it will continue to do so in the future. A small investment can reap big rewards.



K Bar Ranch: Agriculture Looks Promising for 2011



As Southbound travelers descend down Roberts Mountain, a magnificent view of "Round Prairie" opens up to the West. Most travelers might not know that this property is the headquarters for K Bar Ranches, the Cow Creek Tribe's agricultural business unit of UIDC. Beyond round prairie, the Tribe has acquired several select pieces of agricultural land that when combined total approximately 4,000 acres that make up K Bar Ranches.

Presently, K Bar is running approximately 1,800 head of feeder calves which will be taken to market in the fall. K Bar's livestock consistently brings premium returns due to the outstanding quality of the herd. The livestock portion of the ranch is a critically important component of the

ranching operation in terms of financial performance. K Bar has diversified its business to include raising substantial crops of orchard grass and alfalfa hay. In addition, K Bar sells bale wrap machines and wrapping material to area farmers and also buys, repairs and sells farming equipment. This year K Bar has planted several suitable fields in wheat since the wheat market is projected to bring a good price in 2011.

Ranching operations are headed up by K Bar General Manager Tim Bare. Tim reports that this year's livestock herd has been fully hedged and is optimistic that K Bar Ranches will exceed budgeted earnings in 2011.

Tribal members can take pride in knowing K Bar is one of the most respected ranches in the Pacific Northwest.

Announcements

Births/New Enrollments

Emma Sue Burchett, Keegan Patrick Sturgeon

Obituaries

Robert Lee Davis, Donald Charles Allan, Tracy Kiewiz (husband of Jo Lynn Kiewiz), Barbara Jean Hill, Gabriel Christine Bell

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** to the Government offices. Reimbursement checks will be distributed upon receipt. To request an **SSA-1099** or 2010 Benefit Statement, please contact your local Social Security Administration office.

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 of payment.

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 Andrea Davis, Benefits Coordinator at (541) 677-5533.

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