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## Special points of interest:

### Government Office Hrs:

Mon-Thurs 8:00am–5PM  
Fri 8:00am–4:00PM

### Roseburg Clinic Hrs:

Mon-Thurs 8:00am–5PM  
Fri 8:00am–4:00PM  
Walk in 8:00–9:00 am  
Same Day Appt. 1:00–2:00

### Canyonville Clinic Hrs:

Mon-Thur 8:00–5:00  
Walk in 8:00–9:00 am  
Same Day Appt. 1:00–2:00  
Education only on Fridays

### Holiday Office Closures:

Nov. 24 & 25th Thanksgiving  
Dec. 22nd @ 2:00 PM  
Dec. 23–26 Christmas Holiday  
Jan. 2 New Years Holiday

## Annual Cow Creek Tribal Elder's Fall Dinner 2011

The Cow Creek Tribal Elder's dinner was held at Seven Feathers Hotel and Casino Resort November 12, with approximately 100 guests attending. Cow Creek's own Thundering Water Drum Group opened the dinner and closed the night's activities with several songs. Dinner



Tribal Elders (left to right) Sue Shaffer (89), Rena Cox (94), Walt Lerwill (89), Esther Gatewood (92)

entertainment was provided by Joe and Kathaleen Ross also known as The Zephyr Duo, local members of the Roseburg community. Robert VanNorman, who won the Pendleton Blanket, talked about tribal members and families who have served in the United States Military past and present. Robert also showed a short video of pictures from our veteran's active duty days. A raffle was held at the end of the evening.

Tribal elder's Rena Cox (Union, Oregon), Sue Shaffer (Canyonville, Oregon), Walt Lerwill (Terrebon, Oregon) and Esther Gatewood (Mill City, Oregon) all eldest of the elders were present for the night's activities. All elders received a gift at the end of the program.

Cindy Delay, who scheduled the activities and the three tribal teens Thomas Sertain, Jay Buschmann and Brittney Malone who served the elders, all worked very hard at making the night a success!



## Fall Tribal Gardens Update

Fall has been very busy at the Tribal Gardens. The soil has been worked down in preparation for planting fruit trees in the orchard section. Hazelnut trees will also be planted along the border of Yokum Road to provide for a visual break. Tree planting is scheduled to begin by December. A road and parking lot have been constructed to prepare for Tribal member gatherings and picking events. For more information on the Tribal Garden call Amy Amoroso, Natural Resources Director, at 541-677-5575.



A view of the beautiful soil, new parking area and access road for the Gardens.



Stakes along the Yokum Road fence line marking areas for Hazelnut trees.

## HAPPY 10<sup>TH</sup> BIRTHDAY UIUC !!!

**On October 1, the Umpqua Indian Utility Cooperative celebrated its 10<sup>th</sup> year anniversary.**

The Cow Creek Band of Umpqua Tribe of Indians formed Umpqua Indian Utility Cooperative (UIUC) in 2001. The Tribal Utility is located adjacent to I-5 in North Canyonville, Oregon.

UIUC purchases and directs Bonneville preference power at two locations in Canyonville, the North and South points of delivery. UIUC has also installed its own electrical distribution infrastructure and distributes power to 167 metered locations. In addition to electricity, the utility provides water as well.

In 2008, UIUC diversified further by building a water system with impoundment, pumping and storage facilities to provide both water (potable and irrigation) and wastewater treatment services to tribally owned businesses in the Canyonville area. The businesses are the Seven Feathers Hotel and Casino Resort, Seven Feathers Truck and Travel Center and the Seven Feathers RV Resort.

We can all be very proud of the fact that UIUC is the first utility in the Northwest owned and operated by a Native American Tribe.



## Contract Health News/Halloween Event

Halloween came and went but not without the Maternal Child Health Dental Halloween Event held at the Bare Park. The sun came out and the children visited the their pumpkins before playing the carnival a Halloween bag or bucket with dental sup- and floss. Halloween straws and various other Tribal drummers played the drum and the flute. A healthy lunch was served and the children continued to play in the park. All in all it was a perfect day with 94 in attendance.



pumpkin patch and decorated games. The children were given plies: toothbrush, toothpaste items were also included. The



Have a Happy Thanksgiving from (Gina and Elizabeth, CHS).

November is here and the CHS applications for 2012 were sent to qualifying Tribal families. Please complete an application for each tribal member in your home and **return before 1/1/12 to continue to be eligible for CHS benefits.**

Please read the letter enclosed with the application for information on changes to the CHS program. Please call (541) 672-8533 option #1 if you have questions.



## UIDC Businesses Showcased at National Congress of American Indians

Native American Tribes from across the nation traveled to Portland, Oregon last week to attend the National Congress of American Indians. Approximately 5,000 were in attendance for the event held at the Portland Convention Center. The conference offered numerous educational and networking tracks for Tribal leaders and also an exhibition hall where three UIDC businesses were showcased.

Umpqua Indian Foods was represented by Judiann Buhl and Jacob Ansures, Casey Padilla represented Seven Feathers Hotel and Convention Center while Roger Daniels, Kaitlin Estabrook and Bill Nagy represented Creative Images. Kernin Steinhauer also attended from UIDC. Two booths were set up featuring the three companies and proudly displayed the Cow Creek Tribal seal.

Umpqua Indian Foods sold over \$3,000 of jerky product and made numerous contacts with other Tribes interested in purchasing wholesale for resale in their tribal establishments. Creative images showcased the very popular Seven Feathers TV spots and found several tribes were interested in the possibility of syndicating the commercials. Seven Feathers Convention Center and Hotel received high praise from people familiar with the property and a genuine interest from those who were not.

Business contacts were made with Northwest Tribes which will help in developing Tribal business to business relationships for UIDC businesses.

This year was the 68<sup>th</sup> anniversary of the NCAI conference.



## Fall Health Fair 2011

On a cool, crisp autumn morning the Cow Creek Health and Wellness Center staff eagerly climbed aboard the vans to wend their way to the Fall Health Fairs in Kelso, WA, Port Angeles, WA, and later Redmond. They anticipated the visit with the tribal members and presented important health information.

Colorful boards presenting facts on exercise and cancer prevention, and tobacco cessation were displayed. In front of the boards, pamphlets were displayed telling about cancer prevention or the importance of exercise and diet. Give aways were also available for the tribal members to choose.

Flu shots were given to tribal members (toddlers to elders). Many tribal members took advantage of the flu shot availability. Blood pressure checks, blood sugar, and cholesterol readings were also taken and given to the individual members. "A Passport to Living Well" was given to each tribal member and the readings were written in the Passport. Other health information was presented in the Passport.

A catered lunch was brought to each Health Fair. Family members gathered around the table and ate and visited with one another. Tribal members again told how glad they are for the Cow Creek Health and Wellness Center staff to come every year and present important health information and give flu shots. One tribal member shared with us how her cholesterol level was high last year so she lost weight and quit smoking. The tribal member was excited about her achievement and feeling of well-being. The staff rejoiced with her, and gave her further encouragement. The Cow Creek Health and Wellness Center wants to continue to meet the tribal members' needs and concerns. Please feel free to contact the staff with any suggestions.



## Elders Luncheon



The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians have invited the Cow Creek Tribal Elders to a luncheon on Thursday, December 1, 2011. The event will take place in the Community Building at 338 Wallace Street. in Coos Bay from 12:00 PM to 3:00 PM and lunch will be served at 1:00 PM.

Please feel free to bring your favorite dessert to share. There is also a gift exchange for those who wish to participate. Please mark your gift for a male or female.

Limited transportation will be provided and will leave the Cow Creek Government Offices at 10:00 AM. Please contact Janet Cooper at 541-677-5575 by Monday, November 21, 2011, to RSVP and to reserve a seat on the bus, if needed.

# November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Youth Program 430-6 PM Gov Boardroom	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> JOM Mini Powwow 4 PM dinner, 6 PM Grand Entry
<b>6</b> Daylight Savings AA Mtg 6 PM Gov Office	<b>7</b>	<b>8</b> Food Bank 9-12 PM Youth Program 430-6 PM Gov Boardroom	<b>9</b>	<b>10</b>	<b>11</b> Drumming @ Block House 5-7PM	<b>12</b> Elder's Dinner @ 7Feathers 330-730 PM
<b>13</b> AA Mtg 6 PM Gov Office General Council Mtg 10 am Gov Office	<b>14</b>	<b>15</b> Youth Program 430-6 PM Gov Boardroom	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> AA Mtg 6 PM Gov Office	<b>21</b> Reservation deadline for Elders Lunch	<b>22</b> Food Bank 1-4 PM Youth Program 430-6 PM Gov Boardroom	<b>23</b>	<b>24 Closed Thanksgiving</b>	<b>25 Closed Thanksgiving</b>	<b>26</b>
<b>27</b> AA Mtg 6 PM Gov Office	<b>28</b>	<b>29</b> Youth Program 430-6 PM Gov Boardroom	<b>30</b>			

# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Elders Luncheon @ 12 PM	<b>2</b>	<b>3</b>
<b>4</b> AA Mtg 6 PM Gov Office	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> AA Mtg 6 PM Gov Office	<b>12</b>	<b>13</b> Food Bank 9-12 PM	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> AA Mtg 6 PM Gov Office	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Office Closed @ 2 PM	<b>23</b> Office Closed Holiday	<b>24</b>
<b>25</b> <b>CHRISTMAS DAY</b>	<b>26</b> Gov Office Closed	<b>27</b> Food Bank 1-4 PM	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

## Nesika Plan Changes for Tribal Members

It is that time of the year again! Nesika Health Group plan changes update. Many factors are taken into consideration when we evaluate the Plan and determine what changes need to be made to the benefits. As always, we try to make as few changes as possible.

*The following are the changes that will be in effect on January 1, 2012:*

### **DEDUCTIBLE CHANGES**

The deductible for our Cow Creek Tribal members that are on Nesika will remain at \$300 per individual and \$1200 will be the maximum family deductible. However, **there will no longer be a deductible carry-over.**

In the past, eligible expenses incurred in the last three months of a Plan Year and applied towards that year's Deductible could also be carried forward and applied towards the person's Deductible for the next Plan year.

This is no longer the situation. There will be no Deductible carried forward to Plan Year 2012. All Deductibles will be applied only for that Plan year. So each year, the deductible will need to be met, regardless of when in the Plan Year it was incurred.

The other changes to the Plan will be listed under Medical Limitations and Exclusions in your Summary Plan Description.

Educational or Vocational Testing or Training will now read – "Testing and/or Training for educational purposes or to assist an individual in pursuing a trade or occupation." This means any treatment, therapy, teaching technique or program for remedial education or habilitative training, which is principally intended to overcome, compensate for or improve any non-organic learning impairment, genetic counseling or testing or treatment concerning inherited (genetic) disorders.

As always, if you have any questions regarding these Plan changes or regarding Nesika, please contact a representative at 800-284-9917 or 541-677-5508.

## Quitting Smoking: Some Special Concerns

### **WEIGHT GAIN**

Many smokers do gain some weight when they quit. But even when steps aren't taken to try to prevent this, the gain is usually less than 10 pounds. Women tend to gain slightly more weight than men. There is some evidence that smokers will gain weight after they quit even if they do not eat more. There are some studies that suggest that nicotine replacement therapy or bupropion may help delay weight gain, but they don't prevent it.

For some people, a concern about weight gain can lead to a decision not to quit. But the weight gain that follows quitting smoking is usually very small. **It is much more dangerous to keep smoking than it is to gain a small amount of weight.**

***You are more likely to quit smoking successfully if you deal with the smoking first, then take steps to reduce your weight later.***

### **TRY WALKING**

Walking is a great way to be physically active and increase your chances of staying quit. Walking can help you by:

- ◇ **Reducing stress**
- ◇ **Burning calories and toning muscles**
- ◇ **Giving you something to do instead of thinking about smoking**

### **STRESS**

Smokers often mention stress as one of the reasons for going back to smoking. **Stress is part of life for smokers and non-smokers alike.** The difference is that smokers have come to use nicotine to help cope with stress and unpleasant emotions. When quitting, you have to learn new ways of handling stress. Nicotine replacement can help for a while, but over the long term you will need to find other methods for dealing with stress.

Remember that tobacco users have a higher risk for other cancers as well, depending on the way they use tobacco. If you have any health concerns that may be related to your tobacco use, please see a health care provider as soon as possible. Taking care of yourself and getting treatment for small problems will give you the best chance for successful treatment.





**November is Proclaimed American Indian Month**

STATE OF OREGON  
**PROCLAMATION**  
OFFICE OF THE GOVERNOR

**WHEREAS:** Our country is home to an ancient, noble and enduring native culture. By working together, government to government, on important education, economic and energy initiatives, we strengthen Oregon and help build a future of hope and promise; and

**WHEREAS:** National American Indian Heritage Month honors the contributions and accomplishments of American Indians and Alaska Natives. We remember the legacy of the first Americans and celebrate their unique economic, spiritual, artistic, and literary contributions, customs and celebrations that enrich our land; and

**WHEREAS:** The heritage and contribution of Native Americans and Indian tribes help make Oregon economically, culturally and spiritually stronger; and

**WHEREAS:** There are nine federally recognized tribes in Oregon. Each of these tribes have collaborated with state and federal agencies and continues to develop active partnerships with surrounding communities; and

**WHEREAS:** The month of November will be a time for Oregonians to celebrate the heritage, culture, spirit and contributions of American Indians.

**NOW,**

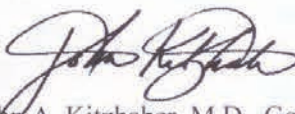
**THEREFORE:** I, John A. Kitzhaber, M.D., Governor of the State of Oregon, hereby proclaim **November 2011** to be

**NATIONAL AMERICAN INDIAN  
HERITAGE MONTH**

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, October 18, 2011.



  
John A. Kitzhaber, M.D., Governor

  
Kate Brown, Secretary of State

## Food Bank



Food Bank will be open during the general council meeting on November 13, so those traveling can pick up their food either an hour before or an hour after the General Council Meeting .

The regular food bank days/hours are the 2<sup>nd</sup> Tuesday of each month from 9am to 12PM, and the 4<sup>th</sup> Tuesday of each month from 1PM to 4PM. Contact Cindy Delay for more information. 541-677-5575.

## Student Rental Assistance Program Update

The Student Rental Assistance Program is a program approved by the Cow Creek Band of Umpqua Tribe of Indians Board of Directors. This program is run through the Housing Program and funded by a HUD grant. Funding is limited for this program and will be awarded to qualifying low-income tribal students. 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 of up to \$250.

At this time funding is still available due to ineligible applications and/or incomplete paperwork as requested by the Housing program.

To receive an application packet for the 2011-2012 school year, contact the Tribal Housing Program at 1-800-929-8229.



## Project Warmth

This program reimburses the cost (up to \$25) for one pair of shoes and one coat (up to \$25) per year for enrolled Tribal children ages 0-16 .

Please use the website ([www.cowcreek.com](http://www.cowcreek.com)) to access an application or call our office at 541-677-5575 to have one sent to you, then mail the completed application and receipt (if you choose to highlight , please use a yellow or light color pen) to Cindy Delay, at 2371 NE Stephens St, Roseburg, OR 97470.



## LIHEAP—Low Income Home Energy Assistance Program



With the cold weather quickly approaching keep in mind our LIHEAP program will begin Nov 1 for tribal Elders', and Nov 15 for the general tribal membership. Applications are available at [cowcreek.com](http://cowcreek.com) under the Human Services tab or by requesting one from the tribal office. Please include all of the documents listed on the cover sheet to help speed up the approval process. Contact Cindy Delay for more information 541-677-5575.



## Over-the-Counter Deadlines

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2011. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2011 reimbursement must be received by January 15, 2012.



**For self-pay reimbursement, please include the following to prevent payment delay:**

- ▶ 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.

When faxing or emailing receipts, please call the program coordinator immediately to confirm the information was received.

**Please send OTC receipts to:**

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

**It has been our privilege to assist each of you this year in obtaining your OTC preventative products.**

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 3, 2012

If you have any questions, please contact Tamara Robinson at CCHWC 541.839.1347, 800.935.2649 option 2 or [trobenson@cowcreek.com](mailto:trobenson@cowcreek.com).

## 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, 2010. Anyone enrolling at the Annual Open enrollment may be subject to the 18-month preexisting condition period.

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

4th Annual

# "GATHERING OF OREGON'S FIRST NATIONS"

Save the Date!

January 28, 2012

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



A bus has been Scheduled to take Tribal members to the 4th Annual "Gathering of Oregon's First Nations" celebration. The event will be from 12:00 PM until 9:00 PM. The bus will pick up passengers at 8:30 AM at Seven Feathers Casino in Canyonville, at 9:00 AM at the Government Office in Roseburg and at 10:00 AM in Springfield (Exit 194A) at Shari's Restaurant. The bus will be returning to the Roseburg/Canyonville area at 5:00 PM. There is limited seating available and you will need to be on the list to get on the bus. If you are interested in attending this event and would like to reserve a seat on the bus, please contact Donna at 541-672-9405 by January 13, 2011.



## Announcements

### Births/New Enrollments

No Births were reported for this period

### Obituaries

No deaths were reported for this period

## Tribal Member Internship Available

DOE's Tribal Energy Program is seeking current college upper-classmen and graduate students for summer 2012 internships. Students must be U.S. citizens and Native Americans (defined as a member of a federally recognized tribe, Alaska Village, or Alaska Corporation) with specific interest in renewable energy.

To apply, download the attached application form at <http://apps1.eere.energy.gov/tribalenergy/internships.cfm> and send it to the attention of Sandra Begay-Campbell, Sandia National Laboratories, P.O. Box 5800, Albuquerque, NM 87185. **Applications must be postmarked by February 17, 2012.**

## Scholarship Opportunity



The Truman D. Picard Scholarship Program, dedicated to the support of Native American students pursuing a higher education in Natural Resources, is accepting applications. For more information and application instructions visit [www.itcnet.org](http://www.itcnet.org) or call (503) 282-4296. Applications are due January 27, 2012.

## Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet 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 and Phone Number Updates

Tribal members are encouraged to maintain a current address and phone number 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](http://uidchr.com)

Visit us online @ [cowcreek.com](http://cowcreek.com)