

# KIUYUM-ID



We will be known forever  
by the tracks we leave.

VOLUME 22—ISSUE 1

January 2012

## Inside this issue:

Tribal	1-3
Health/Calendar	4-5
Health/Tribal	6-7
Programs/Tribal	8-9
Tribal/Announcements	10-11

## 2012 Tribal General Council Meeting Schedule

Tribal General Council Meetings for 2012 have been scheduled as follows:

**February 12<sup>th</sup> 10am**

**May 20<sup>th</sup> 10am - Nominations Meeting**

**August 12<sup>th</sup> 10am—Annual Election Meeting**

**November 11<sup>th</sup> 10am**

All General Council Meetings are held at the Cow Creek Tribal Government Offices located at 2371 NE Stephens Street, Roseburg, OR. A buffet lunch will follow the meetings.



## Elizabeth Furse Speaks on Tribal Sovereignty (continued on pg 3)

Congresswoman Elizabeth Furse was the featured speaker on a presentation to Tribal employees on Tribal Sovereign Rights and Native History. Employees from the Government Office, Seven Feathers Resort and other Tribal businesses were provided information on what sovereign rights were and how they are upheld in the US Constitution, Supreme Court decisions and through the congress.



The former Congresswoman who represented Oregon's 1<sup>st</sup> District during the 1990's provided a detailed examination of Article VI, Clause 2 of the US Constitution which reads "This Constitution, and the Laws of the United States which shall be made in Pursuance thereof; and all treaties made, or shall be made, under the Authority of the United States, **shall be the Supreme Law of the land**; and the Judges in every State shall be bound thereby, anything in the Constitution or Laws of the State to the contrary notwithstanding."

According to the US Constitution, Furse said, "tribes are more sovereign than states." Under the constitution, only the federal government and tribes can enter into treaties, pointing out that states do not have that right.

Further she explained, "Tribes were the original inhabitants of what is now the United States. Tribes were not **given** rights or reservations by the federal government, these were inherent and retained by the native governments." Furse gave the

### Schedules:

#### Government Office Hrs:

Mon-Thurs 8 AM–5 PM  
Fri 8 AM–4 PM

#### Roseburg Clinic Hrs:

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

#### Canyonville Clinic Hrs:

Mon-Thurs 8 AM–5 PM  
Walk in 8–9 AM  
Same Day Appt. 1–2 PM  
Education only on Fridays

#### Office Closures:

Jan. 16 MLK Jr. Day  
Feb. 20 President's Day

## Education Benefits for Veterans and Dependents

- Chapter 35 For dependents of veterans who are 100% service connected disabled. Benefit amount is \$957/mo. at full-time and is prorated for reduced enrollment &/or short months. Benefit is sent to student and designated to be used for tuition, fees, books, supplies, and other school related expenses.
- Chapter 30 Is for active duty veterans. Benefit amount is \$1473/mo. at full-time and is prorated for reduced enrollment &/or short months. Benefit is sent to student and designated to be used for tuition, fees, books, supplies, and other school related expenses. Benefit may also be more depending on the veteran's contract and contributions.
- Chapter 1606 Is for National Guardsmen/women and Reservists. Benefit amount is \$345/mo. at full-time and is prorated for reduced enrollment &/or short months. Benefit is sent to student and designated to be used for tuition, fees, books, supplies, and other school related expenses. Benefit may also be more depending on the veteran's contract, job, and contributions.
- Chapter 1607 Is for Guardsmen/women and Reservists who have served overseas. Benefit amount starts at \$589.20/mo. at full-time and is prorated for reduced enrollment &/or short months. Benefit is sent to student and designated to be used for tuition, fees, books, supplies, and other school related expenses. Benefit may also be more depending on the veteran's contract, job, length of time overseas, and contributions.
- Chapter 31 Is for veterans who are disabled due to their military service. There is a minimum percentage on the disability to qualify. Tuition, fees, books, and supplies are paid to the school. A monthly stipend, dependent on the number of dependents, is paid to the veteran. The stipend is also prorated for reduced enrollment and short months.
- Chapter 33 Also known as the Post 9/11 GI Bill. For Guardsmen/women, Reservists, and active duty persons who have served since September 2001. Benefit amount varies according to length of time served overseas. Tuition and fees are sent to the school. There is also a book allowance paid to the veteran at \$41.67/credit up to an annual maximum of \$1000, depending on eligibility. There is also a housing allowance paid to the veterans, the amount for this area is \$948/mo at full-time, based on eligibility, and is prorated for reduced enrollment &/or short months. This benefit also allows a soldier to transfer their benefit to a dependent. The amount is based on the veterans eligibility.



For more complete information on education benefits for veterans call your local Veterans Administration Office or the college/university you will be attending and contact the Veterans Benefit Office in student support services.



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  
1-800-422-0232This 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 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.

**Elizabeth Furse Speaks on Tribal Sovereignty (continued)**

example of Tribal rights as a bundle of sticks, each stick representing a different right. When tribes entered into a treaty with the Federal Government, they gave away some sticks (rights or property) but retained all of the other sticks not mentioned in the treaty.

Congresswoman Furse has presented this topic on prior occasions to the Tribal employees as part of an overall effort to educate the public on the importance of understanding and fulfilling the federal government's obligations to native people.

## Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

The response has been great!!! Thank you to everyone who has completed the survey thus far and to those of you who have set up a time to take the survey this next month.

We started the survey in mid-November and are approximately 50% complete with over 200 surveys having been completed to date. Each Tribal member who participates will receive a \$15 gift card and a summary of the results to be presented at a Tribal dinner this spring. Plans to call all Tribal members by the end of February are on track. If you have not yet received a call please know we are trying to contact everyone and will make at least 3 attempts. If you believe we do not have your correct phone number please call the Cow Creek Health and Wellness Center at 541-672-8533 so we can assure the NPAIHB has the correct number to reach you.

Our Tribal survey takes about 20-30 minutes and those who have taken it have told us the Northwest Portland Area interviewers made them feel comfortable, the survey questions asked were easy to understand and Tribal member's questions and concerns were followed up in a timely manner.

The healthcare needs of our Tribal members are vitally important so we can begin designing the services to be offered at our new Canyonville clinic as well as to provide insight into the programs and services we still need to develop and provide both in and out of the services area.

Thank you again for taking time to complete the survey as the information we gather is really going to make a difference in your healthcare services!

## First Aid/CPR Course Offered

The Cow Creek Health & Wellness Center is offering an AHA Heartsaver, CPR/First Aid/AED Course on Saturday, February 4, 2012 from 9:00 a.m. to 1:00 p.m. The class will take place in the Roseburg Clinic Located at 2371 NE Stephens, Suite 200. Pre-registration is required by February 1, 2012.

Contact Noreen Thompson, AHA BLS /First Aid Instructor at 541-672-8533 for more information or to reserve your spot in the class.



## Drum Practice Resumes



Drum practices are the second and fourth Friday of each month. We have changed our hours to 6 pm-8pm including a potluck, so bring a hot dish to share and your own drinks.

All Tribal families are invited to join us. This is a great time to gather with Tribal members, share a meal, and drum together. Bring regalia to work on too if you like. Hope to see you there!

Contact Rhonda Malone at 541-677-5575 if you have any questions.

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday Office Closed	3 4:30-6 PM Youth Prgm Gov Boardroom	4	5	6	7
8 AA Mtg 6 PM Gov Office	9	10 Food Bank 9-12 PM 4:30-6 PM Youth Prgm Gov Boardroom	11	12	13	14 Coho Spawning 9:30 AM @ 7F RV Park
15 AA Mtg 6 PM Gov Office	16 Office Closed MLK Day	17 4:30-6 PM Youth Prgm Gov Boardroom	18	19	20	21
22 AA Mtg 6 PM Gov Office	23	24 Food Bank 1-4 PM 4:30-6 PM Youth Prgm Gov Boardroom	25	26	27	28 Gathering of Oregon's 1st Nations in Salem
29 AA Mtg 6 PM Gov Office	30	31 4:30-6 PM Youth Prgm Gov Boardroom				

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 CPR/First Aid Class—Rsbg 9 AM
5 AA Mtg 6 PM Gov Office	6	7 Food Bank 9-12 PM Pink Shawl 4-6 PM 4:30-6 PM Youth Prgm Gov Board-	8	9	10	11
12 AA Mtg 6 PM Gov Office	13	14 4:30-6 PM Youth Prgm Gov Boardroom	15	16	17	18
19 AA Mtg 6 PM Gov Office	20 Office Closed President's Day	21 4:30-6 PM Youth Prgm Gov Boardroom	22	23	24	25
26 AA Mtg 6 PM Gov Office	27	28 Food Bank 1-4 PM 4:30-6 PM Youth Prgm Gov Boardroom	29			



## Medicare Reimbursement



Enrolled Tribal members and their spouse are eligible for reimbursement if Part B premiums were withheld from their Social Security benefit or are paid directly to Social Security at any time during the calendar year.

Tribal members **may choose monthly or annual reimbursement options**. Please note, any person(s) acting on behalf of a Tribal member must provide written proof they have permission to do so (e.g. Proof of Conservatorship, Power of Attorney, etc.):

Monthly reimbursement checks are made payable to the Tribal member and mailed by the **10<sup>th</sup> business day of each month**. Tribal members must enroll by providing a **SSA Benefit Statement which details the premium amount**. Tribal member must provide benefit statement for current year to be eligible for continued reimbursement.

Annual reimbursement is distributed to the Tribal member upon receipt of **SSA-1099** forms (provided to the Tribe by the Tribal member). Several notices are placed in the Tribal newsletter & reminder letters are mailed to all known, eligible Tribal members at the end of each calendar year.

**Yearly Benefit Statements and 1099 forms** may be obtained by contacting the local Social Security Administration office or by dialing **1-800-772-1213**.

For questions please contact Andrea Davis at 541-672-8533.

## Health Advisory Committee Member Vacancy

The Tribal Board of Directors has established a self-standing Health Advisory Committee to help the Tribal Board of Directors ensure that the Tribal Health Administration provides efficient and effective health care to Tribal members and other eligible persons.

The Tribal Health Advisory Committee shall have eight members with a majority of the Committee being Cow Creek Tribal members at least 18 years of age. A current vacancy on the committee needs to be filled:

### Vacant Position

One Tribal member, who receives primary care as a patient at the Cow Creek Health & Wellness Center, who has an interest in the area of healthcare and furthering healthcare services to Tribal members both in and out of the services area.

### The purpose of the Tribal Health Advisory Committee is as follows:

- ◆ To consider the application of scarce health care resources among competing health care priorities.
- ◆ To provide an advisory body to Tribal Board of Directors and Tribal Administration that is both responsive to the needs of the Tribal members and representative of their interests with respect to the allocation of available resources.
- ◆ To promote the delivery of quality health care to Tribal members in a manner that accords with Cow Creek's Tribal member needs and Tribal values.
- ◆ To represent the interests and desires of all Tribal members and eligible individuals.
- ◆ The Tribal Health Advisory Committee meets the first Monday of each month and receives both a mileage reimbursement and \$50 per month stipend.

To apply please send a letter of interest with any supporting health related experience or information to Dr. Sharon Stanphill, Health Director by February 15, 2012.

## Contract Health News

To be eligible for CHS services, you must live in the seven county service area (Coos, Deschutes, Klamath, Jackson, Josephine, Douglas, Lane) we must have a 2012 application on file. **IF WE HAVE NO 2012 APPLICATION ON FILE - NO PURCHASE ORDERS WILL BE GIVEN.**

**Q: When do I need to call for a purchase order number?**

A: **2-3 days before each visit.** All purchase orders are date sensitive and are only good for the day they are issued on. If you are rescheduled you need to call for a new purchase order.

**Q: If the doctor or dentist wants me to come back for follow up or to finish the procedure started on the first visit do I need a new purchase order number?**

A: Yes, each date of service requires a new purchase order.

**Q: Do I need prior approval for a MRI?**

A: Yes! Please call a week in advance because we will need to request chart notes. It will then go to the Resource Committee for approval.

**Q: Does surgery require prior authorization?**

A: Yes! Contact CHS one week prior to your surgery as we have to request chart notes and get approval through the Resource Committee.

**Q: If I'm breaking the law and get hurt does CHS cover the bills?**

A: No!

**Q: What is the in service area Vision Benefit?**

A: Every two calendar years \$500.00 is available. This covers eye exam, frames/lens and or 2 years of contacts.

**Q: What happens if I fail to call for a purchase order?**

A: The bill will be denied and you may have to pay for the service yourself.

**Q: Can the doctor or dentist call for my purchase order number?**

A: No! It is the patient's responsibility to call for their purchase order.

If you have any question's call 541-672-8533 (option 1) Elizabeth or Gina will be glad to help you.

## Anniversary Dinner for Federal Recognition set for April 28<sup>th</sup>

Tribal Members are encouraged to mark their calendars for Saturday, April 28, 2012 to attend the 30<sup>th</sup> Anniversary Dinner, celebrating 30 years of Federal Recognition.

**Invitations to the celebration dinner will be mailed to all Tribal members in mid to late March.**

"Coming Together in the Umpqua" is the theme of the anniversary celebration and will be focused on the economic, cultural and social accomplishments of the tribe during the past 30 years.

The tribe will be celebrating the 20<sup>th</sup> Anniversary of Seven Feathers during the month of April as well.

More information on scheduled anniversary events throughout the month of April will be forthcoming.

### 2012 Umpqua National Forest Passes Available



Tribal members have a unique opportunity to obtain camping and day use passes for Umpqua National Forest grounds. You may come into the Tribal Government offices to obtain your pass and instructions outlining the procedure for usage of the pass with a list of allowable campgrounds and trailheads. Passes are valid for the one calendar year. If you have any questions you may call Janice at the Government office front desk (541) 672-9405.

### Free Admission to Crater Lake National Park

Fee-free days for Crater Lake National Park in 2012 will be: April 21-29 (National Park Week), June 9 (Get Outdoors Day), September 29 (National Public Lands Day) and November 10-12 (Veterans Day Week-end).



### LIHEAP—Low Income Home Energy Assistance Program



With the cold weather quickly approaching keep in mind our LIHEAP program has begun for Tribal Elders', and is underway 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.

### Attention Tribal Veterans



Planning is currently underway for the 30 year celebration of Tribal recognition. We are in need of additional photos of Tribal veteran's. Please send a photograph of you during your time in the service (copies only) and include on the back your name, conflict, branch of service and years served. The photos will be made into a new slide show and will be viewed at the April 28<sup>th</sup> celebration and again at the July 4<sup>th</sup> Veteran's celebration. Mail the copied photos to Donna at the Government Office at 2371 NE Stephens St., Suite 100, Roseburg, OR 97470. Contact Donna Fields at 541-672-9405 if you have further questions.



## Over-the-Counter Tribal Prevention Program and Program Change

Beginning January 1, 2012, enrolled Tribal members were again 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 visit our website at [www.cowcreek.com](http://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. Tribal members under the age of 18 are eligible for \$50 per calendar year.

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.

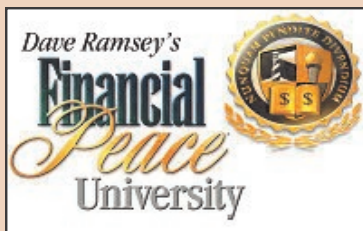
The cut-off date for 2012 OTC requests is November 15, 2012. ***The exceptions to this rule are self-pay reimbursement, new enrolled Tribal members and Tribal members turning 18 after November 15<sup>th</sup>.*** Please allow 24 hours for your request to be processed. Requests are to be made in advance and will not be accepted if made from the store or pharmacy. Faxed and e-mailed requests are gladly accepted. Always call the program coordinator to confirm the information was received.

**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 **December 31<sup>st</sup>** of the current year (**program change**)

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

## Financial Peace University, a course in taking control of your money



Classes will begin Thursday, February 16 and will continue through March 29, 2012. Classes will be held on Tuesdays and Thursdays at the Cow Creek Tribal offices. Dinner will be at 5:30 and the class is from 6:00-8:00. Any Tribal family may participate. Course material will be provided one per household and the entire evening is FREE OF CHARGE.

Dave Ramsey, FPU owner and instructor, takes a relatively boring subject and provides entertainment and education surrounding subjects about paying off debt, easy ways to save money, life insurance-what type is best for your family, investing in your youth's education and many other topics. The sessions will be covered in a one hour DVD presentation with discussion to follow. Lonnie Rainville will be the course facilitator.

For further information contact Rhonda Malone or to register contact Cindy Delay at 541-677-5575 no later than February 13, 2012.

## Family Fun in the Winter Months

When cold, snowy, icy weather comes your way, resist the urge to hide inside! Winter offers lots of opportunities for fun family fitness, so pull on those mittens and get outdoors. "It's great when kids are active in any way, but being outside is special. It's an amazing time of year and it's fun!" says Fran Mullin, executive director of WinterKids, a nonprofit in Maine that helps kids enjoy winter activities like skiing, skating, snow tubing, and even dog sledding. "The biggest barrier is the attitude that winter is a time to hibernate indoors. Weather is only a barrier if you don't have appropriate clothing or equipment," says Mullin.



When the first snowflakes fall, most kids think "sledding!" and "snow day!" instead of "shoveling" and "salting." Take a page from their book and get outside to enjoy the white stuff. Go sledding or snow tubing in your backyard, a local park or golf course, or at a designated tubing hill. You don't even need a sled—a piece of cardboard or sturdy plastic does the job (do consider having your child wear a helmet, though).

If your yard or nearest park is too flat for sledding, there's still plenty to do. Make a snow fort, snowman, or angel. Use a snow shovel to create a twisting, turning maze. Adapt summer backyard games for snow play: Frisbee, soccer, tag, hide and seek, follow the leader. Break out sand toys (buckets, scoops, and molds) for snow castles and other creations.

Some of the best winter workouts involve slip-sliding your way from here to there over snow and ice. Hiking, snowshoeing, and cross-country skiing are all easy for kids (and klutzy adults—trust me, I am one) to master. Check local nature centers and state and national parks to see if they have trails and equipment rental. To keep kids' interest, play I Spy or look for animal tracks as you go, and don't forget Thermoses of hot cocoa.

## Stools, Chairs, and Table Tops for Sale

The 24 HR Restaurant is currently being renovated. There are approximately 120 chairs and 7 taller counter chairs and table tops for sale. Pricing is \$10 for chairs, \$15 for counter chairs and \$25 for table tops. If you are interested in any of these items please call 1-800-548-8461 and ask for Cassie Woodward.



## Announcements

### Births/New Enrollments

Taylor Grace Stewart, Cassie Irelyn Shane Jeska

### 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.**

## Tribal Board Washington Meetings

The Tribal Board will be travelling to Washington for the Annual informational meetings in March. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 9<sup>th</sup> at 7 pm in the Pine Room.



The second meeting will be held in Port Angeles at the Red Lion Hotel on Saturday, March 10<sup>th</sup> at 1 pm in the Juan de Fuca Room.



## Tribal Identification Cards

Your  
Picture  
Here



**Official Tribal Government  
I.D. Card**

**Tribal Member Name**

is enrolled as a member of the

**Cow Creek Band Of Umpqua  
Indians**

Member Signature

Card Issued on Thursday, June 16, 2005

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)