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## Congress holds hearing on “Reservation Shopping”

As previously reported, the Coquille Tribe has acquired property in Medford, Oregon, some 170 miles from their tribal headquarters located in North Bend (Coos Bay) in an attempt to open a second casino. This effort to acquire lands far from a tribe’s aboriginal land is known as “reservation shopping.”

Because of the Coquilles effort and that of other tribes in the nation, the US House of Representatives Natural Resources Subcommittee on Indian and Alaska Native Affairs conducted an oversight hearing entitled “Executive Branch standards for land-in-trust decisions for gaming purposes” on September 19 in Washington , D.C.

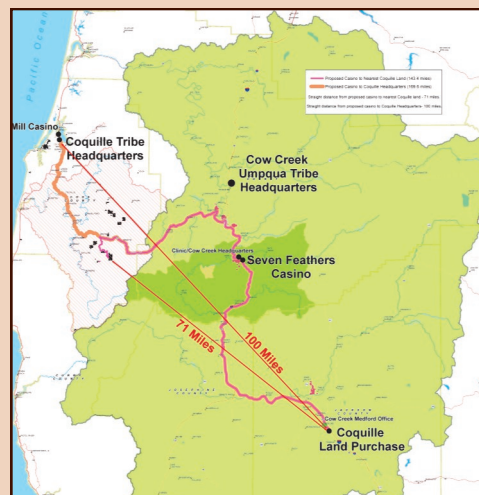
Tribal Chairman Dan Courtney and tribal CEO Michael Rondeau were successful in meeting with many of the congressional subcommittee members prior to the hearing to educate them and their staff on the issues specifically related to Cow Creek Umpqua and the Coquille’s leap to Medford.

Subcommittee Chairman Don Young (AK) opened the hearing by expressing his longstanding support of Indian gaming, however, was very concerned about “off reservation casinos” and “reservation shopping.” Chairman Young also referred specifically to the Cow Creek Umpqua and the attempt by the Coquille Tribe to hop over another tribe to gain better market share. He warned Assistant Secretary Kevin Washburn that a proliferation of casinos could ultimately undermine one of the main economic underpinnings of many Indian tribes. Chairman Young also said tribes are attempting to build casinos farther and farther away from aboriginal lands.

“And then you have another tribe 180 miles away that jumps over the mountains and looks for lands in trust to build a casino,” Young said. “That just doesn’t make sense to me.”

When discussing tribes that are reservation shopping for lands outside their area, ranking member Representative Hanabusa (HI) said “I’m fully aware of these disputes and respect that the hard earned tribal economic self-determination is worth protecting, but when it is believed that a tribe seeks to encroach on another market under circumstances that reach beyond IGRA,, Congress can step in and be the final arbiter.”

The Cow Creek Umpqua team will continue to place pressure on government officials and the Department of the Interior to oppose the application of the Coquille Tribe to place lands into trust in Jackson County.



### Schedules:

#### Government Office Hrs:

Mon-Fri 8 AM–5 PM

#### Roseburg Clinic Hrs:

Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

#### Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

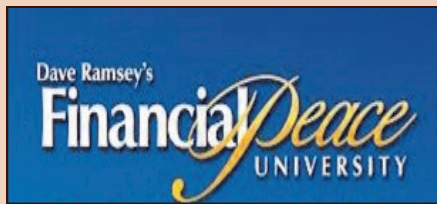
#### Office Closures

Oct. 14 Columbus Day

Nov. 11 Health & Well-ness clinics closed

Nov. 28-29 Thanksgiving

## Free Class Offered Again



A course in taking control of your money is being offered once again. Classes will begin Tuesday, November 5, and will continue for six weeks. The class will be from 5 PM to 7 PM Tuesday and Thursday each week in the tribal Government Office Boardroom located at 2371 NE Stephens Street in Roseburg.

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. Course material will be provided (one per household) and the evening is FREE OF CHARGE.

For further information and to register contact Shanna Jones at 541-677-5575 no later than November 1, 2013.



## Junior and Senior High School Students... You've Got Mail!!!!

Check your postal mailbox in October. The Education Department is sending out your future!!!! Inside this package will be all the necessary items for you to find money  the right college/university  helpful strategies  and all of the deadline dates for submission of applications and testing 

## A NIGHT FOR PARENTS AND STUDENTS TO PREPARE FOR COLLEGE

- College and University Representatives will be present
- How to pay for college – scholarships, benefits, grants
- Financial Aid and advice on filing your FAFSA early
- Tips on writing scholarship essays
- Native American scholarship opportunities

A partnership between Cow Creek Education Department and Roseburg Public School's Indian Education Program, Title VII

## AMERICAN INDIAN COLLEGE NIGHT

Thursday  
November 14, 2013  
6:00 pm – 7:30 pm  
\*Dinner Provided\*

Cow Creek Tribal Board Room  
2371 NE Stephens St  
Roseburg, OR 97470  
541-677-5575



## Diabetes Prevention Program Annual Picnic 2013



On September 21<sup>st</sup>, over 70 people braved rainy weather at Stanton Park to celebrate the ongoing success of the Cow Creek Tribe's Diabetes Prevention Program. The program has been in continuous operation for eight years now and continues to educate, support and see success in our efforts to prevent diabetes, a disease which Native Americans are 2 to 3 times as likely to develop as other populations. The Cow Creek Diabetes Prevention Program is part of the Southern Oregon Diabetes Prevention Consortium along with the Coquille Tribe and the Klamath Tribes.

The Diabetes Prevention Program, or DPP, as folks involved with the program

refer to it, is also known as the Native Lifestyle Balance Program, as it has the goals of helping people improve their balance of eating healthy and becoming more active. Both of these changes have been found to be much more effective than medication for preventing diabetes. In addition, with no negative side effects, these changes are also effective in fighting against heart disease, high blood pressure, high cholesterol, depression and many lifestyle related cancers!

That Saturday, people from the three tribes walked from Stanton Park to the new Health and Wellness Center for a tour of the new facility, walked back and enjoyed a marvelous lunch together and then spent time sharing their stories of overcoming challenges, ups and downs, perseverance and successes. Many of the more experienced people who have been in the program for some time shared with beginners as a way of encouraging them and letting them know they are not alone in the fight and that it is worthwhile to keep working toward changing habits for the better. Above is a picture of some of the people who attended the picnic to support and encourage each other in chronic disease prevention.

For information on the Diabetes Prevention Program, getting tested to see if you are eligible or simply to learn more about preventing this and other chronic diseases, please contact Bob Dunas, Diabetes Prevention Program Coordinator, at 541-691-2464 or 541-672-8533 or e-mail at [bdunas@cowcreek.com](mailto:bdunas@cowcreek.com).

## What's Fresh In The tribal Garden:

Hello from your tribal Garden and the Natural Resources Department. The tribal Garden has been busy this season. There have been 6 planting, weeding and food gathering sessions over the summer months, culminating with a year end BBQ at the garden. In the Children's Garden, our tribal youth were taught the Three Sisters style of gardening in three foot mounds of earth. Each mound has corn, beans and squash planted together. This style allows the beans to be supported by the corn stalk and the squash to preserve moisture. Approximately 30 youth and family members participated in this year's Three Sisters Garden.

Currently there are tomatoes, squash, cucumbers, corn, lettuce, broccoli, pumpkins, sweet and hot peppers available. Please contact Ken at: 541.530.6979 prior to visiting the garden to see what is ready for harvest. Any volunteering to pull weeds while you're at the garden gathering is very much appreciated.

## Health Insurance Marketplaces and tribal Communities:

### Working Together for You

**Affordable Care Act allows Federally Recognized tribal members to purchase health insurance at steep discounts.**

### What You Should Know

Across the country state health insurance marketplaces opened for business on October 1. In the past two years, representatives from tribes have helped shape how tribal members will be able to assure they don't have to pay any deductibles or cost-sharing if they are income eligible. Health insurance plans across the country and right here in Oregon are ready to accept and help American Indians and Alaska Natives get quality health insurance with these special Indian provisions.

Again, as members of a federally recognized tribe you can acquire insurance, through your state marketplace and there will be no-cost sharing or deductibles to be paid if you are income eligible (see chart below). An example of income eligibility is a family of 4 who makes less than \$70,650 would not have to pay any co-pays or deductibles to their medical provider, hospital or to get referred for specialty care. **You only pay a premium, and after that the remaining portion of your healthcare costs will be paid by the federal government via the insurance plan.**

In addition to these special deductible and no-cost sharing provisions, tribal members can **also receive tax credits to have their monthly premium reduced.**

Having health insurance is important because it protects you and your family from large medical bills by paying for some or all of the costs of medical care. Even if you get services at your tribal or urban Indian clinic, health insurance protects you in case you need a hospital stay or specialty care.

Many choices are available through Cover Oregon, including 11 private plans, the Oregon Health Plan and Oregon Healthy Kids. If you are an enrolled member of a federally recognized tribe and sign up for insurance through Cover Oregon, you can expect:

- **To help your tribal community:** Getting health insurance helps fund tribal or urban Indian clinics
- **Consistent care:** You can continue to get care from your tribal or urban Indian clinic or remain with your current health care provider.
- **No cost for doctor visits:** You will *never* have to pay for any service you receive from a tribal or urban Indian clinic. Also, you might qualify for no cost-sharing at any doctor or provider if you meet certain income requirements – see income level chart or call the Cow Creek Health & Wellness Center benefit coordinator.
- **Flexible enrollment:** Special monthly enrollment periods allow you to sign up or change plans.

Income Levels (% of Federal Poverty Level)							
Medicaid			tribal Premium Sponsorship				
Family	133%	138%	139%	150%	200%	250%	300%
1	\$15,282	\$15,856	\$15,971	\$17,235	\$22,980	\$28,725	\$34,470
2	\$20,628	\$21,404	\$21,559	\$23,265	\$31,020	\$38,775	\$46,530
3	\$25,975	\$26,951	\$27,147	\$29,295	\$39,060	\$48,825	\$58,590
4	\$31,322	\$32,499	\$32,735	\$35,325	\$47,100	\$58,875	\$70,650
5	\$36,668	\$38,047	\$38,322	\$41,355	\$55,140	\$68,925	\$82,710

## Health Insurance Marketplaces (continued from page 4)

### How can I find out even more?

At this year's flu health fairs we plan to invite the state tribal liaisons from both Washington's marketplace (*healthplanfinder*) and Oregon's marketplace (*Cover Oregon*) to come and share with those in attendance vital information regarding the new health insurance plans, how to get signed up and costs. There will be a Q:A period following the brief presentation. Flu shots, blood pressure and cholesterol testing will also be provided for anyone wanting to be checked. Veggies from the tribal Garden and new educational program information will be available by staff. Hope to see you at one of the following health fairs:

**Redmond, Oregon-Comfort Suites, 2243 SW Yew Ave., Saturday, October 19<sup>th</sup>, 10-2 pm**

**Canyonville, Oregon- Seven Feathers Hotel & Resort, Saturday, November 2<sup>nd</sup>, 10-2 pm**

**Kelso, Washington – Red Lion, 510 Kelso Dr. Kelso WA, Friday, November 8<sup>th</sup>, 3-7 pm**

For more information on benefits to you and your tribal community, contact Cover Oregon, or get in touch with the Cow Creek Band of Umpqua Tribe of Indians tribal assistants Christi Sanford (Roseburg office 541.672.8533 ext 5257) or Elizabeth Coleman (Canyonville office 541.839.1345 ext. 2432). If you want to work with a certified agent or partner, visit [CoverOregon.com](http://CoverOregon.com), or call 1-855-CoverOR. Language assistance is available.

## The Affordable Care Act and American Indians and Alaska Natives

By Dr. Yvette Roubideaux  
Acting Director, Indian Health Service  
August 22, 2013

I get questions all the time from American Indians and Alaska Natives (including my own relatives!) wondering why they should care about the Affordable Care Act since they're eligible for the Indian Health Service (IHS). My response is that while the IHS is here to stay and will be available as their healthcare system, the Affordable Care Act brings new options for health coverage. It is another way that the federal government meets its responsibility to provide health care for American Indians and Alaska Natives.

The purpose of the Affordable Care Act is to increase access to quality health coverage for all Americans, including our First Americans. The benefits of the health care law for American Indians and Alaska Natives are significant whether they have insurance now, want to purchase affordable insurance through the Health Insurance Marketplace or take advantage of the states expanding Medicaid starting in 2014. Indian elders will benefit from a stronger Medicare with more affordable prescriptions and free preventive services no matter what provider they see. And of course, we're thrilled that the Indian Health Care Improvement Act (IHCA), our authorizing legislation, was made permanent by the Affordable Care Act.

These new benefits mean potentially more services for individuals and the communities we serve. So we are encouraging every American Indian and Alaska Native to enroll in the Marketplaces starting October 1, 2013 to see what benefits are available to them.

To learn more about how the law is benefiting our community visit: <http://www.hhs.gov/healthcare/facts/factsheets/2011/03/americanindianhealth03212011a.html>

To learn more about the Health Insurance Marketplace visit [HealthCare.gov](http://HealthCare.gov).



## Cow Creek Traditions Presentation

tribal members are encouraged to attend a presentation on Cow Creek Umpqua Traditions, Customs and Culture presented by Dr. Stephen Dow Beckham, Professor Emeritus of History at Lewis & Clark College. Dr. Beckham is one of the foremost experts in the nation on Native American History, particularly in the Pacific Northwest.

Dr. Beckham also has a long history with the Cow Creek Umpqua and was the tribal Historian during the Tribe's restoration efforts more than 30 years ago.

**Where:** Seven Feathers Convention Center, Grape and Huckleberry Rooms

**When:** October 28, 2013 @ 7 pm.

For information, please contact Donna at the tribal Government Office (541) 677-5580.



## News from the Natural Resources Department

### Tribal Hunting News

Thanks to all that applied for this year's tribal Hunt tags. All tribal members that were fortunate enough to be selected in the lottery drawing have been notified for this year. Each year applications are sent out to all tribal members so they can apply for an elk and/or deer tag. There are four age-based categories of hunts: Elder, General, Youth and Ceremonial.

The Ceremonial Tag is a special tag that members may apply for; it consists of a tribal member hunting on behalf of the Tribe for a cow elk. This hunting tag is eligible to all tribal members age 18 & up. This type of tag is to provide the meat and hide of the animal taken to the Tribe for cultural purposes, with the Tribe paying for processing of the animal. As long as you are eligible, any tribal member may apply for the Ceremonial Elk Tag in addition to an applicable age-based tag. Last year, the successful Ceremonial hunter provided meat for the following tribal functions: Elder's dinners, Elder's Annual Picnic, Drumming Group, Culture Camp, Tribal Family Picnic and much more.

If you are interested in applying for an elk or deer tag in 2014, applications will be sent out again next June. This is a great opportunity for tribal members to get an additional elk or deer tag on top of their Oregon state tag.

### New Goose Hunts Offered

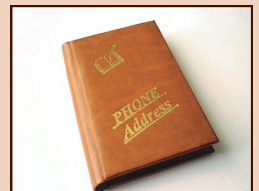
There is now a new opportunity for tribal members to goose hunt on tribal property. If you are a bird hunter and you are interested in hunting this year, stop by the Government Office and see Janet Cooper to get your goose hunting application. All tribal members are still required to purchase their federal goose stamp in addition to the Tribal Goose Hunting Tag. Goose hunting starts October 12th.

If you have any questions regarding hunting on tribal land, you can call Scott Van Norman at the tribal Government Office @ 541-677-5575.

## Address and Phone Number Updates, Very Important!

**The tribal distribution checks will be mailed out on Friday, November 15th, 2013. If you have any tribal members that are turning 18 by December 10th, Accounting will need a W-9 form before their check will be mailed out.** If your address has changed, the Address Change forms are available on the Cow Creek Website to print and mail, or call the Government Office at 541-672-9405 to have one mailed to you.

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. Youth related events and information won't be relayed properly if addresses aren't correct.



## tribal Participation Needed in Veteran's Day Parade

The Roseburg Veteran's Day parade is scheduled for 11am on Monday, November 11<sup>th</sup>. This year, the parade theme is to honor Native Americans who have served their country in the armed forces. The Cow Creeks, and perhaps veterans from some of the other eight Oregon tribes, will be leading the procession as Grand Marshals.

The Cow Creek Honor Guard will be marching in the parade, as well as any tribal members who would like to honor our veterans that day. It would be totally appropriate for those who so desire to wear tribal regalia. We will also have a Cow Creek float and the Trolley.

The November General Council meeting will be held on Sunday, November 10<sup>th</sup>, accompanied with a nice lunch. We hope that tribal members would then be willing to help put the float together for Monday's parade. The float trailer will be parked in the back parking area of the Government Office. This should be lots of fun!!!

On Monday, the Tribe will be providing transportation to and from the parade staging area, which will be the Douglas County Library on Diamond Lake Blvd. Parking for participants will be at the Nesika Health Group lot. A shuttle will begin at 9am, and run continuously until the parade begins. Following the parade, the van will return everyone back to the Nesika lot.

We are hoping for a good turnout of tribal members to both help and to participate in the parade. For further information and to RSVP, please call Carol McKinney. She will relay your information on to Robert VanNorman, the Tribe's Veterans Advocate.

## Intertribal Agriculture Youth Essay Contest



Youth Participants at 2012 Intertribal Agriculture Council Annual Meeting  
Flamingo Hotel, Las Vegas, NV

### Intertribal Agriculture Council sponsors Youth Essay Contest

**BILLINGS, MT — September 5, 2013 —** The Intertribal Agriculture Council is sponsoring a Youth Essay Contest for Native American Youth enrolled in a federally recognized tribe and entering grades 9-12 during the 2013-2014 school year. This is a great opportunity for youth to showcase their writing talents. The theme for the contest is *"Perseverance + Sustainability = Food Security: Feeding Ourselves in a Rapidly Changing World"*.

We are excited to hear what these terms

mean to youth and their personal history from a food and agriculture perspective. **The deadline for submission is 4pm (MST) on November 1, 2013.**

The Intertribal Agriculture Council was founded in 1987 to pursue and promote the conservation, development and use of our agricultural resources for the betterment of our people. Land-based agricultural resources are vital to the economic and social welfare of many Native American and Alaskan Tribes. The Intertribal Agriculture Council has over the last decade become recognized as the most respected voice within the Indian community and government circles on agricultural policies and programs in Indian country.

Please encourage all eligible youth to enter. IAC will provide an all-expense paid trip to (3) finalists, including one adult chaperone per student. Finalists will present their written work at the 2013 IAC Membership Meeting at the Flamingo Hotel in Las Vegas, NV December 9-13, 2013. Finalists will be notified by November 15, 2013. For more information, contact Verna Billadeaux at (406) 338-2650/(406) 450-8107 or Janie Simms-Hipp at (479) 409-9125.

## tribal Member Focus—Introducing Russell Cox



Greetings all! My name is Russell Cox, member of the Thomason family and honored to be part of the Cow Creek Tribe. I am currently the Director of Players Services at Seven Feathers, which encompasses overseeing the Players Club, the development of the casino player host program and incorporating social media relations for the casino. I work with a wonderful crew and am blessed with the support allocated from my front line employees, peers and superiors. I have worked in my current position since November 2012. Before relocating to Roseburg in September 2012, I spent the last 17 years in Reno, NV. I have worked in the gaming industry for 15 years, achieving a Business Degree in the process, with an emphasis on Casino Management. I was employed at several casinos in the Reno market, and most recently with International Game Technology. It was my goal, however, to have a role within one of our tribal businesses and I am thankful for the employment opportunity at this time.

I am passionate about working in a team environment and development of staff. I also enjoy exploring methods to be operationally efficient, understanding that bottom line results are essential. One piece of career advice that has proved very valuable over the years is networking. My last 3 jobs have come directly from having an association or a referral with a former or current peer that I have built a relationship over the years. Never underestimate the importance of leaving a property in good standing and the positive relations built in the process.

Best life skills advice was obtained when I was 17 years old, working at a grocery store. A long term customer at the store offered 2 pieces of advice to be successful in life: 1) Live within your financial means and 2) Start saving for retirement now. I would still convey that same advice to anyone. Other advice would be to become proficient at Microsoft Office / Information Systems, develop your ability to write and to speak effectively in a group.

There are a number of excellent resources locally to assist tribal members in their skill development. I would highly encourage all eligible tribal members to seek out Nicole Wood for assistance in personal or career development. It's hard to know what you want to do for a long term career at 40, let alone your late teens or 20's. Having a valuable resource like Nicole to assist in finding what skills you already possess or what skills you need to develop is a huge resource.

I have a 5-yr old daughter, Katie, who consumes a lot of my spare time. I am active in exercise, hiking, tennis and the occasional fishing trip. I look forward to any opportunity to mentor others who are pursuing a similar line of work. I want to thank the Tribe again for their education and skill development assistance over the years and the employment opportunity that I now have.

*Thank you Russell for your outstanding contributions to the Tribe! Would you like to talk more with Russ? Contact Nichole Wood for information.*

*Do you have someone you would like us to focus on in a future article? Nominations are always accepted! Just email Nichole Wood at [nwood@cowcreek.com](mailto:nwood@cowcreek.com) or call at 541-677-5575.*

## Volunteer Needed

The Natural Resources Department is soliciting volunteers for the annual Jordan Creek Coho spawning survey. Surveys will start the first week of November and will be performed every 10 days through the month of January. Surveys consist of walking the length of Jordan Creek and recording the location of adult coho (live or dead) and their redds. Surveys will take approximately 8 hours. If you are interested in helping out please call Kelly Coates at 541-677-5575.





## What Prospective Employers Look For

Every employer is looking for a specific set of skills that match the skills necessary to perform a particular job. However, beyond these job-specific technical skills, employers universally seek a common skillset. The good news is that most job seekers possess these skills to some extent. The better news is that job seekers with weaknesses in these areas can improve their skills through training, professional development or obtaining coaching mentoring.



### Here are the top 10 skills employers look for:

1. **Communication Skills (listening, verbal, written):** By far, the one skill mentioned most often by employers is the ability to listen, write and speak effectively. Successful communication is critical in business.
2. **Analytical/Research Skills:** Analytical/research skills are the ability to assess a situation, seek multiple perspectives, gather more information if necessary and identify key issues that need to be addressed.
3. **Computer/Technical Skills:** Almost all jobs now require some basic understanding of computer hardware and software, especially word processing, spreadsheets and email.
4. **Flexibility/Adaptability/Managing Multiple Priorities:** This skill involves the ability to manage multiple assignments and tasks, set priorities and adapt to changing conditions and work assignments.
5. **Interpersonal Abilities:** The ability to relate to co-workers, inspire others to participate, and mitigate conflict with co-workers is essential given the amount of time spent at work each day.
6. **Leadership/Management Skills:** These skills deal with the ability to take charge, manage change and assist co-workers.
7. **Multicultural Sensitivity/Awareness:** There is possibly no bigger issue in the workplace than diversity, and job seekers must demonstrate a sensitivity and awareness to other people and cultures.
8. **Planning/Organizing:** This skill involves the ability to design, plan, organize and implement projects and tasks within an allotted timeframe. Goal setting is a critical component of planning/organizing.
9. **Problem-Solving/Reasoning/Creativity:** This is the ability to find solutions to problems using creativity, reasoning, and past experiences, along with the available information and resources.
10. **Teamwork:** Because so many jobs involve working in one or more work-groups, it is essential to have the ability to work with others in a professional manner while attempting to achieve a common goal.

Stay tuned for next month to learn the top 10 values, personality traits and personal characteristics that employers seek.

## Foster a tribal Child - How to become a Foster Parent

### **Step 1 Find Out More**

Learn as much information as you can. Talk with Children & Family Services for a one on one certification. Attend a Foster Care Info Session. Contact your Local Foster Parent Association.

### **Step 2 Make the Decision**

This decision involves the entire family, so plan a meeting and ask a list of questions to help make the right decision: Do you have a support system? Do you have space in your home? What age group or gender would work best? Are there any special needs for a child that will be uncomfortable?

### **Step 3 Complete an Application & call a Foster Care Recruitment Specialist 1-800-242-8196**

Request an application for the Children & Family Services by calling our Foster Care Recruitment Specialist at the number above.

A Foster Care Program can certify applicants who are willing to open their hearts and homes and provide temporary to long-term care for our children in foster care. Requesting more information is the first step in making a positive difference in the life of a child.

# October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Elder's Potluck & Bingo @ 7F Grape Rm	5
6 AA Mtg 6 PM Gov Office	7	8 Food Bank 9-12 PM  Exercise Classes 3:30 PM and 4:45 PM Block House	9	10 Exercise Classes 3:30 PM and 4:45 PM Block House	11	12
13 AA Mtg 6 PM Gov Office	14 STAFF INSERVICE DAY- GOV OFFICES CLOSED  Columbus Day	15 Exercise Classes 3:30 PM and 4:45 PM Block House	16	17 Exercise Classes 3:30 PM and 4:45 PM Block House	18	19
20 AA Mtg 6 PM Gov Office	21	22 Exercise Classes 3:30 PM and 4:45 PM Block House  Food Bank 1-4 PM	23	24 Exercise Classes 3:30 PM and 4:45 PM Block House	25	26 Fall Harvest Party @ Bare Park 12-3 PM
27 AA Mtg 6 PM Gov Office	28	29 Exercise Classes 3:30 PM and 4:45 PM Block House	30	31 Exercise Classes 3:30 PM and 4:45 PM Block House		

# November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 AA Mtg 6 PM Gov Office	4	5 Exercise Classes 3:30 PM and 4:45  Financial Peace University 5-7 PM Gov. Boardroom	6	7 Exercise Classes 3:30 PM and 4:45  Financial Peace University 5-7 PM Gov. Boardroom	8	9 JOM Pow Wow @ 7F Convention Ctr 6:00 PM  Elder's Fall Dinner
10 General Council Mtg 10 AM Gov Boardroom  AA Mtg 6 PM Gov Office	11 Veteran's Day Parade	12 Food Bank 9-12 PM  Exercise Classes 3:30 PM and 4:45 PM Block House	13	14 Exercise Classes 3:30 PM and 4:45 PM Block House	15	16
17 AA Mtg 6 PM Gov Office	18	19 Exercise Classes 3:30 PM and 4:45 PM Block House	20	21 Exercise Classes 3:30 PM and 4:45 PM Block House	22	23
24 AA Mtg 6 PM Gov Office	25	26 Food Bank 1-4 PM  Exercise Classes 3:30 PM and 4:45 PM Block House	27	28  THANKSGIVING HOLIDAY OFFICES CLOSED	29	30

## Announcements

## Births/New Enrollments

Adysen Marie Yeust, Landon Blake Kentner and Isabell Ayana Jetmore

## Obituaries

No Deaths were reported

## More Upcoming Events

**Annual Fall Dinner** - "Dylan James" will perform live with a nice mix of music for everyone to enjoy. There will be a raffle with lots of prizes. Mark your calendar for Sat, November 9th at 3:30 in the Cedar Room at Seven Feathers Convention Center. Be sure to call Cindy Delay @ 541-677-5575 for your reservations.



**Friday, Dec 6th** is our **Elder's Honor Luncheon & Dessert Potluck**

**Christmas Party.** If you would like to participate in the gift exchange, please bring a gift and mark it male or female. Please keep gifts under \$5. Prepare for lots of fun!!! Enjoy Live Christmas music by "Ambience," who is also a local artist. Call now to get your name on the list!

**Crater Lake Trip Cancelled-** This trip is cancelled due to all National Parks closing. Snow has closed some of the roads around the rim of the lake, as well.

## Emergency Energy Assistance

**LIHEAP Low Income Home Energy Assistance Program**

This program is available to assist tribal Member families with low income to pay their heating bills. This program can help pay your heating expenses for Propane, Electricity, Gas, Wood, Wood Pellets, or Oil. If you qualify you can choose to have it paid on two different sources such as wood & electricity or Gas & Electricity for example. Applications are available on our tribal Website under the Human Services Tab or call our office to have mailed to you.

Please do not wait until your heating source is shut off to apply for help from this program? Please apply as soon as you receive a past due notice, this will hopefully prevent a shut off so you have no interruption in services. Sometimes there is a large deposit required and a reconnection fee that is a waste of dollars that could go towards paying the bill if you apply in sufficient time.

Contact Cindy Delay for any questions regarding this program at 541-677-5575.

## 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.**



*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)