

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 23—ISSUE 12

December 2013

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Hearing Held on Cow Creek Reservation Bill

On November 20, 2013, Tribal Chairman Dan Courtney, CEO Michael Rondeau, Natural Resource Director Amy Amoroso and Tribal Forester Tim Vredenberg attended the U.S. Senate Committee on Energy and Natural Resources, Subcommittee on Public Lands, Forests and Mining hearing in Washington, DC. This hearing included the Cow Creek Reservation Bill.

Tribal CEO, Michael Rondeau provided testimony on S.1415, the Canyon Mountain Land Conveyance Act of 2013. This bill currently calls for over 17,000 acres of federal lands under the jurisdiction of the BLM to be transferred and held in trust on behalf of the Cow Creek Band of Umpqua Tribe of Indians. The location of the lands being proposed for transfer are O&C timber lands along Cow Creek between Canyonville and Riddle (close to where the 1853 Treaty was signed on Council Creek) and along tributaries to the South Umpqua River near Tiller. The Tiller area lands are on or near Rondeau Butte, Dompierre Creek, Buck Butte, White Rock and Red Top Springs.

Since that hearing, the Cow Creek Land bill has been included in Senator Wyden's O&C Timber Bill entitled "The Oregon & California Land Grant Act of 2013" that seeks to improve the management of O&C lands and boost timber harvests while upholding bedrock environmental laws. This O&C bill remains in Committee awaiting a full committee mark-up that will hopefully take place in January of 2014.

As previously reported, in September, the Cow Creek Land bill was introduced by Congressman DeFazio in the House of Representatives and was included in the House version of the O&C Trust, Conservation and Jobs Act. This bill was passed out of the full house.

Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-5 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

Appointments are encouraged - Walk-ins are always welcome.

Office Closures

Dec. 23 @ 1:30 PM

Dec. 24-25 Christmas

Dec. 31 @ 1:30 PM

Jan. 1 New Year's Day



U Trans Bus Schedule Changes

The U Trans Bus System has new stops at Taylor Street and Henry Street in Tri City. The bus stops 5 times per day north bound and 5 times per day south bound. If you can't walk to the stop due to a disability, you can call U Trans and ask them to pick you up at your house within these subdivisions (Taylor Street and Pamela Court). Note: we are still working out a few bumps in the schedule...

The phone number for the U Trans office is 541-440-6500. Call for questions about schedules or help in planning a trip to town.

Also, note if you go onto Facebook and "Like" and "Follow" us it will give you the most updated information. For example, it will show if the buses are running late for a particular area.

Tribal Garden

Hello from your Tribal Garden and the Natural Resources Department. It's been busy this fall with Ken Grizzle, the Tribal Garden Specialist, getting the garden winterized. There is still plenty of fresh produce available to harvest. Ken is happy to report more and more Tribal families are harvesting fresh produce from the Tribal garden. Volunteers are always needed and very appreciated as the garden is busy year round.

Currently available is kale, swiss chard, cilantro, potatoes, red sails lettuce, turnip greens, turnips, mizuna salad greens, and romaine lettuce. The Tribal Garden is open Monday through Friday 8:00 a.m. to 4:00 p.m. and weekends by appointment. To get to the Tribal Garden take exit 101 from I-5 and head to Yokum Road. Please contact Ken at (541) 530-6979 prior to visiting the garden to see what is ready for harvest.



Don't Forget to File Your FAFSA.

The sooner you file the more money you are eligible for. You can submit your information at <http://www.fafsa.ed.gov> beginning January 1, 2014.

**Successful Tribal Hunts**

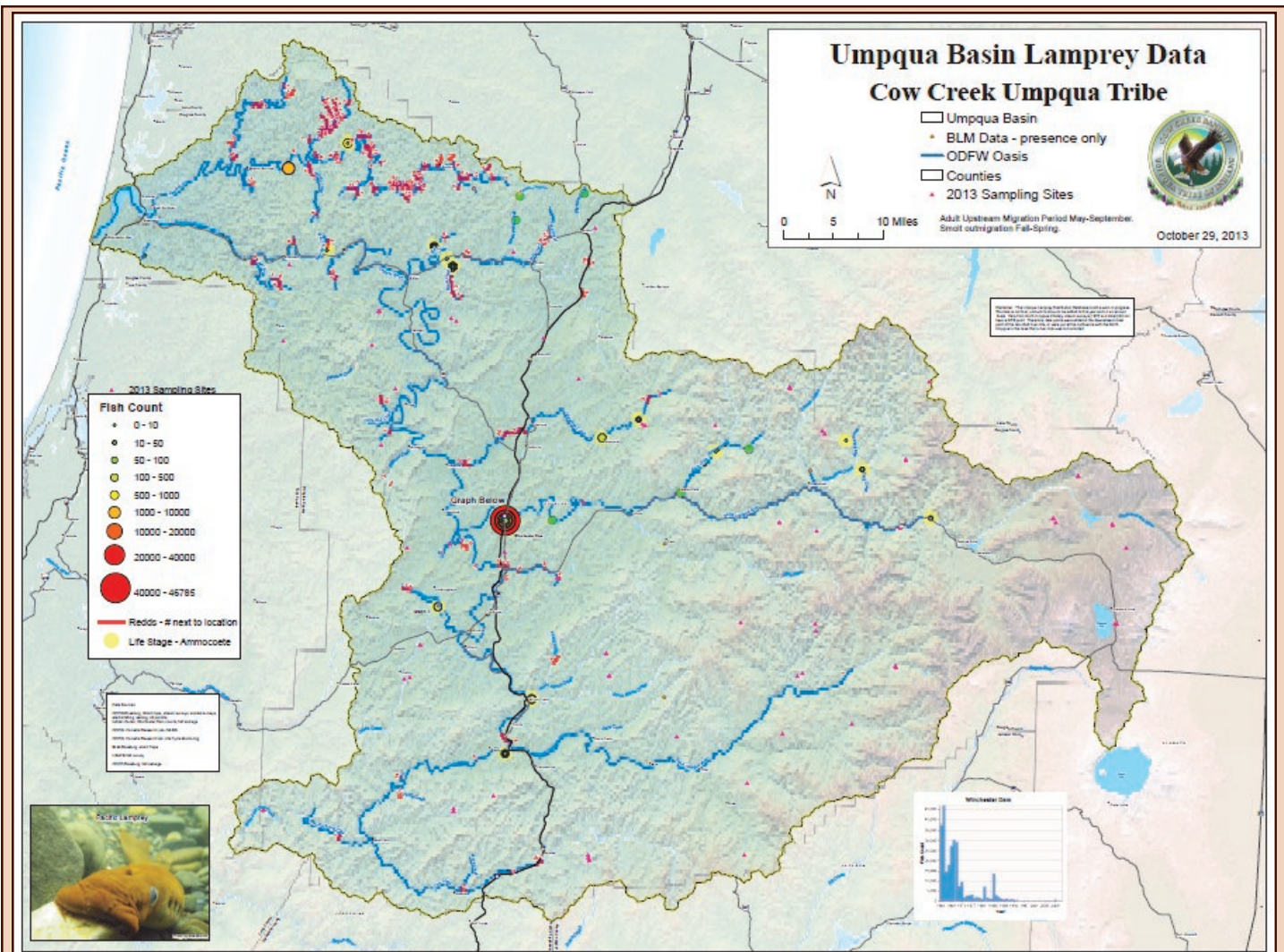
Picture 1

Tribal member Bill Smith, of Oregon City took advantage of his Tribal deer tag to pass on the passion he has for hunting to his daughter, Hailey. In late October, Bill and his daughter were successful in taking this mature black-tail doe during the Tribal hunting season. Congratulations to Bill and Hailey on your successful hunt..

Picture 2

Cow Creek Tribal Elder, Susie Holcomb was very happy to have deer meat for the winter after putting her tag on this black-tail buck during this years Tribal deer hunt. Susie and husband Mike plan on using the deer hide to make a drum with the help of other Tribal members.





At the 2013 National Tribal GIS Conference that was held last month in Albuquerque, NM, Brian Mladenich, the GIS Coordinator for the Tribe, submitted a poster in the poster contest and won 1st Place!

The poster he made is shown above.



Free Tickets

Festival Of Lights



There are a limited number of free tickets for Tribal members to enjoy the beauty of Christmas Lights with their families. Stop by to pick up your tickets in the south Government building. Call 541-677-5575 for more information.

Cow Creek Band of Umpqua Tribal Facebook Group

If you or someone you know would like to join the Tribal Facebook group we need the email address that you use to log in to Facebook so we can send you an invitation to the group. In order to be invited to the group you must fit one of the criteria below. For more information please contact Janet Cooper at: (541) 677-5575 or jcooper@cowcreek.com.



Find us on:
facebook®

Group membership will be limited to:

- Enrolled Cow Creek Tribal members
- Spouses of Tribal members
- Adopted children of a Tribal family
- Current employees

Examples of types of information posted are: program events, children's events, program deadlines, Tribal public meetings, the Tribe in the news, scholarship deadlines, upcoming class information, health tips, health resources, job announcements and so on.

Our goal is to have as much information as possible posted that would benefit the Tribal members utilizing this new social media outlet. It will not replace our printed newsletter, but act as a supplement, and provide information in a more real-time format.

Low Income Rental Housing

The Cow Creek Housing Program is still accepting applications for the Tribes Low Income Rental homes. 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 if income eligible. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder

If you are currently on the waiting list for a house, please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get ahold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list your application needs to be updated on an annual basis. The new cycle begins on January 1st and individuals with an application submitted need to update their information at this time to stay on the list.

New Resident Manager

We have a new resident manager Sarah Briggs who is on site at 239 Taylor Street, Myrtle Creek, OR 97457. She will be facilitating all calls and correspondence in regards to the low income housing, rental assistance and student rental assistance. She can be reached at 541-863-3730 or sbriggs@cowcreek.com.

Medicare Part B Reimbursement Instructions

If you are a Tribal Member who is at least age 65, or receiving disability payments and have paid for Medicare Part B insurance during the 2013 calendar year, and Medicare Part B premiums were withheld from you or your spouse's Social Security benefits, you may qualify for reimbursement from the Tribe.

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 2013 will be mailed to recipients by the last week of January 2014.

In order to expedite premium annual reimbursements, please mail a copy of the SSA-1099 form to Andrea at the Government Office. Social Security will also send you a letter called the statement letter, these work best for your monthly reimbursement.

Reimbursement checks will be distributed upon receipt of the proper paperwork at the beginning of the New Year. Please write how you would like your reimbursement (either monthly or annually). Members with a spouse, please make sure you include the spouse's name and a copy of your marriage certificate (if you haven't sent it already).

To request an SSA-1099, please contact your local Social Security Administration office by dialing 1-800-772-1213.

If Medicare Part B premiums were paid for you through a retirement account, pension fund, or by some other means, you may still be eligible for reimbursement. Please provide proof in which payment was made.

If you have any questions call 541-677-5575 to speak to Andrea Davis.

Holiday Fit Tips from your RN Health Educator



Here are some simple ways to incorporate activity into this holiday season. Imagine actually dropping a few pounds instead of gaining and you don't have to carve out extra time to do it.

- **Sleep ready to go in the morning.** Instead of those fuzzy pajamas, sleep in your workout clothes (minus the tennis shoes of course, lol). With this simple trick you wake up ready to go exercise. It saves you time and excuses for not exercising.
- **Pots & squats.** Turn your holiday cooking and baking into a workout. Instead of watching pots boil & tasting everything you make try some **wall push-ups**, grab a chair and do a few **dips**, then some **squats** from the chair, add a couple of **milk jug curls**, do a few **bent over rows** with the jugs and you have just completed a full body workout.
- **Power shop.** Park as far away from the store as possible. So what if it takes you 15 minutes to walk from your parking spot to the entrance of the store. How about adding the heaviest items to your cart first? You'll burn more calories pushing a heavier cart.

Bottom line; head into the New Year a fitter, healthier you. No more excuses. Don't wait another day, get moving now.

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. Two vacancies on the committee need to be filled:

Vacant Positions –

- 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.
- One Employee representative (does not need to be a tribal member) but someone who can represent the employee work force re: needs of employees who use our health facility.

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

1. To consider the application of scarce health care resources among competing health care priorities.
2. 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.
3. 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.
4. To represent the interests and desires of all Tribal members and eligible individuals.

The Tribal Health Advisory Committee meets the first Monday of each quarter and receives mileage reimbursement and a \$50 per meeting stipend.

To apply please send a letter of interest with any supporting health related information to Dr. Sharon Stanphill, Health Director by December 31, 2013.

It's not too late to Utilize the Over-the-Counter Program

The cut-off date for over-the-counter (OTC) charges was November 15th. However, you may still utilize your available OTC benefit by purchasing approved items yourself and submitting the receipt(s) for reimbursement. OTC receipts for 2013 reimbursement must be received at the Tribal office by December 31, 2013.



Please send OTC receipts to:
Cow Creek Health and Wellness Center -OTC
2371 NE Stephens Suite 200
Roseburg OR 97470



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 2, 2014. If you have any questions, please contact Christy Sanford at CCHWC 541.492.5257 or csanford@cowcreek.com

POLAR EXPRESS HOT CHOCOLATE

1.5 Cups of Heavy Cream

1 Can of Sweetened Condensed Milk (14oz.)

2 Cups of bittersweet chocolate chips

6 Cups of milk

1 tsp vanilla extract.



In a large pot over low heat, combine all of the above ingredients. Stir regularly for 30-40 minutes until chocolate is fully melted and incorporated with other ingredients. If you're making this for a party, you could add all of the above ingredients to a crockpot a few hours before guests arrive.

Contract Health News



With the 2013 year coming to a close there are a few things to remember to do.

Applications for Contract Health Services need to be in by January 1, 2014. Benefits will not be available to you until your application has been received.

Contract Health is not able to give purchase orders for 2014 until after the CHS system is updated on January 2, 2014.

The office will be closed the afternoon of the 23RD until December 26, 2013 so if you need a purchase order, call in advance to get that done.

CHS is always the payor of last resort and pays after all other coverage has paid their portion, including Medicaid, Medicare or private insurance. Always make sure to tell your providers the order of coverage.

If you receive a statement, call the provider and be sure they have billed all your insurances and if so ask them to call us, giving them permission to speak to the CHS staff. Please do not mail your statement, without speaking to us first.

The CHS staff would like to thank all of you for making this a great year and wish you a happy holiday and ask that you be safe.



Cold Weather Walking

It may seem premature to be talking about exercising in cold weather because everyone wants summer to last as long as possible. However much we may dread it, it is going to get cooler outside as the seasons change. Staying consistent with your exercise routine or starting a new one now is one of the best ways to boost your chances of starting the new year a size smaller.

Research shows that people who lose weight and keep it off do so by exercising the equivalent of walking 3 to 4 miles a day. No matter what the weather, they find a way—and you can too. We'll show you how to easily transition from fall to winter so that you can slim down—even during the holidays. You'll look fantastic come spring, your bones will stay strong, and your walking muscles won't be screaming when you head out for your first warm-weather jaunt.

Baby, It's Great Outside

Walking in the winter offers you a refreshing change of pace. The invigorating cold air can clear your mind and reduce stress, which can be helpful for weight loss. Research shows that stress can increase levels of cortisol, a hormone that may increase appetite and promote fat storage. Getting outside during daylight hours also increases levels of serotonin, a hormone that helps calm cravings. Even if you have to walk slower because of the weather, you may be burning more calories.

Boldly Into the Cold

Leave that old college sweatshirt in your closet. Instead, treat yourself to something new and fleecy. High-tech synthetic fabrics make a big difference in comfort; they're worth the investment. You'll be much happier and more energized if you're warm and dry instead of sweaty and chilled.

Winter weather requires some special preparation. Keep these tips in mind:

- ◆ Allow at least 10 minutes to warm up. When it's cold, your heart and muscles need more time to get ready.
- ◆ Wear a scarf or mask loosely over your nose and mouth to prevent the sting of icy cold air when you inhale. This is especially important if you have asthma or heart problems.
- ◆ Choose shoes with lugged soles for traction, and buy an inexpensive pair of ski or walking poles to help keep your balance. (The poles will also help you burn extra calories because your upper body is getting a workout too.).

Dress for Success

When you step outside, you should feel slightly chilled but not cold. During your workout, you want to feel warm, not hot and sweaty. That means you need to dress in layers so that you can take them off or put more on as needed. Here are the basics of layering:

- ◆ An inner layer made of synthetic fabric such as CoolMax to wick sweat away so you stay dry
- ◆ A middle, or insulating, layer (or two) of light-weight fleece fabric such as Polartec to keep you warm
- ◆ An outer layer of waterproof, breathable fabric such as Gore-Tex to buffer you from the elements and let sweat escape;
- ◆ Don't forget a hat, gloves, and sunscreen!

Don't Let the Cold Stop You

Use the Rule of 5. Tell yourself you can quit after 5 minutes. Chances are good that when you're bundled up and out there, you'll keep going. (If you still want to quit, go ahead—at least you did something.)

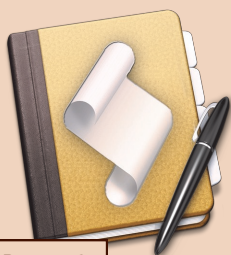
If you could use some help getting started with a plan for exercise, feel free to contact Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 541-677-5572.

SPECIAL EVENTS

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Program Name	Date/Time	Description of Event
Thundering Water Drum Group	Saturday, Dec. 14, 2013 @ Noon	Drum Practice takes place at the Block House in Canyonville. Please bring a Potluck dish to share. For more information please contact Tabbitha Johnson @ (541) 677-5575 or TJohnson@cowcreek.com
Food Bank	December 17th 1-4 PM	NOTICE: Due to the Holiday Office Closure Food bank will be moved one week earlier from Dec 24th to Dec 17th 1:00 -4:00. Call Cindy Delay 541-677-5575 for any questions.
Culture Program	Saturday, Dec. 21st 10:00 AM - 2:00 PM	"The Family Gathering" - A Cow Creek Culture Connection evening with crafts, fun and open discussion. Bring your voice and your family!! We want to hear your ideas for 2014! Baked potato bar for lunch, potatoes will be provided. Please bring something to add. RSVP by December 19. Direct questions to Mykee Martinez at 541-677-5586 or email mmartinez@cowcreek.com.
Health and Wellness Center	Every Tues and Thurs @ 5:30 PM NO Class Dec. 24th & Dec. 31	Zumba Classes at the Block House in Canyonville
Elder's Program	Jan 2014	There will be no Elder's Lunch for Jan 2014. Enjoy a Winter Break! :)
Elder's Program	Feb 7, 2014 @ 12:00 pm	Elder's Potluck in the Grape Room at Seven Feathers Casino. Please RSVP by Jan 30th to Cindy Delay 541-677-5575.
Open to Tribal & the Public	Every Sunday @ 6 PM	AA Meeting with Drumming and Traditional Native Songs. This meeting takes place in the Government Office Boardroom.
All Tribal Members welcome	February 9 @ 10 AM	General Council Meeting at the Government Office Boardroom

Address and Phone Number Updates, Very Important!



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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.
Address changes can no longer be made over the phone.

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. Trust Fund Statements, youth related events and other information won't be relayed properly if mailing addresses are not correct.

Announcements

Births/New Enrollments

Leon Thomas Case, Rain Nihasa Leanne D. Martin,
Emmett Joseph Rondeau

Obituaries

No Deaths were reported

Goose Hunts Still Being Offered



There is an opportunity for Tribal members to goose hunt on Tribal property. All Tribal members are still required to purchase their Federal Goose Stamp in addition to the Tribal goose hunting tag. Goose hunting started October 12th and ran until December 1st. The next open season begins on December 9th and runs until January 26, 2014.

If you have any questions regarding hunting on Tribal land please contact Scott Van Norman at the Tribal Government office at (541) 677-5575 or email at SVanNorman@cowcreek.com. For goose hunt applications please contact Janet Cooper at (541) 677-5575 or jcooper@cowcreek.com.

Tribal member Kyle Kennington enjoyed his recent goose hunting experience. Kyle was also the 2012 Tribal Ceremonial Elk Hunter.

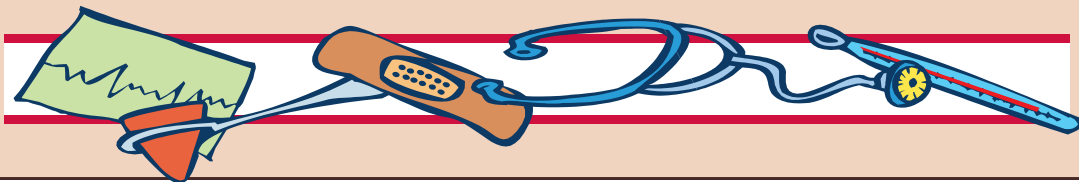
Cow Creek Roseburg Clinic Hours Change

Effective January 13th, 2014

New Roseburg Clinic Hours will be:

Monday - Friday

8:00 AM - 4:00 PM



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.**

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