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FESTIVAL OF TREES - Celebrating our Neighborhood – “Buy Local”

We all know that “Buy Local” is a piece of thoughtful living in the world today. This tree is the result of our effort to make sure every component of this magical, wondrous Holiday tree came from local businesses. Decorations were all purchased from local shops whose owners live in Douglas County.

Beyond the obvious economic benefits of supporting local businesses, there’s the people element. Getting to know and interact with your neighbor brings back the magic of a time forgotten. Supporting local economy is supporting ourselves and our neighbors.

Tree Designers: Carol Ferguson, Facilities Manager and Tammie Hunt, Education Director

Tree Sponsors: Cow Creek Band of Umpqua Tribe of Indians and Duncan & Associates with D.A. Davidson.



Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-4 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

No Walk-Ins

Please call for Same
Day appointment

Office Closures

Dec. 24 @ 130

Dec. 25-26 Christmas

Dec. 31 @ 1:30

Jan. 1st New Year's Day



This Tree was the highest auction item of the evening raising money for the Mercy Foundation. The Foundation supports many youth out-reach programs in the community.

The Cow Creek Band of
Umpqua Tribe of Indians
Wishes you a Very Merry
Christmas and a Happy
New Year!



Hunting News

Reminder!! To all Tribal members who hunted this year with an Oregon State tag. Report big game and turkey tags by Jan. 31, 2015

Don't forget to report your hunt results no later than Jan. 31, 2015 for most 2014 hunts. Report online or by phone (1-866-947-6339).

Hunters need to complete a report for each deer, elk, cougar, bear, turkey and pronghorn tag purchased (or picked up as part of a Sports Pac)—even if they didn't hunt or weren't successful.

Deer and elk hunters who don't report must pay a \$25 fine to get a 2016 hunting license



Nice-N-Soft Sugar Cookies

Ingredients:

- 1 cup butter, softened
- 1-1/2 cups confectioners' sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 2-1/2 cups self-rising flour

Frosting:

- 2-1/2 cups confectioners' sugar
- 1/4 cup water
- 4 teaspoons meringue powder
- 1/4 cup light corn syrup
- Green, red and yellow food coloring



Directions

1. In a large bowl, cream butter and confectioners' sugar until light and fluffy. Beat in egg and vanilla. Gradually add flour. Divide dough in half. Cover and refrigerate for 2 hours or until easy to handle.
2. On a lightly floured surface, roll out one portion of dough to 3/16-in. thickness. Cut with floured cookie cutters. Place 2 in. apart on ungreased baking sheets.
3. Bake at 375° for 5-7 minutes or until set. Cool for 2 minutes before removing from pans to wire racks to cool completely. Repeat with remaining dough.
4. For frosting, in a small bowl, beat the confectioners' sugar, water and meringue powder on low speed just until combined. Beat on high for 4 minutes or until soft peaks form. Add corn syrup; beat 1 minute longer.
5. Tint with food coloring of your choice. Cover frosting with damp paper towels or plastic wrap between uses. Spread and/or pipe frosting on cookies. Let stand until set. Yield: 3-1/2 dozen.

Christmas Break Time!! Think about Youth Hunter Safety Course....



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Is your youth planning on applying for a Tribal Hunt or Oregon State tag next year? Christmas break is a great time for your youth to take the online hunter safety course. To sign up, log on to the Oregon Fish and Wildlife official website which is www.dfw.state.or.us click on the "Youth Education" tab under "Hunting" to get started. The course takes about 4-6 hours and can be done at their own pace. Once they have completed the course, print the certificate and schedule an upcoming field day through the ODFW website. All youth hunters are required to have their hunter safety card prior to hunting; The Tribe can provide computer access and funding for this course at the newly opened Cow Creek Education and Workforce Center located in Tri City. If you have any questions regarding access or funding you may contact Nichole Wood (541) 860-7296 or Scott Van Norman (541) 672-9405

In Picture: Tribal youth member Luke Van Norman, age 12 displays his first buck after completing the youth hunter safety course.

Purchased/Referred Care News/Deadlines

Wow a New Year is upon us and PRC/CHS would like to thank everyone for making this a great year and we are looking forward to assisting you with your medical and dental needs in the coming year.

2015 Applications are due by 01/01/2015 to be eligible for care. No purchase orders will be issued until PRC/CHS has received your 2015 application in the office.

We are unable to process any purchase orders for 2015 until 01/02/2015 as the system has to be updated the morning of 01/02/2015 to allow purchase orders for 2015 to be issued.

If you receive a statement and it should be paid by PRC/CHS please call the vendor and make them aware that they need to bill PRC/CHS. Most offices will not talk to us without written consent.

Remember to use Hometown and tell them you are a Cow Creek member as this saves PRC/CHS a huge amount of money allowing PRC/CHS to have the ability to provide more services for tribal members in the seven counties. You need to be referred from the Cow Creek Health and Wellness Clinic or using the Clinic for care to be eligible for the benefits.

All surgeries, MRI's and expensive scans require prior authorization from the RMC before the date of service. It requires chart notes, medical need and cost so it can be determined if it is needed and if the funds are available.

Get Help Completing Your FAFSA -See below for details



Need Money for College?

Get help completing your FAFSA... Apply early, get more \$\$\$\$\$\$\$\$\$\$. Support staff available on site.



PERSONAL DOCUMENTS

- ◇ Your Social Security Number & your parent's Social Security Number
- ◇ Driver's License number

PROOF OF INCOME

for yourself and your parents

- ◇ Taxable income from 2014 W-2 forms
- ◇ Untaxed income, including workers' compensation, unemployment, etc.

TAX DOCUMENTS

2014 Federal Income Tax Return (IRS tax from 1040, 1040A, or 1040EZ).

**If you have not yet completed your tax return, you can still submit your FAFSA using best estimates. After you submit your tax return, you can correct tax information that is different.*

ASSETS

- ◇ Bank statements (most recent)
- ◇ Business & investment info; business & farm records; stocks, bonds, & other investment records

Date: Mon. & Tues.

January 5 & 6, 2015 Time: 4:00 – 6:00 pm

Location: Education Workforce Center

213 S. Old Pacific Hwy., Tri City

Date: Wednesday

January 7, 2015 Time: 3:30- 6:00 pm

Location: Government Offices

2371 NE Stephens St., Roseburg

Questions: 541-677-5575

HAPPY HOLIDAYS! from the Cow Creek Health & Wellness Center



The staff of Cow Creek Health & Wellness would like to wish everyone a very Merry Christmas and Happy New Year! We would like to remind all of you to call either clinic for an appointment to get an annual physical, immunizations, dietary consult, join the New Year's tobacco cessation classes, design a personal fitness program or see a counselor and stay mentally healthy! Let's all start the New Year out right!

We want you to "Be Well and Stay Well" in 2015.

GREAT AMERICAN SMOKE OUT-YOU CAN QUIT TOO!



The Great American Smoke out was a HUGE success this year! We are proud to announce that we have 23 quitters that have pledged to quit. YAY!!!! 23 QUITTERS!!!! This year's tobacco free pledge came with a "Commit to Quit" cup filled with all sorts of goodies.

Quitting is hard. That's why people need Freedom From Smoking® (FFS), America's gold standard smoking cessation

program. People who use this program are six times more likely to remain smoke-free than those who try to quit on their own. The Cow Creek Behavioral Health Program is bringing this program to you. This interactive program will be delivered in small groups over seven sessions.

We will begin the second week in January. If you are interested in attending these classes or would like some information regarding how to quit please contact the Behavioral Health Department @ 541-839-1345.





Cow Creek Band of Umpqua Tribe of Indians
2371 N.E. Stephens Street, Suite 100
Roseburg, OR 97470
(541) 672-9405 Fax (541) 677-5565

Change of Address Form

[Please Note: Tribal Members Ages 18 & Over Must Complete & Sign Their Own Address Change Form]

Name: _____
Last First Middle

Old Address: _____
Street

City State Zip

New Address: _____
Street

City State Zip

Phone Number: () Message Number: ()

Veteran? Yes ___ No ___ Branch of Military: Service Era:

Social Security #: - - Date of Birth:

Please List All Enrolled Minor Tribal Members Ages 17 & Under Who Are At This Address:

Name: _____
Last First Middle Date of Birth

Last First Middle Date of Birth

Last First Middle Date of Birth

Last First Middle Date of Birth

Please Fill Out The Section If There Has Been A Name Change

Name: _____
Last First Middle

New Name: _____
Last First Middle

Reason For Name Change: _____
Married, Adopted, Legal Name Change, Etc.

By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify the above information is correct:

Signature: _____ **Date:** _____

Medicare Part B Reimbursements

If at any time during the 2014 calendar year **Medicare Part B** premiums were withheld from you or your spouse's Social Security benefit, you may qualify for reimbursement from the Tribe. A Tribal Member aged 65 or those receiving disability payments and paying for Medicare Part B insurance.

At the end of each calendar year, the Social Security Administration (SSA) sends recipients a **SSA-1099** form for tax purposes that details social security benefits. According to the Social Security Administration the **SSA-1099 forms for year 2014**, will be mailed to recipients by the last week of January 2015. The 1099 form is used for annual reimbursements, you will also receive a **statement letter** which is what one needs for monthly reimbursement payments. We do not need your original. Please send a copy or ask the front desk to make a copy for you. Please place the Tribal member name on the document as we don't always know who the tribal spouse is. Reimbursement checks will be distributed upon receipt at the beginning of the New Year. Please write how you would like your reimbursement either monthly or annually. A copy of your marriage certificate is also needed (**if you haven't sent it already**). You can also access this information by going online to **mymedicare.gov**.

If Medicare Part B premiums were paid by 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.

Andrea Davis can help with any questions you may have regarding this reimbursement. Call her at 541-677-5575.

LIHEAP Program

Energy Assistance- We will be starting a new digital intake application process for this program. Tribal members with low income, who need assistance to pay an energy bill, please call Cindy Delay 541-677-5575 to schedule a 15 minute intake appointment. We will be eliminating paper applications.

Required documents to bring with you:

- **Most recent utility bill**
- **3 months proof of income from each household members**
- **Photo Identification for all Household Members**
- **SS cards for all Household Members (unless already on file)**
- **Written Statement of explanation (if the utility bill is not in your name) and an official piece of mail in your name with same address that is on your utility bill**
- **If 0 income write a statement of how you make ends meet**

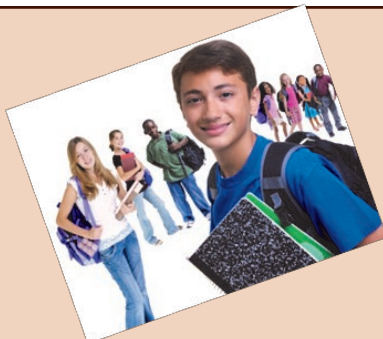


Are you looking for work or a change in career? Many positions are available through our tribal businesses. Take a look at the website to learn more and start your new career today! Find more information at www.uidchr.com

Living in Douglas County? Could you use some assistance with transportation? Bus passes are now available, at no cost, for all ages. Call 541-677-5575 to get a monthly bus pass.



Youth Programs



Youth Education Program Benefits

Year End Requests

Please remember to have any requests for services and/or reimbursements for your youth submitted by December 31, 2014 in order to receive their 2014 benefits. New benefits will start again on the 1st of January, 2015. For further questions, please call Tammie Hunt 541-677-5575 or email

thunt@cowcreek.com.

Expanding Horizons Youth Center



The Education and Workforce Center (aka Expanding Horizons Youth Center) is open. The Center is open for **adults** Tuesday-Thursday 10:00-2:00 and by appointment Monday and Friday. Adults can access the Center to use the computer lab, search for jobs, get assistance with resumes, prepare for GED testing, work with the national recognized Core Skill Mastery and Career Readiness programs, receive job coaching, plus much more! The Center is open daily for **youth**, grades 6-12, from 2:30 – 6:00 pm (1:30 on Wednesdays). The afternoons offer a light healthy meal; youth centered activities like digital storytelling, cultural activities, access to a fully functioning computer lab for homework and social networking, opportunities to build life skills, and provides a safe (and fun!) place to hang out after school. Tutoring services will be provided by Umpqua Community College.

For more information call Nichole Wood at 541-860-7296 or better yet - Come check it out! The Center address is 213 S Old Pacific Hwy, Suite 103, Tri City.

Expanding Horizons Youth Leadership meetings are in full swing. All youth ages 14-17 are welcome to participate and join. Meetings are held the first and third Saturday of the month at the new Education and Workforce center (also known as the Expanding Horizons Youth Center). Participating youth develop leadership skills, create strong connections with tribal and local community members, and participate in experiential and service learning activities. Youth may even earn community service credit needed for graduation.

Interested? Call Nichole Wood at 541-860-7296 for more information.



The Takelma word for Elk is Tkam



Elk – Tkam

**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 contact us at
1-800-422-0232**

**Save the
Date!**

7th Annual "GATHERING OF OREGON'S FIRST NATIONS" January 24, 2015



This event is sponsored
by the sovereign governments of

Gourds, Gourds, Gourds!!!

We had a great time turning gourds into gourdaments for Christmas trees. We had 29 participants and had many creations. It was a true fun filled day! The focus for this class was a discussion regarding cultivation. Our Tribe traditionally cultivated one plant and that plant is tobacco! All of the other plants and materials we gathered were maintained by using fire management and by gathering what was needed so some was left to grow for future use.

There are many gourds left for anyone who may be interested in coming by the office to pick some up to create your own gourdaments! Please call or email Tabbitha Johnson @ 541-677-5575 or tjohnson@cowcreek.com to arrange a time to come in and pick those up.



Introducing Two New Employees

We are happy to welcome Katrena to the Cow Creek Government Office. Katrena transferred from UIDC. She started as the Employee Relations Specialist and then a year later was promoted to the HR Generalist. Before coming to UIDC she spent 2 years working for Douglas County handling many aspects of Human Resources such as recruitment, training, employee relations and payroll. Prior to working for Douglas County, she spent 13 years working for Orenco in the area of sales and IT. Katrena successfully received her Bachelor's degree in Management and Marketing in 2011 from Eastern Oregon University and her Master's in Business Management in 2013 from Northwest Christian University.

Katrena will be responsible for all aspects of HR including, policies and procedures, employee recognition programs, employee relations, recruiting and hiring, new employee orientation and quarterly training. Katrena is located in the South building at the Government Offices.



Katrena Garoutte, HR Manager



Lacey Reindel, RN

Cow Creek Health & Wellness Center welcomes Lacey Reindel back! Since leaving the clinic Lacey has gained even more knowledge and experience working as an RN for Rose Haven, however she missed working for the Clinic and decided to come home!

This is very exciting, as Lacey brings with her a vast knowledge of patient care, and a priceless familiarity with our clinic and staff. She is knowledgeable in E.H.R. and our procedures.

Lacey will be heavily involved with initiating our new PHN visiting nurse program, Infection control and clinic coverage as required.

Please join me in welcoming her to this exciting position, and as a valuable member to our team.

TDaP Immunization

Pertussis (whooping cough) is a highly contagious respiratory disease that has seen a resurgence in the last 2 years. Oregon has seen a 3 fold increase in the number of pertussis cases. This disease can cause serious illness in infants, children and adults. It starts like a common cold, with runny nose or congestion, sneezing and maybe mild cough or fever. Severe uncontrollable coughing can begin after 1-2 weeks. This cough can be so severe that it forces all the air from the lungs and patients are forced to inhale with a loud "whooping" sound. The coughing can last for weeks or months. Pertussis is worst for babies with many infants requiring hospitalization. Many infants who get whooping cough are infected by parents, older siblings, grandparents, or other caregivers who might not even know they have the disease. The best prevention is to get vaccinated and to keep infants away from anyone who has cold symptoms, is coughing, or who has NOT been vaccinated.

If you are unsure if you have had your TDaP vaccination, please visit us – either north or south clinic – and get your immunization up to date!

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Elder's Holiday Luncheon @ 7F 12 PM	6
7 AA Mtg 6 PM Gov Office	8	9 Food Bank 9-12 PM	10	11 Takelma Language Class @ Blockhouse	12	13
14 AA Mtg 6 PM Gov Office	15	16 Food Bank 1-4 PM	17	18	19	20
21 AA Mtg 6 PM Gov Office	22	23 Food Bank closed	24 Gov Offices close @ 1:30	<div> <div>25</div> <div>  </div> <div>26</div> </div>		27
28 AA Mtg 6 PM Gov Office	29	30	31 Gov Offices close @ 1:30			

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <div>  </div>	2	3
4 AA Mtg 6 PM Gov Office	5	6	7	8 Takelma Language Class @ Blockhouse	9 Elders Luncheon & Bingo 12 pm @7F	10
11 AA Mtg 6 PM Gov Office	12	13 Food Bank 9-12 PM	14	15	16	17
18 AA Mtg 6 PM Gov Office	19	20	21	22	23	24 Gathering of Oregon's 1st Nations in Salem 12-9 PM
25 YEP Bowling @ 2PM AA Mtg 6 PM Gov Office	26	27 Food Bank 1-4 PM	28	29	30	31

Announcements

Births/New Enrollments

Sophia Kai Ledesma, Piper LeAnn Rondeau, Sabine India Coates,
Julian Nicholas Jericho Ward

Obituaries

David Golden (husband of Marcella Golden)

Address Updates for Annual Distribution Check Mailing

The tribal distribution checks were mailed out in November. If there are any tribal members that turned 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 form is now located on page 5 of this newsletter. Just fill it out and mail it to the Government office address on the form or it can be faxed to 541-677-5565.



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 Trust Fund information won't be relayed properly if addresses aren't correct for them as well.

Future Tribal Events

Takelma Language class

2nd Thurs each month

Blockhouse in Canyonville

The Youth Education Program Bowling

Sunday, Jan. 25th 2:00 pm

Ten Down in Roseburg

Regalia Class

Sunday, Feb. 22nd 1:00 pm -3:00 pm

Government Office Boardroom

Upcoming Elder's Events

Jan 9 Elder Luncheon & Bingo

Friday, Jan 9, 2015 12:00 pm

Grape & Huckleberry Room Seven Feathers Casino

****Please RSVP a week early for all Elder Events to Cindy Delay 541-677-5575. This reserves your seat and enough food for everyone attending. Thank you for your promptness, it is much appreciated!***

Winter Gathering Reminder



The 2nd Annual Lepnixa Gathering is coming up quick!!! So save the date, Saturday, January 17th, 2015. There will be a chili cook off. Last year's winners were (pictured) Darby Nealy in first place with his chili "Dragon's Breath", Andrea Davis in second place with "Andrea's Chili" and Hunter Haataia in third place with "Hunter's Chili" there were 9 chili's to taste and judge. A great time was had by all! Hope to see you there!

Cow Creek Band of Umpqua Tribe of Indians
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Toll Free: 800-929-8229



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com