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Culture Camp 2010 by Louis LaChance

This year Culture Camp provided new classes such as flute making, traditional bag making and gourd basket making. The food provided by Seven Feathers this year was fantastic. There were many compliments from the membership in attendance. The salmon ceremony on Saturday started with the sunrise ceremony and then later that morning the people prayed with the spiritual salmon followed by the young men taking the remains to the river. Clara Seele, Spiritual Elder attended this year and conducted the ceremony. She was assisted by Louis and Kelly LaChance. The three young men entered into the Salmon Society this year were Jay Buschmann, Ian McGowan and Taft Polka. Michael and Lottie Hamrick baked the traditional style salmon this year. It was delicious! Members of the JOM Parent Committee (Janet Lamm, Linda VanNorman & Polly Rondeau) volunteered to help with the youth activity corner this year and they had a lot of fun working with Tribal families and youth. Following the salmon ceremony Robert VanNorman held a special veterans honoring. Thank you to Butch Bochart who was a volunteer instructor for the gourd basket making class and to all the instructors and volunteers. This year was very special and beautiful. Creator's blessing to you all.



Clara Seele, Louis LaChance, Jay Buschmann, Cougar Buschmann, Travis McGowan, Taft Polk, Ian McGowan, and Aidan McGowan-Salmon Ceremony participants



Clara Keller

Clem Rice



JOM Kids Activities

Special points of interest:

Government Office Hrs:

Mon-Thurs 8am-5pm
Fri 8am-4pm

Roseburg Clinic Hrs:

Mon-Thurs 8am-5pm
Closed 12pm-2pm

Canyonville Clinic Hrs:

Mon-Thurs 8:30-4:00
Closed 12pm-2pm

Vendors Needed For Gathering of Oregon's First Nations Celebration



The 3rd Annual Gathering of Oregon's First Nations celebration is scheduled for Saturday, January 29, 2011 from 10 a.m. – 7 p.m. in Salem at the State Fairgrounds Pavilion at the State Fairgrounds. Tables are \$50 with a limit of 1 table per vendor. Any tribal artisan with Native American crafts interested in being a vendor at next year's event needs to contact Donna Fields at 1-800-929-8229 by September 1st to reserve a table.

"Standing Strong"

Oregon's Western Tribes Celebrating Sovereignty

Aug. 27, 2010

11 a.m. - 3 p.m.

at the

OREGON STATE FAIR OPENING DAY EVENT

2330 17th Street Northeast Salem, OR 97301

Yellow Gate Oak Grove Picnic Area

Cultural Demonstrations
Drumming
Dancing



Jetboat Elders Trip

The Hellgate Jetboat Dinner Excursion is scheduled for Saturday, August 28. Those planning to attend will meet at the Rogue River Hellgate Jetboat facility located at 966 SW 6th Street, Grants Pass, OR by 2:30 p.m. for check-in. There is a 30 person maximum. Interested Tribal Elders need to RSVP to Reggi by August 15th at 541-677-5575 or 1-800-929-8229.



Huckleberry Day

Huckleberry Day is Saturday, August 14th. This event is an informal potluck. For information or directions please contact Rhonda Malone at 541-677-5575 or 1-800-929-8229

Summertime Movie Club

The last two movie dates are July 27, "Ramona and Besus" (G) and August 3rd, "Cats and Dogs" (PG). The program will include a short presentation from various program directors prior to each movie. Some possible subjects may include the Youth Addiction Prevention Program, Tribal Natural Resources and a Nutrition Expert.

This program is intended for families; parents must attend with their children. If you would like to attend, please call Reggi at 541-677-5575 to sign up no later than 3 days prior to the movie date. If you have any additional questions please call Rhonda at 541-677-5575 ext 5513.



Tribal Emergency Food Program



The Tribal Food Program has been assisting families since February 2010. Tribal members who apply must have their Tribal I.D. card upon application. Each head of household must complete an application to certify their income upon arrival to the South Building Tribal Office. If you have any questions please call Rhonda at 541-677-5575 ext 5513.

Food Program hours of operation are the 2nd Tuesday of each month from 9-12 and the 4th Tuesday from 1-4 pm.

Cow Creek Library Awareness

Parents, here are some great Native American books for your students to read over the summer. These books are available for check out in the Cow Creek Tribal Library. Contact Kelly LaChance for more information at 541-677-5575.

Pre-School/Kindergarten –

"Prairie Dog Goes to School" Author: The Lakota Language Consortium

"Baby Coyote Counts" Author: Neecy Twinem

Elementary

"The Boy who lived with Bears" Author: Joseph Bruchac

"The Flute Player" Author: Michael Lacapa

Middle School

"The Birchbark House" Author: Louise Erdrich

"Bird Girl and the Man who followed the Sun" Author: Velma Wallis

High School

"How Raven found Daylight" Author: Paul Leavitt

"The Lone Ranger and Tonto Fistfight in Heaven" Author: Sherman Alexie



Initiatives 76 & 77

Backers of a proposed casino near Portland have succeeded in turning in more than the 327,000 signatures needed to get Initiative Petitions 76 and 77 on this year's ballot. The Secretary of State's Office website showed they turned in 176,566 signatures for the Measure 76 constitutional amendment to allow for the first (and only?) non-tribal "taxpaying" casino in Oregon, and 136,938 for the Measure 77 statutory changes required if Measure 76 passes. The two ballot measures will be voted on in November during the midterm elections.

The measures would put the casino under the authority of the state lottery and "share" 25 percent of revenue with counties and schools around the state.

The project initial \$250 million casino investment is backed by the Toronto merchant bank Clairvest, according to project developers Matthew Rossman and Bruce Studer. The project is in a race with the Cowlitz Tribe of Washington to tap the lucrative Portland market with a major casino and entertainment complex to include hotels and theme attractions such as a wave park.

The project is beginning to gain additional public support on the heels of the successful signature gathering campaign, which took only seven weeks to obtain the required signatures. The basis of the support is primarily economic, as politicians in the Portland area begin to figure out how to gather and use future projected gaming revenues, and calculate the electoral impact of the number of jobs and economic activity the project may create.

There is disagreement as to the ultimate economic impact of the project, however. ECONorthwest, a Portland consulting firm engaged by the Oregon Tribal Gaming Association, argues in a newly released report that the Wood Village casino would sap nearly \$100 million a year in Oregon Lottery profits and require the state to reduce lottery-backed bonds, further hurting public services.

The Wood Village casino developers argue that their casino complex would bring several thousand permanent new jobs to east Multnomah County and spin off more than \$125 million in taxes annually. The developers, who named their website GoodforOregon.org, insist that their project would pay off with jobs, money for schools and other benefits to every corner of Oregon.

The ECONorthwest study asserts that a private casino placed in the metro area would draw away so many Oregon Lottery players that even if overall gambling in the region increased, the state would wind up with lower revenues. As the report notes, about 65 cents of every dollar lost in an Oregon video lottery machine goes to public programs. Thus, it would take more than two times as much gambling at the private casino to have the same revenue impact to the state via revenue taxation.

Counter campaigns against the measures are forming in anticipation of the November elections. One certain thing is that tribal casinos, especially those in Northern Oregon, along with metro area Oregon lottery retailers, stand to lose the most, soonest, if the project is approved by Oregon voters in the fall.

More Cow Creek Graduates

Congratulations to David Ashworth on obtaining his GED from Umpqua Community College! David's future plans are to attend Umpqua Community College and work on his Associate of Art's Transfer Degree.

Congratulations, also to Wyatt Zerkel. He graduated from kindergarten at St. Mary Catholic School in Stayton, OR on June 8, 2010. Wyatt is the son of Misty Zerkel, grandson of Cindy Delay, great grandson of Iva Davenport and great great grandson of Esther Gatewood.



NO TIME? NO EXCUSE..



One of the main excuses cited for not exercising is lack of time. For many people, juggling a job, a family, and other obligations big and small makes it necessary to cut corners from time to time. More often than not, exercise is one of the components that will be squeezed out in the throes of a time crunch.

It doesn't have to be that way. Of course, any amount of exercise is better than none at all, and small changes throughout your day can add up to meaningful health benefits. There are things you can do to infuse more physical activity into each day, even if most of your waking hours are spent behind a desk. After all, even if your job is sedentary, you don't have to be. Start out first thing in the morning making healthy, active choices. These can be as simple as choosing a parking spot farther from the office building than usual. Once inside, skip the elevator and take the stairs, two at a time for a little extra burn. Forgo e-mail and walk down the hall to chat with a co-worker, stand as much as possible instead of staying glued to your desk chair, and take a brisk stroll at lunchtime to get your blood pumping. While the importance of a daily exercise routine for overall fitness and general health can't be underestimated, it's comfort-

ing to know you can salvage even your busiest day.

The Mayo Clinic offers these tips to stay active on your own time:

- Make a little extra time in your day by getting up early to walk on the treadmill or jog around the block. Some research indicates that morning exercisers are more likely than others to stick to their routine.
- Make chores do double duty. Keep up a fast pace while vacuuming, tone your arms by mowing the lawn, scrub the bathtub with extra vigor. It all counts toward your daily dose of physical activity.
- Don't just sit there. Make TV time count by riding a stationary bike or doing a stretching routine during your favorite shows.
- Involve the family. When you're having fun with the people you love, it's easy to forget you're exercising. Go for family bike rides or walks to the park and enjoy spending time together while you get a great workout.

For more information on how to get started on an exercise routine, call Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 677-5575.

Cow Creek Website Launched

July 23 the new Cow Creek website (www.cowcreek.com) was officially launched. The new website has a whole new look and will provide information on the programs and events offered to the Membership. Tribal members can set up a user account by clicking the Members log in here text then in the Have Not Created an Account section fill in the blanks and click the **go to register page**. This will take you to a page to create your user name and password. Once you register you can log into the website using your newly created name and password. If you have feedback about the new website please send an e-mail to lrainville@cowcreek.com.

Benefits of Omega 3 Fish Oils by Mary Hagood

Many brands of omega 3 oils and supplements are available in grocery stores and vitamin shops. If you choose fish oil, be sure the brand you select is **mercury free** and keep omega 3 oils **refrigerated to keep them fresh**.

Here are just some of the main benefits of fish oils with omega 3:

- **Omega 3** fish oils, have been proven in many clinical studies, to benefit heart health and is also supported by the American Heart Association guidelines.
- It has been found that omega 3 helps to lower triglycerides. The effectiveness fish oils have in lowering blood triglycerides that are known to be a risk factor for cardiovascular disease have been supported very well in many clinical studies.
- Fish oils have been shown to help lower cases of high blood pressure due to cardiovascular disease. It specifically helps to reduce high cholesterol.
- Fish oils with omega 3 also help to prevent blood clots.
- Fish oils with omega 3 have been shown to lower heart rates and also prevent arrhythmias (disturbances of the normal rhythm in the heart's beating).
- Fish oils with omega 3 help to stimulate your blood circulation and avoid problems such as varicose veins and Ray-nauds disease.
- Fish oils with omega 3 also benefit you greatly if you suffer from depression. A lack of omega 3 has been linked to depression.
- Many studies have proven that fish oils improve your brain function. In addition, taking fish oils with omega 3 has been linked to a lower risk of developing Alzheimer's disease.

Taking fish oils while pregnant may also protect babies against developing different types of allergies such as hay fever, sinus infections, asthma, food allergies and allergic skin conditions such as hives and eczema.

Always consult your medical provider when starting a new supplement.



Announcements

Births/New Enrollments

Coleman Mason Lee Jackson, Elliana Wren Leusch

Obituaries

No deaths were reported.

Education Deadlines

The deadline for fall assistance for Higher Education and Adult Vocational Training is on August 1st. For winter quarter/spring semester assistance funding the deadline is December 1st. For spring quarter funding the deadline is March 1st.

Veterans

The Tribe continues to maintain a list of past and present Veterans of the United States Armed Forces for the purpose of bestowing on them, or their family, the Native American Medal of Valor.

The Tribe has also begun a Tribal Honor/Color Guard for community and Tribal activities as requested.

Robert VanNorman, is the current Leader for the Honor/Color Guard. Please send in your name, current address and phone number along with the branch of service and years served to Rhonda Malone, 2371 NE Stephens, Roseburg, Oregon 97470.

Social Service Program Information

Applications for the various Social Service programs such as Child Care reimbursement, LIHEAP (energy assistance) and Project Warmth are available through Rhonda Malone at 800-929-8229 or 541-677-5575 or by coming to the South Building Reception Desk at 2371 NE Stephens St. in Roseburg.

Thundering Water Drum Classes

Classes will be suspended until September 2010. Watch future newsletters for more information.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Reggi at the Cow Creek Government Offices at 800-929-8229. You will be sent an application to fill out and sign. Enclose a photo and mail the completed application back to the Tribal Government Offices for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you.

Address Updates

Tribal members are encouraged to maintain a current address 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.

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