

# KIUYUM-ID



We will be known forever  
by the tracks we leave.

VOLUME 30—ISSUE 16

July 2013

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## Culture Camp 2013

2013 Culture Camp was a tremendous success. There were 13 different cultural classes offered. The classes that were available were wooden beading, flint knapping, peyote stitch, Takelma language teaching, making medicine bags, an archaeological dig for the Tribal youth, pine needle basket making, learning the use of a bow and arrow, the kids' corner arts and crafts, jewelry making, shawls, ribbon shirt, and breech cloth making. In addition to the classes there were tables around Culture Camp that provided information pertaining to Cow Creek Culture. One example is the Lamprey table. This table was set-up and joined by Kelly Coates our Fisheries Biologist. She provided a lot of information about the use of lamprey for our Tribe.

This year the University of Oregon Native Indian Language Institute (NILI) provided us with two language instructors who came to us with an abundance of information pertaining to our Takelma language. Rhonda Malone, Cultural Development Coordinator, is working closely with NILI to bring our language back home.

Wood bead necklaces were a huge hit. Tribal Elder, Butch Bochart, and his family provided handmade wooden beads and disks that Butch and his family painstakingly made one by one for Culture Camp this year. Butch and his family made an excess of 4,000 beads. They also made hundreds of wooden disks that were each wood burned with traditional decoration by hand. Their beautiful handcrafted bead and disk necklaces could be seen around the necks of fellow Tribal members everywhere you looked throughout the weekend.

Flint knapping was brought back this year thanks to Josh Antos and Tribal Board Member, Steve Jackson. We had 72 people participate in this class throughout the weekend. There is still talk about how awesome it was to make such a prized artifact. We are looking forward to much growth next year as this class was very popular.

There was a mock archaeological dig for our Tribal youth this year, Jessie Plueard, the Tribal Archaeologist, headed up this project. There were many items, including dentalium shells, beads, fish shaped charms, and many other items located in three mock archaeological sites. Jessie taught the use of archaeological tools and site etiquette. Cries of, "look what I found!" could be heard often coming from this class. Our Tribal youth were very excited about the mock archaeological dig. We look forward to having this class with a few changes implemented again next year.

The JOM Committee is very appreciative of Tribal Board Members Robert VanNorman and Steve Jackson for their participation and support to our Tribal community. Overall 2013 Culture Camp was a huge hit. We thank everyone for their participation and helping to make this year's Culture Camp a complete success.

### 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:

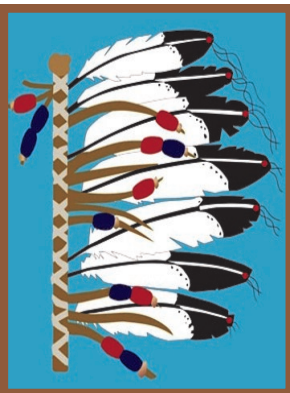
Mon-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

#### Office Closures

September 2-Labor Day









## JOM Garden Party

JOM is having Garden Parties for youth at the Tribal Garden. The next party is July 24th, then continue on August 7th & 21st. Our youth had a fun time doing the 'Three Sisters' style of planting at the Garden—corn, beans, and squash. They planted 100 Three Sister mounds. If you have youth who want to attend, please contact Tabbitha Johnson, the Government Office Receptionist, at 541-677-5575.

## Tribal Firewood Program

It is hard to believe we are already into summer, but the calendar says it's summer already, and time to place your firewood order for next winter. We have a nice mix of oak and madrone for high heat output, with a bit of fir and cedar thrown in to get that hot fire started. The wood is currently in log form, but will soon be bucked and split for dry wood this fall.

### The program will operate similar to last year, the details of which are:

- Place your firewood order now. Call Janet Cooper at 541-677-5575 to place order.
- Maximum order is 3 cords of firewood per Tribal household.
- Firewood cost is \$25/cord. Tribal Elders get their first cord free.
- Firewood will be ready for pick-up at the McNeil Ranch Firewood Center near Canyonville in late September or August.
- We will call you this summer to arrange for payment and firewood pick-up.

As a reminder, you are responsible for loading and hauling your own firewood. Also, firewood from the Tribal Firewood Program is for personal use only, and is not to be re-sold.

There is a limited firewood supply each year. Permits will be issued in the order in which firewood orders are placed. Thank you.



Firewood logs at McNeil Ranch Firewood Center.

## Annual Huckleberry Gathering

Huckleberry Lake is located within our ancestral territory and has significant relevance to the tribe. Families have gathered here for hundreds of years to pick berries, hunt and camp, renew old friendships and enjoy family time.

The Annual Huckleberry Gathering is scheduled for Saturday, August 10, 2013 from 12:00-2:00 at Huckleberry Lake located on the Rogue-Umpqua Divide, directions are available if needed. It will be a pot luck meal and elk burger will be provided. Everyone is welcome. RSVP by August 9th to Rhonda Malone.



## Drowning Doesn't Look Like Drowning

In many child drownings, adults are nearby but have no idea the victim is dying. Here's what to look for.

By Mario Vittone | Posted Tuesday, June 4, 2013, at 7:14 AM

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know—from 50 feet away—what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response—so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch the child do it, having no idea it is happening. Drowning does not look like drowning—Dr. Pia, in an article in the Coast Guard's On Scene magazine, described the Instinctive Drowning Response like this:

1. "Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm



A lifeguard keeps watch on opening day of the newly renovated McCarren Park Pool on June 28, 2012, in Brooklyn, New York.

## Drowning (continued from page 4)

movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs."

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble—they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

Head low in the water, mouth at water level

Head tilted back with mouth open

- ◆ Eyes glassy and empty, unable to focus
- ◆ Eyes closed
- ◆ Hair over forehead or eyes
- ◆ Not using legs—vertical
- ◆ Hyperventilating or gasping
- ◆ Trying to swim in a particular direction but not making headway
- ◆ Trying to roll over on the back
- ◆ Appear to be climbing an invisible ladder

So if a crew member falls overboard and everything looks OK—don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. When they get quiet, you get to them and find out why.

(See a video of the Instinctive Drowning Response.)

This article is reprinted from Mario Vittone's blog. Join him on Facebook.

**This article is included in this month's newsletter by Bob Dunas, Health Educator for the Cow Creek Tribe who wants everyone to enjoy a healthy, active and safe summer!!!**

## Contract Health News

The Fourth of July whizzed by with a rash of fireworks and family barbeques for friends and family and vacations and camping trips. Hopefully no accidents but if so, does CHS have updated information.

The most common reason for a denial is that no purchase order was obtained. If it is the weekend you can always call on Monday. It is important to make sure the PO is in place.

With the rising cost of medical and dental services, CHS is keeping a close eye on the budget and output for services considered not a medical necessity. Remember all surgeries, inpatient or outpatient, require prior authorization through the Resource Management Committee and a purchase order for the date of service.

For questions call CHS at 541-839-1345 or 541-672-8533

## Introducing Anvil Northwest:



GRAPHIC DESIGN / WEB / CORPORATE IDENTITY

Formally known as Creative Images, Anvil Northwest is one of eleven businesses owned by the Cow Creek Band of Umpqua Tribe of Indians. Anvil Northwest specializes in Graphic Design, Web site development, Corporate Identity and a variety of print services. Anvil Northwest believes in timeless simplicity. This company doesn't bother with marketing buzz words, just straight up design, custom built to fit the needs of their clients.

Cam Campman is a Cow Creek tribal member and the General Manager of Anvil Northwest. Cam grew up in Glide Oregon and went on to study Graphic Design. He graduated from Lane Community College in 2003 and Western Washington University in 2006. For six years he worked as a designer for Ride Snowboards in Seattle. There he had his hands in everything from designing hard goods and clothing to advertising and POP. During his last year in Seattle, Cam worked as Art Director for Hammerquist Studios, a small design agency that focused primarily in the outdoor industry.

Cam's team consists of 9 members. Positions within Anvil Northwest include three designers, one web developer, two project managers, two pressmen, and a receptionist.

You can see some of the fantastic work produced by Anvil Northwest by accessing the following website: [www.anvilnorthwest.com](http://www.anvilnorthwest.com). Some of the clients working with Anvil Northwest are well known in the community including: Pyreness Vineyard & Cellars, K-Bar Steak House, Seven Feathers Casino Resort, Umpqua Oats, University of Oregon, Umpqua Valley Wine Growers Association, plus many more.



### Instant Interviews

July 18, 2013

1 pm - 3 pm

Grape/Huckleberry Rooms  
(Hotel Entrance)

Managers will be speaking with candidates for one on one introduction interviews, so bring your resume!

#### Some things to remember:

- ◆ Apply online at [www.uidchr.com](http://www.uidchr.com).
- ◆ Bring your resume.
- ◆ Dress for success.
- ◆ Time is limited so have your questions ready!
- ◆ No hiring decisions will be made that day.
- ◆ This is your chance to showcase your skills and be considered for a second interview!

[Want to know what is currently available? All current openings are posted online.](#)

As the event gets closer we will announce on our website  
which departments will be conducting interviews.

**Page 6** For more information please contact: Human Resources at 541-839-1221x2



## Cow Creek Youth News



We have had many activities with the youth recently and we would like to share some of our fun with you!

**Tribal Garden Day**, June 2, 2013, we had 30 participants and were able to weed out the strawberry patches and plant 100 mounds of corn. The process of the "Three Sisters" is currently being taught to our youth. This consists of planting corn, beans, and squash in a minimal space. There will be sessions throughout the summer to finish this project and if you are interested in joining give us a call at 541-677-5575.

**Lamprey Education Day**, June 11, 2013, we had 10 participants come out and learn about Lamprey and the significance that they have on our ecosystem. Lampreys played a very important role to our ancestors and still to this day play a very important role to the waters around us. Kelly Coates our Fish Biologist would like to teach and give you any information you would like pertaining to these special fish. Call her at 541-677-5575.



**Wildlife Safari Trip**, May 18, 2013, we had over 60 participants join us for some fun with the animals. We had a guided tour through the drive through and also had lunch afterwards. Seeing all the youth and families there warms our hearts. This is one of the many trips JOM provides throughout the year.

A fellow Tribal Youth and her parents made her way all the way from Georgia to meet her Tribal family. Courtney is a high spirited motivated individual. We look forward to working with her in the future. She is a part of the Dumont and LaChance families. It was a true blessing to have had the chance to meet with her.



## News from the Tribal Garden

### **We Love great food !**

Our Tribe loves us enough to provide the most incredible Tribal garden. They also provide us with a food pantry. Each month for both food pantry days our garden staff works hard to pick and deliver fresh produce so our Tribal members will have fresh produce for their families.

The task of picking and delivering this fresh produce can be challenging to get everything picked in time and delivered to the food bank. Help with the Tribal garden is always needed all year round, especially now during the growing season and greatly appreciated. We need your help in caring for this bountiful garden Creator has provided us. We are asking anyone to donate jars for canning our Tribal Garden produce. If you have jars you would like to donate please bring them to Ken at the Tribal Gardens. You can reach Ken at 541-530-6979 to confirm a time to deliver. We thank you in advance for any donations you can contribute.

Please look at the enclosed calendar which includes the food bank dates. If you would like to help pick produce and/or pull weeds in our Tribal garden please contact our Tribal Gardener, Ken Grizzle at 541.530.6979



## Native American Summer Program

### STRIVE - "Summer Training to Revive Indigenous Vision and Empowerment"

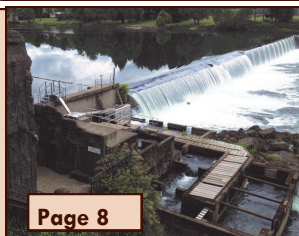
**STRIVE** is a Summer Academic Program for Native American High School Students. Last year twenty-one students participated in STRIVE and had a fantastic fun-filled week of learning and laughter. Our guest teachers last year were Mosley Watta- Hip Hop Artist, Jefferson Greene -Warm Springs Canoe Family and Gina Ricketts-Native American Program Coordinator from Central Oregon Community College.

The week began with students traveling to the Warm Springs Reservation and participating in the HeHe Longhouse Tradition, a centuries old tradition of giving thanks to the Creator for the berries and roots that have sustained the Columbia Plateau people for thousands of years. Students enjoyed a day with Wanderlust Tours as they navigated through an Eco-Challenge Scavenger Hunt at China Hat Recreation Area. We ended the week with the Canoe from Warm Springs up at Elk Lake enjoying the sun and swimming.

Please visit their web site at [www.cocc.edu/multicultural/native-american/native-american-summer-program/](http://www.cocc.edu/multicultural/native-american/native-american-summer-program/).

Applications can be picked up at the Government Offices or emailed directly to you. For questions, please contact **Gina Ricketts at Central Oregon Community College at 541-318-3782 or Tammie Hunt, Cow Creek Government Office 541-677-5575.**

## Tribal Youth Lamprey Education Day (continued on next page)



On June 11th, the Cow Creek Tribe's Natural Resources Fisheries Program hosted the first ever Tribal Youth lamprey Education Day at Amacher Park. Tribal youth and their parents were invited to learn about lamprey ecology and see (and if they were brave enough, hold) live adult and juvenile lamprey. The cultural connection to lamprey was discussed and the youth learned the Takelma word for lamprey (Xt'aan) and that lamprey are



## Natural/Cultural Resource News

Hello, Tribal members! We at Natural Resources hope that you are enjoying this summer. Hopefully with some of the rain that we received last week, things are growing well. We can tell you that the Tribal Garden is certainly producing, and actually needs Tribal members to come out and gather some produce and berries! Just last week, some of our staff came and picked marion berries. We ended up with enough berries for everyone at the Tribal offices, and that wasn't even a fourth of the berries that are ripe! If you want to visit the Garden, please contact Ken Grizzle at 541-530-6979.

In other news about traditional foods, our Health Department is preparing the Youth Traditional Healthy Foods Initiative. This initiative is a part of an effort among tribes to encourage their youth to make healthier food choices, and at the same time bring back their own unique foods (preparation, storing, and values). Currently, we are identifying what traditional foods the Cow Creek tribal members and their families enjoyed and ate in their well-balanced diet. For example, an elk meat salad with cooked kale and smoked salmon would represent traditional foods for our Tribe that might have been eaten in the spring and summer. Our hope is to eventually have more cultural and healthy foods available at youth events, getting away from such unhealthy choices as soda and high fat and sugar snacks, which can lead to health issues later in life. We also are looking at a Cow Creek Native cookbook, which could feature some of our traditional game and fish species along with berries and other traditional foods.



A series of basket classes that started on April 12th have ended. The classes had 15 participants. The youngest participant was 5, while the oldest were Tribal elders in their 60's.

For those of you who are interested in gathering pine needles for basket making, we have some advice to help you be successful.



Typically try to gather the pine needles in August or September, when the weather is hot and dry. Don't gather any wet, moldy pine needles. A good place to find pine needles is where the grounds are maintained at a location where there are pine trees.

Wash the pine needles when you get them, and soak them in warm water with a drop of dish soap. Lay them out in the sun for a few hours on newspaper, turning them occasionally until the needles are dry. If you want to preserve the needles, you can keep them in a sandwich/storage bag, and soak them for a few hours once you take them out.

One fun thing you can do with pine needles is dye them with marion berry juice. Gather some berries at the Garden, then use the leftover juice to dye your needles! Of course, you can also use almost any natural or artificial dye.

## Tribal Youth Lamprey Education Day (continued from previous page)



considered the best singers of all the fish! Dr. Stewart Reid was on hand to teach Tribal youth about lamprey biology and ecology, and the Oregon Department of Fish and Wildlife gave the group a tour of the Winchester Dam fish counting facility and talked about the newly installed lamprey ramp on Winchester Dam. It was a fun day that ended with Tribal youth releasing the adult and juvenile lamprey back into the stream.

# July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 AA Mtg 6 PM Gov Office	8	9 Food Bank 9-12 PM	10 Garden Party @ Tribal Garden 9:30 AM	11	12	13
14 AA Mtg 6 PM Gov Office	15	16	17	18 New South Clinic Open House 10-12:30 PM	19 Cow Creek Pow-Wow @ S. Umpqua Falls- Fri, Sat, Sun	20
21 Garden Party @ Tribal Garden 9:30 AM	22	23 Food Bank 1-4 PM	24 Movie -"Turbo" 815 AM Garden Party @ Tribal Garden 9:30 AM	25	26	27
28 AA Mtg 6 PM Gov Office	29	30	31			

# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Elder's Potluck @ 7F	3 Elder's Jet Boat trip
4 AA Mtg 6 PM Gov Office	5	6	7 Movie -"Smurfs 2" 815 AM Garden Party @ Tribal Garden 9:30 AM	8	9	10 Huckleberry Gathering 12-2 PM
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 Movie -"Planes" 815 AM Garden Party @ Tribal Garden 9:30 AM	22	23	24
25 AA Mtg 6 PM Gov Office	26	27 Food Bank 1-4 PM	28	29	30	31



## Announcements

### Births/New Enrollments

Ryker Gabriel McGowan and Hayden Ashe Miller

### Obituaries

Tawnya Lynn Cross

## Upcoming Event Reminder

**Friday, Aug 2<sup>nd</sup>** Tribal Elder's Potluck & Bingo 12 pm Seven Feathers Grape Room. Please RSVP to Cindy Delay.

**Saturday, Aug 3<sup>rd</sup>** Elder's Hellgate Jet Boat Trip

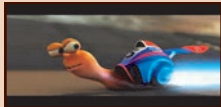
We still have tickets left for the Elder's Jet Boat Trip they will be reserved for you on a first come first serve basis. We will meet at the outdoor Lounge at 3:30 pm at the Hellgate Jet Boat Excursion in Grants Pass. Dinner is included at the OK Corral. **Guaranteed Great Food! Guaranteed to get wet! Guaranteed to have Fun!**

Contact Cindy Delay @ 541-677-5575 today to reserve your boat tickets.

### Summer Time Movie Club

This year the movies are in 3D! Prior to the free movie an informational presentation will be made by a guest speaker. Please arrive by 8:15 am to the Garden Valley Roseburg Cinema. There will be popcorn & soda provided.

RSVP as soon as possible to Andrea Davis or Cindy Delay 541-677-5575.



Wed, July 24th  
"Turbo"



Wed, Aug 7th  
"Smurfs 2"



Wed Aug, 21st  
"Planes"

**All children must be accompanied by an adult!**

**"Save the Date"** - New South Clinic Open House will be Thursday, July 18 from 10:00 AM—12:30 PM. The address is 480 Wartahoo Ln, Canyonville.

## 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.**

## Address and Phone Number Updates



Tribal members are encouraged to maintain a current address and phone number at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. If your address has changed the Change of Address 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.

*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*



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Visit us online @ [cowcreek.com](http://cowcreek.com)