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Cow Creek Band of Umpqua Tribe of Indians

March 2007

Inside this issue:

Announcements	2
Housing Dept. Accepting Applications for Rentals	2
Upcoming Events	3
Get in Shape for Summer with the DPP Program	4
Education Forms Available Online	5
Bald Eagles Cont.	6
Artifact of the Month	6

- The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes located in Tri-City, Oregon.
- The Cow Creek Band of Umpqua Tribe of Indians has recently added Education Programs information and forms to their website.
- The artifact of the month is a medium- sized basalt pestle.

Governor Kulongoski Invites Chairman Sue Shaffer to Serve on Oregon 150

Sue Shaffer, Chairman of the Cow Creek Band of Umpqua Tribe of Indians, has accepted Governor Ted Kulongoski's invitation to serve as a member of the Oregon 150 Board of Directors, a non-profit corporation formed to raise funds and provide overall policy direction for the 2009 commemoration of Oregon's Sesquicentennial.

Governor Kulongoski has asked 30 citizens from across Oregon to serve on the Oregon 150 Board. With their direction, a strategic plan will be developed that includes all Oregonians and provides clear vision and goals for the commemoration, encourages and supports planning at the local community level, establishes resources and funding and leaves a positive legacy for the state.

Sue Shaffer, commenting on what it means to be involved with Oregon 150 said, *"This is a unique opportunity for all of us to showcase beautiful, wonderful Oregon. It's also an opportunity to tell all the pieces of the Oregon Story, including the Native American Story. Oregon 150 represents a responsibility not just for the people who serve on the Board, but for all Oregonians to step forward and honor our great state."*



Cow Creek Chairman,
Sue Shaffer

Among other Oregon 150 Board Members are: Justice Wallace P. Carson, Oregon Supreme Court, retired, Salem; Todd Davidson, Travel Oregon, Salem; Gerry Frank, Salem; Betsy Johnson, Oregon State Senator, Scappoose; George Kramer, Oregon Heritage Commission, Ashland; Alice Norris, Mayor of Oregon City, Oregon City; Mary Oberst, Oregon First Lady, Salem; Barbara Roberts, Former Oregon Governor, and Lee Weinstein, NIKE, Beaverton. (Continued on pg. 2)



Oregon Governor,
Ted Kulongoski

Bald Eagles – Decline, Increase, Delist?

Once a common sight across much of the continent, the Bald Eagle was severely affected by the use of the pesticide DDT in the mid-twentieth century. The pesticide itself was not lethal to the birds, but it may have made eagles either sterile or unable to lay healthy eggs. By the 1950s there were fewer than 500 nesting pairs in the 48 contiguous states of the USA. In 1940, noting that the national bird was "threatened with extinction," Congress passed the Bald Eagle Protection Act prohibiting, except under certain specified conditions, the taking, possession, and commerce of bald eagles. A 1962 amendment to this Act added the golden eagle, and the amended law became known as the Bald and Golden Eagle Protection Act. In 1967, bald eagles were officially declared an endangered species.



Due to legal protections and recovery efforts, there is now a stable population of eagles. The U.S. federal government has been considering removing eagles from their list of endangered species. (Continued on page 6)

Announcements

Cultural Monitor Needed for Summer

Do you have a passion for history, culture or archaeology?

The Tribe is looking for a cultural monitor for the summer season. The field season will be from June-August and possibly into September (around 12-14 weeks).

The job requires a valid Oregon driver's license and applicants must be able to walk and hike over rough terrain in various weather conditions.

Duties include: visiting archaeological sites, photographing sites and artifacts and assisting and accompanying contractors on field surveys. Wages start around \$8+ an hour (DOE).

Interested applicants should contact Alexis Sleight, Archaeologist, at 677-5575.

Culture Camp 2007

The Cow Creek Culture Camp is scheduled for June 22nd, 23rd and 24th, 2007. Look for more information in the April newsletter.

Education Department Added to

Cow Creek Website

The Cow Creek Band of Umpqua Tribe of Indians has just recently added the Cow Creek Education Programs to its website. Go to www.cowcreek.com for information on available education programs, along with downloadable forms.

Housing Program Accepting Applications for Rentals

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

The program assists eligible tribal members currently living in or who are willing to relocate to the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane with low-income rental units.

Priority is given to families with the greatest need in relation to income, disabilities, family size, age, etc.

These homes have been designated as smoke-free in an ongoing effort to reduce the effects of second-hand smoke.

To apply for a rental contact Carol Ferguson, at 677-5575.



Rental Home on Taylor St. in Tri-City

Scholarship Opportunities

BPA 2007 Summer Internships

BPA in partnership with American Science and Engineering Society (AISES) and Nez Perce Tribe of Idaho is offering five student summer internships. These internships expose Native American college students to challenging professional experiences and serve as an effective way to identify top candidates for employment. There will be internships in Environment, Fish and Wildlife focused on tribal, fish, wildlife, and/or environmental areas and in Transmission and Power Services focused on engineering. Application materials are available on the AISES website at <http://www.aises.org/highered/internships>.

For more information about the program contact Buzz Cobell at 503-230-5069 or email gicobell@bpa.gov. BPA 2007

American Indian Graduate Scholarship

The American Indian Graduate Center (AIGC) announces the availability of graduate fellowships for 2007-2008. Applicants must be pursuing a master's or doctoral degree as a full-time student at an accredited graduate school in the United States. Students need to demonstrate a financial need and be an enrolled member of a federally recognized American Indian Tribe or Alaskan Native group, or possess one fourth degree federally recognized Indian blood. The deadline for applications is June 1, 2007. Applications can be downloaded at www.aigcs.org or contact the AIGC at 505-881-4584.

Oregon 150 Continued from page 1

The Oregon 150 effort began in 2004 when Governor Kulongoski charged the Oregon Heritage Commission with the task of initiating the statewide effort to honor the 150th anniversary of Oregon's statehood. Intense work on the 150th commemoration through Oregon 150 began in 2007.

Oregon 150 begins with a mission statement that states, *"The Oregon 150 will connect all Oregonians with this historic opportunity to learn and reflect upon our rich heritage and diverse cultures; understand our current challenges and opportunities; renew our commitment to our local communities and to Oregon's future; and instill in all Oregonians a lasting sense of pride, connectedness and responsibility to each other and our home commitment to our local communities and to Oregon's future, and instill in all Oregonians a lasting sense of pride, connected and responsibility to each other and our home."*

Drug Facts

Alcohol can damage every organ in your body.

It is absorbed directly into your bloodstream. Alcohol increases your risk for many life threatening diseases, including cancer. Alcohol use can progress rapidly from use, abuse, to addiction.

More people die from alcohol withdrawal than ALL other drugs combined! Withdrawal and recovery **can** be accomplished safely with proper medical treatment.

To learn more or to set up a confidential meeting, call Mark MacDonald, Alcohol & Drug Counselor, at 672-8533 or 800-935-2649.



Upcoming Events

Saturday, March 24 -The Spring Tribal Elders Luncheon will be held at Seven Feathers Hotel and Casino Resort in the Huckleberry room from 11-2 p.m. The guest speaker will be Bob Dunas. Bob will be discussing the Diabetes Prevention Program.

Please call Rhonda Malone by March 21st to reserve a space. Elders may bring one guest. Any additional guests will be \$19.50 per person.

Thursday, April 12th -The next Pow-wow meeting will be at 5:15 in the South Building at the Cow Creek Government Offices. This year's Pow-wow will be held July 20, 21 and 22.

For information or questions, contact Tammy Woodruff or Rhonda Malone at 672-9405.

April is National Sexual Assault Awareness Month

"Unless a woman physically resists her attacker, it's not actually rape."

"It's not rape when a woman is passed out or too drunk to say NO."

"Rape does not affect men, so there is no need for them to be concerned."



We've all heard these societal "rape myths" in our communities. That's exactly what they are – myths. There is behavior by women, men, or children that should result in being a victim of rape. Rape happens because the offender wants it to happen. As a community we can begin to change our perspective of sexual violence and give the victims the right and chance to have a voice.

Most children, adolescents and adult women are raped by someone they know. Almost two-thirds of women raped as adults are raped by an intimate partner.

Rape is associated with many long-term and short-term health problems, including mental health conditions and substance abuse. Other effects include: major depression, serious suicidal thoughts, attempted suicide and post-traumatic stress disorder.

If you have been a victim and/or are a survivor of any form of sexual violence, Battered Persons' Advocacy in Douglas County can provide you with services and support. Battered Persons' Advocacy (BPA) is the only private, non-profit advocacy organization with over 27 years history serving victims of family violence and sexual assault in Douglas County. BPA exists to provide needed services and support for victims of family violence and sexual assault and to promote a community in which violence and abuse is not acceptable.

The Sexual Assault Services team provides sexual assault advocacy services for women, men, and children. The sexual assault services provided include: 24-hour crisis line, sexual assault crisis intervention, hospital/medical accompaniment and advocacy, law enforcement advocacy, legal advocacy, peer counseling, support groups, community outreach and education, and stalking advocacy.

National statistics have found that 1 in 3 women are sexually assaulted in their lifetime and 1 in 7 men are sexually assaulted in their lifetime. These statistics are staggering, especially considering that sexual assault is the most under reported crime in the United States.

If you are a survivor: *do not blame yourself, get help, support and/or counseling, go to a friend or family member, seek medical attention, DO NOT bathe, shower, or change clothes, consider reporting the rape to the police, and contact Battered Persons' Advocacy for your options at the 24-hour crisis line: (800)464-6543 or 673-7867.*

NEED HELP WITH DRUGS OR ALCOHOL?

There are many signs of chemical dependency or abuse. Some of the signs & symptoms are common to all, yet most times it takes a professional to assess and evaluate the person. The first step in addressing a problem or potential problem is to seek help and advice. Chemical dependency does include "alcohol".

Some signs that may help identify chemical abuse are:

- The person has legal problems from substance use.
- Problems at home from substance abuse.
- Makes calls late at night but doesn't remember the conversation the next day.
- Their personality changes when under the influence.
- Use is increasing, even if it is increased slowly over several years.
- Often brags about exploits while using.
- Is withdrawn and/or secretive about use.
- Will "go on the wagon" several times.
- Switches from hard liquor to beer or other drugs.
- Loses time from work due to use/loses job directly related to use.
- Drives under the influence/ reacts angrily when confronted about driving under the Influence.
- They spend more time with "using" friends than you.
- Plans evenings, weekends, holidays, and weekends that include use.
- Money problems', raiding your ATM, borrows/steals money from you.
- Only attends parties/functions where alcohol or other drugs will be around.
- Has frequent colds, sniffs constantly, or makes frequent trips to the bathroom or garage/shop.
- Drinks before meeting you or others, is late, or doesn't even show up.
- Stops following their regular cultural/spiritual/religious practices.



For more information or to set up a confidential meeting call Mark MacDonald, Alcohol & Drug Counselor, at 672-8533 or 800-935-2649.

Get In Shape for the Summer– Join the Diabetes Prevention Program!

Are you frustrated in your efforts to lose weight or at risk for Diabetes? Take Off Pounds and keep them off with customized weekly classes from your own Personal Lifestyle Coach!

We've all joined programs, attempted "quick fix" diets, and bought the latest fad diet books. These methods may work for a while, but if habits and behaviors are not changed, you'll soon lose interest, quit the program, and gain back any weight you have lost.

The Diabetes Prevention Program is designed to help

you overcome obstacles and make lifestyle changes that last. This will enable you to make and maintain healthy lifestyle choices about eating and physical activity.

For more information about the Diabetes Prevention Program, contact Bob Dunas, Lifestyle Coach, at 677 5575 or 800-935-2649.





The Cow Creek Band of Umpqua Tribe of Indians has just recently added the Cow Creek Education Programs to their website! Please visit the Education Programs website at www.cowcreek.com. The education programs are listed along with downloadable forms.

The Education Department offers many education opportunities for adult Tribal learners. For more information on the listed programs, contact the Education Director, Kelly LaChance at 800-929-6229 or 677-5575 or e-mail klachance@cowcreek.com

Adult Education Program is available for Cow Creek Tribal members who live within the 7-county service area. The Adult Education Program assistance is intended for employment enhancement classes, GED preparation classes and GED testing fees. Applications need to be submitted two weeks in advance for assistance.

Adult Vocational Training Program (AVT) is available for Cow Creek Tribal members who live within the 7-county service area. The AVT assistance is intended for vocational training programs that will complete within 2 years. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall August 1st, winter December 1st, and spring March 1st.

Continuing and Distance Education Program is available for Cow Creek Tribal members regardless of where they live. The Continuing and Distance Education Program is intended for the completion of a certificate program, 2-year degree, 4-year degree, master's degree or doctoral degree. Students must take 1-7 credits each quarter/semester and be working towards one of the defined degree programs. Applicants need to submit applications along with required documentation one month before the program starts.

Higher Education Program is available for Cow Creek Tribal members regardless of where they live. The Higher Education Program assistance is intended for obtaining a 4-year degree from a college or university and for pursuing a master's degree or doctoral degree program. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall quarter August 1st, winter quarter/spring semester December 1st, spring quarter March 1st, and summer quarter June 1st.

Life Time Learning Program is available for Cow Creek Tribal members regardless of where they live. The Life Time Learning Program encompasses classes approved by the Tribal Board of Directors. Applicants need to submit applications along with required documentation one month before the program starts.

Tribal Education Program is intended for Cow Creek Tribal members who reside outside of the 7-county service area. This is for Tribal members who are interested in taking a vocational training program that will complete within 2 years. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall August 1st, winter December 1st, and spring March 1st.

Tribal Employment Enhancement is available for Cow Creek outside of the 7-county service area. This is for Tribal members to use when they would like to take employment enhancement classes, GED preparation classes and need assistance with GED testing fees. Applications need to be submitted three weeks in advance for assistance.

Tribal Internship Program is available for Cow Creek Tribal members regardless of where they live. This program is a one time resource for Higher Education students only who are juniors and seniors and have been accepted and/or working in an internship program. The cap amount a student can receive through the Tribal Internship is \$500. This can be used to cover travel, living or other education expenses that are documented by the college, university or internship site. Applicants need to submit applications along with the required documentation one month in advance to be considered for funding.

Johnson O'Malley Program – is a federally funded program for Cow Creek Tribal members residing within the 7-county service area. Students must be attending school in order to receive services such as tutoring and assistance with parental costs. The JOM Parent Committee also provides educational, recreational and cultural activities for JOM students in the 7-county service area. Applicants need to submit applications 2 weeks in advance for assistance.

For JOM students that live outside of the 7-county tribal service area they are eligible for parental costs only and are funded from non-federal funds. Applicants need to submit applications 3 weeks in advance for assistance.

JOM "Parental Costs" provides financial assistance to parents for approved expenses up to \$100.00 per student annually (January to December each year) for costs associated with activities, lessons, school fees, etc.

The Education Department also offers education programs for Cow Creek Tribal youth who are 3 years old and attending pre-school through the 12th grade.

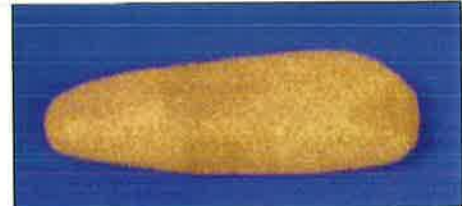
Artifact of the Month

This month's artifact is a medium sized basalt pestle showing evidence of pounding on both ends. The pestle tapers to one end, which has signs of grinding

and is fairly smooth around the tip. The larger end has a chip missing from one side, caused by the continuous use in the pounding and grinding of food stuffs.

The staining on the sides of the pestle is from oils and sweat secreted from the skin of the hands during use. The pattern of staining suggests that this pestle was used predominantly by a right-handed person. A pestle would have been used in a stone bowl called a "mortar" for grinding camas, acorns and other nuts or berries. It could have also been used on a flat rock called a "metate" for pounding larger objects or grinding with the sides of the pestle.

This artifact was donated to the Tribe from Wanda Adams, a long time resident of the Porter Creek area.



Medium sized basalt pestle

Eagles Continued from page 1

The U.S. Fish and Wildlife Service announced recently that the final decision on whether to remove the bald eagle from the federal list of threatened and endangered species is postponed. They will make a final determination on delisting the eagle no later than June 29, 2007.

Oregon Reports a Good Year for Bald Eagles

This is a good time of year to take a drive and search the skies. An expected 2,000 to 3,000 Bald eagles will fly through Oregon this February and March migrating from winter to spring habitat. As far as permanent residents go, there are an estimated 500 nesting pairs in the state—up from 57 pairs in 1978. For the fifth year in a row, Oregon's bald eagle populations have exceeded recovery goals. Oregon probably has the best-coordinated nesting season survey and bald eagle data set in the country. This will be the 30th consecutive year that data is collected.

Eagles Feathers may be Obtained from Federal Agency:

In recognition of the significance of these feathers to Native Americans, the U.S. Fish and Wildlife Service established the National Eagle Repository in the early 1970's to provide Native Americans with the feathers of golden and bald eagles needed for religious purposes. Feathers may be obtained from your nearest FWS Regional Migratory Bird Permit Office.

The following must be presented when applying for an eagle possession permit:

- A completed application.
- A current certification of tribal enrollment from the Bureau of Indian Affairs or Tribal Enrollment Office.
- On the application, you must specify whether you want a golden or bald eagle, a mature or immature bird, a whole bird or specific parts, or have no preference.

You must provide a current telephone number so the Repository staff can contact you by telephone when your order is ready to ship. Any changes in your address and/or telephone number must be submitted by you to your local FWS Regional Migratory Bird Permit Office to keep your file updated.

For more information on Eagle permits contact: Region 1, U.S. Fish and Wildlife Service, Migratory Bird Permit Office/ARW, Eastside Federal Complex, 911 N.E. 11th Avenue, Portland, Oregon 97232, (503) 872-2715.

Other News and Information about Bald Eagles in Oregon:

An Oregon State University news release issued earlier this month states that for the fifth year in a row, Oregon's bald eagle populations exceeded recovery goals. See the OSU Web site for the entire news release.

http://extension.oregonstate.edu/news/story.php?S_No=438&storyType=news

Visit the Oregon Zoo Web site for information on bald eagles and the Eagle Canyon Exhibit.

http://www.oregonzoo.org/Cards/EagleCanyon/bald_eagle.htm

For ideas on where to see bald eagles, visit the Winter Wildlife Viewing section of ODFW's Web site.

<http://www.dfw.state.or.us/resources/viewing>



Bald Eagle Chicks



WHAT'S IN THE BASKET?



SPEPE
THOACLECO NYUNB
WALROSMALHM GESG
FESTUDF TRATBI
COLTACHOE SGE

YLELJ SANBE
IRONBS SGE
RASGS
RESTAE GGS

General Egg Decorating Tips

Here are some great ideas to make neat eggs:

- ◆ Cover your work area with newspaper or other paper. This makes clean-up afterward a snap.
- ◆ An empty egg carton makes a good drying rack.
- ◆ Allow your eggs to sit in the dye mixture about 2-5 minutes. The longer the time, the deeper the color will be.
- ◆ Before dipping eggs into the dye, use a wax crayon and draw on the egg, where ever the writing is on the egg, it will remain white.
- ◆ Tie- Dye the eggs! Use an assortment of rubber bands and put them on the egg. The egg will remain white under the rubber bands.
- ◆ Place shaped stickers on eggs before coloring.
- ◆ Wearing rubber gloves will help fingers avoid getting stained with coloring.

Hard-Boiling Eggs

- ◆ Place cold eggs in a single layer in a saucepan
- ◆ Add enough cold water to cover eggs by 1"
- ◆ Cover and bring to hard boil
- ◆ Turn off heat and keep eggs covered
- ◆ Let eggs stand, covered, in the hot water 15 minutes for large eggs (12 for medium, 18 for extra large)
- ◆ Immediately run cold water over eggs or plunge them in ice water until cooled
- ◆ Refrigerate in a clean dry container
- ◆ Chill hard cooked eggs before dyeing
- ◆ Refrigerate eggs within 2 hours of cooking and right after they are dyed. Use them within a week.



2371 N.E. Stephens, Ste. 100
Roseburg, Oregon 97470



IMPORANT NOTICES

TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1-800-929-8229. You will be sent an application which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Gov-

ernment Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

TRIBAL JOBS LINE

Tribal members interested in employment opportunities at any of the tribal businesses can call the Tribal Jobs Line at 1-800-

676-0854 to hear a pre-recorded listing of openings. The Tribal Jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

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 also should make sure their children's updated addresses are on file with the Tribal Government Offices.

Reminder:

**All Johnson O'Malley
functions are smoke free.**

