



July 2007

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- Tribal Chairperson, Sue Shaffer, will be opening the seminar "Addiction and the Brain". The free seminar will be held Friday, August 10th from 9am to 4pm at Seven Feathers Hotel and Casino Resort. Join Dr. Inaba & Eric Martin for this free educational seminar.
- Please welcome Tribal member Stacy Dompier as the new Housing Director.
- Tribal member, Tooter Ansures, has been monitoring archaeological work for the Tribe on the Umpqua National Forest for over 15 years.

KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

Cow Creek Culture Camp 2007 - "Honoring our Spiritual Ways"

The Cow Creek Culture Camp was held on June 22, 23 and 24, 2007 at the Bare Ranch Park. The theme "Honoring our Spiritual Ways" was shared in all of the classes, as well as in the Salmon Honoring Ceremony.

Camp participants learned that honoring our spiritual ways involves doing things in a good way in all aspects of life. Family to our ancestors is the most sacred gift the Creator could give human beings, with the husband and wife being the highest gift given. A family that walks the roads of the old ones in honoring the spiritual ways of the people will walk their way to a happy heart. The walk involves the whole family with each person being responsible to be in balance physically, mentally, spiritually and emotionally. When a person is in balance in all areas of their life they are a whole

person with a happy heart.

Three new Cow Creek young men participated in this year's Salmon Honoring Ceremony. Congratulations to Talon Deardorff, son of Elizabeth Gipson, Darrin Looney, son of Dustin Looney and Joseph Young, son of Jonell Wehde. They are future spiritual warriors for the people and join the young men from last year in that special role. Each received a dentallium necklace made with ancient colors and patterns representing the old men of our ancestors and who they will become in the future.

Past year participants Riley Rice, Alex Hamrick and Zane Rondeau participated and supported the new young men. Clara Seele, a Cherokee Nation Spiritual Elder, assisted Louis and Kelly LaChance in facilitating the ceremony this year. Agnes Pilgrim was not able to attend this year due to a previous engagement but was with the ceremony in spirit and prayer. As promised, her sign was hung during Culture Camp.

Many thanks to the Cow Creek Culture Committee members and to all of the Tribal members that attended this year. Also, many thanks to the instructors and for all they shared with everyone. Creator's blessing to all.



Archery class participants practicing their archery skills.



D. J. Rogers guides participants in the flint knapping class.



Left: Thomas Doty, Storytelling to the camp on Friday evening.

Announcements

8th Annual Tribal Family Picnic Slated

The Seventh Annual Tribal Family Picnic will be held at the K-Bar Ranch's Bare Park on the South Umpqua River on Saturday, September 1, 2007. The Tribal Family Picnic is a special time for all Tribal Families to be together, visit and have fun.

Lunch will be provided. In order to plan for adequate staffing and food, reservations are necessary. Please call the Cow Creek Government Office at 672-9405 or 800-929-8229 to make a reservation.

Umpqua National Forest Passes Available

The Umpqua National Forest and the Cow Creek Band of Umpqua Tribe of Indians have a Memorandum of Understanding that authorizes the Tribe to issue passes for its members that waive fees at campgrounds and trailheads. The pass is valid only in the Umpqua National Forest and Tribal members must request a new pass every year.

Upon receipt of your Day Pass, sign it and display it on the dashboard of your vehicle whenever you are parking or camping in the Umpqua National Forest. Do not loan your pass to others and follow all campground rules.

To obtain a pass, Tribal members may apply in person at the Tribal Government Offices or call 800-929-8229 or 672-9405.

Education News

Higher Education Deadline August 1

The deadline for fall awards for the Higher Education Program is August 1st, 2007. Returning students have been sent applications for the 2007-2008 academic year. New students can call or go to the Tribal website www.cowcreek.com to download any education application. If you have not received one, please contact the Education Department at 677-5575 or 800-929-8229.



Friends of the Forest Days Volunteers Needed!

August 11, 2007 from 10:00 - 2:00

South Shore Pavilion/Diamond Lake

Join friends and fans of Diamond Lake to restore the South Shore picnic area and bike trail.

Volunteers will pull and cut overgrown trees and clear brush to improve views of the lake.

Volunteers will also enjoy a donated lunch and hear about how the Forest Service restored the fishery at Diamond Lake.

Register at www.solv.org. Click on Programs, then "Friends of the Forest" in the left hand sidebar. Enter in your information under "Register Now!" for Diamond Lake.

Drug Facts

INHALANTS

COOKING SPRAYS

Parents and family members need to be aware of a disturbing trend that has recently taken two young lives in Oregon. The problem is worldwide and not limited to Oregon. Popular cooking sprays are being used as inhalants by youth. This search for a "buzz" has been coating the lungs with oil and causing drowning, as the lungs cannot work the way they are intended. Parents and caregivers need to share this alarming information with our Tribal youth.



Consultations, assessments, interventions & treatment is free to all Tribal members and their families.

For information call Mark MacDonald, Alcohol & Drug Counselor, at 672-8533 or 800-935-2649.

Culture Camp Photos Cont. from Page 1



Salmon baking for the Saturday evening meal, prepared by Michael Hamrick and friend.



Michael Rondeau, Culture Committee member, serving the sacred salmon.

Upcoming Events

Tuesday, August 7- The Free Summer Movie Club will meet. Call Rhonda Malone by August 6th to pre-register. Prior to each free movie, a short presentation will be made by a guest speaker surrounding the issues of parenting. All participants must arrive at the theater by 8:15am.

For more information or to sign up, call Rhonda Malone at 677-5575.

Friday, August 10 - Tribal Chairperson, Sue Shaffer, will be opening the seminar "Addiction and the Brain". The free seminar will be held from 9am to 4pm at Seven Feathers Hotel and Casino Resort. Join Dr. Inaba & Eric Martin for this educational seminar on the latest research regarding addiction and the brain. This training will introduce industry human resource personnel, criminal justice, health practitioners, educators, parents, and child welfare workers to the concept of addiction as a "brain disease." This will be an opportunity to understand addiction treatment and "get to know" the local addiction treatment providers.

For more information and to RSVP, contact Mark MacDonald, A & D Coordinator, at 672-8533 or addictionseminar@cowcreek.com.

Tuesday, August 14 - The Free Summer Movie Club will meet. Call Rhonda Malone at 677-5575 by August 13th to pre-register.



Counter clockwise from left - Joseph Young, Darrin Looney, Talon Dearforff, along with Alex Hamrick, Zane Rondeau & Riley Rice preparing to bury salmon remains.

Darrin Looney and Zane Rondeau being welcomed after the Salmon Honoring Ceremony.

Talon Dearforff and Joseph Young being welcomed after the Salmon Honoring Ceremony.

L-R Joseph Young, Darrin Looney and Talon Dearforff receiving their necklaces.

Housing Assistance

Cow Creek Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept 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. 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. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second hand smoke, these homes have been designated as smoke-free homes.

Tribal Housing Program

The Tribal Housing Program can assist tribal members with down-payment assistance or home repair assistance. This program is not restricted to the seven county service area, however, applicants must be ineligible for the BIA HIP program.

Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist tribal members living within the seven county service area with sanitation needs such as: installation of septic systems, installations of wells, pressure systems and hook-ups to community services.

New Housing Director

Please welcome Tribal member Stacy Dompier as the new Housing Director. For more information regarding the above programs, call or stop by the Tribal office to say hello at 677-5575 or 800-929-8229.

Tribal Elder Works in the Present for the Past

Tribal member, Tooter Ansures, has been monitoring archaeological work for the Tribe on the Umpqua National Forest and other areas for over 15 years. He has worked with the Forest Archaeologist to monitor looted sites, archaeological test excavations and data recovery. In the picture below, taken in June, he is shown screening the looted fill at Medicine Creek Rockshelter, finding waste flakes and broken tools left by the looters.

Medicine Creek Rockshelter is a well-known pictograph (rock art) site located on the Diamond Lake Ranger District of the forest. The archaeological site under the rockshelter was looted in the 1960s. The Umpqua National Forest is in the process of rerouting the trail to the rockshelter and providing an interpretation panel. Prior to doing this, they wanted to test the looted deposits to see if any scientific information remains that might tell them more about the use of the site.



Tooter Ansures screens for artifacts at Medicine Creek Rockshelter.

Would You be Able to Recognize Illegal Drugs in Your Child's Room?



A.



B.



C.



D.



E.



F.

* ID of drug photos are at the bottom of this article

Below are some of the most commonly abused illegal, prescription, and over-the-counter drugs.

Cocaine

Not all cocaine looks the same. It comes in several different shapes and forms and is packaged differently according to the quantity being shipped or sold.

Ecstasy (MDMA) Because ecstasy tablets are manufactured illegally, they are found in many different colors and stamped with varying logos.

Heroin The problem with identifying heroin by sight is that it looks like many household products.

Marijuana Marijuana appears differently depending on its stage of development, ranging from the growing plant to the rolled-up joint.

Methamphetamine Most methamphetamine is homemade in illegal laboratories and appears in powder or crystallized form, but it can also come in pills.

Sedatives and Depressants Dozens of different sleeping pills and tranquilizers are on the market that can be abused and become addictive.

Stimulants and Amphetamines From medications used to lose weight to those which treat Attention Deficit Hyperactivity Disorder; stimulants are a popular drug of abuse.

The look and packaging of drugs, both illegal and legal, is constantly changing. As a parent or care-giver, it is important that you continue to educate yourself and other family members.

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

**** a) Crack Cocaine b) Ecstasy c) Methamphetamine Crystals d) Cocaine e) Pseudo ephedrine f) Heroin**

Fire Activity Slows for Umpqua National Forest

As of July 14, 2007, firefighters have responded to 30 confirmed fires on the Umpqua National Forest from the thunderstorms that swept through Douglas County. All fires are either staffed or being monitored. Eight of the new fires were less than one acre combined. The ninth fire, on the North Umpqua Ranger District, was kept to a half-acre in size by Forest Service firefighters along with a helicopter and squad of firefighters from Douglas Forest Protective Association. The Forest Service will continue to patrol the Umpqua National Forest by ground and air, even though fuels are back to dry conditions after the helpful effects from rain on July 11th.

The "Huckleberry Fire" was reported the morning of July 11th, by a detection aircraft after a lightning storm the night before. The fire encompassed approximately 5 acres near the 900 road in the Huckleberry Patch Special Interest Area. Small spot fires and several snags burned but the primary vegetation affected was the huckleberry plant. The USFS fire crews aggressively

put out the fires with 2 hand crews and 2 large engines with water support from 2 water tenders. During the suppression, they tried not to fall snags unless the fire could not be put out or they were a hazard to firefighters. Action was taken after the fires to minimize impacts to the landscape.

The Umpqua National Forest continues to have a rating of high fire danger. The precaution level prohibits blasting, welding, cable yarding or the use of power saws except at loading sites, from 1:00 pm to 8:00 pm. The restrictions apply to all contractors and permit holders working on the Umpqua National Forest, including those with permits to cut personal use firewood. While the industrial fire precaution level doesn't apply to recreation users, visitors are encouraged to be cautious with fire while out in the woods.

For more information visit Umpqua National Forest at www.fs.fed.us/r6/umpqua or contact Cheryl Caplan, 541-957-3270, ccaplan@fs.fed.us.

Traditional Facts

Babies are considered a sacred gift from the Creator. Parents and families prepared themselves spiritually to raise the child according to their traditions and customs. The mother and father went through several purifying ceremonies after the birth of a child.

Grandmothers and Aunties

made baby rattles to show their love and affection for the new life coming to the people. Prayers and sacred songs were sung to offer respect to the materials that gave their life to make a baby rattle. Prayers were said for the baby boy or baby girl receiving the rattle that they grow up to be a strong member of their society.

The baby rattle in the photo is made of bear grass and maidenhair fern. Black and yellow in color with a light beige-colored handle, the rattle has tiny metal bells inside.

Commissioned in 2006 by Louis LaChance from Lena Hurd-Carmody.



Bear grass and maidenhair fern baby rattle.



Summer Safety for Pets



Every year during the summer months, Police Departments receive hundreds of complaints relating to animals and hot weather. Dogs left unattended in parked cars top the list, followed closely by dogs left outside in the sun without water and/or shade.

Dogs do not have the ability to sweat, therefore if they are left for even a short period of time in a car (windows open or not!), their lives could be in danger. With their body temperature normally at 39 degrees Celsius, a dog can only endure temperatures barely over 40 degrees C for a very short time before they suffer from heat-stress, irreparable brain damage or death.

Here are a few other tips to keep your companion animals safe this summer.



- If your pet spends lots of time outdoors, make sure there is adequate shelter for protection from the sun/heat. Outside kennels need to be well ventilated and situated in shaded areas. Clean, fresh water must be accessible at all times.
- On hotter days, monitor your pet's activity and be careful to not over exert them. Watch for signs of heat stress, excessive panting, disorientation, staring or anxious expression and weakness. Bring your pet to a cool area, gradually lower your pet's temperature by immersing his/her paws in cold water or hosing him/her down and call your veterinarian immediately.
- When the heat and humidity rise, be especially careful with short-nosed dogs (pugs, bull-dogs, etc.) and older animals. Exercise your pets in the early morning and/or late evening to avoid the midday heat.
- In summer, asphalt can burn your pet's paws - keep to the sidewalk or grass.
- Shaving a hairy pet for the summer may seem like a good idea, but they can actually get a sunburn. Shave your pet at the beginning of the summer before it gets too hot.
- In summer, mosquitoes are out in full force. Heartworm prevention medication is recommended and available. See your veterinarian for details.
- Flea and tick prevention is important. See your veterinarian for more information.
- When you take your dog out for exercise, bring a portable water container for the both of you.
- Water should be refreshed/changed often, and the bowl should be kept in a cool shaded area.



OCEAN LIFE



P	A	G	U	L	H	A	S	M	A	S	T	O	L	F
A	D	R	D	U	L	S	E	L	T	R	U	T	I	L
C	N	A	C	O	T	A	A	I	A	O	J	S	S	O
I	A	S	T	T	G	V	M	W	M	R	H	Q	L	U
F	L	P	W	L	I	L	O	S	H	A	O	M	L	N
I	S	O	A	D	A	C	U	L	N	A	N	C	E	D
C	I	N	I	V	E	N	N	O	C	K	L	U	W	E
T	C	G	U	L	F	S	T	R	E	A	M	E	S	R
N	E	E	O	O	Y	N	R	I	M	D	N	G	S	T
E	B	S	O	W	A	V	E	S	C	T	I	O	O	P
M	E	D	P	L	E	K	N	N	E	Y	F	T	N	M
I	R	A	P	I	U	R	C	H	I	N	T	I	A	I
D	G	K	U	R	O	S	H	I	O	M	T	L	R	R
E	W	A	T	E	R	A	N	A	I	D	N	I	A	H
S	H	I	P	P	I	N	G	N	I	D	N	U	O	S

AGULHAS
ALGAE
ARCTIC
ATLANTIC
CLAMS
CORAL
DULSE
FISH
FLOTSAM
FLOUNDER
FOOD
GULF STREAM
ICEBERG

INDIAN
ISLAND
KELP
KUROSHIO
PACIFIC
PLANTON
RIFT
SALT
SEAMOUNT
SEDIMENT
SHIPPING
SHRIMP
SOLE

SONAR
SOUNDING
SPONGE
SWELLS
TIDE
TRENCH
TSUNAMI
TURTLES
URCHIN
VOLCANO
WATER
WAVES
WHALES

Ocean in a Bottle

Supplies

- Empty two liter plastic bottle with lid
- Clear vegetable oil or mineral oil
- Water
- Funnel
- Blue food coloring
- Small star fish, shells and other sea creatures
- One teaspoon glitter
- White craft glue & Hot glue



Here's a science project that doubles as a fun craft.
Create your very own ocean waves in a plastic soda bottle. Display for all your friends to see!



Instructions

1. Wash and dry two-liter bottle and remove all labels
2. Fill bottle halfway with tap water
3. Add a few drops of blue food coloring and swirl around to mix
4. Add glitter
5. Add sea creatures
6. Fill bottle the rest of the way with vegetable oil using a funnel
7. Be sure that rim and cap are dry, and then apply white craft glue around the rim. Seal cap.
8. Use a layer of hot glue around the outer edge of the cap for added protection from leakage
9. Turn bottle on its side and gently rock the bottle to create a "wave" inside your ocean habitat



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



IMPORTANT NOTICES

TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Amy Layfield 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

Government 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

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) or write:

Cow Creek Government Office,
2371 NE Stephens St., Ste 100,
Roseburg, Oregon 97470.

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.

