



# KIUYUM-III

JULY 2009 Volume 19 Issue 7

## Cow Creek Band of Umpqua Tribe of Indians

### Cow Creeks Celebrate 10<sup>th</sup> Annual 4<sup>th</sup> of July Veterans Dinner

#### Inside this issue:

Youth Outdoor Recreation Program	2
Elder's Program Trip	2
Salmon Ceremony Correction	2
Youth Outdoor Recreation Calendar	3
Tribal Announcements/ Anti-Indian Group Wins Day in Court	4
Want to Save Pharmacy Costs?	5
Water Safety	6
Hiking the North Umpqua	7

More than 750 veterans, family members, and guests attended the Cow Creeks' decade old tradition of honoring the veterans of Southern Oregon in the Umpqua Grand Ballroom at the Seven Feathers Resort. Featured speakers for this year's event were Governor Ted Kulongowski followed by the Executive Director of the Oregon Department of Veterans Affairs, Jim Willis and Regional Director of the Bureau of Indian Affairs, Stan Speaks.

The event served as the debut of the official "Cow Creek Honor Guard," organized by Robert Van Norman and included, Delbert Rainville, Jerry Ledford, Jesse Hardin, Ernest Volkman, and Fred Van Norman. The Honor Guard presented the Colors as the Cow Creek drum group, "Thundering Water," comprised of Teri Hansen, Rhonda Malone, Stacy Dompier, Ty Hoodie, Shiela Davis, Brittney Malone and Cougar Buschmann sang Soldier Boy.

During the recognition portion of the program, Robert Van Norman, a Vietnam Vet-



Cow Creek Tribal Veterans

eran, presented all Cow Creek veterans that were attending with a "Medal of Valor". A special "Military

Robert's wife, Linda Van Norman, and to Tribal Chairman, Sue Shaffer, whose late husband George was a WWII veteran.



Cow Creek Valley Choir

Spouses Medal of Courage" was presented to

Following a wonderful dinner, guests were entertained by local musical artist Gretchen Owens and a special performance by Doo-Wop Deluxe, the current entertainers in the Cabaret Lounge. The Cow Creek Valley Choir finished out the evening with a patriotic performance.



Cow Creek's Thundering Water Drum Group



## Youth Outdoor Recreation Program by Justin Mathison



There will be a Youth Gathering Rafting Trip on August 27-29 at

the Warm Springs Reservation. The rafting will be on the Deschutes River

and other activities will follow on the Reservation. This will be a multi-tribal event for high school aged students grades 9-12 (ages 14-18). Space is limited, so "don't miss the boat". Sign up now by calling Janet at 541-677-5575. Meals and transportation will be provided to the event.

Students attending will need to bring their own sleeping bag and other essential items needed for the weekend.



## Elder's Program Jetboat Trip Success by Rhonda Malone

The Cow Creek Band of Umpqua Tribe of Indians Tribal Elders Program gathered together on Saturday, June 27<sup>th</sup> for the Rogue River Jet Boat Dinner Excursion. Twenty three people attended from the tribe. Dennis and Rose Picard from Arizona and Bob and Irene Picard from Idaho traveled the furthest to join the elders jet boat ride. The jet boat driver, Donny, took the group down the river for a fun and exciting ride pointing out the

various wildlife and history of the wild and scenic river. The group turned around just after Hell Gate Canyon, returning to the OK Corral for a BBQ-dinner of chicken & ribs ending the meal with Marion berry cobbler. The trip ended back at Grants Pass with the group saying their good-byes until they see each other next time.



Micky Rainville, Clara Keller, & Clem Rice



Butch & Billy Rondeau, Joyce Sertain & Rhonda Malone enjoy dinner at the OK Corral

## Salmon Ceremony 2009 Correction from June Newsletter

The young men that participated in 2009 Salmon Ceremony were Cougar Buschman, Adian McGowan and Blake VanNorman. There are now 13 young men that are a part of the Salmon Society. The Salmon Ceremony first started in 2006 and was

introduced by Aggie Pilgrim. Clara Seele a Spiritual Elder was at the camp that year with Aggie and helped her in bringing the ceremony to life. From 2007 to 2009 Clara Seele has been the Spiritual Elder who has run the ceremony with the

assistance of Louis and Kelly La-Chance. Each year she has provided spiritual guidance to the young men as well as brought forth more spiritual knowledge to the people about the salmon. The gifted album is in the Cultural Resources Office.



Clara Seele



Cougar Buschman



Adian McGowan



Blake VanNorman

## THE CHILDREN OF INDIAN COUNTRY NEED YOU.



Too many of our American Indian and Alaska Native children are coming into care and losing their connection to their community. American Indian and Alaska Native foster parents are needed to help strengthen families in our community. You can enrich the life of a child by sharing your home, family, culture and tradition. We can help. Call to learn how.

REACH OUT TO A NATIVE CHILD

# 1-800-331-0503

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### Agencies & Tribes Offering Support to Native Americans:

**Burns Paiute Tribe** 541-573-1915

Burns, OR

**Confederated Tribes of Coos**

541-888-1837

**Lower Umpqua and Siuslaw | Coos Bay, or**

**Confederated Tribes of Grand Ronde**

800-422-0232

Grand Ronde, or

**Confederated Tribes of Siletz Indians**

541-444-8272

Siletz, or

**Confederated Tribes of Umatilla**

541-276-7011

Pendleton, or

**Confederated Tribes of Warm Springs**

541-553-3209

Warm Springs, or

**Coquille Indian Tribe** 541-756-0904

Coos Bay, or

**Cow Creek Band of Umpqua Tribe of Indians**

541-677-5575

Roseburg, or

**DHS - Rockwood Branch** 971-673-3100

Portland, or

**Klamath Tribes** 541-783-2219

Chiloquin, or

**NARA** 503-224-1044

Portland, or

**NAYA Family Center** 503-288-8177

Portland, or

**NICWA** 503-222-4044

Portland, or

## Youth Outdoor Recreation Calendar

### AUGUST

Tues. 4th "Skills Building" Topic:  
Communication

Youth Gathering Rafting Trip:  
Warm Springs Reservation 27th-  
29th.

### SEPTEMBER

Tues. 1st "Skills Building" Topic: **Money  
Management**

**Drumming Class: Every other Friday**

**Ropes Course**

### OCTOBER

Tues. 6th "Skills Building" Topic:  
Communication Review

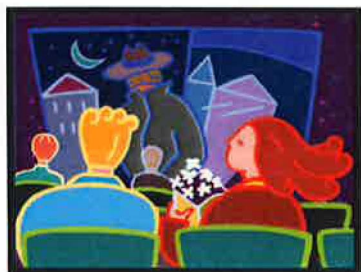
**Drumming Class: Every other Friday**

**Archery Shoot**



## TRIBAL ANNOUNCEMENTS

**The Summer Time Movie Club** has two more activity dates: **July 28<sup>th</sup>** is the 3<sup>rd</sup> Summer Time Movie. Don Gilbert will be



speaking with the parents and youth prior to the showing of Disney/Pixar's new movie *G-Force*. The final movie will be held on Tuesday, **August 4<sup>th</sup>** with Pizza afterwards. The Movie will be Disney/Pixar's "*Aliens in the At-*

*tic*". For more information or to sign up for the activities call Rhonda Malone at 541-677-5575

**The Annual Huckleberry gathering** will be on Saturday, August 8, at Huckleberry Lake. Plan to meet at 12:00 (noon) at the regular meeting place, the meal is potluck. Bring your own plates, utensils and chairs. RSVP by calling Rhonda by Friday August 7<sup>th</sup> at 541-677-5575 ext 5513 if you plan to attend.



**The Annual Tribal Family Picnic** is scheduled for September 5<sup>th</sup> at Bare Park near Myrtle Creek, Oregon. RSVP by calling Janet at 541-677-5575 or toll free @ 1-800-929-8229 by August 31, 2009.



**Tribal Elders Honor Dinner** is scheduled for November 7<sup>th</sup> at Seven Feathers Hotel and Casino Resort. Please call Rhonda to reserve your space.

## Anti-Indian Group Wins Day in Court by Michael Rondeau

For many years, the People Against a Casino Town group (PACT), have continued to oppose the right of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Tribe's to open and operate their Three Rivers Casino in Florence, Oregon. Through a series of legal procedures over the past several years, PACT has won the right, according to a ruling by the Oregon Supreme Court, to challenge the constitutionality of a compact signed by former Governor John Kitzhaber and the Confederated Tribe, based on the "no-casino" clause in the Oregon Constitution. This clears the way for PACT to take their case back to Lane County Circuit Court for trial to challenge the right of the Governor to sign the Tribal/State compact.

In the early 90's when Cow Creek was negotiating the first Tribal/State

Compact, the State did not have a clear definition of what constituted a casino, although nearly every form of gambling was legal within the state at that time, including Video Machines, scratch-off tickets and social gambling. What the Oregon tribes did in securing



compacts was simply follow Federal law; the tribe could conduct any game that was legal within the state.

Section 2701 of Public Law 100-497, the National Indian Gaming Regulatory Act, states that "Indian Tribes have the exclusive right to regulate gaming activity on Indian lands if the gaming activity is not specifically prohibited by Federal law and is conducted within a State which does not, as a matter of criminal law and public policy, prohibit such gaming activity."

The outcome of this case brings with it many concerns. Should the court determine that the constitutional ban on casinos in Oregon applies to the Coos Tribal compact, it is unclear how this may affect the remaining eight tribes in Oregon.

Further information on this issue will be reported as it becomes available.

## Health Matters

### CONTRACT HEALTH SERVICES NEWS

#### Want to Save on Pharmacy Costs?

Did you know that you can dial directly into Contract Health Services 1.800.935.2649 or locally 672.8533 then option #1 on both numbers. This keeps you from having to wait to be transferred. This month Contract Health Service is working on helping to make members aware of pharmacy discounts that are available to members, their families and also friends.



Local pharmacies like Bi-Mart, K-Mart,

Wal-Mart, and Fred Meyer have generic lists for special pricing on many prescriptions. Some of these programs offer for example: \$3.99 for 30 days or \$10.99 for 100 days – other pharmacies have \$4.00 for 30 days or \$10.00 for 90 days. If you are interested in these savings please call Contract Health Services. We will mail you a list of prescription drugs that are reduced or instructions on how to get copies on line. As a tribal member living in the service area your co-pays or in this case full pay will be reimbursed to you. By using these programs you can save your prescription benefits for medications that are not

available in generic or not on the list, also saving Contract Health funds.



Call Contract Health Services at the numbers listed above to take advantage of these savings, and to learn more about the generic drug programs. It is also a good time to find out what other benefits Contract Health Services provides for tribal members.

### Employee Free Choice Act of 2009, unfair to Tribes by Michael Rondeau



Tribes from across the nation are expressing concern over a bill introduced in both houses of Congress called the "Employee Free Choice Act of 2009," (EFCA) which, if passed, would amend the National Labor Relations Act (NLRA). The NLRA is a federal law that limits the way employers can deal with workers in the private sector who organize labor unions, engage in collective bargaining, and take part in strikes

and other forms of joint activity to obtain their demands. The Employee Free Choice Act of 2009 will basically amend the NLRA to make it easier to allow employees to form, join, or assist labor organizations.

The concern tribe's have with this act is that it is an infringement on tribal sovereignty because tribal governments are ignored as governments. In the current proposed EFCA, Federal, state and local governments are exempt from the act because of their governmental status, however, tribal governments are not referenced.

Senator Daniel Inouye, a member of the Indian Affairs Committee, has introduced an amendment to the proposed legislation that would mandate federally recognized Tribal

Governments be treated the same as Federal, state, and local governments for purposes of the NLRA.

Both the National Congress of American Indians (NCAI) and the National Indian Gaming Association (NIGA) have issued resolutions requesting the act be amended to include Senator Inouye's amendment, otherwise they will oppose the EFCA.





## WATER SAFETY

### Boaters!

**Before Getting Underway:** *Know your boat and know the rules of the road. Take a safe boating course.*

- Check your boat for all required safety equipment.
- Consider the size of your boat, the number of passengers and the amount of extra equipment that will be on-board. **DON'T OVERLOAD THE BOAT!**
- If you will be in a power boat, check your electrical system and fuel system for gas fumes.
- Follow manufacturer's suggested procedures BEFORE starting up the engine.
- Wear your life jacket – don't just carry one on board.
- Leave your alcohol behind. Work to increase your safety, not increase your risks!
- Check the weather forecast. File a float plan with a member of your family or friend.

### Swimmers!

Since most drowning victims had no intention of being in water and since most people drown within 10-30 feet of safety, it is important that you and your family learn to swim.

Please remember:

Never rely on toys such as inner tubes and water wings to stay afloat.

- Don't take chances, by over esti-

imating your swimming skills.

- Swim only in designated swimming areas.

**Never swim alone.** Drowning Fatalities: Each year, approximately 6,000 people drown in the United States. Drowning is the **SECOND** leading cause of accidental deaths for persons 15-44 years of age.



What is really surprising is that two-thirds of the people who drown never had an intention of being in the water!

### Divers!

Never dive into lakes and rivers...the results can be tragic. Every year, diving accidents result in more than 8,000 people suffering paralyzing spinal cord injuries and another 5,000 dying before they reach the hospital. All too often, hidden dangers lurk beneath the surface of the water, including rock outcrops or shallow water.

### Watch Small Children!

Each year about 200 children drown and several thousand others are treated in hospitals for submersion accidents, accidents which leave children with permanent brain damage and respiratory health problems. Remember, it only takes a few seconds for a small child to wander away. Children have a natural curiosity and attraction to water.

### Alcohol- The Fun Killer.

It's a fact, alcohol and water do not mix! Unfortunately, many people ignore this and each year about 3,000 of them are wrong...dead wrong! More than half of all the people that drown had consumed alcohol prior to their accident.

Being intoxicated is not necessary for alcohol to be a threat to your safety. Just one beer will impair your balance, vision, judgement and reaction time, thus making you a potential danger to yourself and others. Research shows that four hours of boating, exposure to noise, vibration, sun, glare and wind produces fatigue that makes you act as if you were legally intoxicated. If you combine alcohol consumption with this boating fatigue condition, it intensifies the effects and increases your accident risk.

So remember, don't include alcohol in your outing, if you're planning to have fun in, on, or near the water.

## Hiking The North Umpqua Area

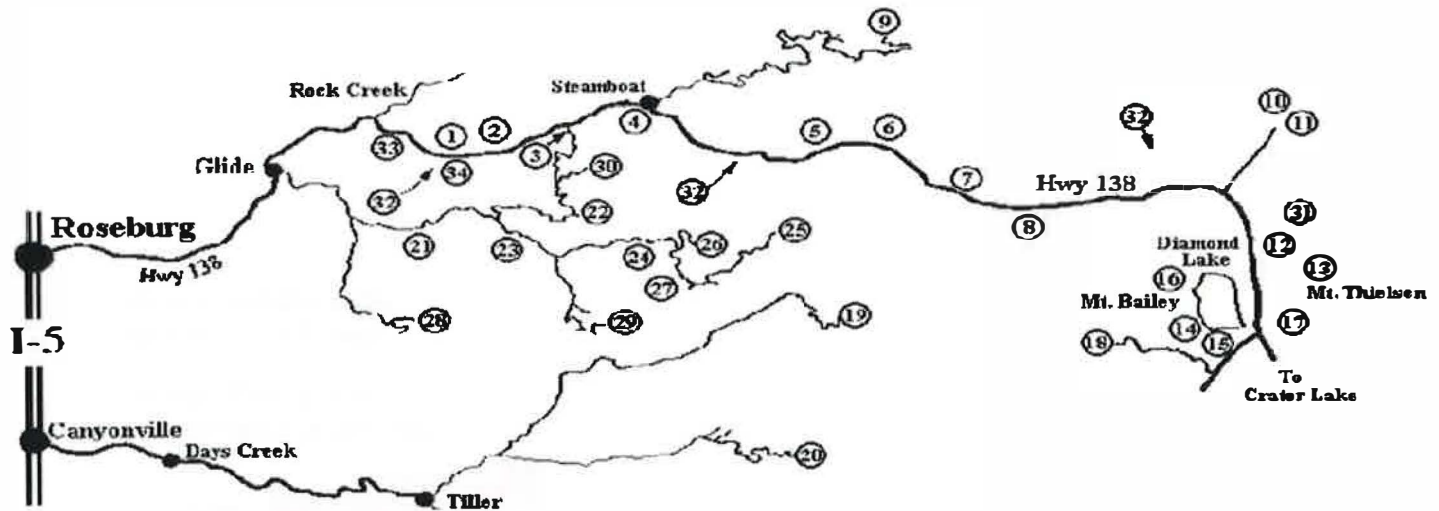
**1. Susan Creek Falls:** Located 29 miles east of Roseburg on Highway 138, across from the Susan Creek Day-Use Area, this 3/4 mile trail leads to a misty 60 foot waterfall. Continuing another 1/2 mile leads to the pre-historic Indian Mounds Interpretive Site. Moderate grade.

Note: Watch out for the poison oak!

**2. Fall Creek:** The 1 mile trail (#1502) starts at Highway 138 at Fall Creek, about 6 miles west of Steamboat. A good walk for families with kids and grandparents.

**3. Mott:** The 5.5 mile trail (#1414.12) starts at the south side of the North Umpqua River at Wright Creek on Road #4711. The trail follows the North Umpqua River and is part of the North Umpqua Trail. Gentle grade. (continued on pg 7)

## Hiking The North Umpqua Area



**4. Panther Trail:** The 5.0 mile trail (#1414.20) starts at the Steamboat Work Center with the trail head at Road #4714, and meanders upriver. Moderate grade.

**5. Illahee Flats:** The 1.5 mile trail runs through Oak and Fir flats then descends towards the North Umpqua River where it meets the North Umpqua Trail. The trail begins at Road #4760-039 off Highway 138.

**6. Boulder Creek:** The 10.6 mile trail (#1552) starts from the end of Soda Springs Dam Road #4775-012. A combination of ridgetop, sidehill and stream bottom trail locations and view of Boulder Creek Gorge. Gentle to steep grade.

**7. Toketee Falls:** The 1/2 mile trail follows the North Umpqua River as it cascades through a waterworn basalt channel. Two benches offer a nice rest spot before reaching the platform for viewing the picturesque double falls. Turn off Highway 138 onto Road #34, the west entrance to Toketee Ranger Station. Cross the first bridge and turn left.

**8. Watson Falls:** The trail is nearly 1/2 mile up to the majestic falls. Watson Falls is the third highest in Oregon with a drop of 272 feet. Only falls in Southern Oregon with top 5 star rating.

ing from the Waterfall Guide to the Pacific Northwest. Turn off Highway 138 onto Road #37, just past the east entrance to Toketee Ranger Station.

**9. Bulldog Rock:** The 5 mile trail (#1534) goes from Balm Mountain Road #3810 at Bear Camp, down to the northerly terminus of Pyramid Rock Road #3850-300. It passes through meadows, by Bullpup Lake and Shelter. Gentle to steep grade.

**10. Maidu Lake:** The 6.8 mile segment of the North Umpqua Trail (#1414), parallels the North Umpqua River until Dutch Oven Camp. Access to Lucille Lake and the Pacific Crest Scenic Trail. Off Highway 138 on Road #6000-958.

**11. Tolo Creek:** The 5 mile trail (#1466) follows Tolo Creek, crossing several streams. Dutch Oven Camp, mile point #2 on Maidu Lake Trail serves as the trail head. Gentle to moderate grad

**12. Howlock Mountains:** The 7 mile trail (#1448) begins at Diamond Lake Horse Corrals. Connects Diamond Lake to Pacific Crest National Scenic Trail with access to Thielsen Creek Trail. Gentle to moderate grade.

**13. Thielsen Creek:** A 2.1 mile trail (#1449) The trail head is 3.5 miles on the Howlock Trail. Steady, uphill

climb through hemlock and pumice flats for view of north face of Mt. Thielsen. Moderate to steep grade.

**14. Mt. Bailey:** A 5 mile trail (#1451). From the south shore of Diamond Lake take Road #4795 to Road #4795-300 to the trail head. Ascends mountain from the west side of Diamond Lake all the way to the summit. Gentle to steep grade.

**15. Silent Creek:** The 1.4 mile trail (#1479) begins near south end of Diamond Lake and west end of Teal Lake Trail, Road #4795, where Silent Creek flows through boggy meadows. Gentle grade.

**16. Rodley Butte:** The 7 mile trail (#1452) of which the first 3 miles are maintained, can be reached by Lake Creek on Road #4795 or Road #4796-600. Trail swings around north side of Rodley Butte and Northern flanks of Mt. Bailey. Gentle to steep grade.

**17. Mt. Thielsen:** The 3.5 mile trail (#1456) begins 1.5 miles north of the Highway 138/230 Junction, near Diamond Lake. The trail head is located along the east side of Highway 138. Connects Pacific Crest National Scenic Trail and ascends to summit. Caution is advised the last 200 feet. Gentle to steep grade.

2371 NE Stephens St. Ste. 100  
Roseburg, OR 97470  
Phone: 541-672-9405  
Toll Free: 800-929-8229

Cow Creek Band of  
Umpqua Tribe of Indians

## Cow Creek Band of Umpqua Tribe of Indians



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### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet Cooper at the Cow Creek Government Offices at 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 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 also should make sure their children's updated addresses are on file with 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 800-929-8229.