

August 2009

Cow Creek Band of Umpqua Tribe of Indians

KIUYUM-ID**32nd Annual Tribal Pow Wow***By Tammy Woodruff*

The Cow Creek Tribal Pow-Wow was held July 17, 18 & 19 at South Umpqua Falls. The Pow-Wow is an annual event held the third weekend in July. This year marked the 34th year for the event. Friday night was the family



Tribal Elder, Tooter Ansures holding Tribal member and great-grandson, Gavin Ansures

four other drums joining them. This year, we saw an increase in the number of Cow Creek participants.

Things wrapped up Sunday with the raffle. There was a wide variety of beautiful donations. This year, the envy prize, the Pendleton blanket was won by Tresa Rondeau.

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Grand Entry L to R: board member Gary Jackson, Tribal member Jacob Ansures, and Tribal Elder/board member Robert Van Norman

potluck and it was well attended. There were an estimated five hundred people at the dinner. Various food dishes were shared and as usual the salmon and fry bread were well received. Saturday began with kids' games, which are always

enjoyed by everyone. There was also a new attraction this year; Wildlife Images brought their Birds of Prey exhibit. Everyone was very interested in learning about and viewing these wonderful birds.



Our winged brother

Grand Entry saw several familiar and new dancers. The host drum was once again Steiger Butte, with



L to R: Tribal guest Samantha Reames, Tribal member Crystal Ansures, and Tribal member Gavin Ansures

The Pow-Wow committee would like to thank everyone that donated his or her time and energy to help make this a wonderful event.



Freedom is not "free".
Thank you to all our
veterans and active
service members.

"All things are
connected. Whatever
befalls the earth
befalls the children of
the earth."



Wisdom of the Elders

It is of utmost importance to
honor all our elders.

Honoring Our Tribal Veterans

By Mike Rondeau

The Tribal Government Office is currently in the process of updating the Tribal Veterans List. Any Tribal Veteran or active Service members are encouraged to contact Janet at the Tribal Government Office to make sure they are on the list. Janet can be reached at 541-677-5575 or 1-800-929-8229.

Each year the Tribe host's

a Tribal Veterans Dinner on the Fourth of July and

all Tribal Veteran's that are on the list are sent an invitation to the event.

At this year's dinner event, special medals were presented to several Tribal Veterans and Veteran's spouses.

Robert Van Norman who is in charge of the Tribal Veterans Group, presented several Tribal Veterans with the Medal

during this year's Annual Pow-wow.



Tribal members who received these medals at the pow-wow were:
Jessica Jackson, Sonny Fosteer, Del Ansures, Walt Lerwill and Marvin Lerwill.

Tribal Announcements



Annual Tribal Family Picnic

The Annual Tribal Family Picnic is scheduled for September 5, 2009 at Bare Park near Myrtle Creek, Oregon. Please call Janet Cooper to RSVP 1-800-929-8229 or

541-677-5575 by August 31, 2009.

Annual Tribal Elders Honor Dinner

The Tribal Elders Honor Dinner is scheduled for November 7, 2009 at Seven Feathers Hotel

and Casino Resort. Please call Rhonda Malone at 1-800-929-8229 or 541-677-5575 to make reservations.

Election 2009 Results

By Mike Rondeau

The Tribal Election Committee met on Sunday, August 9, 2009 to tabulate results of the 2009 Tribal Board of Directors Election. For 2009, three positions were up for election.

The results are as follows:

1. Robert Van Norman
2. Shirley Roane
3. Delbert Rainville

As with previous elections, the ballots were mailed from and returned to the Bureau of Indian Affairs Siletz Agency and the count

was observed by Bureau of Indian Affairs Staff.

The Tribal Election Committee would like to thank both the candidates and the registered voters for participating in the 2009 election.



Election 2009 results

Name Change Reminder

By Jackie Miller

This is a reminder to all Tribal members regarding name changes. If your name should change due to marriage, divorce, adoption, or any other reason please notify the Tribal

Government Office and the Social Security Office as soon as possible with this information. Your name must match the name on your social security card for the distribution checks Tribal members receive.

The accounts payable department can only issue checks in the Tribal member's name that matches the name which appears on your social security card. This is the name we must list on the form 1099 per IRS requirements..

"Please remember if your name changes to change it with the Social Security Office"

JOM OMSI Trip

By Kelly LaChance

The JOM Parent Committee sponsored an educational trip for JOM students on August 1, 2009 to OMSI in Portland, OR. Students explored the science exhibits and on the way home stopped at Bullwinkles and had pizza.



JOM students and tribal member chaperone Jerry Ledford at Bullwinkles in Portland, OR



JOM students at OMSI working with one of the exhibits.



OMSI (Oregon Museum of Science and Industry) is located in Portland, OR



"Reach out to a native child."

"Our children are our future"



"Wait until the bus driver signals that it's okay to approach".

The children of Indian Country Need You

Foster care recruitment continues to be a priority among Indian Child Welfare workers. Too many of our American Indian and Alaska Native children are coming into foster 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.
1-800-331-0503**

Reach out to a native child by contacting the following agencies and tribes that offer support to Native Americans.

Agencies & Tribes Offering Support to Native Americans:

Burns Paiute Tribe
541-573-1915
Burns, OR

Confederated Tribes of Coos, Lower Umpqua and Siuslaw
541-888-1837
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

Klamath Tribes
541-783-2219
Chiloquin, OR

DHS - Rockwood Branch
971-673-3100
Portland, OR

NARA 503-224-1044
Portland, OR

NAYA Family Center
503-288-8177
Portland, OR

NICWA
503-222-4044
Portland, OR

Back To School Tips

Remember Health and Safety

Getting to school safely:

Whether your child walks to school, takes a bus, rides a bike, or gets a ride, make sure both you and your child know the route to the bus stop or how to get to school, and know how to travel it safely.

On foot: Make sure your child stays on the sidewalk, walks against traffic, and only crosses a street where there is a crossing guard.

- By bus: The National Safety Council offers these school bus

safety tips: (1) Have a safe place to wait for the bus, away from traffic and the street; (2) Stay away from the bus until it comes to a complete stop and the driver signals that it's okay to approach; (3) Exit the bus and walk ten giant steps away from the bus; (4) Use the handrail to enter and exit the bus.

- By bike: A helmet is a must. Walk bikes through intersections.
- In the car: No matter how close you are to school, take the extra few seconds to buckle up your child. "We're

full of excuses," says Christer Gustafsson, Senior Safety Engineer for Volvo Cars in Sweden. "But in the end, if we don't belt our children, we're setting them up for injuries or death."

Beat the heat: The first days of school can be hot, and many schools don't have air conditioning. Make sure your child is dressed in cool clothing. Pack a water bottle so your little student can grab a drink throughout the day.

Health Matters

TEEN DEPRESSION

By Don Gilbert,
A & D Counselor

The Majority of America's 2 Million adolescents suffering from depression episodes did not receive treatment in the past year.

Adolescents without health insurance were less than half as likely to get treatment as those with Medicaid/Children's Health Insurance Program (CHIP) or private health insurance coverage.

A new report which coincides with Children's Mental Health Awareness Day reveals that 8.2 percent (2 million) youths aged 12 to 17 experienced at least one major depressive episode (MDE) in the past year. Only about two-fifths (38.9 percent) of these adolescents received treatment during this period according to the report by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The report also found that health insurance coverage seemed to be a major factor in determining whether adolescents experiencing MDEs in the past year received treatment. Among these adolescents, those without

health insurance coverage were far less likely to have received treatment (17.2 percent) than those with Medicaid/CHIP (42.9 percent) or private health insurance (40.6 percent).

Based on a nationwide SAMHSA survey, Major Depressive Episode and Treatment among Adolescents also reveals the types of treatments adolescents received for MDEs. The report shows that among treated adolescents:

- . 58.8 percent saw or spoke with a counselor
- . 36.8 percent saw or spoke with a psychologist
- . 27.3 percent saw or spoke with a psychiatrist or psychotherapist
- . 26.6 percent saw or spoke with a general practitioner or family doctor

In addition, the report shows that less than half (46.8 percent) of adolescents who received treatment for an MDE in the past year used prescription medication for their condition.

"This report contributes to the growing realization that much more must be done to meet the enormous mental health needs of our young people," said SAMHSA's Acting Adminis-

trator, Eric Broderick, D.D.S., M.P.H. "This report, along with the enactment of the Mental Health Parity and Addiction Equity Act and the recent landmark report by the National Research Council and Institute of Medicine on children's mental health, highlight our nation's growing concern and commitment to alleviating the damage and suffering inflicted by untreated mental disorders on children, their families and their communities."

The report is drawn from SAMHSA's 2007 National Survey on Drug Use and Health (NSDUH), which collected data from a representative sample of approximately 22,000 adolescents throughout the United States.

An MDE is defined as a period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure and at least four other symptoms that reflect a change in functioning, including problems with sleep, eating, energy, concentration, and self-image



Some of the many faces of depression.

"Much more needs to be done to meet the enormous mental health needs of our young people"

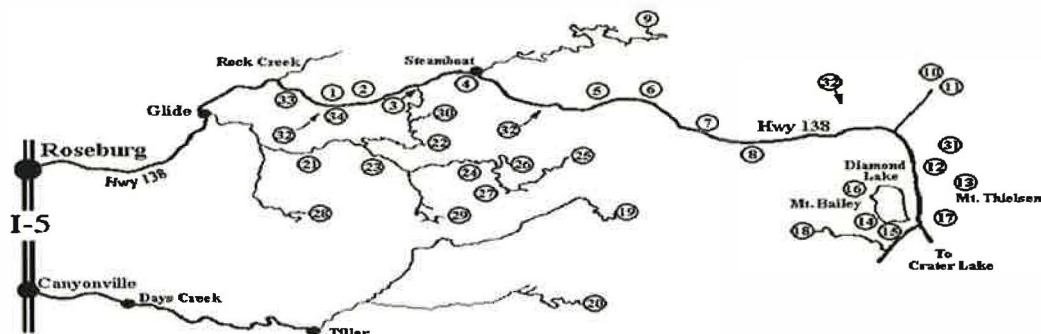


Depression can amplify feelings of isolation.

Hiking The North Umpqua Area (Continued)



Number 19 on the map
Fish Lake Oregon.



Continued From The July 2009 Newsletter

18. Rogue-Umpqua

Divide: The 31.4 mile trail begins on Road #3703 near Three Lakes Camp. The trail passes Clear Creek Camp and terminates near Abbott Butte. Gentle to steep grade.

19. Fish Lake: The 8 mile trail (#1570) is located about 28 miles from Tiller on Road #2840. Trail follows along Fish Creek Lake and offers fishing and camping. Moderate grade.

20. Cougar Butte: The 5.7 mile trail (#1432) begins 25 miles from Tiller on Road #30. The high country trail offers view of the Jackson Creek drainage and Northern California. Moderate grade.

21. Wolf Creek Falls: A 1 mile walk from Wolf Creek footbridge at Wolf Creek

Job Corps. Turn off Highway 138 at Glide and follow Little River Road #17 to Wolf Creek trail head. Moderate grade.

22. Grotto Falls: Trail #1503 is a spectacular 1/3 mile high. A cave lets you walk behind the falls. Trail is reached by driving up Taft Mountain Road #2703 -150 off Highway 17. At Emile Creek Road drive 2 miles to Emile Creek.

23. Overhand: The 1/2 mile hike takes you along Little River. Trail is noted for Maiden Hair Fern and river overhang. Take Highway 17 turnoff at Glide. Trail begins at White Creek.

24. Lake in the Woods: Take Highway 17 turnoff at Glide. Follow to Lake in the Woods Recreation area. Hemlock Falls Trail is 3/4 mile hike to falls.

Yakso Falls Trail, 3/4 mile long, ends at Little River Falls.

25. Twin Lakes: The 2.5 mile trail (#1500 and #1521), has two overnight shelters. Off Road #4770. Gentle grade.

26. Snow Bird Shelter: The 3.7 mile trail (#1517) has a shelter and water for overnights. Take National Forest Service Route #27 to road #2715-100. Moderate grade.

27. Yellow Jacket Loop: The 5.5 mile trail (#1522) starts at Hemlock Lake campground on National Forest Route #27. Hike to Cavitt Mountain.

28. Shadow Falls Trail: A 1 mile hike. Rain type forest ends at 90ft waterfall. Take Road #25 following Cavitt Creek to Shadow Falls. Moderate grade.

*"Enjoy the many
beautiful natural
resources in your
area"*



Number 22 on the map.
Grotto Falls near Glide, Oregon

Beach Safety

Beach and Water Safety

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. San Diego lifeguards recommend the following safety tips:

- Learn to swim
- Swim near a lifeguard
Never swim alone
- Supervise children closely, even when lifeguards are present
- Don't rely on flotation devices, such as rafts, you may lose them in the water
- If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Alcohol and swimming don't mix
- Protect your head, neck, and spine -- don't dive into unfamiliar waters -- feet first, first time
- If you are in trouble, call or wave for help
- Follow regulations and lifeguard directions
Swim parallel to shore if you wish to swim long distances
- Scuba dive only if trained and certified -- and within the limits of your training
- No glass containers at the beach -- broken

glass and bare feet don't mix

- No beach fires except in designated areas -- fire residue and superheated sand can severely burn bare feet -- use a barbecue that is elevated off the sand
- Report hazardous conditions to lifeguards or other beach management personnel
- Stay clear of coastal bluffs, they can collapse and cause injury
- Never turn your back to the ocean -- you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning

Rip Currents

Rip currents are the most threatening natural hazard along our coast. They pull victims away from the beach. The [United States Lifesaving Association](#) has found that 80% of the rescues effected by ocean lifeguards involve saving those caught in rip currents. A rip current is a seaward moving current that circulates water back to sea after it is pushed ashore by waves. Each wave accumulates water on shore creating seaward pressure. This pressure is released in an area with the least amount of resistance which is usu-

ally the deepest point along the ocean floor. Rip currents also exist in areas where the strength of the waves are weakened by objects such as rock jetties, piers, natural reefs, and even large groups of bathers. Rip currents often look like muddy rivers flowing away from shore. Rip currents are sometimes mistakenly called "rip tides" or "undertows." These are misnomers. Rip currents are not directly associated with tides and they do not pull people under.

Try to avoid swimming where rip currents are present, but if you become caught in a one, swim parallel to the shore until the pull stops and then swim back to shore. If you are unable to return to the beach, tread water and wave for lifeguard assistance.

Stay at least 100 feet away from piers and jetties. Rip currents often exist along the side of fixed objects in the water.

Be aware of ocean conditions. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water.



"The above illustration is an example of a rip current"

"Rip currents often look like muddy rivers flowing away from shore."



"Be aware of ocean conditions"

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Toll Free: 800-929-8229
Fax: 541-673-0432

KIUYUM-ID

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.



Reminder:
All Johnson O'Malley
functions are smoke free.

We are on the web at
cowcreek.com