

# The Voice of CLUSI



February 2020

Issue 2

Volume 21

[www.ctclusi.org](http://www.ctclusi.org)

NEWS FROM THE CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

## Chief Warren Brainard Invited to White House as a Native Veteran Leader

On November 11, 2019, I, Chief Warren Brainard was invited to The White House Office of Intergovernmental Affairs as a Native Veterans Leader. The White House hosted a discussion on issues facing Native American Veterans –including housing, job training, entrepreneurialism, and pathways to prosperity post-service. In addition to Native American Veterans, attendees were local, State, and Federal officials who support Native American Veterans. Vice President Pence stopped by and spoke about his families' service to the military to great applause. Before the discussion was a tour of the White House followed by a reception in the Treaty Room. It was a beautiful room but our treaty was not there, as it was never ratified.

The next day Debbie Ho, the Tribal Lobbyist, arranged for us to join the University of Oregon Law students at Congressman DeFazio's office. After a tour of the Capital Building, we visited the House of Representative and listened to a couple of the speakers. It was very quiet after the Capital Building tour. During our tour, we saw many other tours, primarily filled with young people. It was rewarding to see so many groups of enthusiastic youth everywhere.

One of the highlights of this trip was meeting up with Tribal member Jessie Young, who currently works at the Office of Indian Affairs. She showed us around the Bureau of the Interior building and introduced us to her boss. Then we proceeded through the hallways lined with many flags representing all the native tribes and through the building downstairs to the cafeteria where we visited and caught up on news from home.

The next day we toured the Museum of the American Indian



Above: Chief Warren Brainard with Jessie Young  
Pictured right: Chief Warren Brainard and Debbie Ho



and the Lincoln Memorial. Debbie, Gordon and Jason from the Mapetsi Policy Group arranged for us to meet them at a very posh restaurant and surprised me with a fantastic birthday lunch.

Overall, I learned a lot of information and heard many promises that things for the veterans were improving. I have more hope for help from the government for the men and woman who went off to fight for our country, with the promise that they would never be forgotten, and would have help with the problems they came home with. Let us pray that promise will be kept.

### Also in this Edition of The VOICE of CLUSI:



#### Winter Solstice

featured on page 7

Pictured left: Tribal members gather at Winter Solstice for traditional language classes with Enna Helms.

#### Tribal Election Information

featured on page 4

Election information also available online at [www.ctclusi.org/elections](http://www.ctclusi.org/elections)

#### 2020 Census Information

featured on page 4

To be accurately counted you must put in the entire Tribe name: **Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians**

Presorted Standard  
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Eugene, OR  
Permit #481

Confederated Tribes of Coos,  
Lower Umpqua and Siuslaw Indians  
1245 Fulton Avenue  
Coos Bay, OR 97420

#### Save the Dates:

Dental Clinic Grand Re-Opening  
February 20, 2020

5:30 p.m. - 7:30 p.m.

Elders Honor Day  
March 20 & 21, 2020

The Mill Casino and Hotel



## Chairman's Corner

Daii and Happy New Year, I hope everyone had a wonderful holiday and wishing you happiness, good health and peace in the 2020 New Year!!

The Winter Solstice this year was very well attended, especially with a lot of our young Tribal members. It was so nice to see them participate and celebrate in the ways of our ancestors.

I was unable to attend the Christmas Dinner this year as I was down with the flu and cold. But, I understand several Tribal members made donations to one or more of our Tribal Education Scholarships. I would like to thank each and every one of you personally for your donations to these scholarships. Your kindness and dedication to your Tribe is greatly appreciated. On that same note, Tribal Council recently sent out a thank you card to James Su and the Nevada State Bank for their generous donation of \$2,500 to one of the Tribal education scholarships. All of these scholarships are great support opportunities to help our Tribal members with the ever-increasing costs of college. We are so proud of our Tribal members

that are continuing their education and hope one day that they will be back here working for the betterment of their Tribe.

For those of you that were unable to attend the first Tribal Council meeting of the 2020 New Year that was held on Sunday, January 12<sup>th</sup>, our Tribal Forest Department was present. They presented a report on our new forest lands we acquired when the President of the United States signed the bill on Jan. 8, 2018. The report was about 'Forest Roads Administration of Rights-of-Way'. By January 28<sup>th</sup>, the video of this meeting will be available on the Tribal webpage. This presentation offers a good explanation of questions and answers concerning the forest right-a-way.

January 14, 2020 the Chief and I attended an Oregon Tribal Government meeting held at the Mill Casino in North Bend, Oregon. At this meeting Delores Pigsley shared with those in attendance about the upcoming placement of Chemawa Story Poles on February 22, 2020 at the Chemawa School in Salem, Oregon at 10:00 am. If you are planning to attend you may wish to contact

our Tribal Administration office to verify the correct time as it may be subject to change. There might be a PowWow scheduled for later that day.

Luwii,  
Doc Slyter-Tribal Chairman



## Tribal Council Business

As Reported at the January 12, 2020 Regular Tribal Council Meeting

### **Chief Warren Brainard:**

Dec 8 Tribal Council Regular Meeting  
Dec 9 Handed out Government Staff Holiday Checks in Eugene  
Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting  
Dec 12 Liberty Theater Ground Breaking; Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 15 Retirement Party for Sally Wantz  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Jan 2 Senator Merkley Town Hall Meeting; Tribal Council Leaders Circle  
Jan 8 Three Rivers Foundations Grant Selection  
Jan 9 Culture Committee; Tribal Council Leaders Circle

### **Doc Slyter, Chairman:**

Dec 8 Tribal Council Regular Meeting  
Dec 16 Handed out Government Christmas Checks  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 19-21 Winter Solstice Event  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Dec 30 Paperwork at Government Office  
Jan 1 Peace Hike in Yachats, Ceremonial Fire, Drumming  
Jan 2 Senator Merkley Town Hall Meeting; Tribal Council Leaders Circle  
Jan 9 Tribal Council Leaders Circle

### **Debbie Bossley:**

Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting  
Dec 12 Liberty Theater Ground Breaking; Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 16 Handed out Government Staff Holiday Checks  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 23 Tribal Council Business Meeting

Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Jan 2 Tribal Council Leaders Circle  
Jan 9 Paper Work at Tribal Government; Tribal Council Leaders Circle

### **Iliana Montiel:**

Dec 8 Tribal Council Regular Meeting  
Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting  
Dec 12 Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 15 Retirement Party for Sally Wantz  
Dec 16 Handed out Government Staff Holiday Checks  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Jan 2 Tribal Council Leaders Circle  
Jan 9 Tribal Council Leaders Circle  
Jan 10 Celebration of Life for Ramona Matthews

### **Josh Davies:**

Dec 8 Tribal Council Regular Meeting  
Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting (by phone)  
Dec 12 Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 19-21 Winter Solstice Event  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting (by phone)  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Jan 2 Tribal Council Leaders Circle  
Jan 8 Election Board Meeting  
Jan 9 Tribal Council Leaders Circle  
Jan 10 Celebration of Life for Ramona Matthews

### **Doug Barrett:**

Dec 8 Tribal Council Regular Meeting  
Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting  
Dec 12 Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 15 Retirement Party for Sally Wantz  
Dec 19 Hunting, Fishing, and Gathering

Committee Meeting; Finance Meeting; Tribal Council Leaders Circle  
Dec 19-21 Winter Solstice Event  
Dec 20 Handed out Government Staff Holiday Checks in Florence  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle (by phone)  
Jan 31 Sobriety Pow Wow at Nara  
Jan 1 Peace Hike in Yachats, Ceremonial Fire, Drumming  
Jan 2 Tribal Council Leaders Circle  
Jan 8 Three Rivers Foundations Grant Selection  
Jan 9 Culture Committee; Tribal Council Leaders Circle  
Jan 10 Celebration of Life for Ramona Matthews

### **Mark Petrie, Vice-Chair:**

Dec 8 Tribal Council Regular Meeting  
Dec 10 Education Committee Meeting  
Dec 11 Gaming Facility Operational Review Board (GFORB) Meeting; Off Shore Wind Energy Work Group  
Dec 12 Liberty Theater Ground Breaking; Tribal Council Leaders Circle  
Dec 14 Budget Meeting; Tribal Holiday Party  
Dec 16 Handed out Government Staff Holiday Checks in Coos Bay  
Dec 17 Off Shore Wind Energy Work Group  
Dec 19 Finance Meeting; Tribal Council Leaders Circle  
Dec 19-21 Winter Solstice Event  
Dec 23 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting  
Dec 26 Tribal Council Leaders Circle  
Dec 27 Tribal Council Leaders Circle  
Jan 1 Peace Hike in Yachats, Ceremonial Fire, Drumming  
Jan 2 Senator Merkley Town Hall Meeting; Tribal Council Leaders Circle  
Jan 8 Webinar for Bureau of Ocean Energy Management; Three Rivers Foundations Grant Selection  
Jan 9 Off Shore Wind Energy Meeting; Culture Committee; Tribal Council Leaders Circle  
Jan 10 Celebration of Life for Ramona Matthews

Information

QUESTIONS OR SUGGESTIONS?

The CLUSI Tribal Council welcomes your ideas, comments, criticisms, etc.  
Please write to: Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians  
ATTN: Tribal Council 1245 Fulton Ave.  
Coos Bay, Oregon 97420

COMMITTEE INTEREST LIST

If you are a Tribal member and interested in being on a committee, please contact Jeannie McNeil, 541-888-7506. We are currently keeping a list of those interested so that when a committee vacancy occurs we can fill it as soon as possible, so please contact us whether there is a vacancy or not.

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. Veterans are honored at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at [jlawrence@ctclusi.org](mailto:jlawrence@ctclusi.org) for new requirements needed to be honored.

US FOREST SERVICE  
NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and Eugene Outreach offices.  
Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year. The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

Please let us know if you have a change in address, phone number, name or addition to your family. Changes should be submitted to Enrollment Dept., either online at [www.ctclusi.org/enrollment](http://www.ctclusi.org/enrollment) or mail to Enrollment Dept., 1245 Fulton Ave., Coos Bay, OR 97420. Phone: 541-888-7506 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES

Full video available at [www.ctclusi.org](http://www.ctclusi.org)  
If you would like to receive typed copies or an audio CD of the Tribal Council meeting minutes send a written request, including your current address to Jeannie McNeil, 1245 Fulton Ave. Coos Bay, OR 97420.



Tribal Council

Warren Brainard, Chief  
Tribal Chief

541-297-1655 (cell)  
[wbrainard@ctclusi.org](mailto:wbrainard@ctclusi.org)

Doc Slyter, Chairman

Position #1 Council  
541-808-7625 (cell)  
[dslyter@ctclusi.org](mailto:dslyter@ctclusi.org)

Debbie Bossley

Position #2 Council  
541-294-3972 (cell)  
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Mark Petrie, Vice-Chair

Position #3 Council  
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[mark.petrie@ctclusi.org](mailto:mark.petrie@ctclusi.org)

Josh Davies

Position #4 Council  
541-294-4105  
[josh.davies@ctclusi.org](mailto:josh.davies@ctclusi.org)

Iliana Montiel

Position #5 Council  
541-217-4613 (cell)  
[iliana.montiel@ctclusi.org](mailto:iliana.montiel@ctclusi.org)

Doug Barrett

Position #6 Council  
541-297-2130 (cell)  
[doug.barrett@ctclusi.org](mailto:doug.barrett@ctclusi.org)

Council Meeting

February 9, 2020  
Community Center  
338 Wallace Street, Coos Bay,  
Oregon 97420  
10:00 a.m.

Agenda:

1. Call to Order
2. Invocation
3. Approval of Minutes as needed
4. Tribal Council Reports
5. Tribal Chief Executive Officer Report
6. Chief Financial Officer Report
7. Old Business
8. New Business
9. Other
10. Good of the Tribes
11. Executive Session as needed

Council meeting video available to view at  
[www.ctclusi.org](http://www.ctclusi.org)

Upcoming Events

**February 3<sup>rd</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.  
**February 3<sup>rd</sup>** – Healthy Families & Lifestyles Workshop, Community Center, 5:30 p.m. – 7:30 p.m.  
**February 6<sup>th</sup>** – Elders Birthday Luncheon, Florence Outreach Office, 11:30 a.m.  
**February 8<sup>th</sup>** – Beading & Paddle Making Activity, Chifin Native Youth Center, Springfield, 10:00 a.m. – 4:00 p.m.  
**February 9<sup>th</sup>** – Regular Tribal Council Meeting, Community Center, 10:00 a.m.  
**February 10<sup>th</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.  
**February 10<sup>th</sup>** - Healthy Families & Lifestyles Workshop, Community Center, 5:30 p.m. – 7:30 p.m.  
**February 12<sup>th</sup>** – COH Guided Canvas Art Class, Coos Bay, 5:30 p.m. – 7:30 p.m.  
**February 15<sup>th</sup>** – Storytelling Event – see flyer on page 8  
**February 20<sup>th</sup>** – Dental Clinic Grand Re-Opening, 5:30 p.m. – 7:30 p.m.  
**February 23<sup>rd</sup>**- Spruce Root Gathering, meet at Florence Outreach Office, 9:30 a.m.  
**February 24<sup>th</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.  
**February 24<sup>th</sup>** – COH Dream Catchers Class, Eugene, 1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.

**February 29<sup>th</sup>**- Canoe Pull on Munsel Lake, meet at Florence Outreach Office, 10:00 a.m. – 12:30 p.m.  
**March 8<sup>th</sup>** – Regular Tribal Council Meeting, Community Center, 10:00 a.m.  
**March 11<sup>th</sup>** – COH Guided Canvas Art Class, Coos Bay, 5:30 p.m. – 7:30 p.m.  
**March 13<sup>th</sup>** – Deadline to submit statement of candidacy for Tribal Chief Election (Election Day, April 12, 2020)  
**March 14<sup>th</sup>** – Election Forum, Tribal Hall, Coos Bay, 10:00 a.m.  
**March 15<sup>th</sup>**- Spruce Root and Traditional Tea Gathering at South Slough, meet at Tribal Hall Office, 9:30 a.m.  
**March 15<sup>th</sup>** – Election Forum, Eugene Outreach Office, 11:00 a.m.  
**March 15<sup>th</sup>** – Election Forum, Florence Outreach Office, 3:00 p.m.  
**March 16<sup>th</sup>** – COH Feather Fans Class, Eugene, 1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.  
**March 20<sup>th</sup> & 21<sup>st</sup>** – Elders Honor Day, The Mill Casino and Hotel, Coos Bay, Oregon  
**March 21<sup>st</sup>**- Canoe Pull in Coos Bay, meet at Tribal Hall Office, 9:00 a.m.  
**March 23<sup>rd</sup> – 27<sup>th</sup>** – Spring Break Day Camp (see flyer on page 8)  
**March 29<sup>th</sup>**- Hazel and Traditional Tea Gathering at Lake Tract, limited transportation from Coos Bay and Florence available 10:30 a.m.



THE VOICE OF CLUSI

If you or anyone in your Tribal family has had any recent special awards or achievements that you would like to share, please submit your information and photos to the newsletter. I look forward to hearing from you! -Morgan Gaines

Join a Committee

Enrollment, Housing, Education, Culture, Health, Elders, Budget, Investment, and Garden Committees are always accepting letters of interest. Would you like to serve on a Tribal committee? Submit your letter of interest to Jeannie McNeil at [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org). All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

Government Office  
Alexis Barry  
Chief Executive Officer  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll free 1-888-280-0726  
Fax 541-888-2853  
[abarry@ctclusi.org](mailto:abarry@ctclusi.org)

Health Services Division  
Vicki Faciane - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-7515  
Toll free 1-888-280-0726  
Fax 541-888-5388  
[vfaciane@ctclusi.org](mailto:vfaciane@ctclusi.org)

Department of Human Resources  
Stephanie Watkins - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone: 541-888-7508  
Toll Free: 1-888-280-0726  
Fax: 888-723-3270  
[swatkins@ctclusihr.org](mailto:swatkins@ctclusihr.org)

Tribal Housing Department  
Linda Malcomb - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1310  
Fax 541-435-0492  
[lmalcomb@ctclusi.org](mailto:lmalcomb@ctclusi.org)

Purchased/Referred Care (FKA Contract Health Services)  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-4873  
Toll free 1-800-227-0392  
Fax 541-888-5388  
[sarnold@ctclusi.org](mailto:sarnold@ctclusi.org)

Education Department  
Karen Porter, Education Dept  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone: 541-888-9577  
Toll free 1-888-280-0726  
Fax 541-888-2853  
[education@ctclusi.org](mailto:education@ctclusi.org)

Family Support and Behavioral Health Services  
2110 Newmark Avenue  
Coos Bay, OR 97420  
Phone 541-888-1311  
Toll Free 1-800-618-6827  
Fax 541-888-1837

Tribal Dental Clinic  
Dr. Sarah Rodgers  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-6433  
Toll free 1-877-688-6433  
Fax 541-888-7505

Elders Activities  
Iliana Montiel  
Assistant Director of Health Services  
1245 Fulton Ave.  
Coos Bay, OR 97420  
Phone 541-888-7526  
Fax 541-888-5388  
Toll Free 1-888-280-0726  
[imontiel@ctclusi.org](mailto:imontiel@ctclusi.org)

Tribal Court  
J.D. Williams  
Chief Judge  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
[tribalct@ctclusi.org](mailto:tribalct@ctclusi.org)

Cultural Department  
Jesse Beers,  
Cultural Stewardship Manager  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1319  
Fax 541-888-2853  
[jbeers@ctclusi.org](mailto:jbeers@ctclusi.org)

Eugene Outreach Office  
135 Silver Lane, Suite 200  
Eugene, OR 97404  
Phone 541-744-1334  
Toll Free 1-800-877-2718  
Fax 541-744-1349

Florence Outreach Office  
Physical: 3757 Hwy. 101  
Mailing: P.O. Box 2000  
Florence, OR 97439  
Phone 541-997-6685  
Toll Free 1-866-313-9913  
Fax 541-997-1715

Tribal Gaming Commission  
Brad Kneaper  
Executive Director of the Gaming Commission  
5647 Hwy 126, Suite 100  
Florence, OR 97439  
Phone 541-997-2830  
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Tribal Police  
Brad Kneaper  
Chief Law Enforcement Officer  
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Department of Natural Resources  
Roselynn Lwenya, Ph.D.  
Director of Natural Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
Fax 541-888-2853  
[rlwenya@ctclusi.org](mailto:rlwenya@ctclusi.org)



# Election Information

## TRIBAL CHIEF

**ELECTION DATE: APRIL 12, 2020**

### 7-3-21 Election of Tribal Council and Tribal Chief Term of Office/Election Date

(a) Article VIII, Section 3, of the Tribal Constitution provides:

(2) The Tribal Chief shall be elected for a ten (10) year term

### 7-3-24 Candidacy Procedures

Statements of Candidacy: Candidates shall file statements of candidacy no later than thirty (30) days before the scheduled date of the election (**Deadline March 13, 2020**) and shall stipulate which position he/she is filing for. **7-3-24 (a)(3)**...once a person has filed for a position, he will not be allowed to change positions or to withdraw and refile for the same election.

### 7-3-24(b) Public Notices and Position Statements

(b)(3). Candidates will be given the opportunity to present a Position Statement for inclusion in the **February, March or April** Tribal Newsletter. The statement must be submitted before the paper's deadline and shall be no longer than one (1) sheet of 8-1/2" x 11" paper printed on both sides, capable of being copied on a black and white copier.

We had NO submission in January, for the February Newsletter; and now we are accepting submissions for March 2020 Tribal Newsletter.

**February 14<sup>th</sup> is the deadline for inclusion in the March Newsletter.**

**You MUST submit your Statement of Candidacy if you want your Position Statement to be in the Newsletter.**

**The final deadline for any Election candidates will be Friday, March 13, 2020 by 5:00 p.m.**

**After March 13, any submission of Position Statements received, will be in April Newsletter mailing.**

**Any Position Statements received by the deadline will be included in Election Ballots.**

For a complete Election Code please see [www.ctclusi.org](http://www.ctclusi.org) Tribal Code, Ch 7-3 Elections. Contact me with any questions. Jeannie McNeil [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org) 541-888-7506

## Election Forums for Tribal Chief Election

Tribal Election Forums are scheduled in three (3) locations: Coos Bay, Florence and Eugene. Tribal Membership will be able to meet the candidates and participate in a question answer session. The following are times and locations:

### COOS BAY

At the Tribal Hall; 338 Wallace Ave, Coos Bay, Oregon 97420

**Saturday March 14, 2020 to begin at 10:00a.m.**

### EUGENE

At the Eugene Outreach Office; 135 Silver Lane Suite 200,

Eugene, Oregon 97404

**Sunday March 15, 2020 to begin at 11:00a.m.**

### FLORENCE

At the Florence Outreach Office; 3757 Hwy 101, Florence,

Oregon 97439

**Sunday March 15, 2020 to begin at 3:00p.m.**

Questions: Please contact Jeannie McNeil, 541-888-7506



## PARTICIPATE IN THE 2020 CENSUS

### How you fill out the U.S. Census REALLY MATTERS to you and your Tribe.

**Indian Tribes are projected to lose \$3,000 in federal funding for every member who is not counted.**

**In 2010 your Tribe was NOT counted correctly and lost thousands and thousands of dollars in funding**

**MAKE IT RIGHT! In 2020!**

#### HOW IS CENSUS DATA USED?

- Distribution of more than \$675 billion annually in federal funds back to tribal, state, and local governments.
- Redistricting of state legislative districts.
- Forecasting future transportation needs for all segments of the population.
- Determining areas eligible for housing assistance and rehabilitation loans.
- Assisting federal, tribal, state, and local governments in planning and implementing programs, services, and emergency response.
- Designing facilities for people with disabilities, the elderly, and children.

The Tribal Member MUST list 'Head of Household as Native American; and write: **Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, as your Tribe.**

✓ **Your Family Matters**

✓ **COUNT YOUR FAMILY**

✓ **You're Helping Future Generations**

**The question on the Census form looks like this...** ↓ ↓ ↓

|  |  |                          |
|--|--|--------------------------|
| <b>What is this person's race?</b><br>Mark <input checked="" type="checkbox"/> one or more boxes <b>AND</b> print origins. |  |                          |
| <input type="checkbox"/>   | White - Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.  | _____                    |
| <input type="checkbox"/>   | Black or African Am - Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.   | _____                    |
| <input checked="" type="checkbox"/>  | American Indian or Alaska Native - Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc. | _____                    |
| <b>Confederated Tribes of Coos, Lower Umpqua &amp; Siuslaw Indians</b>   |  |                          |
| <input type="checkbox"/>   | Chinese  | <input type="checkbox"/> |
| <input type="checkbox"/>   | Filipino   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Asian Indian   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Other Asian - Print, for example, Pakistani, Cambodian, Hmong, etc.  | <input type="checkbox"/> |
| <input type="checkbox"/>   | Vietnamese   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Korean   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Japanese   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Native Hawaiian  | <input type="checkbox"/> |
| <input type="checkbox"/>   | Samoan   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Chamorro   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Other Pacific Islander - Print, for example, Tongan, Fijian, Marshallese, etc.   | <input type="checkbox"/> |
| <input type="checkbox"/>   | Some other race - Print race or origin   | _____                    |

Census data is essential to fair resource distribution and political representation. Federal funding for Indian housing programs, transportation, roads, and other services are often distributed on the basis of census data. This data is also used to allocate Congressional seats, electoral votes, and is the basis for political redistricting. An accurate count is necessary to ensure that American Indian and Alaska Native voters have an equal voice in the political process of non-tribal elections.

#### Questions?

**Contact Jeannie McNeil, Enrollment Clerk  
(541) 888-7506 or [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org)**

Resolution Summaries

**RESOLUTION NO.:** 19-102  
**Date of Passage:** October 13, 2019  
**Subject (title):** Indian Housing Plan for 2020  
**Explanation:** The Tribal Council approves the plan to obtain an Indian Housing Block Grant. **Vote 7-0-0**

**RESOLUTION NO.:** 19-103  
**Date of Passage:** October 13, 2019  
**Subject (title):**Enrollment of New Members (8)  
**Explanation:** The Tribal Council approves the following eight members; Isla Paige Eckroth; Emma Leigh Monroe Moore; Wyatt Benjamin Murphy; Charlotte Grace Marie Murphy; Ocean Marie Gabbard; Adalynn May Jernigan; Wallace Angus MacLean. **Vote 7-0-0**

**RESOLUTION NO.:** 19-104  
**Date of Passage:** October 13, 2019  
**Subject (title):** Minor Name Change (ICWA)  
**Explanation:** The Tribal Council approves this change for a minor child. . **Vote 7-0-0**

**RESOLUTION NO.:** 19-105  
**Date of Passage:** October 30, 2019  
**Subject (title):** Appointment of the Tribal Benefits Board  
**Explanation:** The Tribal Council approves the following members to this board,: Mike Mascolo, Cindy Castro, Bonnie Foroudi, Alexis Barry, Stephanie Watkins and Iliana Montiel . **Vote 6-0-1**

**RESOLUTION NO.:** 19-106  
**Date of Passage:** October 30, 2019  
**Subject (title):** Appointments To Three Rivers Foundation Board of Trustees  
**Explanation:** The Tribal Council approves the following members to the board Mark Petrie, Doug Barrett, Chief Warren Brainard, Stephanie Watkins, Jay Bozievich, Pat Farr, Bob Main, Tom Grove. **Vote 5-0-2**

**RESOLUTION NO.:** 19-107  
**Date of Passage:** October 30, 2019  
**Subject (title):** Audit Services Engagement for the Tribal Government and Three Rivers Casino Coos Bay  
**Explanation:** The Tribal Council approves this agreement. **Vote 7-0-0**

**RESOLUTION NO.:** 19-108  
**Date of Passage:** October 30 2019  
**Subject (title):** Establish a Tribal Complete Count Committee for the 2020 Censes  
**Explanation:** The Tribal Council approves the creation and fully supports the efforts and importance in participation of all Natives in the 2020 Census. **Vote 5-0-2**

**RESOLUTION NO.:** 19-109  
**Date of Passage:** October 30, 2019  
**Subject (title):** Resignation and Appointment of Interim Gaming Facility Operational Review Board (GFORB) Members  
**Explanation:** The Tribal Council accepts resignation from Debbie Bossley and Doug Barrett and appoints Iliana Montiel to GFORB. **Vote 6-0-1**

**RESOLUTION NO.:** 19-110  
**Date of Passage:** October 30, 2019  
**Subject (title):** Education Committee Appointment  
**Explanation:** The Tribal Council approves the appointment of Mark Petrie to Education Committee. **Vote 6-0-1**

**RESOLUTION NO.:** 19-111  
**Date of Passage:** October 30, 2019  
**Subject (title):** Gaming Order  
**Explanation:** The Tribal Council approves this order for Three Rivers Casino Resort. **Vote 7-0-0**

**RESOLUTION NO.:** 19-112  
**Date of Passage:** October 30, 2019  
**Subject (title):** Gaming Equipment Order  
**Explanation:** The Tribal Council approves this agreement for Three Rivers Casino Resort. **Vote 7-0-0**

**RESOLUTION NO.:** 19-113  
**Date of Passage:** October 30, 2019  
**Subject (title):** Gaming Equipment Sales Order  
**Explanation:** The Tribal Council approves this sales order for Three Rivers Casino Resort. **Vote 7-0-0**

**RESOLUTION NO.:** 19-114  
**Date of Passage:** October 30, 2019  
**Subject (title):** Gaming Equipment Order  
**Explanation:** The Tribal Council approves this agreement for Three Rivers Casino Resort. **Vote 7-0-0**

*In this public paper, some titles and explanation may not display details due to confidentiality.*

CONFEDERATED TRIBES OF  
COOS, LOWER UMPQUA & SIUSLAW INDIANS



DENTAL CLINIC  
GRAND RE-OPENING

FEBRUARY 20, 2020 | 5:00 P.M. - 7:00 P.M.  
1245 FULTON AVENUE, COOS BAY, OR 97420

Come join us for some light refreshments and walk through the new dental clinic expansion

Xylitol Chewing Gum

Contributed by Naomi Petrie, Dental Therapist

Choose chewing gum that contains xylitol, a natural sugar substitute that does not promote tooth decay (cavities). Xylitol chewing gum can be found at most stores and at our CTCLUSI Dental Clinic. Avoid consuming more than 10 grams of xylitol in a day to prevent diarrhea.

Xylitol is also good for pregnant women and new mothers. Chewing xylitol containing gum 3-5 times a day for a duration of at least 5 minutes each time can help prevent your baby from getting tooth decay.

Please contact Naomi Petrie by phone at 541-888-6433 ext. 7557 or by email at [npetrie@ctclusi.org](mailto:npetrie@ctclusi.org), if you require any further information about xylitol gum.

Chewing gum such as Trident®, Icebreakers®, Stride®, Orbit®, Pure®, Mentos®, and Spry®. You can check the ingredients list to determine if your gum contains xylitol.

Our clinic will be stocked with Hagar Pharma chewing gum that contains xylitol in Spring of 2020, each container will cost \$3.00. We also plan on stocking other xylitol lozenges in the near future.

**WARNING:** Xylitol is highly toxic to dogs, just one piece can be toxic. Avoid consuming xylitol if you have irritable bowel syndrome (IBS).

Upcoming Tribal Council Meeting  
Sunday, February 9, 2020  
Tribal Community Center  
10:00 a.m.



## Łe' ŁəX (Medicine) of the Month: *Elderberry*

Contributed by Ashley Russell, Water Protection Specialist

**Parts of Plant Used:** Berries and Flowers

### Herbal Actions:

The dried berries and flowers of elderberry are one of our greatest immune allies. They are safe to consume daily as a tea, syrup, elderberry-infused honey, or tincture. Because elderberry is antimicrobial (antibacterial and antiviral), it is effective against warding off colds, flus, and other viral and bacterial infections. By strengthening cell membranes against viral penetration and bolstering cell communication through the increased production of cytokines, elderberry lessens the severity and duration of cold and flu symptoms. Elderberry is also immune-stimulating in that it helps to break fevers and decrease mucus. Furthermore, elderberry is beneficial for arthritic conditions and anemia in that elderberry is anti-inflammatory, antioxidant, and rich in iron.

### Elderberry Infused Honey Recipe:

#### Ingredients

- Raw Honey
- Dried Elderberries
- Dried Elderberry Flowers (Optional)
- 1 Glass Storage Jar

#### Directions

Take glass jar and fill it ¼ of the way up with dried elderberries (or a mixture of dried flowers and elderberries).

Pour the raw honey over the berries/berry mixture and fill the jar all the way to the top. Affix lid.

Set the elderberry honey mixture in a sunny spot for two weeks. If your honey is thin, you can flip the jar every few days. If your honey is thick, you may need to stir the honey every few days to ensure the best infusion.

After the 2 weeks are up, strain the honey and save the berries/berry mixture for a future batch of tea.

Source: <https://strangersandpilgrimsonearth.blogspot.com/2014/09/elderberry-infused-herbal-honey-immune.html>



Photograph courtesy of Ashley Russell

**Hanis:** Mahá'wai (Red); Líswat (Blue)

**Miluk:** Txai

**Scientific Name:** *Sambucus nigra*, *S. nigra* var. *canadensis*, *S. nigra* ssp. *caerulea*, *S. racemosa* var. *arborescens*

## SAVE the DATES: Upcoming Culture Events!

**February 23<sup>rd</sup>**- Spruce Root Gathering, meet at Florence Outreach Office, 9:30 am – 4:00 pm

**February 29<sup>th</sup>**- Canoe Pull on Munsel Lake, meet at Florence Outreach Office, 10:00 am – 12:30 pm

**March 15<sup>th</sup>**- Spruce Root and Traditional Tea Gathering at South Slough, meet at Tribal Hall Office, 9:30 am – 4:00 pm

**March 21<sup>st</sup>**- Canoe Pull in Coos Bay, meet at Tribal Hall Office, 9:00 am – 11:30 am

**March 29<sup>th</sup>**- Hazel and Traditional Tea Gathering at Lake Tract, limited transportation from Coos Bay and Florence available, 10:30 am – 12:30 pm

## First Spruce and Cedar Root Gathering of the Year

Please join us on Sunday, February 23<sup>rd</sup> for the first spruce and cedar root gathering of the year and the new decade, weather permitting. We will be meeting at **9:30 am at the Florence Outreach Office, 3757 HWY 101**, and traveling to the Oregon Dunes National Recreation Area near Tahkentic Lake. Limited transportation and lunch will be provided.

Please bring the following for our outdoor adventure:

- Hiking Attire
- 5 Gallon Bucket
- Trowel and/or Tilling Fork
- Clippers
- Knife; and
- Gloves

If you don't have all of the materials listed above, we do have some on hand and am more than willing to share on a first come, first serve basis.

Please call **Ashley Russell @ 541 888-7511 to RSVP** as we will be providing transportation and bringing lunches and need to know how many lunches to bring.



Delicious clams served at Winter Solstice



## Join Us for the First Canoe Pull of the Decade!

Please join us on Saturday February 29<sup>th</sup> for the first canoe pull of the year and the new decade. We will be meeting at 10:00am in the Florence Outreach Office; 3757 HWY 101, Florence. After a discussion on Canoeing Culture and Water Safety we will head out to Munsel Lake. While pulling on the lake we will go to our Tribal Property on the other side of the lake to check on it and pull any invasive plants that may be there.

This pull will not only be a great opportunity for experienced pullers to get on the water but also for unexperienced pullers the lake is a great, calm, and easy place to begin. We invite all of our Tribal Members to get in the canoe and pull as our Ancestors did for their daily travels.

Please call Jesse Beers at (541) 297-0748 to RSVP as we will bring lunches and need to know how many lunches and how many canoes to bring.



Photograph taken by John Schaefer

## Winter Solstice Celebration 2019

Contributed by Enna Helms and Ashley Russell

We welcomed the longest night of the year with 3 fun-filled nights of ceremony to celebrate and commemorate the Winter Solstice. Since the beginning, solstice has always been a time to reflect and regenerate for the Coos (Miluk and Hanis), Lower Umpqua (Quuiich), and Siuslaw peoples. In 1856, the places in which ceremony were held were lost due to forced removal. Upon returning to our homelands after the reservation era, access to those places were all colonized. Today, while we are faced with many challenges, we embrace this time and space together with traditional foods, language-learning, regalia making, and gifting, bringing to practice our stories, songs, and dances.

"In the past, we have only celebrated winter solstice the day of winter solstice. Traditionally, we would have celebrated winter solstice for nearly a week. It was great to be able to celebrate the shortest day/longest night of the year for more than just one day, or should I say, night? There was amazing food and a wonderful sense of family. I hope we are able to celebrate for even longer next solstice. It was such a blast." ~Ashley Russell

"Celebrating the solstices is a tradition that, for me, invigorates my cultural drive and passion for the coming year and seasonal changes. This year I was happy to care for the ceremonial fire in the plank house with my 5 year old son through the night. He slept like a log! I cannot put into words how happy I was to be able to practice winter ceremony and dance with my son, family, and our other tribal cousins. A very special luuwii (thank you) to all who participated in this last winter solstice. It makes my heart happy to be a part of this tribal community." – Vice-Chairman, Mark Petrie,

"It's always an honor to be in our plank house and tribal hall, and to see these places filled up with so many brings warmth to my heart and to the precious memories made at solstice. I thank our elders and ancestors who have passed down their songs, stories, and prayers; it gifts us roots to grow from. Looking forward to filling up the longer days with all the ways we practice our culture." – Enna Helms

"It was an honor to be in the plank house sitting next to the fire! Singing songs and reflecting on the old year and bringing in the new year with more light each day to come!" – Doug Barrett, Tribal Council



Photographs provided by Enna Helms, Jesse Beers, and Ashley Russell





# Hiime Panuu Qais

## Children's Spring Day Camp

### March 23rd- March 27th

8:30 A.M.-3:00 P.M.

Youth Ages 5-11

Come and join us for Spring Break Camp! We will be touring the Marine Science Center, as well as taking a trip to old town Bandon! There will also be many fun activities through out the week such as:

- Traditional craft stations
- Learning traditional Songs and Dances
- Marine Science activities/ crafts

Transportation will be provided upon request

Applications can be located on [CTCLUSI.ORG](http://CTCLUSI.ORG)-under member services> youth services.

For more information please contact Kevin Gowrylow at 541-435-7217 or Devynne Krossman 541-88-7537



## Prevention Activity Beading & Paddles

Prevention Topic: HOC (Healing of the Canoe) & Canoe Journey  
All Tribal Members and the Families of the  
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians  
are eligible to attend.

*Choose one location only.*

*You must RSVP by the date indicated for the location you chose.*

### JANUARY

#### COOS BAY

Saturday, January 11, 2020  
Tribal Hall

338 Wallace, Coos Bay OR  
For Beading, Necklace Making  
& Paddle Making  
10:00 AM to 2:00 PM

Please RSVP by Wednesday,  
January 8th.

### FEBRUARY

#### SPRINGFIELD

Saturday, February 8, 2020  
Chifin Native Youth Center

1084 G street Springfield OR, east entrance  
For Beading, Necklace Making  
& Paddle Making  
10:00 AM to 2:00 PM

Please RSVP by Wednesday,  
February 5th.



RSVP Line 541-435-7155 or  
toll free 1-888-280-0726



We will be providing:  
Snacks  
Beads, Necklace Making  
Supplies & Paddles Blanks



Sponsored by:  
Confederated Tribes of Coos, Lower  
Umpqua & Siuslaw Indians  
Prevention Program,  
Family Services,  
& The Culture Department

Please come join us for a evening of  
winter storytelling!

## HECHIT'

1st Annual Storytelling Gathering

### Special Guests

Patty Whereat—Storytelling  
Chairman Doc Slyter—Flute Playing



Saturday, February 15, 2020

5:00 p.m. Dinner

6:00 p.m. Storytelling and dessert

Tribal Hall, Coos Bay, Oregon

Please RSVP to 1-888-365-7155

Hosted by the CLUS Culture Coalition

## Circles of Healing

### 2<sup>nd</sup> & 4<sup>th</sup> Thursdays

### Advocacy in Florence

**February 2020**

**Thursday, February 13<sup>th</sup> 10am- 4pm**

**Thursday, February 27<sup>th</sup> 10am- 4pm**

**March 2020**

**Thursday, March 12<sup>th</sup> 10am- 4pm**

**Thursday, March 26<sup>th</sup>, 10am- 4pm**

CTCLUSI Circle of Healing Program

Drop ins or Appointments available

**COH Outreach Advocate Jamie Broady (541) 435-8795**

Call for an appointment or for more information.

Circles of Healing program provides advocacy & direct and supportive services for those experiencing or who have experienced domestic violence, sexual assault, intimate partner violence, human trafficking and/or stalking.



# “In the Loop” with the Circles of Healing Program

## Teen Dating Violence Awareness Month: Staying safe & other Dating Advice for Teens (and everyone)

February is Teen dating violence awareness month, so we want to highlight a few tips to help stay safe while navigating the dating world, whether that’s online or IRL (in real life). You may have seen the new true crime series “Dirty John” on Netflix? While dramatized, this show highlights some classic red flags that will likely appear early on if dating a potential abuser; if you know what to look for, you are more likely to recognize them as red flags or warning signs. Some warning signs to be aware of include:

- Emotionally manipulative, passive aggressive (such as trying to make you feel guilty for saying no to something or attempting to sabotage your experience away from him/her/them)
- Tries to move things too fast--emotionally, physically, relationship status-wise, and so on
- Sudden mood changes when things aren’t going their way
- Little to no contact with family or close friends
- Your dog, cat, kids, neighbors, mom, and/or aunt has a bad feeling about them
- Insecure and easily jealous
- Stalking behavior, such as monitoring your whereabouts and communications, showing up where you are without notice or permission

If things progress in your relationship, some of these warning signs may escalate in various ways, including:

- Controlling behavior (attempts to isolate you from friends and family who may be concerned)
- Pressures for physical intimacy
- Uses threats or intimidation
- Emotional abuse: name calling, diminishing your accomplishments, attempts to tear down your self-esteem and diminish you
- Spying or stalking behavior: monitors your texts, emails, and/

or social media; follows you places; seems to know too much about things they shouldn’t know, etc.

- May use physical force when angry or jealous or threatened: pushing, shoving, choking, slapping, kicking, throwing
- Escalated emotionally manipulative behavior: crying, pleading, threatening self-harm.
- Exploits, monitors, or controls your finances

When you are getting to know someone new, there are some ways you can help protect yourself: when first meeting someone (from a dating app, for example), always meet in public and tell trusted family or friend(s) where you’ll be and when to expect a check-in from you by; If something feels not right in the beginning, trust your gut. Take your time (keep things at the pace you feel comfortable with. Trust your friends and/or family (and/or pets) who know and love you best and have your best interests at heart—if they feel and see something is off and are concerned about your safety, they are probably onto something, and we will almost never regret listening to our loved ones for advice like this. Meet their friends and family when appropriate. Observe how they interact with others and the world and how they respond in different situations. Decide early on what is most important to you in a relationship. Some great non-negotiables that belong on everyone’s list are: kindness, integrity, honesty. You deserve to be with a wonderful partner! And remember, if you have experienced dating or intimate partner violence and abuse, it’s not your fault. In North America, 26% of women and 15% of men have experienced intimate partner violence for the first time before the age of 18<sup>1</sup>. **Please reach out to the Circles of Healing, a confidential advocacy program for survivors or victims of domestic violence, intimate partner violence, dating violence, sexual assault, stalking, and/or human trafficking. We have advocates in both Coos and Lane County. 541-888-1309**

1 Source: Centers for Disease Control and Prevention. [www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastact.html](http://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastact.html)

## Hi’ Siti Ha (Good Is Our Heart) Women’s Healing Through Traditions Series

### Eugene Class Schedule for 2020

**Monday, February 24, 2020**

**Dream Catchers**

**Monday, March 16, 2020**

**Feather Fans**

**Monday, April 20, 2020**

**Dentalium Necklaces**

**Monday, May 18, 2020**

**Dance Paddles**

**Monday, June 15, 2020**

**Abalone Necklaces**

Classes will be offered from **1:30 P.M.—3:00 P.M.**  
& **6:30– P.M.—8:00 P.M.** at the Eugene Outreach Office

Sponsored by CTCLUSI Circle of Healing Program

Please RSVP by 9:30am Monday morning,  
the day of the event

For more information or to RSVP,  
call **Jamie Broady 541-435-7168**

### Coos Bay Class Schedule for 2020

**Wednesday, February 12, 2020**

**Guided Canvas Art Class**

**Wednesday, March 11, 2020**

**Feather Fan Class**

**Wednesday, April 8, 2020**

**Ladder Earring Class**

**Wednesday, May 13, 2020**

**Dance Paddles Class**

**Wednesday, June 17, 2020**

**Abalone Necklace Class**

Classes will be offered from **5:30 P.M. - 7:30 P.M.**

Sponsored by CTCLUSI Circle of Healing Program

For More Information or to RSVP Please Contact  
**Melissa Smith at (541) 294-2197 or**  
**Melinda Radford at (541) 808-8450**

Please RSVP Due to Limited Space

This project was supported by Subgrant No. Joint-2018-CTCLUSI-00010 awarded by the Oregon Department of Justice, Crime Victim and Survivor Services Division for the Office on Violence Against Women, U.S. Department of Justice’s STOP Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the state or the U.S. Department of Justice.



## *Tribal Holiday Celebration*

On Saturday, December 14, 2019 Tribal families gathered at the Three Rivers Casino Resort Event Center for a evening of celebration. A wonderful meal, laughter and comradery was shared amongst everyone. A photo booth, tables of information and gifts from Tribal departments, and the beautifully decorated event center was enjoyed by all.

The children gathered to sing both traditional and holiday songs and were delighted by a visit and stocking gifts from Santa!

Wishing you a wonderful New Year.





Tribal Holiday Celebration





# You're Never Too Old - Keep Active as You Age

Information from the National Institutes of Health

Contributed by Armando Martinez, CHA and Diabetes Coordinator

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for

older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

"Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

## Benefits of Exercise

Exercise and physical activity can help you:

- Maintain and improve your physical strength and fitness.
- Improve your ability to do everyday things.
- Improve your balance.
- Manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Reduce feelings of depression and may improve mood and overall well-being.
- Improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

## February Save the Dates:

**February 3<sup>rd</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.

**February 3<sup>rd</sup>** – Healthy Families & Lifestyles Workshop, Community Center, 5:30 p.m. – 7:30 p.m.

**February 6<sup>th</sup>** – Elders Birthday Luncheon, Florence Outreach Office, 11:30 a.m.

**February 8<sup>th</sup>** – Beading & Paddle Making Activity, Chifin Native Youth Center, Springfield, 10:00 a.m. – 4:00 p.m.

**February 9<sup>th</sup>** – Regular Tribal Council Meeting, Community Center, 10:00 a.m.

**February 10<sup>th</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.

**February 10<sup>th</sup>** - Healthy Families & Lifestyles Workshop, Community Center, 5:30 p.m. – 7:30 p.m.

**February 12<sup>th</sup>** – COH Guided Canvas Art Class, Coos Bay, 5:30 p.m. – 7:30 p.m.

**February 15<sup>th</sup>** – Storytelling Event – see flyer on page 8

**February 20<sup>th</sup>** – Dental Clinic Grand Re-Opening, 5:30 p.m. – 7:30 p.m.


**February 23<sup>rd</sup>** - Spruce Root Gathering, meet at Florence Outreach Office, 9:30 a.m.

**February 24<sup>th</sup>** - Walking Group, Valley River Center in Eugene, 9:00 a.m. – 10:00 a.m.


**February 24<sup>th</sup>** – COH Dream Catchers Class, Eugene, 1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.

**February 28<sup>th</sup>** - Deadline to RSVP for Elders Honor Day in March

**February 29<sup>th</sup>** - Canoe Pull on Munsel Lake, meet at Florence Outreach Office, 10:00 a.m. – 12:30 p.m.



## The Coquille Indian Tribe and The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians



wish to invite you to the

**24<sup>th</sup> Annual Oregon Tribal Elders Honor Day  
to be held on March 20 & 21, 2020  
at the Mill Casino & Hotel ~ Salmon Room**

### Friday, March 20<sup>th</sup> (Events in the Salmon Room):

10:30 to 11:30 ~ Registration

11:30 to 12:00 ~ Opening, Welcome by Coquille Indian Tribe, Presentation of the Flags, Honor Oldest Native Elders, Honoring of King & Queen

12:00 to 1:30 ~ Prayer and Lunch hosted by Coquille Indian Tribe

1:30 ~ Travel to CTCLUSI Community Center

2:00 to 4:00 ~ Bingo at CTCLUSI Community Center

4:00 ~ Travel back to Mill Casino for Dinner

5:30 ~ **Doors to event center open**

5:30 to 7:30 ~ Prayer, Dinner hosted by CTCLUSI, Retirement of the Flags.

Dinner served at 6:00 p.m.

### Saturday, March 21<sup>st</sup>:

7:00 to 9:00 – Breakfast in the Salmon Room

**Please RSVP by February 28<sup>th</sup> to:**

**DeeDee Plaep or Doug Morrison**

**541-997-6685 or email: [dplaep@ctclusi.org](mailto:dplaep@ctclusi.org) or [dmorrison@ctclusi.org](mailto:dmorrison@ctclusi.org)**

There will not be a charge to Tribal Elders for any of the activities. All other guests, with the exception of legal spouses & caregivers will be charged for meals.

**ALL GUEST MUST BE OVER 55, WITH THE EXCEPTION OF LEGAL SPOUSES, CAREGIVERS AND STAFF.**



# Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Kimmy Bixby of Community Health Services with information for an article to be published in a future edition of The Voice of CLUSI newsletter. Many thanks go out to our Elders for all that they have done for our Tribal community. We hope to use this opportunity to highlight a few of your many accomplishments. **Thank you Elders!** Contributed by Kimmy Bixby, Community Health Aide



Pam Davies

**Favorite Hobbies:**

- Reading great literature
- Going for walks
- Taking care of her family

**Favorite Saying:**  
“Never give up.”

## Pam Davies

Coos

**Immediate Family:**  
Mother to Joshua Davies and mother-in-law to Delilah Baldwin Davies. Grandmother to Journey, Sailee, Jordan, and Justus. Sister to Julie Siestreem. Daughter to beautiful 94-year old Viola Siestreem, and late father, James Robert Siestreem.

**Proudest Accomplishments:**

- Her son, Joshua
- Her teaching career
- Surviving and overcoming a stroke

**Bucket List:**

- Travel to Paris, France
- Travel to New York City
- Take her grandchildren to Hawaii someday



Howard Roy

**Bucket List:**

- Travel to Australia
- Visit the Aborigines
- Make a didgeridoo
- Finish CTCLUSI Forest Plan, and Hunting and Fishing Plan
- Food sovereignty on Aboriginal territory to include Ocean resources reaching 12 miles past the continental shelf

## Howard Roy

Coos

**Immediate Family:**  
Father to two boys, Eagle and Cougar Roy. Son to Leona Albina Anderson-Roy and Firman Clifford Roy. Grandson to past Councilman Peter Jordan and Albina Anderson. Great-grandson to Jane June Jordan. Howard also has two sisters, and he is descended from Chief Joseph of the NezPierce Tribe.

**Proudest Accomplishments:**

- Author for the First Oregonians, Second Edition
- Started a boat marina in Skagway, Alaska at age 19
- Raised two boys as a single father
- Survived two plane wrecks (as a passenger)
- Earned his pilot’s license

**Favorite Hobbies:**

- Canoeing
- Hunting
- Tribal research on cultural dances
- Cultural crafts

## Diabetes Information for You and Your Family Keeping Your Heart Healthy

Produced by the IHS Division of Diabetes Treatment and Prevention  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Keeping your heart healthy and strong is important, especially if you have diabetes. By taking care of your heart, you can lower your chances of having heart disease. Below are some things you can do to keep your heart healthy.

**Talk with your health care team about how to take care of your heart.**

**Blood pressure:**

- Ask what your goal should be for blood pressure.
- Many people with diabetes will need medicine to help them control their blood pressure.

**Commercial tobacco:**

- If you smoke, chew, or dip commercial tobacco, ask for information on how to quit.
- Call 1-800-QUIT-NOW (1-800-784-8669) for free help.
- Avoid being around smoke from others using commercial tobacco.

**Cholesterol:**

- Most people with diabetes will need to be on a type of medicine called a statin to lower their cholesterol.
- Ask if a statin is right for you.

**Make healthy food and drink choices:**

- Eat healthy foods, such as vegetables, fruits, beans, whole grains, fish, wild game, and other lean meats.
- Select foods that have less salt, fat, and sugar.
- Grill or bake instead of frying.
- Drink plenty of water.

**Stay active:**

- Any amount of physical activity is good.
- Try walking at least 3-4 times a week. Start with 5-10 minutes and work up to 30 minutes or more.
- Choose an activity you enjoy. Take a walk with family or friends. Go for a bike ride. Dance. Play ball. Work in the garden.

**Find healthy ways to reduce stress:**

- Take time to relax. Do something you enjoy, such as drawing, reading, crafts, or walking in nature.
- Talk with others about what may be causing stress for you.
- Find a support group at your Tribe, clinic, or community center.

**Follow up with your health care team regularly.**

## Welcom New Tribal Elder Linda Ann Baldwin

### Elders Spotlight Birthday Luncheon



**We would like to Honor  
all Elders that are “75” and older in the  
year 2020.**



**Thursday, February 6, 2020**

**at 11:30 a.m.**

**Florence Outreach Office (Blue Room)  
3757 Highway 101 Florence OR**

**Please RSVP by Friday, January 31,2020  
to 541-435-7155 or toll free 1-888-280-0726**

**There will be an Elders Committee Meeting at  
1:00 following the luncheon**



Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians  
Health & Human Services Division  
Elders Activity Program



## Coping with Caregiving - Take Care of Yourself While Caring for Others

By National Institutes of Health

Contributed by Armando Martinez, CHA and Diabetes Coordinator

It can be a labor of love, and sometimes a job of necessity. Millions of Americans provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. NIH-funded researchers are working to understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

Many of us will end up becoming or needing a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Caregiving responsibilities can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also involve managing medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who's age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy, fulfillment, and a sense of being appreciated in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Many caregivers hold down a full-time job and may also have children or others to care for.

"With all of its rewards, there is a substantial cost to caregiving—financially, physically, and emotionally," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "One important insight from our research is that because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems."

Informal caregivers, for example, may be less likely to fill a needed prescription for themselves or get a screening test for breast cancer. "Caregivers also tend to report lower levels of physical activity, poorer nutrition, and poorer sleep or sleep disturbance," says Dr. Erin Kent, an NIH expert on cancer caregiving.

Studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention.

"Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting people," Kent adds.

Caregivers may face different challenges and risks depending on the health of the person they're caring for. Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels of physical and mental burdens than caregivers of the frail elderly or people with diabetes.

"Cancer caregivers often spend more hours per day providing more intensive care over a shorter period of time," Kent says. "The health of cancer patients can deteriorate quickly, which can cause heightened stress for caregivers. And aggressive cancer treatments can leave patients greatly weakened. They may need extra care, and their medications may need to be monitored more often."

Cancer survivorship, too, can bring intense levels of uncertainty and anxiety. "A hallmark of cancer is that it may return months

or even years later," Kent says. "Both cancer survivors and their caregivers may struggle to live with ongoing fear and stress of a cancer recurrence."

Dementia can also create unique challenges to caregivers. The health care costs alone can take an enormous toll. One recent study found that out-of-pocket spending for families of dementia patients during the last five years of life averaged more than \$60,000, which was 81% higher than for older people who died from other causes.

Research has found that caregivers for people with dementia have particularly high levels of stress hormones. Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful and expanding effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). Just over a decade ago, NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. As part of the program, trained staff connected with caregivers over six months by making

several home visits, telephone calls, and structured telephone support sessions.

"REACH showed that what caregivers need is support. They need to know that there are people out there and resources available to help them," says Dr. John Haaga, who oversees NIH's behavioral and social research related to aging. REACH II, a follow-up intervention, was tailored for culturally diverse caregivers.

The REACH program is now being more widely employed. It's been adapted for use in free community-based programs, such as in local Area Agencies on Aging. It's also being used by the U.S. Department of Veterans Affairs and by the Indian Health Service, in collaboration with the Administration for Community Living.

"We know how to support families caring for an older adult. But that knowledge is not easily accessible to the families who need it," says Dr. Laura Gitlin, a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University. "Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests."

### Self-Care for Caregivers

- **Get organized.** Make to-do lists, and set a daily routine.
- **Ask for help.** Make a list of ways others can help. For instance, someone might pick up groceries or sit with the person while you do errands.
- **Take breaks each day, and spend time with your friends.**
- **Keep up with your hobbies and interests.**
- **Join a caregiver's support group.** Meeting other caregivers may give you a chance to ex-change stories and ideas.
- **Eat healthy foods, and exercise as often as you can.**
- **See your doctor regularly.** Be sure to tell your health care provider that you're a caregiver, and mention if you have symptoms of depression or sickness.
- **Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, ask your doctor or contact your local Area Agency on Aging at [www.n4a.org](http://www.n4a.org).

*"Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests."*



# Dealing with Dementia, When Thinking and Behavior Decline

By National Institutes of Health  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Forgetfulness, temporary confusion, or having trouble remembering a name or word can be a normal part of life. But when thinking problems or unusual behavior starts to interfere with everyday activities—such as working, preparing meals, or handling finances—it’s time to see a doctor. These could be signs of a condition known as dementia.

Dementia is a brain disorder that most often affects the elderly. It’s caused by the failure or death of nerve cells in the brain. Alzheimer’s disease is the most common cause. By some estimates, about one-third of people ages 85 and older may have Alzheimer’s. Although age is the greatest risk factor for dementia, it isn’t a normal part of aging. Some people live into their 90s and beyond with no signs of dementia at all.

“Dementia really isn’t a disease itself. Instead, dementia is a group of symptoms that can be caused by many different diseases,” says Dr. Sanjay Asthana, who heads an NIH-supported Alzheimer’s disease center at the University of Wisconsin. “Symptoms of dementia can include problems with memory, thinking, and language, along with impairments to social skills and some behavioral symptoms.”

Several factors can raise your risk for developing dementia. These include aging, smoking, uncontrolled diabetes, high blood pressure, and drinking too much alcohol. Risk also increases if close family members have had dementia.

Symptoms of dementia might be reversed when they’re caused by dehydration or other treatable conditions. But most forms of dementia worsen gradually over time, and there is no treatment. Scientists are searching for ways to slow down this process or prevent it from starting in the first place.

The two most common causes of dementia in older people are Alzheimer’s disease and vascular dementia, a condition that involves changes to the brain’s blood supply. Vascular dementia often arises from stroke or arteriosclerosis (hardening of the arteries) in the brain. Other causes of dementia include Parkinson’s disease, HIV, head injury, and Lewy body disease. (Lewy bodies are a type of abnormal protein clump in brain cells.)

Dementia in people under age 60 is often caused by a group of brain diseases called frontotemporal disorders. These conditions begin in the front or sides of the brain and gradually spread. A rare, inherited form of Alzheimer’s disease can also occur in people in their 30s, 40s, and 50s.

The symptoms of dementia can vary, depending on which brain regions are damaged. “In general, the left side of the brain is involved in language, and the right

side is very involved in social behavior,” says Dr. Bruce L. Miller, who directs an NIH-funded dementia center at the University of California, San Francisco.

In the case of a frontotemporal disorder, “if it begins in the left side of the brain, you tend to have worsening language problems;

*“a healthy lifestyle can help protect the aging brain. Regular exercise, a heart-healthy diet, and avoiding smoking can reduce your risk for heart disease as well as dementia”*

if it starts on the right, it affects behavior and might be mistaken for a psychiatric condition,” Miller explains. Damage to specific brain regions can cause people to become apathetic, lose their inhibitions, or show no consideration for the feelings of others.

With Alzheimer’s disease, memory-related areas in the lower and back parts of the brain tend to be affected first. Other types of dementia can affect regions that control movement.

“The treatment for all of these disorders is slightly different,” Miller says. That’s why it’s important to get an accurate diagnosis.

Because different types of dementia can have overlapping symptoms, and some people have more than one underlying condition, it’s best to see a clinician who has expertise in diagnosing dementia. “NIH has specialized centers across the country that have clinics that can diagnose and evaluate patients with Alzheimer’s disease and dementia,” Asthana says. (See NIH’s Alzheimer’s Disease Research Centers for more information at [www.nia.nih.gov/health/alzheimers-disease-research-centers](http://www.nia.nih.gov/health/alzheimers-disease-research-centers).)

To make a diagnosis, physicians usually ask about a person’s medical history and do a physical exam including blood tests. They also check for thinking, memory and language abilities, and sometimes order brain scans. This evaluation will determine if the symptoms are related to a treatable condition—such as depression, an infection, or medication side effects.

With some types of dementia, a clear diagnosis can’t be made until the brain is examined after death. “There’s no single blood test or brain scan that can diagnose Alzheimer’s disease or some other types of dementia with certainty,” Asthana says. “In these cases, a definite diagnosis can be made only at autopsy.”

More than a decade ago, NIH-supported scientists found a way to detect signs of Alzheimer’s disease in the brains of living people. All people with Alzheimer’s disease have abnormal protein clumps known as

amyloid plaques. These plaques can be seen in Positron Emission Tomography (PET) scans using special tracers that bind specifically to amyloid. But extensive plaque buildup can also be found in some people who have no signs of dementia. Because of this uncertainty, amyloid imaging isn’t considered a definitive tool for diagnosing Alzheimer’s disease. NIH supported researchers have been working on other techniques, but none of these have proven definitive.

“Right now, a lot of research is focusing on the pre-symptomatic stages of the disease, where we can see evidence of amyloid protein before a person has any symptoms. We can test to see if medications can slow or prevent buildup of this amyloid protein,” Asthana says. “So far, no studies have shown that clearing the brain of amyloid protein can actually translate into significantly improved symptoms.”

Different approaches are now being studied as treatments for Alzheimer’s disease, Parkinson’s dementia, and certain other forms of dementia. Currently approved medications may improve symptoms, but none can halt or reverse progressive damage to the brain.

“In contrast, if the dementia is due to vascular disease, there are many things we can do to prevent it from progressing. It’s the same things we do to prevent cardiovascular disease,” says Dr. Helena Chui, director of an NIH-funded Alzheimer’s center at the University of Southern California. “Some people with vascular dementia are given anticlotting medications. Others are given medications to keep blood pressure, cholesterol, and diabetes under control.”

Chui notes that a healthy lifestyle can help protect the aging brain. “Regular exercise, a heart-healthy diet, and avoiding smoking can reduce your risk for heart disease as well as dementia,” she says. Engaging in social and intellectually stimulating activities might also help to protect brain function. “You can change your trajectory toward a healthier brain by making healthy choices,” Chui says.

## Signs of Dementia

- Repeating the same story or question over and over.
- Getting lost in familiar places.
- Delusions or agitated behavior.
- Problems with language, movements, or recognizing objects.
- Memory or concentration problems.
- Difficulty following directions.
- Getting disoriented about time, people, and places.
- Neglecting personal safety, hygiene, and nutrition.



# Schools Start Teaching Lessons from Oregon's Native American Tribes

By Jordyn Brown Posted Jan 16, 2020 at 5:00 AM Updated at 10:12 AM on [www.registerguard.com](http://www.registerguard.com)

Eagerly anticipated by area teachers and students, the teachings were created with the state's nine tribes

This month, Oregon's Department of Education finally rolled out the first pieces of new statewide curriculum on the history and culture of Native Americans in Oregon after lawmakers passed Senate Bill 13 in 2017 with the hope of remedying years of incomplete or inaccurate teachings.

This school year is the first time districts are required to implement the change in classrooms — but the curriculum is not yet available for all grades.

Because the department is "behind," it decided last week to do a soft roll-out this year with a hard implementation starting this summer, said April Campbell, the advisor to deputy state superintendent on Indian education.

But despite the delay in full implementation, local educators are excited for the positive impact the new curriculum will have on Native communities in local schools when it arrives.

"It just warms my heart and makes me happy. It makes me smile," said Brenda Brainard, who is a member of the Confederated Tribe of Coos, Lower Umpqua and Siuslaw Indians. "Having worked in Indian education for 25 years, I never thought this would happen — I never dreamed."

About the law, curriculum

SB 13 is short and clear in its purpose: to ensure that all of Oregon's public schools have curriculum related to "the Native American experience in Oregon, including tribal history," according to the bill language.

This encompasses the history of topics such as sovereignty issues, Native culture, treaties and current events. The teachings must be historically accurate, "culturally relevant," and community-based.

This law follows similar mandates to teach tribal history enacted in Washington state in 2015 and Montana in 1999.

The state department's responsibility per the law was to work with the nine Native American tribes in Oregon to develop 45 lesson plans across all disciplines and grades, Campbell said. The department also is required to provide professional development trainings to school districts about how to teach this curriculum.

The laws says districts are responsible for implementing in their schools a minimum of 15 of the 45 lessons available.

Although the curriculum is not yet available for all grades, the lessons that are available — for fourth, eighth and 10th graders — were put out by the department this month.

"We were hoping to have all 45 lessons up before the beginning of this school year and now we're just putting up some of the lessons this month," Campbell said.

There was supposed to be a hard rollout of the material — which is distributed through the department website — this year.

The primary delay on the curriculum development was due to extra time working with Native leaders to create the "Essential Understandings of Native Americans in Oregon," which are nine foundational topics, such as as sovereignty, treaties, genocide and identity, they decided the curriculum should be built on.

The law only states that the implementation of the curriculum must first start during the 2019-2020 school year, but does not dictate any other deadline within that year.

"We're encouraging districts to look at the lesson plans as they can," she said. "We've



Photo credit: Andy Nelson/The Register-Guard

been doing professional development since last summer. ... There's still a significant need to continue to do professional development," so more will be provided this summer.

What does Native American curriculum look like?

The state developed the curriculum with the input of Native leaders for 18 months, Campbell said.

"It's a 50,000-foot level (look) — critical, essential concepts that they wanted to make sure lesson plans were aligned to," she said. "These concepts are sovereignty, identity, federal laws and policies and genocide. So those essential understandings were developed with the intent as a framework as the lesson plans were created."

They purposely tried to form the curriculum around unraveling stereotypes and misconceptions about Native Americans and provide professional development that would reinforce to educators why this is important and instrumental in teaching a full image of history.

Native American curriculum can be taught in every class, educator Brainard said, beyond just social sciences and history.

As the director of the Natives Program in Eugene School District for 25 years, Brainard has taught on topics such as Native American dance in physical education classes, Native foods in health, basket weaving and totem carving in art, and native storytelling in language arts.

Last year she taught more than 500 lessons across all disciplines and grades, she said.

The history piece is, of course, still a major pillar of lessons, Brainard said. There's still much to be taught on topics such as restoration and termination, Native American housing, tribal comparisons and, of course, the expedition of Lewis and Clark.

"So much of our history here in Oregon, but for the whole United States is always East looking West," she said. "It's this magnificent expansion, and we rarely look at the West viewing what happened to the East."

"I always tell my students, that I want to be very clear that I think Lewis and Clark (are) heroes — but so is Sacagawea," Brainard said. "There are some inaccuracies, but there are also missing points — the wonderful contributions of the Indians, of the Native indigenous people that were here."

Bethel School District also has been working on incorporating tribal history since last year ahead of the state's rollout.

Rachel Hsieh teaches fourth grade at Malabon Elementary School. A teacher for 10 years, she has taught at Malabon for six, and worked this year to integrate conversations about tribal history with the direction of curriculum developed by Oregon's Confederated Tribes of Grand Ronde.

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"A lot of times, students still come in with pictures of braids and feathers and not a lot of clothing, so we do a lot of 'What do Native Americans look like?'" Hsieh said, about dispelling stereotypes.

She has introduced new reading materials, territory map projects and information about Oregon's nine tribes.

"Kids just come in and are naturally so open-minded," Hsieh said. "I think it's our grown ups who have a harder time. ... Kids see the injustices faster."

Incorporating accurate Native American history and curriculum has helped students understand and recognize those injustices and struggles, she said.

Fitting in, finding joy

While some districts, such as 4J and Bethel, already have been bringing a Native American perspective into some classrooms ahead of the law, there is still an anticipation and excitement among teachers and students for the new curriculum.

"We've been talking about it for two years now, and our students are just hungry for it," Brainard said. "The Native students, they're just waiting for it."

Students keep asking "When is it going to happen?" she said.

Since the curriculum hasn't rolled out in entirety yet educators haven't seen what kind of impact it may have, but are already hearing from students that they're excited about it. Native students also say they are ready to see themselves in Oregon's history.

"Our students perpetually say, 'Where's my place? In this history, where are we?'" Brainard said.

Hsieh has heard some of the same comments from students, which is why she has worked to incorporate perspective and materials by not only Native Americans, but also African Americans and Asian Americans.

"My classroom is very diverse so it's important for me to make sure they know they have a spot in the world and belong," she said. "A lot of our curriculum just isn't made with diverse perspectives ... To me, to not do this would feel like a disservice. So to me, it wasn't an option not to (teach the tribal history)."

Hsieh and Brainard are heartened by the fact that this curriculum will eventually be implemented in all grades and be more comprehensive than it has been in the past.

"Indian students say Indian history is taught fast. It's like one day or one minute or one class, and so the balance has been very lopsided," Brainard said. "And in addition to requiring authentic and accurate Native American history, this law put the focus on local tribes. So, it will give a real opportunity for students to understand the contributions and the fact that tribal people are still here right now ... right where they live."

Educators hope Native students will be able to see themselves in the history of Oregon and the U.S., and foster their own sense of identity as a Native student included in school discussions and activities.

"Having grown up in a kind of town where my tribe was — Coos Bay — it always talked about everybody else, and there was never a place for me," Brainard said. "I am so excited for our children to hopefully have the opportunity to find their place. I'm so happy the curriculum is finally out. It's almost not real."



# Chief Warrend Brainard Officiates Grandsons Wedding Congratulations Garrett and Rebecca!



On November 8, 2019, Chief Warren Brainard in a combination of traditional vows and tribal blanket ceremony, married his grandson Garrett Brianard to Rebecca Topscott. The ceremony took place on a beach at the Siesta Keys, Florida before a group of friends and family.

The setting was a beautiful white beach under gorgeous sunny

skies. With a reception following.

Garrett works as an engineer for Lockheed Martin and Rebecca is finishing her studies to become a teacher. They will continue to reside in Orlando, Florida. Participating in the ceremony was tribal member Mason Brainard and Courtney Brainard, the grooms cousin and sister.

HEALTHY FAMILIES WORKSHOPS

HEALTHY EATING  
WORKSHOP

STRESS REDUCTION  
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DINNER AND  
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FEBRUARY 3, 2020 AND  
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5:30 PM TO 7:30 PM

CTCLUSI Tribal Hall & Community Center  
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97420



RSVP is required to attend the  
Healthy Families Workshops.  
Please respond by January 27, 2020.  
Please call 541-435-7155 to RSVP

## Housing Department Annual Performance Report

Contributed by Linda Malcomb, Director of Housing

As required by HUD the Housing Department must complete and submit an Annual Performance Report each year. This report details the programs and activities that were completed by the Housing Department during 2019. To review the document and make comments, please contact Linda Malcomb at 1245 Fulton Avenue, Coos Bay, OR 97420, or at 541-888-1310 or at [lmalcomb@ctclusi.org](mailto:lmalcomb@ctclusi.org). All comments must be submitted to the Housing Department staff no later than March 8, 2020.

## Qa’aich Housing In Florence

NOW AVAILABLE  
1-2 Bedroom Units

The Housing Department is accepting applications for one and two bedroom units located in Florence Oregon on the Tribe’s Hatch Tract property.


Qa’aich Development is HUD funded housing for low to moderate income families. For questions about income limit guidelines or other specific information please contact the Housing Department Office.

### Preferences for Qa’aich Housing

- 1st Preference:**
- Indian families who are enrolled members of the CTCLUSI and who are employed by CTCLUSI.
- 2nd Preference:**
- Indian families who are enrolled members of other Indian tribes, and who are employed by CTCLUSI.

If you have any questions or want an application mailed to you please contact the Housing Department Office at 1245 Fulton Avenue, Coos Bay, OR or by calling 541-888-9577or toll free 888-280-0726.

\*applications may also be submitted from the CTCLUSI Website.



Department of Human Resources


Current Openings at CTCLUSI and All Other Tribal Entities

**Three Rivers Casino Resort ~ Florence**  
Food & Beverage Supervisor  
Food & Beverage Gaming Floor Supervisor  
Bartender Lead ~ Bartender ~ Barback  
Cocktail Beverage Server ~ Buseperson  
Food Court Runner/Dining Room Attendant  
Food Court Cashier/Barista  
Food Server: Blue Bills & Bonfire  
Tournade Chef ~ Bonfire Chef  
Food Court Outlet Cook  
Night Cook/Cleaner ~ Dish Machine Operator  
Hotel Front Desk Lead ~ Guest Services Attendant  
Special Events Team Member  
Table Games Dealer  
Environmental Services Technician 1

**Blue Earth**  
No Openings

**Three Rivers Casino Resort ~ Coos Bay**  
Food & Beverage Supervisor Dual Rate Manager on Duty  
Bartender/Server ~ Lead Cook  
Electronic Gaming Machine Team Member  
Player Services Team Member  
Player Services Representative 2  
Environmental Services Technician 1

**Tribal Government Offices**  
Circles of Healing Transitional Services Specialist  
Special Events Employee, Assignment Varies



<http://ctclusi-int.atsondemand.com/>  
Go to **Job Opportunities** on the website for full job posting and to Apply Online  
**Updated Daily**  
Or call Recruitment at **541-902-3821**



# Preventing Falls: Tips to Keep You on Your Feet

By National Institutes of Health  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Each year millions of Americans, especially older adults, go to the emergency department after an injury from a fall.

“These falls can cause serious injuries—back fractures, hip fractures, as well as head trauma,” says Dr. David B. Reuben, a healthy aging expert at the University of California, Los Angeles, who co-leads one of the largest prevention studies for falling. Some people are never able to return to their way of life before an injury.

Several kinds of health care providers can help those at risk of falling. “It’s actually a group effort,” Reuben says. Your doctor can be the first step. They can develop a prevention plan and refer you to other types of providers if needed.

The biggest risk factor for being injured from a fall is being age 65 or older. People younger than that may be at increased risk of falling when they engage in certain activities, like sports, or because of certain health conditions. But children and young adults typically fall without being seriously injured.

People with weak bones are more likely to break a bone during a fall. As you get older, your bones become less dense. They get thinner and more spongy. If that goes too far, it’s called osteoporosis. Osteoporosis makes your bones fragile. Having enough calcium and vitamin D can help keep your bones strong. So can getting treatment for osteoporosis if needed.

Other risk factors include finding it challenging to walk or keep your balance. Problems with foot pain or unsafe shoes can make these more difficult. And certain medicines you’re taking might cause you to feel tired or woozy. Some people have a drop in blood pressure when they stand up. That can make you feel dizzy and fall.

As you age, your eyesight, hearing, and reflexes may not be as sharp as they once were. Those changes can make it more likely you’ll stumble and fall. For older adults who have already fallen, the risk of falling is much greater.

See the Wise Choices box for ways to lower your risk of falling. Your doctor can help you make a personalized plan for preventing falls. They may encourage you to work with a physical therapist to increase your strength and improve your balance. They can also prescribe devices like special footwear or a walking cane.

Your plan for preventing falls may include getting more physical activity. Studies have shown that both individual and group

exercise classes can help older adults prevent falls. Research suggests that this is true even for people 65 and older who are at higher risk of falls only because of their age.

You may also want to fall-proof your home. An occupational therapist can teach you about the safety hazards in your home. Keep your home tidy and well-lit to avoid stumbling over objects. Also, avoid having small area rugs that you could trip on. Making a habit of holding onto the handrails when you use stairs can keep you safer, too.

If you fall, it’s important to tell your doctor, especially if you’re an older adult. “This is something that you really want to pay attention to,” Reuben advises. Your doctor can help you make changes in your life to prevent another fall.

## Wise Choices - Lower Your Risk of Falling

- Talk openly with your health care provider about falls.
- Find out about the side effects of any medicine you take.
- Stay physically active to improve your balance and strength.
- Have your eyes and hearing checked regularly.
- See your health care provider about any foot problems. Make sure to discuss proper footwear.
- Hold on to handrails when using stairs.
- Make your home safer. Remove things you can trip over from stairs and walkways. Have grab bars and non-slip mats in bathrooms.






# WELLNESS COURT

Are you in trouble with the law?  
Are you suffering with drugs, alcohol or addiction?  
Are you ready to make a change?  
What does true Wellness look like for you?  
A life without drugs or alcohol is possible for you.  
Make the choice for a better life.

Confidential

Contact Tribal Wellness Court.  
(541) 888-1307





# PEACEGIVING

Peacegiving is a traditional Restorative Justice option available to you for the resolution of conflict.

All Peacegiving issues are confidential.




Photo By: Jesse Beers

For more information about Peacegiving, please visit the Peacegiving Website or contact the Peacegiving Coordinator at the address listed below.

Peacegiving Coordinator  
1245 Fulton Avenue  
Coos Bay, OR 97420  
PHONE: (541) 888-1306 or (541) 888-1316  
EMAIL: [Peacegiving@ctclusi.org](mailto:Peacegiving@ctclusi.org) Website: <http://ctclusi.org/peacegiving>



# Let's Walk!

Every Monday morning from January 13, 2020 to March 2, 2020



Join our weekly walking group for a stroll around Valley River Center in Eugene. We will meet inside the mall by JCPenney and do some laps for up to one hour. Walk at your own pace... this is not a race. All Tribal families are welcome!

**When:** 9:00am – 10:00am  
**Where:** Valley River Center, Eugene

For more information, contact Kimmy Bixby at (541)744-1334 or (541)808-8684



Sponsored by: CTCLUSI Health Services Division

Post: Until Filled

## \*\*\*\* NOTICE OF VACANCY \*\*\*\* CTCLUSI 5-2-7

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians' Gaming Commission is established pursuant to CLUSITC 5-2-7. The purpose of the Gaming Commission is to regulate Class II and Class III gaming on the Confederated Tribes' Indian Lands. The Commission consists of five (5) members appointed by a majority vote of the Tribal Council.

Positions #4 and #5 are currently open for appointment. The term of each position is three years and will expire on 2-29-2023.

### Qualifications for the Posted Vacancy:

Minimum eligibility for membership on the Gaming Commission are as follows:

- Must be at least twenty-one (21) years of age;
- Commissioners must successfully complete a background investigation, as set forth in CLUSITC 5-2-15;
- No member of the Tribal Council may serve as a Commissioner;
- No employee of the Gaming Operation may serve as a Commissioner.

Each applicant for Commission membership shall be subject to a background investigation (CTCLUSI 5-2-15) and drug testing (CTCLUSI 5-2-21). The duties of the Commission are enumerated at CTCLUSI 5-2-7 (f) 1-7.

Interested parties may file a statement of interest with the Commission reflecting their qualifications and interest in serving as a Commission Member to Bradley Kneaper, Director for the Gaming Commission, at the following address:

5647 Hwy 126 Suite 100  
Florence, OR 97439

You may also fax your statement to 541-997-7293, or email at [bkneaper@ctclusi.org](mailto:bkneaper@ctclusi.org).

\*\*\*\*\*  
*This notice of vacancy shall be posted at all Tribal offices.*

# CALL FOR RECIPES & KNOWLEDGE

## Coos, Lower Umpqua & Siuslaw Indians Cookbook



We are looking for Traditional recipes and cooking methods utilizing local native ingredients.

Such as: Salmon, Elk, Shellfish, Native Berries & Plants  
Contact: Morgan Gaines  
541-888-7536  
[mgaines@ctclusi.org](mailto:mgaines@ctclusi.org)





## PEACE & DIGNITY JOURNEYS JORNADAS DE PAZ Y DIGNIDAD



For Immediate Release: Monday, January 13, 2020

Contact: Mel Huey in Eugene (541) 255-2741 [mel97402@gmail.com](mailto:mel97402@gmail.com)

### 2020 PEACE AND DIGNITY JOURNEY COMING TO OREGON

#### Supporters and Core Runners Needed

The 2020 Peace and Dignity Journey is starting in three months. On April 14 spiritual runners carrying sacred staffs will begin the journey in Chickaloon, Alaska while Southern runners start at the tip of South America. After eight months the runners of the North and South will meet on December 14 in the middle of the Earth, Quito, Ecuador.

Peace and Dignity Journeys have been held every four years since 1992, with the purpose of fulfilling an ancient prophecy of the Eagle and the Condor coming together. Elders recalling the prophecy said "we are like a body that was broken up into pieces and this body will come back together to be whole again." This joining represents the unification of indigenous people from the North and South after centuries of colonization. The 2020 journey has its own special prayer for Sacred Fire. Past journeys prayed for water, sacred sites, elders, and seeds.

A few core runners are still needed who will make the commitment to do all or most of the run. Purification ceremonies for core runners are usually held in California. For more information contact Al Gonzalez in California, his email is [atl@peaceanddignity.org](mailto:atl@peaceanddignity.org) or Anobel Gutierrez at [pdjvotli\\_2008@yahoo.com](mailto:pdjvotli_2008@yahoo.com)

Those who want only to run a day or so are encouraged to join the run as the journey passes your territory. Contact local coordinators or Mel Huey at [mel97402@gmail.com](mailto:mel97402@gmail.com). If the run is not passing through your community a tributary run to feed into the main run can be organized as was done in past years.

Peace and Dignity is scheduled to reach Portland, Oregon on June 2. The route then goes to Grand Ronde on June 3, somewhere near Corvallis June 4, Eugene June 5, Reedsport June 6, Coos Bay June 7, Gold Beach June 8, and then enter California at Smith River Rancheria on June 9. Preparations and organizing are underway to host runners and encourage communities to participate in ceremonies. More specific information as to locations and times of the runners daily ceremonies will be available before the runners arrive.

Photographs at right from the 2016 Peace & Dignity Run as CTCLUSI Tribal members joined the runners as they came across the North Bend Bridge and ran to our Tribal Hall. Photographs by Morgan Gaines



## COMING SOON! CTCLUSI Summer Student Internships

The CTCLUSI Student Intern is a paid internship with the goal to assist current College Students in supplementing their work and education experience based work experience along with their needs, desires and interests.

#### Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) in any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

Online Applications will be taken starting **March 9, 2020.**

Tribal Members will need to [www.ctclusi.org](http://www.ctclusi.org) to apply. Go to Tribal Government/Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is **May 8, 2020 at 10am**

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,

PLEASE CONTACT

**STEPHANIE WATKINS AT 541-999-1360 OR PAM HICKSON AT 541-902-3821**

Fun STARTS HERE

SATURDAYS

Mardi Gras PARTY

Win \$1,000 Cash

7PM-9PM

DRAWINGS EVERY HALF HOUR • FIVE WINNERS EVERY WEEK

One entry for every 25 same-day points earned on Saturdays from Noon to 8:45pm. Must activate your entries between 6pm and 8:45pm to be eligible for drawings.

THURSDAYS



Spin the wheel  
& win up to

\$2,500

6PM-9PM

DRAWINGS EVERY 20 MINUTES

ONE ENTRY FOR EVERY 25 SAME-DAY POINTS  
EARNED FROM NOON TO 8:59PM.

Café  
1297

SUNDAY  
Special

Grilled Liver and Onions  
topped with Two Strips of Bacon  
and served with Mashed  
Potatoes, Brown Gravy  
and Chef's Veggies

only \$8.00

SERVED 11AM-9PM

Valentine's Day  
Special  
11am - 9pm

FRIDAY & SATURDAY,  
FEBRUARY 14 & 15

Surf & Turf

Hand-cut 8oz ribeye steak and  
beer-battered shrimp served with  
a baked potato, asparagus,  
hollandaise sauce and your  
choice of soup du jour or house  
greens salad \$19

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1297

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CASINO

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