

The Voice of CLUSI



January 2020

Issue 1

Volume 21

www.ctclusi.org

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

Annual Fall Harvest Celebration and Drum Making Prevention Activity Enjoyed by All



Tribal families gathered for a group photo after pulling drums the morning of November 23, 2019.
Pictured below, Tribal youth show off some of the crafts they made during the Fall Harvest Celebration.
Below left: Talice Russell, below top right: Scott McNutt, below bottom right: Evangaline Bolling

Contributed by Morgan Gaines, Communications Specialist

On Saturday, November 23, 2019, Tribal families, friends, and guests gathered in celebration of our annual Fall Harvest Celebration and Drum Making prevention activity. The day was packed with excitement and comradery amongst the Tribal community.

The morning began in Tribal Hall with our annual Drum Making Prevention Activity. During the prevention activity, drums were hand pulled by Tribal families with the aid of Prevention Coordinator and Council member Doug Barrett and other staff from the Culture and Family Support and Behavior Health Services Departments. These drums will make a beautiful addition to our households as well as to our events where they can be played while we drum and sing together in celebration.

At noon, activities began for our annual Fall Harvest. Chairman Doc Slyter gave a quick welcome, highlighting the importance of gathering together for celebrations such as these. Coming together as a Tribe is so important to our community and wellbeing. Chairman made special mention of Chief Warren Brainard making it to the day's celebration even though he had just returned from a trip to Washington D.C. representing the Tribe. Chief Warren Brained then gave an opening invocation.

Elders were invited to fill their plates first with the wonderful turkey, mashed potatoes, vegetables, stuffing and other delicious appetizers as



...Story continues on page 10

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

Save the Date

24th Annual Elders Honor Day

March 20th and 21st, 2020

The Mill Casino

Vice-Chairman's Corner

For a number of years, Tribal Council has held a Talking Circle after the General Council Meetings to allow an opportunity for tribal members to voice their interests, concerns, and comments in a more open and traditional format. Our ancestors utilized Talking Circles as a democratic method to communicate amongst the people in a respectful, honest, and constructive manner. By Tribal Council consensus, we agreed to continue holding Talking Circles after our General Council Meetings in honor of our ancestors, and in a good-faith effort for open dialogue with our tribal members.



Vice-Chairman Mark Petrie

Many topics were discussed, and many constructive ideas were shared on how to address them. As a general rule for Talking Circles, "what's said in the Circle, stays in the Circle" unless expressly agreed upon by the group otherwise. I speak for all of Tribal Council when I say that we appreciate the interest and involvement of those who were able to attend the Talking Circle.

Below are the notes taken during the Circle, and with consensus of the group, I am sharing the general topics discussed and the attendance of our meeting.

General Council & Tribal Council Talking Circle

Sunday, 10/13/19

1:10pm – 4:15pm

Roll: Linn McNutt, Chief Warren Brainard, Michael Brainard, Enna Helms, Stephanie Watkins, Dennis Rankin, Doc Slyter, Mark Petrie, Josh Davies, Debbie Bossley, George Barton, Iliana Montiel, Doug Barrett

Council Members Doug Barrett and Mark Petrie helped to facilitate the Talking Circle:

- Ground rules were explained before the circle discussions began.

Following is a list of substantive topics that were discussed:

1. Update on the Tribes' new lands, with Q&A on specific topics relating to planning and fire-prevention efforts.
2. Tribal Website change/addition recommendations.
3. Tribal Council Pay.
4. Tribal Constitution and possible amendments.
5. Tribal Council responsibilities and expectations.
6. Tribal/Admin Communication media tools for tribal events/activities, challenges and recommendations.
7. More integrated relations with local education municipalities.
8. Recommendation to include more Lower Umpqua and Siuslaw ceremonies and traditions in the Tribes' events/activities throughout the year.
9. Past Tribal Council and Tribal employee negative conduct and plans to prevent future issues of negative conduct with policy and code amendments.

Tribal Council Business

As Reported at the December 8, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:

Nov 5 Performed Wedding Garrett and Becky Brainard
Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 15 South Slough Meeting
Nov 14-22 Washington D.C. Trip
Nov 23 Fall Harvest Party
Dec 2-4 Annual Tribal /State Government to Government Summit
Dec 5 Tribal Council Leader's Circle
Dec 6 Gave Testimony at the ODFW State Headquarters on the Conservation Plan for Lampreys

Doc Slyter:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 13-15 Spirit of Giving Conference, NARA
Nov 15 Coos County Commission Hearing on Jordan Cove Permits
Nov 19 Flute Presentation at Southwestern Oregon Community College
Nov 20 Lakeside Meeting on Lake Concerns on Green Algae
Nov 21 State Land Conservation and Development Commission Meeting (LCDC) in Reedsport; Tribal Council Leader's Circle
Nov 23 Fall Harvest Party
Nov 26 Business Meeting Canceled due to weather
Dec 2-4 Annual Tribal /State Government to Government Summit
Dec 5 Tribal Council Leader's Circle
Dec 6 Gave Testimony at the ODFW State Headquarters on the Conservation Plan for Lampreys

Debbie Bossley:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 14 Enrollment Committee Meeting
Nov 15 Administration Paper Signing

Nov 21 Tribal Council Leader's Circle
Nov 22 CTCLUSI Presentation at US Coast Guard and reveal of new Tail Art on Helicopter
Nov 23 Fall Harvest Party
Nov 26 Business Meeting Canceled due to weather
Dec 2-4 Annual Tribal /State Government to Government Summit
Dec 5 Elders Lunch; Pass out checks to TRC Directors-Florence; Tribal Council Leader's Circle

Iliana Montiel:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 21 Tribal Council Leader's Circle
Nov 23 Fall Harvest Party
Nov 26 Business Meeting Canceled due to weather
Dec 5 Elders Lunch; Pass out checks to TRC Directors- Florence; Tribal Council Leader's Circle

Josh Davies:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 13 Election Board Meeting
Nov 23 Fall Harvest Party
Nov 26 Business Meeting Canceled due to weather
Dec 5 Tribal Council Leader's Circle

Doug Barrett:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 13-15 Spirit of Giving Conference, NARA
Nov 14 Tribal Council Leader's Circle
Nov 19 Hunting, Fishing and Gathering Ad Hoc Committee Meeting
Nov 23 Fall Harvest Party/Drum Making
Nov 25 Client Graduation
Nov 26 Business Meeting Canceled due to weather

Dec 4 Client Graduation
Dec 5 Elders Lunch; Tribal Council Leader's Circle
Dec 6 Gave Testimony at the ODFW State Headquarters on the Conservation Plan for Lampreys

Mark Petrie, Vice-Chair:

Nov 10 Budget Hearing; Regular Tribal Council Meeting
Nov 11 Interview about Fire History in the Elliot State Forest
Nov 12 Education Committee
Nov 13 New West Coast Offshore Renewable Energy Science Webinar Series
Nov 15 Coos County Commission Hearing on Jordan Cove Permits
Nov 19 Hunting, Fishing and Gathering Ad Hoc Committee Meeting
Nov 20 National Endowment of the Arts Hollering Place Steering Committee; South Coast Offshore Wind Alliance Meeting
Nov 21 State Land Conservation and Development Commission Meeting(LCDC) in Reedsport; Tribal Council Leader's Circle
Nov 22 CTCLUSI Presentation at US Coast Guard and reveal of new Tail Art on Helicopter
Nov 23 Fall Harvest Party
Nov 26 Business Meeting Canceled due to weather
Dec 2-4 Annual Tribal /State Government to Government Summit
Dec 4 South Coast Offshore Wind Alliance Call
Dec 5 Tribal Council Leader's Circle; Story Telling at Family Support's Parenting Class
Dec 6 Gave Testimony at the ODFW State Headquarters on the Conservation Plan for Lampreys

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 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 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
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

Doc Slyter, Chairman

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

Debbie Bossley

Position #2 Council
541-294-3972 (cell)
debbie.bossley@ctclusi.org

Mark Petrie, Vice-Chair

Position #3 Council
541-297-3681 (cell)
mark.petrie@ctclusi.org

Josh Davies

Position #4 Council
541-294-4105
josh.davies@ctclusi.org

Iliana Montiel

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

Doug Barrett

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

Council Meeting

January 12, 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

Upcoming Events

- January 1st** – New Year’s Day,
All Tribal Offices will be closed
- January 2nd** – Elders Luncheon, Community Center,
11:30 a.m.
- January 2nd** – FSBHS sponsored Winter Break gift making,
Tribal Hall, 1:00 p.m. – 4:00 p.m.
- January 10th** – Fitness Program deadline to turn in receipts
for possible reimbursement
- January 11th** – Beading & Paddle Making Activity,
Tribal Hall, 10:00 a.m. – 2:00 p.m.
- January 12th** – Regular Tribal Council Meeting,
Community Center, 10:00 a.m.
- January 13th** – Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- January 15th** – COH Dentalium Necklace Class,
Coos Bay, 5:30 p.m. – 7:30 p.m.
- January 20th** – Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- January 20th** – COH Smudge Kits Class, Eugene,
1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.
- January 25th** – Eddie Helms 80th Birthday Celebration,
family invites Tribal membership to Tribal Hall, 11:00 a.m.
- January 27th** – Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- January 31st** – PRC Application Deadline

- February 3rd** - Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- February 3rd** – Healthy Families & Lifestyles Workshop,
Community Center, 5:30 p.m. – 7:30 p.m.
- February 6th** – Elders Birthday Luncheon, Florence 11:30
- February 8th** – Beading &Paddle Making Activity, Chifin
Native Youth Center, Springfield, 10:00 a.m. – 4:00 p.m.
- February 10th** - Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- February 10th** - Healthy Families & Lifestyles Workshop,
Community Center, 5:30 p.m. – 7:30 p.m.
- February 12th** – COH Guided Canvas Art Class, Coos Bay,
5:30 p.m. – 7:30 p.m.
- February 15th** – Storytelling Event –
more information to come
- February 24th** – COH Dream Catchers Class, Eugene,
1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.
- February 24th** - Walking Group, Valley River Center
in Eugene, 9:00 a.m. – 10:00 a.m.
- COH Advocacy in Florence, 2nd & 4th Thursdays from Jan. 9th –
March 26th, 10:00 a.m. – 4:00 p.m.
- COH Healing Program in Coos Bay, Session 1: Jan 6th – March
11th, Session 2: March 16th – May 20th. Day Session: Every
Wednesday at Noon, Evening Session: Every Monday at 6:00 p.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. 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

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

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

Tribal Housing Department
Linda Malcomb - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1310
Fax 541-435-0492
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

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

Family Services
Earl Boots, Director
2110 Newmark Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837
eboots@ctclusi.org

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

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

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

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
Fax 541-997-7293
bkneaper@ctclusi.org

Tribal Police
Brad Kneaper
Chief Law Enforcement Officer
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-6011
Fax 541-902-6507
bkneaper@ctclusi.org

Department of Natural
Resources
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll Free 1-888-280-0726
Fax 541-888-2853

Resolution Summaries

RESOLUTION NO.: 19-089
Date of Passage: August 28, 2019
Subject (title): Tribal Participation in Nationwide Elders Needs Assessment, Title VI.
Explanation: The Tribal Council approves this survey to identify needs for the Elderly population.
Vote 6-0-0

RESOLUTION NO.: 19-090
Date of Passage: August 28, 2019
Subject (title): Gaming Equipment Agreement and Tribal Council Approval
Explanation: The Tribal Council approves the Gaming equipment agreement for Three Rivers Casino and Resort. **Vote 6-0-0**

RESOLUTION NO.: 19-091
Date of Passage: August 28, 2019
Subject (title): Gaming Lease Agreement and Tribal Council Approval
Explanation: The Tribal Council approves the Gaming lease agreement for Three Rivers Casino Resort. **Vote 6-0-0**

RESOLUTION NO.: 19-092
Date of Passage: August 28, 2019
Subject (title): Machine Change Order
Explanation: The Tribal Council approves the Gaming machine change order for Three Rivers Casino Resort. **Vote 6-0-0**

RESOLUTION NO.: 19-093
Date of Passage: September 8, 2019
Subject (title): Western Oregon Tribal Fairness Act Lands Survey Agreement
Explanation: The Tribal Council approves the agreement between the Tribe and BLM.
Vote 6-0-0

RESOLUTION NO.: 19-094
Date of Passage: September 8, 2019
Subject (title): Contract for Forest Inventory
Explanation: The Tribal Council approves this contract for a survey to be completed as a vital component of the Forest Management Plan.
Vote 6-0-0

RESOLUTION NO.: 19-095
Date of Passage: September 8, 2019
Subject (title): First Amendment Contract for Tribal Defense Attorney
Explanation: The Tribal Council approves this contract for Tribal Court. **Vote 6-0-0**

RESOLUTION NO.: 19-096
Date of Passage: September 8, 2019
Subject (title): First Amended Contract for Associate Judge Services
Explanation: The Tribal Council approves this contract for Tribal Court. **Vote 6-0-0**

RESOLUTION NO.: 19-097
Date of Passage: September 8, 2019
Subject (title): First Amendment Contract for Presenting Officer Services
Explanation: The Tribal Council approves this contract for Tribal Court. **Vote 6-0-0**

RESOLUTION NO.: 19-098
Date of Passage: September 25, 2019
Subject (title): Gaming Master Agreement
Explanation: The Tribal Council approves this agreement for Three Rivers Casino Resort.
Vote 6-0-0

RESOLUTION NO.: 19-099
Date of Passage: September 25, 2019
Subject (title): Gaming Equipment Sale Order
Explanation: The Tribal Council approves this agreement for Three Rivers Casino Resort.
Vote 6-0-0

RESOLUTION NO.: 19-100
Date of Passage: September 25, 2019
Subject (title): Application for Permit and Non Disclosure Agreement to capture Tribal Tobacco Policies and History
Explanation: The Tribal Council approves this permit. **Vote 5-0-1**

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

Public Notice of Upcoming Election
CHIEF POSITION

Incumbent: Chief Warren A. Brainard

ELECTION DATE: SUNDAY, 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.

7-3-22 Public Notice of Upcoming Elections
(a) The Election Board must publish in the Tribal Newsletter and post at the Tribes' Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and in the office of the Gaming Commission, a notice of upcoming regular Tribal Council elections. This shall be done no later than one hundred twenty (120) days prior to the scheduled date of a regular Tribal Council election.

7-3-23 Candidate Eligibility
According to the Tribal Constitution (Article VIII, Section 4(a)), in order to be eligible for election to a Tribal Council position, candidates shall meet the following qualifications:

(a) Be a duly enrolled member of the Confederated Tribes;
(b) Be at least twenty-one (21) years of age; and
(c) Never have been previously removed from office for good cause after the date the Tribal Constitution was ratified. (May 23, 1987).

7-3-24 Candidacy Procedures
(a) Statements of Candidacy: Candidates shall file statements of candidacy no later than thirty (30) days before the scheduled date of the election 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.

The deadline for filing for the 2020 Election will be Friday, March 13, 2020 by 5:00 p.m.

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.

The deadline will be Friday, March 13, 2020 by 5:00 p.m. for a position statement to be included in the official mailed out ballot

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections.
Contact me with any questions. Jeannie McNeil jmcneil@ctclusi.org 541-888-7506

Candidate Forums will be held March 14 & 15, 2020 (Time and Location to be announced)

COMMITTEE MEMBERS NEEDED



Chapter 7-5 GENERAL COMMITTEE CODE 7-5-1; General Policy; Committees are established to assist the Tribal Council in carrying out its responsibilities, to provide quality services to the Tribal membership and to develop, maintain and protect the assets and interests of the Tribes.

Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only server two (2) terms, unless special consideration is necessary. You must compete a Letter of Interest Form to be considered by the Tribal Council. There are current vacancies on the following committees:

- Culture Committee
Housing Committee
Budget Committee
- Investment Committee
Education Committee
Health Committee
Election Board

Letters of Interest forms can be found on the Tribes' website: www.ctclusi.org or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact: Go to www.ctclusi.org to fill out a Letter of Interest to Join a Tribal Committee...or type <https://laserfiche.ctclusi.org/Forms/LetterofInterest> into your web browser.

Submit your letter of interest to Jeannie McNeil at jmcneil@ctclusi.org



Annual PRC Application Period
When: December 16, 2019 to January 31, 2020

The CTCLUSI PRC Department will begin accepting applications for the FY 2020 PRC program on December 16, 2019. Letters with instructions on how to submit an application will be mailed to PRC-eligible Tribal members in early December. Be looking for your letter in the mail. The envelope will have a red stamp in the lower left corner to notify you it is from PRC.

Like last year, we encourage everyone to complete the application on-line. However, if you need assistance or if you would prefer a paper application, please call the PRC Department at (541) 888-4873 or toll-free at 1 (800) 227-0392.

Please act promptly—applications must be received by January 31, 2020.

Fitness Program Reminder

PLEASE NOTE: In the past, there have been receipts held and submitted towards the last month of the year. This creates a burden on the Fitness Program and Finance Department staff. In December, the Finance Department is busy finishing the year-end accounting and the addition of processing hundreds of last-minute fitness checks can be overwhelming.

All fitness purchases after July 1, 2019 will be due by January 10, 2020.

If you have questions, please feel free to contact DeeDee Plaep at 541-997-6685.

COMING 2020


CTCLUSI DENTAL CLINIC RIBBON CUTTING CEREMONY AND OPEN HOUSE TO CELEBRATE THE DENTAL CLINIC EXPANSION

Check future editions of The VOICE of CLUSI for more details as they become available.



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.

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

Tribe Works with Coast Guard to Design Tail Art for Rescue Helicopters

Contributed by Jesse Beers, Cultural Stewardship Manager

In my job I get the opportunity to do many presentations on behalf of our Tribes; last year I had the honor of presenting information about our tribes to the Coast Guard North Bend Sector. I really appreciated this opportunity not only because I had family that served in the Coast Guard but as someone who is on the water quite a bit in our Canoes I'm very thankful to know that the Coast Guard is always there should we need them.

After the presentation last year a few of the Coast Guard approached me and asked what my thoughts were on making a new tail art for their local rescue helicopters. The old one had the North Bend Bridge on it and they wanted something that was more representative of the area. They function up to Newport and back. I told them that this is something that should go before the Culture Committee, but I'm sure we would be very interested in partnering in this project.

The Coast Guard brought a few drafts to the Culture Committee. We consulted with the Culture Committee, staff, weavers, and other culturally knowledgeable people. After much back and forth with the Coast Guard Personnel we finally had something that we all could be proud of.

A framed description of the tail art will hang at both the Coast Guard North Bend Sector and at our Tribal Admin or Tribal Hall in Coos Bay. It incorporates the depiction of Thunderbird, father of the ocean and all the resources within it as the helicopter. It has scallop designs throughout and "the road to up above" design in place of the Coast Guard stripes. It also has a Salmon with a wave behind it in the wing to remind us of the stories to always respect our Salmon People. Thanks go to the Culture Committee and Tribal Council for supporting this work.

This year I went back to do a presentation and invited the Culture Committee Members and Tribal Council. After this year's presentation the new decal was unveiled on the helicopters representing the Coast Guard, our tribes, and our oral traditions. Wherever they fly now they honor Thunderbird and our people as an important partner in our lands and waters.

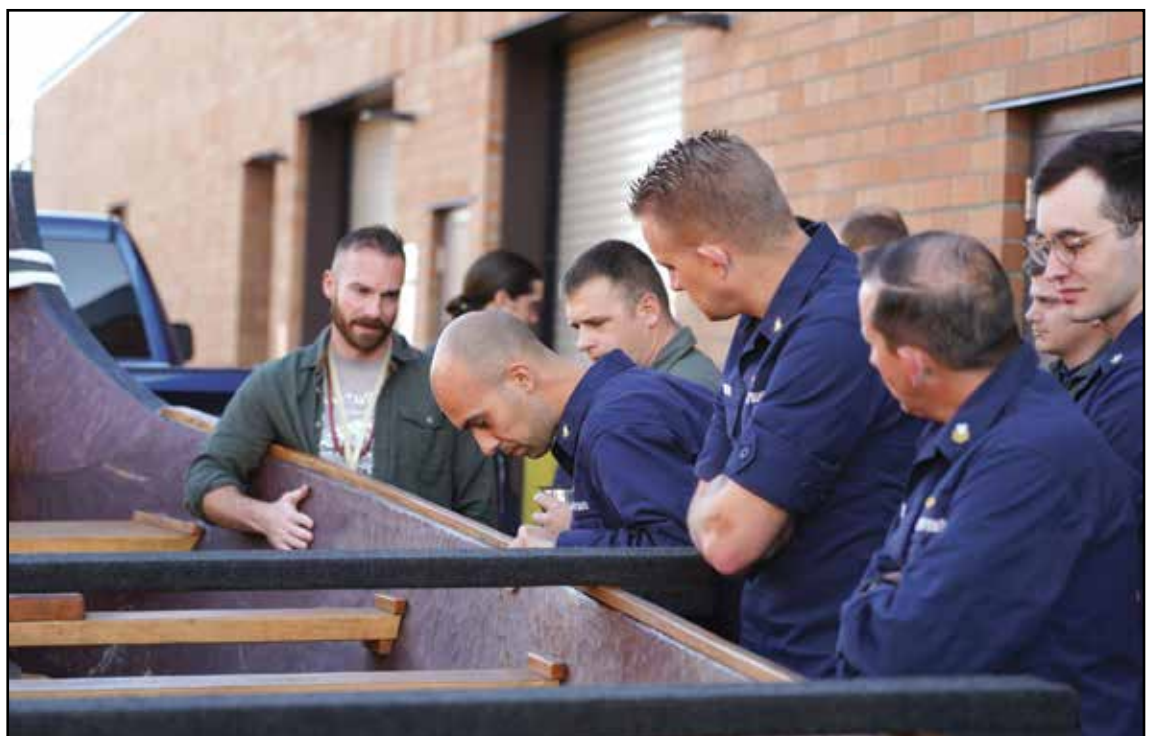


Pictured above left to right:
Cultural Stewardship Manager Jesse Beers, Council member Debbie Bossley,
Vice-Chairman Mark Petrie and Captain Olav Saboe, Sector North Bend Commander



Pictured above: Members of the United States Coast Guard North Bend Sector gather around dugout canoe Lottie for a presentation by Cultural Stewardship Manager Jesse Beers and members of CTCLUSI Tribal Council.

Pictured below: Members of the Coast Guard are invited to take a closer look at Lottie



Pictured left: The tail of a Coast Guard rescue helicopter is outfitting with the new Thunderbird design.

Photographs taken and provided by Zach Wiest



Shared Community Arts Event

Contributed by Family Support and Behavioral Health Services

The Shared Community Arts Event sponsored by the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians and the Coos Art Museum took both community and tribal youth to Eugene where they attended the Jordan Schnitzer Museum of Art. They were given a tour of the wonderful masterpieces on display.

After a quick meal, the group headed to the Oregon Contemporary Theater where they saw native playwright, Larissa Fasthorse’s “The Thanksgiving Play.” They had the opportunity to speak with the actors and the director after the show. They had a day of seeing something they can remember forever and even left with some family passes given by the museum so they can then return and share the experience with their families.

Photos provided by FSBHS



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

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.



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



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



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



CTCLUSI Circles of Healing Program H.E.A.L.I.N.G

(Heal, Empower, Affirm, Learn, Inspire, Navigate, and Gather)

Culturally Sensitive Trauma Healing Support Group

- Utilizes traditional healing circles at the beginning of each session
- Includes education about complex trauma, CPTSD, and the brain
- Educates about symptoms attributed to trauma and complex trauma
- Incorporates themes of balance and holistic healing approaches
- Support Group is facilitated in 10 weekly sessions to promote healing and progression

Objectives

Weekly objectives include: examining the importance of balance in all aspects (physical, spiritual, intellectual, and emotional); goal-setting; understanding and creating safety in all forms; recognizing forms of emotional dysregulation and developing skills to manage them; recognizing and navigating triggers; understanding the functions of anger and developing skills to acknowledge and navigate anger and its underlying emotions; skill-building to manage symptoms of anxiety; growing self-compassion, empathy, and self-esteem; identifying, creating, and sustaining healthy relationships; understanding family systems; identifying the occurrence of lateral violence; recognizing the effects of generational trauma; boundary setting and healthy communication skills; relapse prevention and planning; understanding phases of healing; celebration ceremony.

Schedule

Session 1: January 6th- March 11th 2020

Session 2: March 16th- May 20th 2020

Day Session: Every Wednesday @ Noon

Evening Session: Every Monday at 6 PM

Please contact Circles of Healing program for more information and to register for this support group. Registration is free of charge and all participants will be given a certificate of completion as well as a copy of their weekly attendance logs. These sessions are held in the Coos Bay Area.

Circles of Healing Program: (541) 888-1309



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

F&B Supervisor
Bartender Lead ~ Bartender
Cocktail Beverage Server ~ Busperson
Food Court Runner/Dining Room Attendant
Food Court Cashier/Barista
Food Server: Blue Bills & Bonfire
Tournade Chef ~Bonfire Chef
Food Court Outlet Cook
Dish Machine Operator
Hotel Front Desk Lead
Porter
Guest Room/Laundry Attendant
Special Events Team Member
Slot/Keno/Bingo Attendant ~ Table Games Dealer
Security Officer I

Blue Earth
No Openings

Three Rivers Casino Resort ~ Coos Bay

Busperson/Host/Dish Machine Operator
Electronic Gaming Machine Team Member
Player Services Team Member
Environmental Services Technician 1

Tribal Government Offices

Dental Assistant
Certified Alcohol & Drug Counselor II
Circles of Healing Transitional Services Specialist
Realty Program Coordinator ~ Assistant Planner
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**

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 Website: <http://ctclusi.org/peacegiving>

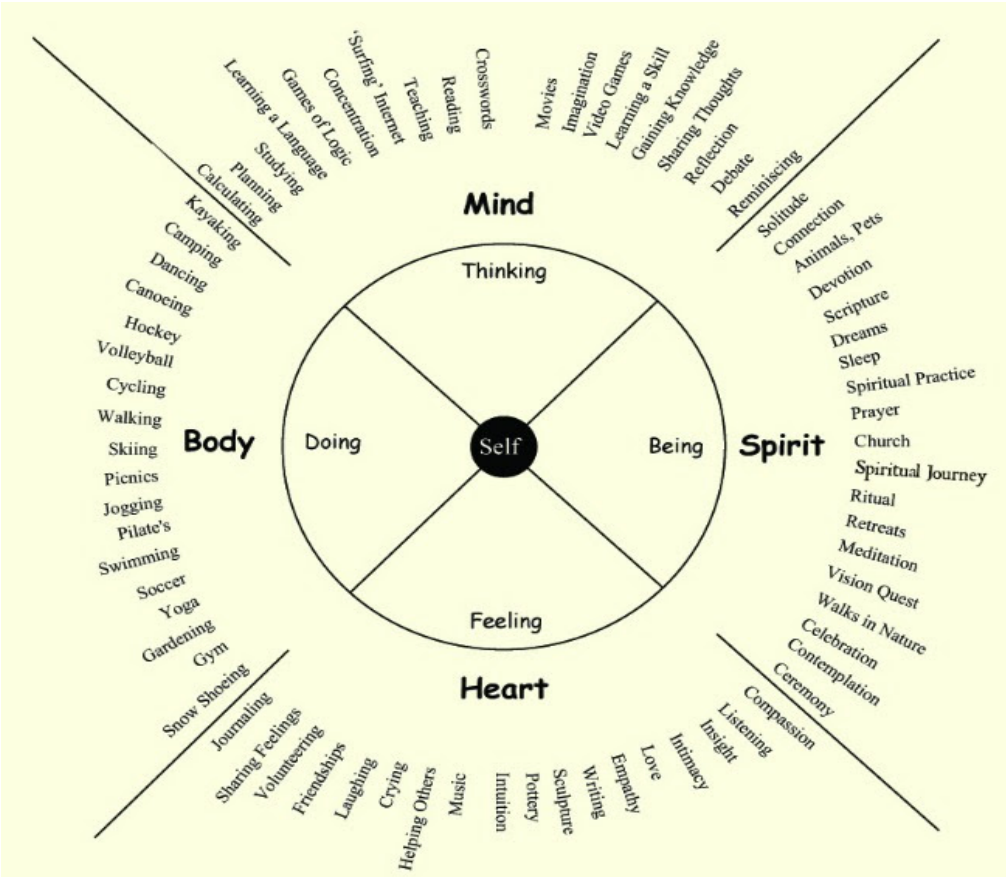
“In the Loop” with the Circles of Healing Program

The New Year often brings with it a time of reflection of the year passed and consideration of the year to come. We may feel encouraged to set a goal to make a healthy change, plan to get more organized, commit to exercising more, start a new hobby or dedicate to eating healthier. For me, the New Year provides the opportunity to check in with myself and see how I’m feeling and where I could improve in order to be my best self. Sometimes we forget to ask ourselves this important question—each of us gets busy in our day to day activities whether it be working, caring for family, caring for our households—that we don’t give much thought as to how to care for ourselves and how to be well as a whole. When we think of wellness, we may immediately think of physical health but in order to be healthy as a whole, we must be mindful of all the parts of ourselves—our body, our mind, our spirit and our heart. It is only when we nurture each of those equally important parts of ourselves that we can find balance in our lives and feel our best physically, mentally, spiritually and emotionally. The Medicine Wheel is such a beautiful reminder of how essential it is to be balanced individuals. The Mind, Body, Spirit, Heart Wheel uses the same concept by representing four equal parts of an individual and offering some ideas of how to care for each of those parts of ourselves.

If you are currently experiencing crisis due to domestic violence, sexual assault, human trafficking, dating violence or stalking the Circles of Healing program is here to help. We offer confidential advocacy, safety planning and other support services.

For more information or to speak to an advocate please call Melissa Smith at 541-294-2197 or Melinda Radford at 541-808-8450.

Mind, Body, Spirit, Heart Wheel



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

January 2020

Dentalium Necklace Class- Coos Bay
Wednesday January 15th from 5:30 P.M -7:30 P.M.

February 2020

Guided Canvas Art Class- Coos Bay
Wednesday February 12th 5:30 P.M. - 7:30 P.M.

March 2020

Feather Fan Class- Coos Bay
Wednesday March 11th 5:30 P.M. - 7:30 P.M.

April 2020

Ladder Earring Class- Coos Bay
Wednesday April 8th 5:30 P.M. -7:30 P.M.

May 2020

Dance Paddles Class- Coos Bay
Wednesday May 13th 5:30 P.M. -7:30 P.M.

June 2020

Abalone Necklace Class- Coos Bay
Wednesday June 17th 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

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

Eugene Class Schedule for 2020

Monday January 20th, 2020

Smudge Kits

Monday February 24th, 2020

Dream Catchers

Monday March 16th, 2020

Feather Fans

Monday April 20th, 2020

Dentalium Necklaces

Monday May 18th, 2020

Dance Paddles

Monday June 15th, 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 9:30a Monday morning, the day of the event

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

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.

Circles of Healing Advocacy in Florence

2nd & 4th Thursdays

January 2020

Thursday, January 9th 10:00 a.m.—4:00 p.m.

Thursday, January 23rd 10:00 a.m.—4:00 p.m.

February 2020

Thursday, February 13th 10:00 a.m.—4:00 p.m.

Thursday, February 27th 10:00 a.m.—4:00 p.m.

March 2020

Thursday, March 12th 10:00 a.m.—4:00 p.m.

Thursday, March 26th 10:00 a.m.—4:00 p.m.

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.

Fall Harvest Celebration...continued from cover story

well as an assortment of delicious desserts. This year's Fall Harvest meal was catered by Wildflour Catering, a Veteran Owned Small Business operating out of North Bend, Oregon.

Following the meal, Tribal members enjoyed a number of activities led by various Tribal Departments. The Housing Department helped the youth, and those young at heart, make delicious caramel and chocolate covered apples and orange slices, Communications staff took and

printed family photos to commemorate the day, The Department of Natural Resources and Culture staff made fabulous cedar boughs and traditional teas. The Dental Clinic made delightful little gnomes out of felt and pine cones. Family Support and Behavioral Health Services handed out children's books and got creative at the painting station, Tribal Court had a blast helping participants create adorable yarn stocking hat ornaments, and Tribal Government Administration staff helped

youth create amazing snow covered candle holders and beautiful feather and shell ornaments.

Thank you to all the Administration Staff and Departments that came together to put this event on; without your hard work this would not have been possible. And many thanks to all those who came and celebrated together. We hope you've had a wonderful holiday season and made wonderful memories with family and friends.



Fall Harvest Celebration...continued from cover story



Elders Corner

Elders Holiday Luncheon

Contributed by Kimmy Bixby, Community Health Aide

On December 5, we held our annual Elders Holiday Luncheon and gift exchange. It was a wonderful turnout with over 30 guests, including staff. Three Rivers Casino Resort catering staff did an excellent job decorating for the occasion, and they were incredibly helpful refilling drinks, taking plates, and keeping the buffet filled with yummy and nutritious foods.

Former Chief David Brainard gave the blessing, followed by a delicious feast! Our luncheon host, Deedee Plaep, planned some fun games for after our meal. She divided us into groups for our first game, with a leader for each group. The leaders had the honor of being festively decorated by the group members. We ended up with Reindeer Jeannie, Santa Roy, Christmas tree Phyllis, and Snow-woman Debra. Our winner was Reindeer Jeannie!

The next game involved stacked cups, rubber bands, and many laughs! The final game ended with our reigning champion, Jeannie Cookson, who managed to think outside the box with a balloon stuck to her head by static charge. Congratulations, Jeannie!

After our gift exchange, we ended our afternoon with a few rounds of Bingo and Blackout. Congratulations to all the winners, and thank you to everyone who was able to attend, including CTCLUSI staff and TRC staff who made this wonderful event so enjoyable!



Elders Luncheon

THURSDAY, January 2, 2020

at 11:30 a.m.

CTCLUSI TRIBAL COMMUNITY CENTER



R.S.V.P. by December 27, 2019

541-435-7155 or toll-free 1-888-365-7155

LIMITED TRANSPORTATION IS PROVIDED.



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

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



Leann Welch

Favorite Hobbies:

- Crocheting.
- Going to the beach.

Favorite Sayings:

“It might not be tonight, tomorrow or the next day, but everything is gonna be ok.”

Leann Welch

Siuslaw

Immediate Family:

Mother to four grown children-oldest daughter Delana, oldest son Kenneth, daughter Crystal, and son Levi. New Grandma to Tilynn Renee, born November 26, 2019. Engaged to Milton.

Proudest Accomplishments:

- Her grandbaby.
- Moving on in life clean and sober.
- Her hard-working fiancé.
- Taking care of her mom.

Bucket List:

- Tour small, unknown towns.
- Visit the Haunted Inn, in Wolf Creek, OR.
- Go to the Winchester Mystery House in San Jose, CA.



Joe Swigert

Favorite Hobbies:

- Hiking.
- Fishing.

Favorite Sayings:

“SQUIRREL!”

Joe Swigert

Coos

Immediate Family:

Son to Richard Swigert and Eliese (Benasco) Swigert. Great grandson to Martha Johnson, known to be one of the last full blood Natives. Father to Aaron and Cory Swigert. Husband to Shana Swigert.

Proudest Accomplishments:

- Raised two young men.
- Married for over 30 years.

Bucket List:

- Go back to Utah to do some more hiking.
- Go back to the East Coast and tour some of its history.

Annual PRC Application Period
When: December 16, 2019 to January 31, 2020
Like last year, we encourage everyone to complete the application on-line. However, if you need assistance or if you would prefer a paper application, please call the PRC Department at (541) 888-4873 or toll-free at 1 (800) 227-0392.
Please act promptly – applications must be received by January 31, 2020.

Come and Celebrate
Eddie Helms 80th Birthday!
Saturday, January 25, 2020
Tribal Hall
11:00 am to 2:00 pm
Information provided by Enna Helms

Save the Date
24th Annual Elders Honor Day
March 20th and 21st, 2020
The Mill Casino

Following Elders Honor Day there will be an Oregon Tribes Fashion Show & Luncheon
Saturday, March 21st from 11:30 a.m. to 3:00p.m. at the Mill Casino

This event is separate from Elders Honor Day and will be open to the public. The cost is \$20 to attend for Tribal Members & \$25 for general public. Transportation will not be provided to this event.

For more information go to www.coquilletribe.org

Attention Native Artists:
To learn more about participating, e-mail DennieHunter@coquilletribe.org

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

Can You Eat Carbs When You Have Diabetes?

Contributed by: Armando Martinez CHA and Diabetes Coordinator. By Lainey Younkin, M.S., R.D., L.D.N. www.eatingwell.com

This, and all of your burning carb questions answered by experts living with diabetes.

Carbohydrates can feel confusing, especially if you have diabetes. Some people think they shouldn't eat any carbs, but that just isn't true. However, it's important to learn about how carbs can impact your blood sugar, figure out the healthiest carbs to eat and learn how to make them work in your diet.

What exactly are carbs?

When you hear "carbohydrates," think "plant power," says Toby Smithson, M.S., RDN, LD, CDE (PWD type 1), Founder, DiabetesEveryDay.com; author, Diabetes Meal Planning and Nutrition for Dummies. On a basic level, carbs are the sugars, starches, and dietary fibers that plant foods (like grains, vegetables, beans, and fruits) make using energy from the sun. Carbs serve as a major fuel source for our bodies, alongside the other macronutrients: protein and fat. Carbs are found in lots of different foods—from fruits and vegetables to brownies and cookies. Choose complex carbs more often—from whole grains, fruits and vegetables—and simple carbs—like sugar and white rice—less often.

How do carbs impact my blood sugar?

1. During digestion, the starches and sugars in carb-containing foods are broken down. How quickly the body breaks them down (and how many are actually absorbed) depends on the food.
2. Your body converts most carbs into glucose, a simple sugar. Glucose is absorbed into your bloodstream, where it is shuttled to cells and tissues as a source of energy. Extra glucose is stored in muscles and the liver.
3. The body closely regulates blood sugar to ensure it has a constant supply of fuel. When blood glucose rises after a meal, the pancreas releases insulin into the blood. Insulin acts as a key, unlocking cells and allowing glucose to enter. When blood sugar is low, another hormone—glucagon—replenishes levels by releasing stored glucose from the liver.
4. When you have diabetes, either the pancreas produces little or no insulin, or the cells don't respond when insulin comes knocking. If cells are unable to use glucose efficiently, blood sugar stays elevated and the body has trouble accessing its main fuel source.

Wait, so carbs end up as sugar? Isn't that a bad thing?

On the contrary, says Michael Lynch, M.S., RDN, RCEP, CDE, CHWC (PWD type 1) Founder, NutritionwithHeart.org; wellness coach and registered dietitian, Lifestyle Medicine Program, University of Washington Medicine / Valley Medical Center. "That's our body's fuel. Your body wants to use carbohydrate more than anything else." Your brain runs off of it, and muscles prefer it for energy. Your body uses glucose every time you walk, every time you talk. "It is your metabolic fuel," he says.

Once the carbs from something you eat are broken down into glucose, the body doesn't care what the source was—

whether it was an orange or a donut. It's used the same way. But that doesn't mean eating an orange will have the same impact on your blood sugar (or your health) as a donut. Some carbs (like the donut's) enter your bloodstream quickly, spiking blood sugar, while others (like the orange's) take longer to digest, slowing the absorption of glucose.

So why do some carbs take longer to digest?

First things first: a carb isn't a food. In the diabetes world, we often refer to foods that contain carbs as "carbs." But carbs are a macronutrient: they're a part of food.

There are three main types of carbs: sugar, starch, and fiber, and our bodies digest each differently.

- **Sugar:** Short carb chains found naturally in vegetables, fruit & dairy
- **Starch:** Larger carb chains in grains, legumes & some veggies
- **Fiber:** Plant roughage that your body doesn't digest

How a food impacts your blood sugar depends, in part, on which types—and how much of each—are in the food. (Although, as Smithson points out, it depends on other factors, like stress and physical activity, too.)

Take fiber, for example. Even though fiber is a carb, it's not digested by the body. That means that the fiber in, say, a pear or a bowl of oatmeal doesn't get absorbed. "Because fiber isn't broken down, it doesn't raise blood glucose," says Smithson. It also slows the absorption of other carbs.

Is that why I'm always told to eat more fiber?

Actually, fiber has dozens of benefits (see 10 Amazing Health Benefits of Eating More Fiber). It helps lower LDL cholesterol, steady post-meal blood sugar, and keep your gut healthy. Some fibers also keep you feeling fuller longer between meals. A fiber-rich diet can lower the risk of conditions like heart disease, diverticulitis, type 2 diabetes, and, yes, constipation. In fact, a 2013 review found that the risk of heart disease dropped by 9 percent for every 7 grams of dietary fiber eaten per day. Fiber, Smithson says, "is a protective friend and partner."

How does fiber work?

Imagine two balls of yarn: one black and one mixed black and red. It would be easy to cut up the first with scissors. But what if

to cut the second ball you had to separate the red yarn from the black? How much longer would that take? This is what your body does when it digests carb-containing foods: the black yarn is the digestible carbs; the red yarn is fiber. When you eat foods with fiber your digestive system—the scissors—needs to separate the digestible from the indigestible, slowing everything down.

But why should I eat carbs if my body has trouble processing them?

"A lot of people have started dramatically limiting or getting rid of carbs because they're tired of blood sugar [fluctuations] that they don't know how to manage," says Jennifer Smith, RD, LD, CDE (PWD type 1), Director of lifestyle and nutrition, Integrated Diabetes Services, Wynnewood, Pennsylvania. And since there's so much negative talk around carbs these days, it can seem like cutting back on carbs is a clear win for managing your diabetes.

But completely cutting out carbs is oversimplifying things. "It's very tunnel-visioned," Smithson says. Foods that contain carbs also contain a wealth of other nutrients our bodies need, like vitamins and minerals. And plants provide thousands of unique compounds, called phytonutrients, that help fight disease. It can be hard to think outside the carb-focused diabetes box sometimes, but your body—and your long-term health—depends on these nutrients.

It would seem that a simple solution would be to choose foods that are high in these nutrients, yet low in carbs, but it's not that easy. The most nutrient-rich foods—"nutrient-dense" is the term our experts use—are plant foods, which all contain carbs. "Vegetables, beans, nuts, and fruits are so high on the nutrient-density chart compared to just about everything else," says Lynch.

Rather than simply thinking about a number of carbs, Lynch suggests thinking about the "quality of carbohydrates" a food provides: how many other nutrients can you get from the carbs you take in?

The bottom line? Your body may have trouble using carbs when you have diabetes, but carb-containing plant foods are still an essential part of maintaining a happy, healthy, and energetic you. The key is not only to keep an eye on the amount you eat, but also to choose wisely in terms of quality.

2020

For Sale: Electric Toothbrushes!

Make it your new years resolution to have a happier, healthier smile!




For Sale by CTCLUSI Dental

ONLY \$20

Oral-B Vitality Electric Toothbrushes. Refill heads also available for \$5.00.

Call (541) 888-6433



Remove more plaque and decrease inflammation with an electric toothbrush. This brush features 7600 oscillations per minute, a 2-minute timer, 2 brush heads, 1 charging station, and 1 rechargeable battery.

Order yours today. Must pre-pay when ordered. (Shipping available for an extra fee.)

Family Support and Behavioral Health Services Department Welcomes New Employees

Hello all Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indian Tribal Members, Families, Friends and Employees.

My name is CarolAnn Young and I am the new Behavioral Health Care Coordinator.

I wanted to take the opportunity to briefly introduce myself. I grew up in Eastern Idaho and in 2001 I moved to Nampa, Idaho. I eventually attended Boise State University where I received my Bachelor of Arts in Criminal Justice with a minor in Psychology.

After I graduated, I worked for Idaho Department of Corrections where I worked with individuals who struggled with substance abuse. I facilitated substance abuse programs and worked with these individuals to help them re-integrate into their communities.

In November 2018, I moved to Coos Bay with my fiancé, my two sons, my fiancé's daughter (who we have part-time) and our two dogs. We love to go crabbing and enjoy the many beaches here.

My office is located at the Newmark Center here in Coos Bay. I work in Suite 215 along with Melanie Mateski and Andrew Brainard. I am so grateful for this opportunity and look forward to meeting and working with you all and learning the culture, history and traditions of the Tribes of the Coos, Lower Umpqua and Siuslaw Indians.



CarolAnn Young

Hello all, I am Tara Vrell. I have lived in the Coos Bay/North Bend area my whole life. My previous work experience includes working with Area Agency on Aging working providing in-home care, respite, meals on wheels, and transportation. I was also a co-lead for Powerful Tools and Living Well with Chronic Conditions. I have a AIRS Certification and have also worked for DHS Self Sufficiency. In my off time, I enjoy spending time with my son who is a senior at North Bend High School.

I have been with the Family Support and Behavioral Health Services Department for about 6 weeks now. I am enjoying the work that I am doing and look forward to meeting more community members. Thank you for giving me the opportunity to assist the community with services and events.



Tara Vrell

CTCLUSI & Higher Education Committee Give Special Thanks!

Contributed by Karen Porter, Education Assistant

On behalf of the Education Committee, we would like to give special thanks to Mr. William Walker for his generous donation to the higher education scholarship funds. There are 4 separate funds the Committee oversees, of these four funds awarded scholarship to 12 students in 2019. Upon his initial inquiry, Mr. Walker shared, "I am the nephew to Edgar and Mary Ann Bowen, and cousin to CTCLUSI Tribal Elders, Tara, Beaver, and Angela Bowen." It was evident in his conversation he holds great love for the Bowen family.



William Walker

Charitable Contributions are welcome and appreciated!

The Education Committee conducts continued fundraising to bring more dollars to the funds listed below. If you, or someone you know would like to contribute, the donations are tax deductible.

- Carolyn Slyter Scholarship Fund
- Elders Scholarship Fund
- Grace Brainard Scholarship Fund
- Mitsis Scholarship Fund

If you have any questions please don't hesitate to contact Karen Porter or Stephanie Watkins. 541-888-1315.



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 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

Tribal Council meets with Oregon Department of Land Conservation and Development (DLCD)



Acting Deputy Director of DLCD sent Tribal Council the above photo and an e-mail expressing her appreciation for Chairman Slyter and Vice-Chairman Petrie for opening their meeting. "Chairman Slyter's remarks and song elevated the tenor of our meeting and provided a poignant opening to the pressing and challenging issues of our day...We are grateful for the work of CTCLUSI Planning Director Jeffrey Stump [and others] for getting us to this day."

It is important for you to claim your Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians ancestry on the upcoming 2020 Census

The 2020 Census is in part responsible for grant and federal funding to American Indian and Alaskan Native Tribes. In order to accurately reflect our enrollment numbers, you must fill out the entire Tribes name on your census forms.

For the household to be counted as a "Tribal" household, "Person 1" needs to be the adult TRIBAL MEMBER. If a non-Tribal member is listed as "Person 1" the entire household is then considered non-Tribal in the overall tabulation done by the Census.

Additionally, 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.

Have Questions? Contact Jeannie McNeil at (541) 888-7506

Call to Tribal Veterans:

Share with us which branch you served in, your honors or awards, and an update of what you are currently doing, for a possible feature in The Voice of CLUSI.

Send information to Morgan Gaines, Communications Specialist

by e-mailing mgaines@ctclusi.org

Winter Travel Tips from ODOT Know before you go!

For up-to-date travel conditions, visit TripCheck, ODOT's mobile-friendly travel information website. The site features:

- Maps updated in real time that display road conditions, color-coded traffic speeds on most roads across the state, trouble spots, weather, construction, maintenance and traffic incidents. High impact incidents are prominently displayed as "alerts."
- More than 400 camera images from key locations throughout Oregon, as well as southern Washington and northern California.
- Create and bookmark custom camera pages with up to 10 different cameras for quick checks of specific routes.
- Links to bus, airport, train, bicycle and trucking information and detailed information on scenic byways, safety rest areas and Snow-Parks.
- Detailed information on the use of traction tires and chains in Oregon.
- Waze user reports and traffic jams; these are overlaid on the TripCheck map, providing real-time traffic and road conditions from Wazers in the area.
- "Travel Time," shows current travel times from key highway connections throughout the Portland metro area.
- Updated highway closure information associated with winter weather conditions on I-84 and I-5.

TripCheck information is also available via Twitter. Visit www.TripCheck.com and click on the Twitter page to learn more. Use TripCheck TV to create a custom display of road condition information and camera images.

By phone:

Travelers in Oregon can dial 511 to access the same immediate road and weather information available on TripCheck. (Note: 511 does not have access to Waze data.)

- Select updated reports about driving conditions by highway, mountain pass or major city from easy-to-use menus. The 511 system responds to both voice and touch-tone commands.
- Calls to 511 are local calls when dialed from a pay phone or wire line phone. Mobile phone users are responsible for airtime and roaming charges according to their wireless service contracts, but ODOT does not impose any additional charges.
- Most wireless companies in Oregon provide 511 service. If you cannot use 511, call toll-free 800 977-ODOT (6368) for road and weather information. Outside Oregon, dial 503-588-2941.
- Oregon can forward users to Washington State's 511 system for road conditions in that state.

Report a road hazard:

To report road hazards (trees down, electric wires across the road, road blocked by mud or rocks, etc.) call the nearest ODOT dispatch center.

- Portland metro area, Hood River area: (503) 283-5859
- Mid-Willamette Valley, north coast: (503) 362-0457
- Southern Willamette Valley, south coast: (541) 858-3103
- Central and eastern Oregon: (541) 383-0121

Wazers: We encourage you to submit road hazards, incidents and other related conditions that you experience in order to help others stay safe and mobile.

Remember, in Oregon, it is illegal to drive while holding or using an electronic device (e.g. cell phone, tablet, GPS, laptop). Pre-set GPS routes before driving or pull off the road and park in a safe area before using your electronic devices.

Information provided by Kathy Perkins, Transportation Coordinator

5 Common Workout Excuses Keeping You Out of the Gym—and How to Beat Them

Contributed by Armando Martinez CHA and Diabetes Coordinator, By Karen Asp / <https://www.realsimple.com/health/fitness-exercise/>

The toughest part about committing to—and sticking with—an exercise program is getting your mind to go along with it. Learn how to jump over five mental hurdles and confront common excuses that could derail your best intentions.

Nobody ever said adopting a regular exercise program or consistently working out would be easy. The biggest obstacle most people face? Their mind. Experts often say fitness is 90 percent mental and 10 percent physical, and they’re totally right. Whether you’re a world-class athlete, a workout newbie, or somewhere in between, your mind—and the excuses it comes up with—is often your biggest enemy. Below, experts weigh in on five common mind blocks or excuses not to work out that could be holding you back, with tips for overcoming them so you can make fitness part of your regular routine.

Excuse #1: I’m too tired to exercise.

Solution: If you’re truly feeling under the weather, then it’s probably best to skip exercise. But if this fatigue is a daily feeling, know that it’s probably from a lack of exercise. When you sit too much or don’t move enough during the day, there’s not much oxygen being distributed through your body, which can make you lethargic, says Tina Martini, fitness trainer in San Diego, California; chef; and author of Delicious Medicine.

As soon as you get moving, endorphins begin to kick in and you feel more energized. Do this repeatedly, and you’ll increase your overall energy. Until you get to that point, though, schedule exercise for when you naturally have the most energy, says Julie Driver, a London-based Pilates instructor. For some people, that may mean trying a morning workout before the day wears them out, while others might feel more energetic later in the day. No matter when the exercise happens, remember that a small amount of activity is better than nothing, so commit to doing at least ten minutes or moving through a few stretching exercises. Chances are, you’ll feel so good that you’ll keep going.

Excuse #2: I don’t have time to exercise.

Solution: Lack of time was the number one reason a whopping 42 percent of participants in a recent Freeletics survey cited for not working out. It might seem tough to squeeze exercise in, but people often only have a perceived lack of time, as the same survey found that the average American has 89 minutes of free time a day.

Fortunately, you don’t need to spend much time exercising—even a few minutes at a time spread throughout the day or a little exercise at home will work—but you do need to create time for it, Driver says. Schedule it into your day planner just as you would a doctor’s appointment or a haircut and then build more activity into your day by taking the stairs versus the elevator, holding walking meetings, or pacing as you talk on the phone.

Bottom line? “Ask yourself if your health is really a priority,” Martini says. “People always find time for the things that are the most important.”

Excuse #3: I’m not an athlete—how can I possibly exercise?

Solution: No doubt you’re great at walking, which means you can move, and that’s all that’s required.

“You don’t need to be an athlete to exercise,” Driver says. Find activities you love doing, do them at an intensity that feels comfortable, and progress at your own level. Most importantly, don’t compare yourself to others as you get into this exercise mindset. “Everybody has to start somewhere, and small steps add up to bigger results,” Driver says.

Excuse #4: Exercise is so boring.

Solution: Find new ways to move. “When you feel boredom setting in, it’s time to change things up physically and mentally,” Martini says. From walking groups and dance classes to exercising with a dog (even if that means volunteering as a dog walker at a shelter), there are so many fun ways to get fit that it’s worth experimenting to find ways that interest you.

Start by finding three new fitness-related activities in your area or think about activities you used to love as a kid. Schedule them into your calendar and then give them a try with an open mind. Note if there was one activity you really enjoyed and find ways to do it more often.

Consider, too, what environments stimulate you and make you feel excited. For some people, doing something outdoors, even if it’s solo, keeps them stimulated while others are more motivated by indoor exercise classes. Love listening to music? You might consider adding music to your workouts or choosing fitness classes where music is a focus, as studies show that music can motivate you to move and even exercise longer in some cases.

Excuse #5: Exercise feels like such a chore that I have no desire to do it.

Solution: If you think you need to over-exert yourself in the gym just to lose weight or get healthier, no wonder you feel like exercise is a chore.

“I hear this a lot, mainly because clients link exercise with punishment,” says Jonathan Jordan, a personal trainer and nutrition coach in San Francisco. Yet rather than thinking about exercise as a negative, shift your mindset and focus on the things that exercise will help you do.

For instance, if you put a little time into the gym, you might be able to play your favorite sport without feeling so much pain or have the stamina to go hiking with your kids. Once you find that a few hours exercising translates to better performance in things you love to do, you’ll probably quit complaining, as most of Jordan’s clients have done. Even better, realize that exercise is a get-to-do versus a got-to-do. “Look at your life and think how different it would be if you couldn’t use your body,” Martini says. “Movement is a gift we give ourselves, not punishment.”

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TH = Tribal Hall CC = Community Center TRC = Three Rivers Casino FO = Florence Outreach EO = Eugene Outreach

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COH Advocacy in Florence, 2nd & 4th Thursdays from Jan. 9th – March 26th, 10:00 a.m. – 4:00 p.m. COH Healing Program in Coos Bay, Session 1: Jan 6th – March 11th, Session 2: March 16th – May 20th. Day Session: Every Wednesday at Noon, Evening Session: Every Monday at 6:00 p.m.			1 New Year’s Day All Tribal Offices will be Closed	2 Elder’s Luncheon CC 11:30 a.m. FSBHS Sponsored Gift Making, TH 1:00 p.m. - 4:00 p.m.	3	4
5	6	7	8	9 COH Advocacy in Florence 10 a.m. - 4 p.m.	10 Deadline to turn in 2019 receipts to Fitness Program	11 Beading & Paddle Making, TH 10 a.m. - 2 p.m.
12 Tribal Council Meeting, CC 10:00 a.m.	13 Walking Group Valley River Center 9 a.m. - 10 a.m. COH Healing Program, Coos Bay, 6:00 p.m.	14	15 COH Dentalium Necklace Class, Coos Bay, 5:30 p.m. - 7:30 p.m.	16	17	18
19	20 Walking Group Valley River Center 9 a.m. - 10 a.m. COH Smudge Kit Class, Eugene, 1:30 and 6:30	21	22	23 COH Advocacy in Florence 10 a.m. - 4 p.m.	24	25
26	27 Walking Group Valley River Center 9 a.m. - 10 a.m.	28	29	30	31 PRC Applications Deadline	

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Walking Group Valley River Center 9 a.m. - 10 a.m. Healthy Families & Lifestyles, CC 5:30 p.m. - 7:30 p.m.	4	5	6 Elders Birthday Luncheon, FO 11:30 a.m.	7	8 Beading & Paddle Making, Chifin Native Youth Center, Springfield 10 a.m. - 2 p.m.
9	10 Walking Group Valley River Center 9 a.m. - 10 a.m. Healthy Families & Lifestyles, CC 5:30	11	12 COH Guided Canvas Art Class, Coos Bay, 5:30 p.m.	13 COH Advocacy in Florence 10 a.m. - 4 p.m.	14	15 Storytelling Event, Coos Bay, More information to come
16	17 President’s Day All Tribal Offices will be Closed	18	19	20	21	22
23	24 Walking Group Valley River Center 9 a.m. - 10 a.m. COH Dreamcatcher Class, Eugene, 1:30 and 6:30	25	26	27 COH Advocacy in Florence 10 a.m. - 4 p.m.	28	29

Start Your 2020 Wellness Journey!

Contributed by Mike Smith, Tribal Benefits Specialist - Contact me at 541.902.3819 or at msmith@ctclusihr.org

Most of us hear the term wellness and assume that it's something beyond our reach. Or perhaps we think that wellness is only for advanced yogis, holistic doctors, or wellness practitioners, but not us — not everyday people just working the daily grind and living busy lives. But this is where we make the mistake. Wellness is nothing more than small daily choices that lead up to lifelong, very big changes — that's it. Anyone can achieve wellness whether that means you're a stay at home mom or a full-time working adult, maybe even juggling two jobs just to get by. You don't have to have a lot of money, time, or even kitchen skills because all of us have access to wellness if we choose to.

It simply starts with one choice after another.

To help you achieve wellness in 30 days, here is a checklist you can go by that if followed, will have you well on your way to a healthier and happier you in just a month. These tips are simple, doable for everyone, affordable, and absolutely life-altering when all combined.

No one becomes healthy by wishing, making excuses, or deeming themselves unworthy. Here's how to choose wellness one day at a time:

Week One: Kitchen Tips

1. Eat Berries With Breakfast

Berries are an incredible food, rich in nutrients for our brain, our digestion, and they're disease-preventative. They're also a fresh source of produce and keep us fuller than processed cereals with dried fruits. Add 1/2 cup of your choice frozen or fresh berries to either a smoothie, oatmeal, or just have some with some unsweetened coconut yogurt and a little chia or flax seeds. Berries are also a great source of vitamin C to kickstart your immune system.

2. Eat One Green Food Per Day

Eating one green vegetable per day or one leafy green is a great way to get yourself healthier in the kitchen without much thought. It can be a cup of broccoli at dinner or spinach snuck into a smoothie. A cup of green beans at dinner or some leafy kale tossed with chopped sweet potato and some simple seasonings. Anything counts, just make sure it's green, natural, and from the earth. These foods provide us with more nutrition than any food out there. They alkalize our bodies, promote mental wellness, and protect us from major forms of disease.

3. Drink a Glass of Water When You Wake Up

A new health practice that many observe, drinking water is essential to hydrating your body first thing in the day after a night long fast. It helps wake you up and is an excellent way to flush out your body first thing to keep you regular, a key part of staying healthy. Remember, your body contains (and needs) more water than most of us realize. Be sure you're giving it enough, starting first thing — even before the coffee!

4. Enjoy Plain Coffee and Tea

Coffee and tea are two of the most amazing sources of antioxidants in our diet, so long as they're sustainably (preferably) organically sourced, so they're produced without pesticides. These two beverages boost mental health, liver health, and promote a healthy heart. The key is to leave out the sugar and milk, which takes away most all their benefits. Coffee is even being studied most recently for its healthy effects on the longevity and cancer prevention, while tea has been a long-standing healing remedy for years. Enjoy 1-2 cups of either in the morning, and even again in the afternoon before 3 p.m. if they're caffeinated.

5. Cook Your Own Meals

Cooking at home does two things: It puts you in touch with the food that you're using to keep you well and it keeps you away from restaurant options that someone else prepared for you, probably using ingredients that aren't the best for you (excess oil, salt, sugar, etc.). Leave out the middleman and cook more at home, even if that means preparing simple meals such as soup, a protein and veggie, a macro-bowl or salad, or even some smoothies with oatmeal for a fun breakfast for dinner option. Cooking your

own meals is one of the best things to do for life long health, so see all of our food tips here to try all kinds of hacks in the kitchen.

6. Use Herbs Instead of All the Salt

Instead of shaking salt on all your food, try using herbs to flavor them instead. For breakfast, use cinnamon, cardamom and ginger for a sweet and spicy flavor. For lunch, use Italian seasonings, sage, black pepper, and/or cayenne and turmeric. For dinner, try some garam masala, pepper, oregano, basil, and thyme. Mix these up however you like, but use them more often; they're some of the best ingredients that provide antioxidants, mood-boosting benefits, and even anti-cancer benefits. They also reduce blood pressure levels, unlike excess salt that can lead to hypertension (chronically high blood pressure).

7. Ditch the Sugary Food

Sugary foods are not part of a healthy diet, mostly because they're processed, void of nutrients, and can be addictive. Instead of choosing something with sugar, have an apple, some berries, a banana, an orange, or just enjoy sweet veggies like carrots instead. Your body will learn to love the taste of fresh vegetables and fruits when you give it a chance. Sugar ages your skin, messes with your digestion, makes you moody, tired, and doesn't satisfy your appetite. Ditch it; you'll feel much better in no time!

Week Two: Activity Tips

8. Aim to get in a 20-30 Minute Walk or Jog

This might sound difficult but is easier than we all think. Getting up just 30 minutes earlier in the morning will give you plenty of time to get in a good walk (or jog). If you like to run, even better, but walking is great too. Moving first thing in the day boosts your serotonin levels, provides energy to the body, and also helps you focus better throughout the day. It is also an easy way to improve your metabolism to help manage your weight.

9. Lift Something Heavy for 5 Minutes Every Day

How many of you have ever thought, "I don't have time to lift weights," or maybe you know you have time, but just don't enjoy it. Whatever the case, here's an easy way to combat that issue: Pick something heavy, whether it be a kettlebell, a dumbbell, or even a household item you can grasp in your hands that is heavy but still light enough to pick up. Lift one of these items for just five minutes a day, preferably over your head like you would if you were in the gym, along with by your sides to work your arms, and even hold this while you do a few squats too. Resistance training not only improves your metabolism, but also boosts testosterone in the body that improves your sense of motivation, focus, and even your energy. It also aids in strengthening the body, even in just five minutes. If you have time for more great, but if not, five minutes is enough to get you out of breath just enough to get good results. If you can do this three different times throughout the day, you've lifted weights for 15 minutes without realizing it.

10. Don't Over Sit Your Welcome

Sitting is not as evil as it's being made out to be now, but it is tremendously important that we don't "over sit" our welcome. We need to stand more throughout the day, even if that's while chatting with friends, talking on the phone, or just getting up in between nightly relaxing activities before bed. If you like to watch television, be sure not to sit there for hours on end while doing so. If you work at a computer all day, get up and move around or try to stand and work however possible. Sitting too long makes you tired, can cause brain fog, increases your insulin levels, and slows down your metabolism. It can even lead to a bad mood, and antsy nature. The body likes to move; give it what it needs.

11. Practice Active Errands and Commutes

When commuting to work throughout the day, running errands or the like, it's important to be active during those activities when you can. For instance, if you can take the stairs more often, do it. If you can walk to work, do it. If you can park further away at the store, do it. You get the idea.

Working in a large city makes it easy for most people, but those that rely on cars and public transportation may have to keep this in mind to prevent easy access to more sitting and less activity.

12. Do Some Sort of Stretching Per Day

Stretching is one of the most overlooked exercises that improves your mood. It releases muscle tension, prevents muscle cramps, improves lymphatic flow and blood flow that can make you happier and also keep digestion working well. It also prevents muscle stagnation that can just make you feel badly. Stretch in the morning a little and a little more at night before bed. Even just a couple minutes will make you feel better — try it!

13. Spend a Little Time Outside Daily

Take a stroll around your neighborhood or walk through a local park each day if you live near one. If you have a dog, take them for a five minute spin down the street. Or, maybe you have the option to exercise outside — try it; it's rejuvenating compared to indoor treadmills! Being active outside, even just for a few minutes, is a great way to enlighten your spirits without even trying. It puts you in touch with nature, which studies show can actually benefit our brains, prevent depression, and exposes us to the most natural source of vitamin D available to us: the sun.

14. Try Yoga

While not everyone may enjoy yoga, its many benefits are so profound that we should all at least give it a shot. Don't let yoga intimidate you if it seems out of reach or strange. It's actually just a fluid way of moving your body, stretching everything out, and being kinder to your body through movement. While a grueling workout at the gym is great for pumping muscles, yoga is a nice change of pace that reduces cortisol in the body. This lowers stress around the clock and reduces insulin spikes that are caused by elevated cortisol levels. Yoga also stimulates lymphatic flow, a key to keeping your body feeling well in more ways than one. Try some beginner You Tube videos; even just 10 minutes is a great place to start!

Week 3: Mind and Mood Tips

15. Eat for Your Hormone Health

Most of us don't consider our hormones when we plan out a meal or grab something to eat — but we should. Our hormones completely control how we feel, act, think, and even how we treat others. And guess what controls our hormones for the most part? Aside from sleep and our lifestyle, our diets do. Though rest, stress management, and staying active play a part, nothing acts like directions for your cells like your food does. Certain foods can disrupt hormonal function and possibly even lead to mood disorders, anxiety, or depression. Some of the most common foods to avoid are: dairy, gluten, processed foods, and sugar. Even for those not allergic to gluten, it seems to play a part in the way the brain feels, thinks, and can lead to depression and hormone disorders. Most dairy products have also largely been linked to brain fog, estrogen imbalance, and overall anxiety and depression. One reason these foods create a problem is due to the protein structures they contain which interferes with optimal hormone processes. Sugar and processed foods also upset insulin levels and can interfere with optimal hormone function as well. Eat whole and unprocessed foods whenever possible. Nuts, seeds, leafy greens, vegetables and fruits are some of the best foods you can give our brain on an ongoing basis.

16. Do Something You Love Every Single Day

This can be as small as something such as cooking your favorite breakfast, writing in a journal a few minutes a day, participating in a local event, participating in a favorite hobby, or anything else that you just truly love. Doing something small for yourself every day is a great way to enhance serotonin levels in the body to raise those feel good hormones on a regular basis.

17. Eat Magnesium-Rich Foods

Magnesium is the anti-stress hormone, not to

Start Your 2020 Wellness Journey!...continued from page 19

mention the host of other benefits it has for your body. Plant-based foods are rich in magnesium and are important to include in your day to optimize mental wellness. Some of the best sources include leafy greens, nuts, seeds, cacao, bananas, avocado, and sweet potatoes. See some magnesium-rich recipes here to find out how to work more of this important mineral into your diet!

18. Eat Good Fats

Healthy fats are like fuel for a good mood. They're one of the most important things to include in your diet to promote a healthy mood (and a balanced metabolism). Healthy fats also promote good heart health, reduce cholesterol, and contain none of the harmful side effects associated with animal-based saturated fats. Go for raw coconut, avocados, almonds, walnuts, acai fruit, flax seeds, cashews, hemp seeds, chia seeds, pumpkin seeds, sesame seeds or tahini, pecans, and olives. Many of these are also packed with protein, B vitamins, and magnesium to enhance brain health even further.

19. Ditch the Negative Self Talk

Consistently telling yourself reasons why you can't do something, don't deserve something, or will never achieve something are never going to get you where you want to be. Ditch the negative self talk and start creating new messages instead. When you change your mindset, you have the power to change your life. This is one of the most overlooked, yet most important, things that everyone can do for better mood and mental health daily.

20. Eat Your B's

B vitamins reduce stress in the brain, promote energy, and enhance focus — who doesn't want all of those things?! Vitamin B12 isn't the only one important for good health. Other B vitamins, specifically vitamins B3, B5, B6, and B7 are also important. If you eat a plant-based diet, you can easily get enough. Some of the best sources of B vitamins include: nuts, seeds, leafy greens, broccoli, avocados, root vegetables, coconut, beans (including coffee and cacao), bananas, pumpkin, berries, legumes, and whole grains. Mix these up throughout the day for a healthy brain all day long!

21. Eat More Plant-Based Foods

Even if you're not vegan, just eating more plant-based foods is a great way to enhance your mood. Plant-based foods have been shown to relieve depression, anxiety, and even promote mental clarity. Don't take our word for it though; give it a try yourself and see! Here are some recipes you can try that are whole-food based and sure to make you feel good around the clock!

Week 4: Lifestyle Tips

22. Get Social

Social wellness is something most of us don't pay enough attention to, but we should for long-term health. Even if you enjoy alone time, keep in mind that we are all social creatures by nature. We aren't meant to give ourselves the privilege of being social whenever we can. Corresponding with others can relieve stress, enhance our mood, and even promote longevity. Even just spending time with friends, family, or chatting with someone at the gym, park, or the office is an important way to stroke your social needs daily.

23. Learn to Love Sleep

Why has sleep become something we have (and even hate) to work into our schedules? Sleep is a gift, something that's just as important as the food on our plate and our exercise habits. It's the time of the day that our body resets itself, detoxifies, and allows us to be able to conquer the next day ahead. Depression, weight gain, stress, and even food cravings can all occur when we don't get enough rest. For some of us, our sleep needs may be 8 hours, and others it could be 9 or 10. Don't just yourself by how much sleep you need — get enough until you wake up at the same time each day without the need for an alarm clock.

24. Become a Minimalist

Having nice things is great, and such a treat to give ourselves whenever we can, however

we should never forget how much joy that being a minimalist can bring to our lives. Being a minimalist can be as small as reducing the amount of products we use, to learning to prepare more simple meals. It means that sometimes less is more, and sometimes, the little things can give us the most joy. Try scaling down your wardrobe and donating what you don't wear anymore. Ditch the pricey beauty products and use more natural options instead. Clean out your kitchen and stick to whole foods with simple preparation tips. This is a great way to make life simpler, which can make you healthier and happier without the need for so much stuff.

25. Try a New Activity Once a Month

Our schedules can turn us into creatures of habit. We can easily just start going through the motions if we're not careful to try new things, but this can also make us bored, unhappy, and possibly lose our passion for things we care about such as being active, our jobs, and even our healthy eating habits. So the answer is to try a new activity when you can, possibly once a month. This can be something as simple as trying a new cooking method, trying a new exercise, working in a different atmosphere, trying a new approach to something at your work, or even just shopping at a local farmer's market instead of a commercial grocery store. Expose yourself to new activities and see how great it can make you feel!

28. Do Something Nice for Someone When You Can

Doing something nice for others doesn't just benefit them but also you too. We're meant to be giving creatures, yet many of us see giving as a form of sacrifice. This is simply not true. When we give, we get so much more in return in more ways than one. It doesn't have to be related to money at all either, but could be as simple as sending a card, an email, making a dish for someone, running errand for a friend, sending flowers, taking someone to lunch, or even just letting someone ahead of you in line at the grocery store. Or, give to an animal organization, volunteer at one, or just do something to promote cultural awareness and animal welfare. Doing small things for the good of others on a regular basis is an important part of long-term wellness. Try it and see how

fulfilled it makes you feel, and how you might just change the lives of others in ways you may never even know.

29. Bring Energy Into a Room Instead of Taking it Away

No matter what we have going on in our lives, one of the most important things we can all do is bring energy, not steal it. This means maintaining a positive outlook and energy, even if our lives are not as they should be or we wish they were. This is important for our health, along with the health of others around us. People who have a positive spirit can make a huge impact on people around them. If everyone practiced this regularly, the world would like be a more energetic, happier place. The next place you go to, even if it's a meeting at work you're dreading, bring energy and positive nature into the room instead of steal it away with a negative outlook.

30. Spend Time in the Quiet Each Morning

If you work out in the morning, this is a great time to get some quiet time to yourself, but even if you don't, try to spend a little bit of your morning in the quiet when you can. This can help reduce the stress hormone cortisol in the body, which peaks first thing in the morning. It also gives you some time to think to yourself before the busyness of the day begins. You might like to write out your thoughts, to-do's, prayers, concerns, or whatever else comes to your mind first thing in the day — do whatever suits you. Taking just 10 minutes each morning, perhaps over coffee, is a great way to take care of yourself in a small way each day.

And there you go friends, a month's worth of wellness tips you can practice to be a healthier, happier you in just 30 days. You can try one tip per day, or optimally, build on each day as the month goes by. You won't believe how different these can make you feel when practiced on a regular basis.

Remember, wellness is merely a gift you choose to give yourself that begins with one simple choice after another. Start your wellness journey today! Happy 2020!

Content taken from "30 Days to a Healthier You: A Daily Checklist of Wellness Tips" by Heather McClees
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7:00pm | 7:30pm | 8:00pm | 8:30pm | 9:00pm

One entry for every 25 same-day points earned on Saturdays from Noon to 8:59pm.

MONDAYS

Lucky NIGHT

\$50 HOT SEATS

Every 20 Minutes from 6pm-9pm

\$500 GRAND PRIZE

Drawing at 9:30pm

Must be actively playing a machine with players club card to be eligible for hot seats. Must be a hot seat winner to be eligible for grand prize drawing.

WEDNESDAYS

CASH CAPER

WIN UP TO

\$1,000

6:00pm | 6:30pm | 7:00pm
7:30pm | 8:00pm

One entry for every 25 same-day points earned from Noon to 7:59pm.

THURSDAYS

Under the SEA

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.

THREE RIVERS

CASINO

COOS BAY
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