

# The Voice of CLUSI



March 2020

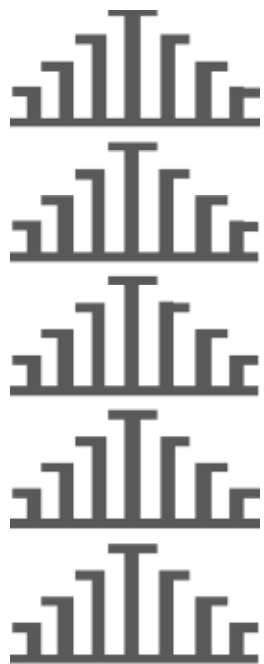
Issue 3

Volume 21

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

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

*We Are Members of The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians, and **WE COUNT!***



## Your Tribal Council Supports the 2020 Census!



National Congress of American Indians (NCAI) sees participation as one of many components on the civic engagement continuum. The Census is just one way of making sure Natives are full participants in the American political process and democracy. Being included in the 2020 Census is just as important as registering our people to vote and getting them to the polls on Election Day. Census data are used for apportionment and redistricting efforts.

With large gaps in data on our population, it's difficult to make progress when we can't describe needs for improving infrastructure like roads, housing, schools, police, and hospitals.

We know that accurate data is necessary for forward thinking policy development. It is critical that the 2020 Census captures an accurate picture of Indian Country, as it lays the groundwork for a decade of policymaking, from 2020 to 2030. It will also be a part of the debate as we turn from census data to redistricting and then continuing to work toward measuring economic development.

The support of tribal leaders, activists, volunteers, community leaders, Native organizations, and intertribal groups is of the utmost importance to ensuring that none of our Native people are missed. Although challenges exist, such as unmarked homes in rural communities, language barriers, unemployment, overcrowding, high rates of home foreclosures, and increased migration of American Indians and Alaska Natives, the Census is too important to ignore.

Information pulled from [www.indiancountrycounts.org](http://www.indiancountrycounts.org) - Turn to page 11 for more information about the 2020 Census

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

### *Tribal Chief Election Information*

featured on page 4

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

### *Oregon denies key permit for Jordan Cove LNG project on eve of federal decision, causes Feds to again delay Jordan Cove LNG final decision*

Turn to page 10 for more information

### *Save the Dates:*

#### **Dental Clinic Open House**

**March 19, 2020**

**5:00 p.m. - 7:00 p.m.**

#### **Elders Honor Day**

**March 20 & 21, 2020**

**The Mill Casino and Hotel**

Presorted Standard  
U.S. Postage  
PAID  
Eugene, OR  
Permit #481

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

## Tribal Council Business

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

### **Chief Warren Brainard:**

Jan 12 Tribal Council Regular Meeting  
Jan 14 Tribes Gov to Gov Meeting; Ten Mile Lake Basin Partnership Meeting  
Jan 15 Salem Pre Legislation Meeting  
Jan 16 Department of State Lands Meeting; Leaders Circle  
Jan 21 Sudden Oak Syndrome (SOD) Meeting  
Jan 22 Lane County Advisory Meeting  
Jan 23 Leaders Circle  
Jan 28 Veterans Summit Planning Meeting  
Jan 29 Gaming Facility Operational Review Board (GFORB); Tribal Council Business Meeting  
Jan 30 Meeting with Cow Creek Council; Leaders Circle  
Jan 31 Forest Advisory Planning Committee Meeting  
Feb 6 Elders Luncheon; Leaders Circle  
Feb 7 Leaders Circle  
Feb 8 Hunting Fishing & Gathering Ad Hoc Committee Meeting; CTCLUSI PRAISE Dinner

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

Jan 12 Tribal Council Regular Meeting  
Jan 14 Tribes Gov to Gov Meeting; Ten Mile Lake Basin Partnership Meeting  
Jan 16 Department of State Lands Meeting; Leaders Circle  
Jan 22 Meeting with County Commissioners  
Jan 23 Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 30 Meeting with Cow Creek Council; Leaders Circle  
Feb 6 Elders Luncheon; Leaders Circle  
Feb 7 Leaders Circle  
Feb 8 Hunting Fishing & Gathering Ad Hoc Committee Meeting; CTCLUSI PRAISE Dinner

### **Debbie Bossley:**

Jan 12 Tribal Council Regular Meeting  
Jan 14 Ten Mile Lake Basin Partnership Meeting  
Jan 15 Housing Committee Meeting  
Jan 16 Department of State Lands Meeting; Leaders Circle  
Jan 23 Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 30 Meeting with Cow Creek Council; Leaders Circle  
Jan 31 Forest Planning Committee Meeting  
Feb 6 Leaders Circle  
Feb 7 Leaders Circle  
Feb 8 CTCLUSI PRAISE Dinner

### **Iliana Montiel:**

Jan 12 Tribal Council Regular Meeting  
Jan 15 Benefits Board Meeting  
Jan 16 Leaders Circle  
Jan 23 Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 29 Gaming Facility Operational Review Board (GFORB); Tribal Council Business Meeting  
Jan 30 Leaders Circle  
Jan 31 Complete Count Committee Meeting 2020 Census  
Feb 4 SB 1549 Dental Therapy Bill Testimony  
Feb 6 Leaders Circle  
Feb 7 Leaders Circle  
Feb 8 CTCLUSI PRAISE Dinner

### **Josh Davies:**

Jan 12 Tribal Council Regular Meeting  
Jan 14 Education  
Jan 15 Housing  
Jan 23 Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 29 Gaming Facility Operational Review Board (GFORB); Tribal Council Business Meeting  
Jan 30 Leaders Circle  
Feb 6 Leaders Circle  
Feb 8 CTCLUSI PRAISE Dinner

### **Doug Barrett:**

Jan 12 Tribal Council Regular Meeting  
Jan 16 Leaders Circle  
Jan 23 Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 27 South Coast Diversity Conference Steering Committee Meeting  
Jan 29 Gaming Facility Operational Review Board (GFORB); Tribal Council Business Meeting  
Jan 30 Meeting with Cow Creek Council; Leaders Circle  
Feb 6 Leaders Circle  
Feb 8 Hunting Fishing & Gathering Committee Meeting; CTCLUSI PRAISE Dinner

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

Jan 12 Tribal Council Regular Meeting  
Jan 14 Education Committee Meeting  
Jan 16 Department of State Lands Meeting; Leaders Circle  
Jan 23 Off Shore Wind Energy with Senator Merkly Staff  
Jan 23 Off Shore Wind Core Group Meeting; Leaders Circle  
Jan 25 Eddie Helms Birthday Celebration  
Jan 26 -28 Affiliate Tribes of Northwest Indians (ATNI); Nine Tribes Meeting  
Jan 29 Gaming Facility Operational Review Board (GFORB); Tribal Council Business Meeting  
Jan 30 Meeting with Cow Creek Council; Leaders Circle  
Jan 31 Complete Count Committee Meeting 2020 Census  
Feb 3 Healthy Families & Lifestyles Workshop  
Feb 4 Department of State Lands Public Meeting in Salem; Gave Testimony SB 1549 Dental Therapy Bill; Listen to SB1530 Carbon Bill  
Feb 6 Leaders Circle  
Feb 7 Leaders Circle  
Feb 8 Hunting Fishing & Gathering Ad Hoc Committee Meeting; CTCLUSI PRAISE Dinner

## Artist Donates Beautiful Painting of Amanda Trail to the Tribe



Chairman Doc Slyter holds the painting up next to Chief Warren Brainard

Artist Margie Read donated a beautiful painting to the Tribe. The painting depicts the Annual Peace Walk that takes place every New Year's Day along the Amanda Trail. This particular painting features the Amanda statue under the bridge before the December 2016 landslide destroyed it. Thankfully, Joan Wikler and Beth Cook, the couple who commissioned several statues including the first Amanda in 1999, donated their statue to the Amanda Trail. Now we have this lovely painting by Margie Read to commemorate the Peace Walk and remember the history of



Painting by Margie Read

the Amanda Trail. Through this piece, we honor our Tribal Trail of Tears, and the Peace Walks of the past and the present while sending hope to the future generations.

The painting can be viewed in the front conference room of the main Government Office in Coos Bay, Oregon.

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE  
NORTHWEST FOREST PASSES

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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

Upcoming Events

**March 5<sup>th</sup>** – Community Career Fair, TRC, Florence 11a.m.  
**March 8<sup>th</sup>** – Regular Tribal Council Meeting, Community Center, 10:00 a.m.  
**March 11<sup>th</sup>** – COH Feather Fan Class, Coos Bay, 5:30 p.m. – 7:30 p.m.  
**March 13<sup>th</sup>** – Deadline to submit statement of candidacy for Tribal Chief Election  
**March 13<sup>th</sup>** – Culture Beaded Feather Class, Eugene Outreach Office, 1:00 p.m. – 3:30 p.m.  
**March 14<sup>th</sup>** – Election Forum, Tribal Hall, Coos Bay, 10:00 a.m.  
**March 15<sup>th</sup>** – Election Forum, Eugene Outreach Office, 11:00 a.m.  
**March 15<sup>th</sup>** – Election Forum, Florence Outreach Office, 3:00 p.m.  
**March 16<sup>th</sup>** – COH Smudge Kits or Dreamcatchers, Eugene, evening class 6:30 p.m. – 8:00 p.m.  
**March 17<sup>th</sup>** – Tribal Family Gathering, TRC Florence, 6:00 p.m. – 8:00 p.m.  
**March 19<sup>th</sup>** – Dental Clinic Grand Open House, 5:00 p.m. – 7:00 p.m.  
**March 20<sup>th</sup> & 21<sup>st</sup>** – Elders Honor Day, The Mill Casino and Hotel, Coos Bay, Oregon  
**March 21<sup>st</sup>**- Canoe Pull in Coos Bay, meet at Tribal Hall Office, 9:00 am –11:30 am  
**March 23<sup>rd</sup> – 27<sup>th</sup>** – Spring Break Day Camp (see flyer on page 8)

**April 1<sup>st</sup>** – 2020 Census Day. Participate online, by phone or mail  
**April 2<sup>nd</sup>** – Elders Luncheon, Eugene Outreach Office, 11:30 a.m. – 1:00 p.m.  
**April 8<sup>th</sup>** – COH Ladder Earring Class, Coos Bay, 5:30 p.m. – 7:30 p.m.  
**April 9<sup>th</sup>** – Parenting Workshop, Tribal Hall/ Community Center, 5:30 p.m. – 7:30 p.m.  
**April 11<sup>th</sup>**- Culture Canoe Pull and Clam Dig, Coos Bay, 8:00 a.m. – 2:00 p.m.  
**April 12<sup>th</sup>** – Tribal Chief Election Day  
**April 12<sup>th</sup>** – Regular Tribal Council Meeting, Community Center, 10:00 a.m.  
**April 12<sup>th</sup>** – Tribal Family Gathering Lunch, Community Center, 12:00 p.m. – 1:00 p.m.  
**April 12<sup>th</sup>** – General Council Meeting, Community Center, 1:00 p.m.  
**April 16<sup>th</sup>** - Parenting Workshop, Tribal Hall/ Community Center, 5:30 p.m. – 7:30 p.m.  
**April 17<sup>th</sup> & 18<sup>th</sup>** – Graduation Cedar Caps & Weaving Workshop- Eugene Outreach Office  
**April 20<sup>th</sup>** – COH Dentalium Necklaces, Eugene, 1:30 p.m. – 3:00 p.m. and 6:30 p.m. – 8:00 p.m.  
**April 23<sup>rd</sup>** - Parenting Workshop, Tribal Hall/ Community Center, 5:30 p.m. – 7:30 p.m.  
**April 24<sup>th</sup>** – Culture Graduation Cedar Caps & Weaving Workshop, Tribal Hall  
**April 30<sup>th</sup>** - Parenting Workshop, Tribal Hall/ Community Center, 5:30 p.m. – 7:30 p.m.



Tribal Council

**Warren Brainard, Chief**  
Tribal Chief  
541-297-1655 (cell)  
[wbrainard@ctclusi.org](mailto:wbrainard@ctclusi.org)

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

**Debbie Bossley**  
Position #2 Council  
541-294-3972 (cell)  
[debbie.bossley@ctclusi.org](mailto:debbie.bossley@ctclusi.org)

**Mark Petrie, Vice-Chair**  
Position #3 Council  
541-297-3681 (cell)  
[mark.petrie@ctclusi.org](mailto:mark.petrie@ctclusi.org)

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

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

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

**Council Meeting**  
March 8, 2020  
Community Center  
338 Wallace Street, Coos Bay,  
Oregon 97420  
10:00 a.m.

- Agenda:
1. Call to Order
  2. Invocation
  3. Approval of Minutes as needed
  4. Tribal Council Reports
  5. Tribal Chief Executive Officer Report
  6. Chief Financial Officer Report
  7. Old Business
  8. New Business
  9. Other
  10. Good of the Tribes
  11. Executive Session as needed
- Council meeting video available to view at [www.ctclusi.org](http://www.ctclusi.org)



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

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

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

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

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

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

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

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

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

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

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

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

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

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

Tribal Gaming Commission  
Brad Kneaper  
Executive Director of the Gaming Commission  
5647 Hwy 126, Suite 100  
Florence, OR 97439  
Phone 541-997-2830  
Fax 541-997-7293  
[bkneaper@ctclusi.org](mailto: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](mailto:bkneaper@ctclusi.org)

Department of Natural Resources  
Roselynn Lwenya, Ph.D.  
Director of Natural Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
Fax 541-888-2853  
[rlwenya@ctclusi.org](mailto:rlwenya@ctclusi.org)

2020 Tribal Chief Election  
Candidates

Final Deadline to Submit a  
Statement of Candidacy is  
March 13, 2020

Candidates Running for Tribal Chief

The Tribal Members listed below have decided to run for the position of Tribal Chief. They have officially submitted their Statement of Candidacy on the date listed by their name.

Name	Position # Running For	Date Submitted Statement of Candidacy
Doc Slyter	Tribal Chief	2/13/2020

This information can be found online at  
[www.ctclusi.org/elections](http://www.ctclusi.org/elections)

This list will be updated as individuals submit  
Statements of Candidacy.

NOTICE TO ALL READERS

Tribal Chief Candidate Position Statements  
are Inserted in this March 2020 Edition of  
The Voice of CLUSI Tribal Newsletter. Position  
Statements are also available to read online  
at [www.ctclusi.org/elections](http://www.ctclusi.org/elections)

Tribal Code Title 7 -Enrollment, Committees,  
Elections and Referendums, Chapter 7-3. 7-3-  
24 Candidacy Procedures(b) (3) Each candidate shall  
indicate the position for which he or she is filing. No  
shuffling of positions will be allowed. Each candidate will  
be given the opportunity to present a position statement  
for inclusion in the Tribal Newsletter if submitted by the  
Newsletter deadline. Position statements shall not be  
longer than one (1) sheet of 8-1/2" by 11" paper printed  
on both sides, capable of being copied on a black and  
white copier. Position statements shall be published in  
the February, March or April issue, depending upon when  
the candidate filed and the candidate's preference. It will  
be stated in the Tribal Newsletter that the Confederated  
Tribes of Coos, Lower Umpqua and Siuslaw Indians shall  
not be responsible for the accuracy of the candidates'  
position statements. Further, if a reasonable doubt exists  
as to the accuracy, candidates will be asked to furnish  
proof of their statement.

Election Day - April 12, 2020

Tribal Hall, 338 Wallace Street,  
Coos Bay, Oregon, 97420

Polls will be open between 12 (noon) - 4:00 p.m.

YOU MUST BE REGISTERED TO VOTE  
TO RECIEVE BALLOT BY MAIL

BALLOTS WILL BE MAILED BY  
MARCH 27, 2020

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

Election Forums for Tribal Chief Election

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

COOS BAY

At the Tribal Hall; 338 Wallace Ave, Coos Bay, Oregon 97420  
Saturday March 14, 2020 to begin at 10:00a.m.

EUGENE

At the Eugene Outreach Office; 135 Silver Lane Suite 200,  
Eugene, Oregon 97404  
Sunday March 15, 2020 to begin at 11:00a.m.

FLORENCE

At the Florence Outreach Office; 3757 Hwy 101, Florence,  
Oregon 97439  
Sunday March 15, 2020 to begin at 3:00p.m.

Forums are not required and subject to cancellation.  
If cancellation occurs, notice will be posted at the forum location.

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

Tribal Chief Election Day  
April 12, 2020

Posted March 1, 2020

**ENROLLMENT COMMITTEE'S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP**  
The Enrollment Committee recommends that the enrollment of the Applicants listed below should be approved. Besides publication in the Tribal Newsletter, according to CLUSITC 7-1-36(i), this information will be posted in the Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino for twenty-eight (28) days from the date listed above.

<b>Christy Kay Reed</b> Parent: Marissa Gardner Lineal Descendant: Jesse Gardner Tribe: Lower Umpqua	<b>James Falcon Gabriel Hermesen</b> Parent: Jonathan M. Hermesen Lineal Descendant: Frank W. Hermesen Tribe: Lower Umpqua
<b>Rykuu Omer Reeves Thrasher</b> Parent: Zachary Reeves Lineal Descendant: James Lott Sr Tribe: Lower Umpqua	<b>Yukerii Denise Thrasher Reeves</b> Parent: Zachary Reeves Lineal Descendant: James Lott Sr Tribe: Lower Umqua
<b>Kaydin Isaac Patterson</b> Parent: Haley Lott Lineal Descendant: James Lott Sr. Tribe: Lower Umpqua	<b>Zelia Mae Camacho</b> Parent: Amber Marie Rosales Lineal Descendant: Julie Belcher Tribe: Coos
<b>Zeppelyn Claudine Callantine</b> Parent: Megan (Lent) Callantine Lineal Descendant: Virginia Esher Bratten Tribe: Lower Umpqua	<b>Miriam May Mitchell</b> Parent: Whitney Hunt (Mitchell) Lineal Descendant: Linda Sue Hunt Tribe: Coos
<b>Nikita Grigoryeyich Zhhehbovskiy Marlow</b> Parent: Gregory Marlow Lineal Descendant: Maxine H. Marlow Tribe: Coos	

In accordance with CLUSITC 7-1-37(a), Tribal Members shall have the right to protest the recommendation of the Committee approving an application and must file a written, signed protest with the Committee stating their reasons for believing that an Applicant(s) is not entitled to enrollment. The protest must be filed with the Committee within twenty-eight (28) days after notice of the proposed enrollment is posted as described in CLUSITC 7-1-36(i).

CONFEDERATED TRIBES OF  
COOS, LOWER UMPQUA & SIUSLAW INDIANS



DENTAL CLINIC  
OPEN HOUSE

MARCH 19, 2020 | 5:00 P.M. - 7:00 P.M.  
1245 FULTON AVENUE, COOS BAY, OR 97420

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

FREE  
PARENTING  
WORKSHOP!

Dinner, Childcare and Raffle items!!



TOPICS TO INCLUDE:

- Intro to Nurturing Parenting-Age & Stages and Early Childhood Brain Development
- Alternatives to Spanking and Understanding Feelings Building Self-Worth
- Developing Family Morals, Values and Rules
- Native American Story Telling for Families & Children
- Activities, Discussions and Lots of Fun!!

When:  
Thursdays  
April 9th  
April 16th  
April 23rd  
April 30th

Time:  
5:30-7:30pm

Where:  
Tribal Hall &  
Coos Bay  
Tribal Community  
Center

To RSVP Please call:  
541-435-7155  
-OR-  
1-888-365-7155

Qa’aich Housing  
In Florence

NOW AVAILABLE

1-2 Bedroom Units

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

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

Preferences for Qa’aich Housing

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

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

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

Housing Department  
Annual Performance Report

Contributed by Linda Malcomb, Director of Housing

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

Higher  
Education  
News

Be on the lookout for the CTCLUSI  
SCHOLARSHIP ESSAY QUESTIONS!

We can help with costs of Tutoring, Tests,  
GED, Vocational, Trade School, FAFSA,  
Scholarships.

Tribal Council has approved a 20% increase to Higher  
Education Stipends. This will take effect fall 2020

Contact [kporter@ctclusi.org](mailto:kporter@ctclusi.org)  
Stephanie Watkins 541-888-7508 or 541-902-3818  
Karen Porter 541-888-1315



Sponsored by the  
CTCLUSI Family Support and  
Behavioral Health Department

## łe' łəx (Medicine) of the Month: Pacific Bleeding Heart

Contributed by Ashley Russell, Water Protection Specialist

**Parts of Plant Used:** Leaves and Roots

**Herbal Actions:** This lovely plant is not only alluring, but it is also useful in that it is a narcotic-analgesic. The leaves and roots of this plant are gathered by many an herbalist and dried. The roots, fresh or dried, can be made into a tincture and used internally as an antianxiety and tonic alterative. The tincture can also be used on a sore tooth, lost filling, or other mouth trauma.

**Other Uses:** Any part of the plant can be used as a poultice on bruises or sprains. It is purported that northern Tribes used this flowering charmer as a hair rinse to stimulate hair growth.

**Precautions:** Bleeding heart is moderately potent and should be used with caution, especially in people with weaker constitutions as overdose can occur. Use during pregnancy or with prescription medications is not advised.



Photograph from

[https://commons.wikimedia.org/wiki/File:Bleeding\\_heart\\_flower\\_shot.jpg](https://commons.wikimedia.org/wiki/File:Bleeding_heart_flower_shot.jpg)

**Scientific Name:** *Dicentra formosa*

## Roselynn Lwenya Ph.D. Director for Natural Resources and Culture

My name is Roselynn Lwenya, Ph.D., the new Director, Department of Natural Resources and Culture, CTCLUSI. I was born and bred in Kenya which is one of the top agricultural producers in Africa. There are 62 tribes each with different dialects but the official languages spoken in Kenya are English and Kiswahili (Swahili). Kenya has such diverse cultures. In Kenya, I worked for various local, regional and international agencies implementing multiple programs geared towards environmental planning and cultural resource protection, community development, poverty alleviation, capacity building and emergency relief, among others. I loved working with the disadvantaged communities, whereby I helped in creating strategies to minimize or alleviate the challenges they were facing. I was very passionate about gender mainstreaming in all the projects and programs. This meant the integration of the gender perspective into every stage of policy processes – design, implementation, monitoring and evaluation.

I hold a Doctorate degree and a Master's degree in Environmental Studies obtained from Moi University-School of Environmental studies, Kenya and a Bachelor's Degree (Hons) in Anthropology and Sociology (University of Nairobi, Kenya). I am an environmental specialist with 25 years' experience in environmental planning and natural resource protection and cultural resource management among others. I have an understanding of Federal and State laws, regulations, policies and procedures that govern environmental resource and cultural resource management.

I relocated to the United States of America in 2005 where I began my journey of working with Native American Tribes. I have worked for four Native American tribes in the capacity of Natural Resources Director/Environmental Director as follows; Tule River Indian Reservation (Natural Resources Director), Porterville, California; North Fork Rancheria (Environmental

Director); Buena Vista Rancheria of Me-Wuk Indians (Environmental Resources Director and Tribal Historic Preservation Officer {THPO}) and most recently, Susanville Indian Rancheria (Natural Resources Director). I have served on a number of environmental and cultural Boards in California including (select list): U.S. EPA Region IX Regional Tribal Operations Committee representative for the Central California Tribes and Northern California tribes; Served on the California State Water Plan Tribal Advisory Committee.

Some of my greatest achievements include; conducting a successful helicopter horse round up project to meet the goal of sustainable tribal rangeland for Tule River Indian Rancheria; nine hundred wild horses were gathered. I also developed and implemented a standardized multiyear training module with the aim to enhance staff performance of prime areas of interest (Susanville Indian Rancheria); implemented multiple environmental programs funded by federal, state, tribal governments and local agencies; conducted numerous cultural monitor trainings and community outreach and education events that attracted participants from all over California and Nevada (Buena Vista Rancheria) and finally assisted in developing the proposal and securing Indian Community Development Block Grant (ICDBG) to build the Buena Vista Rancheria Cultural Center.

**Hobbies:** My areas of interest are reading, cooking and travelling to new places. My peers and friends describe me as being highly versatile, adept in environmental realm, sociable, quick at mastering new roles and responsibilities, high integrity and good work ethic. I am a Christian.

**Future Goals:** I am excited to be working with CTCLUSI, which is the beginning of a new chapter in my professional life. I am seeking to contribute to the growth of



CTCLUSI's Department of Natural Resource and Culture by transferring broad based skill set 25 years of experience in natural and cultural resources protection, community development and capacity building into my new position as the DNR Director. I will continuously pursue opportunities to learn and take on challenges for further professional development that will enhance the DNR Vision and Goals.

My Personal philosophy is based on the following principles:

- "Development that meets the needs of the present without compromising the ability of future generations to meet their own needs". -United Nations
- "Learning by doing" - by American philosopher John Dewey. It's a hands-on approach to learning.

The CTCLUSI staff, tribal community and guests are all welcome to the Department of Natural Resource and Culture to chat about tribal natural resources in particular and the evolving environmental trends in general.

*Thank you!*

## Upcoming Events for Invasive Plants Removal to Help Save our Dunes

The Oregon dunes are a unique landscape in the globe. The dunes exist as a system affected by underlying geology, climate, water, erosional processes, vegetation, animals, and human activity. The Oregon dunes were at one time a shifting and open landscape of moving sand, with tree islands and thickets of salal and huckleberry habitat. At the time of Euro-American settlement continuing into the 21<sup>st</sup> century, invasive plants were established to stabilize the dunes from erosion. This included European beach grass (*Ammophila arenaria*), scotch broom (*Cytisus scoparius*), and gorse (*Ulex sp.*). Unfortunately, according to studies from the Siuslaw National Forest, vegetated areas are increasing at an alarming rate of 9 to 11 acres per year, and trees increasing at 7 to 8 acres per year. Increased acreage and denser areas of vegetation solidifies the previously-shifting dune landscape and establishes a different ecosystem. These invasive plants dominate and prevent the native coastal plant growth, such as for huckleberry, salal, and blueberry. Moreover, these factors are threatening species like snowy plover (*Charadrius nivosus*) and Pacific marten (*Martes caurina*). Removal of these plants restores the natural open landscape, and will improve flourishing of the natural coastal and estuarine habitat.

CTCLUSI has a rich and extensive cultural history and relationship with the coastal dunes that we will continue to respect and protect for future generations. Coos, Lower Umpqua, and Siuslaw people utilized resources extensively throughout the dunes both for subsistence and ceremony. In appreciation of this history, CTCLUSI Tribal Council as well as Culture and Natural Resources' staff provide assistance and support for projects and activities that occur in the dunes. We work and collaborate with others to help save the dunes from further destruction, and hope to restore them to their original healthy function.

CTCLUSI participates with the Oregon Dunes Restoration Collaborative (ODRC), a group of stakeholders that puts efforts into coastal dunes restorations. **The ODRC is asking for volunteers throughout the year to help pull invasive plant species that are causing the coastal dunes to disappear.** ODRC hosts volunteer events to manually remove scotch broom and gorse from the coastal dunes between Coos Bay and Florence. There are also work parties scheduled periodically to celebrate and network (weather permitting).

For more information, locations, directions, or to join the ODRC mailing list, visit [www.SaveOregonDunes.org](http://www.SaveOregonDunes.org) or on their **Facebook site, Save the Oregon Dunes**. For Tribal members or other community members interested in coordinating attendance to events, about CTCLUSI participation with ODRC, or about other resource protection issues, contact Janet Niessner, Tribal Resource Response Specialist, [jniessner@ctclusi.org](mailto:jniessner@ctclusi.org), or at 541-888-1304.

### Oregon Dunes Restoration Collaborative (ORDC) Save the Dates!

**March 7** – Heceta Dunes, Joshua Lane, north of Florence, OR

**March 21** – Umpqua Beach #2 Day Use and Staging Area (Douglas County Staging Area) Salmon-Harbor Drive, Winchester Bay, OR.

**March 25** – (Wednesday) – Alder Dunes Day Use Area at Alder Dunes Campground (CG), Hwy 101, north of Florence, OR

**April 4** – Heceta Dunes

**April 18** – Earth Day South – Dellenback Trail, Eel Creek CG, Hwy 101, Lakeside, OR

**April 25** – Earth Day North – Honeyman State Park, Hwy 101, South of Florence, OR

**May 9** – Heceta Dunes

**May 16** – Umpqua Beach #2 Day Use and Staging Area (Douglas County Staging Area)

**June 6** – Heceta Dunes

**June 20** – Sandtracks Picnic Area on Horsfall Rd., off of Transpacific Hwy., North of North Bend, OR

**July 18** – Heceta Dunes - Power of Florence

**July 25** – Sandtracks Picnic Area

**August 8** – Heceta Dunes

**August 22** – Sandtracks Picnic Area

**September 12** – Sand Dunes Frontier Tree Island or Honeyman State Park or North Jetty, Lane County Parks

**September 26** – Public Lands Day with Coos Bay BLM and others - Location TBD

**October 3** – Sand Dunes Frontier Tree Island or Honeyman State Park or North Jetty, Lane County Parks

**October 17** – Umpqua Beach #2 Day Use and Staging Area or John Dellenback Trail

**October 28** – (Wednesday) – Alder Dunes Day Use Area

### Upcoming Cultural Events

- March 13<sup>th</sup>** 1:00 – 4:00 pm- Beaded Feather Class- Eugene Outreach Office
- March 21<sup>st</sup>** 9:00- 11:30 am- Canoe Pull and Protocol for Elder’s Honor Day- Eastside Boat Ramp Coos Bay
- April 17<sup>th</sup>** 1:00 - 4 pm & **April 18<sup>th</sup>** 9:00 am- 4:00 pm- Graduation Cedar Caps & Weaving Workshop- Eugene Outreach Office
- April 11<sup>th</sup>**- 8:00 am-2:00 pm- Canoe Pull and Clam Dig- Coos Bay
- April 24<sup>th</sup>** 1:00- 4 pm & **April 25<sup>th</sup>** 9:00 am- 4:00 pm- Graduation Cedar Caps & Weaving Workshop - Coos Bay Tribal Hall
- May 1<sup>st</sup>** 1:00 - 4 pm & **May 2<sup>nd</sup>** 9:00 am- 4:00 pm Maple Bark Processing and/or Weaving- Eugene Outreach Office
- May 15<sup>th</sup>** 1:00 - 4 pm & **May 16<sup>th</sup>** 9:00- 4:00 pm Maple Bark Processing and/or Weaving- Coos Bay Tribal Hall
- May 30<sup>th</sup>**-31<sup>st</sup>- 9:00 am- 4:00 pm Maple Bark Workshop- TBD

### 2020 Fitness Program

Fill out an Adult or Youth fitness form online at [www.ctclusi.org/communityhealth](http://www.ctclusi.org/communityhealth)

Who is eligible for the Fitness Program: All CTCLUSI enrolled Tribal members (even if you live outside of the 5-county service area), Tribal members spouses (must be legally married and currently residing with the Tribal member).

**Youth Fitness** covers the cost of organized sports or activities with an annual cap of \$500. Up to \$300 of the annual benefit may be used for equipment to participate in sports or other fitness activities.

**Adult Fitness** covers the cost of fitness center membership fees, or fitness related activities with an annual cap of \$500. Up to \$250 of the annual benefit may be used to purchase fitness equipment (please contact HSD for more information on what equipment is allowed through the adult fitness program).

Each participant can use \$65 of their annual benefit to purchase one pair of Nike N7 shoes each year. At this time, Nike N7 shoes are not made in children’s sizes.

**IMPORTANT DATES: Receipts for January-June 2020 are due no later than July 17, 2020. Receipts for July-December 2020 are due no later than January 15, 2021. Late submissions will not be accepted.**

# Hiime Panuu Qais

## Children's Spring Day Camp

March 23rd - March 27th

7:45 A.M. to 5:00 P.M.

Youth Ages 5-18

Tribal Family Youth are invited to come & participate in a week long day camp for ages 5 –18 at CTCLUSI's Tribal Community Center in Coos Bay.

Activities will be centered around Spring Traditions, including spring foraging, gardening, canoeing, flint knapping & arrow making, language, games, beading, regalia making and much more. We will also be visiting a cultural site that will be part of a summer archaeological field school and touring the Marine Science Center and Washed Ashore!

Camper families are welcome to join in activities during camp. Limited Transportation is available upon request. Detailed schedules will be mailed upon sign-up.

Applications can be located at [CTCLUSI.org](http://CTCLUSI.org) under: member services> youth services.

**For more information please contact:**  
**Jesse Beers at 541-297-0748 or**  
**Ashley Russell at 541-888-7511**



### EZ Mini Storage - Operated by Blue Earth

EZ Mini Storage 1293 Ocean Boulevard next to the Three Rivers Casino Coos Bay

Tribal Members & Employees get 20% off of the Monthly Rental Rate

Contact Phone Blue Earth by calling 541-269-2964

Sizes: 5x10; 8x10; 10x10; 10x20; 10x30 [subject to availability]



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

## Understanding and Respecting Consent

Contributed by Jamie Broady, Circles of Healing Outreach Advocate

Consent requires communication—it is important to pay attention to both verbal and nonverbal language. Pressuring someone into doing something is not the same as having consent. Both males and females must give their consent freely, enthusiastically, and without being or feeling pressured. If your partner is not paying attention to your verbal and/or nonverbal cues, this is a sign they are not respecting you or respecting consent.

An Acronym for consent is FRIES: F=Freely given R=Reversible I=Informed E= Enthusiastic S= Specific. By clearly communicating about respect, boundaries, and honoring our intentions, we show respect for ourselves and others.



Circles of Healing Program is a confidential advocacy program for survivors or victims of domestic violence, intimate partner violence, dating violence, sexual assault, stalking, and/or human trafficking. We have advocates in both Coos and Lane County. Please feel free to contact us at 541-888-1309.

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

### Eugene Class Schedule for 2020

**Monday, March 16, 2020**

**Smudge Kits or Dreamcatcher**

**\*evening class only March 16, for just this class please  
RSVP to Morgan Gaines (541) 888-7536**

**Monday, April 20, 2020**

**Dentalium Necklaces**

**Monday, May 18, 2020**

**Dance Paddles**

**Monday, June 15, 2020**

**Abalone Necklaces**

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

Sponsored by CTCLUSI Circle of Healing Program

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

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

### Coos Bay Class Schedule for 2020

**Wednesday, March 11, 2020**

**Feather Fan Class**

**Wednesday, April 8, 2020**

**Ladder Earring Class**

**Wednesday, May 13, 2020**

**Dance Paddles Class**

**Wednesday, June 17, 2020**

**Abalone Necklace Class**

Classes will be offered from 5:30 P.M. - 7:30 P.M.  
Sponsored by CTCLUSI Circle of Healing Program

For More Information or to RSVP Please Contact

Melissa Smith at (541) 294-2197 or  
Melinda Radford at (541) 808-8450

Please RSVP Due to Limited Space



CTCLUSI members pulls canoe Tyee E. Bowen in our ancestral waters near Jordan Cove. Photograph by John Schaefer

## Oregon Denies Key Permit for Jordan Cove LNG Project on Eve of Federal Decision

Updated Feb 19, 2020; Posted Feb 19, 2020

By Ted Sickinger | The Oregonian/OregonLive

Oregon's Department of Land Conservation and Development said Wednesday that a proposed liquefied natural gas export terminal in Coos Bay would have significant adverse effects on the state's coastal scenic and aesthetic resources, endangered species, critical habitat, fisheries and commercial shipping.

And it appears to be a decision only a federal cabinet member could reverse.

In a letter to backers of the Jordan Cove Energy Project, agency director Jim Rue said that neither the Federal Energy Regulatory Commission nor the Army Corps of Engineers "can grant a license or permit for this project unless the U.S. Secretary of Commerce overrides this objection on appeal."

The decision on one of the key state permits for the project is a stinging rebuke that comes the day before the Federal Energy Regulatory Commission is scheduled to issue a final environmental analysis on the project, approving or denying its primary federal license. The Trump Administration is an avowed supporter of energy export projects in general, and Jordan Cove in particular.

The \$10 billion project, touted as the largest construction project ever in Oregon, has now been denied all three of the primary permits it is seeking from the state, including a water quality permit by the Oregon Department of Environmental Quality and a dredging permit by the Department of State Lands.

Jordan Cove representatives could not be reached for comment when called late Wednesday evening.

It's unclear how the state agency's decision will affect tomorrow's vote by federal energy commissioners. FERC denied the project a permit in 2016 after deciding that the public need for the project was insufficient to compensate for the negative effects on landowners along the 230-mile route of the project's feeder pipeline. Calgary-based Pembina Pipeline decided to reapply for the permit in 2017 in hopes that a reconstituted commission under the Trump Administration would approve the project.

FERC staff issued a draft analysis of the project last March concluding that the project "would result in temporary, long-term, and permanent impacts on the environment." But it said many of the impacts would not be significant or would be reduced to less than significant levels

with the implementation of proposed mitigation measures.

U.S. Secretary of Commerce Wilbur Ross could decide to preempt state authorities' decision that the project is inconsistent with Oregon's Coastal Zone Management Plan. But the project apparently still faces an uphill battle at the Department of Environmental Quality and the Department of State Lands.

Debate over the controversial project has been intense in Oregon since it was first proposed as a gas import facility in 2005. Boosters have touted the project's potential employment and property tax impacts in an area of the state that has lagged economically since the early 1980s. Opponents call it a potential environmental, public safety and property rights disaster.

Opponents were ebullient Wednesday.

"Three strikes and you're out!" Ashley Audycki, a Coos Bay organizer for the environmental group Rogue Climate, said in a news release. "Jordan Cove LNG has failed to obtain three critical permits from the state of Oregon. Jordan Cove LNG has no viable path forward. It's time for Pembina to throw in the towel and leave southern Oregon for good so our communities can focus on building local jobs in renewable energy instead."

## Feds Delay Jordan Cove LNG Final Decision

Updated 11:34 AM; Posted Feb 20, 2020

By Ted Sickinger | The Oregonian/OregonLive

Federal regulators effectively delayed their licensing decision on the Jordan Cove LNG project in Coos Bay on Thursday until they could review Oregon regulators' decision to reject a key permit for the project because of its significant environmental impacts.

The Federal Energy Regulatory Commission voted 2-to-1 against approving the project. But commissioners said they will revisit the subject after reviewing the Oregon Department of Land Conservation and Development's decision issued Wednesday.

The five-member FERC panel currently has three sitting commissioners, two Republicans and one Democrat. Commissioner Bernard McNamee, an energy-friendly attorney from Texas appointed by President Donald Trump in 2018, voted "no" Thursday and said he needed more time to review the Oregon permit denials.

Commissioner Richard Glick, a former Democratic counsel on a Senate energy committee and renewable energy lobbyist, voted against the project. He suggested that the commission doesn't really consider environmental impacts in its decision-making process.

Commission Chairman Neil Chatterjee was the lone vote in favor of approval. FERC did not provide a specific date to revisit

the decision.

The head of Oregon's Department of Land Conservation and Development said Wednesday that the Jordan Cove LNG terminal and its 230-mile feeder pipeline would have significant adverse effects on the state's coastal scenic and aesthetic resources, endangered species, critical habitat, fisheries and commercial shipping.



In a letter to backers of the Jordan Cove Energy Project, reported first by the Oregonian/OregonLive, agency Director Jim Rue said that neither the Federal Energy Regulatory Commission nor the Army Corps of Engineers "can grant a license or permit for this project unless the U.S. Secretary of Commerce overrides this objection on appeal."

The \$10 billion project, touted as the largest construction project ever in Oregon, has now been denied all three of the primary permits it is seeking from the state, including a water quality permit by the Oregon Department of Environmental Quality and a dredging permit by the Department of State Lands.

U.S. Secretary of Commerce Wilbur Ross could decide to preempt state authorities' decision that the project is inconsistent with Oregon's Coastal Zone Management Plan. But the project apparently still faces an uphill battle at the Department of Environmental Quality and the Department of State Lands.

Both above articles pulled from [www.oregonlive.com](http://www.oregonlive.com)

On the 2020 Census The Tribal Member **MUST** list “Head of Household” as Native American and write: *Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, as your Tribe.*



**PARTICIPATE IN THE 2020 CENSUS**

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

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

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

**MAKE IT RIGHT! In 2020!**

HOW IS CENSUS DATA USED?

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

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

**CONTACT JEANIE MCNEIL, ENROLLMENT SPECIALIST 541-888-7506 WITH QUESTIONS**

✓ **Your Family Matters**

✓ **COUNT YOUR FAMILY**

✓ **You’re Helping Future Generations**

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

**What is this person's race?**  
Mark ☒ one or more boxes **AND** print origins.

☐ White - Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

☐ Black or African Am - Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

☒ American Indian or Alaska Native - Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.   
**Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians**

☐ Chinese  
☐ Filipino  
☐ Asian Indian  
☐ Other Asian - Print, for example, Pakistani, Cambodian, Hmong, etc.

☐ Vietnamese  
☐ Korean  
☐ Japanese  
☐ Other Pacific Islander - Print, for example, Tongan, Fijian, Marshallese, etc.

☐ Some other race - Print race or origin


**Key 2020 Census Dates:**

**March 12, 2020:**  
Census notices are mailed or delivered to households and online Internet Self Response opens

**April 1, 2020:** Census Day

**July 31, 2020:**  
Last day to participate in the 2020 Census

**December 31, 2020:**  
Census Bureau delivers population counts to the President for apportionment of congressional seats



# AMERICAN INDIANS AND ALASKA NATIVES IN THE 2020 CENSUS

## Why is the Census important?

The census is a powerful information source that significantly influences U.S. policy. It is the foundation of American democracy, determining the allocation of Congressional seats and redistricting of voting geographies. Nearly \$1 billion in annual federal resources are allocated to Indian Country based on census data.

## Native households are at risk of being undercounted.

Nationally, the U.S. Census Bureau estimates that American Indians and Alaska Natives living on reservations or in Native villages were undercounted by approximately 4.9 percent in the 2010 census, more than double the undercount rate of the next closest population group.

## How to Be Counted as an American Indian or Alaska Native

Make sure to be counted as an American Indian or Alaska Native on the 2020 Census form. Checking the box to indicate that you are American Indian or Alaska Native on the 2020 census form is a matter of self-identification. No proof is required. No one will ask you to show a tribal enrollment card or a Certificate of Degree of Indian Blood (CDIB). Make sure to write in your enrolled or principal tribe(s) if applicable.

By **April 1, 2020**, every home will receive an invitation to participate in the 2020 Census. You will have three options for responding: **Online. By phone. By mail.**

In mid-March, households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census.

Participating in the 2020 Census is simple. The Census form is short and asks a few basic questions about each person's sex, age, and race, and whether the house, apartment, or mobile home is owned or rented.

The average time it should take a household to complete the form is only about ten minutes.

**Being counted means standing up and being visible for yourself, your family, and your tribal community.**

April 1, 2020 Census Day is observed nationwide.



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



wish to invite you to the

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

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

10:30 to 11:30 ~ Registration

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

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

1:30 ~ Travel to CTCLUSI Community Center

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

4:00 ~ Travel back to Mill Casino for Dinner

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

5:30 to 7:30 ~ Prayer, Dinner hosted by CTCLUSI, Retirement of the Flags.  
Dinner served at 6:00 p.m.

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

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

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

**DeeDee Plaep or Doug Morrison**

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

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

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

## Lunch and Learn

Free Live Gero-Ed Webinar  
presented by Dr. Maureen Nash,  
MD

**04/17/2020 - Management of  
Mania, Bipolar Disorder, and  
Impulse Control Problems**

**Host Site: DHS APD-NB  
2675 Colorado Avenue, North  
Bend, Oregon**

Please register one week prior to  
scheduled webinar and plan to  
arrive 15 minutes early to sign in,  
get lunch and settle in.

***Must RSVP to guarantee  
seats and lunch!***

To register or for further  
information please contact  
Lualhati Anderson at  
(458) 221-0873 or e-mail  
[lualhati.anderson@lanecountyor.gov](mailto:lualhati.anderson@lanecountyor.gov)

## Frozen Produce & Applesauce for Elders

We are excited to announce that we will soon be providing frozen produce and jars of applesauce as a supplement to our frozen meals program. Available at all three Outreach locations, each Elder will be allotted two bags of frozen fruit, three bags of frozen vegetables and one jar of applesauce per month. It will be the Elder's responsibility to pick them up at their local outreach office.



For more information, please contact your service area Community Health Aide.

**Doug Morrison      Florence      (541) 997-6685**

**Armando Martinez      Coos Bay      (541) 888-9577**

**Kimmy Bixby      Eugene      (541) 744-1334**

## Elders Lunch

**Thursday, April 2, 2020**

**11:30 AM**

**Eugene Outreach Office**



**RSVP by Tuesday, March 31, 2020**

Please call the RSVP line at 541-435-7155

Or toll-free at 1-888-365-7155

LIMITED TRANSPORTATION IS AVAILABLE

**Guest Speakers:** Emily Farrell and Aleksa Bruns with Lane County Senior & Disable Services.  
Jeannie McNeill will be speaking and handing out information on the 2020 Census.



**Confederated Tribes of  
Coos, Lower Umpqua & Siuslaw Indians  
Sponsored by:  
Health 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



Candace Fong Hirsch

**Favorite Hobbies:**

- Hiking in the hills, trails, mountains and the beaches, as long as they are not too difficult or steep!
- Reading and watching TV - loves cooking shows, The Voice, and home improvement/remodeling shows.
- Hanging out and cooking with the family and friends.

## Candace Fong Hirsch

**Coos**

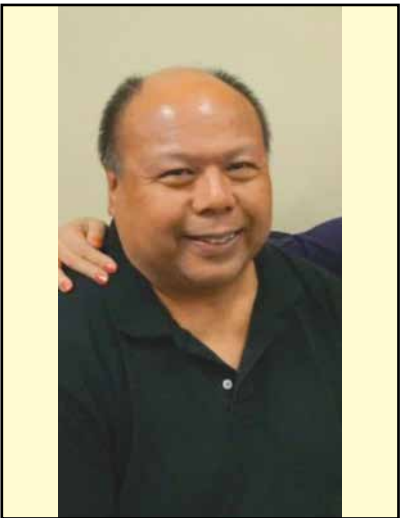
**Immediate Family:**

- Wife to Michael Hirsch. Mother to four children: Daughter, Marti Bradley and her husband Steven Bradley, Son Brian Hirsch, Daughters Emily Hirsch and Olivia Hirsch. Grandmother to Levi Bradley and Leila Bradley.

**Proudest Accomplishments:**

- All four of her children finished high school and college, and all are working.
- Happily married for over 30 years.
- Helping with her grandkids, who call her “Nonni.”

**Favorite Sayings:**  
“Have a Grateful Day!”



Jon Fong

**Favorite Hobbies:**

- Eating
- Hot-rodding in his '65 Chevy Nova SS.
- Spending time with his friends.

**Favorite Sayings:**  
“It is what it is!”

## Jon Fong

**Coos**

**Immediate Family:**

- Husband to Lorraine Fong and Father to Michael Fong and daughter Kimberly. Grandson of Bennett Barney, Son of Margaret Fong, Nephew to Claudette Lum, William Wong and Danielle Cheu. Brother to Malcolm Fong, Cousin to Jeff Fong, Candace Fong-Hirsch, Rodney Fong, and many other wonderful relatives.

**Proudest Accomplishments:**

- Marrying his wife, Lorraine.
- Having two wonderful children, Michael and Kimberly.
- Joining the San Francisco Police Department.
- Retiring from the Police force.



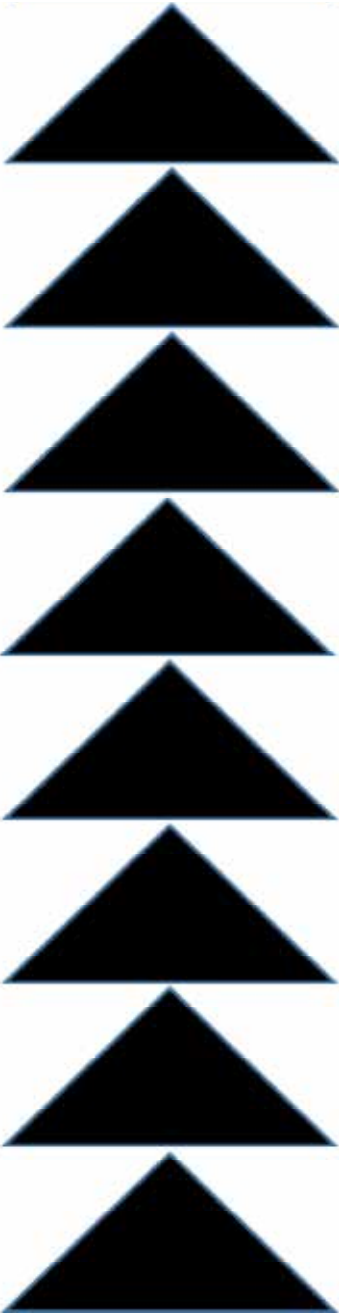
## Elders’ Honor Day Canoe Pull

Please join us and the Ko’ kwel’s Canoe Family for a canoe pull on the bay during Elders’ Honor Day.

**Saturday March 21st from 9:00 am to 11:30 am in Coos Bay.**

We will be meeting at the Eastside Boat Ramp at 9:00 am to launch our canoes and pulling to the Mill Casino, where we will invite Elders to board our canoes and pull with us.

For more information, please contact **Jesse Beers @ 541-297-0748** or **Ashley Russell @ 541 888-7511.**



Special Healthcare Provisions for American Indians and Alaska Natives

Contributed by Vicki Faciane, CTCLUSI Director of Health Services

Do you know that you do not have to live on a reservation or in your Tribe's service delivery area to receive healthcare services through the Indian Health Service (IHS)? Do you also know that the Affordable Care Act (ACA) guarantees special provisions for American Indian/ Alaska Native (AI/AN)? Read on to find out what types of healthcare may be available to you as an enrolled member of a federally-recognized Tribe.

The IHS operates clinics, hospitals, and healthcare programs throughout the United States. In addition, Tribes and Urban Indian (I/T/U) healthcare programs have healthcare services that are funded by the IHS and are available to enrolled members of federally-recognized Tribes. These programs are available to you at no cost. They do require you to apply for and accept any Alternate Resource for which you are eligible (i.e., Medicaid, VA benefits, etc.), as long as you do not have to pay for that resource. For example, you are not required to purchase an insurance plan, but if you qualify for Medicaid, you are required to accept the benefit and use it to pay for your healthcare services. I/T/U programs can and will bill any type of benefit you do have, but they generally will not charge you for your care. There may be some exceptions to this, so you should check with the individual program or clinic to see if there will be any charge for service. To see if there is an I/T/U health program near you, go to <https://www.ihs.gov/findhealthcare/>.

Even if you do not live near an IHS, Tribal, or Urban Indian program, you may be eligible for the special provisions for AI/AN that are part of the Affordable Care

Act, which became law in March 2010. These provisions are:

- ✓ **Special monthly enrollment status.** Members of federally-recognized Tribes and Alaska Native shareholders can enroll in Marketplace coverage at any time of the year. There is no limited enrollment period for these groups and they can change plans as often as once a month.
- ✓ **Zero cost-sharing plan option for household incomes at or below 300% of the Federal Poverty Level (FPL is \$26,200 for a family of four in 2020; 300% of that is \$78,600).** If you meet the guidelines, you can enroll yourself and eligible family members in a plan with no copays, no deductibles, and no coinsurance.
- ✓ **Limited cost-sharing plan option for households above 300% of the Federal Poverty Level (>\$78,600 for a family of four in 2020).** Copays, deductibles, and coinsurance will be lower than a similar plan purchased on the Marketplace by non-AI/AN.
- ✓ **No copays, deductibles, or coinsurance for zero and limited cost-sharing plans when receiving care from Indian Health Service providers.** If you enroll in a private health insurance plan through the Marketplace, you can keep getting services from the I/T/U health programs in your area. However, you can also

get services from any provider who is on the Marketplace plan you select.

For those who live in CTCLUSI's PRC Service Delivery Area (Coos, Curry, Douglas, Lane and Lincoln counties), if you are eligible for a plan that does not have a monthly premium, you are required to enroll in the plan. This is a benefit to the PRC program because it allows us to stretch our limited dollars further. It is also a

benefit to you, though, because it gives you more options for receiving healthcare in your community, since the insurance plan may cover services not eligible for PRC. During our annual PRC enrollment period (for CY2020: 12/16/19 – 1/31/20), your application is screened

for eligibility for alternate resources. If it is determined you might be eligible, a PRC staff member will contact you to get more information and to help you with the enrollment process. All of our PRC staff are Certified Assistors with both Oregon's One System (to apply for Medicaid and other Oregon resources) and the Federal Marketplace.

For more detailed information on AI/AN benefits, go to <https://www.healthcare.gov/american-indians-alaska-natives/>. If you have questions about the PRC program and/or your eligibility for PRC benefits, you can call (541) 888-4873 or toll-free at 1 (800) 227-0392.

*All of our PRC staff are Certified Assistors with both Oregon's One System (to apply for Medicaid and other Oregon resources) and the Federal Marketplace.*

Exercise for Diabetes and Get a Leg Up

By <https://www.diabetes.org/fitness>  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Regular exercise can help put you back in control of your life.

If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better.

So, however you want to do it — taking regular walks around the block, going for a run, or signing up for a marathon — getting started is the most important part.

Get started. But get started safely.

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay — as long as you start doing something now. If you haven't been very active or are worried about your health, it's important to consult your doctor and start slowly.

Light walking is a great place to start — and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life.

*It doesn't matter where you are physically. If you've never set foot in a gym, that's okay — as long as you start doing something now.*

Even little changes make a big difference.

If you're still struggling with getting started or feeling overwhelmed by the idea of starting a more active life, take heart: every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 10 to 15 pounds can have a significant impact on your health. The power to change is firmly in your hands — so get moving today.

# CY2020 Purchased/Referred Care (PRC) Program Updates

Contributed by Vicki Faciane, CTCLUSI Director of Health Services

The purpose of the PRC program is to provide payment for health care services for Tribal members living in the five-county PRC Service Delivery Area (the PRCSDA consists of the Oregon counties of Coos, Curry, Douglas, Lane, and Lincoln). As you know, the resources we receive from IHS to manage this program are limited both in money and in scope. Because this is an IHS program, we are required to utilize IHS Priorities of Care to ensure that the most critical health care needs are met first. Moreover, because our funding is limited, there is no guarantee that the money will last the entire funding year. Fortunately, we have been able to pay for all requested medical and dental care each year; however, this may not always be the case in the future.

The IHS Medical Priority Levels are:

- 1. Emergent or Acutely Urgent Care Services
- 2. Preventive Care Services
- 3. Primary and Secondary Care Services
- 4. Chronic Tertiary Care Services
- 5. Excluded Services

The CTCLUSI PRC program is usually able to cover services in the first three Priority Levels, however priority is given to the top two Levels. Due to our limited funds, we are unable to provide Level 4 care and we are not permitted to provide excluded services (these levels are marked in red above).

Beginning in CY2020, we have made a couple of changes to two Level 3 services: physical therapy and chiropractic care. We reviewed what insurance usually covers and decided to increase the number of visits we cover for both. (Please understand that these limits can change if available funds decrease or become unavailable). Here are the new limits:

- Physical Therapy is covered for 6 weeks, up to a maximum of 18 visits (previously 11 visits) for each injury/condition. Additional visits may be approved with PRC prior-authorization. To be

approved for more visits, your PT office must submit chart notes showing progress towards goals.

- Chiropractic: annual benefit is increased to 15 visits in a calendar year from 12.

We have some reminders for you:

- You must call for a PO for all services that will be billed to PRC. If you do not get a PO, PRC will deny payment to the provider and you will be responsible for the bill. Please call 48 hours before your scheduled appointment.
- If you are going to the emergency room, you have 72 hours after the visit to call and get your PO (30 days for anyone over 65).
- If you are on the Oregon Health Plan (OHP), you must use a provider who takes OHP patients. PRC will not issue you a PO for a non-OHP provider, unless the visit is for a service/procedure not covered by OHP.
- Also in regards to OHP: even though your healthcare needs are covered by OHP, there may be some services that are not covered. **You should still turn in a PRC application each year while on OHP.** Otherwise, if you need care that is not covered by OHP, your access to that care could be delayed while we wait for you to submit an application.

Finally, thank you to everyone who has turned in your PRC application for CY2020. The deadline for submission was January 31, 2020. If you have not turned in your CY2020 application, it is not too late. Although we have already changed your PRC status to Direct-Only (meaning you are not eligible for PRC benefits), turning your application in will restore your PRC benefits. In addition, do not forget to submit an application for each of your eligible children.

If you have any questions, or if you need help, you can call PRC at (541) 888-4873 or toll-free at 1 (800) 227-0392.

## Power Snack Mix

By <https://www.diabetesfoodhub.org/>  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Dried fruit is high in carbs so using a little bit, like in this recipe, can be a good way to add a sweet and fruity taste without too many carbs. This snack mix can appeal to both kids and adults!

Prep time: 5 min  
Servings: 6 Servings  
Serving size: 1/3 cup

- Ingredients:
- 1 cup Multigrain Cheerios
  - 3 tbsp Mini-Chocolate Chips
  - 3/4 cup Almonds
  - 1/3 cup Cherries (dried)

Directions:

In a medium bowl, mix together all ingredients.  
Portion into 1/2 cup servings.

Nutrition Facts:

6 Servings / Serving Size 1/3 cup

Amount per serving:	
Calories 165	Potassium 180mg
Total Fat 10g	Protein 4g
Saturated Fat 1.5g	Total Sugars 9g
Cholesterol 0mg	Dietary Fiber 3g
Sodium 20mg	Total Carbohydrate 17g



Please join us for good food and fun with other Tribal Families.  
All Tribal families welcome to attend.  
Sorry, No transportation is provided.

## Tribal Family Gathering Lunch

Sunday April 12, 2020

Coos Bay Tribal Community Center

Regular Tribal Council Meeting 10:00 am—12:00 pm

Tribal Family Gathering Lunch 12:00 pm—1:00 pm

General Council Meeting 1:00 pm—4:00 pm

Election Poll 12:00 pm—4:00pm



Please RSVP By Wednesday April 6, 2020  
(541)-435-7155 or toll free 1-(888)-365-7155

Sponsored by: Health Services Division — Diabetes Grant

# LIVING A BALANCED LIFE WITH DIABETES:

## Dealing with Stress and Making Healthy Food Choices

Source: National Diabetes Education Program  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

### Diabetes, Stress, and Healthy Food Choices

Diabetes is very common among American Indians and Alaska Natives. Yet, for most people, diabetes is only one of the many things in their lives that they have to worry about. At times, work, school, family issues, or other things in life can also be hard to manage. Different people handle stress in different ways. Some people turn to food as a way to deal with their feelings. Some people may eat too much when they feel down or stressed. They may turn to high-calorie foods like fast food, ice cream, cake, or other snack foods to feel better. Other people who are stressed may not have a good appetite. They may avoid food or not eat a lot. Eating too much or not eating enough as a way of dealing with stress can make it hard for you to take care of yourself and your diabetes. Stress and some foods, like white rice, white bread, cookies, pies, or cake, can all raise your blood sugar level. Not eating enough food can cause low blood sugar. If you have diabetes, it is important that you make healthy food choices to keep your blood sugar levels under control. Be aware of the times when you feel down and the kinds of foods you eat when you are stressed. If you find that you eat high-calorie foods when you are feeling down, try having healthy foods around the house to snack on. Healthy snacks include non-fat/no sugar ice cream, whole wheat bread or crackers, low-fat cheese, or half a banana.

### Tips to Handle Stress When you feel stressed:

- Talk with an elder about your concerns.
- Be with others that you have fun with.
- Do something nice for someone else.
- Take a nature walk.
- Learn a new activity, like fishing, horseback riding, or some other things that you might enjoy doing with others.

Be sure to also talk to your health care team (diabetes educator, dietitian, doctor, nurse, psychologist, or social worker), your spiritual counselor, or some other person that you trust. They can help you get the support you need.

### Make Healthy Food Choices

If you have diabetes, it is important to eat healthy foods to help keep your blood sugar levels under control. Make healthy food choices:

- ✓ Eat a colorful variety of fruits and vegetables.
- ✓ Choose whole grain foods—whole wheat bread and crackers, oatmeal, brown rice, and cereals.
- ✓ Limit the amount of solid fats and sugars when cooking or eating by trimming fat from meat, using less butter or margarine, and using less sugar.
- ✓ Make your meals lighter by using nonfat or low-fat milk, cheese, or mayonnaise. Use cooking spray instead of oil.
- ✓ Eat a healthy snack between meals.
- ✓ Choose water to drink.

## Avocado Tuna Salad

By: <https://www.diabetesfoodhub.org/>  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Say hello to this omega-3 fatty acid bomb! Packed with heart-healthy tuna and fiber-rich avocado, this low-carb and diabetes friendly salad is ready to go in just minutes, and at a price that can fit any budget. Chop some avocados, add packaged tuna, and mix in some store-bought pico de gallo. Ready in less than 5 minutes, this is a perfect lunch option or quick-fix dish with southwestern flair. It does pay to go with fresh pico de gallo, which you can purchase in the produce section or at the deli counter in most grocery stores. Or, if you've got a spare tomato, onion, and pepper, chop up your own! You can even get creative and add a pepper or a little cilantro. Make this diabetes-friendly nutrition powerhouse your own!

Prep time 5 min  
Servings 5  
Serving size 1/2 cup

### Ingredients:

Tuna Flavor Seal Pouches (6.4 oz, packed in water) 2  
Pico de Gallo 1/2 cup  
Medium Avocado (cut in half) 1

### Directions:

1. Remove the pit from the avocado. Use a spoon to scoop out the insides of the avocado and place it in a medium bowl. Mash the avocado with a fork or potato masher. Add the pico de gallo and mix well.
2. Add the tuna to the bowl and mix well. Serve the tuna salad with your choice of whole-wheat crackers, whole-wheat pitas or lettuce wraps.

### Nutrition Facts:

5 Servings / Serving Size 1/2 cup  
Amount per serving:  
Calories 130  
Total Sugars 1g  
Total Fat 5g  
Saturated Fat 1g  
Cholesterol 30mg  
Sodium 410mg  
Protein 18g  
Potassium 410mg  
Dietary Fiber 3g  
Total Carbohydrate 4g



## Peanut Butter Banana Oat Bites

By: <https://www.diabetesfoodhub.org/>  
Contributed by Armando Martinez, CHA and Diabetes Coordinator

These satisfying high-fiber bites make a great snack or quick Breakfast. You can freeze a couple bites in a snack-size plastic bag for a grab and go breakfast too!

Prep time 15 min  
Servings 24  
Serving size 2 bites

### Ingredients:

Egg(s) 1  
Ripe Banana (mashed) 2  
Peanut Butter (heated in microwave for 30 seconds) 1/2 cup  
Vanilla Extract 1 tsp  
Splenda Brown Sugar Blend 2 tbsp  
Old-Fashioned Rolled Oats (not quick cooking) (gluten-free if needed) 2 cup  
Baking Soda 1 tsp  
Salt 1/2 tsp  
Ground Flax Seed 1/4 cup



### Directions:

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.
3. In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.
4. Add oat mixture to peanut butter mixture and mix well.
5. Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.


**Nutrition Facts:** 24 Servings / Serving Size 2 Bites  
Amount per serving:  
Calories 75  
Total Fat 4g  
Saturated Fat 0.5g  
Trans Fat 0g  
Cholesterol 10mg  
Sodium 130mg  
Phosphorus 60mg  
Potassium 90mg  
Protein 3g  
Dietary Fiber 1g  
Total Carbohydrate 8g

# Coos County's Fitness for Recovery

Yoga- Mondays at 6 PM

Group Fitness- Saturdays 10:15 AM

These events provide a sober, supportive opportunity to increase your fitness, encourage others in sobriety, and challenge your limits. Class offerings will vary. Participation is free, must have 48 hours continuous sobriety to attend. Come build an active sober community together. Located at SWOCC Rec Center room 131.

 **@CoosFitnessforRecovery**  
**(541)808-8425**



Please join us for good food and fun with other Tribal Families.  
*All Tribal families welcome to attend.  
Sorry, No transportation is provided.*

## Tribal Family Gathering Dinner

**Tuesday, March 17, 2020**  
Three Rivers Casino & Resort  
5647 Hwy 126  
Florence, OR  
Dinner 6:00 pm — 8:00 pm



**Please RSVP By Friday March 13, 2020**  
**(541)-435-7155**  
or toll free  
**1-(888)-280-0726**

**Presenters**  
Aleksa Burns Lane Council of Governments  
Karen Porter CTCLUSI Education Department  
Jeannie McNeil CTCLUSI Administration

Questions, please contact Doug Morrison, CHA (541) 997-6685  
Sponsored by: Health Services Division — Diabetes Grant

# 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

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

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 5 <sup>th</sup> Annual Community Career Fair TRC 11 a.m.	6	7
8 Regular Council Meeting, CC 10:00 a.m.	9	10	11 COH Feather Fan Class, Coos Bay 5:30 p.m.	12	13 Deadline to submit statement of candidacy for Tribal Chief  Beaded Feather Class, EO 1:00 p.m.	14 Election Forum TH, 10:00 a.m.
15 Election Forum EO, 11:00 a.m. FO, 3:00 p.m. Traditional Tea Gathering TH	16 COH Smudge Kits or Dreamcatchers, EO	17 Tribal Family Gathering, TRC 6:00 p.m.	18	19 Dental Clinic Open House 5:00 p.m.	20 Elders Honor Day, Mill Casino	21  Elders Canoe Pull, Mill Casino 9:00 a.m.
22	23	24	25	26	27	28
		Spring Break Day Camp, Coos Bay, Oregon				
29	30	31				



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2020 Census Day	2 Elders Luncheon, EO 11:30 p.m.	3	4
5	6	7	8 COH Ladder Earring Class, Coos Bay 5:30 p.m.	9 Parenting Workshop TH 5:30 p.m.	10	11 Canoe Pull & Clam Dig, Coos Bay 8:00 a.m.
12 Tribal Chief Election Day Regular Council Meeting, CC 10 a.m. General Council, CC 1 p.m.	13	14	15	16 Parenting Workshop TH 5:30 p.m.	17 Cedar Bark Weaving Workshop, Eugene	18
19	20 COH Dentalium Necklaces, EO 1:30 p.m. and 6:30 p.m.	21	22	23 Parenting Workshop TH 5:30 p.m.	24 Cedar Bark Weaving Workshop, Coos Bay	25
26	27	28	29	30 Parenting Workshop TH 5:30 p.m.		

# Culture Coalition Seeks New Member



The Culture Coalition is currently seeking a member to appoint to our Coalition. We have a small annual budget that is used towards strengthening the tribes culture and arts.  
Please submit a letter of interest to Enna Helms at [hhelms@ctclusi.org](mailto:hhelms@ctclusi.org) or contact me at 541-297-7538.

Pictured above left to right: Mary Lou Hunter, Patty Whereat, Enna Helms, Eddie Helms, and Pam Stoehsler.



## PEACE & DIGNITY JOURNEYS JORNADAS DE PAZ Y DIGNIDAD



For Immediate Release: Monday, January 13, 2020  
Contact: Mel Huey in Eugene (541) 255-2741 [mel97402@gmail.com](mailto:mel97402@gmail.com)

### 2020 PEACE AND DIGNITY JOURNEY COMING TO OREGON Supporters and Core Runners Needed

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

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

A few core runners are still needed who will make the commitment to do all or most of the run. Purification ceremonies for core runners are usually held in California. For more information contact Al Gonzalez in California, his email is [atl@peaceanddignity.org](mailto:atl@peaceanddignity.org) or Anobel Gutierrez at [pdjvolotli\\_2008@yahoo.com](mailto:pdjvolotli_2008@yahoo.com)

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

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

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



## PEACEGIVING

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



Photo by Morgan Gaines

For more information about Peacegiving, please visit the Peacegiving Website or contact the Peacegiving Coordinator at the address listed below.  
Peacegiving Coordinator  
1245 Fulton Avenue  
Coos Bay, OR 97420  
PHONE: (541) 888-1306 or (541) 888-1316  
EMAIL: [Peacegiving@ctclusi.org](mailto:Peacegiving@ctclusi.org) Website: <http://ctclusi.org/peacegiving>

## WELLNESS COURT 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





## 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) OR recent graduate (within 6 months) in/from any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

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

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

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

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,  
PLEASE CONTACT

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



**EVENT FEATURES:**  
Employment opportunities  
Business connections  
Meet local employers  
Resources for a great career

SPONSORED BY:



THREE RIVERS  
CASINO RESORT

**THURSDAY, MARCH 5<sup>TH</sup>**  
**11AM - 3PM**  
**IN THE CASINO'S EVENT CENTER**

MEET WITH REPRESENTATIVES FROM OUR PARTICIPATING COMPANIES:

THREE RIVERS CASINO RESORT/CTCLUSI • OREGON COAST CULINARY INSTITUTE  
SUMMIT SALON ACADEMY PDX • CITY OF FLORENCE • IITR TRUCK SCHOOL • BI-MART CORPORATION  
HONEYMAN STATE PARK • NW YOUTH CORPS • PEACE HEALTH • OREGON DEPARTMENT OF TRANSPORTATION  
OREGON ARMY NATIONAL GUARD • SIUSLAW PUBLIC LIBRARY DISTRICT • LANE COUNTY GOVERNMENT  
ATLAS EDGE STAFFING • ARBONNE INTERNATIONAL • FRED MEYER • SAFEWAY • DRIFTWOOD SHORES  
RESORT & CONFERENCE CENTER • OREGON HOME CARE COMMISSION • SIUSLAW VALLEY FIRE & RESCUE  
SIUSLAW SCHOOL DISTRICT • OREGON OSHA • BICOASTAL MEDIA • TRANOUNT • WORKSOURCE LANE  
LINN BENTON COMMUNITY COLLEGE • OREGON PACIFIC BANK • GOODWILL JOB CONNECTIONS  
US ACTIVE ARMY RECRUITING • JOB CORPS • WAFD BANK • LANE COMMUNITY COLLEGE, FLORENCE CENTER  
NEW HORIZONS IN HOME CARE • US COAST GUARD • HEAD START OF LANE COUNTY • REGENCY PACIFIC  
MANAGEMENT LLC • AVON BY KYM • EARLY CHILDHOOD CARES • HOAGLAND PROPERTIES



## Department of Human Resources

### Current Openings at CTCLUSI and All Other Tribal Entities

#### Three Rivers Casino Resort ~ Florence

F&B Supervisor ~ F&B Gaming Floor Supervisor  
Bartender Lead ~ Bartender  
Cocktail Beverage Server  
Food Server: Blue Bills ~ Busperson  
Food Court Runner/Dining Room Attendant  
Food Court Cashier/Barista  
Bonfire Chef ~ Food Court Outlet Cook ~  
Night Cook/Cleaner ~ Dish Machine Operator  
Director of Management Information Systems  
Hotel Front Desk Lead ~ Front Desk/PBX Clerk  
Guest Room/Laundry Attendant  
Lead Guest Services Attendant  
Player Services Representative  
Table Games Dealer  
Table Games Dealer in Training – Closes 3/12/20  
**Blue Earth**  
No Openings

#### Three Rivers Casino Resort ~ Coos Bay

F&B Supervisor Dual Rate Manager on Duty  
Bartender/Server Lead  
Lead Cook  
Electronic Gaming Machine Tech I  
Security Officer Dual Rate  
Player Services Team Member  
Maintenance Tech II  
**Tribal Government Offices**  
Director of Education, Coos Bay  
Director of Family Support & Behavioral Health  
Services, Coos Bay  
Assistant Planner, Coos Bay  
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

## Save the Dates:

**Deadline to submit statement of candidacy**  
*March 13, 2020*

### Election Forums

*March 14, 2020*

Tribal Hall, Coos Bay 10:00 a.m.

*March 15, 2020*

Eugene Outreach Office, 11:00 a.m.

Florence Outreach Office, 3:00 p.m.

### Tribal Chief Election Day

*April 12, 2020*

Fun STARTS HERE

**ROCK  
the  
SHAMROCK**

**SATURDAYS**

**\$1,000**

**Cash Drawings  
Every 30 minutes  
7pm to 9pm**

One entry for every 25 same-day points earned  
from noon to 8:45pm on Saturdays.

**FIVE WINNERS EVERY SATURDAY!**

**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.

**FRIDAYS**

**Cash  
Crush**

PLAY THE LIVE ACTION BOARD GAME & WIN UP TO

**\$5,000!**

**7PM TO 9PM**

**Drawings every 30 Minutes**

One entry for every 25 same-day points earned.

THREE RIVERS  
CASINO

COOS BAY

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