

The Voice of CTCLUSI



August 2019

Issue 8

Volume 20

www.ctclusi.org

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

CTCLUSI Holds Groundbreaking Ceremony for Dental Clinic Expansion



CTCLUSI Tribal Council and Elders break ground during ceremony for Dental Clinic Expansion. At right, Chief Warren Brainard and Vicki Faciane, Health Director gave remarks during the ceremony held on July 11, 2019.

Contributed by Morgan Gaines, Communications Specialist

On Thursday, July 11, 2019 the Tribal Council of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians held a groundbreaking ceremony for the expansion of the Tribal Dental Clinic.

Tribal members, government staff, and guest gathered behind the Tribal Government Office at 1245 Fulton Avenue, in Coos Bay, Oregon at 4:00 p.m. to celebrate the upcoming expansion.

Chief Warren Brainard offered an opening invocation before Chairman Doc Slyter's opening remarks. "Congratulations to this staff for stepping forward and moving this project forward...it because of you that we are here today. Thank you!"

After Chairman Slyter's welcome, Chief Warren Brainard gave special thanks to Health Director Vicki Faciane, "We were a hairs breath away from shutting down this dental clinic because it was costing us a lot of money...she is the one who really helped turn this program around and I want to thank her, especially her."

Members of the Tribal Council then took turns sharing a few sentiments about the momentous occasion.

Council member Debbie Bossley recognized Tribal Elder Wanda Williford who attended the ceremony. "I remember when we got this building in 1999 and all

the construction that was going on...at that time Wanda was on Council...it was really a time of progress for us to have this [dental clinic]." Chief Warren Brainard added, "Wanda was Chairman at the time and really pushed for the dental clinic and I give her a lot of credit for getting it going. Thank you, I know it was tough, but good job."

Wanda Williford attended the ceremony and made sure to let people know that Tribal Elder Carolyn Slyter, who has since walked on, was the Vice-Chair at the time of the dental clinic opening. She was a tremendous part in helping to get the clinic started.

Next, Vice-Chairman Mark Petrie added, "I'm really proud of the program. Thanks to Vicki and the dental team for having a DHAT program, it is really something to be proud about...keep up the good work."

At first hesitant to comment, Councilman Josh Davies shared his own personal aversion to going to the dentist but that he is still thrilled with the work coming out of the clinic, despite his phobia. "My family all comes out smiling...thank you Vicki for keeping it going and to be able to do this with its own revenue."

Council member Iliana Montiel, who also serves as the Assistant Health Director

shared, "I was here in 2012 when the clinic was threatening to close and we had meetings every month, and we were trying to bring in revenue...so to fast forward and be here today is absolutely amazing."

Adding to everyone's remarks, Council member Doug Barrett mentioned Tribal Members and DHAT's Naomi Petrie and Marissa Gardiner and shared with the dental staff that "I've heard nothing but good stuff from everyone who has gone through [our dental clinic] so really that is kudos to the whole team."

Finally, Health Director Vicki Faciane had a few words to share as well, "I always felt like we could make this clinic successful. Part of it is getting a staff in here that are stable...we have a great staff here, and it is great to be able to have a staff that is that good. I think that the kudos go as much to the staff as they do to me, and I've really enjoyed working with this for the last six years and am glad to see this happening."

Tribal Council Health Director Vicki Faciane, along with Elders Wanda Williford, and George Barton then gathered golden shovels in hand, and scooped soil for an official ground breaking ceremony behind the Government office where the dental clinic will expand.

Turn to page 5 to read more about the Dental Expansion

Save the Date:

*Science Day with Culture & Natural Resources
August 16, 2019*

*Student Future Readiness Events
August 17 - Eugene
August 24 - Coos Bay*

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THE VOICE OF CLUSI

August 2019

Tribal Council Business

As Reported at the July 14, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:

June 9 - 14 Intertribal Timber Council
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance, Special Tribal Council Meeting, Tribal Council Workshop
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 26 Gaming Operations Review Board (GFORB); Tribal Council Business meeting
July 2 Gaming Facility Operations Review Board Special Meeting
July 10 Forest Tour - Smith River Tract
July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop

Chairman Doc Slyter:

June 9 Tribal Council Meeting
June 10 Coos County Court House in Coquille, dredging of bay
June 11-14 Elders Trip to Seattle/Tulalip
June 19 Healing to Wellness Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance; Reception at Dolphin Theater Play House; Special Tribal Council Meeting, Tribal Council Workshop; fire in plank house for Summer Solstice
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 23-26 National Conference of American Indians (NCAI) in Sparks, Nevada
June 29 30th Annual Coquille Tribe Restoration in Bandon
July 1 National Parks phone consultation
July 10 Forest Tour - Smith River Tract
July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop

Doug Barrett:

June 9 Regular Tribal Council Meeting
June 19 Healing to Wellness Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance, Special Tribal Council Meeting, Tribal Council Workshop; Plank House start of Summer Solstice.
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 24 FERC Public Hearing at SWOCC;

Summer School Meeting
June 26 Gaming Operations Review Board (GFORB); Tribal Council Business meeting
June 29 30th Annual Coquille Tribe Restoration in Bandon
July 1 -3 Summer School
July 2 Gaming Facility Operations Review Board Special Meeting
July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop
July 13 Grand Ronde Veterans Pow Wow

Debbie Bossley:

June 9 Tribal Council Regular Meeting
June 11-14 Elders Trip to Seattle/Tulalip
June 19 Shopped for Student Recognition Dinner; Healing to Wellness Court Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance, Special Tribal Council Meeting, Tribal Council Workshop
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 23-26 National Conference of American Indians (NCAI) in Sparks, Nevada
June 24 FERC Public Hearing at SWOCC
June 26 Gaming Operations Review Board (GFORB); Tribal Council Business meeting
July 2 Gaming Facility Operations Review Board Special Meeting
July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop

Vice Chairman Mark Petrie:

June 9 Regular Tribal Council meting
June 15 Basket Weaving Class - Florence
June 19 Healing to Wellness Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance, Special Tribal Council Meeting, Tribal Council Workshop, Summer Solstice Ceremony
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 23-26 National Conference of American Indians (NCAI) in Sparks, Nevada
June 27-July 3 Summer School
June 29 30th Annual Coquille Tribe Restoration in Bandon
July 10 Forest Tour - Smith River Tract

TCP Updates available online at www.ctclusi.org/tcp

July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop

Josh Davies:

June 9 Regular Tribal Council Meeting
June 19 Housing Committee Meeting; Healing to Wellness Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance, Special Tribal Council Meeting, Tribal Council Workshop, Plank House start to Summer Solstice.
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 24 FERC Public Hearing at SWOCC
June 26 Fingerprints with Gaming Commission; Gaming Operations Review Board (GFORB); Tribal Council Business meeting
July 2 Gaming Facility Operations Review Board Special Meeting
July 8 Resolution Signing at Tribal Government
July 11 Dental Expansion Ground Breaking, Cultural Committee meeting, Tribal Council Workshop

Iliana Montiel:

June 9 Tribal Council Meeting
June 11-14 Elders Trip to Seattle/Tulalip
June 19 Healing to Wellness Graduation
June 20 Gaming Facility Operations Review Board(GFORB) Special Meeting, Hollering Place re-conveyance; Reception at Dolphin Theater Play House; Special Tribal Council Meeting, Tribal Council Workshop
June 21 Summer Solstice; Family Gathering Dinner
June 22 Tribal Council Group Photos, Student Recognition Dinner
June 26 Gaming Operations Review Board (GFORB); Tribal Council Business meeting
June 29 30th Annual Coquille Tribe Restoration in Bandon
July 2 Gaming Facility Operations Review Board Special Meeting
July 11 Tribal Council Workshop

Resolution Summaries

RESOLUTION NO.: 19-036

Date of Passage: April 24, 2019

Subject (title): Gaming Sales Order

Explanation: The Tribal Council approved Gaming Sales Order for Three Rivers Casino. **Vote 6-0-0**

RESOLUTION NO.: 19-037

Date of Passage: April 24, 2019

Subject (title):Gaming Equipment Order

Explanation: The Tribal Council approved Gaming Equipment Order for Three Rivers Casino.
Vote 6-0-0

RESOLUTION NO.: 19-038

Date of Passage: April 24, 2019

Subject (title): ATNI Membership Delegate and Alternates(s) Appointment Amendments for Membership Year 2018-2019; due to Tribal Election held in April 2019

Explanation: The Tribal Council appointed Donald Slyter as ATNI Delegate and Josh Davies and Doug Barrett as ATNI Alternate Delegates. **Vote 5-0-1**

RESOLUTION NO.: 19-039

Date of Passage: May 2, 2019

Subject (title):CTCLUSI State Transportation Improvement Fund (STIF) Plan

Explanation: The Tribal Council approved the State of Oregon Statewide Transportation Improvement Fund to improve pubic transportation services in Oregon to qualify for an estimated 100,000.00 per year should certain requirements be met.
Vote 7-0-0

RESOLUTION NO.: 19-040

Date of Passage: May 6, 2019

Subject (title): Road Easement

Explanation: The Tribal Council approves an agreement for road access for Lakeside property.
Vote 7-0-0

RESOLUTION NO.: 19-041

Date of Passage: May 19, 2019

Subject (title): Approval of Memorandum of Agreement with the Indian Health Services Well & Septic Program

Explanation: The Tribal Council approves this MOA uses to establish the agreement for the Tribal to participate in the project of providing sanitation facility for qualifying homes. **Vote 6-0-0**

RESOLUTION NO.: 19-042

Date of Passage: May 19, 2019

Subject (title): Approval of CTCLUSI Participation in the Federal Technical Committee to Process Timer Donation Requests

Explanation: The Tribal Council approves this participation asked by the US Forest Service and BLM to effectively streamline timber donation to the Tribal for restoration and conservation purposes. **Vote 6-0-0**

RESOLUTION NO.: 19-043

Date of Passage: May 19, 2019

Subject (title): Authorization to Request Funding from the Tribal Wildlife Grant Program

Explanation: The Tribal Council approves this request to continue monitoring, conservation and enhancement efforts for Pacific Lamprey in the Tenmile Lakes Basin **Vote 6-0-0**

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

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. Native American Medal of Honor Medallions are awarded to Veterans 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
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Doc Slyter, Chairman

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Iliana Montiel

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Doug Barrett

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doug.barrett@ctclusi.org

Council Meeting

August 11, 2019
CTCLUSI 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

- August 1st** – Elders Luncheon,
Honeyman State Park, 11:30 a.m.
- August 3rd** – Breakfast with Tribal Council,
Community Center 8:30 a.m.
- August 3rd** – Evening s’mores with Tribal Council,
Tribal Hall 7:00 p.m.
- August 4th** – Salmon Ceremony
- August 6th** – Elders Committee Meeting,
Community Center, 1:00 p.m.
- August 6th – 10th** – Camp TaNae
- August 5th – 17th** – Theatre Camp,
Coos Bay – look for special mailing
- August 11th** – Tribal Council Meeting,
Coos Bay, Community Center 10:00 a.m.
- August 12th – 16th** – 9 Tribes of Oregon and
NARA-NW Prevention Camp, Warm Springs
- August 15th** – Healthy Families and Lifestyles
Workshop, LCC Longhouse, Eugene, 5:30 p.m.
- August 16th** – Science Day with
Culture and Natural Resources - Coos Bay, 2:00 p.m.

- August 16th** – Back to School BBQ,
Tugman State Park, 3:00 p.m.
- August 17th** – Student Future Readiness Event,
Eugene Outreach, 10:00 a.m.
- August 20th** – Tribal Family Gathering Dinner,
Eugene Outreach, 6:00 p.m.
- August 21st** – Abalone Necklace Beading,
Eugene Outreach, 5:30 p.m.
- August 22nd** - Healthy Families and Lifestyles
Workshop, LCC Longhouse, Eugene, 5:30 p.m.
- August 23rd** – Dental “Show Us Your Foamies!”
photo contest deadline, 2:00 p.m.
- August 24th** – Student Future Readiness Event,
Community Center, 10:00 a.m.
- August 25th** – Back to School BBQ,
Richardson Park, Eugene, 1:00 p.m.
- August 26th** – Art Camp, Coos Bay
For more info – look for special mailing
- September 5th** – Parenting Workshop,
Siletz Outreach Office Eugene, 5:30 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

<p>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</p> <p>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</p> <p>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</p> <p>Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-435-0492 lmalcomb@ctclusi.org</p>	<p>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</p> <p>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</p> <p>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</p> <p>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</p>	<p>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</p> <p>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</p> <p>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</p> <p>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</p>	<p>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</p> <p>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</p> <p>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</p> <p>Department of Natural Resources Margaret Corvi Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1304 Toll Free 1-888-280-0726 Fax 541-888-2853 mcorvi@ctclusi.org</p>
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CTCLUSI Language Used in Naming of Golden Gate Audubon Society Osprey Chicks

The Tribe was approached by The Golden Gate Audubon Society of San Francisco seeking Pacific coast indigenous name options for the new osprey chicks.

Tribal linguist Patricia Phillips graciously suggested these names for the osprey chicks. Language supported by the Culture Committee, was then provided to the organization. The two chicks were given names voted on by viewers. The names selected were the ones derived from our language!

Traditional words for osprey

Siuslaw-Lower Umpqua is **piisip** (PEE-sip)-which sounds like 'peace-up'. The Hanis Coos word for osprey is **kiskasitl** (kiss-KAH-sitl). The Miluk word for osprey is **kisgatotos** (Kiss-GAH-tuh-tuss).

The osprey youngsters were banded in June. The blue color bands on the left leg are marked with the letters WP and ZK.

"Peace-up" is marked with the band that reads WP and was named in honor of the Siuslaw word for Osprey!

Kiskasit has the band marked ZK and was named in honor of the Hanis Coos word for Osprey!

On the SFBayOsprey's Facebook page, the Golden Gate Audubon Society shared that they "are deeply honored by the remarkable gift of these names graciously offered to us by cultures who have shared their world with Ospreys for thousands of years".

Check out the birth place of these beautiful birds and go online to watch the live stream of the nest atop the Golden Gate Bridge by visiting

<http://sfbayospreys.org/>



Dear CTCLUSI,

We feel so honored by your tribes gracious offering of beautiful words from tribal languages for our SF Bay Osprey youngsters this season!

As a token of our gratitude and respect for the great work you're doing to revive tribal languages and restore habitat, please use these funds to further those very important endeavors!

On behalf of everyone who has learned to revere Ospreys, as your people always have, we thank you!

Cindy Margulis, Executive Director
Golden Gate Audubon Society

yuwiitomeu hewilts (Sharing Our Path)

Contributed by Patricia Phillips, Tribal Linguist and Enna Helms, Linguistic Associate

The last two weeks of June, we participated in the Northwest Indian Language Institute's (NILI) Summer Institute "Sharing Our Path" held in Eugene at the University of Oregon Campus. The 2-week Institute brings together Tribal Nations to help support and strengthen the documentation and revitalization of their indigenous languages. This year, there were around 75 Tribal people in attendance, teens to elders. There were many from Ichiskiini communities (Yakama, Umatilla and Warm Springs), a group of first time attendees from Pit River Nation in California, Wailaki and Yuki people from Round Valley reservation (California) and a group from the Mississippi Choctaw band (from whom we learned that a certain innocent Ichiskiini word has a very not-innocent meaning in Choctaw!)

This year, classes were focused on issues surrounding language endangerment, generating ideas among each other and advocating for language revitalization, curriculum development, classroom management, teaching how language works (morphology, grammar and the like) and Native grammars. There were also classes on 4 Native languages - Lushootseed (a Salish language), Ichishkiin, Tolowa and Pit River (Achumawi). We were able to set up our own class of two focusing on Hanis. Studying the Hanis grammar and practicing language use was a lot of fun and we both had new insights on the language. We were also able to spend some time connecting with students in the linguistics department who are helping us to transcribe language materials. The afternoon classes tended to focus on teaching - strategies for teaching language, and games. Games are a fun way to teach or reinforce words. Students got creative and created things like Sorry! in Ichishkiin (Ishnawáy!), several variations on Candy Land which were modified with photos of people's homelands (Yuki Candy Land was fun, I'll never forget "Opi Pa" for two-yellow), Rainbow Tag, among many others. It's also possible to make special sets of Uno cards, making it possible to make "Uno" cards in Hanis (yixai), Miluk (hich'i) and Siuslaw (ahlq).

On Saturday, there was a day of workshops around working with archival materials and stories. Enna taught bear grass braiding in one of the workshops. There was a cultural sharing night of singing and dancing. At the end of two weeks, people were sad to go (after making new friends) but also tired and eager to get home. It was inspiring to meet people from so many tribes working on and teaching languages. We would like to express our gratitude to the sponsors for making our participation possible, with the support from private sponsors through the NILI, to Stephanie Watkin's Workforce Development Program and to the Tribal Council.



Patricia Phillips and Enna Helms pictured above

The CTCLUSI Dental Clinic is Expanding!

Contributed by Vicki Faciane,
Director of Health Services

The CTCLUSI Dental Clinic opened in July 2000 with three operatories, one dentist, one hygienist, and support staff. The next nearest Tribal dental clinic is 111 miles from here in Siletz, Oregon. In 2017, the clinic served 751 patients, with some patients traveling more than two hours for their appointments. Access to the clinic has been an issue, with wait times to get in to see the dentist as high as 3-4 months at times.

In 2015, we had an opportunity to join the Dental Therapy project with the Northwest Portland Area Indian Health Board. We sent two Tribal members to Alaska for training as Dental Health Aide Therapists. Naomi Petrie returned to Oregon in June 2017 and Marissa Gardiner returned in June 2018. They are both working in the clinic seeing patients. The purpose of the Pilot Project is to increase access to oral health care for Native Americans/Alaska Natives living in underserved areas. In the first year of the project we had an increase of 7% in access to the clinic! Feedback from patient surveys have been very positive.

In conjunction with the Pilot Project, we have also been working on a plan to increase the number of operatories in our clinic. The Portland Area Indian Health Service, Office of Environmental Health and Engineering, conducted a feasibility study for us in early 2016. The study showed that we have sufficient population to support up to eight (8) operatories. Working with architectural firm HGE, Inc., we developed a plan to expand the clinic to seven (7) operatories. The project went out to bid in May 2019 and DLB Construction was selected for the expansion. Construction began on Monday, July 8. The project is expected to take 180 days to complete and should be done in early January 2020. The \$1.15 million project (which includes construction and new equipment) will be paid for from clinic revenues.

Over the next six months, the dental clinic will remain open at full capacity. There may be times when the clinic will need to close due to the construction, however we expect this to be a rare occurrence. We will do our best to notify patients in advance of any closures and reschedule them in the next available appointment. For the duration of the project, patients will check in at the main reception desk for the Tribal Government. The front lobby is doubling as the Dental Clinic waiting room. We apologize for any inconvenience.

We will have an open house when the clinic is finished. Be looking in the newsletter in December or January for details.



Your CTCLUSI Dental Team
pictured left to right: Maryann Adams, MeAnnDa Wallage, Ashley McFarland, Marissa Gardner, Naomi Petrie, Marissa Pittman, Dr. Sarah Rodgers, and Bobbie Broman

CTCLUSI DENTAL FOAMIE PHOTO CONTEST

SHOW US YOUR
FOAMIES!

July 1 - August 23



rbroman@ctclusi.org
or text to
(541) 751-5643



Foamies are safety glasses that you wear during dental appointments to protect your eyes. Visit the dental clinic to get your own pair of Foamies!

Be creative! We encourage you to take a selfie wearing the Foamie, or picture of your pet, a statue, or surprise us with something totally original.
BE CREATIVE and HAVE FUN!

Photo contest winner will receive: Braun Oral-B Electric toothbrush and other dental goodies (valued at around \$40)
Tribal Government Staff will vote to pick a winner on August 23rd at 2:00 p.m.

BY SUBMITTING A PHOTO FOR THIS CONTEST, YOU CONSENT TO HAVING YOUR PHOTO DISPLAYED ON THE BULLETIN BOARD IN THE DENTAL CLINIC, WHERE IT WILL BE SEEN BY CTCLUSI STAFF AND DENTAL PATIENTS. THE WINNING PHOTO WILL BE PUBLISHED IN THE TRIBAL NEWSLETTER.

This Month...be on the Lookout for Blackcaps

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Black caps are in the family Rosaceae, the rose family. Many of the fruit bearing plants that we are familiar with belong to this family. Also known as black raspberries, this deciduous shrub prefers disturbed sites, fields, and open forests away from the coast and produces powder-coated canes that can arch up to 6 feet tall. Interestingly, the canes of black caps are biennial, meaning that they grow vegetatively the first year and flower and bear fruit the second year before they die. The leaves of black caps usually have 3 to 5 sharp-toothed leaflets with silvery white undersides. White to pink flowers are borne in clusters of 2 to 7 and produce a globe-shaped “cap” that start bright red and ripen into a dusky, deep purple.

Food: Just like other berry species in this family, black cap shoots are best picked in early spring about the same time as salmonberry shoots and thimbleberry shoots. Be sure to peel the outer ‘bark’ off before eating. The berries of black caps usually begin ripening in July through August. They can be enjoyed fresh or dried for later use. The berries also make a great dye that is more often used on meat packaging

Medicine: Dried black cap leaves can be dried and enjoyed in tea.



Hanis & Miluk: dlæpsæen

Scientific Name: *Rubus leucodermis*

Fire Protection on the CTCLUSI Forest Lands



Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

July 10, 2019, 17 individuals participated in a field trip to the CTCLUSI Smith Tract hosted by the Cultural and Natural Resources forestry staff. Representatives attending included Tribal Council, Forest Planning Advisory Committee, Cultural and Natural Resources, and Tribal Police. The purpose of the trip was to discuss topics related to the Forest Management Plan as work begins on the planning process. Discussion topics included potential forest management activities, tribal membership use, cultural and traditional resources, public access, regulatory issues relating to law enforcement and the use of fire.

On the topic of fire use and protection, the tribal forest lands are part of an agreement through the Bureau of Indian Affairs

with Western Lane Fire Protection Association and Coos Forest Protective Association. All visitors to these lands are required to abide by the fire restrictions set by the State of Oregon, Department of Forestry. Fire Danger rating system runs from low, moderate, high and extreme. The Fire Danger Level can be found by visiting the Oregon ODF website. Regardless of the danger level and since there are no designated campsites on the tribal lands, there are no fires allowed on the tribal lands at any time.

For more information about the Tribes forestry management, visit the website at <https://ctclusi.org/ctclusi-forestry-management>

Highlights from a trip to Cape Arago, Oregon

Reprint of an article from The Dredgings – Newsletter of the Pacific Northwest Shell Club July- August, 2019: Volume 59 No. 4

Linda Schroeder is a mollusk expert from Seattle, WA that visited our area to survey the rocky intertidal for snails, clams, chitons, limpets and sea slugs. Coos Bay, OR is known as the northern range limit for several southern species (e.g. Red Abalone) that are more common in California. As the climate warms, it is expected that even more southern species will appear in our area. These newly arrived species can be small, non-descript and easy to overlook, so we greatly appreciate Linda's expertise in marine invertebrate identification.

Information contributed by John Schaefer, Tribal Biologist

Text and photos by Linda Schroeder

During the first week of June this year, I took a trip to southern Oregon and explored the beaches at Cape Arago and Yoakam Point State Parks. My last trip to this area was five years ago which happened to be the beginning of the sea star wasting disease event when I saw hundreds of dying *Pisaster ochraceus* and not a single healthy one. I'm happy to report that while the sea star population is still sparse in the area, healthy specimens of *Pisaster* of different ages were present and during those few days I didn't spot a single diseased specimen. *Henricia leviuscula* and *pumila* were also spotted.

On this visit I explored both South and Middle Cove beaches at Cape Arago and two beaches at Yoakam Point. Club member, John Schaefer, joined me for the tides at Middle Cove and one at Yoakam Point. John lives near Coos Bay.

During our visit to Middle Cove we had a particularly successful day of finding chitons - thirteen species in all. These included *Cryptochiton stelleri*, *Cyanoplax dentiens*, *Dendrochiton flectens**, *Katharina tunicata*, *Placiphorella velata**, *Tonicella lineata*, the *Lepidozona* species *cooperi*, *mertensii** and *radians**, and the *Mopalia* species *hindsii*, *kennerleyi*, *lignosa* and *muscosa*. (*new additions to my Cape Arago list)

On my last trip I had found only dead shells of the Two-spot keyhole limpet, *Fissurellidea bimaculata*, in the beach drift at Yoakam Point. This time we found two live ones. The body color can be variable and we found a deep orange one in Middle Cove and a bright yellow one at Yoakam Point that we first mistook for a nudibranch. Both were around 50 mm in length.

A highlight in any trip is when you find species you've never seen before - at least live and in a natural setting. I found my first Black Limpet, *Lottia asmi*, living on the Black Turban, *Tegula funebris*. This was one I obviously overlooked on the last trip since I found many at three of the sites. Another first was when John showed me a crevasse where he had found the Reticulate button snail, *Trimusculus reticulatus*. This is an air-breathing snail and lives on the outer coast at the high tide line in crevasses and caves. They're found on the ceiling of such places.

Another first for me was a crustacean. At Middle Cove, John found this Umbrella Crab, *Cryptolithodes sitchensis*. This is usually only spotted by divers so we were very lucky to find one in a low tide pool.

In addition to the four chitons and *Lottia asmi* that can be added to the mollusks on our site list, we found *Hiatella arctica* (live), *Crepidula adunca* (live), *Eulithidium pulloides* (live), *Olivella baetica* (drift), and *Tegula pulligo* (drift). Also in drift, I'm fairly certain we found *Amphissa versicolor* and possibly a couple *Mitrella tuberosa*. These two species were a combination of beach-worn and very young shells, making positive identification more



John's favorite finds at Yoakam Point



John Schaefer at Yoakam Point



Cryptolithodes sitchensis, about 90 mm

difficult. Another fun find in the Yoakam Point drift, John found a small pearl! It likely came from one of the abundant California mussels present.

Cape Arago is also usually a good place to find nudibranch species but we didn't have a lot of luck and only found four species repeatedly. Perhaps we just didn't have our "eye" for nudibranchs going this trip. We saw *Doris montereyensis*, *Peltodoris nobilis*, *Cadlina luteomarginata* and *Rostanga pulchra*. In South Cove at Cape Arago I found an interesting coloration of *P. nobilis*. Usually it is yellow with some dark patches of color on the body. I found one where the dark patch covered the entire dorsal surface...

The informational page for these sites on the Pacific Northwest Shell Club website can be found here: <http://www.bily.com/pnwsc/web-content/Site-Pages/CoosBay.html>



Pictured above top: *Trimusculus reticulatus* among the goose barnacles, arrow points to eggs

Above bottom: The crevasse at Yoakam Point, snails were on ceil-ing in corners and among goose barnacles

Above left: *Lottia asmi* residing at the base of a *Tegula funebris*.



Fissurellidea bimaculata - Above left: from Middle Cove
Above right: from Yoakam Point



Left: *Dendrochiton flectens*, about 30 mm, Midle: *Lepidozona radians*, about 10 mm, Right: One of four *Placiphorella velata* we found, a young clean specimen, about 25mm



CULTURE AND NATURAL RESOURCES PRESENTS



SCIENCE DAY



FRIDAY, AUGUST 16, 2019

**CULTURE & NATURAL RESOURCE OFFICE
1245 FULTON AVENUE
COOS BAY, OREGON 97420**

2:00 p.m. - 6:00 p.m.

Meet our natural and culture resource specialists in cultural stewardship, air and water quality, resource protection, wildlife, and forestry

Learn about native traditional plants, especially sacred tobacco

Learn more about our new forest lands and the development of our Forest Management Plan

Meet Qaya, our air monitoring station

See our growing environmental testing laboratory

Collect information on how to keep our lands healthy

Drinks and snacks provided

9 Tribes of Oregon and NARA-NW Prevention Camp

Hosted by The Confederated Tribes of the Warm Springs

August 12 - August 16, 2019

Camp Ta Nae

Hosted by The Coquille Indian Tribe

August 6 - August 10, 2019



To fill out applications to attend either of these camps please contact Doug Barrett at (541) 297-2130 or dbarrett@ctclusi.org

CTCLUSI Tribal Response Program Visits Makah Indian Tribe's Office of Marine Affairs



Panoramic view from Cape Flattery looking north, Canada in the background

Contributed by Janet Niessner, Tribal Resource Response Specialist

In mid-June, Culture and Natural Resource’s Tribal Response Program staff traveled to Neah Bay, Washington to engage with the Makah Indian Tribe’s Office of Marine Affairs.

CTCLUSI proposed the meeting with the Makah for the purpose of furthering our own Tribal Response Program. The Tribal Response Program is funded by the Environmental Protection Agency to build Tribal capacity in oil spill response in order to protect culturally significant resources of the Tribe. This funding is also used to clean up contaminated properties, otherwise known as “brownfields” or “superfund sites”, which are owned or managed by the Tribe. Our Program staff have developed the Tribal Estuary Response Plan, however, the Program is now strategizing how to further build upon staff, skills, and resource needs.

The Makah have worked for over two decades to build their Office of Marine Affairs that oversees policy and regulation for ocean and resource protection, as well as the implementation of oil spill response. They work with the United States Coast Guard to manage vessel traffic and also use EPA funds to implement their own Tribal Response Program. All of this has been motivated by significant traffic of large vessels that course between the United States and Canada through the Pacific Ocean, the Salish Sea, and the Strait of Juan de Fuca. Moreover, within their waters they have seen numerous shipwrecks that have impacted their community resources.

Funded by the Marine Spill Response Center, the Makah Tribal members are capable of responding to both small and large scale spills in their waters, as well as assist the United States Coast Guard in their response actions. CTCLUSI staff were able to tour the Makah’s marina where their numerous spill response vessels are docked. These vessels are equipped with generators, collection chutes, holding tanks, air monitoring equipment, and fully operated by qualified and certified Tribal staff. CTCLUSI staff were also able to enjoy a beautiful hike through Makah forest lands and visit their substantive and educational cultural history museum.

As a result of this incredible engagement, CTCLUSI’s Tribal Response Program staff are developing focused strategies to continue building the program. With direction from Tribal Council, Program staff will incorporate Tribal concerns and values into state and federal policy, ultimately protecting Tribal resources. The Department also hopes to build spill response and cleanup capacity as well as contaminant monitoring in the Coos, Umpqua, and Siuslaw estuaries. (<https://ctclusi.org/tribalresponseprogram>)



Closeup of kiosk summarizing history of large shipwrecks in or near Makah Tribal waters.



Makah Marina



CNR Staff Janet Niessner and Carter Thomas



Talking shop in the forest

2019 National UNITY Conference

Contributed by Dawn Adams,
Assistant Director of Family Support Services

CTCLUSI was well represented by 26 at the National UNITY Conference in Orlando Florida July 3 – 10, 2019 with a group that consisted of 20 youth ages 14-24 and 6 chaperones.

UNITY stands for United National Indian Tribal Youth. UNITY's mission is to foster the spiritual, mental, physical and social development of American Indian and Alaska Native youth and to help build a strong, unified, and self-reliant Native America through greater youth involvement.

UNITY is the largest and oldest network organization for Native youth with a keen focus on developing leadership, cultural awareness and wellness in the youth of Native America.

Our delegation had the opportunity to attend many varying break out workshops and sessions that included Wellness Warriors with activities like Zumba, fostering connections, the impacts of using social media, first amendment protections, good stewardship of the earth and environment and STEM.

Events also included a UNITY Fire ceremony, a banquet dinner, talent show, fashion show, a 3-on-3 basketball tournament and a closing friendship circle.

The conference schedule included 2 free afternoons during which the group got to visit Universal Studios Orlando. A great time was had by all!

We would like to extend our appreciation and thanks to CTCLUSI, Alexis Barry, CEO, Earl Boots, Director of Family Support and Behavioral Health Services, the Transportation and Finance departments and especially to our co-workers for maintaining the office in our absence.

Thank you also to the chaperones, we could not have pulled this off without your commitment, dedication and hard work providing support and guidance to the youth. It is an investment in the futures of these youth and the Tribes.

To the youth participants, A HUGE THANK YOU!!! The manner in which you all conducted yourselves, with respect, generosity, caring and concern for others is truly remarkable and very appreciated. This was the finest group of individuals I have ever had the honor and privilege to travel with. It is our sincerest hope that your shared experience will be the foundation for lifelong connections, friendships and the basis and foundation for your future leadership of CTCLUSI. We look forward to many years of working with you.

Finally, my undying gratitude to Devynne Krossman for her long hours toiling over all of the details, organizing every aspect during the planning and organization of this trip. Without her level of commitment and dedication none of it would have been possible. THANK YOU!

The annual UNITY conference for 2020 is slated to be held in Washington DC so if you're interested in Youth Council and participating keep an eye out for more information in the coming months.



Summer School with Family Support Services

Contributed by Kevin Gowrylow, Family Support Specialist

Summer School this year took our youth through a journey into studying tribal history with a modern perspective. Students utilized a 3D printer to create objects of their imagination. They created Kinetic sand and with the help of a 3D camera, a projector, a sandbox, and staff from the Culture and Natural Resource Department, they were able to offer a demonstration to the children to show how our ancestors used to collect the food, symbolic of our people: fish. The students also played a trading game, where they would trade dentalium, pine nut seeds, sea otter pelts, and other resources that were common during time immemorial. Students also participated in talking circles where students learned and followed the values of: respect, goal-setting, encouragement, self-worth, and self-empowerment. Other activities included: Flint Knapping with Doug Barrett, sedge-grass gathering with Ashley Russell and Courtney Krossman, storytelling with Jesse Beers, and with Mark Petrie, they played Nauhina' nawos ("Shinny game" in Hanis) also known as Pakuwii in Siuslawan. Each of the children were asked to record the activities in a daily journal. Some children volunteered to share a section of their journal with the rest of the class.

Keep a lookout in the CLUSI Newsletter, for more upcoming summer activities hosted by Family Support Services!



Family Support Services Welcomes New ICWA Case Manager

My name is Melanie Mateski and I am the new ICWA Case Manager for CTCLUSI. I am very honored and excited about this new journey and will be looking forward to meeting many of you soon!

A little about myself... I was born and raised in Hickory, North Carolina (yes I am a Tarheel and I bleed baby blue ☺). I played sports in High School as well as Tennis and Basketball in College. I am a UNC Tarheel basketball and Portland Trailblazer fan, so sports have been a big part of my life.

I am married and have had eight children, six of whom are living. I lost a little girl to cancer when she was 17 months old and another while

pregnant due to the stress during that time. My children range in ages from 27 to 15 and are amazing kiddos (4 boys / 2 girls). My husband teaches History at North Bend Middle School and was born and raised in North Bend. Go Bulldogs!

Prior to working for CTCLUSI I have served as the Clinic Site Manager at Waterfall Community Health Center, Case Manager at Oregon Coast Community Action and as the Case Manager / Care Coordinator for Coos Cares. I love Case Management and working with families to help them stabilize, advance and remove barriers along their journey.

Elders Corner

Tribal Elder Paul Benasco Receives Resident of the Month!



Congratulations to Paul Benasco for becoming our July Resident of the Month. Paul is such a kind man. He is friendly to everyone he runs into and always smiles and says hello.

Coos Tribal Elder Paul Benasco has received Resident of the Month at the Pacific View Living Facility where he resides in Bandon, Oregon (pictured below). He was featured in their monthly internal news publication to residents and staff for the month of July. As you can see at left, they had this to say about him: “Paul is such a kind man. He is friendly to everyone he runs into and always smiles and says hello.” Many of us at the Tribal Government offices in Coos Bay know that sentiment to be true as he is always a warm and welcome visitor when he makes it in to see us. We are glad to see that the staff and residents of Pacific View feel the way we do about him. Congratulation to Paul for being honored, it’s truly deserved.



Welcome New Tribal Elder
Tommy Thorn

Elders Committee Meeting: August 6, 2019 - *COMMUNITY CENTER*
Potluck Lunch at 1:00 p.m. - Meeting from 2:30 p.m. - 4:00 p.m.

Elders Take on Seattle



Elders Corner

Elders Spotlight features will resume in the September 2019 edition of The Voice of CLUSI

Elders Take on Seattle

Contributed by Iliana Montiel, Assistant Director of Health Services

Our Elders trip started bright and early on Tuesday, June 11th. The majority of Elders met at the Eugene Amtrak as we headed to Portland to meet up with the rest of our Elders. We had a quick layover and scrambled for some lunch before our long journey to Seattle. We made it to our hotel that evening and everyone was starving (unbelievable for an Elders trip - LOL). As folks were checking into their rooms, I ordered pizza, while others took out on foot looking for a quick bite nearby.

The next morning we were off for some Seattle sightseeing. Our transportation bus dropped us off at Pike's Place Market to do a little shopping. When our group returned to the bus, I saw everything from jewelry and soap to cherries. Then it was off to Ivar's Salmon House for lunch. What great food and wonderful view. Traffic is a constant and horrible issue in Seattle; we barely made it to the Ride the Ducks, but the people were so amazing that they waited for us. This was one of the highlights of the trip for many of the Elders. You ride a duck bus for an hour and get to see all the highlights of downtown Seattle, while your tour guide entertains you with funny hats, cheesy jokes and great music. Then the bus turns into a boat and goes into the Marina. For most, that was the best part.

Then it was back on the big bus headed to Tulalip Casino Resort. Just to give you an idea of Seattle traffic, it took 2 hours to go 35 miles. It appeared that every Elder from the Pacific Northwest was at the hotel when we arrived. We left our luggage with the concierge and decided to go to dinner and then check in. After a wonderful buffet dinner, we headed to the hotel front desk to finally check in. The rooms were spectacular! This was probably the second best part of the trip. Some folks stayed and enjoyed their rooms, while others hit the casino floor. I heard that there were a few winners.

The next morning was Tulalip Elders Honor Day. I believe there were over 800 in attendance. We ran into some of our friends from Umatilla and Grand Ronde. There were many giveaways and large prizes. We had some winners in our group: Sharon Arnold and Mary Byer won gift baskets; John Perry and Kerry Dollins won Keurig coffeemakers; Phyllis Howlett won \$\$; Deedee Plaep won a mini-fridge; and Doc Slyter won a huge summer basket. Doc took the potato chips and hammock from the basket, and gave away the rest to his new friends at his table. Doc also presented the Tulalip Tribe with our gift — a beautiful paddle made by George and Barb Barton. Before we headed back to the hotel, the Elders took a little tour of the Hibulb Cultural Center. I stayed at the casino to look for a couple of "missing Elders" who were apparently still gambling. Hope they won! Once everyone was accounted for, we headed back to Seattle for our final night's stay. There was a very nice catered dinner waiting for us upon our arrival. Yum!

The next morning it was off to the Amtrak Station. This time we had a double decker car. We had some Elders in a nice bottom level where they had their own private restroom and lunch was brought to them. The rest of us were upstairs, but were able to walk around to the observatory room and then later the dining car.



The convoy returned to Eugene where Kathy Perkins and Jeremy Petrie were ready to pick us up. We headed to Hometown Buffet for a light dinner and root beer floats before our travels home.

We had a fabulous time. Each day was special as we had an Elder's birthday every day of the trip: Frank Brainard, Janet Brainard and Amy Bolling. We had many "what happens on the bus stays on the bus" moments — my lips are sealed. A huge thank you to the Elders for being troopers and being patient. A special thanks to Brad Kneaper, who even though he does not work for me (like some thought), he helped a ton. I want to thank my amazing staff: Armando Martinez, Deedee Plaep and Kimmy Bixby, because I could not have pulled this off without you all.



Weight Loss and Diabetes

Alaska Native Tribal Health Consortium

Contributed by Armando Martinez, Community Health Aide

If a person with diabetes is overweight, losing a small amount of weight can make a big difference. Losing even a few pounds by exercising and eating healthy can reduce your risk of complications and improve your blood sugar control.

Losing Weight takes three steps:

1. Take an honest inventory of you current lifestyle habits:

Food

Write down everything you eat for three or more days. There are several free computer apps that will help you figure out how many calories you are eating. Your dietitian can also do this for you. The key is to learn when and how much you are really eating.

Activity

Do you get exercise beyond your daily living activity? Daily living activity is the activity everyone does as part of a typical day: light cleaning, cooking, child care, etc... Daily living activity is important, but are you doing any moderate activity that makes your heart beat faster, or creates a light sweat? Record how much moderate activity you are getting each day.

Sleep

Are you getting enough sleep? Getting enough rest is an important part of losing weight. People who do not get enough sleep are more likely to be overweight. Pay attention to how many hours you are getting.

Stress

Does life feel out of control? Stress can increase blood sugar and make it harder to lose weight.

2. Review and compare your information:

- Is the amount of calories you are taking in keeping you from losing weight? Can you identify a time of day that

is a problem for you? Talk to your dietitian about how many calories you should be taking in to lose weight. How do you compare?

- How much moderate activity are you getting compared to the 30-60 minutes that are recommended? You can start slow and work your way up!
- Are you running on 5 hours of sleep a night? If you are getting less than 7 hours of sleep a night, you are not getting enough!
- Are you feeling very stressed? What changes can you make in your life to feel more in control and relaxed? Meditation and exercises are two ways to help reduce the effects of stress.

3. Make a plan:

- Pick one or two things you want to work on.
- Make a goal. Be very specific. What **EXACTLY** do you want to do?

For example: *I would like to increase my activity.*

My goal for this is: *I will walk on my lunch break for 30 minutes on Monday, Wednesday and Friday of this week. I will walk at a pace that leaves me a little sweaty when I'm done.*

There isn't one way to lose weight that works best for everyone. Finding out where you need help and choosing goals that make sense to you, will help you be successful.

You are in charge of managing your diabetes. You can take action to help prevent complications. We are here to help you meet your goals, let us know how we can help you.

Blueberry-Cucumber Salad Recipe

From: U.S. Highbrush Blueberry Council. Contributed by: Armando Martinez, CHA & Diabetes Coordinator

One of our favorite things about summertime is how easy meal prep can be. This Blueberry Cucumber Salad is a quick fix of refreshing, seasonal ingredients. Enjoy it by the pool, pack it to go, or serve it up with dinner – no matter how you dish it out, this Blueberry Cucumber Salad is a light summer recipe packed full of healthy benefits!

Ingredients:

For the Salad:

- 1 cucumber
- 2 cups (1 pint) fresh blueberries
- 2 tablespoons thinly sliced scallions

For the Dressing:

- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1/2 cup coarsely chopped cilantro or parsley leaves, loosely packed
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

For the Topping:

- 1/cup (2 ounces) crumbled feta cheese, optional

Instructions:

1. With a sharp knife, cut the cucumber in half lengthwise
2. With the tip of a spoon, scrape out the seeds
3. Cut into thin slices
4. In a large bowl, toss cucumber, blueberries, scallions and cilantro
5. In a small bowl, whisk the olive oil, lime juice, cilantro, salt and pepper
6. Pour over the cucumber mixture and toss to combine
7. Sprinkle with feta cheese, if desired

Attention Coos Bay Elders

Frozen Meals Update

Due to our Dental Clinic Expansion construction, the frozen meals have been temporarily relocated from the Health Services hallway. We will have scheduled pick up times for your meals during the construction phase as follows:

Mondays: 8:00 am — 12:00 pm
Tuesdays: 1:00 pm — 4:00 pm

Please check in at the front desk and ask for Armando. If you need a different time, you will need to contact Armando and schedule an appointment.

Armando Martinez
541-435-7228 — Office Phone 541-435-5223 — Cell Phone
Thank you for your patience and understanding.



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

F&B Manager ~ F&B Supervisor
Bonfire Service Manager
Bonfire Back Server/Busperson
Food Server Blue Bills
Bartender ~ Cocktail Beverage Server
Food Court Runner/Dining Room Attendant
Line Cook ~ Dish Machine Operator
Hotel Front Desk/PBX Clerk
Guest Services Attendant
Guest Room/Laundry Attendant
Special Events Team Member
Slot/Keno/Bingo Attendant ~ Slot Technician I
Security Officer 1 ~ Player Services Representative
Soft Count Team Member Dual Rate Lead

Blue Earth
No Openings

Three Rivers Casino Resort ~ Coos Bay

Line Cook ~ Security Officer 1
Soft Count Team Member Dual Rate Lead
Environmental Services Technician 1
Electronic Gaming Machine Technician 3

Tribal Government Offices

DentalHealth Aide/Program Asst, Coos Bay
Circles of Healing Outreach Advocate, Eugene
Administrative & Licensing Assistant, Florence
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



Congratulations Graduates!

College Graduates





Ashley Faciane
Bachelors of Science in
Cybersecurity and Networking
from University of Maryland
Global College


Ashley Faciane achieved her Bachelor of Science in Cybersecurity and Networking from the University of Maryland Global College. Previously, Ashley attended the University of Alaska, Anchorage, and attained an Associate Degree in Computer Science from Hawaii Pacific University. Ashley is the daughter of Vicki Faciane and the granddaughter of Tribal Elder Wanda Williford. She was born in Lubbock, Texas, and she grew up in Anchorage, where she graduated from Dimond High School in 2000. She joined the Navy in November 2003 and is currently stationed in San Diego, California. She plans to begin work soon on an advanced degree in Cybersecurity. Congratulations, Ashley!



Carli Clarkson
Bachelors of Art in
Business Law and Sports Business
Arizona State University

Carli Clarkson came to the Tribal Government Office and received her Pendleton Blanket for college graduation. She said, "First and foremost I would like to extend a great big THANK YOU for all the financial support I was given to help with my College expenses. I graduated this spring with a double major in Business Law and Sports Business and I have just been accepted into the Masters of Sports Law and Business program at ASU to begin my Graduate Education towards my Law Degree."

CTCLUSI EDUCATION DEPARTMENT PREPARING FOR THE FUTURE EVENT



Parents and Students come with your questions.

Get Information, Get Involved, Get Ready!

- OSAC <https://oregonstudentaid.gov/scholarships.aspx>
- Understanding and filling out FAFSA; <https://studentaid.ed.gov/sa/fafsa>

What-to-Bring Checklist

- Date of birth for student and parent(s)
- Email for student and parent(s)
- Most recent federal income tax returns, W2s, and other records of money earned
- Bank statements for checking, savings, and other asset accounts
- Records of untaxed income (such as child support received and untaxed pensions)
- Driver's license (if you have one)

- Learn the Difference Between Scholarships and Grants
- Exploring Various Funding Options

Location; **Eugene Outreach** 135 Silver Ln. Suite 200 Eugene, OR 97404
Date: **August 17th, 2019** Time: **10:00 a.m. to 3:00 p.m.**
Location **CTCLUSI Community Center** 338 Wallace Ave. Coos Bay, OR 97420
Date: **August 24th, 2019** Time: **10:00 a.m. to 3:00 p.m.**

Contact:
Stephanie Watkins - swatkins@ctclusihr.org or 1-541-902-6502

Karen Porter kporter@ctclusi.org or 1-541-888-1315

New CTCLUSI Library Hours

Hello CTCLUSI Tribal Families

The library located in Tribal Hall is now open with new days and hours.

Tuesday and Thursday from 3:00 p.m. to 5:00 p.m.
Closed on major holidays that fall on these days.

- Many new books for you to check out
- Media Library (also for check out)
- Computers with internet access
- Job Search
- Update or create resumes
- Research
- Children's Corner
- Quiet study area

Jeffrey Hash is our hands-on Education/Library/Tutoring specialist and happy to help.

Jeffrey Hash
Education@ctclusi.org
jhash@ctclusi.org
541-888-1314

Come in. Check it out. Say hello!

Recovery without Abstinence: Is it Really Recovery?

Contributed by Leslie Lintner, QMHPC, Assistant Director of Behavioral Health Services

Traditional recovery has always included abstinence. Those who are addicted are expected to give up the substance and move on in life never using it again. As time has progressed, the idea of a singular addictive state with alcohol or drug of choice has been expanded to encapsulate any addictive substance or behavior.

Many people are regularly using multiple drugs and multiple types of alcohol, and many of those people also smoke tobacco. Factor in addictive behaviors related to gambling, exercise, sex, eating, and other compulsive disorder types, most of those in recovery would have to quit eating, quit exercising, quit having sex or just about everything to meet the expectation of abstinence.

So if someone is an addict, should they take medication prescribed by their physician? If an alcoholic's choice of alcohol is hard liquor, then do they need to stop drinking beer or wine? Say an addict's drug of choice is methamphetamine, then should they also abstain from marijuana? When you start talking about cross addiction, the understanding of abstinence in the traditional treatment programs is even murkier.

Sorting all of this out is generally left up to individuals especially now that harm reduction has become a best practice philosophy of many treatment programs. Often sustained abstinence is more flexible and recovery status is not lost if there is a small misstep. As an example, someone who has been in recovery for years from methamphetamines decides to drink wine at their child's 21st birthday. Is that relapse? What if they smoke marijuana instead?

Using moderation as a form of harm reduction does have its merits. For example, heroin addicts reduce their chances of accidental overdose and relapse by using medically assisted treatment that includes Naloxone or methadone. There are differing opinions about efface, but if someone is using suboxone instead of heroin, then that person experiences less harm or potential of harm directly related to the use of opioids. Education about people moderating their own behavior and use is gaining traction.

Self-accountability is always the desired outcome whether it means abstinence or moderation. Either way it accomplishes the same goal. People who use addictive substances and tend to be compulsive need to take a good look at all their problems and set goals that are attainable with work. When goals are outside the realm of reality (or what addicts or alcoholics see as impossible or unreasonable) they are a lot less likely to buy into their recovery. Owning their own recovery is the only way to be successful.

So, do you know your limit? If you are ready to learn more or begin your own recovery journey, give me a call at 541-888-7509 and we will help you!



**Sometimes
Not Giving Up
Is Enough!**

Are you struggling not to give up? We can help.
Call Family Support & Behavioral Health Services
541-888-7509 Toll-Free 1-800-618-6827
Comprehensive Counseling & Treatment Services
NO ONE SHOULD STRUGGLE ALONE!



ONE & DONE

TWO & THROUGH

THREE YOU'RE ON A SPREE

FOUR YOU'RE ON THE FLOOR

**KNOW YOUR LIMIT
DRINK RESPONSIBLY**

Family Support & Behavioral Health Services
2110 Newmark Ave Suite 215
In the New Mark Building
541-888-9577



National Substance Helpline:
1-800-622-HELP (4357)
Text: RecoveryNow to: 839863
Focus on Recovery, Information & Referral: 800-888-9383

Hi' Siti Ha (Good is Our Heart) Women's Healing Through Traditions Series

August 2019
Abalone Necklace Beading - Eugene
Wednesday, August 21st
5:30 p.m. - 7:30 p.m.

September 2019
Dream Catcher Class - Eugene
Wednesday, September 18th
5:30 p.m. - 7:30 p.m.

For more information or to RSVP Please Contact Melissa Smith at (541) 294-2197 or Melinda Radford at (541) 808-8450
Sponsored by CTCLUSI Circles of Healing (COH) Program

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.

WHAT'S IN PLAIN SIGHT FOR OUR YOUTH

Assessing Oregon's Retail Environment: Shining light on tobacco industry tactics

Contributed by Mark Petrie, Cultural Assistant and Tobacco Grant Coordinator

Every year, the tobacco industry spends more than \$100 million to market its products in Oregon. Most of this money pours into our community convenience stores, grocery stores and other retail locations where people — including kids — shop daily for food and beverages.

The purpose behind this huge industry investment? To trigger nicotine cravings and impulse purchases among people trying to quit tobacco, and to hook new customers — mostly teens and young adults — on a deadly product.

In 2018, Oregon Health Authority (OHA) set out to assess what tobacco retail marketing and advertising look like in Oregon and to identify the tactics the industry uses to push its addictive products. OHA trained and supported local health department staff and volunteers to conduct this comprehensive assessment, ultimately visiting nearly 2,000 tobacco retail locations accessible by youth. Using a standard assessment tool, these teams collected data that provided eye-opening insights into how the tobacco industry pushes addictive products across Oregon.

The findings are clear: The tobacco industry has flooded retail locations with bright, colorful marketing and advertisements that target youth, communities of color and people living with lower incomes. Tobacco industry's marketing tactics incorporates American Indian culture and traditional tobacco to target our very own tribal members. Commercial tobacco has been a threat to human health since the late 19th century, when sacred tobacco was taken from our native relatives and turned into one of the most profitable and deadly businesses in the world: the tobacco industry. Tobacco abuse is still the leading cause of preventable death and disease in the world, killing over 7 million people each year.

To learn more about the findings and how communities are fighting back, visit smokefreeoregon.com

Ready to get involved? Contact Mark Petrie, the Tobacco Prevention and Education Program coordinator for specific questions and additional information at mpetrie@ctclusi.org

How Trauma Affects the Brain

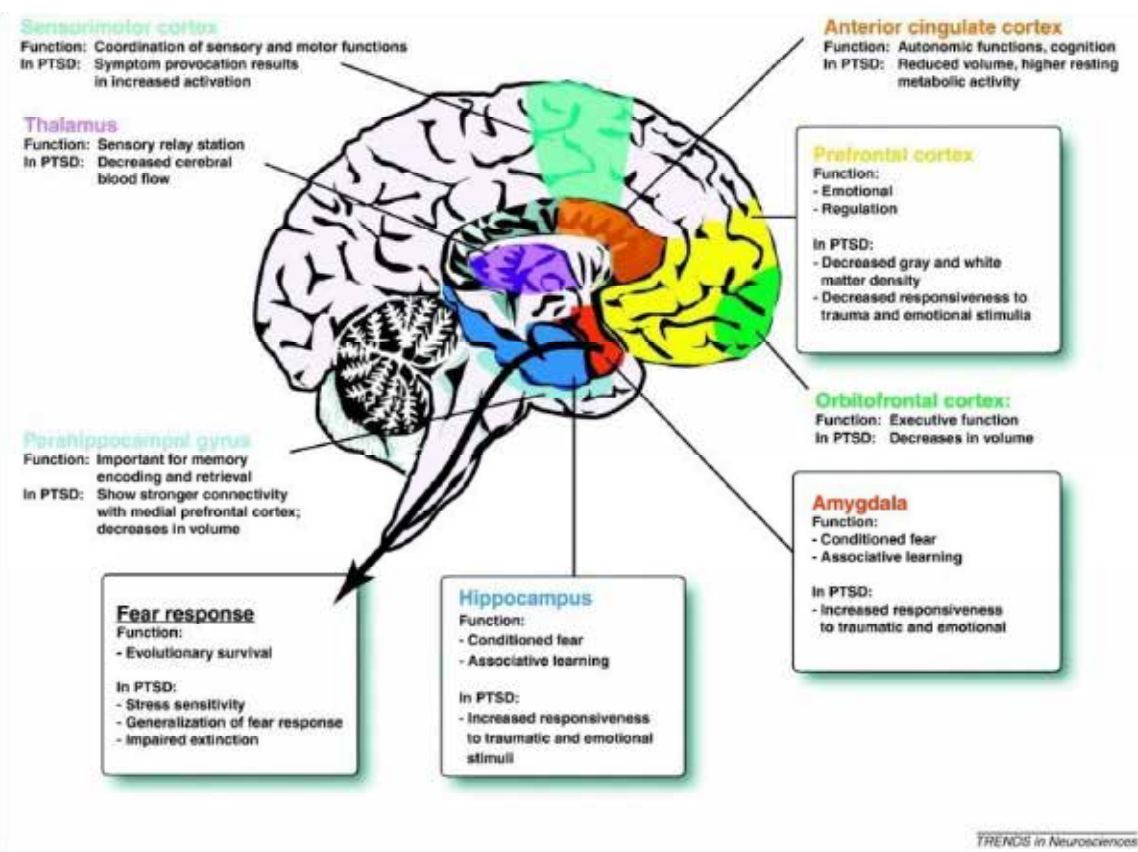
Contributed by Melissa Smith, Circles of Healing Outreach Advocate

Psychological trauma occurs when a negative experience overwhelms an individual's capacity to cope causing them significant emotional, physical and/or psychological distress. A traumatic event can include various forms of abuse, domestic violence, witnessing violence against someone else, accidents or death and can occur one time, multiple times or chronically. Chronic adversity such as discrimination, racism, poverty, and oppression can also create trauma. Reactions to trauma vary greatly depending on the individual but can lead to an array of symptoms including anxiety, depression, anger, fear, shame, insomnia, nightmares, flashbacks, avoidance, and hypervigilance. Trauma can also greatly affect the way a person learns, feels, remembers, and thinks about themselves, others and the world. Post-traumatic stress disorder (PTSD) is the presence of trauma related symptoms that occur over the course of a month or longer. It is easy to see how trauma and its impact on a person's life can have detrimental consequences.

What we may not realize is that trauma can have serious effects on the way the brain functions causing the affected person to have cognitive responses that are unable to be seen and can greatly affect their behavior. These brain processes are affected when the body endures heightened levels of stress which change the chemicals that are released and have the potential to affect which parts of the brain are activated at various times.

When the area of the brain responsible for assessing danger, the amygdala, becomes highly activated due to trauma related chemical increases, it can override the brain's logical prefrontal cortex, which is responsible for complex thinking, decision-making and behavior. Trauma exposure can continue to create an overactive chemical production in the part of the brain that regulates hormones, the hypothalamus, causing the amygdala to become highly sensitive and reactive to external stimuli even when danger is not present. This is commonly referred to as the fight or flight response. The fight or flight response is an automatic and adaptive reaction that allows us to respond to a dangerous situation by preparing us to flee, freeze or fight to survive potentially

life threatening situations. People suffering with PTSD may experience this physiological response even without the presence of danger. They may begin to feel that the world is altogether unsafe, leading those suffering with PTSD to be under constant stress, fear and anxiety. All of these changes in the way the brain functions can affect an individual's emotional states, their ability to store and access memories, their reaction to actual or perceived stress stimuli and ultimately the way they interact with the world around them.



How PTSD Affects the Brain

It is helpful to be familiar with the effects of trauma because it can guide us to respond to someone who may be struggling with some of these symptoms in an understanding and compassionate way rather than just observing the behavior. Another important consideration is that trauma can be a life-long battle and the effects on a person's brain can be long-term. This may make daily life difficult even after a traumatic event is well into the past. Being aware of some common reactions to traumatic experiences can also allow us to recognize

that our loved ones may need some additional support at times.

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. Always feel free to contact Melissa Smith at 541-294-2197 or Melinda Radford at 541-808-8450

Resources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3182008/>

<https://www.britannica.com/science/fight-or-flight-response>

<https://www.psychologytoday.com/us/blog/the-mindful-self-express/201809/how-ptsd-and-trauma-affect-your-brain-functioning>

Art Camp - August 26 - 30

Explore multi-media arts, 3D art, paint, charcoal, sculpting and photography

Camp will be from 9:00 a.m. - 3:00 p.m. and include breakfast, lunch and snacks

For more information contact Dawn Adams (541) 888-7514 or Kevin Gowrylow at (541) 435-7217

BACK to SCHOOL PARTY

*Come and Join us for a Back to School BBQ!
There will be school supply "shopping" for youth of all ages who will be attending school this year!
We will also be providing gift cards for school clothing for all youth attending this event!
This Drug and Alcohol Free Family event will be held in both Coos and Lane county!*

Coos Bay

Date: August 16th, 2019

Location: William M. Tugman State Park
day use gazebo

Time:

3:00 pm - 6:00 pm

Eugene

Date: August 25th, 2019

Location: Richardson Park,
Day use Shelter #2

Time:

1:00 PM-4:00 PM

**Please RSVP to: 541-435-7155
or toll free 1-888-365-7155**

TRANSPORTATION WILL BE PROVIDED PER REQUEST.
PLEASE CONTACT SONJA MCCARTY AT (541) 808-8175

HANISIICH

CALL TO ARTISTS

The Hollering Place Project is looking for artists to contribute to the look and feel of the structures and surrounding landscape currently in the planning phase.

Are you a painter, sculptor, carver, weaver, beader, or other type of artist? Contact us today to learn more about the project and how your work could be featured.

Learn more about the Hollering Place project at
www.ctclusi.org/hollering-place

For more information contact jstump@ctclusi.org
or call (541) 888-9577

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>

Prevention Activity Glass Float Hunt

Contributed by Doug Barrett, Prevention Coordinator

We had an awesome turnout for the Float hunt on Saturday, June 8. We met at the Florence Office for great food and conversations. We opened with a blessing for the food. We had some great dishes put together from Hukilau (a taste of Hawaii). The food was excellent and lots of it. We then had some discussions on Canoe Journey and our HOC (Healing of the Canoe) Program. We talked about the Unity conference in Florida and all the youth going. We touched on depression and suicide prevention. We talked some more on Drug and Alcohol issues and how they can lead to depression. Treatment is available and we can help point you in the right direction. We are here for you. A few of us left to go hide the old Fishing floats. Only a couple of folks got lost on the way to the beach. I need to give better directions next time!

We usually have folks pick up garbage while looking for the floats. Not this year, as there seemed to be biohazardous material. The adults used sticks to move garbage and I picked it all up with caution. A reminder to be careful when collecting garbage, from beaches or public places.

We came back to the office after finding all the floats. We had a raffle on the two large floats. Traci Stefanek and Nicole Romine won the floats still with nets around them. Congrats to them both. Thank you to everyone and the staff that showed up for this event. I hope everyone enjoyed the beach and the leftovers!

Remember, It is ok to talk to someone when you are depressed and/or feeling down and out. We need you here! So talk to someone and give us a call or come in and see us at our new offices at the Newmark Center.



The Bixby family enjoying their day at the float hunt



Traci Stefanik and Nicole Romine hold up the floats they won in the raffle



Please join us for good food and fun with other Tribal Families.
All Tribal families welcome to attend.
Sorry, transportation is not provided.

Tribal Family Gathering Dinner

Tuesday, August 20, 2019
CTCLUSI Eugene Outreach Office
135 Silver Lane, Suite 200, Eugene, OR 97404



RSVP By Friday, August 16, 2019
(541) 435-7155
Toll-free 1(888)280-0726
Guest Speakers
TBD

Sponsored by: CTCLUSI Health Services Division
IHS Diabetes Program

FREE PARENTING WORKSHOP IN EUGENE!

FAMILY SUPPORT AND BEHAVIORAL HEALTH DEPARTMENT

Dinner, Childcare and Raffle items provided!



To RSVP Please contact:
Shayne Platz -CLUSI Eugene Outreach Office
541-297-3450
Adrienne Crookes -Siletz Eugene Area Office
541-484-4234



Co-sponsored by The CTCLUSI Family Support and Behavioral Health Department and the Confederated Tribes of Siletz Indians.



When:
September 2019 (Thursdays)
September 5
September 12
September 19
September 26
October 3
Time:
5:30-7:30pm

Where:
Siletz Outreach Office 2468 W 11th Ave Eugene OR 97404



Salmon Ceremony

Weekend Agenda

Saturday, August 3, 2019
Breakfast with Tribal Council 8:30am—10:30am
Evening S'mores with Tribal Council at Tribal Hall 7:00pm

Sunday, August 4, 2019
Salmon Ceremony
Family arrival and visiting, followed by meal and ceremony
R.S.V.P by calling 541-435-7155 or toll free 1-888-365-7155



We would like to recognize Veteran’s at Salmon Ceremony. Please send your DD214 to Jan Lawrence jlawrence@ctclusi.org

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 #2 and #3 are currently open for appointment. The term of each position is three years and will expire on 2-28-2022.

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.

Fun STARTS HERE



FRIDAYS

\$500

HOT SEATS

THE MOST FUN YOU CAN HAVE IN A HOT SEAT!

EVERY 20 MINUTES

5PM - 9PM



HE'S BACK!

FIND BIGFOOT

THURSDAYS

6PM 7PM 8PM



\$5,000

Luck OF THE Draw

WIN ONE OF FIVE **\$1,000** CASH PRIZES

SATURDAYS • 7PM - 9PM

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