



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

Q'alya Ta Kukwis Shichdii Me

Our Traditional Cultural Property Application to the National Register of Historic Places



Contributed by Courtney Krossman, Jesse Beers, Margaret Corvi, Mark Petrie, and Ashley Russell. Photograph by John Schaefer

The Constitution of the Coos, Lower Umpqua, and Siuslaw Indians states that our government was established in order to: perpetuate our unique identity as Native American people. It was established to promote and protect that identity; secure the rights and powers inherit to us as Indian people and as an Indian Tribe; preserve and promote our cultural, religious, and traditional beliefs; promote the social and economic welfare of our members; acquire, develop and conserve resources to achieve economic and social self-sufficiency for our Tribe; and maintain peace and order and ensure the protection of individual rights. As government staff, it is our responsibility to implement the mission held within our constitution.

On December 19, 2018 the Tribe submitted the final draft of the Tribe's Traditional Cultural Property (TCP) application to the State Historic Preservation Office. The TCP nomination is not just a symbolic step, it's a formal process. Additionally, we had previously

(twice) nominated the Jordan Cove Area as a TCP: first, on July 31, 2006, CTCLUSI passed Resolution No. 06-097, which identified North Spit and Jordan Cove as a Traditional Tribal Cultural Property with special cultural significance, and again on July 29, 2015, CTCLUSI passed Resolution No.15-049, nominating Jordan Cove and its surrounding areas to be of Tribal Cultural and Religious Significance. Following that direction, our Tribe spent the past few years with contractors, linguists, and internally, researching Tribal history in this area and interviewing Tribal Members to better understand our relationship to this place. The boundary of the TCP slowly emerged from this work as a result.

The TCP boundary includes the expansive bay and its sloughs, inlets and adjacent uplands, encompassing a 20- square mile area. The proposed TCP area/district includes portions of private and public land in the cities of Coos Bay, North Bend and adjacent areas in Coos County. It contains over a hundred and

fifty contributing features associated with the history, culture, and beliefs of the Coos People. A primary Tribal objective is to perpetuate the Tribe's unique identity through preservation of Cultural Artifacts and sites of cultural, sacred, religious and historic significance. Ethnographies, anthropological studies and historic evidence confirm what our elders have taught us- that cultural, historical, and anthropological sites of significance to our Tribe abound within the Jordan Cove Area and surrounding bay. The Coos people have continually utilized the Bay for fishing, gathering, ceremony, and where they are laid to rest. The area detailed within our TCP application are not just a series of separate archaeological sites, but a constellation of interrelated cultural areas with generations of Tribal subsistence, ceremony, and use.

Our culture developed over thousands of years of living in a place. Thousands of years of observing, learning, and sustainably thriving. Place is so integral to who we are as Tribal people. A Traditional

Article continues on page 10

Presorted Standard
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North Bend, OR
Permit #44

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

Save the Date:

February 22, 2019

State Advisory Committee on Historic Preservation
(SACHP) Meeting to review Tribe's TCP nomination

Location: Mill Casino

Time of TCP Presentation: 1:00 p.m.

Tribal Council Business

As Reported at the January 13, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:

Dec 9 Regular Tribal Council Meeting
Dec 11 Passed out Checks and candy to Employees
Dec 12 Lane Act Meeting
Dec 13 Executive Work Session; Gaming Facility Operation Review Board (GFORB)
Dec 14 Meeting with Dan/Contract
Dec 18 Land Board Meeting in Salem
Dec 20 Gaming Facility Operation Review Board
Dec 21 Remains Interment
Dec 27 Investment Meeting
Jan 3 Executive Work Session
Jan 5 PRAISE Tribal Government Staff Dinner
Jan 10 Foundation Meeting
Jan Lane Act Meeting

Doc Slyter:

Dec 9 Regular Tribal Council Meeting
Dec 12 Jordan Cove Meeting
Dec 13 Executive Work Session; Gaming Facility Operation Review Board(GFORB)
Jan 1 Yachats Peace Hike
Jan 3 Executive Work Session
Jan 7 Meeting with Stephanie Watkins in Florence
Jan 10 Culture Committee Meeting; Met with Dental Clinic Staff, gave them a tour of properties and a historic speech.
Jan 11 Tribal Sweat

Debbie Bossley:

Dec 9 Regular Tribal Council Meeting
Dec 10 Employee checks
Dec 12 Jordan Cove Meeting
Dec 13 Executive Work Session; Gaming Facility Operation Review Board(GFORB)
Dec 19 Investment Dinner & Meeting
Jan 3 Executive Work Session
Jan 5 PRAISE Tribal Government Staff Dinner
Jan 7 Met with Brad Kneaper
Jan 9 Open House for Planning Department
Jan 10 Met with Dental Clinic Staff, gave them a tour of properties and a historic speech.
Jan 12 Prevention Activity Beading & Paddle

Teresa Spangler, Vice - Chairman:

Dec 9 Regular Tribal Council Meeting
Dec 10 Deliver Employee checks to Staff in Coos Bay and Florence
Dec 19 Housing Committee Meeting
Dec 27 Special Meeting, GFORB
Jan 3 Executive Work Session
Jan 8 Education Meeting
Jan 10 Foundation Meeting

Josh Davies:

Dec 12 Jordan Cove Meeting
Dec 13 Executive Work Session; Gaming Facility Operation Review Board (GFORB)
Dec 14 Investment Meeting
Dec 17 Indian Education Craft Night
Dec 20 Gaming Facility Operation Review Board
Dec 27 Special Meeting, GFORB
Jan 3 Executive Work Session
Jan 5 PRAISE Tribal Government Staff Dinner

Doug Barrett :

Dec 9 Regular Tribal Council Meeting
Dec 13 Executive Work Session; Gaming Facility Operation Review Board
Dec 19 Investment Dinner
Dec 27 Special Meeting, GFORB
Dec 31 NARA Pow Wow
Jan 1 Yachats Peace Hike
Jan 3 Executive Work Session
Jan 10 Foundation Meeting
Jan 11 Tribal Sweat

Mark Ingersoll:

Dec 9 Regular Tribal Council Meeting
Dec 10 Deliver Employee checks to Staff in Coos Bay and Florence
Dec 13 Executive Work Session; Gaming Facility Operation Review Board (GFORB)
Dec 12 Signed Agreement at Government Office for Volkswagen settlement; Jordan Cove Meeting
Dec 16 Indian Education Gifting Event
Dec 20 Gaming Facility Operation Review Board
Dec 27 Special Meeting, GFORB
Jan 3 Executive Work Session

Upcoming Council Meeting
February 10, 2019
Community Center 10:00 a.m.

Resolution Summaries

RESOLUTION NO.: 18-083
Date of Passage: September 26, 2018
Subject (title): Master Agreement and Tribal Council Approval Thereof
Explanation: The Tribal Council approved this Agreement for Three Rivers Casino. **Vote 5-0-1**

RESOLUTION NO.: 18-084
Date of Passage: September 26, 2018
Subject (title): Lease Agreement and Tribal Council Approval Thereof
Explanation: The Tribal Council approved this Agreement for Three Rivers Casino. **Vote 5-0-1**

RESOLUTION NO.: 18-085
Date of Passage: September 26, 2018
Subject (title): Rental Agreement and Tribal Council Approval Thereof
Explanation: The Tribal Council approved this Agreement for Three Rivers Casino. **Vote 5-0-1**

RESOLUTION NO.: 18-086
Date of Passage: October 14, 2018
Subject (title): Indian Housing Plan for 2019 and Tribal Council Approval and Authorization Thereof
Explanation: The Tribal Council authorized and directs the Director of Housing to submit the Housing Plan to HUD via EPIC System. **Vote 7-0-0**

RESOLUTION NO.: 18-087
Date of Passage: October 14, 2018
Subject (title):Enrollment of New Members
Explanation: The Tribal Council approves the following members: Mason Alexander Garcia; Castiel Jimi-Monroe Knowlton; William Joseph Motes; Michael Joseph Wong; Michele Suzanne Wong; Brandon Michael Wong; Sydnie Malia Kimura; & Kyle Joseph Wong to be enrolled into the Tribe. **Vote 7-0-0**

RESOLUTION NO.: 18-088
Date of Passage: October 14, 2018
Subject (title):Enrollment – Name Change
Explanation: The Tribal Council approves the following member name change: Kerri Ann Fagan to Kerri Ann Lahue **Vote 7-0-0**

RESOLUTION NO.:18-089
Date of Passage: October 20, 2018
Subject (title):Spirit Mountain Community Fund – Approval to Request Funding
Explanation: The Tribal Council approves the request for funding. **Vote 4-2-0**

RESOLUTION NO.: 18-090
Date of Passage: October 30, 2018
Subject (title): Acceptance of 2018 Pacific Coast Salmon Recover Fund Project to Restore Coho Salmon habit in the Tribes Ancestral Homelands.
Explanation: The Tribal Council approves the request of the Department of Natural Resources to collaborate with various entities and support this project. **Vote 7-0-0**

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard,
Chief

Tribal Chief
541-297-1655 (cell)
wbrainard@ctclusi.org

Doc Slyter

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

Debbie Bossley

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

Mark Ingersoll,
Chairman

Position #3 Council
541-290-4610 (cell)
mingersoll@ctclusi.org

Josh Davies

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

Teresa Spangler,
Vice Chair

Position #5 Council
541-808-4828 (cell)
tspangler@ctclusi.org

Doug Barrett

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

Council Meeting

February 10, 2019
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

February 7th – Elders Valentine Birthday

Luncheon, Florence Outreach Office, 11:30 a.m.

February 9th – Beading and Paddles Prevention

Activity, Chifin Native Youth Center,
Springfield, OR 10:00 a.m. – 2:00 p.m.

February 10th – Tribal Council Meeting,
Community Center, 10:00 a.m.

February 15th – 18th – Unity Conference for
Youth 14 – 24

February 23rd – 24th – Weaving Workshop, Tribal
Hall, 10:00 a.m. – 4:00 p.m.

February 25th – 26th – Elders “Planning for the
Golden Years” Conference, TRCR

March 8th – 10th – Oregon Tribes’ Youth Summit,
Canyonville, OR

March 9th – First Canoe Pull of the Year,
Umpqua Eden, 9:00 a.m.

March 10th – Tribal Council Meeting,

Community Center, 10:00 a.m.

March 11th – Student Summer Internship
Applications Open

March 15th – Statement of Candidacy Deadline
to run for Tribal Council

March 15th & 16th – Elders Honor Day,
Three Rivers Casino, Florence

March 25th – 29th – Children’s Spring Day Camp,
Ages 5 - 11

March 25th – 30th – Spring Break Over-Night
Camp, Ages 12 and up

April 14th – Tribal Council Meeting,
Community Center, 10:00 a.m.

April 14th – Tribal Council General Meeting,
Community Center, 1:00 p.m.

April 14th - Tribal Election Day

April 30th – May 2nd – Cold Water Training



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

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

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

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

Tribal Housing Department
Linda Malcomb - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1310
Fax 541-888-2853
lmalcomb@ctclusi.org

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

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

Family Services
Earl Boots, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837
eboots@ctclusi.org

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

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

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

Cultural Department
Jesse Beers - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1319
Fax 541-888-2853
jbeers@ctclusi.org

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

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

Tribal Gaming Commission
Brad Kneaper
Executive Director of the
Gaming Commission
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-2830
Fax 541-997-7293
bkneaper@ctclusi-pd.com

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-pd.com

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

TRIBAL COUNCIL ELECTION April 14, 2019

Each Council member shall be elected for a four (4) year term at the appropriate General Council meeting in the year of the expired term. (April 14, 2019) Council Positions #1, #3, and #5 shall be elected in odd-numbered years. Positions #2, #4 and #6 shall be elected in even-numbered years.

ELECTION DATE: APRIL 14, 2019

POSITION NUMBER	INCUMBENT
Position #1	Doc Slyter
Position #3	Mark Ingersoll
Position #5	Teresa Spangler

Tribal Council Elections Information:
To become a candidate for the 2019 Election you must be an enrolled CTCLUSI Tribal Member, at least 21 and never have been previously removed from office for good cause after 5/23/1987.

Statements of Candidacy: You must file this form (located in all Gov. Offices or on the Website) to submit your statement of candidacy. This form includes name, roll number and the position you choose to run for. (You cannot change your position once it has been submitted)

Position Statement: a letter any candidate can submit, 8 ½ x 11”, printed on both sides if you choose, to be included with the ballots and/or be placed in the Newsletter in months of February, March or April Issues for membership to know about you. February 15, 2019 is the Deadline to make the March newsletter. March 15, 2019 is the Deadline for the April edition.

Final Deadline to Submit Statement of Candidacy and Position Statement is March 15, 2019.

Candidate Forums: A question answer venue established for membership to meet the candidates. Dates of candidate forums for membership and candidates to speak will be March 16th in Florence and Eugene (Times TBA) and March 17th 2019 in Coos Bay (Time TBA).

Please visit www.ctclusi.org under “Tribal Council” then “Elections” for complete rules in the Election Code Chapter 7-3, and the CTCLUSI Constitution. Questions please call and ask for Jeannie McNeil, Election Clerk or Vicki Faciane, Election Board Chair - 541-888-9577

CTCLUSI Voter Registration Card:
UPDATED SIGNATURE REQUIRED

2019 Tribal Council Election
April 14, 2019

Dear Tribal Members,

The Election Board has designed a new form to improve the ballot verification process. As an Enrolled Tribal Member, we value your involvement in Tribal Elections. A letter was mailed to you in September to inform you that, at this time, we need your updated signature on file in this new format.

Please fill out the form completely and return it in the envelope that was provided to become a registered voter. You can also go online to www.ctclusi.org/elections to fill out a CTCLUSI Voter’s Registration Card. Our next Tribal Council Election is April 14, 2019. ONLY Tribal Members that have signature cards on file will be considered registered voters and will receive a ballot.

If I can be of further assistance, or if you have any questions, please do not hesitate to contact me.

Sincerely,

Jeannie McNeil
Tribal Enrollment Coordinator/Election Clerk
1245 Fulton Avenue
Coos Bay, Oregon 97420
(541) 888-7506
jmcneil@ctclusi.org



Join a Tribal
Committee



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

Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only server two (2) terms, unless special consideration is necessary.

Currently, we have at least one (1) position available in each committee due to vacancies and term expiration on 12-31-2018. Tribal Committees cover several areas of the Tribe and work with various departments. Below is a list of Committees you may be interested in becoming a member of:

- | | | |
|----------------------|----------------------|---------------------|
| Culture Committee | Budget Committee | Education Committee |
| Elders Committee | Enrollment Committee | Housing Committee |
| Investment Committee | Health Committee | Election Board |

How to become a member? You must be a CTCLUSI enrolled Tribal member. The attached **Letter of Interest Form** must be completed and returned in the envelope for Tribal Council considerations. All forms should be received by December 1, 2018.

Letters of Interest are only kept on file for one year.

Additional forms can be found on the Tribes’ website: www.ctclusi.org or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact: Jeannie McNeil , 1245 Fulton Ave. Coos Bay, Oregon 97420. By email, jmcneil@ctclusi.org or by phone 541-888-9577.

Save the Dates
Council Meeting:

- February 10**, Regular Meeting, 10:00 a.m., Community Center
- March 10**, Regular Meeting, 10:00 a.m., Community Center
- April 14**, Regular Meeting, 10:00 a.m., Community Center
- April 14**, General Meeting, 1:00 p.m., Community Center
- April 14**, Tribal Election Day
May 19, Regular Meeting, 10:00 a.m., Community Center
- June 9**, Regular Meeting, 10:00 a.m., Community Center

Tribal Member Birth Announcement



Aspen Christopher Bolling
~ Coos ~

Aspen Christopher Bolling was born on January 13, 2019 at 12:13 a.m. in Coos Bay, Oregon. Aspen was born healthy and happy at 8 lbs 5 oz and 20" long. Aspen was born to loving mother Amanda Bolling. Aspen is the baby brother to sisters Kendall, Mary, and Evangeline, is the great grandson to Amy Bolling, and decendent of Francis Elliott.

Welcome Baby Aspen!

Access to Business Skills Training
Classes Throughout Oregon

Need to take a class to improve your business skills, learn how to use QuickBooks, figure out how to sell online? You can take a class at the Tribal Small Business Incubator Lab.

Located at 2110 Newmark, Suite #224, Coos Bay, OR 97420

But wait, you live in Eugene, or Medford, or Newport, or Salem? No worries! We can help find you the right business skills training class at any of the 19 different Small Business Development Centers (SBDC's) located all across Oregon.

Log on to www.bizcenter.org, find the class you want, then contact the Small Business Incubator Manager to get you enrolled.

MJ Koreiva, Business Incubator Manager.
mkoreiva@ctclsui.org
(541) 888-9577



Tribal Small Business Incubator Lab
Located at 2110 Newmark, Suite #224, Coos Bay, OR 97420
Photo credit MJ Koreiva

This Month...be on the Lookout for Stinging Nettles

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Nettles are in the family, Urticaceae, the nettle family. These herbaceous perennials form colonies by spreading rhizomes along trail sides, forest edges, ditches, wetlands, old farmyards and compost/manure piles as they thrive in open, fertile soil. These vitamin and mineral rich superstars can reach heights of up to 6 feet tall, but typically average 3 feet tall. Their largely toothed and hairy leaves grow opposite and are triangular to loosely heart shaped with a deep “quilted” like texture. As the name implies, stinging nettles have hairs (trichomes) that contain a plethora of inflammatory compounds, such as histamine and oxalic acid to name a few. When dried or cooked, however, these ‘stingers’ are disarmed.

Food: The tender, new growth of stinging nettles are a nutritious spring green and can be harvested weekly until summer or when they become fibrous. They can be eaten steamed or added to soups, stir-fries, omelets, quiche, pesto, and serve as a great substitute for spinach or kale. To make nettle pesto, use steamed nettles in place of basil in any of your favorite traditional pesto recipes.

Medicine: The fresh juice, preserved or defrosted, as well as the seeds and dried leaves serve as a great diuretic and kidney tonic. Furthermore, nettles are rich in iron, potassium, magnesium, calcium, and vitamins A and C and can help to rebuild reserves after an illness or even postpartum. Leaf harvesting should occur preferably before the plant flowers with gloves, of course.

Arthritis sufferers have found that purposefully and repeatedly stinging themselves over arthritic joints, a process known as urtication, helps to relieve pain and inflammation temporarily with the reprieve reportedly lasting up to a few weeks. The dried roots of stinging nettles were traditionally used for this same purpose and ground up and placed on aching joints.

Other: Nettle stems are harvested in summer, dried and further processed to make cordage/rope.



Hanis: walláq’as

Miluk: qaloqas

Scientific Name: *Urtica dioica*

Annual Peace Hike Brings Community Together

Contributed by Jesse Beers, Cultural Stewardship Manager

Every year for New Year’s Day many of us join the community of Yachats in a peace hike on the Amanda Trail to bring in the New Year with a healthy hike and ceremony. Doing this has really brought the community of Yachats and our Tribes together with healing. The Amanda Statue serves as a reminder of our history and is used as a place of healing for many of us. Gifting Amanda always makes us feel good like we are able to show our Ancestors that we care, acknowledge, and are doing what we can to honor them.

Amanda was one of many of our Ancestors that had to march their way north to the Great Coast Reservation where over half our population was lost due to starvation, abuse, and disease. She was forcibly separated from her daughter and marched north. Amanda was blind and in the diary of Royal A. Bensell he says, “Amanda...tore her feet horribly over these ragged rock, leaving blood sufficient to track her by.”

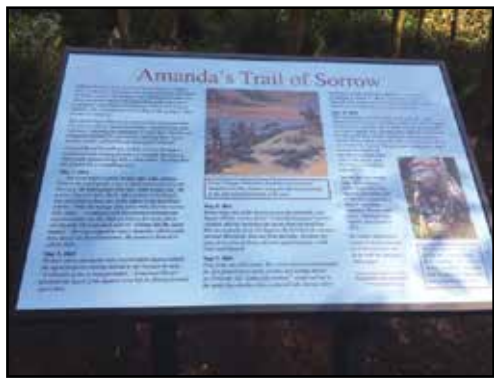
The Amanda statue and grotto is a place of healing. A few years ago a mud slide came in and completely devastated the area, taking the bridge, the Amanda Statue, and all the gifts with it. The only positive thing I could glean from the mudslide was that maybe after all these years of healing the Creator wanted to take Amanda down to cleanse her. Luckily there were three statues made and so another one of the statues has been put in the Amanda Grotto thanks to the generosity of the owner.

Yachats is a very positive and active community looking to right the wrongs of the past through education and positive affirmation. If you hike the Amanda Trail today you will find multiple interpretive signs which we had input on and members of the Yachats community secured funding for. Special thanks to Joanne Kittel for her work on this, along with securing the Three Rivers Foundation funding. Thank you also to Angell Job Corps for setting and installing the concrete and signage. These signs, along with the frequent community maintenance of the trail and the annual peace hike is proof of this community’s positive affirmations and relationships with our Tribes.

The Peace Hike this year was gorgeous. The weather was beautiful and the ocean powerful to look upon as people

hiked from the gathering at the Yachats Commons to the Amanda Grotto for the Ceremony. Tribal Members talked about local tribal history at the Little Log Church in Yachats and then travelled to the Amanda Grotto to join other community members in ceremony. We performed a fire ceremony and brought in the New Year with songs and good words from many. It was a beautiful ceremony on a very beautiful day.

If you have any questions please feel free to Contact Cultural Stewardship Manager, Jesse Beers. (541) 888-9577



Photographs courtesy of Mark Petrie and Joanne Kittel

Tribal Youth Bring Cultural Concerns to Department of State Lands

Contributed by Courtney Krossman, Archaeology/ Ntlaxam Technician



Miluk Coos Tribal Youth Raquel and Isa wear their regalia during Salmon Ceremony. Photograph by Morgan Gaines



Miluk Coos Tribal Youth Isa and Raquel sit with their mother Enna Helms before giving testimony at the Oregon Department of State Lands public hearing on January 10, 2019. Photograph by Courtney Krossman



On January 10th the Oregon Department of State Lands (DSL) held a public hearing at the Mill Casino in North Bend, Oregon, giving the public an opportunity to testify on behalf of the permit submitted by Jorden Cove Energy Project (JCEP). The Applicant has submitted an application for a removal-fill permit, requesting permission to dredge the Coos Bay channel. The application covers the three main elements of the project: 1) the liquefied natural gas (LNG) slip and access channel; 2) the LNG terminal; and 3) the natural gas pipeline.

Over five hundred people showed up to this meeting, representing all interests. CTCLUSI made an official statement echoing concerns and perspectives brought forth in prior comments to DSL and other agencies permitting the JCEP. In addition to our official testimony, several CTCLUSI Tribal members came and provided their own concerns. Notably, two youth, Isa Helms and Raquel Helms, sat with the Director of DSL, providing both oral and written testimony that detailed their concerns. The room was completely quiet during these moments. Once their testimonies were complete, the Director of DSL recognized them, for the bravery and strength, to get in front of hundreds and stand up for what they believed in. While the meeting held strict codes of conduct that did not allow applause, the Director, Vicki Walker, asked the audience to applaud these young women. It was a touching moment as loud applause filled the room. We raise our hands to you Isa Helms and Raquel Helms. As well as others that shared their testimony.

If you as a Tribal Community Member would like to submit a comment to DSL on the removal-fill permit application, visit <https://www.oregon.gov/dsl/WW/Pages/jordancove.aspx>

Tribal Youth Public Comments

“Isa len hlunnas. I am Miluk Coos and a member of the Coos, Lower Umpqua and Siuslaw Indians. Currently I live in Eugene, where I go to school at Edgewood Elementary. I am 10 years old.

I would like to speak about the impacts of the Removal and Fill permit if approved. It will destroy foods, prevent access to traditional foods that are a big deal for us every day we sit down to eat.

Also, it will make it hard for me and my family to gather cultural materials like sedge that we depend on the bay for making baskets or hats, like the one I wear on my head.

Eating my traditional foods and learning how to weave are important to me. Learning my culture is something I wish to keep learning. The risks involved in this project could take this away from my lifeways and my future. Thank you for listening.”

-Isa Helms

“Raquel len hlunnas. I am Miluk Coos, a member of the Coos, Lower Umpqua and Siuslaw Indians. Currently, I live in Eugene where I go to school at Spencer Butte Middle School. I am 13 years old.

I would like talk about the impacts this extensive dredging project would have on the food chain starting with the micro-organisms that fish feed on. If you mess up the fish population, then the birds who eat the fish won’t get enough food. People also rely on fish, and other seafood’s not only to eat but for fun and recreation.

People come to Coos Bay for the views and access to the water. If this project is allowed to go forward, then that will mean less access to our cultural foods and homelands.

This permit covers the bay and the slough, but it also impacts 485 different waterways in total that people and the animals all rely on. Thanks for listening.”

-Raquel Helms

Weaving Workshop for February

Dear Tribal Community,

Happy New Year and mid-winter season! I want to let you know that our weaving program is getting off to a great start in 2019 and we are so excited to weave and gather together this year. Please join us in February for weaving workshops at Tribal Hall in Coos Bay. We will be meeting from 10 AM-4 PM on the 23rd and 24th. These workshops are open to all tribal members and their families. Weavers at any stage of development are welcome. Please bring any weaving projects you are currently working on or a plan for something new you would like to begin. If you need weaving materials, please let me know (sarasiestreem@hotmail.com) by February 20th so I can accommodate your material needs.

These events are pot-luck and we will have a Salmon from the tribe to base our meal around.

I also want to share with you that our 2019 cache of weaving materials and our youth dance caps are in an exhibition at the moment up in Portland. Here is a link to a talk I gave about my artwork and our weaving program for the exhibition. In the talk you will see many of our tribal members and baskets. If you are unfamiliar with our weaving program this is a good way to learn a little bit more about what we are doing: <https://www.youtube.com/watch?v=1E-NwjQRSf8&t=217s>

I also want to share with you that I am currently in Victoria BC to open an exhibition with our northern cousins, the Dzawada'enuxw who are working to defend their Salmon and waterways against fish farms. I traveled to their village in Kingcome, BC last summer to help their community wake up their Spruce Root weaving tradition. In this exhibition I have included two baskets that represent our people with the inclusion of Spruce Root that I gathered with Nicole Mendoza (Coos), Jeremy Pertie (Coos), and Kira Petrie (Coos) out on the North Spit of Jordan Cove last year. Here is a link to that exhibition so you can learn more about our reach: <https://belkin.ubc.ca/exhibitions/hexsaam-to-be-here-always/>

Luwii,

Sara Siestreem (Hanis Coos)

**Weaving Workshop February 23rd and 24th
Coos Bay, Tribal Hall, 10:00 a.m. - 4:00 p.m.**



Aretha Franklin, Reigns Supreme by Sara Siestreem



Photograph courtesy of Sara Siestreem



Youth Dance Caps Exhibit in Portland, Oregon. Photograph courtesy of Sara



Up All Night by Sara Siestreem



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Director of Food & Beverage
Food Server
Food Court Outlet Cook
Line Cook ~ Dish Machine Operator
Guest Room/Laundry Attendant
Guest Services Attendant
Porter
Special Events Team Member
Maintenance Tech 1
Groundskeeper 1

Three Rivers Casino Resort ~ Coos Bay

Line Cook
Dish Machine Operator/Prep Cook
Player Services Team Member
Security Officer 1

Blue Earth

Telecommunications/Network Technician

Tribal Government Offices

Special Events Employee, On Call (location varies)
Human Resources Manager



<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**

2019 Fitness Program Update

Contributed by Vicki Faciane, Director of Health Services

Last year, your Fitness program provided reimbursement to 479 adults/spouses and 188 youth. The program has two funding sources: IHS funding for Tribal members living in the PRC service delivery area and Tribal General Funds for all other Tribal members/spouses. Total expenditures for 2018 were \$192,318 (\$61,636 from IHS funds and \$130,682 from General Funds).

Adults and youth ages 6-17 get an annual benefit of \$500 for fitness-related expenses. Youth 0-5 get an annual benefit of \$300 for age-appropriate expenses. Here are a few changes and clarifications for the program:

- Kayaks: allowable again – maximum reimbursement of \$250.
- Kayaks and bicycles: limited to once in 5 years.
- Yoga mats: reimbursement up to \$25.
- Fitbits/Fitness watches: maximum reimbursement of \$150.
- Specific shoes for running, jogging, and walking: up to \$125 once per year.
- Clothing: limited to uniforms/items required for participation in a sport; we will now pay for rentals of dance recital costumes for youth.
- **Participation fees for marathons and races are no longer reimbursable.**

Finally, please remember that generic receipts must be accompanied by a canceled check or bank statement (a copy of the actual check or duplicate check cannot be accepted). We cannot accept a bill of sale in lieu of a receipt. We also cannot accept cash receipts from private parties. If you are purchasing equipment, it must be from a business or online website. All receipts must be legible and show the vendor's name, date of purchase, item name, and cost. Since this is a reimbursement program, the Tribe cannot make purchases for you. However, if you need assistance for paying youth sports fees, buying required uniforms, etc., you must give 10-days' notice to allow time for the check to be cut. If you have any questions, please call DeeDee Plaep at (541) 997-6685.

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]



Prevention Activity Beading & Paddles

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

Choose one location only.
You must RSVP by the date indicated for the location you chose.

JANUARY
COOS BAY
Saturday, January 12, 2019
Tribal Hall
338 Wallace, Coos Bay OR
For Beading, Necklace Making
& Paddle Making
10:00 AM to 2:00 PM
Please RSVP by Tuesday,
January 8, 2019.

FEBRUARY
SPRINGFIELD
Saturday, February 9, 2019
Chifin Native Youth Center
1084 G street Springfield OR, east entrance
For Beading, Necklace Making
& Paddle Making
10:00 AM to 2:00 PM
Please RSVP by Tuesday,
February 5, 2019.



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

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



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



COMING SOON! CTCLUSI Summer Student Internships

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

Minimum Requirements:

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

Online Applications will be taken starting **March 11, 2019.**

Tribal Members will need to www.ctclusi.org to apply. Go to Tribal Government/Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is **May 3, 2019**

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,

PLEASE CONTACT

STEPHANIE WATKINS AT 541-902-3817 OR PAM HICKSON AT 541-902-3821

Continued from Cover...Q'alya Ta Kukwis Shichdii Me

Cultural Property (TCP) designation or eligibility on the National Register of Historic Places formally recognizes the cultural significance and identity of a living community within that place. It acknowledges the connection to this place and the resources that have been and are still utilized. It recognizes the value that it has to our Tribe and our culture. Moreover, it is a tool for protecting certain features and resources important to our unique identity for future generations.

A TCP designation would require federal agencies to consider potential impacts to the Tribe's Cultural Resources before engaging in federal activities or issuing federal permits within Coos Bay. Since 1982, Coos County, through Coos Bay Estuary Management Plan Policy 18, has required consideration of such impacts prior to issuing County permits within the Coos Bay Estuary Management Area. For many years, we have worked with the County and private land owners to implement Policy 18. For the most part, a TCP designation would simply require federal agencies to consider these same impacts. Thus, while a TCP designation for Coos Bay is extremely important to our Tribe, it would not trigger any significant changes for local property owners and local governments that are not already in place under Policy 18.

With our TCP, we are exercising our rights as a sovereign government to pursue pathways for preservation and protection of Coos Bay that is at the center of Coos identity since time immemorial. Many of the Bay's features have been central to our traditional practices and our survival here throughout our forced removal in 1855. As a condition of our anticipated treaty and payment for our lands, the Coos had to leave their homelands. Those who married white settlers are among the few who were allowed to stay. When other Coos returned after nearly 20 years of broken promises, loss and hardship, they found allotments or land that reflected their values. "The Indians never lived at places hard to get into and inland, such as white people acquire. The Indians always wanted a place on the water, and preferred deep water." -Lottie Evanoff(Hanis Coos, 1871)

Jordan is a Tribal family name, tied to our history during settlement, coinciding with a time of loss and survival. Jordan remains a name associated with our Tribe and Coos Bay places, like Jordan Cove. The TCP name, Q'alya Ta Kukwis Shichdii Me, translates to Jordan Cove and the Bay of the Coos People. Jordan Cove is mentioned in the title of our TCP because it is a landmark, the central feature geographically. The story of the Jordan Cove, is not dissimilar to other places of cultural significance in the TCP, such as Barrett's landing, family allotments, Treaty signing location, hiding places, and gathering places. Q'alya, in

addition to the other historic places in the TCP, tell the story of our ancestors and how they endured as native people, or, in many cases, blended into Euro-American families for love and/or survival. Through their persistence and dedication to their coastal aboriginal homelands, they helped preserve traditions and passed them on to a whole new generation of people. This new generation is putting these teachings to good use in an area that was and is still the center of the Tribe's culture, religion, traditional beliefs, and unique identity as Coos People.

The State Advisory Committee on Historic Preservation(SACHP) will meet on February 22, 2019, to review the Tribe's TCP nomination at the Mill Casino beginning at 1:00 pm. For more information and to review the redacted document, visit:

<https://www.oregon.gov/oprd/HCD/NATREG/Pages/Jordan-Cove-TCP.aspx>

The link to the site listed above can also be found on our Tribal website: <https://ctclusi.org/tcp>

This document is being shared in its redacted form. Publicly disclosing locations of villages, burials, archaeological sites, and ceremonial places puts those resources at risk. Additionally, disturbance or destruction of a known archeological site is illegal and subject to penalty by law. Archaeological sites are comprised of archaeological objects or features related to historic or prehistoric activities. In the state of Oregon, 10 archaeological objects or a feature constitutes an archaeological site. Any item manufactured by a person or a by-product of manufacturing activities that is at least 75 years old is an archaeological object.



Heart of the Bay. Photo credit Alex Derr
<https://www.flickr.com/people/alex1derr>



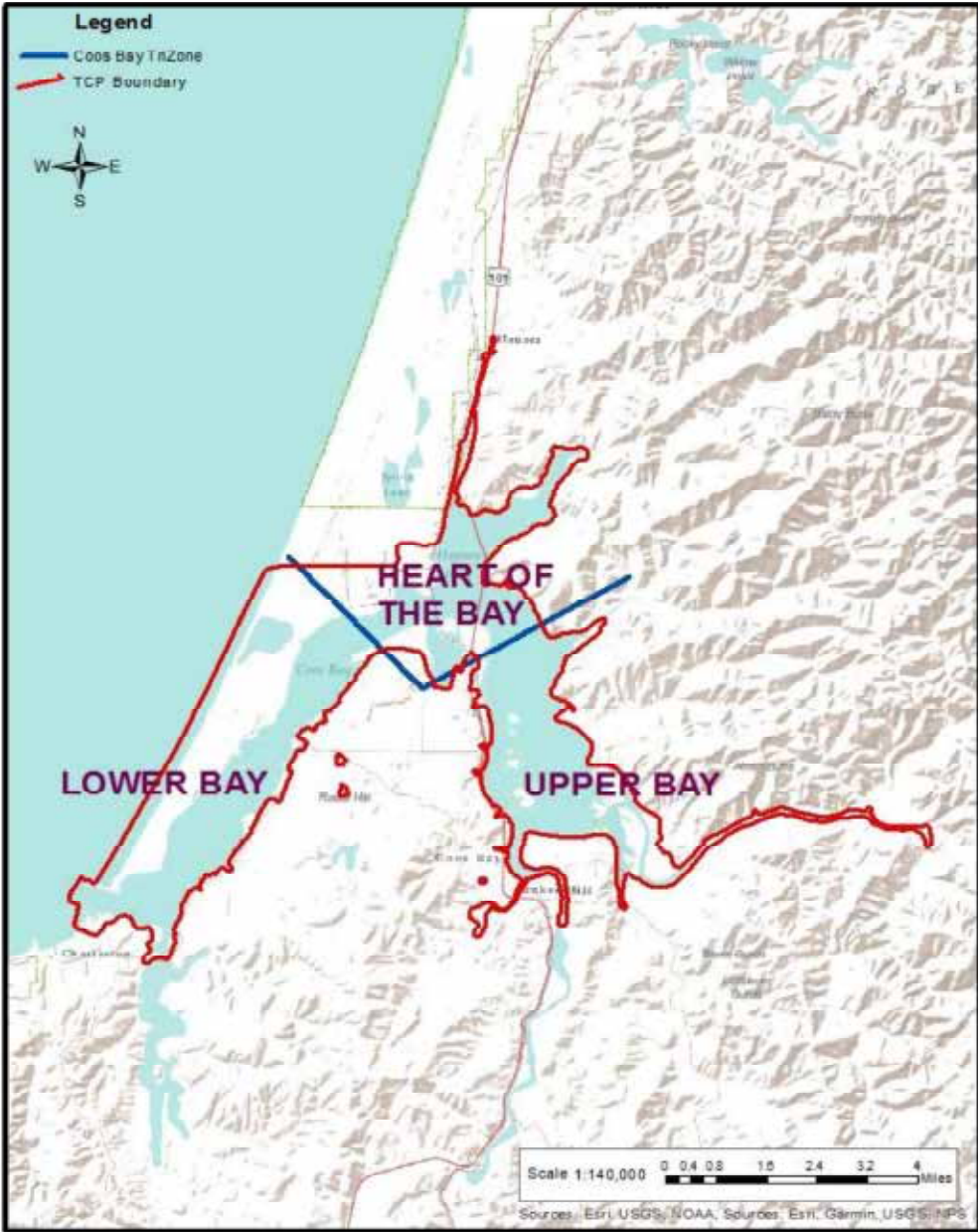
Lower Bay. Photo credit Alex Derr
<https://www.flickr.com/people/alex1derr>



Historical Photographs
Pictured above: Frank Drew, James Buchanan,
Eli Metcalf - Coos
Pictured below: Annie (Miner) Peterson - Coos and Dr. Melville Jacobs



Photographs Included in the Traditional Cultural Properties Applicaition (TCP)



Copyright CTCLUSI 2018 Boundary Map Included with the TCP Application



CTCLUSI Plankhouse, Lower Bay Empire



Clam Dig 2017 - Clam Baskets and Shovels. Photo credit John Schaefer



Canoeing in the Heart of the Bay, in front of Roseburg Chip, Facing Northwest



Basket Weaving. Photo courtesy of Sara Siestroom



Gathering at Pigeon Point, Lower Bay, Facing Northeast
Photo credit Amanda Craig



Historical Photograph
Pictured above: Lottie (Jackson) Evanoff - Coos Ethnographic Informant



Fossil Point, Ogre Rock, Lower Bay, Facing North



Upper Bay, Kentuck Viewshed

Community Health Program: Over-the-Counter Medications

Contributed by Vicki Faciane, Director of Health Services

The Community Health Program maintains a limited supply of over-the-counter medications (OTCs) in each office. OTC medications are provided as an adjunct to Purchased/Referred Care (PRC) and are only available to Tribal members who are eligible for PRC. We cannot mail OTCs – you must go to a Tribal office to access the program. Beginning in January 2019, there are limits on the number of items you can get weekly (2 items) and monthly (6 items). You may only get one of the same item each month (i.e., one bottle of aspirin), except in special circumstances (large family, several family members are sick, lice outbreaks, etc.).

The OTC program should not be used as a substitute for seeking appropriate medical treatment when you are ill. See your healthcare practitioner if symptoms last more than a few days or if they worsen. OTC medications may interact with your prescription medications – please talk to your doctor or pharmacist before using any OTC medication. As with all medications, supplements, and herbals, there is a risk of over-dose. It is your responsibility to read the dosage instructions and information on potential side-effects and food/drug interactions before taking any medication(s).

The OTC program provides generics only, not name-brand items. We apologize but we are unable to honor individual requests for specific brands or for off-formulary items. We have recently evaluated the OTC formulary and have made several changes. To decrease waste, we have pared down the number of items stocked in each category. Although we may currently have items on the shelf that are not included on the revised formulary, these items will not be re-stocked once current stock is gone. We are no longer stocking Airborne™ due to known interactions with more than 120 medications, including medications used to treat high blood pressure and cardiac disease. Finally, we will no longer provide sunscreen as an OTC item.

Over-the-counter medications are provided through our Indian Health Service funding and are subject to federal rules and regulations regarding these funds. As such, they are also provided subject to the availability of this funding. The CTCLUSI Health Division reserves the right to make changes to the OTC program as needed, up to and including termination of the program. We may also refuse access to OTCs where there is suspicion of fraud or abuse, such as selling the items, or returning them to a store in exchange for a cash refund.

Contact Purchase and Referred Care with any questions you may have about Over-the-Counter Medications by calling 541-888-4873

Medications included in the OTC formulary are:

Product Name	Dosages	Indications/Comments
Aspirin	81mg (children/adult) and 325mg (adult)	Temporary relief of fever, pain & inflammation; prevention of blood clots, stroke, chest pain & heart attack
Ibuprofen	200mg (children/adult)	Temporary relief of fever, pain & inflammation
Acetaminophen	325mg (adult) and 160mg liquid (children)	Temporary relief of pain & fever
Multi-Vitamins	Generic 50+	Provided for Elders only
Pink Bismuth	Liquid and tablet	Heartburn, nausea, upset stomach, & diarrhea
Antacid	Tablets only	Heartburn & indigestion
Anti-Diarrheal	Liquid (children) and tablets (adults)	Control/relief of diarrhea
Anti-Constipation	Liquid only	Constipation & indigestion
Cough Medicine	Liquid only	Cough suppression; mucus expectoration
Allergy Relief	Liquid (children) and tablets (adults)	Treatment of allergy symptoms
Allergy Relief (non-drowsy)	Liquid (children/adults) and tablets (adults)	Treatment of allergy symptoms
Antibiotic Ointment	Ointment only	Prevent/treat minor skin infections caused by small cuts, scrapes, or burns
Lice Treatment	Kits only – no specialty products	Treatment of lice infestation



The Confederated Tribes of
Coos, Lower Umpqua & Siuslaw Indians
and Coquille Indian Tribe
will be co-hosting the
**23rd Annual
Oregon Tribal Elders Honor Day
to be held on March 15 & 16, 2019
at Three Rivers Casino Resort in Florence, Oregon**

Friday, March 15th:

10:30 to 11:30 ~ Registration at Entrance to Events Center
11:30 to 12:00 ~ Opening,
12:00 to 1:00 ~ Lunch
1:00 to 2:00 ~ Entertainment
2:00 to 2:30 ~ Break
2:30 to 4:00 ~ Bingo in Events Center
4:00 to 5:30 ~ Break - **Check into Florence Quality Inn**
5:30 to 7:30 ~ Return to Events Center
Dinner served at 6:00 p.m.

Saturday, March 16th:

7:00 to 10:00 ~ Breakfast in the Events Center

Please RSVP by Thursday, February 28th to:
Iliana Montiel, Assistant Director of HSD at 541-888-7526.
Limited transportation is provided.

There will not be a charge to Tribal Elders for any of the activities.
All other guests, with the exception of spouses, van/bus drivers, care providers/ chaperons, will be charged for meals. All guests must be over 55, with the exception of spouses, caregivers and staff.



SAVE THE DATE

**Elders Conference
"Planning for the
Golden Years"**

February 25 & 26, 2019

Three Rivers Casino Resort

February 25, 2019
Snacks and Dinner Provided

February 26, 2019
Breakfast Provided

Topics: SHIBA/Medicare, Wisdom Warriors, Caregiving, Diabetes Wellness, Estate Planning

RSVP by February 18 to
Iliana Montiel at (541) 888-7526
Agenda's will be mailed to those who RSVP

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



Julie Belcher

Favorite Hobbies:

- Dancing with her Sissy at the Firehouse in Old Town
- Singing Karaoke
- Visiting one of her friends in Newport

Favorite Saying:

“I love being with my grandkids!”

Julie Belcher

- Hanis Coos
- Daughter of Russell Jordan Anderson and Dorris Laverna Anderson. Sister of Phyllis (Anderson) Howlett

Proudest Accomplishments:

- All of her grandchildren and great-grandchildren
- Serving 22 years as a Security Officer
- Fighting and surviving breast cancer for six years so far!

Bucket List:

- Taking a cruise to Alaska
- Going on a trip to the Tulalip Tribe in Washington
- Going back to Illinois with her Sissy to visit the Ba Hai’ House of Worship



Riley Lott, Jr.

Favorite Hobbies:

- Riding his Harley
- Making Native American jewelry
- Spending time with his youngest granddaughter, Alyssa, aka “Big Al.”

Favorite Saying:

“I’m sorry you made me mad,” usually directed at his lovely daughter, Traci!

Riley Lott, Jr.

- Lower Umpqua descent
- Great-nephew of the late Tillie Thomas and son of Lillian Mae (Slossen) Lott. Riley is the second oldest of six children in his family. His siblings are (Lillian) Elaine Allison, the late (John) Leon Lott, the late Ernest Lott, the late Chief James Lott, Sr., and Kathy Price. He is the proud father of Mrs. Traci (Lott) Wilcox and grandfather of three grandchildren.

Proudest Accomplishments:

- Restoring his family’s Tribal enrollment with the help of his mother, Lillian.
- Creating beautiful and unique Native American necklaces with his mother.
- Raising his stepson and daughter into decent, respectable people.
- Nine years served in the Army’s Special Forces in Vietnam.

Bucket List:

- Riding his Harley to Las Vegas this summer.
- Salmon fishing on the Siuslaw River with his son-in-law, Chris Wilcox, every summer for the rest of his life.
- Living to watch his grandchildren grow up.



Elders Valentine Birthday



We would like to Honor all Elders that are “75” and older in the year 2019.



THURSDAY, February 7, 2019
at 11:30 a.m.—2:00 p.m.
at Florence Outreach Office

RSVP to 541-435-7155 or toll-free 1-888-365-7155
By **Monday, February 4, 2019**

Join us for fun & games after the lunch.



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

ATTENTION ELDERS

Tribal Court’s new Wellness Court needs a *volunteer Tribal Elder* to be a Wellness Court Team member.

This Elder will sit on Wellness Court staffings and provide input regarding traditions, culture, and the community at large in an effort the assist the participants in their recovery and restoration to the Tribe.

If you are interested in working with the Tribal Court, contact:

Jenifer Stephens
Wellness Court Case Manager,
541-888-1307
Cell: 541-808-8425
jstephens@ctclusi.org

Alternative & Complementary Treatment for Chronic Pain

Contributed by Leslie Lintner MA, Behavior Health Specialist

Currently in the United States, millions of people are using opioid medications prescribed by physicians for chronic pain. Unfortunately, opioids carry specific inherent risk to those patients that use them.

Chronic use of opioids increases the risk of addiction, overdose and death. More than 100 people die from an opioid overdose each day in the U.S.

Even those using opioids prescribed by their physician can become addicted. When opioids are used for long periods of time, tolerance increases and the strength of the narcotic does as well. This is problematic and becomes difficult to provide pain relief for acute pain after surgery or an injury.

There are many types of complimentary alternative medicine that can assist with pain management. Most have used different types of complimentary and/or alternative medicine. The more common forms include Naturopathic Medicine, message, chiropractic, and acupuncture therapy. Homeopathic practices also include herbal medicine & supplements. Even physical therapy and occupational therapy is a complimentary treatment.

Tribal Practice includes alternative

and complementary medicine as well. Practices include the medicine wheel to promote balance, meditation, sweats, and prayer, self-care, drumming, smudging and medicine bags. All of these assist in creating balance and restoring wellness.

Self-care and counseling is recommended for people experiencing chronic pain, as they are more likely to feel depressed and anxious about their general health. Seeing a counselor can help restore mood and provide insight into how chronic pain can affect wellness. Additionally, some psychiatric medication can have a moderating effect on pain, and counselors can help make recommendations to primary care physicians or referrals to psychiatric physicians when appropriate.

There will undoubtedly be people who believe that the only way to relieve their pain is through medication. However, alternative and complementary medicine can help with general wellness and overtime, help patients manage their chronic illnesses possibly reducing their dependency on narcotic pain medication. This could facilitate extended time before increasing medication strengths lowering risk of accidental overdose.

For patients not using narcotic pain relievers but over the counter medications like acetaminophen and ibuprofen, alternative and complementary medicine can extend the time before needing to move to stronger narcotic pain medication. Alternative and complementary medicine can also assist those whom cannot use ibuprofen due to bleeding risk, helping relieve pain without moving into narcotic pain medications.

If you want more information about alternative, complimentary medicine, Family Services will be hosting Holistic Approach to Chronic Pain Management on February 7, 2019 at 6pm at the community center. The seminar will feature community practitioners that will discuss and answer questions about chronic pain management. The keynote speaker will be Dr. Ospina, a family practice physician at NBMC, who works with chronic pain management and addiction.

See our flyer in the newsletter for RSVP options. You can register online at

<https://www.eventbrite.com/e/alternative-medicine-tickets-54364047329>

Making Choices that Matter for Our Children

Contributed Shayne Platz, Lead ICWA Case Manager

Making a choice to raise strong and healthy children in all facets of their life is a choice that matters and a commitment that can influence many generations to come. In November, the CTCLUSI Family Services Department in collaboration with the Confederated Tribes of Siletz Indians hosted a five-week parenting workshop at the new Eugene Outreach Office. Each parenting class kicked off with a wonderfully cooked meal for parents and children of all ages and from various tribal backgrounds. This workshop aimed to enlighten parents on topics such as brain development in children and teens, alternatives to spanking and behavior management, building a better 'you', dealing with stress as a parent, and nurturing your children in healthy ways. The attendees learned that a solid parenting workshop always promotes a sense of home that is free from violence, drugs and alcohol, free from neglect or abuse, and has an immovable sense of love and nurturing to all children who are dependent on their parents, role models, caregivers, and their surroundings including school and community.

We invite all tribal members to keep an eye out for future workshops hosted by our Family Services Department and other staff and volunteers that make the magic happen.

Contact Shayne Platz in Family Services by calling (541) 435-7162.

Holistic Approach to Pain Management Seminar

Thursday, February 7, 2019 at 6pm

Dinner Served and Childcare Provided

CTCLUSI Community Center

338 Wallace St. Coos Bay, OR



CTCLUSI Family Services invites you to an evening with community partners that provide holistic pain management. There will be time to speak with speakers and opportunities to win prizes.



Enjoy an intimate evening discovering the surprises of alternative medicine, a healthy meal and childcare provided!

Speakers will represent specialties in naturopathic medicine, self-care, herbal remedies, physical therapy, pain management, message therapy, acupuncture, addiction specialist, chiropractor and cultural practices that promote health and wellness.



Call Leslie in Family Services with any questions at 541-888-7509.
Please RSVP by Tuesday, February 5, 2019 with the number of adults and children
At 541-435-7155 or 888-365-7155.

You can also register online at
<https://www.eventbrite.com/e/alternative-medicine-tickets-54364047329>
Space is limited so register early!

Taking Care of Your Health

Contributed by Kimmy Bixby, Community Health Aide

It is that time of year where the cold/flu season is rising quickly. Along with it comes additional sickness that tend to mutate into different strains, which leads us to feel like we are caught in a vicious cycle of what most of us call “the crud.” With how busy we are, this becomes very inconvenient for us and affects our work, home life, parenting, exercising and enjoying life in general.

One of the reasons we become so susceptible to these illnesses is our general everyday diet. Many of us are so busy and on the go constantly, we sometimes forget to take care of ourselves. We put our family and our jobs first. The foods we eat can have a large impact on our overall health. To help support our immune systems, it is very important to eat a well-balanced diet. This includes fruits, vegetables, proteins, grains, and dairy. An easy way to help balance these portions is by using the Plate Method or Diabetic Plate Method.

Another way we can keep ourselves protected from winter sickness is using PREVENTION techniques. Washing our hands is the best way we can prevent spreading germs to others and ourselves. Running our hands under warm water and scrubbing with antibacterial soap for 20 – 30 seconds (about the time it takes to sing the alphabet) is proper and efficient hand washing. Doing this before and after we eat, before we prepare meals for others and ourselves, anytime we touch our mouths or noses, and *always* after we use the restroom. When we are in situations where we do not have access to soap and water, hand sanitizer is the next best thing.

The winter months bring a long stretch of cold weather that can be a shock to our bodies if we do not bundle up when we go outside. Children and the elderly are especially prone to health problems caused by cold weather. Wearing well-insulated jackets, scarves, hats, gloves, wool socks, and even thermal underwear in extreme cold will help significantly. If keeping your home heated

To learn more about LIHEAP call Family Services Coos Bay (541) 888-1311 - Eugene (541) 744-1334

is an issue and you live within the 5-county service area (Coos, Curry, Douglas, Lane, and Lincoln counties), you may want to contact the Family Services Department to find out if you qualify for their LIHEAP program, which helps with your electricity bill.

Along with some of these suggestions, there are many other ways to keep ourselves and our families healthy through this rough season.

- Limit your sugar intake. It has been shown that reducing the amount of sugar consumed can help strengthen the immune system.
- Take vitamins and try home remedies. Zinc, Ginseng, Turmeric, and Vitamin C are a few ways we can support our immune health. Homemade chicken noodle soup has anti-inflammatory properties to help speed up the recovery process and keep us healthy. Many people believe that essential oils have health and healing benefits. Peppermint, Clove, Eucalyptus, Tea Tree, and Lemon are a few oils that may help support a healthy lifestyle.
- Drink plenty of clear fluids to prevent dehydration. If you get tired of plain water, adding some lemon juice to it can help.
- Try to reduce the stresses in your life and get plenty of rest. Your body needs it!
- Keep the surroundings in your home and workplace clean and

disinfected.

- Being physically active helps the blood flow in your body, which makes you stronger and more able to fight off these illnesses.
- Vaccinations can provide a lifetime of protection against diseases and infections like the flu, pneumonia, whooping cough (a disease very dangerous to infants), measles, chicken pox, and many other life-threatening diseases. There are many people against vaccinations for their own reasons and beliefs, and they should be respected as equally as the pro-vax population. When considering vaccinations, keep in mind that you are protecting more than yourself - you are protecting your family as well. The potential risks of the diseases are much greater than the risks of the vaccines themselves.

“Washing our hands is the best way we can prevent spreading germs to others and ourselves. Running our hands under warm water and scrubbing with antibacterial soap for 20 - 30 seconds”

“The foods we eat can have a large impact on our overall health. To help support our immune systems, it is very important to eat a well-balanced diet. ”

Quoted from the *National Foundation for Infectious Diseases, nfid.org*: “In the US, vaccine-preventable infections kill more individuals annually than HIV/AIDS, breast cancer, or traffic accidents. Approximately 50,000 adults die each year from vaccine-preventable diseases in the US.”

Hopefully some of these suggestions will help lead you in the right direction to keep yourself and your family healthy and strong. Always remember that you cannot take care of others until you have taken proper care of yourself, so put on your **oxygen mask and take a deep breath**. You’ve got this!

SHOTS FOR TOTS

IMMUNIZATION CLINIC & Teens

Wednesday, Feb. 20

Drop-in: 8am to 4pm

at Coos Health & Wellness
281 LaClair St, Coos Bay
Call 541.266.6700 for more info.


Children ages 0-18 years old without insurance qualify for FREE immunizations.

The clinic will also accept:

- Oregon Health Plan
- Blue Cross/Blue Shield
- Pacific Source
- Providence
- Moda/ODS
- United Health Care

Sponsored by: Coos Health & Wellness, NBMC and Coos Bay-North Bend Rotary Club

Coos Health & Wellness
Together, Saving Healthier Communities

**NBMC**
NORTH BEND MEDICAL CENTER

Rotary
Coos Bay - North Bend

Tips for Winter Weather Bus Riders

Contributed by Kathy Perkins,
Transportation Coordinator

Stand back from the curb until the bus comes to a complete stop; buses may slide sideways in slippery conditions. Give the driver plenty of notice when signaling for your stop.

Buses might not be able to pull all the way over to the curb because of snow and slush. Once the bus is stopped, riders may need to step into the road.

Use handrails when getting on and off the bus. Snow can accumulate on the stairs and in the aisle, making them slippery.

If a stop is blocked by snow or ice, the bus will make every effort to use an alternate stop as close as possible to the original stop.

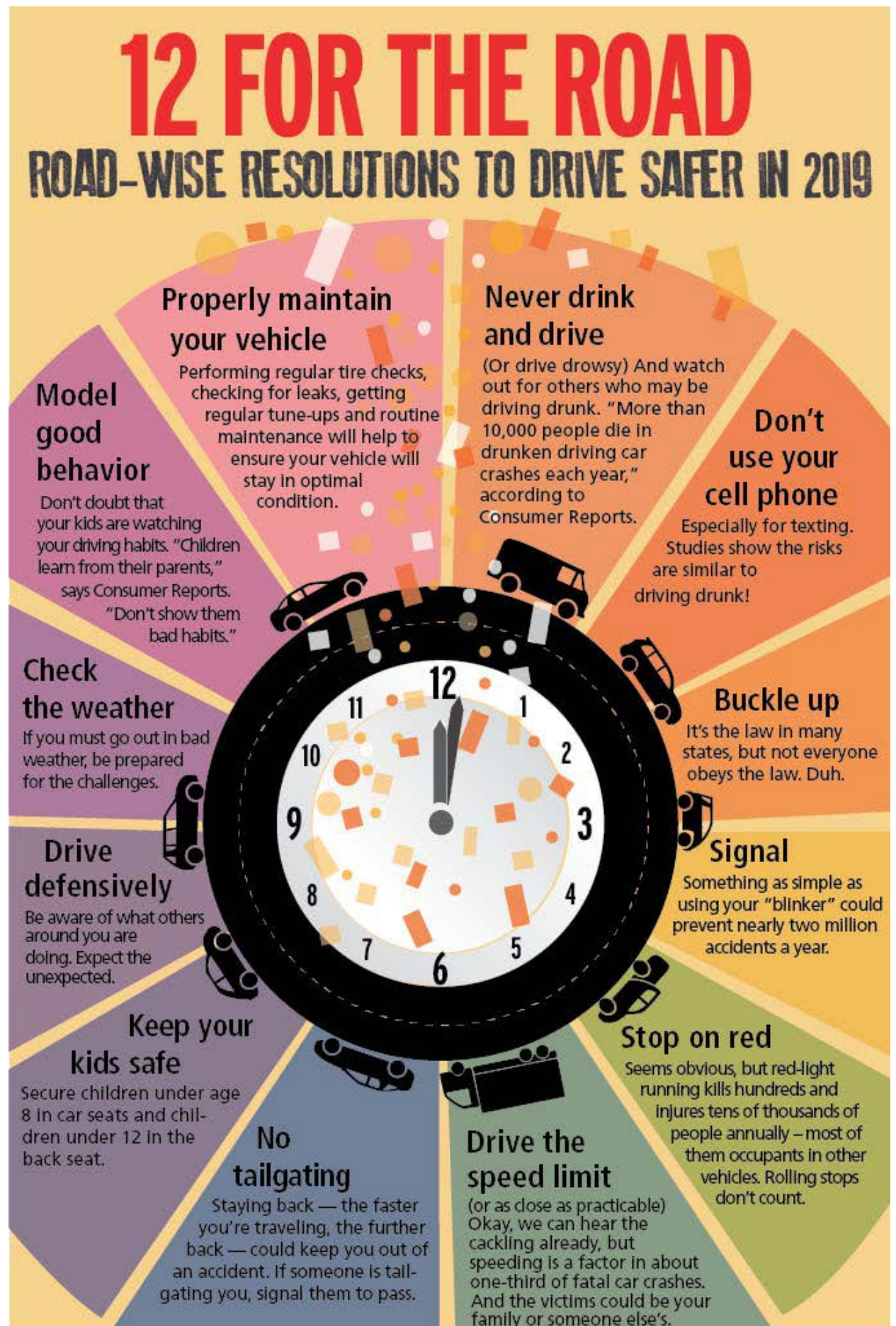
Expect delays. Chained buses cannot travel more than 25 mph.

Dress warmly.

Make sure you are visible.

Are you an Enrolled CTCLUSI Tribal Member? Do you need to get somewhere?

Call Kathy Perkins, Transportation Coordinator at (541)888-9577.



First Canoe Pull of the Year

Pull to Takimiya (Umpqua Eden)

March 9, 2019 at 9:00 a.m.

Umpqua River:
Reedsport to Winchester Bay

Contact Mark Petrie at (541) 297-3681

Baby Baskets!

Are you a Tribal member or Tribal spouse living in the five-county service area (Coos, Curry, Douglas, Lane, and Lincoln counties) and expecting a baby? We can help you by providing a basket of necessities for your new little bundle of joy. Our Community Health Aides work together with our Dental Clinic to make sure you receive a great variety of baby products to start your baby's precious life with ease, comfort and good health. Some of these items include diapers, wipes, bottles, a tooth/gum brush, bathing products, and a car seat. If you are eligible to receive one of these baskets, please contact your area's Community Health Aide.

Congratulations!

Armando Martinez: Coos Bay Office: (541) 435-7558 Cell: (541) 435-5223
Doug Morrison: Florence Office: (541) 997-6685 Cell: (541) 297-2391
Kimmy Bixby: Eugene Office: (541) 744-1334 Cell: (541) 808-8684

**RECOVERY IS A
PROCESS.
YOU JUST HAVE TO
START**

For more information contact:
Doug Barrett; Prevention & Treatment Coordinator
 541-297-3479

PEACEGIVING COURT SWEARS IN TWO NEW PEACEGIVERS IN 2018

Contributed by Diane Whitson, Tribal Court Administrator - Peacegiving Court Outreach Coordinator

Peacegiving Court continues to work for the Tribe and is now included as part of the “Phases” in the new CTCLUSI Wellness Court. Because of that expansion of Peacegiving Court services, Tribal Court asked for nominations of Peacegivers in 2018.

Two new Peacegivers nominees were sworn in at the Peacegiving training dinner on October 23, 2018. Give a big welcome to Morgan Gaines and Kristy Petrie as our newest addition to our group of Peacegivers.

Watch the newsletter for the next training dinner which is tentatively scheduled within the next month. More details will follow.



Tribal Member Morgan Gaines and Tribal Spouse Kristy Petrie were sworn in as Peacegivers on October 23, 2018 by Judge JD Williams



PEACEGIVING COURT

Dispute resolution the traditional way.
Accountability. Restoration.

For more information on Peacegiving Court and how your case can be transferred, contact Tribal Court. (541) 888-1306

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

ARE MY KIDS GETTING ENOUGH PHYSICAL ACTIVITY?

Kids need physical activity to grow up strong and healthy. When your kids are feeling good, your life is easier too. So find ways to help kids fit more activity into their day.

Most kids/teens ages 6 to 17 need at least 60 minutes every day. Most of it can be moderate-intensity aerobic activity. Anything that gets the heart beating faster counts. At least 3 days a week, encourage your kids to step it up to vigorous-intensity aerobic activity.

Help to get them active now, and they will build health habits for life. So take the first step.

Get your kids moving and when you can, move with them!

AS PART OF THE 60 MINUTES, KIDS AND TEENS ALSO NEED:

MUSCLE-STRENGTHENING ACTIVITIES: ANYTHING THAT MAKES THEIR MUSCLES WORK HARDER

BONE-STRENGTHENING ACTIVITY: BONES NEED PRESSURE TO GET STRONGER. RUNNING, JUMPING AND OTHER WEIGHT-BEARING ACTIVITIES ALL COUNT

BE ACTIVE TOGETHER

Take morning or evening walks

Dance while dinner's in the oven

Show them your favorite ways to move

For more information, contact:
Jesse Beers
541-888-1319 x7319
jbeers@ctclusi.org

COLD WATER TRAINING

TUESDAY APRIL 30- THURSDAY MAY 2, 2019

Safety and Rescue

The three-day course will explore the following areas: paddling environment, personal preparation, rescue philosophy, scene management, medical issues, equipment, throw ropes, water hazards and hydrology, swimming, wading, boat based rescue, pins, entrapment, and water scenarios.

Healing of the Canoe program has covered the cost of the training and training certificates for CTCLUSI.

Spring Break Over-Night Camp

March 25-30, 2019

(Monday-Saturday)

Ages 12 and Up

Come and spend the week with Us!

- Canoeing local waterways
- Hiking
- Learning to track the seasons
- Learning preparations for coming seasons

**Camp applications can be found online at
CTCLUSI.org.**

**For more information contact Sonja McCarty
at 541-808-8175**

**HOC Uses the Traditional Canoe Journey
as a metaphor for life. Campers will learn
the skills they need to travel their life's
journey, using Tribal values, traditions and
culture as compass to guide and anchor
them.**

Hosted by CTCLUSI's HOC Program



Hiime Panuu Qais

Children's Spring Day Camp

March 25-29, 2019

**Come and make your spring break an
adventure!**

Activities for the week include:
games, trip to the beach,
cultural activities, GIANT game land,
a trip to wildlife safari, and the
Newport aquarium!

This camp is for youth ages 5-11.

**Applications are live on
CTCLUSI.org under member services > youth services.**

**For more information please contact
Devynne Krossman at 541-888-7357 or
Dawn Adams at 541-888-7514.**



Hosted by CTCLUSI's Healing of the Canoe Program

Sapsik^{iw}atá

TEACHER EDUCATION PROGRAM

The Sapsik^{iw}atá Program includes recruitment, support, preservice training [Med degree and licensure], and in-service mentorship of American Indians and Alaska Natives serving as teachers in their communities. UO and federally funded payback service benefits include tuition and fee remission, books and supplies, and a monthly stipend.

SÁPSIKW'AT XTÚWIT NAAMÍ TANANMAMÍYAU • EDUCATION STRENGTHENS OUR PEOPLE

O UNIVERSITY OF
OREGON

College of Education

sapsikwala@uoregon.edu
541-346-2454

PROGRAM LEADERS:
MICHELLE JACOB, PhD (YAKAMA)
LEILANI SABZALIAN, PhD (ALUTIIQ)

education.uoregon.edu/sapsikwala

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SCHOOL TO WORK

2019 OREGON YOUTH SUMMIT

YOUR COMPASS

March 8-10, 2019
7-Feathers Hotel & Convention Center
Canyonville, Or

YOUR COMPASS

2019 Oregon Tribes' Youth Summit

Cow Creek Umpqua Tribe and its Youth Council are delighted in bringing this invitation to High school-aged youth of Oregon Native American Tribes. This event will be an impactful and engaging leadership and informational conference that focuses on a directional plan of where you want to go and how to get there. With top speakers in the breakout sessions, students will come away with:

- Leadership skill building
- Transitioning: What independent living looks like
- Resume & Cover Letter building skills
- Interview techniques
- College admissions/scholarship/financial aid information
- Community College/Apprenticeship programs
- LiUna Apprenticeship program

Make your RESERVATION today
contact: Sonja McCarty
Healing of the Canoe Facilitator
call or text 541.808.8175

Want to run for Tribal Council?

Final deadline to submit Statement of Candidacy and Position Statement is March 15, 2019

Tribal Council Candidate Forums

March 16th in Florence and Eugene (Times TBA)

March 17th in Coos Bay (Time TBA)

Election Day: April 14, 2019

Please visit www.ctclusi.org under "Tribal Council" then "Elections" for complete rules in the Election Code Chapter 7-3, and the CTCLUSI Constitution.

Questions, please call Jeannie McNeil, Election Clerk or Vicki Faciane, Election Board Chair at (541) 888-9577

Does the Government Furlough have you concerned about your SNAP benefits?

Contact Family Services for a list of resources and options in your area.

Contact Leslie Lintner, MA Behavioral Health Specialist in Family Services by calling (541) 888-7509.



Supplemental Nutrition Assistance Program

For Sale: Electric Toothbrushes!

For Sale by CTCLUSI Dental

ONLY \$20.00

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

Call - (541) 888-6433

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

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

Precision Clean

Floss Action

Sensitive Clean



Don't Let Fear of Failure Ruin Your Goals for 2019

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

New Year's resolutions are practically an institution. Maybe your big goal for 2019 is to lose weight, quit smoking, work out, advance your career, start a business, double sales revenue, run a marathon, go back to school, save more money, etc. Whatever your goal, I encourage you to make it H.A.R.D. Goals that are Heartfelt, Animated, Required and Difficult stimulate and engage the brain in profound ways, increasing the motivational power that make our goals happen. All the studies on H.A.R.D. Goals indicate that the more difficult your goal, the better your performance will be. But there's still one universal issue that holds people back from realizing H.A.R.D. Goals: fear of failure. Big goals are intimidating, and in spite of all the studies on H.A.R.D. Goals, it can still prove tough to shake the belief that the more difficult your goal, the higher the possibility that you could fail.

So how do we overcome that fear of failure and mentally leap the hump of trepidation (or anxiety or fear or whatever you want to call it)? With a pretty simple, three-step process that uses the logical/analytical parts of our brain to rewire the way we think. In clinical psychology, it's called reframing.

Step one requires asking yourself a very simple question: "What happens to me if I fail at this goal?" I say it's a simple question, but that doesn't mean it's an easy question. Answering it truthfully requires a deep look into some of your inner mental processes. When I'm working with someone (or an entire organization) to figure out what they're really afraid will happen if they fail at this goal, here are the kinds of answers I hear:

- People will think I'm weak and couldn't hack it.
- People will be disappointed in me.
- People will never believe in me again.
- I'll never believe in myself again.
- I'll die from embarrassment.
- If I can't do this, it means I'll never be able to do anything.
- It'll mean that I'm not as smart/talented/skilled as I like to think I am.
- This is my only shot at this and if I screw up I'll never get another chance.
- It means I'm stuck in this state forever.

All these statements are highly problematic. Too often, when we describe what will happen to us if we fail, we use words like never, always, only, die. These are serious and highly charged words, and they reflect a deep level of fear. Saying, "I'll die of embarrassment if I fail to achieve this goal" is probably a bit of an overstatement when we assess the actual facts. But it is a true reflection of how intensely we feel these fears (even if we don't acknowledge that intensity at a conscious level).

It's not unexpected to feel a fear of failure, but the intensity of our feelings can often rival or even exceed the fear we feel from things that might truly kill us. When a fear of failure stops us from tackling a goal, 99% of the time the fear we feel is very different from the fear we'd feel if, say, a hungry lion were charging at us. Some fear is very healthy. From an evolutionary perspective, fear kept us alive. But there are times when our fear reactions get pointed to something quite abstract, and perhaps even imagined. If you fail in your goal to escape that lion, there's a really good chance you'll die. But if you fail in your goal to increase your savings this month, it's not going to kill you. Nor will we die of embarrassment. Most of the repercussions we face if we fail in achieving our goals won't really kill us. The statements on our list of "what happens to us if we fail" are not proven facts; they're interpretations, assumptions, emotionally charged extrapolations, irrational beliefs. Call them what you will. But they are not proven facts.

Step two proves this. We're human beings, not computers, so we can't just flip a switch and say, "OK, feeling like I'll die of embarrassment is irrational, so I'll just stop feeling that way." Instead, we've got to debunk these thoughts in our heads, just as if we were attorneys cross-examining a witness. We're going to take each of these statements and, one by one, ask ourselves if we can find any examples that might provide evidence to the contrary of what we said.

Let's take the example, "If I fail to achieve my goal, I'll die from embarrassment." Can you find any examples in your life (or even someone else's life) where you failed to achieve a goal but didn't die? To take it a step further, can you find any examples where any embarrassment you felt was far less than what you were expecting? Now, by virtue of your being alive right now, I'm

guessing you found at least one example that refutes the belief that "I'll die from embarrassment."

That's a pretty easy example to counter, so let's try something more difficult. How about, "If I fail at this goal, people will think I'm weak and couldn't hack it." Again, search your history, or someone else's history, for counterarguments. We literally need to take those "what happens to us if we fail" statements and debunk them, one by one. Use your analytical brain and your life history. I'm confident if you take every one of them apart, you'll find they hold no real power.

Step three is rewriting those original statements. You've debunked them, so now turn them around into something a lot more encouraging. Here are some examples of revised statements:

- If I fail at this goal, people won't think I'm weak. In fact, they may even rally to my defense.
- If I fail at this goal, people will still believe in me.
- If I can't do this specific goal, it has no bearing on my ability to tackle other difficult goals.

You've disproved the negative statements you started with, so it's just a question of closing the loop and cementing this logically sound bit of encouragement in your consciousness. Overwhelmingly, we have little or nothing to fear from attempting (and even failing at) a H.A.R.D. Goal, because it's only by attempting our goals that we hone our ability to successfully achieve them. And remember, we'll have absolutely no control over our lives and destinies if we're paralyzed by the fear of the mostly imagined consequences of failing at our goals. H.A.R.D. Goals give us the motivational jolt we need to stimulate the brain, get us out of our comfort zone, and excite us emotionally so we're able to deliver our best performance. Expect some fears, it's natural. But as those fears pop up, don't dodge them. Face your goal fears squarely and evaluate how much validity they really have. Are you really going to die of embarrassment if you don't achieve your goal? Of course not. Nothing rips the power away from fear like a good debunking.

Content taken from "Don't Let Fear of Failure Ruin Your 2016 Goals" by Mark Murphy ©Forbes.com January 7, 2016

Fun STARTS HERE

SATURDAYS

Cash Crush

\$5,000!

PLAY THE LIVE ACTION BOARD GAME & WIN UP TO

3PM TO 4PM AND 8PM TO 9PM

Drawings every 30 Minutes. One entry for every 25 same-day points earned.

Wednesdays in February

Cabela's & Chocolate

6pm to 9pm

Hot Seats Every 20 Minutes

for your choice of a

2 Tier Box of Astor Chocolates or a \$50 Cabela's Gift Card

MUST BE ACTIVELY PLAYING & OF AGE WITH YOUR PLAYER CARD TO BE ELIGIBLE FOR HOT SEATS

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