

The Voice of CLUSI



July 2019
Issue 7
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www.ctclusi.org

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

Student Recognition Dinner 2019



College Graduates received Pendleton blankets during the Student Recognition Dinner, Saturday, June 22, 2019.
Pictured left to right: Michelle Kile, Samantha Kile, Grace Gagner, Mary Lou Green, and Bryson Bossley

Contributed by Morgan Gaines, Communications Specialist

The CTCLUSI Student Recognition Dinner was held Saturday, June 22, 2019 at the Tribal Community Center in Coos Bay, Oregon. Friends and families gathered to show support to all the student achievements this year, with familiar faces and new faces mixed amongst the crowd.

Stephanie Watkins, Human Resources Director and Higher Education welcomed those in attendance and asked Chief Warren Brainard to give an opening invocation. After Chief Brainard thanked everyone for coming and asked creator to continue to help guide our youth on the journeys, Stephanie also highlighted a few individuals for their support of our students.

Special thanks to Tribal Councils, current and past, for their dedication to our youth's success. All current members of Council attended the occasion and honored students with gifts throughout the evening. Karen Porter was also recognized for the work that she did to help make the evening a night to remember. And to the beading

group out of Eugene led by Tribal Elder Sue Olson, recognition and appreciation was given for their time in making beaded necklace gifts for the High School Graduates.

One of the evenings key note speakers joined the festivities by telecommunication. Stephanie welcomed Rachel Schaefer via skype call to share her education journey. Rachel spoke about her higher education career, its highs and lows, and the incredible path she has taken thanks to the support of her family and Tribe. After graduating from Southwestern Oregon Community College she went on to earn her Bachelors from Portland State. She shared her struggles with financing school and facing a job market demanding years of work experience that recent graduates just don't have. Thankfully, through internships with the Tribal Family services she gained some vital experience for the workforce as well as the skills to seek out other resources and trainings to build her portfolio.

Rachel found work after her internship as a youth advocate at the Native American Youth and Family Center in Portland, Oregon where she worked for a year before transferring to work as a Domestic Violence Advocate at the same center. She worked hard to seek out training and experience and eventually became a Certified Suicide Prevention trainer. After applying for and being accepted into the Master's Program at Pacific University, she is now focused on finishing her Masters in Applied Psychology so that she can go into counseling.

The most important things that Rachel wanted the other students in the room to remember was to make use of the resources available to you, whether that is your family, friends, the Tribe, or other mentors you've found along the way, building yourself a strong support system.

Council member Josh Davies then stood and shared a few words of his own. He expressed his gratitude to those in attendance that evening, for showing their

Article continues on page 10

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Permit #481

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

Save the Date
Salmon Ceremony
August 4, 2019

Chairman’s Corner

Dai,

I hope you are enjoying your summer so far. This month I wanted to inform all of you about the Lamprey Eel project that the Tribe was instrumental in developing along with their collaborative partners in the basin (Oregon Department of Fish and Wildlife and the Tenmile Lakes Basin Partnership) to develop a 30-year Lamprey Conservation Plan for the Tenmile Lakes Basin. The collaborative partners completed a demonstration project on Eel Creek in the basin, where they fabricated, and installed a Lamprey Passage Structure at the Eel Creek Dam to allow for lamprey access to Eel Lake.

I am happy to report that the first lamprey eel came through the passage. This is the first eel in 30 years to come back into the lake. The purpose of this project was to bring back our natural resources and maintain our culture. As a sovereign Nation, culture and natural resources are OURS to protect. Sovereignty is something WE must always strive to promote and protect. This is not only the responsibility of all Tribal Council members, but the General membership too.

The Tenmile Lakes Basin is an area of great importance to the Tribe. The purchase of the former Camp Easter Seal was an opportunity to acquire a significant site in the area. Since the



time of the purchase, the Tribe has been involved in curing some of the deficits in the overland access to the camp. We finally have resolved these issues and have access to the camp by road. We are excited to complete the renovations to the camp lodge and begin full utilization of the camp in late summer or early fall. Look for more announcements soon!

Enjoy the rest of your summer.

- Chairman Doc Slyter

Tribal Council Business

As Reported at the June 9, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:
Not Present

Doc Slyter:
May 19 Tribal Council Regular Meeting
May 20 Consultation with U.S. Navy & Tours of Tribal Properties
May 23 Tribal Council Workshop
May 26 Office Visit to have Laptop repaired; Met with Board members of Coos Bay Museum
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
May 30 Conference Call with U.S. Coast Guard on TCP
June 6 Tribal Council Workshop

Debbie Bossley:
May 19 Tribal Council Regular Meeting
May 20 Consultation with U.S. Navy & Tours of Tribal Properties
May 21 OHA Dental Evaluation DHAT; Enrollment Meeting
May 23 Tribal Council Workshop
May 28 Heath Board Meeting
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
June 6 Tribal Council Workshop

Iliana Montiel:
May 19 Tribal Council Regular Meeting
May 21 Tribal Family Gathering in Eugene
May 22 Traveled To Salem to Proclamation reading from Gov Kate Brown for Older Americans
May 23 Tribal Council Workshop
May 28 Health Board Meeting
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
June 6 Tribal Council Workshop

Josh Davies:
May 19 Tribal Council Regular Meeting
May 23 Tribal Council Workshop
May 28 Election Board Meeting
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
May 31 Correspondence with Gaming Commission in regards to GFORB
June 1 TAPP Recognition Luncheon and Moccasin making class with Sam Sprague & Enna Helms
June 6 Tribal Council Workshop
June 8 MHS Graduation/ Senior All Night Party

Doug Barrett:
May 19 Tribal Council Regular Meeting (called in was at ATNI)
May 23 Tribal Council Workshop (called in was at ATNI)
May 28 Heath Board Meeting
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB) (called in at Opioid Conference)
June 6 Tribal Council Workshop
June 8 Float Hunt

Mark Petrie, Vice-Chair:
May 19 Tribal Council Regular Meeting
May 21 OHA Dental Evaluation DHAT
May 23 Tribal Council Workshop
May 25 Town Hall Meeting with Sen. Wyden
May 29 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
May 30 Conference Call with U.S. Coast Guard on TCP
June 6 Tribal Council Workshop
June 8 Clamboree Set Up

Resolution Summaries

RESOLUTION NO.: 19-030
Date of Passage: April 4, 2019
Subject (title): Amendment to CLUSITC Chapter 1-9 and Tribal Council Final Approval
Explanation: The Tribal Council approved amendments to Chapter 1-9, after a 28 day comment period and Tribal Member comments were reviewed. **Vote 5-1-0**

RESOLUTION NO.: 19-031
Date of Passage: April 14, 2019
Subject (title): Eugene 4J School District, Title VII, NATIVE Program Support
Explanation: The Tribal Council approved to support the NATIVES Indian Education Program. **Vote 7-0-0**

RESOLUTION NO.: 19-032
Date of Passage: April 14, 2019
Subject (title): Approval of Cooperative Agreement with Smith River Watershed Council
Explanation: The Tribal Council approved this cooperative agreement. **Vote 7-0-0**

RESOLUTION NO.: 19-033
Date of Passage: April 14, 2019
Subject (title): Acceptance of the Memorandum of Understanding with the US Army Corps of Engineers for Cooperating Agency status of the Port of Coos Bay Channel Modification Project
Explanation: The Tribal Council approved this MOU. **Vote 7-0-0**

RESOLUTION NO.: 19-034
Date of Passage: April 14, 2019
Subject (title): Enrollment of New Members
Explanation: The Tribal Council approves the following as members into the Tribe: Jaina June Radford, Stella Marie McCoy, Blake Mitchell Gardner, Vyolet Wheatlea Hileman, Stevie Jean Michelle Walton, Winter Leigh Coleman, Sequoia Wren Mendoza, Rylee Sandria Campbell, Nephenthe Irwin Fong, Braxston Fong, Aiyana Fong and Makaila Fong. **Vote 7-0-0**

RESOLUTION NO.: 19-035
Date of Passage: April 14, 2019
Subject (title): Enrollment – Active to Historic
Explanation: The Tribal Council approves removing Rose Mae Hamlin for the Active Roll, and placing her name on the Active to Historic in Tribal Hall. **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 Eugene Outreach offices.
Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year. The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief

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

Doc Slyter, Chairman

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

Debbie Bossley

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

Mark Petrie, Vice-Chair

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

Josh Davies

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

Iliana Montiel

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

Doug Barrett

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

Council Meeting

July 14, 2019
Eugene Outreach Office
135 Silver Lane, Suite 200
Eugene, Oregon 97404
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

July 3rd – 10th – Unity Conference, Orlando Florida

July 6th – Moccasin Class, Part 2,
Tribal Hall, 9:00 a.m. – 4:00 p.m.

July 7th – Moccasin Class, Part 2, Eugene Office,
9:00 a.m. – 4:00 p.m.

July 12th – Deadline to submit receipts to
Fitness Program (Dated Jan 1 – June 30, 2019)

July 14th – Tribal Council Meeting,
Eugene Outreach Office, 10:00 a.m.

July 19th – Deadline to register for
Summer Harvest Camp

July 20th – 21st – Regalia/Maple Bark Skirt Making,
Tribal Hall, 9:00 a.m. – 4:00 p.m.

July 26th – August 2nd – Summer Harvest Camp

July 31st – Elders Day at Summer Harvest Camp,
U-pick farm and lunch, 8:30 a.m.

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 11th – Tribal Council Meeting,
Coos Bay, Community Center 10:00 a.m.

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 17th – Back to School BBQ,
Eugene, time and location TBD

August 19th – 23rd – Oregon Suicide Prevention
Camp, Warm Springs

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 – Back to School BBQ,
Coos Bay, time and location TBD



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Department of Natural Resources
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



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



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>



Stay Cool!

Summer is Here!

We would like to remind everyone to:

Stay cool-

Wear lightweight, light colored clothing
 Schedule outdoor activities carefully

Stay Hydrated-

Drink plenty of water
 Stay away from sugary drinks

Stay Informed-

Check for updates on weather
 Know the signs of heat exhaustion

LIHEAP Funds may be available to assist families that qualify with cooling agents!

Contact Shayne at the Eugene office 541-744-1334
 or

Meagan at the Coos Bay office 541-888-1311
 to find out more!

Tribal Member Laura Fortin, Housing Assistant, Receives Award

Contributed by The Housing and the Human Resources Departments

Laura Fortin, Housing Assistant, recently attended the National American Indian Housing Council (NAIHC) Annual Convention held in Denver, Colorado. During the annual convention Laura was recognized for earning her Housing Occupancy Management Specialist Certification and her Housing General Management Specialist Certification. She was also recognized for earning the highest award they offer, the Premier Certification as a Professional Indian Housing Manager (PIHM). NAIHC’s Learning Institute offers twelve (12) Housing and Urban Development (HUD) courses designed to teach housing staff compliance with HUD rules and regulations as they apply to Tribal Housing Programs. Each course is a 3-4 day training with a test given upon completion of the course, in order to pass the course, the test must be passed at least 70%, Laura passed all of the courses with an average of 96%. In the past 20 years, only 59 PIHM Certifications have been awarded, we are very proud of Laura for being one of them.

A few words from Laura:
“The traveling was sometimes difficult, the tests were definitely stressful however, the knowledge, the networking, and the meeting so many other Tribal people was priceless.
I would like to thank Tribal Council for supporting me through the Workforce Development program that allowed me to continue my education. I also want to thank Alexis Barry, Stephanie Watkins and Linda Malcomb for their support and positive encouragement to attend all of the trainings that allowed me to earn the PIHM.”



Laura is pictured fifth from the left



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

July 2019

**Abalone Necklace Beading– Coos Bay
Wednesday, July 17th 5:30 P.M.– 7:30 P.M.**

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
Sponsored by CTCLUSI Circle of Healing Program
Melissa Smith at (541) 294-2197 or Melinda Radford at (541) 808-8450
Sponsored by CTCLUSI Circle of Healing 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.

This Month...be on the Lookout for Pickleweed

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Pickleweed is in the family, Amaranthaceae, the amaranth family. Also known as sea asparagus, these succulent, coral-like herbs are found in salt marshes, along beaches, and in bays. Some species turn a bright red as autumn nears.

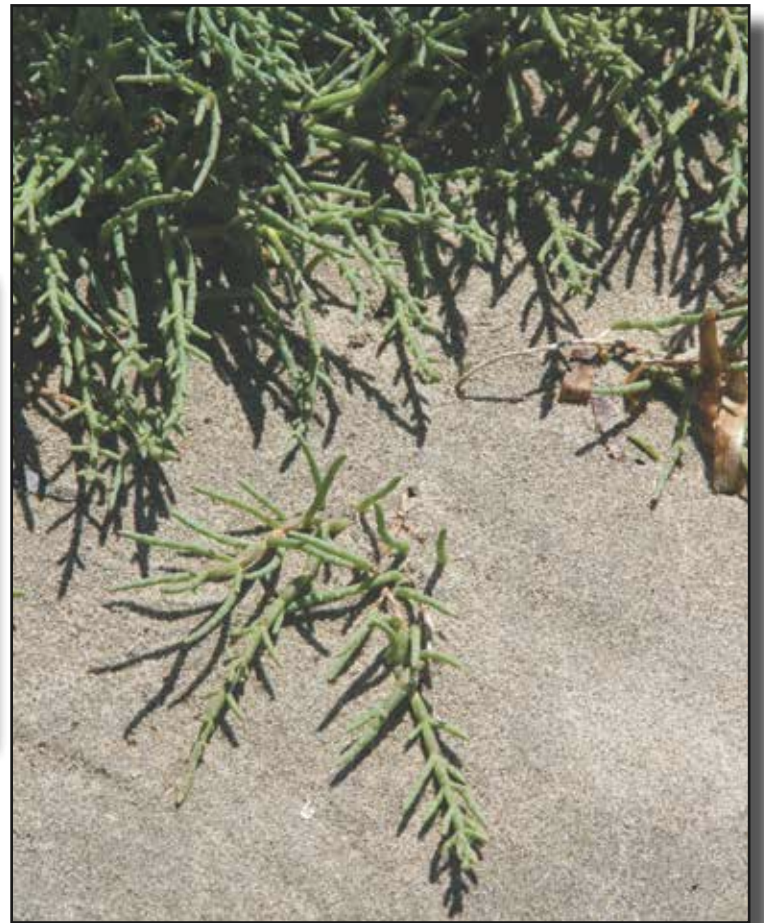
Food: Pickleweed is best harvested before late spring through early summer. They can be eaten raw or blanched and enjoyed as a salad on its own dressed with your best olive oil and seasonings or as an addition to other salads and stir-fries. After the plant flowers, it becomes tough or "woody". As the name suggests, pickleweed is also good pickled. Sea asparagus can also be dried

and ground into a finishing "salt".

Other: This plant is contemporarily being used as a biofuel in some countries.



Photographs by Morgan Gaines



Scientific Name: *Salicornia spp.*

Native Planting at Wygant



Contributed by John Schaefer,
Water Protection Specialist and Biologist

On May 31st, the Culture and Natural Resources Department and the Wild Rivers Land Trust worked to improve the Wygant property by planting native trees and removing invasive weedy plants. The Wygant property, on the bay near Empire, was donated by Dennis Phillips to the South Coast Land Conservancy in 2012. The South Coast Land Conservancy had been working on donating the property to CTCLUSI, but dissolved their nonprofit status before the transfer was complete. As an interim measure, the property transferred to the Wild Rivers Land Trust and will ultimately transfer to CTCLUSI.

The property is beautiful, with large Sitka spruce trees and direct bay access over a sandy beach. We expect many cultural activities will be held on this property in the future. We would like to thank Max Beeken of the Wild Rivers Land Trust for organizing the activity, providing the native plants and working with CTCLUSI to protect the property's unique natural resources and cultural value.

Members of the Culture and Natural Resources Department pictured about and left planting native trees and removing invasive weedy plants.

Photographs provided by
John Schaefer



hlinsha’lshit qeiluusni (we are making moccasins)

Contributed by Enna Helms

On June 1st and 2nd, we had a nice weekend of qeiluusni (moccasin) making. The goal is to have each person make their own pair of qeiluusni from brain tanned buckskin (if available) or from commercial deer and elk skin. In addition to the qeiluusni workshop, we are offering lessons on how to add beadwork to your qeiluusni. Creating designs for your qeiluusni take some time and forethought. You might want to consider a simple bead design if they are your first ones. You should have an idea of your design before class and up to 2-3 different colors. If you want to add beadwork onto your qeiluusni, I would recommend getting in touch with me prior to the workshop. We hope to see you at the next class! Please bring potluck if you can. To sign up, please reach Enna at 541-297-7538 or email at helms@ctclusi.org.

Next qeiluusi Workshop

Saturday, **July 6**
at Tribal Hall
from 9:00am – 4:00pm

Sunday, **July 7**
at Eugene Office
from 9:00am – 4:00pm



**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

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

Family Services Welcomes New Case Manager to the Team

My name is Kimberly Brown and I am so extremely excited to be working for CTCLUSI. I have worked in the field of Substance Abuse and Behavioral Health for over 15 years. I have held many positions over my time. Learning everything from how to be a Detox Technician to Case Management in which I was able to become Internationally Credentialed. Loving, and finding passion for working in the field of Addiction, I worked my way up to becoming a Director for a large Recovery Program in California. I recently made my first big move, and said goodbye to California in May 2018. I am truly enjoying my relocation to Oregon, and so grateful to have the opportunity to serve as a Case Manager II for CTCLUSI. Everyone I have encountered since joining the team has been amazing. I look forward to many years of service and success for our population for many years to come.



Cultural Sharing at the 2019 Clamboree



On Saturday June 8th the Tribe participated in the 2019 Clamboree, sponsored by the Community Coalition of Empire. This is a local event that allows vendors and community members a chance to share about the great history of the Empire area. The Dolphin Theater actors volunteered to drive buses to give tours in the community every hour. The Historic Tribal Hall was on the tour route, bringing over 40 guests between 10 a.m. and 3 p.m.

Courtney Krossman, Archaeological Assistant in the Natural Resources Department greeted members of the community as they toured Tribal Hall and the Museum. Courtney offered information about the Tribes history and culture and of upcoming plans of the Hollering Place development and fielded many questions of the Traditional Cultural Properties (TCP) and correcting misinformation. Everyone who came to the Tribal Hall was very happy to see it open to the public.

Thank you to Vice-Chairman Mark Petrie for helping set up Tribal Hall, and to all the CTCLUSI staff who aided in making the day a success!

Information and photograph provided by Jeannie McNeil, Enrollment Clerk

Summer of Exploration

July 2019

3rd-10th: Unity Conference

Youth ages 14-24

Where: Orlando, Florida

(no longer accepting applications)



For any information or questions please
contact Devynne Krossman at 541-888-7537

***This schedule is tentative and subject to
change***

August 2019

3rd: Back to School Supplies
available in Coos Bay, Florence
and Eugene offices

17th: Eugene Back to school
BBQ

Join us at Fern Ridge to for a
back to school BBQ!

Time: TBD

24th: Coos Bay Back to
School BBQ

Join us at Eel Lake for a back
to school BBQ!

Time: TBD

19th-23rd: Oregon Suicide
Prevention Camp (Warm
Springs)

Summer Screen Time: Six Rules Your Family Needs to Set Now

By Christine Carter - Contributed by Leslie Lintner, MS, QMHP, Assistant Director Family Support and Behavioral Health Services

Summer season is here and kids are excited to take a much-needed break from school, catch up on sleep, and most likely spend hours upon hours on their digital devices. With more time on their hands come more opportunities for them to plug in and play video games, scroll social media, watch YouTube and Netflix all day long. Although spending time online can provide entertainment and give your kids a chance to connect with friends, limits need to be set before things get out of control.

Now is the time to set specific screen time rules for the summer months ahead. Even adults understand how easily our screens can suck hours of our time if we don't put limits in place, so how on earth would our tweens and teens manage them without our help?

Before summer officially kicks in (And if it already did, then do this stat!), have a family meeting to discuss how the kids will be managing their screen time during these months. It's important your kids are included in the conversation, so ask them to give their input and work together to set detailed rules that will help provide healthy expectations for the season. The key is to end up with a non-negotiable guide to follow for these mostly unstructured months.

SOME IDEAS FOR YOUR FAMILY
SCREEN TIME RULES MAY INCLUDE THE
FOLLOWING:

Kids must complete their responsibilities before they plug into their screens every day. This rule will help your kids manage their time more effectively and address one of their most special talents—procrastination. No access to their screens until their daily 'to do' list is done whether that be household chores, summer school work,

or any other important responsibilities they are expected to complete that day. If you don't trust that your kids will follow through with this rule while you're gone, you can change the password to your WiFi each night and tell them they can have it when everything is completed.

Family meals and events are designated "screen-free" times. The slower more easy-going summer months often make room for more family time together. There are cookouts, celebrations, family reunions and special events that are often planned during this season. Make it a rule that no one is allowed on their devices during these family activities. You may want to have a basket or bowl to put everyone's phones in at the door so you are assured that the family is disconnected from WiFi and connecting to one another instead.

Set a designated evening cut off time for all digital devices. Summer often allows for later bedtimes which means kids are probably staying up well into the night while probably plugged into the online world playing video games, watching Utube videos or Netflix series, and connecting on social media. Set a rule for all devices to be off every night at a specific time. Since these late hours are when most parents are sleeping, it might be a good idea to change that WiFi password before you go to bed so you are assured the kids comply with this rule.

Set up times for unplugged activities. Kids often spend much of their time at home during the summer months, and that leads to more media time. If they will be home for long stretches of time every day, set up a designated time frame for your kids to get offline and do something else

for a few hours. Make sure you brainstorm activities the kids can participate in during this unplugged time based on their talents and interests. It's also important to plan regular family outings that take everyone away from their screens.

Get outdoors and stay active. It's easy for kids to lie around the house all day without going outside and staying active. Kids can look into some outdoor apps to increase their physical activity and take them on outside adventures. There are several different apps your kids can use for outdoor games, fitness goals, or nature adventures. The whole family can get involved too, with exploring wildlife, astrology, plants, insects, hiking trails, etc.

Use Apple's Screen Time feature to manage your kid's online activity. If you are concerned about what your tween or teen is actually doing on their digital devices, this is the app you need in order to track their online activity. The Screen Time feature will not only monitor all your kid's online behavior, but you can also use it to set up control restrictions for all their media use. You can schedule downtime where the device will shut down for a specific amount of time during the day, so rule #4 can be enforced. Review daily and weekly reports that assess how much time your kid is spending online and which areas they might be spending too much of their time and when.

It's easy to let summer fly by while your kids spend their days at home and much of their time online. Make sure you set some ground rules now so that their summer can have a good balance of spending time in the digital world and the real world too.

continued support to our youth and their education. He spoke about how life's challenges can come between you and your education goals but that having the love and support of family and the Tribe's education department and key advocates for education can help you to find your way again. He made special mention of some of the advocates of education in his life including his mother Pamela Davies, as well as the other advocates who supported him along his journey. The advocates he gave thanks and remembrance to, as they have all walked on, included former Education Director Ellen Hansen, Chief Edgar Bowen, and former Council member, Elder, and Education Committee Chair Carolyn Slyter.



The last special guest speakers of the evening were an amazing mother, daughter duo who had both recently graduated from their respective universities. Michelle Kile received her Masters in Sociology from California State while her daughter Samantha Kile has just earned her Bachelors Degree in Mathematics from Carleton College. They each shared a few words of wisdom, echoing the other speakers on their sentiments of building a support system around you, with the added advice that Education is important and attainable at any stage in life.



The remainder of the evening was spent welcoming students up to be honored and gifted. The first group to received fleece blankets were the children ages 0 – 4, of which we had two future college graduates in the making! Next up were the 8 youth ages 5 and up through the 3rd grade, who also received fleece blankets. Four 4th Grade through 8th Grade students also received fleece blankets, followed by seven youth in high school also being gifted with blankets.

The High School graduates in attendance were then called up to be recognized. Each of them were gifted with a fleece blanket and a beautiful beaded necklace. Alexander Brainard, Everett Dowdy, Makenna Wilcox, Journey Baldwin, and Abigail Blount. High School graduates who were not in attendance but still being celebrated included Vanessa Woehlert and Gregory Sparhawk.

Tribal Council continued to gift the students including the College Graduates who all received Pendleton blankets. Congratulations to the college graduates in attendance: Michelle Kile, Samantha Kile, Grace Gagner, Mary Lou Green, and Bryson Bossley.

Following the graduates, the Tribal Scholarship recipients were then announced by members of the Education Committee; Melinda Radford and Teresa Spangler. Chairman Doc Slyter also said a few words about the Carolyn Slyter Scholarship fund, set up in honor of his mother who cherished and valued our Tribal youth, and who worked exceptionally hard in making sure that all of our youth received access to education. This is the first time this scholarship is being awarded but will surely continue to honor her memory in the years to come.

Congratulations to the 2019 Scholarship Winners!



MITIS SCHOLARSHIP
William Kylemen \$250
Carli Hudson \$250

ELDERS SCHOLARSHIP
Eagle Roy \$250
Reece Slyter \$250
Grace Gagner \$250
Alexander Brainard \$250

PEPSI SCHOLARSHIP
Alexander Brainard \$500
Carli Hudson \$500
Grace Gagner \$500
Jorney Baldwin \$500
MaKenna Wilcox \$500

CAROLYN SLYTER SCHOLARSHIP
Rachel Schaefer \$500

Also honored were two individuals who each graduated from their respective treatment programs at NARA. Council member Doug Barrett recognized them for their dedication to their programs and Council gave them each a Pendleton Blanket.

The Education Committee also held a 50/50 raffle with the proceeds going back towards future scholarship funds. To wrap up the event, a wonderful meal was shared by all along followed by outdoor games and activities, fun for the whole family.



The lovely beading group that made the high school graduates necklaces pictured above left to right: Debra Fisher, Marjene Brainard, Sue Olson, Grace Brainard, and Janet Brainard



Congratulations Graduates!



College Graduates



Grace Gagner
Associates Degree of Science from
Lane Community College



Sara Ludwig
Bachelors of Science in Health
Science
University of Alaska Anchorage



Cameron Bellini
Bachelors in Computer Science
Maryland University



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



Mary Lou Greene
Bachelors in Elementary
Education and teaching license
Northwest Christian University



Michelle Kile
Masters of Sociology
California State University



Samantha Kile
Bachelors of Science in
Mathmatics
Carleton College

College Graduates not pictured

- Cheyenne Cronin**
Engineering Manufacturing Technology at Oklahoma State
University

Jade Fong
Bachelors in Society & Environment /Minor; Global Poverty &
Practice
University of California, Berkeley

Allyson Dart
AOS Hospitality Management at Oregon Culinary Institute

- Shawn Brainard**
Associates from Western Oregon University

James Barton
Bachelors in Psychology from University of Oregon

Bryson Bossley
Associates in Business from Central Oregon Community College

Hayden Klinger
Associates from Grays Harbor Community College

Kendra Budd
Bachelors in Arts from Western Washington University



Announce Your Graduation in The Voice of CLUSI

Celebrate your accomplishments by sending a photo and your information to Nicole Romine,
Communications Intern at (541) 435-7167 or nromine@ctclusi.org

Diabetes Nutrition Therapy Priority Topics for All Patients

By The American Association of Diabetes Educators - Contributed by: Armando Martinez, CHA & Diabetes Coordinator

- Portion control should be recommended for weight loss and maintenance.
- The greatest determinants of post-meal blood glucose levels are carbohydrate consumption and endogenous insulin production. Therefore, it is important to understand what foods contain carbohydrate.
- When making carbohydrate choices, choose nutrient-dense, high-fiber foods whenever possible instead of processed foods with added sodium, fat, and sugars. Nutrient-dense foods and beverages provide vitamins, minerals, and other healthful substances with relatively few calories.
- Avoid sugar-sweetened beverages.
- For most people, it is not necessary to subtract the amount of dietary fiber or sugar alcohols from total carbohydrates when carbohydrate counting.
- Substitute foods higher in unsaturated fat (liquid oils) for foods higher in trans or saturated fat.
- Select leaner protein sources for meat alternatives.
- Vitamin and mineral supplements, herbal products, or cinnamon to manage diabetes are not recommended due to lack of evidence.
- Limit sodium to 2300 mg per day.

Welcome New Tribal Elder
Richard Lee Slossen

Upcoming Elders Committee Meeting
August 6, 2019
Tribal Hall
Potluck Lunch at 1:00 p.m.
Meeting from 2:30 p.m. - 4:00 p.m.

ELDERS come enjoy a morning of fun with the Summer Harvest Campers at a U-Pick farm and Field Games, followed by Lunch



Wednesday July 31st: 8:30 AM – 12:30pm
U-Pick Farm and Field Games
1:00pm Luncheon at Tribal Hall, Coos Bay

Transportation will be provided to the luncheon from Eugene and Florence. Seating is limited.
Call the RSVP line by Monday, July 29th to reserve your spots.
RSVP Line 541-435-7155 or toll free 1-888-365-7155

Healthy Gluten Free Sugar Free Carrot Cake

By Taylor Kiser (FoodFaithFitness.com)
Contributed by Armando Martinez, CHA & Diabetes Coordinator

This Healthy Gluten Free Sugar Free Carrot Cake is SO moist and tender, you'll never know its oil and butter free and made with Greek yogurt!

Prep Time 1 hour
Cook Time 40 minutes
Total Time 2 hours 10 minutes
Servings 16 People
Calories 169 kcal

For the cake:

- 1 1/4 Cups + 2 Tbsp Coconut Flour, sifted (136g)*
- 4 1/2 tsp Cinnamon
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1 tsp Salt
- 1/2 tsp Ground Nutmeg
- 9 Large Eggs
- 1 Cup + 2 Tbsp Erythritol Sweetener (I used swerve) **
- 1/2 Cup + 2 Tbsp Plain Non-fat Greek yogurt
- 2 tsp Vanilla Extract
- 4 Cups Carrot, grated and lightly packed (392g or about

Ingredients:

- 7 large carrots)
- 3/4 Cup Pecans, diced (85g) *** + additional for garnish (optional)
- 1/2 Cup Unsweetened Coconut Flakes (2(27g)

For the frosting:

- 12 Oz Light Cream Cheese, at room temperature (1.5 bricks)
- 3/4 Cup Plain Non-fat Greek yogurt
- 3 tsp Vanilla Extract
- 1 1/2 Cup Powdered Erythritol Sweetener (I used Swerve)

Instructions

For the cake:

1. Preheat your oven to 350 degrees and line two 8 inch cake pans with parchment paper, spraying the exposed sides with cooking spray. Set aside.
2. In a medium bowl, stir together the coconut flour, cinnamon, baking soda and powder, salt and nutmeg.
3. In a separate, large bowl, using an electric hand mixer, beat the eggs, sweetener, Greek yogurt and vanilla until well combined. Stir in the coconut flour mixture and stir until combined.
4. Gently fold in the carrots, pecans and coconut flakes until well combined. Let the batter stand for 10 minutes so the coconut flour can begin to absorb the moisture. Your batter will be thick, this is normal.
5. Divide the batter evenly between the 2 pans, spreading out smoothly. Bake until the sides are golden brown and a toothpick inserted in the center comes out clean, about 35-40 minutes. Let cool COMPLETELY before frosting

To frost:

1. Place one layer bottom side up on a cake stand. Spread 3/4 cup of the frosting all over it evenly. Then, place the other cake bottom side up gently on top.
 2. Spread a thin layer of frosting all over the cake to make the crumb coat. It doesn't have to be pretty, it's just to seal in the crumbs. Chill for at least an hour, up to overnight. Put the remaining frosting in the fridge too, so it starts to firm up.
 3. Once chilled, frost the entire cake. I find an offset spatula really helps! Garnish with extra pecans, if desired.
 4. DEVOUR
- Recipe Notes:

*like all gluten free baking, please weigh your flour to ensure results as different brands have different weights.
**You can PROBABLY use whatever sugar-free sweetener you prefer. However, only Swerve has been tested with this recipe. You could also use regular sugar, but will obviously change the nutritional information.
***Make sure you cut the pecans very small or it makes it hard to cut the cake as they make it break in areas.



Nutrition Facts

Amount Per Serving:
Calories 169 Calories from Fat 108% Daily Value*
Total Fat 12g 18%
Polyunsaturated Fat 1.8g
Saturated Fat 5.1g 26%
Monounsaturated Fat 4.3g
Cholesterol 116mg 39%
Sodium 341mg 14%
Potassium 248mg 7%
Total Carbohydrates 13.1g 4%
Dietary Fiber 7g 28%
Sugars 4.7g
Protein 8.9g 18%
Vitamin A 71.1%
Vitamin C 2.8%
Calcium 6.9%
Iron 3.7%

* Percent Daily Values are based on a 2000 calorie diet.

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



Sherri Hughes

Favorite Hobbies:

- Studying and learning more about DoTerra essential oils and thriving from it.
- Practicing and perfecting modern calligraphy, left-handed!
- Spending time with family, camping in their RV.

Favorite Saying:

“What if I fall?” “Oh, but my darling, what if you fly?”

Sherri Hughes

- Lower Umpqua
- Immediate Family: Grandmother May Hermsen; Father Bill Hermsen; Brother Frank Hermsen; Sister Peggy Klinger; Children Rhianna Wisdom, Benjamin Hughes, Rebecca Napier, and Tyler Hughes.

Proudest Accomplishments:

- Overcoming cancer twice in her life. Her essential oils helped her get through her chemo treatments.
- Her eight grandchildren.
- Being a part of her family-owned business, established in 1926 and still currently in business!

Bucket List:

- Travel more with family.
- Help others.
- Continue to grow her essential oil business.
- Come to Oregon and get to know the Tribes and her heritage more.



Dennis Rankin

Dennis Rankin

- Lower Umpqua
- Immediate Family: Daughter Tammy Rankin-Conover, Son-in-law Clark Conover, Granddaughters Taylor, 10, and Tatum, 8. Son Tim Rankin, daughter-in-law Denise, Grandson Ty, 9, and Granddaughter Taryn, 6. Cousin Ron James and his family. 1 year old Chocolate Lab, Shooter.

Proudest Accomplishments:

- Graduated Chabot College where he was Student Body President, with an AA degree.
- Earned a degree in Biological Sciences at California State University.
- Earned his POST Certificate at College of the Redwoods.
- Served in the US Army.

Bucket List:

- Have fun and be happy.
- Train his dog to hunt.
- Take another trophy deer hunt to the Colorado Plains.
- Hunt Roosevelt Elk in Oregon.
- Watch the Grandkids in their activities.
- Go fly fishing in Alaska, Canada and Mexico.

Favorite Hobbies:

- Fly fishing (catch & release) and fly tying.
- Hunting upland birds and big game.
- Training his chocolate lab, Shooter.

Favorite Sayings:

- Winners never quit; Quitters never win.
- 2nd place is the 1st loser.

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

The Health Services Division has received a donation of Blood Glucose Monitors from North Bend Medical Center.



If you are a Diabetic and in need of a Glucose Monitor or a back up one, please submit proof of Diabetes diagnosis to the Community Health Aide Armando Martinez at the Administration Office in Coos Bay.

Any questions, please call Armando Martinez at (541) 435-5223

Elders Lunch

Thursday, August 1, 2019

Honeyman State Park

(Group Meeting Shelter)
Canary Road, Florence, OR .04 miles East from Hwy 101
Look for the CTCLUSI Signs

Please join us for good food,
play some games and have a ton of fun!

Lunch: 11:30 AM — 3:00 PM

Please RSVP By Friday July 26 , 2019
(541)-435-7155
or toll free
1-(888)-280-0726

Limited transportation will be provided.

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



Summer Harvest Camp

July 26th - Aug 2nd 2019

REGISTRATION DEADLINE IS 5:00pm July 19th

CTCLUSI's Culture and Natural Resources Department invites Tribal Family Youth 8-18 years of age to participate in a week long overnight camp where they will learn about CTCLUSI Summer Traditions. Camp will be held at Waxmyrtle Campground in Florence July 26-30 and moving camp to the Tribal Hall in Coos Bay on July 30 until Aug 2.

Activities will include Ethnobotany; First Foods Harvesting & Processing; Traditional Cooking; Traditional Materials Harvesting & Processing; Weaving; Flint Knapping & Arrow Making; Traditional Games; Canoeing; & Swimming as well as a range of self & team building activities pertaining to Native Youth & our Culture.

Tribal Families are welcome to come & participate in the various activities during the day. Transportation is available on a first come, first serve basis. Detailed schedules will be mailed upon sign-up.
(Youth under the age of 12 must have a parent/guardian present in the canoe in order to pull.)

On the last day of camp, families are invited to come to an end-of-camp canoe pull & luncheon, August 2nd at Tribal Hall. Pullers to meet at Tribal Hall at 8:30 am. Lunch will be served at noon at Tribal Hall.

Culture is Prevention!

Alcohol, Drug & Commercial Tobacco FREE Camp

TRANSPORTATION TO CAMP IS PROVIDED FROM THREE LOCATIONS,
PLEASE STAY WITH YOUR CHILD UNTIL THEY ARE CLEARED TO GO:

PARENT/GUARDIAN MUST DROP OFF YOUTH:

Friday July 26th
Coos Bay Tribal Hall
7:30-8:00 am
Florence Outreach
8:00-9:00 am
Eugene Outreach
7:15-7:45 pm

PARENT/GUARDIAN MUST PICK UP YOUTH:

Friday August 2nd
Coos Bay Tribal Hall
~2:00 pm
Florence Outreach
~3:15 pm
Eugene Outreach
~4:00 pm

To register, click the Tribal Youth Activities Form on the Tribe's website at: ctclusi.org
For questions, contact Ashley Russell: CELL: (541) 808-4455 or
EMAIL: arussell@ctclusi.org

Summer of Exploration

July 3rd - July 10th - Unity Florida

July 6th - Moccasin Class, Part 2, Tribal Hall in Coos Bay 9am - 4pm

June 7th - Moccasin Class, Part 2, Eugene Office 9am - 4pm

July 20/21 - Regalia/Maple Bark Skirt Making, Tribal Hall in Coos Bay 9-4 both days

August 3rd - Back to School Supplies available in Coos Bay, Florence and Eugene

August 17th - Eugene Back to School BBQ Join us at Fern Ridge for a back to school BBQ! Time TBD

August 19th - 23rd - Oregon Suicide Prevention Camp (Warm Springs)

August 24th - Coos Bay Back to School BBQ. Join us at Eel Lake, Time TBD

September 18th - Dreamcatcher class 5:30pm to 7:30pm. Eugene

For any information or questions please contact Devynne Krossman at 541-888-7537

Schedule tentative and subject to change



Back to School BBQ!

Keep a look-out in the mail for a flyer with Back to School BBQ Details, hosted by Family Services!

Contact Devynne Krossman at 541-888-7537 for questions.

School supplies will be distributed accordingly per school district supply lists.

MY DIABETES EMERGENCY PLAN

Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

- ☐ List of the following information:
 - ☐ Type of diabetes
 - ☐ All of your medical conditions, allergies and prior surgeries
 - ☐ All medications (include pharmacy contact information, active prescription information and eligible refills)
 - ☐ Previous diabetes medications and reason for discontinuation
 - ☐ Contact information for all your healthcare providers
- ☐ Letter from your diabetes healthcare providers with most recent diabetes medication regimen (especially if taking insulin)
- ☐ Most recent laboratory results (especially A1C, kidney and liver tests)
- ☐ As possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
 - ☐ Include insulin and a severe hypoglycemia emergency kit -if prescribed (always check expiration date)
- ☐ Blood glucose testing supplies and, if possible, 2 glucose meters with extra batteries
- ☐ A cooler for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go
 - ☐ Note: Do not use dry ice and avoid freezing the medication
- ☐ Empty plastic bottles or sharps containers for syringes, needles and lancets

- ☐ Source of carbohydrate to treat hypoglycemic reactions (For example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- ☐ A 2-day supply of nonperishable food (For example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)
- ☐ At least a 3-day supply of bottled water
- ☐ Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- ☐ First aid supplies like bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

Other recommendations:

- ☐ Wear shoes at all times and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition
- ☐ Make sure that all vaccinations, including tetanus, are up-to-date
- ☐ Pack extra comfortable clothing, including undergarments
- ☐ Take a mobile phone with an extra charger or extra batteries for you and family members
- ☐ Choose a designated meeting place in case you are separated from your family and are unable to reach them by phone

The EmPower Diabetes Emergency Plan is brought to you by the American College of Endocrinology and sponsored by Lilly Diabetes.



Lilly | DIABETES

www.EmPowerYourHealth.org

Five Most Common Disorders with Addictions

Contributed by Leslie Lintner, MS, QMHP, Assistant Director Family Support and Behavioral Health Services

Dualdiagnosis.org -

Some conditions seem destined to come in pairs. Heart disease often follows a diagnosis of diabetes, for example, and allergies often come hand in hand with asthma. The same sort of joining effect sometimes takes hold when an addiction is in play. In fact, it is quite common for certain drugs of abuse to be entangled with specific mental health disorders. These are five of the most common mental health/addiction combinations in play today.

Alcoholism and Anti-Social Personality Disorder

Alcohol abuse is associated with a number of mental health concerns, including:

- Mania
- Dementia
- Schizophrenia
- Drug addiction

However, according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), antisocial personality disorder (ASPD) has the closest link with alcoholism, as people who drink to excess on a regular basis are 21 times more likely to deal with ASPD when compared to people who do not have alcoholism. Often, the two disorders develop early in life, the NIAAA says, but alcoholism can make the underlying mental illness worse, as people who are intoxicated might have lowered inhibitions, which makes their antisocial behaviors more prevalent.

Marijuana Addiction and Schizophrenia

It is not unusual for people who have schizophrenia to develop addictions. In fact, a study in the American Journal of Psychiatry suggests that about half of all people with schizophrenia also have a substance abuse disorder. However, there is a particularly striking association between marijuana abuse and schizophrenia. It is unclear why people with schizophrenia would abuse this drug, as it seems to produce many of the same symptoms these people experience when in the midst of a schizophrenic episode, but it is clear that marijuana abuse is at least somewhat common in those who have schizophrenia.

Cocaine Addiction and Anxiety Disorders

People who abuse cocaine often take the drug because it makes them feel euphoric and powerful. However, continued use seems to lead to symptoms that are more indicative of an anxiety disorder, including:

- Paranoia
- Hallucinations
- Suspiciousness
- Insomnia
- Violence

These symptoms may fade away in people, who achieve a long-lasting sobriety, but sometimes the damage lingers and the unusual thoughts and behaviors stick around even when sobriety has taken hold.

Opioid Addiction and PTSD

Post-traumatic stress disorder (PTSD) is a mental illness that takes hold in the aftermath of a very serious episode in which the person was either facing death or watching someone else die. Often, people who survive these episodes emerge with very serious physical injuries, and often, those injuries are treated with prescription painkillers. These drugs can also boost feelings of pleasure and calm inside the brain, and sometimes people who have PTSD are moved to abuse their drugs in order to experience euphoria. While people in physical pain do need help to overcome that pain, blending PTSD with painkillers can lead to tragic outcomes that no one wants.

Heroin Addiction and Depression

While heroin can make users feel remarkably pleasant in the short term, long-time users can burn out the portions of the brain responsible for producing signals of pleasure. In time, they may have a form of brain damage that leads to depression. They are physically incapable of feeling happiness unless the drug is present. This drug/mental illness partnership is remarkably common, but thankfully, it can be amended with treatment and sobriety.

If you would like to know more about how co-occurring conditions develop and how they can be treated, please contact Family Support and Behavioral Health Services at 541-888-7509.

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 229
Newmark Center
541-888-9577



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

VAPING: WHAT YOU SHOULD KNOW

Information provide by: Get the Facts About Drugs: Just Think Twice



Do you know what vaping is? Have you or your friends ever tried it?

According to a new study, vaping (the use of electronic cigarettes) is popular among teens. However, it is probably more dangerous than you think. Here are a few quick questions and answers about vaping:

WHAT EXACTLY IS VAPING?

The use of electronic cigarettes to inhale vapors from nicotine, marijuana (THC oil) or general flavorings is referred to as vaping. There are hundreds of different brands and a few different styles of e-cigarettes. In general, they are all battery-operated devices that have a cartridge that holds a liquid solution.

When a person puffs, the e-cigarette vaporizes the liquid and the user inhales the vapor.

IS VAPING MARIJUANA OIL MORE DANGEROUS THAN SMOKING IT?

Yes, more than likely. This is because users tend to vape a higher concentration of THC (the chemical behind marijuana's high) than they would smoke. This could also make it more likely for someone to get addicted.

WHAT ARE THE HEALTH RISKS OF VAPING MARIJUANA OIL?

Studies have found that regular marijuana use during the teen years disrupts brain development and can lead to problems with attention span, behavior and impulse control in adulthood.

If you would like more information or would like to talk with someone, please contact Family Support and Behavioral Health Services at 541-888-7509

CTCLUSI Dental Staff Show Support for DHAT Program

Contributed by Morgan Gaines, Communications Specialist

Northwest Portland Area Indian Health Board (NPAIHB) gave a presentation on April 19, 2019 in Portland Oregon to present to the Oregon Board of Dentistry about the Dental Health Aide Therapist (DHAT) pilot project.

Their goal was to update the board on the Oregon Health Authority's Pilot Project #100 (a project on the use of Dental Therapists to increase dental access and improve oral health). The Oregon Board of Dentistry is the regulatory body of Dental Providers for the state. The conference allowed NPAIHB to answer questions about the project that the board may have.

DHATs work under the supervision of a dentist and are part of the larger dental team which includes dentists, dental hygienists, and dental assistants. By the time they begin practicing, dental therapists have more clinical experience in their small number of procedures than some dentistry school graduates.

Dental therapists are experts in routine and preventive care. They are trained to provide 46 procedures, but in addition to providing routine care, dental therapists play the critical role of patient educator, bringing greater awareness to the importance of good oral health.

The CTCLUSI dental team, including our two DHATs, Tribal members Naomi Petrie and Marissa Gardiner, along with Dr. Sarah Rodgers, and council member Doug Barrett attended the conference to show support for the projects.

Naomi Petrie was Oregon's first DHAT after graduating from the DHAT program at Ilisagvik College in Anchorage, Alaska on June 2, 2017. She has been working in the CTCLUSI Dental Clinic since July of 2017. Marissa Gardner graduated from the same program on June 1, 2018 and has been working in the clinic for a year now.



Pictured top right from left to right: Marissa Gardner, DHAT, Councilman Doug Barrett, Dr. Sarah Rodgers, and Naomi Petrie, DHAT

Pictured at right: Oregon DHAT program participants attend NPAIHB conference in Portland, Oregon



Show Us Your Foamies!

Contributed by Bobbie Broman, R.D.H.

If you have been to the CTCLUSI Dental Clinic in the past few months, you may have seen a new safety device to protect the eyes of our patients. We now have Foamies safety goggles as a choice for patient eye protection. Foamies are made of a plastic lens surrounded by a comfortable, lightweight foam with no hard frame or sharp plastic edges. The tinted lens protects the patient's eyes from the bright lights used in dentistry. Because of the comfortable ear loops, Foamies do not fall back over the forehead when tipping the head back; they provide plenty of space for the patient's eyelashes and make a tighter seal around the eye area while still allowing adequate ventilation. By being single use, Foamies eliminate the risk of cross contamination

between dental patients. This feature fulfills a recommendation by the Center for Disease Control (CDC). Though not very stylish, we think Foamies are awesome!

Beginning in 2003, the CDC guidelines recommended protective eyewear for dental patients. The purpose of eyewear for patients is to shield their eyes against liquid or biological splatter and foreign debris. Sharp dental tools, needles, chemicals and even the patient's own oral bacteria do not belong in the eyes. As part of our safety training, CTCLUSI dental staff read an article entitled, "Jenn's Vision". Jenn Morrone is a patient safety advocate from New Jersey who lost her vision due to a bacterial infection caused by a dental needle accidentally dropping in her eye

during a dental procedure. We do not want that to happen in our clinic.

At the CTCLUSI Dental Clinic, we are not just concerned about your oral health; we are concerned about your overall health and well-being. Show us your support of patient eye protection in the dental clinic by entering our "Show Us Your Foamies" contest. This contest is open to CTCLUSI Tribal members, CTCLUSI staff and all CTCLUSI Dental Clinic patients. Take your Foamies home for your dental appointment or stop by the Dental Clinic during open hours and pick up a pair. Then get creative and send us your Foamie photos!

See the accompanying flyer in this issue for further details.

CTCLUSI DENTAL FOAMIE PHOTO CONTEST

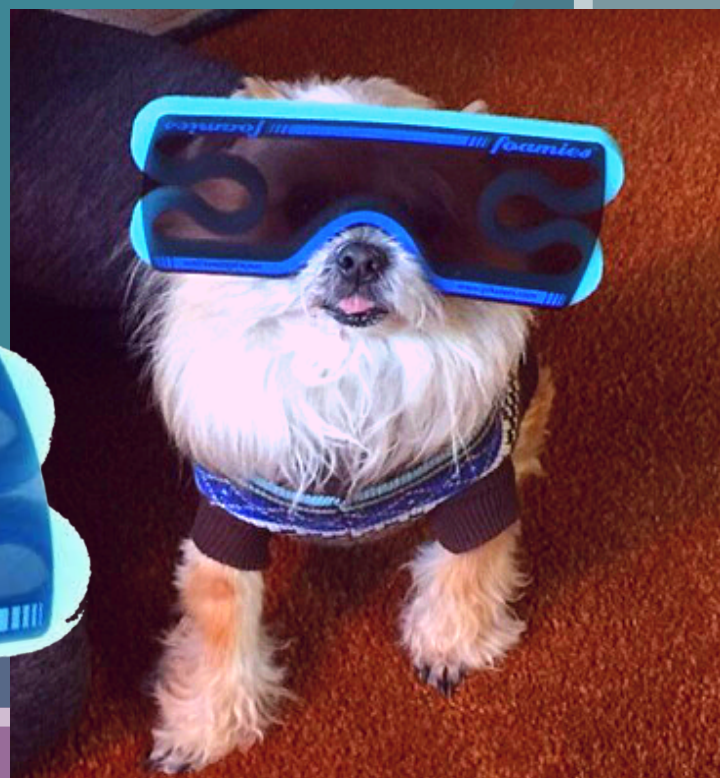
SHOW US YOUR FOAMIES!

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.



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. Send info to mgaines@ctclusi.org

Healthy Families



Lifestyles Workshops

Come join us for a Tribally co-sponsored workshop in learning about Healthy Eating Habits & Stress Reduction for Families & Parents.

WHEN: Thursdays, August 15 & 22, 2019

TIME: 5:30-7:30 pm

LOCATION: Lane Community College

Native American Longhouse (Building 31)

4000 East 30th Ave, Eugene, OR 97405

To RSVP please contact:

⇒ Adrienne Crookes (Siletz)
(541) 484-4234

⇒ Shayne Platz (CTCLUSI)
(541) 744-1334

* Space is limited
* RSVP Required

Salmon Dinner &
Childcare Provided



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



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
Bartender ~ Cocktail Beverage Server
Food Server Blue Bills
Food Court Runner/Dining Room Attendant
Bonfire Back Server/Busperson
Bonfire Chef ~ Food Court Outlet Cook
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
Casino Service Host

Three Rivers Casino Resort ~ Coos Bay

Bartender/Server ~ Line Cook
Security Officer 1
Soft Count Team Member Dual Rate Lead
Blue Earth
No Openings
Tribal Government Offices
DentalHealth Aide/Program Asst, Coos Bay
Special Events Employee, Assignment Varies



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

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



COOS BAY PUBLIC SCHOOLS

SUMMER FOOD SERVICE



FREE SUMMER LUNCH

For anyone ages 1 to 18
June 24th through August 23rd
Monday - Friday
Closed on the 4th of July

School Site:

Blossom Gulch School: Service time 11:15 to 12:00
333 S. 10th Street

Van Route:

Eastside Park: Service time 10:50 - 11:05
Intersection of E Street and 5th Avenue

Woodland Apartments: Service time 11:20 - 11:35
245 S. Schoneman

Madison School: Service time 11:40 - 11:55
400 Madison Street

Taylor/Wasson Park: Service time 12:05 - 12:15
Intersection of Taylor Ave. and N. Wasson

Bayway Trailer Park: Service time 12:30 - 12:40
917 S. Empire Blvd

Charleston Community Baptist Church: Service time 12:50 - 1:05
Boat Basin Road

Please remember food must be consumed on site

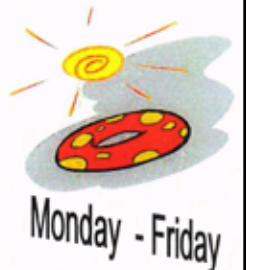
USDA, Coos Bay SD #9 and Sodexo are equal opportunity providers and employers.

June 17th - August 15th



1 year to
18 years

Free Lunch



Monday - Friday

North Bend Sites	
Site	Time
North Bend High School Breakfast	8:30 am - 9:00 am
Hillcrest Elementary	11:00 am - 11:10 am
Ferry Park	11:15 am - 11:25 am
Lake Empire Apartments	11:00 am - 11:10 am
North Bend High School	11:15 am - 11:45 am
Simpson Park	11:30 am - 11:40 am
Cedar Grove	11:15 am - 11:25 am
Airport City Park (Airport Heights)	11:45 am - 12:00 pm
Boynton Park	12:00 pm - 12:15 pm
Airport Housing Complex	12:05 pm - 12:15 pm
Lakeside County Park	11:50 am - 12:10 pm
Oak Street Park	12:20 pm - 12:35 pm
This Institution is an Equal Opportunity Provider.	

Reedsport Sites	
Site	Time
RCCS Breakfast:	8:30 am - 9:00 am 11:00 am - 11:20 am
Barrone Park Gazebo	11:30 am - 11:45 am
Forest Hills Apt. Complex	11:50 am - 11:55 am
Circle Drive Reedsport	12:00 pm - 12:05 pm
Henderson Park	12:10 pm - 12:20 pm
Public Library	12:25 pm - 12:30 pm
Fire Department Gardiner	12:40 pm - 12:45 pm
Hawthorne Complex	12:50 pm - 12:55 pm
Reedsport Skate Park	1:00 pm - 1:10 pm
Philip Boe Memorial Park	1:15 pm - 1:20 pm
North Bend High School and RCCS are open sites this year! Bring your family, come in and enjoy lunch! Adult lunches are \$2.50. Children are free! All sites are closed July 4th and 5th.	

As a reminder Food must be consumed on site please.

For more information Call:
North Bend School District #13
541-751-6779 or 541-756-2521



CTCLUSI Small Business Incubator Lab

Small Business Incubator Lab – located at 2110 Newmark Avenue, #224 in Coos Bay Providing assistant to Tribal Members wanting to start their own businesses.

Business Incubators can provide resources and services needed to get you closer to launching your new business.

- Shared office space, computers, high-speed internet, color printers and administrative services.
- Assistance with business basics: marketplace and product research, business plan preparation, entrepreneurial training, and business etiquette and presentations skills.
- Access to specialize business skills training programs like accounting and financial management.
- Help with obtaining specific business certification and regulatory compliance.
- Networking activities, links to strategic partners, management team identification, advisory boards and mentors. Product and services brand development assistance.

You can find more information about the Small Business Incubator Lab by going to CTCLUSI.ORG, use the drop down menu under Member Services, and click on Small Business Incubator. That will send you to the Business Incubator webpage.

If you wish to use the CTCLUSI's Small Business Incubator Lab, fill out the Application Form. You'll find the Small Business Incubator Application Form at the top of the Business Incubator page.

For more information, contact MJ Koreiva, the Small Business Incubator Manager at: (541) 888-9577 or email: mkoreiva@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.

Fitness Program
Reminder

PLEASE NOTE:
In the past, there have been receipts held and submitted towards the last month of the year. This creates a burden on the Fitness Program and Finance Department staff. In December, the Finance Department is busy finishing the year-end accounting and the addition of processing hundreds of last-minute fitness checks can be overwhelming. All fitness purchases from January 1, 2019 thru June 30, 2019 will be due for reimbursement no later than July 12, 2019. All purchases after July 1, 2019 will be due by January 10, 2020. If you have questions, please feel free to contact DeeDee Plaep at 541-997-6685.

AM I DEHYDRATED? HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:		SIGNS OF SEVERE DEHYDRATION INCLUDE:	
THIRST	DRY MOUTH	RAPID BREATHING	RAPID HEARTBEAT
FATIGUE	HEADACHE	SEVERE DIZZINESS OR LIGHTEADEDNESS	UNCONSCIOUSNESS OR DELIRIUM
INFREQUENT URINATION AND/OR DARK URINE	DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY	NOT URINATING, OR HAVING VERY DARK-COLORED URINE	EXTREMELY DRY OR SHRIVELED SKIN THAT LACKS ELASTICITY
CONSTIPATION	DIZZINESS OR LIGHTEADEDNESS	SUNKEN EYES	EXTREME THIRST
MUSCLE CRAMPS	BAD BREATH	LOW BLOOD PRESSURE	NOT SWEATING EVEN WHEN YOU SHOULD BE (FOR INSTANCE WHILE OUT FOR A RUN IN HOT WEATHER)
CRAVINGS FOR SWEETS	ALTERED MOOD, CRANKINESS, OR FUZZY THINKING		

DODGE DEHYDRATION WITH THESE EASY TIPS

Keep a water bottle handy
Whenever the bottle is empty, refill and keep sipping.

Increase your produce intake
Fruits and vegetables have a high water content.

Make water more exciting
Mix in a splash of fruit juice, fruit slices, unsweetened (and un-caffeinated) tea, or mint leaves.

Adjust to different situations

- Up fluid intake at the first sign of illness.
- Hydrate before and during exercise.
- Keep water on hand at all times in hot, humid weather or at high altitudes.

Choose room-temperature water

- Ice water constricts the arteries surrounding the stomach, which slows down water absorption.
- Drink room-temperature (or slightly cooler) water instead.

Listen to your body

- Water intake requirements vary by person and circumstance.
- Pay attention to any signs of dehydration.
- Respond immediately to thirst cues.
- Adjust water intake according to activities and the weather.

Planning an Inspirational Summer

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

As the seasons change, we tend to reflect on how we've progressed the past few months and what we'd like to do now. Would you like to feel motivated to learn new things, do something interesting and accomplish worthwhile goals? You can use this summer to bring these desires to life!

How will you ignite your passions as the weather heats up?

Explore these ideas for planning your most inspiring summer ever:

1. Take a personal inventory. Think about what you want and need in your life right now. Do you desire closer relationships? Perhaps you want to develop knowledge in a particular subject area. Maybe the one thing you seek most is more adventure in your life. This summer is a good time to try these things out.

* For example, if you've been working a lot of overtime, maybe you'll conclude that what you really need is more quality time with family and some fun in your life. Think about what's missing emotionally for you right now and promise yourself to include it in your life this summer.

2. Ask yourself, "What do I really want to do?" Make a list of the short-term and long-term goals you wish to accomplish. This is the time for some serious soul-searching. When making your list, decide whether to focus most on your professional or personal life.

* If it's a personal list, you might include items like, "Keep my cool when dealing with my teenagers" and "Exercise five times a week." However, plans such as, "Save for a trip to Italy next year" and "Walk a section of the Appalachian Trail in September" might also appear. Consider this list your short-term bucket list.

* On your professional list, list entries like, "Research topic X" or "Complete a quarterly report on my achievements for the boss." Also, "Resolve negative feelings toward Jane Doe at work" and

"Talk with my manager about taking on Project B" may appear.

* When writing your professional list, keep in mind that your ultimate goals are to ignite deeper interests, resolve troubling issues, and promote your work life this summer.

3. Discuss summer schedules now. For many, becoming inspired will involve other people. Tell your spouse or friends that you're planning a summer that will be stimulating, motivating and full of accomplishments. Share your intentions. Listen to their ideas.

* If you've got a close friend, they might want to jump on board to plan their own inspiring summer along with you and share some of your activities, too.

* Schedule time with people you learn from and admire. After all, getting inspired is a spiritual journey you take with the help of others.

4. Plan a trip this summer. Speaking of journeys, even if it's only a long weekend, nothing inspires us like seeing brand new sights. When you travel, your mind is removed from the more mundane tasks of everyday life. You're physically and spiritually transported to a place where everything is new and different.

* Maybe you'll outline that novel you've always wanted to write or create a master financial plan for the next 20 years. Taking a vacation will invigorate your thinking and deepen your interests in new people, places and things.

5. Select three short-term goals to accomplish by summer's end. Clip them from the list. Stick them on your refrigerator. Place a second copy on your bathroom mirror. Stash them in your car. Gear up to achieve success.

If you take time to assess what you want and how you intend to get there, you'll experience one of your most inspiring summers ever. Don't delay! Start today to plan your best summer ever.

dare to care

THREE RIVERS CASINO RESORT

**Inaugural Three Rivers Casino Resort
"DARE TO CARE" Golf Tournament**

Ocean Dunes Golf Links
Tuesday, September 10, 2019

Play or Sponsor

\$50 per player, \$20 for TRCR Employee or Family or CTCLUSI Tribal Member, 18-Hole 4-Player scramble format, prizes will go to the top teams in both Gross and Net scoring.

All proceeds from this tournament will go to the Three Rivers Casino Resort Employee Emergency Assistance Fund.

For more sponsorship information, please visit threeiverscasino.com or call Ocean Dunes Golf Links at 541-997-3232.

OCEAN DUNES Golf Links

Fun STARTS HERE

THREE RIVERS CASINO COOS BAY

WIN UP TO **\$2,500**

OUTHOUSE to Penthouse

SPIN THE WHEEL to see if you're in THE PENTHOUSE OR THE OUTHOUSE!

WEDNESDAYS FROM 6PM-9PM

DRAWINGS EVERY 20 MINUTES • ONE ENTRY FOR EVERY 25 POINTS EARNED FROM NOON TO 8:59PM

HE'S BACK! FIND BIGFOOT THURSDAYS 6PM 7PM 8PM

Café 1297

Thursday, July 4 • 11am-10pm
INDEPENDENCE DAY Special

Chicago Dog - \$8.50
Nathan's beef hot dog with mustard, sweet relish, onion, tomato and pepperoncini on a poppy seed bun. Served with a watermelon salad.
NO SUBSTITUTIONS.

THREE RIVERS CASINO

COOS BAY

541-808-9204 | THREERIVERSCASINO.COM