

The Voice of CLUSI



March 2019

Issue 3

Volume 20

www.ctclusi.org

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

Tribes Marks Seventh Round of Giving with Three Rivers Foundation Gala



Three Rivers Foundation Board of Trustees - Standing (left to right): Bob Main, Pat Farr, Chief Warren Brainard, Stephanie Watkins, Tom Grove, and Doug Barrett. Seated (left to right): Teresa Spangler and Jay Bozievich. Photograph by Morgan Gaines.

Florence, OR—February 21, 2019 marked the 2018/2019 annual gifting luncheon of the Three Rivers Foundation held at the Three Rivers Casino Resort in Florence. The Three Rivers Foundation, established by the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians as the giving arm of its Three Rivers Casino Resort, announced gifts to 34 deserving nonprofit organizations in the Tribe's service district areas.

During this gifting cycle, the Foundation received over 130 grant proposals from non-profits located in Coos, Curry, Douglas, Lane, and Lincoln counties, as well as many communities throughout Oregon. Of those proposals, the following were awarded grant dollars:

Coos County:

Bay Area Senior Center; Coos Bay, OR
Cascade Pacific Resource, Conservation & Development; Corvallis, OR
Coos Bay Area Zonta Service Foundation; North Bend, OR
Coos Cares; Coos Bay, OR
North Bend Senior Center; North Bend, OR

South Coast Family Harbor; Coos Bay, OR
Southwestern Oregon Veterans Outreach, Inc.; North Bend, OR
Veterans of Foreign Wars Post 3340; Bandon, OR

Curry County:

Brookings Harbor Community Helpers; Brookings, OR
Curry County Historical Society; Gold Beach, OR

Douglas County:

Cobb School; Roseburg, OR
Kellogg Rural Fire District; Oakland, OR
NAMI Oregon; Roseburg, OR
Umpqua Discovery Center; Reedsport, OR
Umpqua Valley South Coast District of Oregon Music Teachers Association; Roseburg, OR

Lane County:

Boys & Girls Club of Western Lane County; Florence, OR
Bridgeway House; Eugene, OR
Catholic Community Services of Lane County; Springfield, OR
Community Food for Creswell; Creswell, OR

Emerald KIDSPORTS; Eugene, OR
Junction City Local Aid; Junction City, OR
Kids' FIRST; Eugene, OR
Mapleton Food Share; Mapleton, OR
Memory Care Respite of Florence; Florence, OR
Mid Lane Cares; Veneta, OR
Ophelia's Place; Eugene, OR
Parenting Now!; Eugene, OR
Siuslaw Outreach Services, Inc.; Florence, OR
Siuslaw School District 97j; Florence, OR
Triangle Food Box; Blachly, OR
Willamette Family; Eugene, OR

Lincoln County:

Food Share of Lincoln County; Newport, OR
Toledo Food Pantry; Toledo, OR
View the Future; Yachats, OR

Foundation Chairperson, Teresa Spangler sited some stunning data from the 34 organizations the Trustees selected. Of those 34 organizations there were 572,603 volunteer hours and even more amazing is over 160,000 people were helped through these 34 organizations.

Story continues on page 5

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

Save the Date:

Tribal Candidate Forums

March 16, 2019 Florence Outreach Office 10:30 a.m.,
Eugene Outreach Office 2:00 p.m.

March 17, 2019 Tribal Hall, Coos Bay, 10:00 a.m.

Tribal Election Day
April 14, 2019

Chief Warren Brainard Gives Invocation at Governor Brown's Inauguration Gala

On January 14, 2019, Chief Warren Brainard represented the Tribe by attending Governor Kate Brown's Inauguration and the opening ceremonies of the Joint Session of the Legislature along with representatives from other Oregon Tribes at the State Capital.

Then on January 18, he was asked to give the invocation at Governor Brown's Inauguration Gala in Portland. The Gala was a great success and hundreds of people attended the event.



Information and photograph provided by Chief Warren Brainard and Marjene Brainard

There are no Council Business or Resolution Summaries to post in this edition of The Voice of CLUSI as the February 10, 2019 Regular Council Meeting was cancelled due to inclement weather.

Upcoming Council Meeting

March 10, 2019

Community Center

338 Wallace Street, Coos Bay, OR 97420
10:00 a.m.

Colonel Warren Brainard Cultural Exchange

US Air Force Colonel Warren Brainard, NATO Police Institutional Advisory Team, presents His Excellency, Deputy Minister of Interior for Afghanistan, General Abdul Purdilli, a traditional Pendleton Indian trade blanket. It is common in Afghan culture for a formal exchange of gifts to honor and seal a friendship. Col Brainard stated he wanted his gift to represent his native heritage, as throughout American Indian cultures, from the Plains people to tribes of the Northwest Coast, few items have been so closely identified with native culture as the traditional Indian trade blanket. Col Brainard said that he hoped the gift would always remind the minister of the goodwill and blessings for peace from his family to the people of Afghanistan. Col Brainard is currently deployed in support of Operation Freedom's Sentinel and is the son of Chief, Warren Brainard of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians at Coos Bay, Oregon.



Feb 2019, photo-Kabul, Afghanistan

Information and photograph provided by Chief Warren Brainard

Posted: February 28 , 2019

NOTICE OF PROPOSED CODE AMENDMENT

The following proposed Code Amendment was passed for First Reading by Tribal Council on February 15, 2019.

TITLE: 1 General Provisions Chapter 1-9 Tribal Council

The Tribal Council wishes to amend CLUSITC Chapter 1-9 (Tribal Council) to add a new Section 1-9-10 and to accordingly renumber existing Section 1-9-10 and all subsequent sections. Section to be added below:

1-9-10 Tribal Council Member Employment

A Tribal Council Member may not also serve as: Chief Executive Officer or Chief Financial Officer for the Tribal government, or their assistants; Chief Executive Officer or Chief Financial Officer for any of the economic enterprises of the Tribes, or their assistants; Human Resources Director, or; Chief Executive Officer of the Tribe's Gaming Commission.

DATE OF THE TRIBAL COUNCIL MEETING AT WHICH THE PROPOSED CODE IS EXPECTED TO BE CONSIDERED FOR FINAL PASSAGE:

March 27, 2019

The notice of the proposed amendment/creation of Code/Ordinance shall be published in the Tribal Newsletter and the text will be posted for public comment for twenty-eight (28) days in the Administration Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino (Office of the Gaming Commission). Written comments should be sent to the Tribal Council in care of Jeannie McNeil, Administration Office, 1245 Fulton Avenue, Coos Bay OR 97420 or email: jmcneil@ctclusi.org.

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

March 10, 2019
Community Center
338 Wallace Street, Coos Bay, OR 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

March 8th – Housing APR Comments Due

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

March 9th – First Canoe Pull of the Year, Umpqua Eden,
9:00 a.m. Winchester Bay Boast Ramp near
U.S. Coast Guard Station

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, OR

March 16th – Tribal Candidate Forum, Florence Outreach
Office 10:30 a.m., then Eugene Outreach Office 2:00 p.m.

March 17th – Tribal Candidate Forum, Coos Bay Tribal Hall,
10:00 a.m.

March 19th – Tribal Family Gathering Dinner, Florence, OR
6:00 p.m. RSVP for location

March 22nd – Tribal Election Ballots will be mailed to
“Registered Voters” – Ballots are mailed and received by
a third party accounting firm who assist in tabulation.

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

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

March 26th – Spring Break Camp Elders Lunch,
RSVP required, Noon – 3:00 p.m.

April 4th – Elders Luncheon, Eugene Outreach Office,
11:30 a.m.

April 11th – Parenting Workshop, Community Center,
5:30 p.m. – 7:30 p.m.

April 13th – Healthy Moms and Healthy Babies program,
Community Center, 1:00 p.m.

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 18th – Parenting Workshop, Community Center,
5:30 p.m. – 7:30 p.m.

April 25th – Parenting Workshop, Community Center,
5:30 p.m. – 7:30 p.m.

April 30th – May 2nd – Cold Water Training

May 2nd – Parenting Workshop, Community Center,
5:30 p.m. – 7:30 p.m.



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

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,
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

2019 Tribal Council Election Candidates

POSITION NUMBER	INCUMBENT (Current Member of Council)
Position #1	Doc Slyter
Position #3	Mark Ingersoll
Position #5	Teresa Spangler

Deadline to Submit a Statement of Candidacy is March 15, 2019

Candidates Running for Tribal Council

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

Name	Position # Running For	Date Submitted Statement of Candidacy
David Petrie	Position #3	2/15/2019
Mitchell Harper	Position #5	2/15/2019
Iliana Montiel	Position #5	2/20/2019

This information can be found online at www.ctclusi.org/elections

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

NOTICE TO ALL READERS

Tribal Council Candidate Position Statement
Inserted in the March 2019 and April
2019 Editions of The Voice of CLUSI Tribal
Newsletter

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians shall not be responsible for the accuracy of the candidates' position statements.

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

April 14, 2019 Tribal Council Election Information

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

March 15, 2019: Final deadline for candidates to run for Tribal Council. If you wish to run for Tribal Council in positions #1, #3 or #5 you must submit a 'Statement of Candidacy' by March 15, 2019. In addition, you must also submit by the same deadline date, a "Position Statement" to be included in the ballots.

March 16, 2019: Tribal Candidate Forums: 10:30 am in Florence (Florence Outreach Office, 3757 Hwy 101, Florence, OR 97439) and also at 2:00 pm in Eugene (Eugene Outreach Office, 135 Silver Lane, Eugene OR 97404)

March 17, 2019: Tribal Candidate Forums: 10:00 am in Coos Bay (Tribal Hall 338 Wallace Ave, Coos Bay OR 97420)

March 22, 2019: Ballots will be mailed to every "Registered Voter". Ballots are mailed and received by a third party accounting firm, who will assist in tabulation.

BALLOTS WILL NOT BE ACCEPTED AT ANY TRIBAL GOVERNMENT OFFICE

April 14, 2019: ELECTION DAY - will be at Tribal Hall, 338 Wallace Ave, Coos Bay, OR 97420. The Polls will be open from 12:00 noon to 4:00 pm. You may have your ballot delivered by any means you choose or you may vote in person then.

"Statement of Candidacy": a Statement of Candidacy that has been file-stamped received and accepted by the Election Clerk. The receipt of the Statement of Candidacy shall state, at a minimum, the name of the person accepting the statement; name, roll number and signature of the person presenting the statement; and date and time of the filing. Each candidate shall indicate the position for which he or she is filing. Once a person has filed for a position, he or she will not be allowed to change positions or to withdraw and refile for the same election.

"Position Statement" : shall not be longer than one (1) sheet of 8-1/2" by 11" paper printed on both sides, capable of being copied on a black and white copier, shall be published in the February, March or April issue, depending upon when the candidate filed and the candidate's preference. It will be stated in the Tribal Newsletter that the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians shall not be responsible for the accuracy of the candidates' position statements. Further, if a reasonable doubt exists as to the accuracy, candidates will be asked to furnish proof of their statement.

"Registered Voters": those Tribal members who have received a Signature Card. Voter registration is required. If eligible voters wish to vote, a signature card bearing two (2) signatures (one (1) printed and one (1) written) of the voter must be on file with the Election Board before ballots are mailed out prior to an election, or before voting on Election Day at the Tribal Hall.

"Tribal Candidate Forums": a time to meet the candidates, in a question, answer forum.



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.

Three Rivers Foundation...continued from cover page

Our successes are a reflection of the commitment and passion of our dedicated leadership. Listed below are the current trustees who ensure that the Three Rivers Foundation continues to reflect the goals and commitment of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians to our local communities.

- Teresa Spangler, Tribal Council Vice-Chair & Three Rivers Foundation Chair
- Jay Bozievich, Lane County Commissioner, West Lane & Three Rivers Foundation Vice-Chair
- Chief Warren Brainard, Chief of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians & Trustee
- Pat Farr, Lane County Commissioner & Trustee
- Doug Barrett, Tribal Council Member & Trustee
- Tom Grove, Appointed by the Governor & Trustee
- Bob Main, Coos County Commissioner & Trustee
- Stephanie Watkins, Director of Human Resources for the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians & Trustee

The Three Rivers Foundation supports innovative ideas, collaborative approaches and grassroots efforts in the following areas: education, health, public safety, problem gambling, the arts, the environment, cultural activities and historic preservation.

www.threeriversfoundation.org



Chief Warren Brainard awards the Veterans of Foreign Wars Frank C High Medal of Honor Post 3440 a grant from the Three Rivers Foundation



Stephanie Watkins presents a Three Rivers Foundation grant to Boys & Girls Club of Western Lane County



Teresa Spangler presents an award to Bridgeway House whose mission is to offer treatments, developmental therapies, enrichment courses, and support to children and families of all income levels with autism and related abilities



Pat Farr awards a grant to KIDS' First to aid in providing intervention and advocacy for children who are victims of, or witnesses to, crime.



Siuslaw School Diestric 97j receives a grant award from Tom Grove. This grant will aid the Health Occupations Career Technical Educations Program, enhancing health science skills for students



Representative from the Coos Bay Area Zonta Service Foundation accept a grant award from Bob Main for the Little Red Schoolhouse Project



The National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization receives a grant award by Jay Bozievich



Doug Barrett presents a grant to Kellogg Rural Fire District (KRFD) to help them continue in their mission to prevent and protect from all fire and to provide aid

This Month...be on the Lookout for Trilliums

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Trilliums are in the family Melanthiaceae, the Bunchflower family. Death camas and bear grass also belong to this family. Also known as wake robin, this long-lived perennial is one of the first native flowers to bloom in spring. Bearing three leaves and three white petals that darken to a purplish-pink as they age, trilliums are the most distinctive woodland beauties. Spreading by rhizomes, these lovelies tend to habit moist, wooded areas, streambanks, or seasonal waterways and appreciate shade and rich soils. They can grow up to heights of 20 inches and take almost 7 years to bloom from seed.

Food: Trillium leaves can be eaten as a cooked green. However, only one leaf per plant should probably be harvested to ensure the plants survival.

Medicine: Trilliums are also called birth root, as the roots were traditionally used during labor for uterine bleeding. It was also used as a poultice to soothe skin irritations.

Scientific Name: Trillium Ovatum



Photograph by Morgan Gaines

First Canoe Pull of the Year to be held on March 9, 2019

Contributed by Mark Petrie, Cultural Assistant and Tobacco Grant Coordinator

The Culture and Natural Resource Department is putting on the first canoe pull of 2019. We chose Takimiiya/Tkimya (Umpqua Eden) as our significant place to visit during the pull. The Quuiich (Lower Umpqua) landsite was given back to the Tribes as part of the 2018 Tribal Fairness Act land transfer. We are very happy to have such a beautiful site back under our stewardship.

Agenda: 9:00 am – 1:30 pm

9:00 am gather at Winchester Bay boat ramp near the U.S. Coast Guard Station.

9:00 am to ~ 12:00pm Canoe trip and visit of Takimiiya.

12:30 – 1:30 pm Lunch Provided.

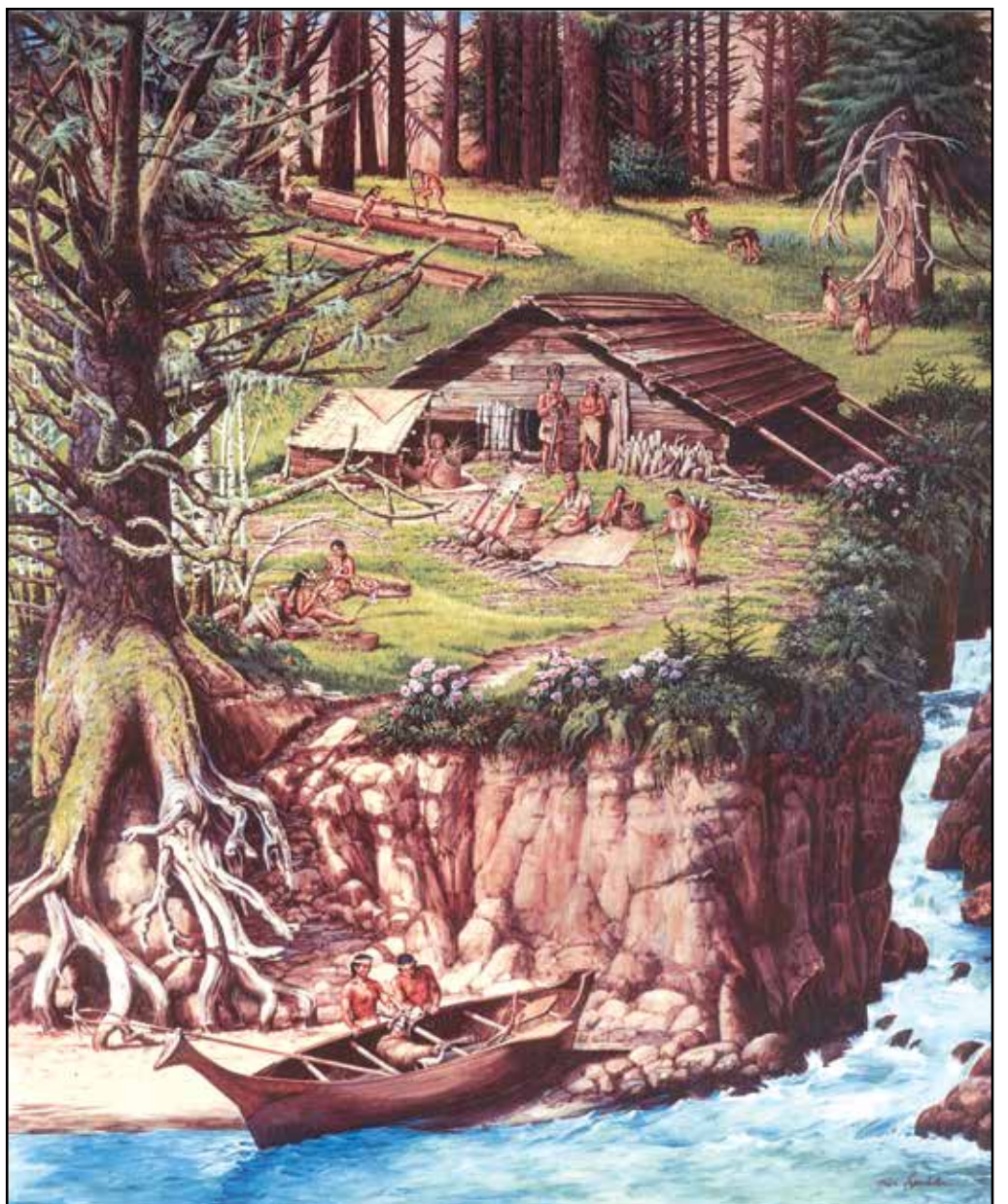
All Tribal families are welcome. Elders and members with physical limitations can be accommodated on a first come, first serve **RSVP basis**. For safety reasons, all participants under 18 years of age are required to be supervised by a parent or guardian during this activity.

What's Provided:

- Transportation from Coos Bay or Florence provided by RSVP only
 - Leave Coos Bay by 8:30am tentatively
 - Leave Florence by 8:20am tentatively
- Paddles, life jackets, and water-wicking long sleeve shirts
- Water
- Lunch
- History of significant sites along trip
- Canoe protocol and etiquette instruction
- Support boat in case of emergencies
- Sunscreen

What to Bring:

- Water bottle
- Warm clothes
- Rain gear if rain is forecast
- Sunglasses
- Hat/headgear



Please utilize our RSVP Line at 541-435-7155 or toll free at 1-888-365-7155

Turning the Tide for Salmon on the Oregon Coast

Contributed by Bryan Gillooly, Restoration Projects Manager

Over the last 200 years, our region has undergone significant changes with Tribal stewardship being replaced with extensive timber harvesting, commercial fishing, agriculture and development. Given these drastic changes in the Tribe's Ancestral Territory, it is easy to become pessimistic about the future. In our lifetimes, we have seen the environment change in ways no one ever dared imagine. And when we think of our ancestors, our current reality seems like we have reached the point of no return. It's easy to lose hope and wonder if there is anything that can be done to turn the tide. In response, CTCLUSI is working with regional partners to restore multiple watersheds on the Oregon Coast and incorporate Traditional Ecological Knowledge*** in restoration to heal the land and return the attributes which made our rivers a home to abundant populations of fish and wildlife, and the seemingly endless resources in the not too distant past.

"What makes the Siuslaw able to be restored is not just the landscape ...its related to the people that live here and their desire to actually change this and make this what it once was... because they have a strong connection to this place... It's going to be landowners, the Tribe [and] it's going to be the kids that grow up here that are going to be the ones that can make a change..."

—Margaret Corvi, Culture and Natural Resource Director

And change is happening. Most don't realize that the Siuslaw and Coastal Lakes Watersheds have some of the healthiest wild salmon runs in Oregon, with thousands of Endangered Species Act listed "Threatened" Coho salmon spawning each year near Fivemile and Bell Creeks, the largest tributaries of Tahkenitch (Tsaxinich) Lake. Realizing the potential of this Coho run to be even more robust in the future, partners in the area have come together at the Fivemile Bell Restoration Project, which has restored over four miles of important salmon stream habitat. This multi-million dollar, nearly 10-year project is led by the Siuslaw National Forest and the Siuslaw Watershed Council, and is supported by CTCLUSI and many other partners including Ecotrust, the Siuslaw Institute, and the Confederated Tribes of Siletz.

This project has removed 50 acres of invasive plant species, replanted over 112 acres of riparian and upland habitat with 155,000 native plants, and sown over 1,700 pounds of native grass and forb seed. Over 1,500 pieces of large wood were placed on the floodplain to increase quality

and quantity of salmon spawning and rearing habitat. What was once grazed farmland, is being returned to its natural condition, a virtual paradise for salmon.

It is important to realize that Tribal partners and stewardship is making a tremendous impact. Monumental projects are being undertaken reconnecting local peoples to their land, making lasting change and showing that hope is not lost for the salmon nor for our communities. In the face of what looms on the horizon, including a changing climate, we see a bright future of partnership, collaboration and resilient watersheds.

Through NOAA's Pacific Coast Salmon Recovery Fund, CTCLUSI is able to support game changing salmon recovery projects such as this, hiring local contractors and agencies to support the local economy. CTCLUSI integrates Traditional Ecological

Knowledge*** in these projects to ensure that native plant species are included that are traditionally important to the Tribe for first foods and other cultural uses like weaving and tool making. CTCLUSI also supports projects in areas that are historically important to the Tribe, Tahkenitch being home to an important village around 8,000 years old.

And you too can participate in the continuation of this historic project! On March 23rd, 2019, the Siuslaw Watershed Council is hosting a Fivemile Bell Project Tour and Native Planting Event for local stakeholders and community members. This is a unique opportunity to see progress in your local watershed and participate to make this change sustainable

for generations to come. Call the Siuslaw Watershed Council at (541) 268-3044 or write nativeplants@siuslaw.org to be put on a list for updates and more information. Or visit their website at siuslaw.org for more information, and follow them on Facebook and Instagram to stay up to date on this project and others!

Partners at Fivemile Bell include: Siuslaw National Forest, Siuslaw Watershed Council, Siuslaw Institute, Western Rivers Conservancy, CTCLUSI,

Confederated Tribes of the Siletz Indians, National Oceanic and Atmospheric Administration (NOAA), Pacific Coast Salmon Recovery Fund (PCSRF), Oregon Department of Fish and Wildlife (ODFW), US Fish and Wildlife Service, National Fish and Wildlife Foundation, Elkton Community Center, Oregon Watershed Enhancement Board (OWEB), Umpqua Soil and Water Conservation District, local contractors and native plant nurseries and project volunteers.



Before the Fivemile Bell Restoration Project
Photo provided by Paul Burns, US Forest Service



After Restoration
Photo provided by Paul Burns, US Forest Service

*** Learn more about how Traditional Ecological Knowledge that Tribal members bring to restoration projects is invaluable to help bring back the ecological integrity of the landscape, so both the fish and the people can thrive together as they once did, by watching the Siuslaw Watershed Council's Youtube channel, featuring Jesse Beers, Siuslaw Tribal Member and CTCLUSI Cultural Stewardship Manager. Just Youtube "Siuslaw Watershed Council" from your computer or mobile device.

Tribal Member Birth Announcement



Rylee Sandira Campbell
~ Coos ~

Rylee Sandria Campbell was born on October 6, 2018, she weighed 6 pounds and 13 ounces and was 20 inches tall. Rylee was born in Coos Bay to loving parents Kaleb Campbell and Alexandra Campbell. Rylee is the descendant of grandmother Karen Nissan.

Welcome Baby Rylee!



Healthy Moms & Healthy Babies

Are you expecting a Baby?

Come join us for lunch, prizes and information on Best Practices during Pregnancy

We will begin holding monthly gatherings with a Kickoff on

Saturday April 13, 2019 @ 1:00 PM

at the Community Center 338 Wallace St, Coos Bay

Topics will include but are not limited to:

- ♦ Pre-natal care
- ♦ Tribal Best Practices
- ♦ Substance Abuse Prevention
- ♦ Safety—SIDS, Shaken Baby Syndrome & Car Seat Installation And much more!

The program includes projects like cradleboards, baby books, Dream Catchers, etc.

We hope you will join us and allow the Tribe to support your Journey

Please RSVP by Wednesday, April 10, 2019

541-435-7155 OR TOLL FREE 1-888-365-7155



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

Tribal Member Birth Announcements

Celebrate welcoming your baby to the Tribal family! Send in your photographs and information to have your new bundle of joy announced in The Voice of CLUSI newsletter.

Send information to:

Morgan Gaines, Communications Specialist by emailing mgaines@ctclusi.org

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, Small 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

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.

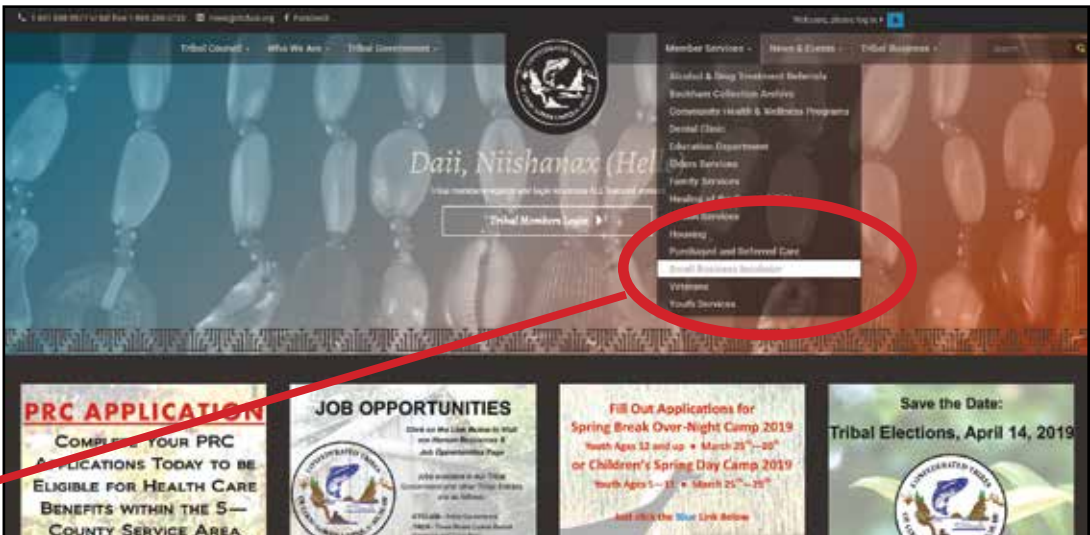
You can find more information about the Small Business Incubator Lab by going to CTCLUSI.ORG, use the drop down menu under Member Services, and click on Small Business Incubator. That will send you to the Business Incubator webpage.

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



Small Business Incubator Lab – located at 2110 Newmark Avenue, Suite #224 in Coos Bay



Posted March 1, 2019

ENROLLMENT COMMITTEE’S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

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

Jaina June Radford	Stella Marie McCoy
Parent: Melinda Radford	Parent: Melissa Reeves
Lineal Descendant: Samuel Sprague	Lineal Descendant: James D. Lott Sr.
Tribe: Coos	Tribe: Lower Umpqua
Blake Mitchell Gardner	Vyolet Wheatlea Hileman
Parent: Jess William Gardner	Parent: Tate J. Hileman
Lineal Descendant: Jesse R. Gardner	Lineal Descendant: Debra L. Hileman
Tribe: Lower Umpqua	Tribe: Coos
Stevie Jean Michelle Walton	Winter Leigh Coleman
Parent: Courtney Krossman	Parent: Christopher E. Coleman
Lineal Descendant: Mary Adamec	Lineal Descendant: Arleen Perkins
Tribe: Coos	Tribe: Coos
Sequoia Wren Mendoza	Rylee Sandria Campbell
Parent: Nicole Mendoza	Parent: Alexandra J. Campbell
Lineal Descendant: Jo Will Brainard	Lineal Descendant: Karen K. Nissan
Tribe: Coos	Tribe: Coos
Nepenthe Irwin Fong	Braxton Fong
Parent: Jeffery Mark Fong	Parent: Nepenthe Irwin Fong
Lineal Descendant: Bennett Barney	Lineal Descendant :Bennett Barney
Tribe: Coos	Tribe: Coos
Aiyana Fong	Makaila Fong
Parent: Nepenthe Irwin Fong	Parent: Nepenthe Irwin Fong
Lineal Descendant: Bennet Barney	Lineal Descendant: Bennet Barney
Tribe: Coos	Tribe: Coos

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

Housing Department
Annual Performance
Report

Contributed by Linda Malcomb, Director of Housing

As required by HUD the Housing Department must complete and submit an Annual Performance Report each year. This report details the programs and activities that were completed by the Housing Department during 2018. To review the document and make comments, please contact Linda Malcomb at 1245 Fulton Avenue, Coos Bay, OR 97420, or at 541-888-1310 or at lmalcomb@ctclusi.org.

All comments must be submitted to the Housing Department staff no later than March 8, 2019.

Dental Word Scramble

Contributed by Naomi Petrie, Dental Therapist

Scrambled Word	Unscrambled Word
umsg	_____
sielm	_____
muoth	_____
neutgo	_____
tbie	_____
wehc	_____

Word Scramble Answers printed on page 15

Contact the CTCLUSI Dental Clinic
to schedule an appointment
(541) 888-6433

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.)



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



CTCLUSI Summer Student Internships

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

Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) OR recent graduate (within 6 months) in/from any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

Online Applications will be taken starting March 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

Need a Ride?



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



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence
Cocktail Beverage Server
Food Server ~ Host
Food Court Runner/Dining Room Attendant
Food Court Outlet Cook
Line Cook
Night Cook/Cleaner
Dish Machine Operator
Guest Room/Laundry Attendant
Table Games Dealer in Training
Special Events Team Member
Maintenance Tech 1
Security Officer 1
Soft Count Team Member Dual Rate Lead

Three Rivers Casino Resort ~ Coos Bay
Line Cook

Blue Earth
Telecommunications/Network Technician

Tribal Government Offices
Special Events Employee, On Call (location varies)
Purchased/Referred Care Specialist



<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

Welcome New Tribal Elder
Scott Zimmer

Elders Valentines
Birthday Luncheon

Elders gathered together at the Florence Outreach Office on Thursday, February 7, 2019. Together they enjoyed fun and games including musical chairs, birthday cake, and most importantly, each others company.

Elders, be sure to join in on the fun next month during the Elders Lunch on Thursday, April 4, 2019 at the Eugene Outreach Office. We look forward to seeing you there!



Tribal Elders enjoy a round of musical chairs (pictured right) during the Valentine's Day Elders Luncheon in Florence, Oregon

Photographs by
Kimmy Bixby and
Iliana Montiel



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.

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



Carolyn McCafferty

Favorite Hobbies:

- Playing piano (self-taught).
- Goodwill shopping.
- Re-constructing lamps.

Favorite Saying:

“I love you. It needs to be said more often.”
and
“You’ve got to be kidding me!”

Carolyn McCafferty

- Coos
- The two dearest people in Carolyn’s life are her sister, Carmen Thompson, and her son, Vincent McCafferty. She also has two nieces, Shawndra West and Michelle Lowe, and one nephew, Kevin Thomas.

Proudest Accomplishments:

- Her very talented son, Vincent.
- Having the honor of being married for 34 years before her husband passed away.
- Being artistically inclined.

Bucket List:

- Ending each month with a little extra money.
- Getting a part-time job.
- Always having good company.



Richard Lum

Favorite Hobbies:

- Currently bowling with his team, “The Lumchops.”
- Playing Basketball and Tennis in his younger years.
- Always staying active.
- Coaching.
- Being a comedian (jokester).

Favorite Saying:

Jokingly, “You know ... men never lie.”

Richard Lum

- Coos
- Son to Claudette Lum, nephew to Bill Long, brother to Lisa Hudson, Terri Branco, and Diane Cline, husband to Nancy Lum, and father to Celilia Lum and Sydney Lum.

Proudest Accomplishments:

- Airforce during Vietnam, from 1972 – 1976.
- Got married to Nancy.
- Being a Basketball coach for several years.

Bucket List:

- Travel to Oregon and see the Casino.
- Travel to Singapore because it looked awesome in a movie he watched.
- Live a happy life with his wife.

Elders Luncheon

Thursday, April 4, 2019

11:30 AM – 2:00 PM

Eugene Outreach Office

135 Silver Lane, Suite 200

Eugene, OR 97404

Join us for good food, games and socializing!

RSVP by Friday, March 29th

Please call the RSVP line at 541-435-7155

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

LIMITED TRANSPORTATION IS AVAILABLE.

Confederated Tribes of Coos,
Lower Umpqua & Siuslaw Indians

Health Services Division
Elders Activity Program

Spring Break
Elders Lunch
Tugman Park

Tuesday, March 26, 2019

Noon to 3pm:1-3pm Activities
with Deedee. Don't miss out on
this opportunity!

Transportation is provided but
you must RSVP 541-435-7155
by Wed. March 20th

Questions Contact
SONJA MCCARTY 541-888-9577 EXT 7553

Preparation of the Forest Management Plan Begins

Contributed by Steve Andringa, Forest Lands Manager

It has been over a year now since the passage of the Western Oregon Tribal Fairness Act which returned 14,742 acres of land to CTCLUSI. Now it is time to pull up our sleeves and begin the preparation of the Forest Management Plan (FMP) which will more clearly define the tribal goals, objectives and projects associated with these lands. One key element in developing a sound FMP is to seek input from the tribal membership, because, after all, it's your land!

As a first step, your Tribal Council has authorized the establishment of a Forest Planning Advisory Committee. This Committee will oversee the development of the FMP, provide guidance, and ensure the plan addresses the needs and desires of CTCLUSI membership. If you are interested in participating on this Committee, submit your Letter of Interest by March 15, 2019. There will also be opportunities for your participation during tribal public meetings which will occur periodically during the development of the plan. And of course there is always opportunity to visit directly with the forestry staff to get updated or provide input.

Speaking of forestry staff, we have filled the recently advertised Forester position with Colin Beck, a local person who brings nearly 20 years of forestry experience with him. Colin brings both a strong technical background in forestry, and with his Juris Doctor from Lewis & Clack Law School,

he brings a unique understanding of environmental and natural resources law. His work ethic and good-natured character will complement the CTCLUSI organization. Much of his time initially will focus on developing an accurate timber inventory. A reliable timber inventory is a vital component of a successful Forest Management Plan. Another key project Colin will focus on is the development of an Operational Agreement relating to the road systems. The intermingled character of these roads requires cooperation between CTCLUSI, the Bureau of Land Management, and as the trustee, the Bureau of Indian Affairs to assure access, maintenance and improvements of this network of roads.

The steps necessary to put together a strong FMP are numerous and will take many months. You can expect to receive regular updates through these news articles, the CTCLUSI website, open meetings, surveys and questionnaires, and Tribal Council meetings.

Your ancestors respected and cared for this land for you and future generations and I am confident this plan will reflect the desires and needs of the tribal members. The CTCLUSI

Forest Management Plan will serve to guide management, protect sacred and culturally sensitive sites, and enhance lands in need of restoration into the next decade and set the foundation of future plans to follow.



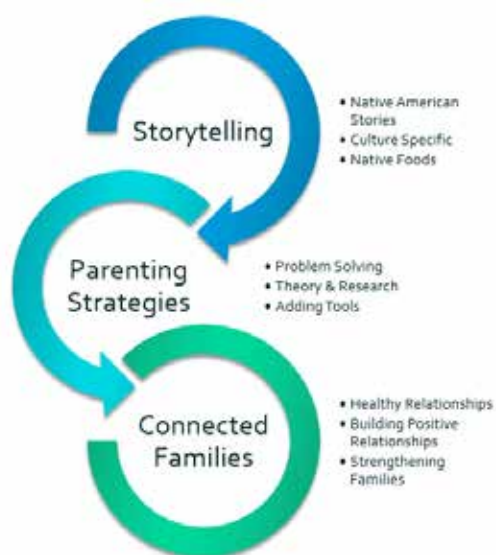
Photograph of the Tioga Block provided by Steve Andringa

The CTCLUSI Forest Management Plan will serve to guide management, protect sacred and culturally sensitive sites, and enhance lands in need of restoration into the next decade and set the foundation of future plans to follow.

PARENTING WORKSHOP

PRESENTED BY THE CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

FAMILY SERVICES DEPARTMENT

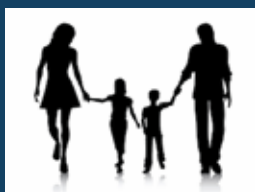


Childcare & Meals Will Be Provided

When:
Thursdays-
April 11
April 18
April 25
May 2

Time:
5:30-7:30pm

Location:
CTCLUSI – Community Center
338 Wallace St
Coos Bay, OR 97420



Please Call the RSVP Line at
541-435-7155
Or toll-free at 1-888-365-7155
By Thursday March 28, 2019



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

Tribal Family Gathering Dinner

Tuesday, March 19, 2019

Chen's Family Dish Restaurant

3620 Hwy 101

Florence, OR

Dinner 6 pm—8 pm



Please RSVP By Friday March 15, 2019
(541)-435-7155 or toll free 1-(888)-280-0726

Presentations:

Wisdom Warriors

Doug Morrison, CHA
and

Healing of the Canoe and Spring Break Camps

Presented by Family Services

Questions, please contact Doug Morrison, CHA (541) 997-6685

Sponsored by: Health Services Division — Diabetes Grant

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]



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.



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



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

Dental Word Scramble Printed on Page 10

Answers:
Gums, Smile, Mouth, Tongue, Bite, Chew

Contact the CTCLUSI Dental Clinic to schedule an appointment
(541) 888-6433

Tribal Planning Department Holds Open House

Contributed by Naoki Tsuruta, Assistant Planner

On January 9 and January 26, the CTCLUSI's Tribal Planning Department held their first annual Open House. Attendees had the opportunity to learn all Tribal Planning related items.

The following Items discussed were:

- Coos Head Area Master Plan (CHAMP)
- Strategic Plan
- Long Range Transportation Plan (LRTP)
- Strategic Transportation Safety Plan
- Severy Access
- Statewide Transportation Improvement Plan
- Small Business Incubator Lab Updates
- Transportation Policy & Procedures
- Transit Resource
- Fee to Trust
- Strategic Acquisition Plan
- Federal Emergency Management Agency (FEMA)
- Elliot State Forest

Attendees also had the chance to win a \$100 and \$50 prize by entering the department's raffle contest. The raffle contest requires attendees to fill out a short survey designed to provide information to Tribal Planning Department to evoke discussion within a broader perspective and base decisions on objective information. This information will allow the Planning Department to perform an approach to decision-making by collecting data and develop a sensible decision. By analyzing results, department staff can immediately address topics of importance. This information will also allow staff to compile statistical information for use when completing grant applications. Many of the programs offered to Tribal members are partially or fully funded through grants received by the Tribe. Having demographic data will assist the needs of the Tribal community when applying for grant funding. This information will also help identify any gaps in the services available to Tribal members and identify new Tribal member needs.

The first Open House (January 9) was held at the CTCLUSI Community Center and second Open House (January 26) was held at the Eugene Outreach office.

Photos taken by MJ Koreiva, Small Business Incubator Manager



Kathy Perkins, Transportation Coordinator



Naoki Tsuruta, Assistant Planner (left) and Micha Lynn, Realty Project Coordinator (center)



Realty maps displayed during open house




Small Business Incubator Lab table

WHEN GAMING GOES TOO FAR

WHAT IS PROBLEM GAMBLING?

Gaming (or gambling), normally a fun activity for most people, can sometimes go too far. Problem gambling affects all major areas of life.



DID YOU KNOW?

Problem gambling affects Native people at a rate about 2-5 times higher than the general population.

FAMILY EFFECTS

Parental gambling has negative effects on children: it's linked to less coping skills, relationship and behavior problems, and higher risk for children to become problem gamblers when they grow up.

Problem gambling is linked to higher rates of divorce, bankruptcy, suicide, alcoholism, drug addiction and more.

PREVENTING PROBLEMS


Gambling problems are preventable and treatable!

If you're a parent or guardian, talk with young people about gambling during conversations about alcohol and drugs. Let kids know that gambling is not risk free.


Get more resources about responsible gaming, talking with kids about gambling, and much more at www.preventionlane.org/gambling.

RESPONSIBLE GAMING TIPS

- set a time and money limit
- only gamble for fun -- and not when tired, depressed, or sick
- avoid letting gambling get in the way or your family, friends, work or school
- avoid borrowing money to gamble
- know the warning signs of problem gambling



Contributed by Doug Barrett, Prevention and Treatment Coordinator



INDIGENOUS PRE-COLLEGE ACADEMY


July 21-28, 2019

Prepare for college at our free summer program.

Join a cohort of college-bound Indigenous students for first-hand experience living and learning on campus. You will stay in the new Kalapuya Tihi residence hall while attending classes and workshops related to the college admissions process, specific challenges Indigenous students face, student life, and more.

CONTACT CC WRIGHT
chelen@uoregon.edu
541-346-0681

admissions.uoregon.edu/ipca



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 541-888-7537 or

Dawn Adams at 541-888-7514.



Hosted by CTCLUSI's Healing of the Canoe Program

Multi-Dimensions of Wellness

Contributed by Leslie Lintner, Behavioral Health Specialist

When people talk about wellness, the focus seems to be physical health. Physical health is a part of wellness, but it is not all that makes up wellness.

In order to achieve wellness there are different dimensions of wellness that need to be addressed. Emotional wellness, spiritual wellness, intellectual wellness, and of course physical wellness, but that is not all. Native Americans generally have other components of wellness including social wellness, and environmental wellness to achieve balance.

Each one of these dimension has its own components that are necessary within that dimension. Sounds like a great deal but in actuality most of it is intuitive. We will start with physical wellness

Physical wellness is the ability to maintain a good quality of life. It encompasses managing stress and fatigue; adopting healthy habits like routine doctor visits, balanced diet and exercise; Of course abstaining from harmful habits is also necessary including tobacco, drugs and alcohol.

Emotional wellness is for some an

extension of physical wellness because many of the issues that arise in emotional issues are a function of neuro-cognition or our brains. With that said, it could also be an extension of spiritual wellness because the soul is inexorably entangled with mental health. However, this wellness dimension includes components like coping skills; the ability to experience emotions like anger, sadness, love, and joy in a healthy manner, and the ability to make connections to others.

Spiritual wellness is characterized by the ability to create peace and harmony in life. There must be compatibility between values, and actions. Finally, there needs to be a common purpose that helps to bind people to one another.

Intellectual wellness is often hard to understand. One could argue that you must have to be smart to have intellectual balance but it is not how intellectual wellness is appraised. Intellectual wellness dimension addresses how open minds are able to learn from mistakes, apply new ideas and information to individual decisions, group interactions and community betterment and

the ability and desire to obtain information, increase skills and competencies in the pursuit of challenges and lifelong learning.

As American Indians, social wellness is important as it provides connections to not only American Indian culture, but also the community-at-large. The importance of family and friend relationships is necessary to maintain health and wellness.

The last dimension is environmental wellness. The connection with the earth is as important as any of the other dimension. In order to sustain life, there must be a positive relationship between people and the earth. That includes clean water, clean air and the ability to be good stewards of the environment. This is also part of the responsibility of passing a healthy environment to the generations to come.

Finding ways to incorporate all of these dimensions will help create a more positive experience of life and lead to more health and wellness.

If you would like help finding balance in wellness, please contact Leslie Lintner, Behavioral Health Specialist at 541-888-7509 with any questions.

Nature's Health Benefits

Contributed by Kimmy Bixby, Community Health Aide

Nature is one of the best things we can expose ourselves to. Not only does it help us mentally and emotionally refocus, it can have positive physical health benefits as well. Think about how you feel in a crowded gym, walking on a treadmill for an hour and getting nowhere. It is still great exercise, but when you compare it to hiking a trail through the woods or going barefoot in the sand at the beach, it can affect you profoundly. The scenery, the smell, and the feeling of the breeze on your face can leave you with a positive outlook on life. It alters the brain chemistry to promote focus, cognition and stronger mental health as you become more physically fit. At the end of the day, you may even have a euphoric feeling of reconnection to the Earth; something that has been lost on many of us over the years that used to be a normal, everyday part of our Ancestors' lives thousands of years ago.

The amazing thing about exercising outdoors is how it does not typically feel like we are over-working our bodies, because we are preoccupied with our surroundings. According to a review published in *Environmental Science and Technology*, researchers found that when people exercised in nature, their mental health and energy levels were better off than if they had exercised indoors.

The effect nature has on our brain chemistry is so powerful that there have been programs developed by rehabilitation centers, used to help formerly confined adults ease back into society, following their release from confinement.

In addition, these programs are reaching out to Veterans dealing with PTSD and depression. By using on-the-water activities such as fishing and paddling, it works as an alternative form of therapy for them. A popular program called Heroes on the Water, www.heroesonthewater.org, helps Veterans, active-duty military, first responders and their families by providing a sense of healing with outdoor-related activities and events. The Veterans involved in this program reported between 55% and 65% reduction in stress levels and avoidance behaviors.

Being isolated from the Earth can affect us more than we realize. The rubber and/or plastic in our shoes, wood floors, laminate, and asphalt can block energy absorption from our planet's minerals that can make us feel better. There is a fast-growing popular movement called "Earthing" or "Grounding" in which connecting to the Earth's natural

energy is foundational for vibrant health. This discovery is praised to be helpful as an anti-inflammatory or antioxidant, and touted to be supportive of the immune system and the body's biorhythms. You can learn more about this way of reconnecting with the Earth at www.earthing.com.

It is understandable to be overwhelmed with work and home life, but even taking a half hour out of your day to step outside for some fresh air, soak up some Vitamin D, and get your hands in the dirt could possibly change your mood and shift your mindset. Take advantage of this beautiful planet our Creator has given us!

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Helping Your Child Understand and Process Death

Contact Leslie Lintner, Behavioral Health Specialist at 541-888-7509 with any questions

- When talking about death, use simple, clear words. To break the news that someone has died, approach your child in a caring way. Use words that are simple and direct. For example, “I have some sad news to tell you. Grandma died today.” Pause to give your child a moment to take in your words.
- Listen and comfort. Every child reacts differently to learning that a loved one has died. Some kids cry. Some ask questions. Others seem not to react at all. That is OK. Stay with your child to offer hugs or reassurance. Answer your child’s questions or just be together for a few minutes.
- Put emotions into words. Encourage kids to say what they are thinking and feeling in the days, weeks, and months following the loss. Talk about your own feelings: It helps kids be aware of and feel comfortable with theirs. Say things like, “I know you’re feeling very sad. I am sad, too. We both loved Grandma so much, and she loved us, too.”
- Tell your child what to expect. If the death of a loved one means changes in your child’s life, head off any worries or fears by explaining what will happen. For example, “Aunt Sara will pick you up from school like Grandma used to.” Or, “I need to stay with Grandpa for a few days. That means you and Dad will be home taking care of each other. But I’ll talk to you every day, and I’ll be back on Sunday.”
- Talk about funerals and rituals. Allow children to join in rituals like viewings, funerals, or memorial services. Tell your child ahead of time what will happen. For example, “Lots of people who loved Grandma will be there. We will sing, pray, and talk about Grandma’s life. People might cry and hug. People will say things like, ‘I’m sorry for your loss,’ or, ‘my condolences.’ Those are polite and kind things to say to the family at a funeral. We can say, ‘Thank you,’ or, ‘Thanks for coming.’ You can stay near me and hold my hand if you want.”

You might need to explain burial or cremation. For example, “After the funeral, there is a burial at a cemetery. The person’s body is in a casket (or coffin) that is buried in the ground with a special ceremony. This can feel like a sad goodbye, and people might cry.” Share your family’s beliefs about what happens to a person’s soul or spirit after death.

Explain what happens after the service as a way to show that people will feel better. For example, “We all will go eat food together. People will laugh, talk, and hug some more. Focusing

on the happy memories about Grandma and on the good feeling of being together helps people start to feel better.”

- Give your child a role. Having a small, active role can help kids master an unfamiliar and emotional situation such as a funeral or memorial service. For example, you might invite your child to read a poem, pick a song to be played, gather some photos to display, or make something. Let kids decide if they want to take part, and how.
- Help your child remember the person. In the days and weeks ahead, encourage your child to draw pictures or write down favorite stories of their loved one. Do not avoid mentioning the person who died. Recalling and sharing happy memories, helps heal grief and activate positive feelings.
- Respond to emotions with comfort and reassurance. Notice if your child seems sad, worried, or upset in other ways. Ask about feelings and listen. Let your child know that it takes time to feel better after a loved one dies. Some kids may temporarily have trouble concentrating or sleeping, or have fears or worries. Support groups and counseling can help kids who need more support.
- Help your child feel better. Provide the comfort your child needs, but do not dwell on sad feelings. After a few minutes of talking and listening, shift to an activity or topic that helps your child feel a little better. Play, make art, cook, or go somewhere together.
- Give your child time to heal from the loss. Grief is a process that happens over time. Be sure to have ongoing conversations to see how your child is feeling and doing. Healing does not mean forgetting about the loved one. It means remembering the person with love, and letting loving memories stir good feelings that support us as we go on to enjoy life.

Reviewed by: D’Arcy Lyness, PhD

Article pulled from Kids Health- for Parents

<https://kidshealth.org/en/parents/death.html>

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Making The Most of Leadership Opportunities

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

Leadership opportunities at work can crop up unexpectedly. They're unpredictable and sometimes blend in with the surroundings so they can easily get overlooked. "Leadership isn't a position, it's a way of being. It's about seeing what isn't there and making it happen," says Roxanne Emmerich, C.S.P., C.M.C., author of "Thank God It's Monday: How to Build a Motivating Workplace."

Ms. Emmerich offers the following suggestions on how to make the most of your leadership opportunities.

Do the Extraordinary

To be a leader often means to have extraordinary thoughts and to do extraordinary things. The word "extraordinary" is a combination of two words that mean "more than the ordinary." Ordinary employees follow directions, do what they're told to do and put in a good day's work. They have the mind-set of, "This is the way we've always done it, so this is the way I'll keep doing it."

"Every one of us really wants to be extraordinary," says Ms. Emmerich. "The problem is we surround ourselves with excuses for mediocrity, and we begin to believe it's the way to be."

Look for Problems to Solve

The employee who wants to create leadership opportunities actually looks for problems to solve -- whether the problems are task-related or about office morale. When you work with the mind-set of making improvements, you're thinking like a leader.

You may have ideas that will make your work more efficient. When you take those ideas and ask for permission to implement them, you're creating your own leadership opportunity -- and an opportunity to be noticed for your innovative ideas.

Give 100 Percent

As an employee, you can take advantage of an often overlooked leadership opportunity: giving 100 percent effort to your work. Act as if you were stranded in the ocean and your one thought was to save yourself by getting to shore.

Ordinary employees may give 70 percent or even 80 percent effort, but leaders consistently go the extra mile and give 100 percent on the job.

Have a Vision

Finding leadership opportunities requires a vision. Just like the architect who designs a superior building, you can design superior ways to do your ordinary work.

"Each person needs to know his or her vision of what superior looks like. Without a clear vision, results are limited," says Ms. Emmerich. "By having a vision, every employee at work has the opportunity to be a leader."

Improve Relationships

Every employee can be a leader by improving employee relationships.

When you avoid gossip, sarcasm and negative comments, and substitute encouragement, appreciation and cheery greetings, you're making the most of a leadership opportunity. You'll be a role model to others, and you'll be rewarded with the trust of your coworkers.

The truth is, no matter what your position, you can act like a leader. "When you seek solutions to problems, encourage positive workplace relationships and do extraordinary work, you're making the most of leadership opportunities," Ms. Emmerich says. "You'll be noticed for your efforts, and you may even be considered for a leadership position. Best of all, though, you'll be happier and more fulfilled at work."

Reprinted from Cascade Centers EAP April 2015 Balanced Living Newsletter, "Make the Most of Leadership Opportunities" by Krames Staywell

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