



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

Tribal Council Elections 2019



Chief Warren Brainard and former Council member Aaron McNutt gift Mark Ingersoll, Teresa Spangler, and Doc Slyter for their service on Council and their dedication in seeing the passing of the Tribes historic land bill. Photographs courtesy of Jan Lawrence and Marjene Brainard

Contributed by Morgan Gaines, Communications Specialist

Tribal Elections were held Sunday, April 14, 2019 at Tribal Hall. The positions filled during this election were that of Tribal Council position #1, position #3, and position #5.

As per the CTCLUSI Constitution, Tribal Council shall consist of a Tribal Chief elected by the general council for a term of 10 years and six (6) members to terms of office of four (4) years each. Tribal Council has the authority to exercise all legislative and executive authority of CTCLUSI.

Our newest Council members are excited for the opportunity to be serving the Tribe. One is a re-elected member of Council and two currently work for the Tribal Government, bringing their knowledge and experience with them.

Councilman Doc Slyter was re-elected to Position #1. Doc is a Hanis Coos Elder. He previously held a position on the pre-restoration Council, and aiding in working towards getting a bill passed to receive federal recognition on October 17, 1984. During the last four years of his term on Council Doc also served on the Housing, Cultural, and Budget Committee. "It takes us all working together to create a prosperous and healthy Tribal community", something he plans to continue.

Position #3 was filled by Hanis Coos Tribal member Mark Petrie during the 2019 election. Mark currently works for the Tribe as the Cultural Assistant & Tobacco Prevention Grant Coordinator in the Culture & Natural Resources Department. He has worked for the Tribe for over 10 years and has been heavily involved and engaged in the community and cultural activities since his youth. "Strong, inclusive, tribal family programs are

-- Story continues on page 4

Also in this edition: Spring Break Camp 2019



See pictures from camp on pages 10 and 11.

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

Save the Dates:

May 11, 2019

Maple Bark Gathering

June 8, 2019

Glass Float Hunt

June 22, 2019

Student Recognition Dinner

Tribal Council Business

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

Chief Warren Brainard:
Mar 10 Tribal Council Meeting
Mar 13 Lane Area Commission on Transportation (ACT) Meeting
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 15-16 Elders Honor Day; Election Forum in Florence & Springfield
Mar 17 Election Forums in Coos Bay
Mar 18 Daughters of American Revolution (DAR) Honoring of Amanda in Newport
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 21 Department of State Lands (DSL) Meeting; Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 4 Easter Egg Hunt, Tour/ Opening new Springfield Office; Tribal Council Special Meeting; Executive Work Session
April 10 Lane Area Commission on Transportation (ACT) Meeting
April 11 Department of State Lands (DSL) Meeting

Doc Slyter:
Mar 10 Tribal Council Meeting
Mar 13 Traditional Cultural Properties (TCP) Meeting in Coos Bay
Mar 14 Culture Committee Meeting; Tribal Council Special Meeting; Executive Work session
Mar 15-16 Elders Honor Day; Election Forum in Florence
Mar 17 Election Forums in Coos Bay
Mar 18 Daughters of American Revolution (DAR) Honoring of Amanda in Newport
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 21 Department of State Lands (DSL) Meeting; Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 11 Department of State Lands (DSL) Meeting

Debbie Bossley:
Mar 10 Tribal Council Meeting
Mar 13 Traditional Cultural Properties (TCP) Meeting in Coos Bay
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 15-16 Elders Honor Day; Election Forum in Florence
Mar 17 Election Forums in Coos Bay
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 21 Department of State Lands (DSL) Meeting; Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB)
April 3 Administration to do paperwork
April 4 Tribal Council Special Meeting; Executive Work Session
April 11 Department of State Lands (DSL) Meeting

Teresa Spangler, Vice - Chairman:
Mar 10 Tribal Council Meeting
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 16 Election Forum in Florence
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 21 Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 4 Tribal Council Special Meeting; Executive Work Session
April 9 Education Committee Meeting

Josh Davies:
Mar 10 Tribal Council Meeting
Mar 12 Traditional Cultural Properties (TCP) Meeting in Coos Bay
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 16 Election Forum in Florence & Springfield
Mar 17 Election Forums in Coos Bay
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 20 Housing Committee Meeting
Mar 21 Indian Education Lunch at Sunset; Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 4 Tribal Council Special Meeting; Executive Work Session
April 6 Uof O Pathway Breakfast; Lane Community College Pow Wow

Doug Barrett :
Mar 10 Tribal Council Meeting
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 15-16 Elders Honor Day; Election Forum in Florence & Springfield
Mar 17 Election Forums in Coos Bay
Mar 19 Council to Council Meeting with Coquille Tribe
Mar 21 Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 4 Tribal Council Special Meeting; Executive Work Session
April 5 Freedom Wall Veterans Ride
April 6 Lane Community College Pow Wow

Mark Ingersoll:
Mar 10 Tribal Council Meeting
Mar 14 Tribal Council Special Meeting; Executive Work session
Mar 15 Elders Honor Day Speaker
Mar 21 Tribal Council Special Meeting; Executive Work session
Mar 27 Tribal Council Business Meeting; Group Photo; Gaming Facility Operational Review Board (GFORB)
April 4 Tribal Council Special Meeting; Executive Work Session

Resolution Summaries

RESOLUTION NO.: 19-001
Date of Passage: January 13, 2019
Subject (title): CTCLUSI State Transportation Improvement Fund Advisory Committee
Explanation: The Tribal Council approved the creation of an Ad Hoc Committee, State Transportation Improvement Fund Advisory committee (STIF) to assist in prioritizing projects for annual funding received. **Vote 6-0-0**

RESOLUTION NO.: 19-002
Date of Passage: January 13, 2019
Subject (title): Enrollment of New Members
Explanation: The Tribal Council approved the following members: Connor Riley Brix, Kyin Mae Thorn, Kinsley Parker Warrick. **Vote 6-0-0**

RESOLUTION NO.: 19-003
Date of Passage: January 13, 2019
Subject (title): Enrollment Name Changes
Explanation: The Tribal Council approved the following Kimberly Margaret Fong to Kimberly Margaret Chin and Alexandra Janiese Colter to Alexandra Janiese Campbell. **Vote 6-0-0**

RESOLUTION NO.: 19-004
Date of Passage: January 13, 2019
Subject (title): Enrollment Active to Historic
Explanation: The Tribal Council recognizes the passing and approves adding the following Tribal

Member to the Active to Historic Wall in the Tribal Hall: Carolyn Ramona Slyter. **Vote 6-0-0**

RESOLUTION NO.: 19-005
Date of Passage: January 13, 2019
Subject (title): Election Board Appointments
Explanation: The Tribal Council approves the following members to the Election Board: Andrew Brainard, Nathan Petrie, Laura Fortin and Josh Davies. **Vote 7-0-0**

RESOLUTION NO.: 19-006
Date of Passage: January 13, 2019
Subject (title): Committee Appointments
Explanation: The Tribal Council approves the following appointments to Tribal Committees. Budget Committee – Bill Ingersoll; Cultural Committee – Ron James & Nathan Petrie; Education Committee- Jessie Young & Ashley Russell; Elders Committee – Warren Brainard & Ron James; Enrollment Committee- Debbie Bossley, Skip Brainard & Vicki Faciane; Housing Committee- Jessie Young & Josh Davies; Investment Committee – Bill Ingersoll & Melinda Radford; Tribal Health Board – Debbie Bossley & Nathan Petrie. **Vote 7-0-0**

RESOLUTION NO.: 19-007
Date of Passage: January 30, 2019
Subject (title): Service Agreement

Explanation: The Tribal Council approves this service agreement for Three Rivers Casino. **Vote 6-0-1**

RESOLUTION NO.: 19-008
Date of Passage: January 30, 2019
Subject (title): Security Agreement
Explanation: The Tribal Council approves this security agreement for Three Rivers Casino. **Vote 6-0-1**

RESOLUTION NO.: 19-009
Date of Passage: January 30, 2019
Subject (title): Gaming Lease
Explanation: The Tribal Council approves this Gaming lease for Three Rivers Casino. **Vote 6-0-1**

RESOLUTION NO.: 19-010
Date of Passage: January 30, 2019
Subject (title): Machine Add/Change Order
Explanation: The Tribal Council approves this Machine Add/Change Order for Three Rivers Casino. **Vote 6-0-1**

RESOLUTION NO.: 19-011
Date of Passage: January 30, 2019
Subject (title): Gaming Equipment Order
Explanation: The Tribal Council approves this Gaming Equipment Order for Three Rivers Casino. **Vote 6-0-1**

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

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. Native American Medal of Honor Medallions are awarded to Veterans at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at jlawrence@ctclusi.org for new requirements needed to be honored.

US FOREST SERVICE

NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and 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, 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
May 19, 2019
Community Center
338 Wallace Street, Coos Bay,
Oregon 97420
10:00 a.m.


- Agenda:
1. Call to Order
 2. Invocation
 3. Approval of Minutes as needed
 4. Tribal Council Reports
 5. Tribal Chief Executive Officer Report
 6. Chief Financial Officer Report
 7. Old Business
 8. New Business
 9. Other
 10. Good of the Tribes
 11. Executive Session as needed

Council meeting video available to view at www.ctclusi.org

Upcoming Events

- May 2nd** – Elders Luncheon,
Community Center, 11:30 a.m.
May 2nd – Parenting Workshop,
Community Center, 5:30 p.m. – 7:30 p.m.
May 3rd – Deadline to apply for
Summer Student Internships
May 4th – 5th – Weaving Workshop,
Tribal Hall, 10:00 a.m. – 4:00 p.m.
May 10th – Lamprey Tagging - for info
contact John Schaefer in DNR
May 11th – Mother’s Day Crafts,
Community Center, 11:00 a.m.
May 11th – Maple Bark Gathering,
Leaving Florence Office at 10:00 a.m.
May 18th – Tiny Tots, Community Center,
1:00 p.m.
May 21st – Tribal Family Gathering Dinner,
Eugene Outreach Office, 6:00 p.m.
May 24th – 26th - Fish Trap Workshop
Session Two, 9:00 a.m. – 4:00 p.m.

- May 25th** – Healthy Moms and Healthy Babies,
Community Center, 1:00 p.m.
May 29th – Brush Clearing Work Party,
Florence Housing, 10:00 a.m. – 2:00 p.m.
June 7th – 9th - Fish Trap Workshop
Session Three, 9:00 a.m. – 4:00 p.m.
June 8th – Clamboree, Tribal Hall open to
community, 10:00 a.m. - 3:00 p.m.
June 8th – Glass Float Hunt, Florence,
10:00 a.m. – 2:00 p.m.
June 11th – June 14th – Elders Trip to
Tulalip/ Seattle RSVP by May 20th!
June 14th – Father’s Day Crafts,
Community Center, 4:00 p.m.
June 15th – Pool Party, SPLASH Springfield
June 21st –Solstice & Family Gathering, Coos Bay
June 22nd – Student Recognition Dinner,
Community Center, 3:00 p.m. – 5:00 p.m.
June 24th – July 3rd – Summer School,
Community Center, 9:00 a.m. - 3:00 p.m.



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

| | | | |
|--|---|---|--|
| <p>Government Office Alexis Barry Chief Executive Officer 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll free 1-888-280-0726 Fax 541-888-2853 abarry@ctclusi.org</p> <p>Health Services Division Vicki Faciane - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Toll free 1-888-280-0726 Fax 541-888-5388 vfaciane@ctclusi.org</p> <p>Department of Human Resources Stephanie Watkins - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 888-723-3270 swatkins@ctclusihr.org</p> <p>Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 lmalcomb@ctclusi.org</p> | <p>Purchased/Referred Care (FKA Contract Health Services) 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-4873 Toll free 1-800-227-0392 Fax 541-888-5388 sarnold@ctclusi.org</p> <p>Education Department Karen Porter, Education Dept 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-9577 Toll free 1-888-280-0726 Fax 541-888-2853 education@ctclusi.org</p> <p>Family Services Earl Boots, Director 2110 Newmark Avenue Coos Bay, OR 97420 Phone 541-888-1311 Toll Free 1-800-618-6827 Fax 541-888-1837 eboots@ctclusi.org</p> <p>Tribal Dental Clinic Dr. Sarah Rodgers 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505</p> | <p>Elders Activities Iliana Montiel Assistant Director of Health Services 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Fax 541-888-5388 Toll Free 1-888-280-0726 imontiel@ctclusi.org</p> <p>Tribal Court J.D. Williams Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 tribalct@ctclusi.org</p> <p>Cultural Department Jesse Beers, Cultural Stewardship Manager 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org</p> <p>Eugene Outreach Office 135 Silver Lane, Suite 200 Eugene, OR 97404 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349</p> | <p>Florence Outreach Office Physical: 3757 Hwy. 101 Mailing: P.O. Box 2000 Florence, OR 97439 Phone 541-997-6685 Toll Free 1-866-313-9913 Fax 541-997-1715</p> <p>Tribal Gaming Commission Brad Kneaper Executive Director of the Gaming Commission 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 bkneaper@ctclusi.org</p> <p>Tribal Police Brad Kneaper Chief Law Enforcement Officer 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bkneaper@ctclusi.org</p> <p>Department of Natural Resources Margaret Corvi Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1304 Toll Free 1-888-280-0726 Fax 541-888-2853 mcorvi@ctclusi.org</p> |
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Chairman's Corner

Dai,

As of April 18th your newly elected Tribal Members were sworn in at a special Tribal council meeting. The ceremony of Oath of Office was administered by Vicki Faciane, chair of the election board.

As the newly elected Tribal Chairman, I would like to say I am prepared to continue working for the betterment of our Tribe. At this time I would like to welcome - Mark Petrie, Position #3 as the new Vice-Chairman and council member Iliana Montiel, Position #5.



After the special meeting, Tribal Council held a discussion about the importance of all the council working together to move forward in a positive way over the next 3 years. A conversation arose that each council member will always have input on all topics. Although, there may be times that not all of the council members will agree, the outcome will be to maintain respect of one another and be willing to work together. The importance of not disclosing certain confidential information was also discussed.

- Chairman Doc Slyter

Tribal Council 2019...continued from cover story

what bring our people together...I am dedicated to representing our great Sovereign Nation with respect, honor, dignity and pride."

Miluk Coos Tribal member Iliana Montiel was elected to Position #5. Iliana has worked in our Tribal Government for 10 years. She is currently working as the Assistant Director of Health Services and is eager to use her experience to help grow services beyond the five county service area. She'll be focused on finding ways to expand health care and other services to all. "I am strongly committed to the success of our Tribes and Tribal members. Together we can build a stronger Tribe which in turn builds stronger Tribal members."

Thank you to the returning and new Council members Doc Slyter, Mark Petrie, and Iliana Montiel for their eagerness to serve on Council. Following the election, the new Council members were officially sworn into office on Thursday, April 18, 2019. At that the Tribal Council also elected their new Chairman, Doc Slyter, and Vice-Chairman, Mark Petrie.

Thank you to former Chairman Mark Ingersoll and Vice-Chair Teresa Spangler for their time served on Tribal Council, and the work that they contributed to the Tribe. For their aid in moving the Tribes forward and helping to see through the passing of our historic land bill and the return of 14,742 acres of land, Chief Warren Brainard gifted Mark Ingersoll, Teresa Spangler, and Doc Slyter with Pendleton blankets. Former Council member Aaron McNutt helped Chief Brainard to wrap them in their gifts and show the Tribes gratitude for their dedication and time served on Tribal Council.

Daughters of the American Revolution Honor Amanda with Award

Newport, OR April 2, 2019 —

Four women were honored with the National Society Daughters of the American Revolution (NSDAR) Women in American History award at a luncheon on March 18 at the Best Western Agate Beach Inn in Newport.

Women chosen for this recognition are those who have contributed to or made a positive difference in their own communities. They are, or have been, intellectual, educational, social, religious, political, scientific or cultural innovators.

March is recognized as Women's History Month and throughout history, women have made valuable contributions to this country. The NSDAR Yaquina Chapter presented a framed certificate of appreciation, a Women in American History medal, a gift certificate and a lapel pin to four women who are unsung heroes and leaders in our local communities and beyond.

This year's honorees:

As the tribal chairman for the Confederated Tribes of Siletz Indians, Delores (Dee) Pigsley has been actively involved in tribal government, Indian commissions and boards, committees and other government functions throughout her career. She has testified before Congress many times on various issues that affect tribes nationally.

Mary Clare Smothers is a retired Department of Defense schools' educator with more than 35 years of teaching experience. She was selected as a semifinalist for the Teacher in Space program, where she trained with Christa McAuliffe at the NASA Space Center. She served as a space ambassador and presented programs throughout Europe.

Loretta Hoagland saw a need in her community for safe after school care and founded Neighbors for Kids (Kids Zone) in June 2010. She harnessed the energy in the small town of Depoe Bay and created a place for children to gather for educational and fun activities during the critical three-hour period after school. Neighbors for Kids offers many programs for youth of all ages.

Amanda was a blind Coos woman whose story, although harrowing and tragic, is also one that has elicited positive action. A nature trail and statue has been erected just south of Yachats, which commemorates Amanda's heroism during the dark events of Oregon's transition from native domain to U.S. statehood. The Amanda Trail is a solemn and spiritual path that remembers the original people of this area and the hardships they endured. The trail has built greater awareness, understanding and appreciation of the history of the original inhabitants.

The awards event was attended by friends, family, co-workers and supporters of the recipients. These women were recognized for their personal devotion to serving others and building positive communities.

The NSDAR is a nonprofit, non-political women's service organization founded in 1890 to promote historic preservation, education and patriotism. For more information on membership, contact Regent Andrea Summerlin at 541-252-0515 or via email at yaquinadar@gmail.com.



Pictured left to right: Andrea Summerlin, Chief Warren Brainard, Joann Kittel, and Councilman Doc Slyter



Pictured left to right: Mary Smothers (Award Recipient), Loretta Hoagland (Award Recipient), Delores (Dee) Pigsley (Award Recipient), Warren Brainard (Chief, The Confederated Tribes of Coos Lower Umpqua & Siuslaw Indians - Accepted award for Amanda, Award Recipient), Andrea Summerlin (Regent, NSDAR Yaquina Chapter).

Confederated Tribes Receive Grant for the Hollering Place

Nicholas A. Johnson, The World, Coos Bay, April 3, 2019 —

The National Endowment for the Humanities announced its support last Thursday for the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians Hollering Place Tribal Museum and Cultural Center Development Project.

The NEH grant will capitalize and construct a tribal museum and cultural center at the Hollering Place in the Empire District.

“This nearly half-million dollar grant will advance the collaborative effort to honor the deep history of Coos Bay and the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians, and I congratulate the Tribes on winning this highly competitive award,” said Oregon’s U.S. Sen. Jeff Merkley. “Preserving and teaching our history is an important investment for our communities, and I will continue to use my seat on the Senate Appropriations Committee to help Oregon’s tribal nations develop cultural assets, as a matter of self-determination and sovereignty.”

Working with collaborative partners including the city of Coos Bay, Coos County, the Dolphin Theatre, and the Coos Bay Boat Building Center, the Tribes seek to re-energize the site of one of the area’s oldest and most important settlements: the Hanis Coos Village of Hanisiich.

One hope the tribes have for the Hanisiich Village at the Hollering Place development is to spark redevelopment in the Empire District of Coos Bay.

“The Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians support the employment of more than 180 people in the Empire District of Coos Bay,” said Tribal Chairman Mark Ingersoll. “The Tribes have invested more than \$10 million into the revitalization of Empire and we are very grateful to the NEH for their support.”

The tribes would like the Hanisiich Village at the Hollering Place to serve as a cultural gathering place for people to experience, participate, and engage in active learning opportunities associated with the cultures and people who have long called that place home.

CTCLUSI is currently putting in a sea wall at the Hollering Place property that once completed will see the city sign over full ownership of the property over to the tribe.

“CTCLUSI is currently putting in a sea wall at the Hollering Place property that once completed will see the city sign over full ownership of the property over to the tribe.”

Seasonal Allergies

Contributed by Kimmy Bixby, Community Health Aide

Allergies in the Pacific Northwest — a very commonly dreaded ailment for many of us, especially those who reside in valleys or in rural areas with increased vegetation. It seems to be never-ending with all of the different types of trees, plants and weeds surrounding us. Just coming out of the winter months and still recovering from colds and flus can be confusing when the allergies hit. We wonder if we are coming down with another strain of cold, or relapsing. For those of us with seasonal allergies, also referred to as “hay fever”, it seems like we almost never get to feel normal. Itchy, red and watering eyes, sneezing, runny nose, headaches, and even rashes or hives in more severe cases. This can be very inconvenient during the months when we simply want to enjoy the nice weather and participate in outdoor activities. This is why we need to be prepared ahead of time. Hopefully, doing this will make it less intense when everything around us starts blooming. Here are a few things you may want to try, to lessen or prevent seasonal allergy attacks.

- **Avoid exposure to the outdoors during the middle of the day.** Allergens in the air are more prevalent during the middle of the day, so try to spend the biggest portion of your time outside in the mornings or evenings.
- **Wash up.** When you come inside, wash your hands and face right away. This will eliminate a good amount of pollen that has stuck to your skin.
- **Cover your head and face.** If you need to be outside more than usual, try wearing a hat and sunglasses. This will prevent most of the pollen from getting on your face and in your eyes. You can also use a facemask to guard your mouth and nose from allergens in the air.
- **Natural treatments.** Although natural

remedies, like herbal supplements, are very popular these days, it is important to use caution before trying them. Do further research and talk to your healthcare provider first. Herbs like Nettle leaves and Butterbur are thought to act as natural histamine and leukotriene blockers, but they can have certain side effects, depending on the person. It is not recommended to use these herbal remedies on children under age 12.

Nasal rinse with saltwater can help clean out nasal passages with no side effects and is very helpful for those suffering from nasal-related allergy attacks. A neti pot is also an option.

Another big buzz right now is essential oil. Popularly used for stress relief, headaches, immune support, nausea, and many other minor ailments, essential oils are thought to help ease allergy issues as well. A few of the top oils to help ease allergies include peppermint, lavender, tea-tree, frankincense, basil, eucalyptus, lemon, lemongrass, thyme, bergamot, and clove.

- **Use an air purifier.** During the warmer weather months, your doors and windows may open and close several times a day, allowing pollen to make its way into your home. Keeping an air purifier turned on throughout the day can make a huge difference in the air quality and help you breathe better.
- **Try some eye drops.** If your allergy issues include itchy, irritated eyes, you may want to try using eye drops specifically for allergies or redness and irritation. It will help soothe the itching and keep your eyes moisturized.
- **Take over-the-counter antihistamines.** Claritin (Loratadine), Zyrtec (Cetirizine), Singulair (Montelukast), and a steroid nasal spray called Flonase (Fluticasone), are a few examples of popular and

effective antihistamines. Buying generic rather than name brand will save you a lot of money, and they should work just as well.

- **Consider allergy shots.** If you are still having troubles with your allergies, you can choose to schedule allergy shot appointments. First, you must take an allergy test to find out what you are allergic to. You can have this done as a skin test, or have your blood drawn and tested that way. When you start your dose of shots, you can choose to have them done once a week or up to three times a week. Over time, your body will build up an immunity to these allergens, making it much easier on you during the times of their highest pollen counts.

This small commitment can really pay off in the end, as long as you are consistent with your appointments.

Below is a timeline for the highest allergy months and which type of pollen is most prevalent during these specific months:

- **February-March-April:** Tree pollen
- **May-June-July:** Grass pollen
- **August-September:** Weed pollen

Although certain allergens are at their highest pollen count during specific months, this does not mean they are not present earlier or later than expected. Always be prepared ahead of time, especially when you know exactly what you are most allergic to.

Springtime and summertime are known to be the most popular times for outdoor activities, such as camping, swimming, picnicking, and gardening, among many other activities. Do not let seasonal allergies hold you back from having fun and enjoying nature. Taking proper precautions will help you feel your best for the months ahead.

Happy Spring!

This Month...be on the Lookout for Chocolate Lily

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Chocolate lilies belong to the family, liliaceae, the lily family. Tiger lilies, fawn lilies, western lilies (endangered), alp lilies, mariposa lilies, hooker's fairybells, and smith's fairybells also belong to this family. These nodding dark charmers tend to frequent moist, open woods and meadows west of the Cascades. They have also been seen in tidal meadows and coastal bluffs. One to several bell-shaped flowers atop stalks that are flanked by whorled, lance-shaped leaves. Flowers tend to be purplish brown with greenish-yellow speckles. The flowering time of this herbaceous perennial ranges from late April to early June.

Food: Also known as rice root, chocolate lilies produce numerous rice- shaped bulblets, hence the name. They are said to be a respectable, but somewhat bitter rice analogue, and can be eaten raw, cooked or dried for later use. The flower buds, flowers, and seeds are also edible and can be used to garnish salads or other foods.

Hanis: Čahwənnia

Scientific Name: *Fritillaria affinis*



Photograph courtesy of John Schaefer

Upcoming May Weaving Workshop

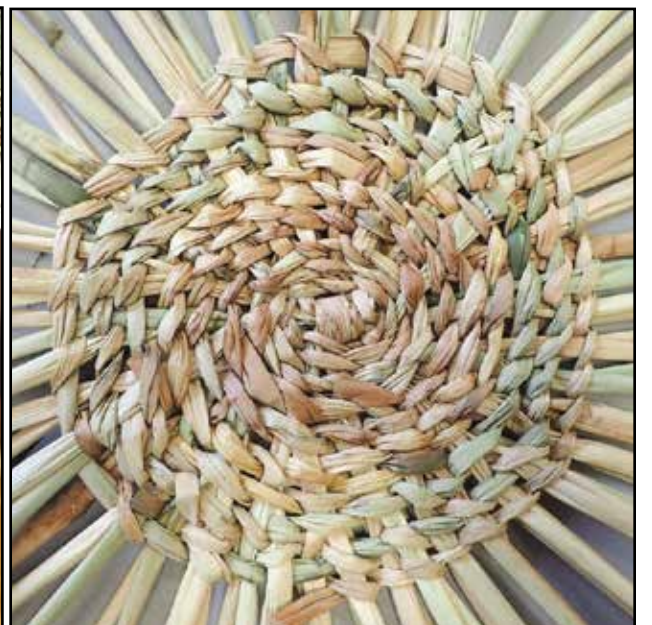
Dear Tribal Community,

Happy SPRING! I want to let you know that we have a weaving workshop this month. Please join us at Tribal Hall in Coos Bay. We will be meeting from 10 AM-4 PM on May 4th and 5th. We will be weaving these days and if the weather permits may take a little field trip to check out our gathering spots nearby. These workshops are open to all tribal members and their families. Weavers at any stage of development are welcome. Please bring any weaving projects you are currently working on or a plan for something new you would like to begin. If you need weaving materials, please let me know (sarasiestreem@hotmail.com) by the 2nd of May so I can accommodate your material needs.

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

Luuwii,

Sara Siestreem (Hanis Coos)



Photographs courtesy of Sara Siestreem

May Weaving Workshops
May 4th and 5th

Fish and Wildlife Students Learn Traditional Ecological Knowledge on the Siuslaw

Contributed by Bryan Gillooly, Restoration Projects Manager

During Spring Break 2019, the Oregon State University (OSU) Fisheries and Wildlife Club and the Mount Hood Community College (MHCC) Fisheries Club visited CTCLUSI’s Department of Culture and Natural Resources (CNR). Both clubs met at the Tribal Outreach Office in Florence, Oregon and broke bread together as CNR staff presented on Tribal history, culture and natural resource management projects.

After lunch, the rain finally broke and everyone met at the Port of Siuslaw to embark on a journey in “Lottie,” the beloved cedar dugout canoe, to Waite Ranch.

As a guide, Jesse Beers, the Tribe’s Cultural Stewardship Manager, gave the clubs a unique and unforgettable experience, teaching them how to pull on the Siuslaw River to Waite Ranch. After an intense four mile pull, the Tribe put the clubs immediately to work gathering *Juncus* sp. for our new weaving cache and planting 25 western red cedars trees. The clubs also helped remove invasives at the restoration site.

Jesse Beers and John Schaefer, CNR’s Biologist, gave the clubs a real life tutorial on Traditional Ecological Knowledge through teaching them how to harvest *Juncus* sp. sustainably and planting techniques that maximize red cedar survival. Once harvesting and planting was completed, Jesse Beers steered the clubs home to the Port of Siuslaw. Upon their return to port, they found Tribal Councilman Doug Barrett and seasoned ma’atii (steersman) patiently awaiting to greet them and give them permission to ashore, completing an amazing day.

Overall, it was a great opportunity for Tribal staff to share about CTCLUSI history and culture and show how the Tribe continues to be stewards of their Ancestral Territory. Tribes are often thought of as black and white photographs in a book, relics of tragic past. However, the Tribe was able to show that not only is this not the case, but the Tribe is alive and vibrant, actively utilizing their Ancestral Territory and welcoming to those who want to learn more.

Special thanks to McKenzie River Trust, OSU Fisheries and Wildlife Club (in particular James Neeley), the MHCC Fisheries Club, and Rachel Schaefer for making this trip happen.



Photograph by John Schaefer



Photograph by Rachel Schaefer

Glass Float Hunt
Prevention Topic: HOC and Beach Clean Up



Saturday, June 8, 2019
10:00 A.M. to 2:00 P.M.

R.S.V.P. by Wednesday May 2, 2018
at: 541-435-7155, Toll-Free 1-888-365-7155

We will meet at 3757 Hwy 101, the Florence Office at 10:00 A.M.
We will return to the Florence Office after
the float hunt for a raffle and lunch.

You must attend the Prevention Activity to hunt for glass floats.



Sponsored by:
CTCLUSI Prevention Activities and
Family Services



BRUSH CLEARING WORK PARTY

MAY 29, 2019

On Wednesday, May 29, 2019, from 10AM – 2PM, please join Housing Maintenance, Three Rivers Casino Maintenance, and CTCLUSI Tribal Police in clearing brush AROUND Qa’aich Tribal Housing located in Florence, Oregon.

Tribal Housing will be providing pizza and refreshments.

A limited number of tools will be available, but please provide your own gloves, hats, safety glasses and all other forms of protective equipment.

CONTACT OFFICER SHANE HENDERSON AT
SHENDERSON@CTCLUSI.ORG
OR CALL CTCLUSI PD AT 541-997-6011

Summer of Exploration

May 2019

11th: Mother's Day Crafts

Where: Community Center

Time: 1:00 p.m.

18th: Tiny Tots

Where: Community Center

Time: 1:00 p.m.

June 2019

14th: Father's Day Crafts

Where: Community Center

Time: 4:00 p.m.

15th: Pool Party

Come celebrate the first day of summer!
Transportation will be provided

Where: Splash, Springfield, OR

Time: 1:00 p.m.-5:00 p.m.

22nd: Student Recognition Dinner

Where: Community Center

Time: 3:00 p.m.-5:00 p.m.

24th-28th: Summer School

Where: Community Center

Time: 9:00 a.m.- 3:00 p.m.

July 2019

1st-3rd : Summer School

Where: Community Center

Time: 9:00 a.m.-3:00 p.m.

3rd-10th: Unity Conference

Youth ages 14-24

Where: Orlando, Florida

16th-21st: Canoe Journey

Attention: Tribal families, and youth ages 14-24 come join us on Canoe Journey to Suquamish.

August 2019

3rd: Back to School

Supplies available in Coos Bay, Florence and Springfield 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)

Keep an eye out in the newsletter for information on upcoming events! Culture, Music, Drama, and Art camps- a week long each!

Also, be on the lookout for traditional regalia weekends for youth of all ages!

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

This schedule is tentative and subject to change



HOC Team Has a New Addition

Hello, my name is Kevin Gowrylow. I am the newly hired HOC assistant. I trained in education by substituting in classrooms as an educational assistant and worked with all age groups from first start to adult programs. I always liked meeting the students from each classroom and adapting to best help them learn. I proceeded to earn my Masters in Special Education at Southern Oregon University. I have been teaching for three years since and am currently also teaching Drama at Marshfield High School.



Kevin Gowrylow

Keeping Kids Safe During Prom and Graduation Season

By Cheryl Wittke from Partnership for a Drug Free America website

For parents of teenagers, the question of whether our kids are abusing drugs and alcohol is an ongoing concern. However, during prom and graduation season these concerns rise to the top, and for good reason. Even one bout of over-consumption of alcohol can put youth at increased risk of everything from involvement in a serious traffic crash to date rape. Even trying a drug once can have serious permanent consequences, and combining drugs (and drugs and alcohol) can lead to potentially deadly effects.

How can parents keep their kids safe during prom and graduation season? One tack **NOT** to take is to host parties for teenagers where alcohol is served, nor to allow your child to attend one.

However, teen traffic fatality and sexual assault statistics do not support this theory – teenagers who drink are more at risk, regardless of where the drinking takes place. As stated in a recent American Medical Society editorial, “fatal car accidents, injuries and assaults are not rites of passage for any child. Underage drinking is a major factor in the two leading causes of teenage deaths: car accidents and fatal injuries.

More to the point, serving alcohol to underage youth is illegal, and increasingly communities are prosecuting parents who host such parties.

A safer strategy to keep your children safe during prom and graduation season:

- Make sure your child has a plan for the evening and that you know it.
- Work with the school to have food served during the prom.
- Take stock of the alcohol in your home
- Know all of the "hot spot" destinations.
- Know who is driving - if it's a limo, check their policy on allowing alcohol in the vehicle.
- Make sure that alcohol is not brought into your home or onto your property by your child's friends.
- Give your child a curfew.
- Communicate with other parents and school officials.
- Encourage seatbelt use - the best accessory!
- Do not rent hotel rooms for prom-goers.
- Refuse to supply alcohol to youth.
- Discuss the school's prom rules with your child and the consequences for violating them.
- Stay up for prom-goer's return home.

If you have questions or concerns please reach out to the Tribes Prevention and Treatment Coordinator -Doug Barrett 541-297-2130

Tribal Member Achievements

Eugene Register Guard/Sheldon High School Student of the Month



Tennenpah Brainard

Tennenpah Brainard, a Junior at Sheldon High School was selected as their March student of the Month. Tennenpah is the Chair of the Sheldon NASU Youth Club and is a student representative to the NATIVES Program Parent Committee. She is the first Native American student to be selected as Student of the Month from Sheldon and the second Native American student selected in the Eugene School District in 25 years.

At Sheldon, Tennenpah is a member of the National Honor Society and band, as well as after school clubs. She is a talented photographer who has had her photos in some local shows.

Tennenpah also loves to dance and has participated in talent shows at Sheldon doing self-choreographed dances. Additionally, she is a Jingle Dancer and a Fast and Fancy Dancer, participating in local presentation Pow Wows.

Tennenpah is an enrolled member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians and a descendant of the Chiricahua Apache Tribe. Tennenpah hopes to work in a field that highlights her artistic talents and is thinking about computer design or photography.

Information contributed by Brenda Brainard

Kendall Norton Recieves Award



Kendall pictured above with brother Aspen

Kendall Norton recieved an award on April 3, 2019 from North Bend Middle School, for being a positive role model and deomonstrating positive behaviors. Kendall is pictured here with her brother Aspen.

Information contribued by
Amanda Bolling



Student Recognition Dinner

CTCLUSI COMMUNITY CENTER
338 WALLACE AVE.
COOS BAY, OR 97420

Please Join Us To Celebrate All Students!

Saturday, June 22, 2019
TIME: 3:00 TO 5:00 P.M.

Please RSVP 1-541-435-7155
Toll Free 1-888-365-7155

Let us know how many in your party.
How many are students and grade completed



CONGRATULATIONS GRADUATES!

Help us to celebrate your amazing accomplishments. If you have recently graduated from High School, College, or University please send in your graduation photo and information on your degree or certificate, as well as your next education or career step.

Submissions for the June 2019 newsletter are due by 5:00 p.m. on May 15th.

Contact Morgan Gaines at mgaines@ctclusi.org or by calling 541-888-7536



Would you like to become a State Certified Daycare Provider?

Have you thought of becoming a State Certified Daycare Provider, but felt that it was out of reach? Through the CTCLUSI CCDF (Childcare Development Fund) we are able to assist in this process! By visiting www.oregonearlylearning.com you can research the steps it takes to become certified.

Reach out to Meagan Davenport, Family Services Program Assistant by phone at 541-888-1311 or email: mdavenport@ctclusi.org if you have questions regarding this process!

Spring Break Camp 2019

Contributed by Devynne Krossman, Prevention/ HOC Assistant

This year- Hiime Panuu Qais was a huge hit for tribal kiddos ages 5-18!

Tuesday was kicked off as the kids and staff enjoyed sharing a meal at Eel Lake with the Elders and games with DeeDee!

Wednesday was another busy day, with a field trip to Wildlife Safari. The kids enjoyed eating lunch and picking out a souvenir from the gift shop.

Thursday, the littles played each other in Giant Candy Land while the 12 and older youth headed to South Lake for a Canoe Pull with DNR Staff.

Friday, the troops headed for Newport Aquarium, with a sack lunch in tow!

Saturday the staff held a family lunch and award ceremony, featuring The Legends created by our very own kiddos!

Here is how the kids were celebrated!

- Alhana McNutt- Most Culturally Inspired
- Bella Wibey- Most Helpful
- Caelia Robertson- Future Camp Counselor
- Emma McGinness- Best Smile
- Evangeline Bolling- Best Giggle
- Gabe Manzanaras- Loudest Camper
- Hadley Walton- Most Improved
- Jaid McNutt- Most Kind
- Kaie Russell- Most Musical
- Kaytlynn Clark- Most Crafty
- Kendall Norton- Most Helpful
- Kira Flores- The Funniest Camper
- Liam Petrie- Best Giggle
- Maieina Krossman- Most Curious Camper
- Marian Norton- Most Thoughtful
- Rowan Biesanz- Most Kind
- Sailee Baldwin- Future Camp Counselor
- Sal Corvi-Drescher- Most Imaginative
- Talice Russell- Biggest Nature Lover
- Tycen Russell- Most Improved
- Zoey Lozeau- Biggest Nature Lover



Spring Break Camp 2019





Save the Dates for Tulalip

Elders Trip to Tulalip/Seattle
June 11th – June 14th

Call today to reserve your spot
Space is limited

Please call Iliana at 541-888-7526
for more details and to RSVP

Deadline is May 20th

Full agendas will be mailed to those who RSVP

A Special Thank you to Paul Gardner

Contributed by Karen Porter, Education Assistant

Lower Umpqua Tribal Member Paul Gardner has generously donated bead looms he had made for CTCLUSI Tribal members. Paul does amazing work with wood, from smaller projects on up to beautiful furniture. Paul made bead looms several years ago, that he graciously donated to the Tribes. Those looms are still used today. Tribal members sharing with other tribal members and working together for a better future, very inspiring. If you are interested in using one of these wonderful looms, contact the Culture & Natural Resources Dept. at (541) 888-1318 or mpetrie@ctclusi.org. Thank you Paul!



Book Review of: *The Red Road to Wellbriety In the Native American Way* by Don L. Coyhis

Contributed by Shayne Platz, CLUSI Family Services Case Manager

The book *The Red Road to Wellbriety* by Don L. Coyhis and its principles can apply to nearly anyone and everyone who reads the book. Working in Indian Country, the intergenerational effects of drug and alcohol abuse and violence are prevalent and felt by many. I decided to review this book and the wellbriety perspective for myself. It turns out that it resonated with many of my unspoken instincts I have often felt and it almost immediately states we should be "searching for teaching from the creator through which we will find wisdom, healing, and power. Not power over others but power over our greatest enemy, ourselves." This statement cuts to the heart for many and confronts some tougher realities that healing often requires the forgiving of past wrongs, inflictions from others, ourselves, and coming into harmony with the creator by coming into harmony with others and by creating a healing forest [a healthy community]. I found the book to be nonjudgmental in its messages and promotion to "returning to the values of our ancestors." The book proposes the "individual needs the strength of the community and the individual, family, and community are one." As we look toward a future of hope, health, and wellness, it is clear the book *The Red Road to Wellbriety in the Native American Way* by Don L. Coyhis offers a compelling and liberating perspective for some.

If you are a CTCLUSI Tribal Member, this book is available at no cost by contacting Doug Barrett from our Family Services Department. 541-888-7512.

Elder Muriel Brainard Walks On

Muriel P. Brainard, widow of Chief Bill Brainard, walked over on April 12, 2019, at the age of 86. Muriel had worked for the Confederated Tribes as their Health Director for about 15 years. She was instrumental in assisting the Tribes in their Restoration efforts. She is survived by her son, Skip and daughter, Brenda and their families. At her request, no services were held.

Information provided by Brenda Brainard

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



Laurie Northey

Favorite Hobbies:

- Walking on the beach and collecting shells and agates
- Making clothes by hand
- Shopping garage sales and thrift stores

Favorite Saying:

“I can do it!”

Laurie Northey

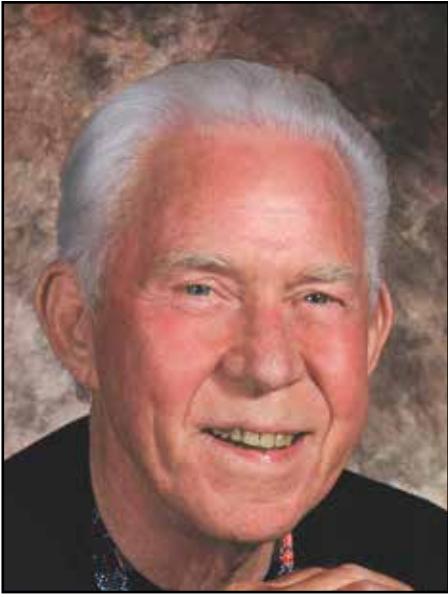
- Lower Umpqua
- Sister to last living sibling, Ralph Morris
- Proudest Accomplishments:**
 - Her children and grandchildren
 - Managing a 124 unit Senior & Disabled facility for 17 years
 - Received many awards at her job with Senior & Disabled services

Bucket List:

- Travel to New Zealand
- Win the lottery
- Own a home someday

Welcome New Tribal Elder

Rebecca Carnation



Ron Brainard

Favorite Hobbies:

- Water skiing and boating
- Hunting
- Working for the Tribes

Bucket List:

- Travel back to Southeast Asia
- Live a comfortable life with his wife Shelly

Ron Brainard

- Coos
- Son of Emil and Grace Brainard. Brother to Maxine Marlow, Nellie Zimmer, Chief Warren Brainard, Henry (Skip) Brainard, Frank Brainard, and Jo Brainard. Married to Shelly Brainard

Proudest Accomplishments:

- Serving in the Army in Vietnam
- Being Chairman of Tribal Council in the early 2000’s
- Winning a settlement with the Government and helping build Three River Casino in Florence
- Started a Credit Union in Eugene
- Worked 20 years at Lane Plywood, and 20 years as an Engineer at Willamette Industry, building mills all over the world



Tai Chi for Better Balance

New Session starts April 1, 2019

Mondays and Wednesdays 10:30 - 11:30 a.m.

NEW LOCATION

Coquille Indian Housing Warehouse

801 Miluk Dr., Coos Bay, OR 97420

Learn and practice eight gentle forms of Tai` Chi which will improve balance and overall health. It can be practiced in a chair, with support or standing.

For information call/text/email Pam 702-722-4977 or pamelalenox@gmail.com

Lifeline Program

Oregon Lifeline is a federal and state program, managed by the Oregon Public Utility Commission, that provides a discount of up to \$12.75 on phone service or up to \$9.25 on broadband service (landline or wireless) for qualifying low-income households with participating companies. The program limits the Lifeline discount to one per household for either phone or broadband service.

You may qualify if you receive benefits from one of the following programs or if your total household income is at or below 135% of Federal Poverty Guidelines:

- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Medicaid
- Federal Public Housing Assistance (Section 8)
- Veterans or Survivors Pension

The following companies participate in Oregon Lifeline:

| Landline phone companies: | | | |
|---------------------------|--------------------|-------------|-------------------|
| Asotin | DirectLink | Home | Oregon Tel. Corp. |
| Beaver Creek | Douglas Fastnet | Molalla | Oregon/Idaho |
| CenturyLink | Eagle | Monitor | People's |
| Clear Creek | Frontier | Monroe | Pine Telephone |
| Colton | Gorvais/DataVision | Nehalem | Pioneer |
| ComSpan | Helix | North State | Reliance Connects |

| Wireless phone companies: | | |
|--------------------------------|-----------------|-------------|
| AT&T Mobility* in select areas | Snake River PCS | US Cellular |

*AT&T Mobility only offers the Lifeline discount in select areas. Call 1-800-377-9450 to determine if the Lifeline discount is offered in your coverage area.

Wireless phone companies that provide free monthly minutes:

Access Wireless by i-wireless • To apply: 1-888-900-5889 or www.accesswireless.com

Assurance Wireless by Virgin Mobile • To apply: 1-877-378-4004 or www.assurancewireless.com

enTouch by Boomerang • To apply: 1-844-891-1800 or www.ertouchwireless.com

Apply at www.lifeline.oregon.gov or call 1-800-848-4442 to request an application.

Participating companies and discount amounts are subject to change.

Elders Luncheon

THURSDAY, MAY 2ND, 2019

at 11:30 a.m.

CTCLUSI TRIBAL COMMUNITY CENTER

“Estate Planning Presentation by Judge Karen Costello”



R.S.V.P. by April 25th, 2019

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

LIMITED TRANSPORTATION IS PROVIDED.



Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

Health & Human Services Division

Elders Activity Program

Diabetes and Your Smile

Contributed by Armando Martinez, Community Health Aide

Did you know that 29.1 million people living in the United States have diabetes? That's 9.3% of the population. Approximately 1.7 million new cases are diagnosed each year —and 8.1 million people living with diabetes don't even know they have it. Diabetes affects your body's ability to process sugar. All food you eat is turned to sugar and used for energy. In Type I diabetes, the body doesn't make enough insulin, a hormone that carries sugar from your blood to the cells that need it for energy. In Type II diabetes, the body stops responding to insulin. Both cases result in high blood sugar levels, which can cause problems with your eyes, nerves, kidneys, heart and other parts of your body.

So what does this have to do with that smile of yours — and how can you protect it? First, it's important to understand the signs of diabetes and the roles they play in your mouth.

The Symptoms of Untreated Diabetes
The warning signs of diabetes affect every part of your body. After a blood test, you may be told by a doctor that you have high blood sugar. You may feel excessively thirsty or have to urinate a lot. Weight loss and fatigue are other common symptoms. Diabetes can also cause you to lose consciousness if your blood sugar falls too low.

If diabetes is left untreated, it can take a toll on your mouth as well. Here's how:

- You may have less saliva, causing your mouth to feel dry. (Dry mouth is also caused by certain medications.)

- Because saliva protects your teeth, you're also at a higher risk of cavities.
- Gums may become inflamed and bleed often (gingivitis).
- You may have problems tasting food.
- You may experience delayed wound healing.
- You may be susceptible to infections inside of your mouth.
- For children with diabetes, teeth may erupt at an age earlier than is typical.

Why People with Diabetes Are More Prone to Gum Disease

All people have more tiny bacteria living in their mouth now than there are people on this planet. If they make their home in your gums, you can end up with periodontal disease. This chronic, inflammatory disease can destroy your gums, all the tissues holding your teeth and even your bones.

Periodontal disease is the most common dental disease affecting those living with diabetes, affecting nearly 22% of those diagnosed. Especially with increasing age, poor blood sugar control increases the risk for gum problems. In fact, people with diabetes are at a higher risk for gum problems because of poor blood sugar control. As with all infections, serious gum disease may cause blood sugar to rise. This makes diabetes harder to control because you are more susceptible to infections and are less able to fight the bacteria invading the gums.

How Your Dentist Can Help You Fight Diabetes

Regular dental visits are important. Research suggests that treating gum disease can help improve blood sugar control in patients living with diabetes, decreasing the progression of the disease. Practicing good oral hygiene and having professional deep cleanings done by your dentist can help to lower your HbA1c. (This is a lab test that shows your average level of blood sugar over the previous three months. It indicates how well you are controlling your diabetes.)

Your Diabetes Dental Health Action Plan

Teamwork involving self-care and professional care from your dentist will be beneficial in keeping your healthy smile as well as potentially slowing progression of diabetes. Here are five oral health-related things you can do to for optimal wellness:

- Control your blood sugar levels. Use your diabetes-related medications as directed, changing to a healthier diet and even exercising more can help. Good blood sugar control will also help your body fight any bacterial or fungal infections in your mouth and help relieve dry mouth caused by diabetes.
- Avoid smoking.
- If you wear any type of denture, clean it each day.
- Make sure to brush twice a day with a soft brush and clean between your teeth daily.
- See your dentist for regular checkups.

By Laura Martin, University School of Dental Medicine

Dental Word Scramble

Contributed by Naomi Petrie, Dental Therapist

| Scrambled Word | Unscrambled Word | Definition |
|----------------|------------------|---|
| fossil | ----- | Material used for cleaning between teeth that should be used at least once a day. |
| thtrosbhuo | ----- | Tool used for cleaning plaque off of teeth that should be used every morning and night. This needs to be replaced every three months or after being sick. |
| otehtaotsp | ----- | Material that contains abrasive particles that helps clean plaque off of teeth and protect against dental decay. When this material contains fluoride, it helps to remineralize teeth and protect against dental decay. |
| wmtsouhha | ----- | A solution that may help prevent bad breathe. When this solution contains fluoride, it helps to remineralize teeth and protect against dental decay. |
| eeinghy | ----- | Sometimes refers to when a dental hygienist removes plaque and tartar from teeth. |

Answer Key on page 19

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

Tiny Tots

Children ages 0-3

Come join us for lunch, prizes and information on Best Practices for your tiny tot.

We will be holding monthly gatherings with a kickoff on Saturday, May 18, 2019 @ 1:00 p.m. at the Community Center in Coos Bay

Topics will include but are not limited to:

- Developmental Benchmarks
- Positive Parenting
- Is this normal?
- Safety

And much, much more!

We hope you will join us and let the Tribe support you on your Journey!

Please R.S.V.P. By May 13, 2019

541-435-7155
888-365-7165

Please contact Devynne Krossman at 541-888-7537





Please join us for good food and fun with other Tribal Families.

All Tribal families welcome to attend.

Sorry, transportation is not provided.

Tribal Family Gathering Dinner

Tuesday, May 21, 2019 at 6:00pm

Eugene Outreach Office
135 Silver Lane, Suite 200, Eugene, OR 97404



Please RSVP By Friday, May 17, 2019

(541) 435-7155 or toll-free at 1(888) 280-0726

Speakers:

Chris Sherrod, Siletz Diabetes Program Director

Melinda Radford and Melissa Smith, Circles of Healing Advocates

Meagan Davenport, Family Services Program Assistant

Education Committee Members will be present to discuss educational services and benefits available for Tribal Families

Sponsored by: CTCLUSI Health Services Division —
IHS Diabetes Program

DISTRACTED DRIVING

Contributed by Kathy Perkins, Transportation Coordinator

In Oregon over the past five years, 95 people died in crashes involving a distracted driver, and more than 18,400 were injured: and these are preventable crashes. These tragedies are occurring all over the country so today – for the first time ever – a nationwide enforcement campaign is taking place. For four hours, law enforcement officers across the country are conducting campaigns where they are on the lookout for distracted drivers, including all over Oregon.

In Oregon, distracted driving costs, not only in the potential loss of life or injury, but in the pocketbook as well:

- * First offense, not contributing to a crash: Class B violation; Fine up to \$1,000.
- * Second offense – or first offense if it contributed to a crash: Class A violation; Fine up to \$2,000.
- * Third offense in ten years: Class B misdemeanor; Fine up to \$2,500; could be up to six months in jail.

Throughout 2019, Oregon law enforcement will conduct these campaigns across the state, thanks to a grant from ODOT.

“There are three key messages when it comes to distracted driving: enforcement, enforcement and enforcement,” said ODOT Director Matt Garrett. “We want people to get in the habit of putting the phone down – turning it off – so they can focus on driving,”

Representatives from Oregon State Police, Portland Police Bureau and Multnomah County Sheriff talked about the effectiveness of Oregon’s new increased fines and consequences for driving while using a phone. In 2017, there were 8,748 convictions for using a mobile electronic device; since the new law went into effect (late 2017 and all of 2018), there were 13,086 convictions.

Safety advocates hope that drivers will realize using a phone while driving can be painful, in more ways than one. From 2013 – 2017, there were 1,089 fatal and injury crashes from drivers being distracted because they were using a cell phone; in those crashes, 20 people died and 1,557 people were injured.

Summer Solstice & Family Gathering Dinner

June 21st ~ SAVE The DATE

Location: Community Center & Tribal Hall ~ Coos Bay



We are accepting proposals for Cultural Activities from Tribal Instructors/artisans for this event

Contact Mark Petrie @ (541) 297-3681 or mpetrie@ctclusi.org



Mother's Day Crafts

Saturday, May 11, 2019 at 11:00 a.m.

Tribal Community Center
338 Wallace Street, Coos Bay, Oregon

Come join us at the community center for a delicious lunch, and Mother’s Day crafts!

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

For any questions please call Devynne Krossman at 541-888-7537





Father's Day Crafts

Friday, June 14, 2019 at 4:00 p.m.

Tribal Community Center
338 Wallace St. Coos Bay, Oregon

Come and join us at the community center for a delicious lunch, and Father’s Day crafts!

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

For any questions please call Devynne Krossman at 541-888-7537



Putting Our World Back Together

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

Over 100 hours of recordings have taken place since the fall of 2017 from Tribal elders who have come together to preserve the knowledge of our culture and language. Tribal elders from the Coos, Lower Umpqua and Siuslaw and Coquille Indian Tribe have recalled indigenous words and phrases, history, lifeways, stories of their elders, significant places, cultural ways and speak about their visions for the youth and future generations. So far we have found words and phrases in Milluk, Athabaskan, Chinook Jargon and Siuslaw. The language documentation project, "Using Contemporary and Historical Resources to Document Three Indigenous Languages: Hanis, Milluk and Siuslaw/Lower Umpqua" is funded by the National Science Foundation.

Several of these interviews were paired with younger people from that family to see that cultural knowledge and stories were being passed down first-hand. In interviewing Tribal elders from the CLUS and CIT, we have found several elders who learned and recalled words and phrases. The words tend to fall into a few broad categories: names and nicknames, tools, foods, kinship, and a few every day phrases such as 'come here' or 'go'. A few phrases have not yet been identified; some of these appear to express distress or anger, others came from an elder who recalled her Milluk-speaking grandmother using them when joking with another relative but she did not know what the words meant. Overall, the words and phrases elders learned were generally connected to the domestic sphere of kin terms, foods and food gathering, common phrases and



Patty Phillips and Chief Warren Brainard
Photograph courtesy of Enna Helms

commands (such as 'come here' and 'go'), and humor.

Our elders hold much valuable knowledge. While not all recalled Native words, our elders have a life time of observation and learning on how plants and animal populations have changed, fishing and hunting, family recipes, and family histories.

For information on this project or language you may reach Patty Phillips at miluk.language@gmail.com or Enna Helms at (541) 297-7538 or email at hhelms@ctclusi.org.

Oregon Quarterly Spring 2019, Putting the World Back Together
By Matt Cooper, University Communications —

More than 300 languages were spoken at the time Europeans arrived in what is now the United States. More than half of them have gone silent as US government policy of forced removal and assimilation fractured and dispersed Native American communities.

Today, Native social scientists are actively engaged in the revitalization of their cultures and languages. At the University of Oregon, teams of Native researchers are building digital archives containing historical documentation to make language knowledge available to their communities.

Chief Warren Brainard of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians, is focused on a future that could restore much of what has been lost—his tribe's ancestral languages and the sense of culture and community rooted in them. He and other elders are supporting two linguists from their own community to carry out research for the revitalization of Hanis, Miluk, Alsea and Siuslaw. Tribal members spend hours being interviewed, describing their upbringing, families, customs, even a story—anything that might trigger the recollection of a word or phrase that the linguists can document.

The tribe and the university are by no means alone in the restoration of Native American languages. Efforts to preserve and revitalize languages are surging in response to a global rise in language endangerment. Governmental and private institutions, museums, and universities are partnering with Tribes and Native researchers to develop dictionaries, curriculums, and other resources for teaching the next generation of Native children the languages of their people.

This reversal of fortune for his ancestors' language is deeply gratifying for Chief Brainard. "Tribal people realize that their language and way of life is quickly disappearing," he says "so it's great to have someone who will work with them to revive it."

Gabriela Pérez Báez is a new assistant professor in linguistics at the UO who specializes in the revitalization of indigenous languages, and is co-director of the National Breath of Life Archival Institute for Indigenous Languages. Breath of Life provides training to Native American community researchers to navigate massive physical and digital archival repositories such as the National Anthropological Archives. The documents and other resources held in these collections are of great value for cultural and linguistic revitalization.

"Our elders and their parents grew up in a time where it was really not OK to speak the language or to dance or sing our songs... But the spirit is still here."

-Enna Helms

Pérez Báez and Breath of Life co-Director Daryl Baldwin of the Myaamia Center at Miami University recently received \$311,641 from the National Endowment for the Humanities to provide training to Native researchers on the use of a powerful new archival software—the Indigenous Languages Digital Archive (ILDA). Users of ILDA can instantly search tens of thousands of digital records on a query. Among the data they input into ILDA is the original document within which any given entry was found; linguistic analysis; the name of the "original speaker"—that is, the community member who provided language data, either through a written record such as a diary page or in a recorded interview with a linguist, even decades earlier; and any accompanying audio recordings to help with pronunciation.

ILDA is already making an impact. Three Native researchers at the UO Northwest Indian Language Institute working on the Nuu-wee-ya' (new-WAY-ah) language have created an archive with over 28,000 entries. For Siletz tribal member Carson Viles, '13 (BA, Environmental Studies), ILDA provides a platform to do the technical work needed to support revitalization of his ancestral language.

The software enables researchers from the tribes to choose the information important to them for a revitalization project. "Through ILDA, community researchers have control over the data on their languages and cultures," Pérez Báez says. "There's an element of empowerment." She is inspired by Carson's view of the process of language revitalization as "putting the world back together."

For these tribal researchers, a first contact with historic language resources can be emotional. It is often a direct ancestor who is speaking in a recording or who provided the words or stories in the archival manuscripts. There are sometimes photographs of old tribal members and ways of life.

UO Linguistics major Enna Helms, a researcher and member of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians who is working with elders on the project, has seen firsthand the impact of the project on Native people who participate.

"Our elders and their parents grew up in a time where it was really not OK to speak the language or to dance or sing our songs," Helms says. "But the spirit is still here. We're in this process of finding our voice again—not just in the language, but in things surrounding our environment and lifeways. It's healing."

This article appears in the spring issue of Oregon Quarterly, the magazine of the University of Oregon.

Healthy Moms & Healthy Babies

Are you expecting a Baby?

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

Saturday, May 25, 2019 @ 1:00 PM at the Community Center in 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 541-435-7155 or toll free 1-888-7155



KONAWAY NIKA TILLCUM

A Residential Camp for Motivated Native American Students Completing Grades 7-12.



JULY 13 - 20, 2019

**FOR MORE INFORMATION/APPLICATION PROCESS CONTACT
SONJA MCCARTY 541-808-8175**

Konaway Nika Tillicum which means "All My Relations" in Chinook Trade Jargon, is an eight-day academic program exploring a broad range of classes, lectures, cultural experiences, and recreational activities for Native American students. Konaway is a completely self-supported program, generating funds each year through grants, donations, and fundraisers.

Students selected for Konaway stay on the Southern Oregon University campus in Ashland and interact with other Native American students while being challenged by creative, imaginative instructors and activities. Konaway Nika Tillicum is administered by the Center for First Nation Studies, Sociology Department, SOU, and SOU Pre-College Youth Programs.



Northwest Indian Language Institute (NILI)
Summer Institute

June 17 – June 28, 2019 University of Oregon, Eugene



Since 1998, Native elders and teachers have been a part of the Summer Institute at the Northwest Indian Language Institute (NILI) at the University of Oregon. We extended the program to include high school youth in 2013. Together, leaders in language preservation and teaching learn languages and teaching methods. We create meaningful teaching materials, hone technology skills and contribute to language revitalization within our communities.

Our theme this year is *Sharing our paths, creating community*, honoring the expertise of all who participate, and highlighting the networking and sharing opportunities we have at the Institute. A Saturday workshop will focus on "archiving to teaching," steps and considerations for ensuring that language materials are secure, accessible to those who should have access, and also they are used for learning and using language.

At NILI:

Native language teachers and learners study linguistics, an indigenous language, teaching methods, and language activism, and develop materials to take home.

High school students study language, linguistics and teaching methods, and design and create activities to support other learners. Students are mentored in project development, linguistics, pedagogy, and technology.

SCHOLARSHIP APPLICATIONS DUE April 1
– see our website for applications!



For more information: <https://nili.uoregon.edu/summer-institute/>
and call or email us with questions : nwili@uoregon.edu, 541-346-0730

2019 National Unity Conference

Wednesday July 3- Wednesday July 10, 2019

Orlando, Florida

Youth ages 14-24

If you are interested in attending please

Contact

Devynne Krossman at 541-888-7537



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

Ten Dangerous Apps Every Parent Should Know About

Contributed by Sonja McCarty, HOC Facilitator, Information pulled from educateempowerkids.org By Megan Maas

You may be thinking your kids are downloading apps because they are just a simple way for them to keep in contact with their friends. This is certainly true for most kids, but unfortunately, even innocent use of most of these apps can land a kid in a situation he/she never intended to be in. Here are some apps that are popular among kids and why they are potentially problematic for them:



Tinder: An app that is used for hooking-up and dating. Users can rate profiles and find potential hook-ups via GPS location tracking. 450 million profiles are rated every day! The good news is this app pulls information from user's Facebook profiles, so it is more authenticated than other apps.

Problem: It is easy for adults and minors to find one another. In addition, due to the rating system, it is often used for cyber-bullying, because a group of kids can target another kid and purposefully make his/her rating go down.



Snapchat: This app allows a user to send photos and videos to anyone on his/her friend list. The sender can determine how long the receiver can view the image and then the image "deconstructs" after the allotted time.

Problem: It is the #1 app used for sexting, mostly because people think it is the safer way to sext. However, the "snaps" can easily be recovered & the receiver can take a screen shot and share it with others. Many images from Snapchat are sometimes posted to revenge porn sites, called "snap porn".



Blindr: A flirting app used to meet new people through GPS location services. You can send messages, photos, videos, rate the hotness of other users, etc.

Problem: There are no authentication requirements, so sexual predators can contact minors, minors can meet up with adults. And again, sexting.



Kik Messenger: An instant messaging app with over 100 million users that allows users to exchange videos, pics, and sketches. Users can also send YouTube videos and create memes & digital gifs.

Problem: Kids use the app for sexting and sending nude selfies through the app is common. The term "sext buddy" is being replaced with "Kik buddy". Kids use Reddit and other forum sites to place classified ads for sex by giving out their Kik usernames. In addition, Kik does not offer any parental controls and there is no way of authenticating users, thus making it easy for sexual predators to use the app to interact with minors.



Whisper: Whisper is an anonymous confession app. It allows users to superimpose text over a picture in order to share their thoughts and feelings anonymously. Even though you post anonymously, it displays the area you are posting from. You can also search for users posting within a mile from you.

Problem: Due to the anonymity, kids are posting pics of other kids with derogatory text superimposed on the image. Users do not have to register to use Whisper and can use the app to communicate with other users nearby through GPS. A quick look at the app and you can see that online relationships are forming using this app, but you never know the person behind the computer or phone. Sexual predators also use the app to locate kids and establish a relationship.

One man in Seattle, Washington was charged with raping a 12-year-old girl he met on this app in 2013.



Ask.fm: Ask.fm is one of the most popular social networking sites that is almost exclusively used by kids. It is a Q&A site that

allows users to ask other users questions while remaining anonymous.

Problem: Kids will often ask repeated derogatory questions that target one person. Due to the anonymity of the badgering, it creates a virtually consequence-free form of cyber-bullying. Ask.fm has been associated with 9 documented cases of suicide in the U.S. and the U.K.



Yik Yak: An app that allows users to post text-only "Yaks" of up to 200 characters. The messages can be viewed by the 500 Yakkers who are closest to the person who wrote the Yak, as determined by GPS tracking.

Problem: Users are exposed to and are contributing sexually explicit content, derogatory language, and personal attacks. Although the posts are anonymous, kids start revealing personal information, as they get more comfortable with other users.



Poof: This app allows users to make other apps "disappear" on their phone. Kids can hide any app they do not want you to see by opening the app and selecting other apps.

Problem: It is obvious, right? Luckily, you can no longer purchase this app. However, if it was downloaded before it became unavailable, your child may still have it. Keep in mind that these types of apps are created and then terminated quickly, but similar ones are continuously being created. Others to look for: Hidden Apps, App Lock, and Hide It Pro.



Omegle: This app is primarily used for video chatting. When you use Omegle, you do not identify yourself through the service. Instead, chat participants are only identified as "You" and "Stranger". However, you can connect Omegle to your Facebook account to find chat partners with similar interests. When choosing

this feature, an Omegle Facebook App will receive your Facebook "likes" and try to match you with a stranger with similar likes.

Problem: Sexual predators use this app to find kids to collect personal information from in order to track them down more easily in person.



Down: This app, which used to be called *Bang with Friends*, is connected to Facebook. Users can categorize their Facebook friends in one of two ways: They can indicate whether a friend is someone they'd like to hang with or someone they are "down" to hook-up with.

Problem: Although identifying someone you are willing to hook-up with does not mean you will actually hook-up with him or her, it creates a hook-up norm within a peer group. Depending on your sexual values, this might be something you do not want for your child. In addition, because of the classification system, many kids will feel left out or unwanted, which can lead to anxiety, etc.

The most important thing you can do, as a parent to protect your children from dangers that are associated with the use of these apps is to talk with them frequently about their social lives. You can start by establishing yourself as an approachable parent and talking with them early and often about sexuality and romantic relationships. Without a strong bond and open communication, trying to regulate and monitor internet use will not be very effective. However, setting technology boundaries (when and where they access the internet) and monitoring their online behavior can be effective if you have a strong foundation to build on. You can access a list of monitoring software. Just remember to keep on top of it, there is no software that can eliminate risk or the need to parent. Ultimately, your goal is to raise an individual who can manage his/her online and offline behavior in a healthy way because he/she wants to. The process starts with you nurturing a strong emotional bond, leading by example, and setting the boundaries. You can do it!

Circles of Healing Program is Here for You

Domestic violence is an underreported crime making secrecy its greatest ally. There are many reasons that make coming forward to get help with domestic violence, sexual assault, dating violence and stalking difficult for survivors. Since domestic violence is driven by the desire for power and control, abusers often use physical and psychological tactics like intimidation, emotional abuse, isolation, financial exploitation, threats to loved ones and more, to keep their victims silent and fearful. It is for these reasons that it is common for survivors to be left with feelings of helplessness, the desire to end the abuse but not the relationship, feelings of depression, fear of judgement, and uncertainty about how to leave the situation and achieve safety. The Circles of Healing Program is available to all survivors of domestic violence, sexual assault, and stalking despite where they are on their journey. Since our program promotes self-determination, we are here for anyone whether it be for support, cultural connection, advocacy or assistance. The Circle of Healing Program offers additional security to survivors by providing confidential services including:

- Safety planning and assistance with identifying resource options,



- including shelter
- Information and referral to Tribal, legal and community resources
- Emergency services
- Crisis and trauma intervention
- Community education and awareness
- Facilitation of women’s circles with a focus on positive social support and activities to heal the mind, body and spirit

Crime Victim Compensation is another resource that is available to survivors of crime. On March 12, 2019, Program Coordinator Melinda Radford presented at the Department of Justice for the Crime Victims Survivor Services Division (CVSSD) informing them of the need for additional accessibility to Tribal members to ensure that particular cultural needs would be included in the services covered in Crime Victims Compensation. Melinda’s suggestions were warmly received by CVSSD and as she continues to collaborate this program, her hope is to assist more Tribal members in utilizing these resources in their time of need. Since the Circles of Healing Program works closely with CVSSD, we are available to answer any questions about services provided and assist in completing the application process for Crime Victim Compensation funding. CVC

<https://www.doj.state.or.us/crime-victims/victims-resources/victims-services/compensation-for-victims-of-crime/>

Some of the services that the Oregon Crime Victims’ Compensation Program can assist with include:

- Mental health counseling expenses including culturally mindful options
- Medical and hospital expenses
- Eyeglasses, hearing aids, dentures and other medically necessary devices and expenses
- Rehabilitation expenses
- Loss of earnings
- Funeral expenses
- Loss of financial support to dependents of homicide victims
- Grief counseling expenses for relatives of homicide victims
- Counseling expenses for children who witness domestic violence
- Counseling expenses for family members of Oregon victims of international terrorism

Please feel free to reach out with any questions about Crime Victim Compensation, or other services that the Circles of Healing program provides. Melinda Radford - (541) 808-8450
Melissa Smith- (541-294-2197



Pool Party!

Saturday, June 15, 2019 at 1:00 p.m.

Splash!

6100 Thurston Rd, Springfield, Oregon

Come and join us at Splash to celebrate the first day of Summer! A delicious lunch will be provided!

Transportation from Coos Bay, and Florence provided

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

For any questions please call Devynne Krossman
at 541-888-7537

Maple Bark Gathering

We are Gathering for
Regalia making.

Saturday, May 11, 2019

Please R.S.V.P. at 541-435-7155
or toll free at 1-888-365-7155
by
Wednesday May 8, 2019

- Leaving Florence– 10AM
- Returning around– 4PM

Lunch and drinks provided.

Transportation will only be provided from the Florence
Office (3757 HWY 101, Florence OR) to the gathering

Sponsored by:
CTCLUSI
Family Services,
Prevention Activity Program
and Culture Department

Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Bartender
Cocktail Beverage Server
Host
Food Court Runner/Dining Room Attendant
Food Court Cashier/Barista
Back Server/Busperson
Food Court Outlet Lead Cook & Cook
Line Cook ~ Night Cook/Cleaner
Dish Machine Operator
Hotel Front Desk/PBX Clerk
Guest Room/Laundry Attendant
Special Events Team Member
Table Games Supervisor
Security Officer 1
Soft Count Team Member Dual Rate Lead
Player Services Representative

Three Rivers Casino Resort ~ Coos Bay

Electronic Gaming Machine Technician
Bartender/Server ~ Line Cook
Soft Count Lead

Blue Earth

No Openings

Tribal Government Offices

Certified Drug & Alcohol Counselor II

<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

Easy Ways to Get More Done Each Day

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

If you've ever worked for most of a morning or afternoon and not gotten much accomplished, you may have wondered where the time went. "But an effective manager knows exactly where his or her time goes," says Marc Corsini, president of the Corsini Consulting Group in Birmingham, AL. "And anyone can become more effective at managing time. It's a matter of pinpointing how you spend your day, overcoming time-wasting hurdles and concentrating on making the most of the time you have." Mr. Corsini offers the following suggestions about how to get more done each day.

- Try to accomplish as much as you can in the shortest amount of time. "Work expands to fill the time available for its completion," says Mr. Corsini. "So instead of setting aside a day to write a report, give yourself a morning or afternoon. Chances are you'll knock it out in the time you allow."
- Prioritize. You only have enough time in your day to do the important things. "A day consists of three kinds of activities: Have to do, need to do and nice to do," says Mr. Corsini. "Forget the nice to dos. Start with the have to dos and work your way down. Spend your first hour at work on your most important activity for the day, then pick the next most important and so on."
- Focus on outcomes, not activities. "Nobody cares how hard you're working," says Mr. Corsini. "They only care about what you're accomplishing."
- Be a planner. Set aside the last 15 minutes of each business day to evaluate what you have done that day and plan to do the next. Establish and prioritize your objectives, to dos and appointments for the coming day. "Avoid the 'planning paradox' of failing to plan because it takes time," says Mr. Corsini.

"And be sure to focus on short- and long-term planning."

- Plan a weekly vacation. "Most people are the most productive right before they go on a vacation. They have a sense of urgency. They delegate. They focus. They work on the most important projects and forget the other stuff," says Mr. Corsini. "Pick one day a week and act like you're about to go on vacation for a month. You'll be surprised how much you'll accomplish."
- Minimize phone tag. To do so, focus on making calls when you're most likely to reach people. Develop additional contacts within an organization. Get to know your contacts' assistants. Leave careful, creative messages defining exactly what you need and your time frame. Establish regular "in-office" hours so people know when they can reach you.
- Make appointments with yourself. When you have an important project you need to finish, schedule time on your calendar to complete it.
- Leave an hour early. "Having less time to get things done forces you to work only on the really important tasks," says Mr. Corsini. "By reducing the amount of time you have, you force yourself to focus on results."
- Look out for time robbers. People can -- and do -- rob you of your time. "Robbers include co-workers, friends, vendors and some customers," says Mr. Corsini. "Avoid, neglect and manage those who rob you of your time when you're at work."
- Give yourself some slack. Schedule slack time in your day so you can handle unexpected activities and issues.
- Develop a sense of priority. "The best cure for procrastination is to develop a strong sense of urgency," says Mr. Corsini.

Content taken from "Easy Ways to Get More Done Each Day" by Krames Staywell, *EAP Navigator* July 2014, www.cascadecenters.com



FOR IMMEDIATE RELEASE

Contact: Cori Kelly
Phone: 571-367-0933
Email: cori.kelly@natechcorp.com

Small Business Administration, Portland District, awards North Bend, Oregon company 2019 Family Business of the Year.

North Bend, OR. April, 2019. The Small Business Administration, Portland District, has selected Native American Technology Corporation (NATECH) as their 2019 Family Business of the Year. Owners John and Wanda Williford, with their daughters Wendy Garcia (NATECH VP, CFO) and Jacquie Armstrong (NATECH VP, Director of HR) and Granddaughter, Cori Kelly (NATECH President) will accept this award in Portland at a ceremony in May held in conjunction with National Small Business Week.

Since 1963, National Small Business Week has recognized the outstanding achievements of America's small businesses for their contributions to their local communities, and to our nation's economy.

Headquartered in North Bend, Oregon, NATECH provides professional and technical staffing services, primarily in the federal aerospace and defense sectors. Core capabilities include a wide range of disciplines including program/project management, business and financial solutions, training, safety, facilities, engineering, logistics and information technology. NATECH provides this diverse portfolio of services anywhere in the United States and currently have personnel working in Alaska, Washington, Oregon, Colorado, Texas, Virginia, Oklahoma, and Maryland.

The last three years has seen significant expansion of the company as they add new customers to their base including Defense Advanced Research Projects Agency (DARPA), the Smithsonian National Air and Space Museum, the Washington DC National Guard, General Dynamics, Veracity Engineering, BAE Systems, RiverTech, and Belcan/Schafer while still successfully executing contracts with our legacy customers including the US Army, the FAA, the EPA, Leidos and Northrop Grumman.

This growth resulted in the company doubling in size in 2018 from 35 employees to 70 employees by the end of the year.

NATECH is honored to be recognized by the SBA as their 2019 Family Business of the Year.

Information provided by Wendy Garcia

Fun STARTS HERE

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COOL SUMMER

GIVEAWAY

Win a Pelican Cooler!

SATURDAYS // 7PM-10PM
DRAWINGS EVERY 20 MINUTES

ONE ENTRY FOR EVERY 25 SAME-DAY POINTS EARNED.

Café 1297

Cinco De Mayo
May 5 • 11am-9pm

Grilled Chicken
& 3 Cheese Enchiladas - \$11

with hatch sauce, Spanish rice, refried beans, salsa & sour cream

Café 1297

May 12 • 11am-9pm

MOTHER'S DAY Special

Crab & Scallop
Stuffed Dover Sole - \$16

Chocolate Molten Lava Cake - \$6

BILLY RAY CYRUS

LIVE IN CONCERT
SATURDAY, MAY 25, 2019

THREE RIVERS CASINO RESORT EVENT CENTER IN FLORENCE • TICKETS ON SALE NOW AT THREERIVERSCASINO.COM

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