

# The Voice of CLUSI



November 2019

Issue 11

Volume 20

[www.ctclusi.org](http://www.ctclusi.org)

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

## CTCLUSI Gathers for 35<sup>th</sup> Restoration Celebration



Tribal Council gathers to welcome everyone to the 35<sup>th</sup> Restoration Celebration on Saturday, October 19, 2019.

Pictured left to right: Chairman Doc Slyter, Debbie Bossley, Vice-Chairman Mark Petrie, Iliana Montiel, Josh Davies, Doug Barrett, and Chief Warren Brainard. Pictured at right: Chairman Doc Slyter thanks all those that fought for our Tribal Restoration.

Contributed by Morgan Gaines, Communications Specialist

The 35<sup>th</sup> Restoration Celebration of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians took place on Saturday, October 19, 2019 at the Three Rivers Casino Resort Event Center in Florence, Oregon.

The beginning of the celebration started early that morning as a few Tribal members gathered at the Cape Perpetua lookout. The grey skies cleared as they circled up, singing three songs including the Chief Daloose Jackson dream song. Singing hli'in hel hantl tuuwitinye – hei (we're not going to fall down – hey) seemed a fitting song to mark the Tribes 35<sup>th</sup> Restoration of the Federal Governments recognition of our Tribal sovereignty. The group then began their hike along the Amanda Trail ending at the beautiful statue of Amanda, showering her with gifts.

At noon, the event center doors of the Three Rivers Casino



Tribal members gathered at Cape Perpetua for the mornings Amanda Trail Hike.

Cover photographs by Morgan Gaines

Resort opened for Tribal members to visit amongst the fall decorations. Shortly after the members of the Amanda Trail morning hike arrived, Tribal Chairman Doc Slyter took the stage to welcome everyone. He said a few words to mark the occasion, especially thanking all those that helped bring back the Tribes recognition, bringing us all this way, to where we are now, and propelling us to our future endeavors. There is so much to be thankful for, the last few years have seen a return of over 14,000 acres to our stewardship and more.

Chairman Slyter then welcomed all of Tribal Council to the stage to each share a few words. Chief Warren Brainard led the room in an invocation for the meal before welcoming Tribal Elders to the front of the banquet lines.

Restoration story continues on page 10

### Save the Date

**Fall Harvest Dinner**  
**November 23, 2019**

Tribal Community Center, Coos Bay, Oregon

**Tribal Holiday Celebration**  
**December 14, 2019**

Three Rivers Casino Resort Event Center, Florence, Oregon

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Permit #481

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



Tribal Council Business

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

**Chief Warren Brainard:**  
Sept 8 Regular Tribal Council Meeting  
Sept 11 Lane Act Meeting  
Sept 12 Culture Committee; Council Workshop Leaders Circle  
Sept 19 Tribal Council Workshop Rogue Climate and Surf Riders  
Sep 25 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting  
Sept 30 Pre-meeting for Consultation with OSU and Department of State Lands (DSL)  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3 Tribal Council Workshop  
Oct 5 Honored by Iron Lady Society  
Oct 10 Tribal Council Workshop

**Doc Slyter, Chairman:**  
Sept 8 Regular Tribal Council Meeting  
Sept 10 Legislation of Commission of Indian Services (LCIS) Meeting in Salem  
Sept 12 Council Workshop Leaders Circle  
Sept 14 Mill-Luck Days: Canoe Races  
Sept 17 Meeting with Step Association on algae problem in 10 Mile Lake  
Sept 19 Tribal Council Workshop Rogue Climate and Surf Riders  
Sept 20 Worked with IT Department  
Sept 23 Attended a Sweat in our Lodge  
Sept 24 Eel Grass Meeting with City of Coos Bay  
Sept 25 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting  
Sept 27 Introduction to Native Flutes with University Students; Hosted Spirit Runners in Plank House  
Sept 28 Budget Committee Meeting  
Sept 29 Collected Myrtle Wood Nuts  
Sept 30 Pre-meeting for Consultation with OSU and Department of State Lands (DSL); Swearing in of new Police Officer Mike Olson  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3 Visited Camp Myrtle Wood gave Introduction to Native Flutes  
Oct 4 Siuslaw National Forest Meeting  
Oct 8 -9 National Indian Gaming Conference (NICG) at the Mill Casio  
Oct 10 Tribal Council Workshop  
Oct 12 Shutters Creek Pow Wow play flute

**Debbie Bossley:**  
Sept 8-24 Vacation  
Sept 25 Tribal Council Business Meeting  
Sept 30 Swearing in of new Police Officer Mike Olson  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3 Tribal Council Workshop  
Oct 8 National Indian Gaming Conference (NICG) at the Mill Casio  
Oct 9 Health Committee Meeting  
Oct 10 Tribal Council Workshop

**Iliana Montiel:**  
Sept 8 Regular Tribal Council Meeting  
Sept 12 Council Workshop Leaders Circle  
Sept 25 Tribal Council Business Meeting  
Sept 28 Budget Committee Meeting  
Sept 30 Pre-meeting for Consultation with OSU and Department of State Lands (DSL) ; Swearing in of new Police Officer Mike Olson  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3-7 Vacation  
Oct 9 Health Committee Meeting; Benefits Board Meeting  
Oct 10 Tribal Council Workshop

**Josh Davies:**  
Sept 8 Regular Tribal Council Meeting  
Sept 12 Council Workshop Leaders Circle  
Sept Housing Committee  
Sept 19 Tribal Council Workshop Rogue Climate and Surf Riders  
Sept 25 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting  
Oct 3 Tribal Council Workshop  
Oct 5 Pumpkin Patch/ Pizza  
Oct 10 Tribal Council Workshop

**Doug Barrett:**  
Sept 8 Regular Tribal Council Meeting  
Sept 12 Council Workshop Leaders Circle  
Sept 14-15 Mill-Luck Days: Canoe Races, and Tule Booth  
Sept 19 Tribal Council Workshop Rogue Climate and Surf Riders  
Sept 25 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting  
Sept 28 Budget Committee Meeting  
Sept 30 Pre-meeting for Consultation with OSU and Department of State Lands (DSL);  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3 Tribal Council Workshop  
Oct 5 Corn Maze Coos Bay  
Oct 9 Health Committee Meeting  
Oct 10 Culture Committee Meeting; Tribal Council Workshop  
Oct 12 Corn Maze Eugene

**Mark Petrie, Vice-Chair:**  
Sept 8 Regular Council Meeting  
Sept 12 Council Workshop Leaders Circle  
Sept 14-15 Mill-Luck Days: Canoe Races, and Tule Booth  
Sept 19 Hazwoper Training/ Tribal Council Workshop Rogue Climate and Surf Riders  
Sept 23 Attended a Sweat in our Lodge  
Sept 25 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting  
Sept 26 National Endowment for the Arts; Call  
Sept 27 Bureau of Ocean Energy Management Renewable Energy Task Force Meeting  
Sept 30 Pre-meeting for Consultation with OSU and Department of State Lands (DSL); Swearing in of new Police Officer Mike Olson  
Oct 1 Department of State Lands Meeting (DLS) / Elliott State Forest  
Oct 3 Tribal Council Workshop  
Oct 6-10 Affiliated Tribes of Northwest Indians Annual Fall Convention  
Oct 10 Culture Committee Meeting; Council Workshop

Upcoming Tribal Council Meeting  
November 10, 2019 at the Tribal Community Center  
10:00 a.m.

Resolution Summaries

**RESOLUTION NO.:** 19-064  
**Date of Passage:** June 9, 2019  
**Subject (title):** Timber Request to the US Forest Service for the Bessey’s North Fork Siuslaw & McLeod Creek Floodplain Restoration Project  
**Explanation:** The Tribal Council approves to be a valued partner in the restoration and conservation of lands of mutual interest with the ability to also request timber. **Vote 6-0-0**

**RESOLUTION NO.:** 19-065  
**Date of Passage:** June 9, 2019  
**Subject (title):** Tribal Transportation FY2019 Referenced Funding Agreement Approval  
**Explanation:** The Tribal Council approves the funding agreement for activities outlined in the Tribes Tribal Transportation Improvement Program. **Vote 6-0-0**

**RESOLUTION NO.:** 19-066  
**Date of Passage:** June 9, 2019  
**Subject (title):** ODOT Agreement Approval  
**Explanation:** The Tribal Council approves the agreement to receive 2019-21 Funding for special transportation services. **Vote 6-0-0**

**RESOLUTION NO.:** 19-068  
**Date of Passage:** June 26, 2019  
**Subject (title):** ODOT Agreement Approval  
**Explanation:** The Tribal Council approves this funding agreement. **Vote 4-0-0**  
*In this public paper, some titles and explanation may not display details due to confidentiality.*

**RESOLUTION NO.:** 19-069  
**Date of Passage:** June 26, 2019  
**Subject (title):** Dental Clinic Renovation Agreement Approval  
**Explanation:** The Tribal Council approves the renovation project to expand the Dental Clinic. **Vote 4-0-0**

**RESOLUTION NO.:** 19-070  
**Date of Passage:** June 26, 2019  
**Subject (title):** Gaming Order  
**Explanation:** The Tribal Council approves this agreement for Three Rivers Casino and Hotel. **Vote 4-0-0**

**RESOLUTION NO.:**19-071  
**Date of Passage:** June 26, 2019  
**Subject (title):**Gaming Security Agreement  
**Explanation:** The Tribal Council approves this agreement for Three Rivers Casino and Hotel. **Vote 4-0-0**

**RESOLUTION NO.:** 19-072  
**Date of Passage:** June 26, 2019  
**Subject (title):**Gaming Equipment Agreement  
**Explanation:** The Tribal Council approves this agreement for Three Rivers Casino and Hotel. **Vote 4-0-0**

**RESOLUTION NO.:** 19-073  
**Date of Passage:** June 26, 2019  
**Subject (title):** Covanta Agreement Approval  
**Explanation:** The Tribal Council approves this agreement for Tribal Law Enforcement. **Vote 4-0-0**

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE NORTHWEST FOREST PASSES

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

CHANGES?

Please let us know if you have a change in address, phone number, name or addition to your family. Changes should be submitted to Enrollment Dept., either online at [www.ctclusi.org/enrollment](http://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](http://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](mailto:wbrainard@ctclusi.org)

Doc Slyter, Chairman

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

Debbie Bossley

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

Mark Petrie, Vice-Chair

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

Josh Davies

Position #4 Council  
541-294-4105  
[josh.davies@ctclusi.org](mailto:josh.davies@ctclusi.org)

Iliana Montiel

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

Doug Barrett

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

Council Meeting

November 10, 2019  
Community Center  
338 Wallace Street, Coos Bay,  
Oregon 97420  
10:00 a.m.

Agenda:

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

Council meeting video available to view at [www.ctclusi.org](http://www.ctclusi.org)

Upcoming Events

**November 7<sup>th</sup>** – Elders Luncheon,  
Eugene Outreach Office, 11:30 a.m.  
**November 7<sup>th</sup>** – Elders Committee Meeting,  
Eugene Outreach Office, 1:00 p.m.  
**November 7<sup>th</sup>** – Xintmiss txain’ (Sharing Our Path)  
TRC Events Center, 6:00 p.m.  
**November 7<sup>th</sup>** – Parenting Workshop,  
Community Center, 5:30 p.m.  
**November 10<sup>th</sup>** – Budget Hearing,  
Community Center, 9:00 a.m.  
**November 10<sup>th</sup>** – Regular Council Meeting,  
Community Center, 10:00 a.m.  
**November 11<sup>th</sup>** – Veterans Day,  
All Tribal Offices will be Closed  
**November 13<sup>th</sup>** – Smudge Kit and  
Feather Painting Class,  
Eugene Outreach Office, 5:30 p.m.  
**November 14<sup>th</sup>** – Parenting Workshop,  
Community Center, 5:30 p.m.

**November 21<sup>st</sup>** – Parenting Workshop,  
Tribal Hall, 5:30 p.m.  
**November 23<sup>rd</sup>** – Fall Harvest Dinner,  
Community Center 1:00 p.m.,  
Drum Making, Tribal Hall, 9:00 a.m.  
**November 24<sup>th</sup>** – Shared Community Arts Event  
for youth, Eugene, Oregon  
**November 27<sup>th</sup>** – Vehicle Bid Deadline  
**November 28<sup>th</sup>** – Thanksgiving Day  
All Tribal Offices will be Closed  
**November 29<sup>th</sup>**– All Tribal Offices will be Closed  
**December 5<sup>th</sup>** – Elders Luncheon,  
TRC Event Center, Florence, 11:30 a.m.  
**December 5<sup>th</sup>** – Parenting Workshop,  
Tribal Hall, 5:30 p.m.  
**December 14<sup>th</sup>** – Tribal Family Holiday  
Celebration, TRC Event Center, Florence 3 p.m.  
**December 25<sup>th</sup>** – Christmas Day, All Tribal Offices  
will be Closed



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](mailto:jmcneil@ctclusi.org). All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Department of Natural Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
Fax 541-888-2853



## CTCLUSI Second Budget Hearing

Tribal Member input is sought on the construction of a Fiscal Budget for the 2020 Calendar Year

Pursuant to Tribal Code 7-10-3 (a), the Budget Committee seeks to hear from Tribal Members on items to be considered in preparation of the Tribal Budget for the 2020 Calendar Year

The Hearing will be held at  
**CTCLUSI Community Center**  
338 Wallace Street,  
Coos Bay, Oregon 97420

**Budget Hearing will be held:**  
**November 10, 2019**  
**9:00 a.m.**

*Written comments may be submitted to the following address:*

*Confederated Tribes of  
Coos, Lower Umpqua & Siuslaw Indians  
1245 Fulton Avenue, Coos Bay, OR 97420  
Attn: Chief Financial Officer*

## Fall Harvest Dinner

**Drum Making (Tribal Hall)**

**SATURDAY, NOVEMBER 23, 2019**



Drum Making 9:00 to 1:00 Tribal Hall sponsored by Family Services, Prevention and Cultural  
Doug & Mark will be instructing how to make and use a hand drum.

**One Drum per Tribal Family, Drums go first to RSVP list.**

Non RSVP guests will go on a waiting list until all RSVP guests receive their drums.

DRUM MAKING RSVP: 1-888-365-7155 or 541-435-7155  
by 11/15/19

**Traditional Thanksgiving dinner at 1:00 p.m.**

**Approximate meal time**

**Crafts & Activities following dinner (2:00-3:30)**

Come enjoy the afternoon and dinner with family and friends



## REGISTER TO VOTE

All CTCLUSI Enrolled Tribal Members at least 18 years of age by April 12, 2020 can register to vote. **You MUST be a registered voter to receive Tribal Election Ballots.**

(Your registration cards remain on file for 10 years)

**Next Tribal Election for  
Tribal Chief  
is April 12, 2020**

Contact Jeannie McNeil for Election and Registration information [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org)

## COMMITTEE MEMBERS NEEDED

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

Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only serve two (2) terms, unless special consideration is necessary. You must complete a Letter of Interest Form to be considered by the Tribal Council. There are current vacancies on the following committees:

Culture Committee	Investment Committee
Housing Committee	Education Committee
Budget Committee	Health Committee
Election Board	

Letters of Interest forms can be found on the Tribes' website: [www.ctclusi.org](http://www.ctclusi.org) or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact: Go to [www.ctclusi.org](http://www.ctclusi.org) to fill out a Letter of Interest to Join a Tribal Committee...or type <https://laserfiche.ctclusi.org/Forms/LetterofInterest> into your web browser.

Submit your letter of interest to Jeannie McNeil at [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org)

# Annual Purchased/Referred Care Enrollment

Contributed by Vicki Faciane, Director of Health Services

If you are an enrolled Tribal member living in the 5-county PRC Delivery Area, you are required to renew your PRC enrollment each year. The purpose of annual enrollment is to ensure we have your current address, phone number(s), and insurance information. In past years, we have conducted this enrollment in October/November. This year we have decided to delay the enrollment start until mid-December.

When we accept applications in October and November, many of you do not yet have your new insurance cards or annual Medicare statements, which are required as part of the annual enrollment. If you don't send these with your application, it's easy to forget to do it when the cards/statements come in the mail. It also requires more work on part of the PRC staff, as they have to keep track of who they're expecting cards and statements from and send you reminders. By delaying the applications until the time when you should have received this information, you only need to send information once.

We are also going to simplify the online forms this year. Beginning with the upcoming year (2020), you will be able to check a box if certain parts of your application (such as address, phone number,

insurance information, etc.) have not changed since the last application and you will not have to enter it again. This will make the online application process even faster. Finally, before you click "Submit" on your application, you will get a message asking if you need to complete an application for a minor child. If you say "Yes" a new form will open. You will then be able to submit your child(ren)'s forms at the same time. As we have been doing since we went to the online form, you will also have the option to (A) request a paper form, (B) come in to a Tribal office to complete the online form, and (C) ask for help in completing your form.

**All applications must be received by PRC no later than January 31, 2020.** If we have not received your application by that date, your status will be changed to DIRECT ONLY. This means you will still be able to get services at any IHS/Tribal healthcare facility, but you will not be able to get a PO number and the Tribe will not pay for any bills, including pharmacy, dated February 1, 2020, or later. You will need to contact PRC and submit your 2020 application to get your PRC eligibility restored.

We will be sending a postcard in December to let you know that applications are being accepted. Watch your mail for the postcard. As always, if you have any questions you call the PRC staff at (541) 888-4873 or toll-free at (800) 227-0392.

**Are you expecting a new baby? If you're in the 5-county PRC Delivery Area, you need to get your little one enrolled in the Tribe to continue getting PRC benefits after he/she is 6 months old. Call Jeannie McNeil at (541) 888-7506 to get an enrollment packet.**



## Child Care & Development Fund (CCDF)

The Childcare Development Fund is entering into Fiscal Year 2019-2022.

We at Family Support Services and Behavioral Health Services are excited to enter into this Fiscal Year and have some plans to make child care more easily accessible!

If you would like to view the FY2019-2022 CCDF Plan and eligibility requirements please contact Meagan Davenport at 541-888-1311 or mdavenport@ctclusi.org

# Tribal Family Holiday Celebration 2019

Three Rivers Casino Resort Event Center

**Saturday December 14, 2019**

Doors open at 3:00 pm.

Families with attendees under 21 will need to enter at the SW Event Center entrance

*Santa will visit after the Holiday Meal*

Each child attending will receive a filled stocking from Santa.

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

please include children's name & age

**RSVP by December 4, 2019, we need to know for stockings and Other Holiday planning.**

**TRANSPORTATION WILL NOT BE PROVIDED  
THIS IS A DRUG & ALCOHOL FREE EVENT**

Hotel rooms are available on a first-come, first-serve basis  
at a discounted price of \$79.99

For room reservations call 1-877-374-8377

You must reserve your hotel room by  
November 30, 2019 for this discount.

For more information, please contact Jan Lawrence @ 541-888-7538 or Christine Sylvester at 541-888-7532



## This Month...be on the Lookout for Acorns

Contributed by Ashley Russell, Water Protection Specialist

**Plant description:** Oaks are in the family, Fagaceae, the oak family. Beeches, which are not found within our Ancestral Territory but are native to the Eastern US, also belong to this family. There are 4 different species of oak that grow in the valleys just east of our Ancestral Territory: California black oak, Oregon white oak, canyon live oak, and tanoak. California black oak and Oregon white oak are deciduous and both bare pinnately lobed, simple leaves. Canyon live oak and tanoak are both evergreen and bare unlobed, simple leaves.

**Dye:** Like Western Hemlock bark, oak bark makes a great dark brown dye.

**Food:** Oaks produce fruits called acorns. Because these nuts are high in tannins, they must be leached before they can be consumed. Traditionally, acorns were hulled and buried. Alternatively, acorns were pounded into meal and rinsed several times over the course of a few days before it was boiled and eaten.

Today, acorns can be relieved of their tannins comparatively much faster by cooking them at a low temperature and changing the water several times (~5) to reduce the tannins, which can be done before or after grinding or roasting. Grinding acorns before leaching, however, will release the tannins much faster. Be sure to dry out your acorns/acorn meal after leaching so it won't mold and enjoy it as a soup or in baked goods, such as biscuits or flatbread.



Shown above: Acorns from an Oak Tree

Pictured at left: Woven acorn made by Grand Ronde Tribal Member Carol Colton. Acorn woven with willow sticks, spruce root, red alder, and maidenhair fern, and adorned with a real acorn top.

Photographs courtesy of Ashley Russell

**Hanis:** álam (acorn), šišda (tree) or ha'álamu ník'in (acorn's tree)

**Miluk:** álam (acorn), álam dī ník'in (acorn's tree)

**Siuslaw:** qwna'ax (acorn), múxwa (tree)

**Scientific Name:** *Quercus* spp. & *Notholithocarpus densiflorus*

The Tribal Hall Gallery Space will be opening soon. The Gallery will be housing a rotating exhibit of Artifacts, knowledgeable staff and other Cultural items of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians. Check back in future editions of The Voice of CLUSI for more information about the opening. For more information contact Jesse Beers at [jbeers@ctclusi.org](mailto:jbeers@ctclusi.org)

## Save the Date!

Thursday evening, November 7, 2019, 6pm-8pm

New Location! Three Rivers Casino 5647 HWY 126 Florence, OR 97439

### Xintmiis txain' (sharing our path)

Hosted by: The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

Open to all tribal families and the public, transportation available for Elders

Storytelling by  
Patty Whereat-  
Phillips

Artwork

Tools



Languages

Baskets

THREE RIVERS  
CASINO RESORT

Community



## Tribe Participates in Hazardous Waste Operation and Emergency Response Training

Contributed by Janet Niessner,  
Tribal Resource Response Specialist

On September 18<sup>th</sup> and 19<sup>th</sup>, Tribal staff participated in a critical HAZWOPER training to protect natural and cultural resources in the event of an oil spill. HAZWOPER, which stands for Hazardous Waste Operations and Emergency Response, is a health and safety training for those people who work around hazardous materials. These trainings are structured dependent on the type of hazardous materials or environments people work around. CTCLUSI staff have previously participated in HAZWOPER and OSHA (Occupational Safety and Health Administration) trainings for various activities, but this latest training adds to the Tribe's skill level in responding to oil spills in marine, estuarine, and freshwater environments in order to protect Tribal cultural resources.

This training was made possible through the Tribe's involvement with the Northwest Area Committee and Regional Response Team for EPA Region 10. Collaborative instruction was provided by the United States Coast Guard (USCG), the National Oceanic and Atmospheric Administration (NOAA), and the Marine Spill Response Corporation (MSRC). Participants included not only CTCLUSI Tribal staff from Culture and Natural Resources and Maintenance, but also the Coquille Indian Tribe, the Pacheedaht First Nation (Alberta, Canada), and the Indigenous Advisory & Monitoring Committee – TMX (Alberta, Canada).

NOAA educated staff on the scientific characteristics of oil types and the behavior of those oils in water and various environments. They shared sophisticated software on how responders predict oil movement in water, modeling how oil degrades in specific environments, and quick-guides for hazardous information and response measures for any oil type. The instructor also summarized the Shoreline Cleanup and Assessment Team (SCAT) methods for cleanup of oiled beaches and marshes while using databases with known locations for sensitive wildlife. MSRC then had volunteers from the group suit up in appropriate personal protective equipment with the help of an assistant, simulating a real-world situation.

The USCG provided instruction on a range of topics. The instructor discussed the response method options for cleaning up oil on water, in addition to how they use the Incident Command System (ICS) to organize themselves to best implement cleanup actions. The instructor also led a demonstration of oil spill interactions with water and natural biological resources. Participants created their own "shorelines" using jars filled with either fine or coarse sand and topped with choices of eelgrass, bull kelp, bear grass, triangle sedge, pickle weed, feathers, crab shells, and/or clam shells. Common vegetable oil was then poured onto the shoreline, allowed to interact with freshwater, and



Boom deployment at Empire docks in Coos Bay. John Schaefer steers the boat while Tyrell Walton and Ashley Russell guide the boom, and MSRC instructor Chris Hall anchors the boom on the shoreline.



Participants used sands, vegetation, feathers, and shellfish shells to construct their own shorelines to then oil and practice cleanup.

participants used synthetic sorbent material and refined techniques to cleanup that shoreline while avoiding damage to the natural and cultural resources.

The class finally met at Empire public docks in Coos Bay to get on-water instruction from MSRC. These instructors brought their response trailer and provided a show-and-tell of their cleanup equipment. Afterwards, MSRC led the participants in actively deploying a 100ft yellow boom from CTCLUSI's water quality boat to protect a phony cultural resource along the rip-rap supporting the docks. Participants were able to safely attach boom equipment to the boat, drag the boom across the water slowly towards the beach, and anchor and secure the boom in place to prevent oil from reaching the rocks. The weather was idyllic for this training- but not to be expected in a real response incident!

As a result of this training, participants now understand the considerations that must be made on assessing oil types, the risks involved, how to stay safe, and where to find educational resources when in doubt. Although participants were able to deploy some standard cleanup equipment, additional supervised training is necessary to work with other types of equipment and how to cleanup shorelines using SCAT.



MSRC instructor Jake McLean conducts a show-and-tell of their response trailer and on-water cleanup equipment.



Tribal staff suit up in appropriate protective gear. Photographs provided by Janet Niessner.



Todd Martin Coquille Tribe and Tyrell Walton



## *Tsalila Education Days Shares Culture with Over 1,000 Students*

Contributed by Morgan Gaines, Communications Specialist

On Wednesday, September 23<sup>rd</sup> I was happy to travel from Eugene to Reedsport, Oregon and join members of the Culture and Natural Resources Department for one day during this year's Tsalila Education Days. Tsalila was held at the Umpqua Discovery Center from September 22<sup>nd</sup> through the 24<sup>th</sup>.

The Tsalila Festival was originally coined by Tribal Historian, Don Whereat. Don's research indicates that the original Lower Umpqua Village site of the same name was located adjacent to the rapids at the Jumping Place near Scottsburg. This year, 2019 marks the 23<sup>rd</sup> year for the Tsalila Education Days. Though Tsalila looks very different from how it originated as a festival for Reedsport. The Umpqua Discovery Director, Diane Novak, has kept the tradition alive by continuing her close partnership with the Tribe. By focusing on the education part of Tsalila, the program had developed into what it is today.

Diane continues to ask the Tribe to share our culture and history with today's youth, giving them a more accurate history of the original people and the lands where they live. About 1,000 third and fourth grade students and their chaperones come and learn from the Tribe, the Discovery Center exhibits, as well as participants from the U.S. Forest Service and the Department of Fish and Wildlife.

The Tribe showcased traditional activities, and current uses of our ancestral knowledge in three different stations set up around the Discovery Center. Cultural Stewardship Manager, Jesse Beers invited youth to "listen to logs" at his cedar plank station. With lessons of listening to our Elders, and the world around us, he helped guide youth to listen to when the cedar log was finished talking to them as they took turns helping to split a plank off using a mixture of traditional and contemporary tools.

Moving to the next station, youth gathered around the Archaeology Technician, Courtney Krossman and Water Protection Specialist, Ashley Russell to learn about traditional fishing tools including a fish trap basket, herring rake, leister spear, and more. Through demonstrations, they saw how a traditional lamprey hook tool or the herring rake are used. They also enjoyed making their own mini herring rakes to take home to show their families. Students also talked about archaeological sites, how to not disturb them and the importance of not picking up artifacts.

At the time, Council Member Mark Petrie, was also a member of the Culture and Natural Resources Department. During Tsalila he had a tule duck making station. Working with the aid of Barb, a volunteer member of the Discovery Center, youth learned how to make their very own tule ducks. During their lesson they also heard about all the other amazing uses of tule as well as the importance of our rivers, where tule and many other plants and animals thrive.

Events like Tsalila Education Days are some of my favorite to attend. Getting to go take photographs and help out as needed rarely seems like work. It is so important to educate our young people. Through them, our future looks bright. It is important to show them that Tribal people and culture are not just black and white images in their text books. There is so much more to our story, some very difficult to talk about but nonetheless a part of who we are today. It is imperative that we show them that we are very much still here, and proud of our strong culture, and continuing to thrive in our homelands for generations to come.



Photographs by Morgan Gaines



# “In the Loop” with the Circles of Healing Program

## Self-care through the Holidays (part 1): Saying Yes to Yourself

Contributed by Jamie Broady, Circles of Healing Outreach Advocate

Holidays can be an exciting and stressful time—sometimes it can seem as if everyone is rushing around, packing their calendars with social, community, and family events, and that time is swooshing past. With all the activities, traditions, and busyness the holiday season can bring, self-care can fall away. Keeping your self-care a priority during the holiday season can help keep you safe, centered, and more ready to enjoy the festivities.

Self-care can look many ways: prioritizing; setting boundaries; keeping some “empty” space in your calendar (to just be or to allow for spontaneity); carving out time for any practices that help you feel relaxed, grounded, and or rejuvenated; being gentle with yourself—just as you do with your loved ones; taking time to talk with a trusted friend or advocate <sup>2</sup>(for women in particular, talking with a trusted friend has health benefits comparable to taking up jogging or quitting smoking); maintaining your exercise routines—if you’re able, walking and swimming are gentle exercises that can offer tremendous health benefits as well as reduce stress <sup>3</sup>and even help prevent or overcome the “winter blues”; being sure to eat enough and plenty of healthful foods every day; staying hydrated, which can be easy to forget when the weather turns colder; <sup>4</sup>remembering to take deep, slow, regular breaths; allowing space for humor and laughter (catch up with one of your funniest friends or relatives, or watch a favorite movie or show that makes you laugh); practicing single-tasking (staying mindful and focused on only one activity at a time), or even zero-tasking—allowing yourself to just do nothing from time to time (daydream, meditate, rest, or whatever that looks like for you)!

Self-care can also look like “promise-management,” or being mindful about not over-committing. While sometimes it’s difficult or uncomfortable, especially if we have been conditioned to say “Yes,” <sup>5</sup>politely saying “No” to others can mean saying “Yes” to yourself or other priorities.

What are your favorite ways to practice self-care?

The Circles of Healing Program provides advocacy, prevention, and supportive services for those who have recently experienced or are experiencing domestic violence, intimate partner violence, dating violence, sexual assault, human trafficking, or stalking. For more information or to connect with a confidential Advocate for prevention and supportive services in either Coos County or Lane County, please call 541-888-1309.

Please look for Self-care through the Holidays (part 2) in the December newsletter!

<sup>1</sup>Some ideas for relaxing or rejuvenating practices: Taking a bath, joining a yoga class or gently stretching to relaxing music, mindfulness breathing, taking a walk, journaling, creating art, baking something wonderful if you find baking meditative, listening to soft music such as classical, Native American spirit song, flute, or chanting music.  
<sup>2</sup>I heard this on John Tesh “Intelligence for Your Life” radio once!  
<sup>3</sup><https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>  
<sup>4</sup>Try Sky Breath: Breathe in through your nose on a 4-count; breathe out through your mouth on a 6 count. Repeat several times until you feel calmer and more centered.  
<sup>5</sup>Alternative polite ways to say No: “Thank you for thinking of me, but I can’t commit to that right now.” “I would love to another time but am not able to this time.” “I am honored that you asked, and please check with me again in the future, but I have to decline this time.” “That sounds amazing – maybe another time; I’m at capacity right now.” “That sounds great, but I have another commitment.” Or simply, “No, thank you.”

### Hi' Siti Ha (Good is Our Heart)

#### Women's Healing Through Traditions Series

November 2019

Smudge Kit Class - Eugene  
Wednesday, November 13  
5:30 p.m. - 7:30 p.m.

December 2019

No Class Due to  
Holiday Season

For more information or to RSVP Please Contact Melissa Smith at (541) 294-2197, Jamie Broady (541) 435-8795 or Melinda Radford at (541) 808-8450

Sponsored by CTCLUSI Circles of Healing (COH) Program



This project was supported by Subgrant No. Joint-2018-CTCLUSI-00010 awarded by the Oregon Department of Justice, Crime Victim and Survivor Services Division for the Office on Violence Against Women, U.S. Department of Justice's STOP Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the state or the U.S. Department of Justice.

Did you know that the United States has recently appointed the first Native American National Poet Laureate? Joy Harjo is a member of the Muscogee (Creek) Tribe. In honor of her and her poetry, please enjoy the following:

### Eagle Poem

BY JOY HARJO

To pray you open your whole self  
To sky, to earth, to sun, to moon  
To one whole voice that is you.  
And know there is more  
That you can't see, can't hear;  
Can't know except in moments  
Steadily growing, and in languages  
That aren't always sound but other  
Circles of motion.  
Like eagle that Sunday morning  
Over Salt River. Circled in blue sky  
In wind, swept our hearts clean  
With sacred wings.  
We see you, see ourselves and know  
That we must take the utmost care  
And kindness in all things.  
Breathe in, knowing we are made of  
All this, and breathe, knowing  
We are truly blessed because we  
Were born, and die soon within a  
True circle of motion,  
Like eagle rounding out the morning  
Inside us.  
We pray that it will be done  
In beauty.  
In beauty.



Contributed by Jamie Broady: Source: PoetryFoundation.Org



## CTCLUSI 35<sup>th</sup> Restoration Celebration

After both wonderful appetizers and a delicious meal, everyone sat back and enjoyed a presentation by Vice-Chairman Mark Petrie. With a focus on language, Vice-Chairman Petrie spoke about a few of the important projects the Tribe has been focusing on the last few years including the revitalization of the traditional languages, lamprey restoration, traditional tobacco revival, traditional food harvesting, and more. He then introduced Enna Helms and her daughters, Raquel and Isa, to the stage.

To highlight the work that she and Patty Whereat-Phillips have been working towards, Enna read a traditional story in Hanis Coos, while her daughters acted out the story while telling it in English. The story was of Tewitech hechit' (The Girl & Her Pet). This is a story of a young woman who encounters a baby sea serpent, which becomes her spirit power. The sea serpent becomes friends with her and her family, and brings wealth at first in the form of deer, then whales. It returns to its ocean world at the end of the story, but promises to send gifts of whales ashore from time to time.

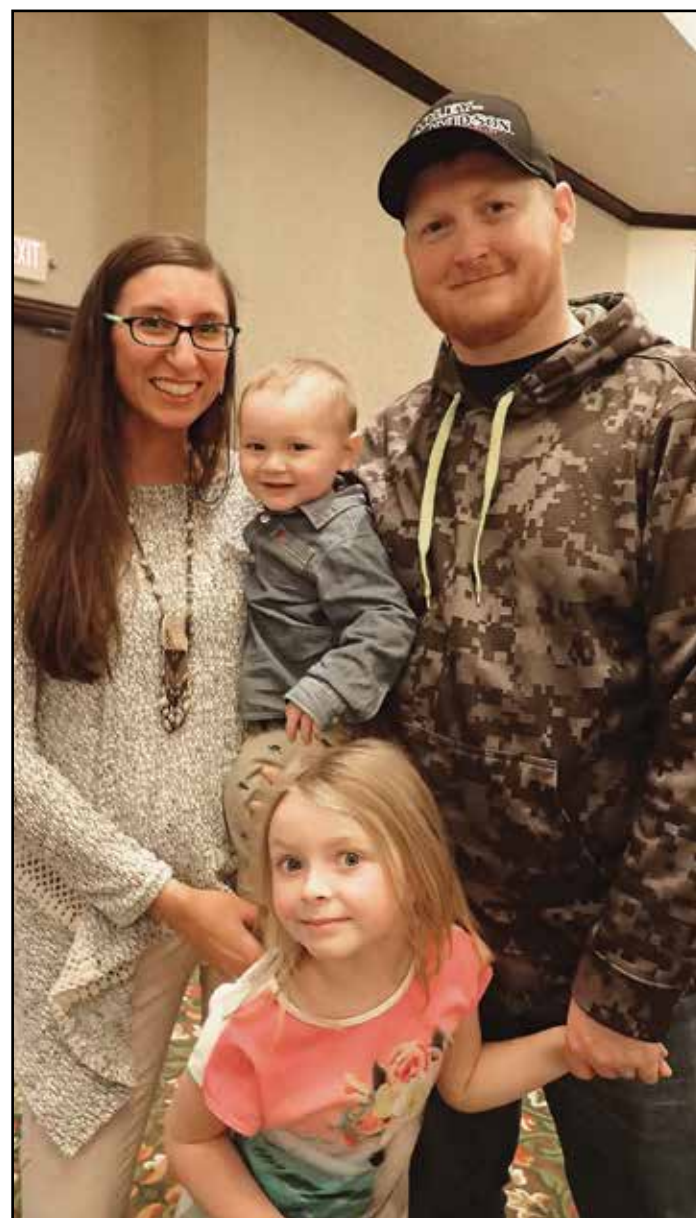
Language is such a vital part of any culture; it weaves a story of the lives of the people who speak it. Sadly, we have had our language removed from our everyday lives, but the Tribe is working hard to revitalize this important part of our culture. Enna played a clip from the Summer Harvest Camp that showed our Tribal youth engaging in learning their traditional language; they will be the ones who will bring it back. Look for more information on the language grants in future edition of The Voice of CLUSI.

Following the language presentations, everyone was welcomed to sing a long in a few traditional songs to continue the celebration of our Tribal Restoration. A few fun prizes were then raffled off before some closing remarks by a few members of Tribal Council. Councilman Doug Barrett thanked and acknowledged Tribal member Sam Sprague for gifting a beautiful carved and burn finished paddle to the Tribe and Canoe Family. Lastly, Chief Warren Brainard again thanked everyone for coming together in celebration, and thanking the Government Staff who organized and set up the event, as well as the TRC Staff. Chief Brainard sent up a brief prayer to close the event before asking the Eldest Elder at each table to take home and continue to enjoy the flower centerpieces, a wonderful close to the day's events.

Photographs of Restoration Event and beginning of Amanda Trail Hike by Morgan Gaines



Above: Hikers at the end of the Amanda Trail Hike, photograph courtesy of Joanne Kittel (pictured far left)





CTCLUSI 35<sup>th</sup> Restoration Celebration





## 8 Diabetic Cold Weather Exercise Tips

Contributed by Armando Martinez, CHA - information pulled from <https://www.diabetescarecommunity>

Do you ever wonder whether it's safe for people with diabetes to exercise in winter? Check out these 8 cold weather exercise tips to help you or your family member with diabetes stay safe and healthy in cold weather while getting the exercise they need.

**Tip #1** — Get advice first from the diabetes team. Check with your healthcare professional about any precautions that should be taken prior to cold weather exercise. People with certain health conditions such as heart disease, asthma or Raynaud's disease may be advised to restrict winter exercise to specific activities.

**Tip #2** — Look after the feet. Many people with diabetes are vulnerable to injuries to the feet due to poor circulation or nerve damage. Cold, dry weather can add to the challenges.

Check each foot carefully before going out. Look for small sores or blisters that could become infected. Use a moisturizing lotion to help prevent dry, cracked skin. Make sure that boots are well-fitting and waterproof, and wear cotton or wool socks to keep warm and dry.

**Tip #3** — Wrap up for the weather. This doesn't mean overdressing. Being too warm when you exercise can make you over-sweat, ending up with chilled moisture. Instead, dress in layers that can be removed as exercise warms you up.

Take particular care to protect the head, feet and hands with a warm hat that covers the ears, and appropriate mittens, socks and shoes. The extremities are places where the greatest loss of heat occurs.

In extremely cold weather, pull a scarf over the mouth to warm the outside air before it enters the body.

Remember to wear something reflective on your clothing so you can be seen when exercising during dim light at dawn, dusk or night time.

**Tip #4** — Pay attention to stretching before and during exercising. Stretching is always important but is particularly valuable in cold weather when our bodies stiffen easily and can be more vulnerable to injury.

**Tip #5** — Check your blood glucose more often. Studies show that some people with diabetes have higher A1C levels in winter. Those taking insulin should anyway be checking levels before and after exercise to watch for hypoglycemia. Fast-acting glucose should always be on hand as a precaution during exercise in any type of weather.

**Tip #6** — Protect against dryness. Extra-dry winter air can cause issues with the skin and eyes. When combined with exercise, it can also cause dehydration. Protect the skin, especially the lips, with moisturizing lotion and balm.

Choose a lotion and lip balm with UV protection against harmful sun rays, which can be as high in winter as during the summer months. Eye drops can help with dry eyes. Ask your pharmacist for their specific recommendations.

Drink generous amounts of water or a similarly caffeine-free drink. Make sure you have water available during exercise.

**Tip #7** — Avoid outdoor exercise in extreme weather conditions. Watch the forecasts and especially the wind chill numbers. Severe wind chill can make outdoor activities unsafe, even if you are dressed appropriately. Take a break from outdoor exercise and choose indoor activities instead.

**Tip #8** — While exercising with a buddy is always safest – and often more fun – it isn't always possible. Try to settle on one or two regular exercise routes, and let someone know when you plan to leave and return.

Keep a well-charged cell phone with you, pre-set with the numbers of your close family members or friends.

## Tuna, White Bean & Dill Salad

Contributed by Armando Martinez, CHA From: Diabetic Living Magazine

Take canned tuna to new heights by adding cannellini beans, red onion and dill, tossing it in a lemon-pepper-Dijon dressing and serving it over a spinach salad with canned beets.

### Ingredients:

1 (15 ounce) can no-salt-added cannellini beans (white kidney beans), rinsed and drained  
2 (5 ounce) cans solid white tuna (water pack), drained and broken into chunks  
½ cup chopped red onion (1 small)  
3 tablespoons plus 1 teaspoon, honey Dijon-style mustard, divided  
2 tablespoons light mayonnaise

2 tablespoons cider vinegar, divided  
1½ teaspoons dried dill, divided  
2 tablespoons olive oil  
⅛ teaspoon kosher salt  
6 cups fresh baby spinach  
2 cups cubed, cooked and chilled beets (see Tip)  
Chopped fresh dill and/or ground pepper (optional)



Preparation: Prep 30 m    Ready In 2 h 30 m

1. Combine beans, tuna and onion in a large bowl. For dressing, whisk together 3 tablespoons of the mustard, the mayonnaise, 1 tablespoon of the vinegar, 1 teaspoon of the dried dill and the lemon-pepper seasoning in a small bowl. Add dressing to tuna mixture; toss gently to coat. Cover and chill 2 to 4 hours.

2. Prepare vinaigrette: Combine oil, remaining 1 tablespoon vinegar, remaining 1 teaspoon mustard, salt and the remaining ⅛ teaspoon dried dill in a small screw-top jar. Cover and shake well. Combine spinach and beets in a large bowl. Before serving, pour vinaigrette over spinach mixture; toss gently to coat.

3. To serve, line four serving plates with spinach mixture. Top with tuna mixture. If desired, sprinkle with fresh dill and/or pepper.

•Tip: To cook fresh beets, preheat oven to 400°F. Wash and trim beets; pat dry. Wrap beets in foil and bake 1¼ to 1½ hours or until tender. Cool slightly. Unwrap and slip off skins under cool running water. Place beets in a covered container and chill until needed. Or use packaged refrigerated cooked whole baby beets.

### Nutrition information:

•Serving size: 2 cups spinach salad and 1 cup tuna salad

•Per serving: 296 calories; 11 g fat(2 g sat); 7 g fiber; 25 g carbohydrates; 20 g protein; 164 mcg folate; 25 mg cholesterol; 7 g sugars; 4,775 IU vitamin A; 17 mg vitamin C; 102 mg calcium; 4 mg iron; 551 mg sodium; 829 mg potassium

•Nutrition Bonus: Vitamin A (96% daily value), Folate (41% dv), Vitamin C (28% dv), Iron (22% dv)

•Carbohydrate Servings: 1½

•Exchanges: 2 lean protein, 1½ fat, 1½ vegetable, 1 starch

*Turn to page 19 for more great recipes*



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



Linda Lydick

**Favorite Hobbies:**

- Hiking
- Camping
- Traveling
- Spending time with the kids and grandkids.

**Bucket List:**

- Take a train trip across the country to tour Washington D.C. and learn about the history there.
- Go on an Alaskan Cruise.
- Stay strong and healthy and enjoy life to the fullest!

**Favorite Sayings:**

“Everything happens for a reason, so make the most of every situation.”

*Linda Lydick*

Siuslaw

**Immediate Family:**

Daughter to Shirley (Kneaper) and Willard Norton. Granddaughter to Robert and Dorothy Kneaper. Great Granddaughter to Howard Barrett, Sr. and Anna Barrett. Cousin to Brad Kneaper and Teresa Spangler. Sister to Greg Norton and his wife, Deann. Wife of George Lydick. Mother to Christopher and Melissa, and grandmother to Alyssa Lydick and Garrett Willenberg.

**Proudest Accomplishments:**

- Her family, the love of her life.
- Being the family caregiver for her grandparents and other family members.
- Teaching health and wellness classes and plant-based cooking schools for 30 years.
- Graduating from Mapleton High School and marrying her husband of now 49 years.
- Teaching at Coastal Fitness as a Group Instructor for 8 years.
- Worked at the Nutrition Center at Fred Meyer in Florence.



Nick Slossen

**Favorite Hobbies:**

- Hockey
- Fishing
- Buffalo Bills football team.
- Watching Oregon Ducks sports.

**Favorite Sayings:**

“I love my Ducks!”

*Nick Slossen*

Lower Umpqua

**Immediate Family:**

Husband to Maureen Slossen. Son to Jesse Joe Slossen, Jr. and Coleene Slossen. Grandson to Jesse Joe Slossen, Sr. and Vera Maudine Slossen. Brother to Jesse Joe Slossen, III, late twin sister Annita Slossen, and late brother Michael Slossen.

**Proudest Accomplishments:**

- Played Minor League Hockey for many years.
- Coached Hockey and had a Hockey School in California.
- Won a few Hockey Championships.
- Worked as a Rural Carrier for the United States Postal Services for 17 years.

**Bucket List:**

- Travel to Oregon and California to visit family.
- Go back to Canada to see old Hockey teammates.
- Visit Alaska with his wife, Maureen.

*Upcoming Elders Committee Meeting*  
*Novemeber 7, 2019 at 1:00 p.m.*  
*Following the Elders Luncheon*  
*at the Eugene Outreach Office*

*Welcome New Tribal Elder*  
*Wendy Lee Glazier*

**2019 Knights of Columbus Christmas Food Basket Sign up**



The Knights of Columbus is sponsoring their annual Christmas Food Basket Program again this year. Any family in need may sign up for a box of food at the Human Services building at 1431 Airport Lane, North Bend. (across from North Bend Senior Center) in the Raptor room # 251.

Sign up dates

November 4th, 5th and 6th from 9:00am to 3:00pm

Please bring proof of address

You will need to be able to pick up the food boxes on December 14th at the Airport Hanger on West Airport Way, North Bend

This notice expires November 7, 2019

### Elders Luncheon

Thursday, December 5, 2019  
11:30 a.m. — 2:00 p.m.  
(Lunch will be served at 12:00 p.m.)  
at  
Three Rivers Casino Resort  
Event Center  
5647 Oregon 126, Florence, OR 97439

Come join us for s fun filed day of Games!

There will be a gift exchange for those who wish to participate. Please mark your gift for male or female.



**Please RSVP by Monday, December 2, 2019.**

Please call the RSVP line at 541-435-7155 or toll free at 1-888-365-7155.



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



# CTCLUSI Vehicles up for Bid

Looking for that next project? A first car? A work truck?  
We have what you're looking for!  
All vehicles are sold as is.  
(License Plates not included)

Send or fax your written bid to:  
Kathy Perkins  
Tribal Transportation Coordinator  
1245 Fulton Ave  
Coos Bay, OR 97420  
Fax: (541)888-2853  
Phone: (541)808-8282

**2005 Dodge Magnum SE Sedan**  
Sold: As Is  
Minimum Bid: \$500.00



**2000 Chrysler Grand Voyager**  
Sold: As Is  
Minimum Bid: \$500.00



**1991 Ford F-250 Pickup**  
Sold: As Is  
Minimum Bid: \$500.00



**2007 Chevy Suburban**  
Sold: As Is  
Minimum Bid: \$1,000.00



**Bids must be turned in no later than November 27, 2019**

# Are you planning to MOVE?



Please update your information with the Enrollment Office with any contact changes.  
New address, phone numbers or email addresses.

We want to send Tribal Members important information about:

**Tribal Services – Elections – Activities - Tribes’ General Information**

Enrollment Office: 541-888-7506 or by email [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org)

Tribal Members can change their contact info online by visiting [www.ctclusi.org](http://www.ctclusi.org) , Tribal Government tab, then Tribal Enrollment from the drop down, then [Change of Address Form](#) link.

## Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

**Three Rivers Casino Resort ~ Florence**  
F&B Shift Manager ~ F&B Supervisor  
Bartender ~ Busperson  
Food Court Runner/Dining Room Attendant  
Bonfire & Blue Bills Food Server – Bonfire Host  
Tournade Chef ~Bonfire Chef ~ Line Cook  
Team Member Dining Room Staff  
Dish Machine Operator  
Food Court Outlet Cook  
Director of MIS  
Guest Room/Laundry Attendant  
Special Events Team Member  
Slot/Keno/Bingo Attendant ~ Table Games Dealer  
Casino Service Host  
Soft Count Team Member  
Environmental Services Technician 1

**Blue Earth**  
Limited Energy Technician Class B Apprentice

**Three Rivers Casino Resort ~ Coos Bay**  
Environmental Services Technician  
Bartender/Server ~ Line Cook  
Player Services Team Member

**Tribal Government Offices**  
Coos Bay  
Director of Natural Resources  
Assistant Planner ~ Realty Specialist  
Certified Alcohol & Drug Counselor II  
Family Support Services Program Assistant  
Accounting Specialist I  
Special Events Employee, Assignment Varies

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

# Dental Word Scramble

Scrambled Word	Unscrambled Word	Definition
dinnet	-----	Tissue that forms the majority of a tooth and surrounds the pulp.
numeetcm	-----	The thin tissue that covers the roots of teeth. It is not as thick or strong as enamel.
uppl	----	The center of a tooth that is made up of nerves and blood vessels.
aemlne	-----	The hard tissue that covers the crown (part of tooth above the gums) of a tooth. This is the hardest tissue in the body and is primarily made up of minerals.
rncwo	----	The part of the tooth above the gums.
ootr	----	The part of the tooth below the gums.
Make an appointment at the CTCLUSI Dental Clinic by calling (541) 888-6433		
Clinic Hours		
October: Tuesday - Friday: 8:00 a.m. - 5:00 p.m.		
November: Monday - Thursday: 8:00 a.m. - 5:00 p.m.		
Answers to word scramble located on page 19		



# Family Fun at the Pumpkin Patch Prevention Activities

Contributed by Morgan Gaines,  
Communications Specialist

There was a great turn out to both pumpkin patch prevention activities held on October 5<sup>th</sup> and October 12<sup>th</sup>. Over 90 Tribal members and their families enjoyed a day of family fun at Mahaffey Ranch in Coos Bay on the 5<sup>th</sup>. Picking pumpkins, enjoying a hay ride, and big fun shooting a corn on the cob cannon. Youth and adults alike had a blast before enjoying a meal together at Abby's Pizza later that afternoon.

On Saturday, the 12<sup>th</sup>, over 30 Tribal members and their families gathered for lunch at Putters Pizza in Eugene. While eating lunch, Prevention and Tobacco Grant Coordinator, and Tribal Council Member Doug Barrett discussed the effects of vaping along with tobacco cessation and overall wellbriety. He invited Lead ICWA Caseworker Shayne Platz to promote his upcoming Parenting Workshops, and new employee Jamie Broady to introduce herself and talk a little bit about the Circles of Healing Program. The staff also shared that they have amazing workbooks and text available for anyone who thinks they would benefit from them called the Red Road to Wellbriety. You can contact Family Services if you think this would be a good book for you or someone in your family.

After an enthusiastic round of mini golf, the group packed up and headed out towards Detering Orchard in Harrisburg for some pumpkin patch fun. Some great and colorful pumpkins were picked out before running through the corn maze and hanging around for a hay ride.

Enjoy some photographs from the fall festivities and we hope to see you at the next prevention activity, drum making on November 23<sup>rd</sup> followed by the Fall Harvest Dinner and craft making. See you then!





# Honor Tribal Veterans

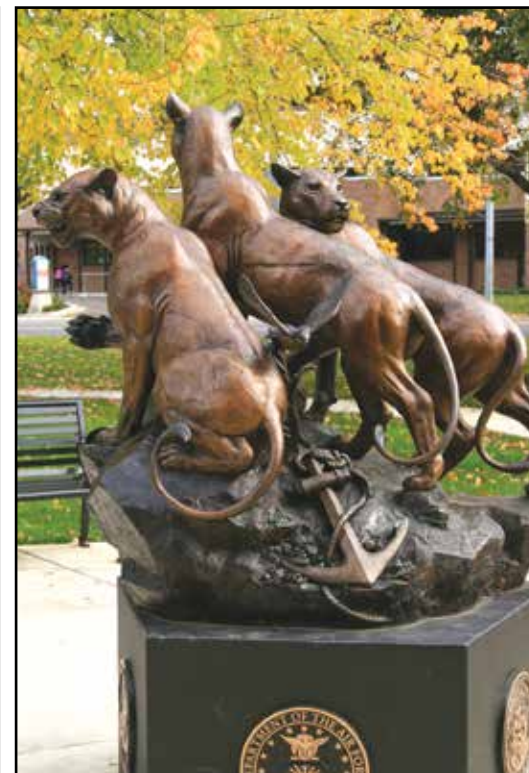
## November 11, 2019

*Veterans Day falls on November 11, 2019  
Thank you to all of our Tribal Veterans  
for your dedicated service.*

In observance of Veterans Day, I would like to extend an invitation to all of our Tribal Veterans to write in to The Voice of CLUSI and possibly get a feature article in your Tribal newsletter.

Share with us which branch you served in, your honors or awards, and an update of what you are currently doing. Active service men and woman, we would be honored to hear from you as well.

Perhaps you do not want to be specifically featured, we would still be honored to hear from you. Send in a photograph of a specific monument or memorial that speaks to you and your years of service. Send in a photograph of the statue and your thought on it to the Communications Specialist, Morgan Gaines by e-mailing [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org)



In honor of Veterans Day 2017, the city of Springfield, Oregon unveiled a statue specifically to honor and recognize women who served in the military. Pictured above, the statue sits in the Veterans Memorial Plaza in Springfield.

## Tribal Police Welcome New Officer

Contributed by Lieutenant Brian Dubray

Please join me in welcoming the latest addition to the Tribal Police Department, Officer Mike Olson. Officer Olson comes to us with over 20 years of law enforcement experience including 21 years as a Police Officer with the North Bend Police Department. Officer Olson's experience includes assignments as a School Resource Officer, D.A.R.E. Officer and K-9 Handler among many others. Officer Olson will be assigned primarily to the Coos Bay area.

A swearing-in ceremony was held at the Tribal Community Center on Monday, September 30, 2019.



Officer Mike Olson

## FREE PARENTING WORKSHOP!

**Dinner, Childcare and Raffle items!!**



### TOPICS TO INCLUDE:

Brain Development

Dealing with Stress

Communicating with Respect

Building Self-Worth

Philosophy Of Nurturing Parenting

Activities, Discussions and Lots of Fun!!

**When:**  
Thursdays  
November 7  
November 14  
November 21  
December 5

**Time:**  
5:30-7:30pm

**Where:**  
Coos Bay  
Nov. 7 & 14  
Community Center

Coos Bay  
Nov. 21 & Dec. 5  
Tribal Hall

**To RSVP Please call:**

541-435-7155

-OR-

1-888-365-7155



Sponsored by the  
CTCLUSI Family Support and  
Behavioral Health Department



# SHARED COMMUNITY ARTS EVENT

## NOVEMBER 24, 2019

Travel to Eugene to tour the Jordan Schnitzer Museum of Art  
Then go see a play at the Oregon Contemporary Theatre

### FOR YOUTH AGES 13 - 17

### SPACE IS LIMITED

### LUNCH PROVIDED

### SIGN UP ONLINE AT [WWW.CTCLUSI.ORG](http://WWW.CTCLUSI.ORG)

BY CLICKING THE YOUTH ACTIVITIES APPLICATION LINK ON THE HOMEPAGE



**Transportation from the  
CTCLUSI Community Center**

**338 Wallace Ave**

**Coos Bay OR 97420**

**Please arrive at 7:30 am**

**Buses will be leaving at 8:00 am**

**and plan to return by 6:00 pm**



**For any questions please contact**

**Kevin Gowrylow**

**(541) 297-3479**

**[kgowrylow@ctclusi.org](mailto:kgowrylow@ctclusi.org)**

**Thanks to the support of the Coos Art Museum and  
the Confederated Tribes of Coos, Lower Umpqua, & Siuslaw Indians**

## HSD Brings On a Tribal Navigator

Contributed by Barbara Tower, Tribal Navigator/Community Health Aide

My name is Barbara Tower. I am excited to be your new Tribal Navigator/Community Health Aide. I look forward to meeting all of you individually. I have lived in Coos County for the past 18 years. I have two awesome adult children. I currently enjoy spending my time with my best friend and our dog and cat. I recently graduated from Oregon State University with a B.S. in Human Development and Family Sciences. Now, I have more time for my hobbies and volunteer activities. I love photography, ham radio (K7GRL), and getting to enjoy the beautiful area that we live in.





# Rental Assistance Program Update

Contributed by Housing Department staff

The Housing Department offers a Rental Assistance program to help Tribal Members and Families maintain a good rental home such as an apartment, dorm, house, duplex or other rental unit by paying a portion of their rent directly to the landlord. This program is available all over the State of Oregon and outside of Oregon if the participant is a full time college student.

For several years, before 2017, there was a Waiting List and that list grew to be over a years' wait. Beginning in the later part of 2017 there was no longer a waiting list and Tribal Members that applied could get on the program quickly. This continued until May of 2019.

## Unfortunately we again have a Waiting List for our Rental Assistance program.

It appears that the high cost of rent and the limited amount of qualified rental units has greatly reduced the turnover that there once was. We don't see Tribal Members getting off of the program as often as they were in the past, therefore we don't have spots opening up for new applicants. Anyone that applied for the program in late May has been put on the Waiting List and we don't

know how long it will be before we can offer them a place on the program.

While our grant from the Department of Housing and Urban Development (HUD) that funds all housing programs, has remained stable, the cost of rents and the amount of assistance to our participants has risen substantially. From October 2016 to October 2019 the assistance per family has risen about \$70 per month. This equates to an additional expense of \$4,000 each month for the program. Due to this increased assistance, we are not able to assist as many families each month as we did in the past.


If you are interested in utilizing the Rental Assistance program you can apply to the Waiting List by going to the CTCLUSI Website. When you fill it out and submit the Waiting list application, it comes directly to the Housing Department office. All applicants are served on a first come first served basis that is based on the date and time their application was received.

If you have any questions about any of our Housing Programs please feel free to stop by the Housing Office or call Housing staff directly at 541-888-7504 or 541-888-1310.

## WELLNESS COURT


WELLNESS COURT


Are you in trouble with the law?  
Are you suffering with drugs, alcohol or addiction?  
Are you ready to make a change?  
What does true Wellness look like for you?  
A life without drugs or alcohol is possible for you.  
Make the choice for a better life.



Confidential

Contact Tribal Wellness Court.  
(541) 888-1307





## PEACEGIVING

Peacegiving is a traditional Restorative Justice option available to you for the resolution of conflict.

All Peacegiving issues are confidential.




Photo by Morgan Gaines

**For more information about Peacegiving, please visit the Peacegiving Website or contact the Peacegiving Coordinator at the address listed below.**

Peacegiving Coordinator  
1245 Fulton Avenue  
Coos Bay, OR 97420  
PHONE: (541) 888-1306 or (541) 888-1316  
EMAIL: [Peacegiving@ctclusi.org](mailto:Peacegiving@ctclusi.org) Website: <http://ctclusi.org/peacegiving>

## ATTENTION ELDERS

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

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

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

Jenifer Stephens  
Wellness Court Case Manager,  
541-888-1307

Cell: 541-808-8425

[jstephens@ctclusi.org](mailto:jstephens@ctclusi.org)



National Diabetes Month



Linking Diabetes and Cardiovascular Disease

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

	<b>Manage your A1C, blood pressure, and cholesterol levels.</b> Ask your health care team what your goals should be.
	<b>Develop or maintain healthy lifestyle habits.</b> Follow your healthy eating plan and make physical activity part of your routine.
	<b>Learn ways to manage stress.</b> Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.
	<b>Stay on top of your medications.</b> Take medicines as prescribed by your doctor.
	<b>Stop smoking or using other tobacco products.</b> You can start by calling 1-800-QUITNOW or visiting smokefree.gov.

Visit [niddk.nih.gov](http://niddk.nih.gov) for more information on diabetes and cardiovascular disease.

Spinach Artichoke Yogurt Dip

Contributed by Armando Martinez, CHA, <https://diabeticgourmet.com>

Try this Spinach Artichoke Dip at your next party or serve to your family while watching a game on TV. Only 7 grams of carbs per serving.

Recipe Yield: 8    Prep Time: 10    Cook Time: 20

Ingredients:

- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1 package (10 ounces) frozen chopped spinach frozen, thawed and drained
- 8 ounces plain low-fat yogurt
- 1 cup shredded, low-moisture, part-skim Mozzarella cheese
- 1/4 cup green onion, chopped
- 1 garlic clove, minced
- 2 tablespoons red pepper, chopped

Directions:

Heat oven to 350F.  
Combine artichoke hearts, spinach, yogurt, cheese, onion and garlic; mix well.  
Pour mixture into 1-quart casserole dish or 9-inch pie plate.  
Bake 20-25 minutes, or until heated through.  
Sprinkle with red peppers.

Nutritional Information Per Serving:

- Calories: 179
- Fat: 12 grams
- Sodium: 383 milligrams
- Cholesterol: 18 milligrams
- Protein: 11 grams
- Carbohydrates: 7 grams



Lemon Pound Cake

Contributed by Armando Martinez, CHA, <https://diabeticgourmet.com>

This sugar-free pound cake is easy to make because it uses a reduced-fat baking mix as the base. Lemon yogurt, juice and grated lemon peel provide rich flavor. This is sure to become a favorite with frequent requests. Just don't let anyone know how easy it really is to make so you can bask in all the praise!

Recipe Yield: 16 servings.

Ingredients:

- Cooking spray
  - 2-1/2 cups reduced-fat baking mix (Bisquick)
  - 48 packets Equal sweetener\*
  - 2 tablespoons cornstarch
  - 4 teaspoons grated lemon peel
  - 1 cup lite lemon flavored nonfat yogurt
  - 6 tablespoons butter, melted
  - 2 eggs
  - 2 tablespoons fresh lemon juice
  - 2 tablespoons 2% milk
  - 1 teaspoon vanilla extract
  - 1/2 teaspoon almond extract
- \*Substitute 2 cups Equal Spoonful for the packets.

Directions:

- Preheat oven to 350F.
- Spray a 9 cup Bundt cake pan OR a 9 x 5-inch loaf pan with cooking spray; set aside.
- Combine baking mix, Equal, cornstarch and lemon peel.
- Mix in yogurt, melted butter, eggs, lemon juice, milk and flavorings until blended.
- Spoon mixture into prepared pan.
- Bake 40 to 45 minutes or until wooden pick inserted near center comes out clean.
- Let cake cool in pan 5 minutes.
- Remove and cool completely on wire rack.

Nutritional Information Per Serving:

- Calories: 137
- Fat: 6 grams
- Sodium: 258 milligrams
- Cholesterol: 35 milligrams
- Protein: 3 grams
- Carbohydrates: 18 grams

Diabetic Exchanges

1 Fat; 1 Starch



Dental Word Scramble Answers:  
Dentin, Cementum, Pulp, Eamel, Crown, Root



## How To Keep Technology From Distracting You At Work

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

Technology has forever altered the ways in which we work—or avoid work.

Employees have access through numerous devices, applications and platforms to vast amounts of work-related and non-work-related information. While knowing more about technology's capabilities could actually make us more efficient, experts and studies say technological distractions are making us less productive. For example, Cornerstone on Demand's latest Workplace Productivity Report found that 47 percent of surveyed employees were overwhelmed by technology and 16 percent felt technology was hurting their ability to be productive.

Companies are trying to address workers' difficulties managing technology. They are eliminating voice mail and embracing apps that reward employees who shut off their mobile phones.

"It is estimated that interruptions consume 28 percent of the average workday and cost companies more than \$650 billion a year," author, app creator and productivity expert Geraldine Markel, Ph.D., told SHRM Online.

"When you are distracted or interrupted, you lose your focus," she said. "Your efforts to be productive are thwarted. You lose your place when reading, writing or calculating; waste time getting back on track; and feel frustrated and irritated when you don't complete tasks with accuracy or completeness."

Markel said overwhelmed workers can take control of distractions in three steps:

1. Identify the ways in which technology and social media drain your time and energy.
2. Create a simple plan and schedule.
3. Enlist support and collaboration. "Everyone is facing this problem, and others need to be part of the solution," she said.

### How to Be More Productive

Productivity expert Mike Song, CEO of GetControl.net, a Connecticut-based time management training company, said people can learn how to effectively use technology to manage their time. His videos show how to use the dictation function on iPhone and Android devices to quickly send better e-mails and how to organize e-mails within Gmail and Outlook. Song said employees should focus on one task at a time.

"It's more about disconnecting the dings, the pop-ups, the buzzes, the rings ... because our human brains love information. We love to multitask, [yet] all the research seems to indicate we're not good at it," Song said.

App developer Steven Ismach agrees. Technology, he says, "has us doing a lot more at a lower level."

Ismach teaches Talmudic Law to high school students as an assistant rabbi at Young Israel Academy in Great Neck, N.Y. "I see the distractions with kids and their phones," he said. "Some schools are trying to integrate the phone into the learning experience, and even that balance becomes hard."

For those who lack the willpower to shut off their mobile phones, Ismach's app, OFFr, incentivizes employees to stay off their phones for certain periods of time by offering them prizes like gift cards or a free lunch when they do. A timer records how long users have the app open without doing anything else on their phones. Registered employers are notified when an employee participating in the app's incentive plan hits a cellphone-free milestone at work. Author of Defeating the 8 Demons of Distraction: Proven Strategies to Increase Productivity and Decrease Stress (iUniverse, 2008),

Markel is also creator of the productivity app 8 Demons, which aims to help people work more efficiently and without distraction. She offered these tips:

- Collect information on the number of hours you spend on technology, both at work and at home. Figure out how much technology-related distraction or social media costs you in terms of time, money and stress.
- Enforce an "electronic lockdown." Stop using all technology for a 15-minute period so you can think, analyze and create.
- Establish a "no-fly zone," a distraction-free location in which you can easily focus and be protected from interruptions.
- Stop unnecessary interruptions. Post signs that say things like "Please do not disturb, genius at work" or tell others the best times to reach you.
- Learn to say no, nicely. For example, say, "Interruptions are really interfering with my work. Please help me out. Text or call after 6 p.m."

Employing these tips and techniques can make your day more efficient and your work more impactful. Technology is a tremendous tool for business; don't let it be an obstacle to your success.

Content reprinted from "How to Keep Technology from Distracting You at Work" by Aliah D. Wright for SHRM Online 2/9/2016

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**Pam Hickson, Recruitment Specialist**  
541-902-3821  
[phickson@ctclusihr.org](mailto:phickson@ctclusihr.org)

