

The Voice of CLUSI



October 2019

Issue 10

Volume 20

www.ctclusi.org

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

Science Day 2019



Young Zhade Beers asks questions about the various basil and pineapple plants growing in a tent under synthetic lighting in the laboratory during Science Day 2019. Photograph by Morgan Gaines

Contributed by Janet Niessner, Tribal Resource Response Specialist

On August 16th, CTCLUSI's Culture and Natural Resources Department presented Science Day, an open house to showcase department staff, skills, and equipment. Tribal Council, Tribal members and families, government staff, and even outside agency staff came to meet the specialists in cultural stewardship, air and water quality, resource protection, botany, wildlife, and forestry. All attendees were able to interact, ask questions, partake in some food, and request to be added to more outreach efforts.

Visitors were met with salmon cooked on the spot by Tobacco Grant Coordinator and Tribal Councilman, Mark Petrie. During the event, Mark discussed the harms of commercial tobacco and the traditional use of tobacco. Guests also had the opportunity to see the native tobacco plants being cultivated by the Tribe. Mark also explained some of the traditions around sacred tobacco while showing native tobacco plants that are cultivated by the Tribe once again.

Biologist and ethnobotanist, John Schaefer, displayed a live example of an invasive European Green crab collected from Coos Bay, and a variety of propagated plants such as Sacred Tobacco, Huckleberry, Beaked Hazel, Wapato and Labrador tea. John also provided samples of roasted Myrtle nuts for tasting.

Ashley Russell, the Water Protection Specialist, shared her extensive knowledge of standard measurements of water, the equipment used to test those parameters, and discovering non-point source pollution and the effects of climate change.

Story continues on page 8

Canoe Races on the Bay



Courtney Krossman skippers Canoe Tyee E. Bowen helping CTCLUSI take first in the Womans Race on September 14th. Photograph by Nicole Romine

Contributed by Nicole Romine, Communications Intern

Daii' Estis!

Our Canoes Lottie, Tyee E. Bowen, and Running Bear took part in the Mill-Luck days Salmon Celebration and Canoe Races on September 14th, 2019. The race was from one end of the Mill Casino pier to the other end where a buoy was placed. The first canoe race of the morning featured only our canoes; Lottie, our traditional dugout-skipped by Vice Chairman Mark Petrie, and Running Bear, our traditional dugout river canoe-skipped

Story continues on page 10

Save the Date

Thirty Fifth Restoration Celebration

Saturday, October 19, 2019

Three Rivers Casino Resort Events Center 1:00 p.m.

Amanda Trail Walk

Bus will depart from Florence Outreach Office at 9:00 a.m.

See page 4 for more information

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

Tribal Council Business

As Reported at theSeptember 8, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:
Aug 11 Regular Tribal Council Meeting
Aug 13 Meeting with Scott Turner, Executive Director of the White House Opportunity and Revitalization Council
Aug 14 Special Gaming Facility Operational Review Board(GFORB) Meeting
Aug 15 Tribal Council Workshop
Aug 19 Celebration Dinner with Bank Financers
Aug 20 Tribal Dinner
Aug 21-22 Oregon Coastal Caucus Economic Summit
Aug 28 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Aug 29 South Slough Meeting
Sep 4 Umpqua Eden and Macy Tract Land Tours
Sep 5 Tribal Council Workshop
Sep 6 U of O Meeting and Dinner

Doc Slyter:
Aug 11 Regular Tribal Council Meeting
Aug 13 Meeting with Scott Turner, Executive Director of the White House Opportunity and Revitalization Council
Aug 14 Meeting with Representative from ATNI; Special Gaming Facility Operational Review Board(GFORB) Meeting
Aug 15 Tribal Council Workshop
Aug 16 Department of Culture and Natural Resources Science Day/Open House; Attended Lakeside Event
Aug 17 Smith River Tract tour
Aug 19 Celebration Dinner with Bank Financers
Aug 20 Tours with Bank Representatives on Tribal properties
Aug 21-22 Oregon Coastal Caucus Economic Summit
Aug 26 Tribal Government office to sign papers

Aug 28 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Aug 30 Tribal Government office to sign papers
Sep 5 Hunting, Fishing & Gathering Ad Hoc Committee Meeting; Tribal Council Workshop

Debbie Bossley:
Excused from Meeting

Iliana Montiel:
Aug 11 Regular Tribal Council Meeting
Aug 13 Meeting with Scott Turner, Executive Director of the White House Opportunity and Revitalization Council
Aug 15 Tribal Council Workshop
Aug 16 Department of Culture and Natural Resources Science Day/Open House
Aug 19 Celebration Dinner with Bank Financers
Aug 21-22 Oregon Coastal Caucus Economic Summit
Aug 25-29 Attended National Home & Community Based Services Conference
Sep 5 Elders Lunch in Eugene; Tribal Council Workshop

Josh Davies:
Excused from Aug 11 Tribal Council Meeting
Aug 14 Special Gaming Facility Operational Review Board (GFORB) Meeting
Aug 15 Tribal Council Workshop
Aug 21 Housing Committee Meeting
Aug 28 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Sept 5 Tribal Council Workshop

Doug Barrett:
Aug 11 Regular Tribal Council Meeting
Aug 14 Special Gaming Facility Operational Review Board (GFORB) Meeting
Aug 15 Tribal Council Workshop; Nine Tribes Prevention Camp Warm Springs
Aug 17 Back to School BBQ in Eugene
Aug 19 Celebration Dinner with Bank Financers
Aug 21-22 Oregon Coastal Caucus Economic Summit
Aug 28 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Sept 5 Tribal Council Workshop, Hunting, Fishing & Gathering Ad Hoc Committee Meeting
Sept 7 Tolowa Days in Smith River CA

Mark Petrie, Vice-Chair:
Aug 11 Regular Tribal Council Meeting
Aug 13 Meeting with Scott Turner, Executive Director of the White House Opportunity and Revitalization Council
Aug 14 Meeting with Representative from ATNI
Aug 15 Tribal Council Workshop
Aug 16 Department of Culture and Natural Resources Science Day/Open House
Aug 17 CTCLUSI Theater Camp Play
Aug 18 Dolphin Theater Play on Tribal History- Hollering Place
Aug 21-22 Oregon Coastal Caucus Economic Summit
Aug 28 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Sep 4 Umpqua Eden and Macy Tract Land Tours
Sep 5 Hunting, Fishing & Gathering Ad Hoc Committee Meeting; Tribal Council Workshop

Resolution Summaries

RESOLUTION NO.: 19-057
Date of Passage: May 29, 2019
Subject (title): Temporary Grant of Easement to U.S. Navy
Explanation: The Tribal Council approves the U.S. Navy a temporary easement across the Tribes property beginning July 1, 2019- June 20, 2020.
Vote 6-0-0

RESOLUTION NO.: 19-058
Date of Passage: May 29, 2019
Subject (title): Tribal Council Approval of Selection of Apparent Successful Bidder for Dental Clinic Expansion Project
Explanation: The Tribal Council approves the Tribal Government to negotiate a contract with the successful bidder for the CTCLUSI Dental Clinic expansion project. **Vote 6-0-0**

RESOLUTION NO.: 19-059
Date of Passage: May 29, 2019
Subject (title): Authorization to Request funding from the Oregon Health authority (OHA) for the Tribal Tobacco Prevention Education Program (TTPEP)
Explanation: The Tribal Council approves the request for funding and grant application for the 2019-2021 Grant cycle. **Vote 5-0-1**

RESOLUTION NO.: 19-060
Date of Passage: May 29, 2019
Subject (title): National Congress of American Indians (NCAI) Membership Delegate and Alternate for Members Year 2018-2019
Explanation: The Tribal Council appoints Donald (Doc) Slyter as the Delegate and Mark Petrie and Debbie Bossley as Alternates. **Vote 6-0-0**

RESOLUTION NO.: 19-061
Date of Passage: May 29, 2019
Subject (title): Appointment to Blue Earth Federal Corporation Board of Directors
Explanation: The Tribal Council appoints Jim Berg, Jim Clark and William Ingersoll to the Blue Earth Board. **Vote 6-0-0**

RESOLUTION NO.: 19-062
Date of Passage: May 29, 2019
Subject (title): Operating Accounts for Three Rivers Casino and Hotel
Explanation: The Tribal Council approves specific Three Rivers Casino and Hotel staff to have signing authority for Casino operations. **Vote 6-0-0**

RESOLUTION NO.: 19-063
Date of Passage: June 9, 2019
Subject (title): Establish CTCLUSI Hunting, Fishing and Gathering Ad-Hoc Committee
Explanation: The Tribal Council approves the creation of this Ad Hoc committee to assist the Council in created hunting, fishing and gathering polices and regulations on Tribal lands to create a vote for the General Council for approval. Members appointed: Timothy Gaines, Sophia Cisneros, Heidi Helms, Matthew Petrie, Howard Roy, Allen Swigert, Alexandra Campbell, Sara Siestreem, Jesse Beers, Danny Krossman, Doug Barrett, Mark Petrie and Chief Warren Brainard. **Vote 4-0-2**

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief

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

Doc Slyter, Chairman

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

Debbie Bossley

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

Mark Petrie, Vice-Chair

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

Josh Davies

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

Iliana Montiel

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

Doug Barrett

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

Council Meeting

October 13, 2019
Regular Meeting 10:00 a.m.
General Council 1:00 p.m.
Community Center
338 Wallace Street,
Coos Bay, Oregon 97420

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

- October 3rd** – Elders Luncheon, Community Center, 11:30 a.m.
October 3rd - Parenting Workshop,
Siletz Outreach Office Eugene, 5:30 p.m.
October 5th – Prevention Activity, Corn Maze, Mahaffey Ranch,
Coos Bay 10:00 a.m., then Abby’s Pizza, Coos Bay, 1:30 p.m.
October 12th – Prevention Activity, Putters Pizza, Eugene,
11:00 a.m. then Corn Maze, Detering Orchards, Eugene, 2:00 p.m.
October 13th – Regular Council Meeting,
Coos Bay Community Center, 10:00 a.m.
October 13th – General Council Meeting,
Coos Bay Community Center, 1:00 p.m.
October 15th – Deadline to turn in submissions for
November edition of The Voice of CLUSI
October 17th – Restoration Day – All Tribal Offices will be Closed
October 19th – Amanda Trail Walk,
Bus leaves Florence Outreach at 9:00 a.m.
October 19th – Restoration Celebration, TRC Florence 1:00 p.m.
October 23rd – Smudge Kit and Feather Painting Class,
Coos Bay 5:30 p.m.
October 24th – National Prescription Drug Take Back Day,
Eugene Outreach 10:00 a.m. – 2:00 p.m.
October 25th – National Prescription Drug Take Back Day,
Florence Outreach 10:00 a.m. – 2:00 p.m.

- October 26th** - National Prescription Drug Take Back Day,
Coos Bay Office 10:00 a.m. – 2:00 p.m.
October 31st – Halloween Party, Community Center, 4:00 p.m.
November 7th – Elders Luncheon,
Eugene Outreach Office, 11:30 a.m.
November 7th – Xintmiss txain’ (Sharing Our Path)
community event, Florence Events Center, 6:00 p.m.
November 7th – Parenting Workshop,
Community Center, 5:30 p.m.
November 10th – Budget Hearing, Community Center, 9:00 a.m.
November 10th – Regular Council Meeting,
Community Center, 10:00 a.m.
November 13th – Smudge Kit and Feather Painting Class,
Eugene Outreach Office, 5:30 p.m.
November 14th – Parenting Workshop,
Community Center, 5:30 p.m.
November 16th – Fall Harvest Dinner, Community Center 1:00 p.m.,
Drum Making, Tribal Hall, 9:00 a.m.
November 21st – Parenting Workshop, Tribal Hall, 5:30 p.m.
November 23rd – Smudge Kit and Feather Painting Class,
Eugene, 5:30 p.m.



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Government Office Alexis Barry Chief Executive Officer 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll free 1-888-280-0726 Fax 541-888-2853 abarry@ctclusi.org	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	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	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
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	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	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	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
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	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	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	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
Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-435-0492 lmalcomb@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	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	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

Thirty Fifth Restoration Celebration

Three Rivers Casino Resort Event Center
5647 Highway 126, Florence, Oregon 97439
Saturday, October 19, 2019 at 1:00 p.m.

This is a drug and alcohol free event

Families with children under 21
must enter the Event Center
from the exterior entrance.

RSVP 541-435-7155 or 888-365-7155

Amanda Trail Walk, Yachats OR
Bus will Depart Florence Outreach at 9:00 am
before Restoration
For information Contact Jesse Beers by calling
(541) 297-0748



National Prescription Drug Take Back Day(s)

Contributed by Lieutenant Brian Dubray

Thursday, October 24th from 10:00 - 14:00
at the Eugene Office

Friday, October 25th from 10:00 - 14:00
at the Florence Office

Saturday, October 26th from 10:00 - 14:00
at the Coos Bay government offices

The Tribal Police Department will be participating in the National Prescription Drug Take Back Day held on Saturday, October 26, 2019 from 10am – 2pm at the governmental offices at 1245 Fulton Avenue in Coos Bay. This event is sponsored by the Drug Enforcement Administration (DEA) and it provides the supplies to be able to collect unused or expired prescription medications to ensure that they are safely disposed of without falling into the wrong hands or unnecessarily polluting.

We will be set up outside of the main doors so that you can just drive up and drop off your medications.

After the event (on Saturday), from 2pm – 3pm, Tribal Police Officers will be available to travel within 20 miles of the governmental office to pick up any unused or expired medications from Tribal families or Tribal Elders. If you know of someone who would like to participate, but is unable to make it to the event, please have them contact me for scheduling at our office: 541-997-6011.

There will be no identifying information collected, and the program is anonymous. We encourage participants to remove any identifying labels from bottles prior to submission.

We will be able to accept controlled, non-controlled, and over the counter medications with a few exceptions; Intra-venous solutions, injectables, syringes, chemotherapy medications, or medical waste WILL NOT be accepted.

If you have any questions about the program, please let me know. Our goal is to keep medications from being lost, stolen, or misused. If you would like to view information about the program from the DEA, please visit: <https://takebackday.dea.gov/>. If you know someone who lives outside of the area, they can also search by zip code to find an event nearby.

In addition to the National Drug Take Back Day on Saturday, Tribal Police Officers will be at the Eugene outreach office on Thursday, October 24th from 10am - 2pm to accept any medications and also at the Florence outreach office on Friday, October 26th from 10am - 2pm.

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 server two (2) terms, unless special consideration is necessary. You must compete a Letter of Interest Form to be considered by the Tribal Council. There are current vacancies on the following committees:

Culture Committee
Housing Committee
Budget Committee

Investment Committee
Education Committee
Health Committee

Election Board

Letters of Interest forms can be found on the Tribes' website: www.ctclusi.org or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact: Go to 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

Attention Coos Bay Elders Frozen Meals Update

Due to our Dental Clinic Expansion construction, the frozen meals have been temporarily relocated from the Health Services hallway. We will have scheduled pick up times for your meals during the construction phase as follows:

Mondays: 8:00 am — 12:00 pm
Tuesdays: 1:00 pm — 4:00 pm

Please check in at the front desk and ask for Armando. If you need a different time, you will need to contact Armando and schedule an appointment.

Armando Martinez
541-435-7228 — Office Phone
541-435-5223 — Cell Phone

Thank you for your patience and understanding.

Golden Gate Audubon Society Osprey Chicks Update

According to the Facebook updates on the SF Bay Osprey page, chicks Kiskasit and Peace-up (given indigenous names provided by Tribal linguist Patricia Whereat Phillips and voted on by viewers) along with their mother Rosie, may be starting their migration. From a post on September 12th “This may be our last look at Kiskasit for the season. After several weeks of constant presence near the nest she has not been seen since yesterday morning. If this is indeed migration time for Rosie, Peace-up and Kiskasit, we wish them good flights and fair weather. www.sfbayospreys.org”

Photographs pulled from SF Bay Ospreys Facebook page



Kiskasit keeps a watchful eye on the bay. Photo from September 9th post



Kiskasit calls in her lunch order from the nest.
Photo from September 10th post



Peace-up visited the nest after a 20 day absence.
Photo from September 4th post

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

This Month...be on the Lookout for Blue Elderberry

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Blue Elderberries are in the family Adoxaceae, the moschatel family. There are two species of elderberry that grow within our Ancestral Territory: red and blue. Both species grow within the same region. However, red elderberries (*Sambucus racemosa*) only grow within the coastal zone unlike blue elderberries which grow more inland from the coast. These woody perennials can grow up to be 20 to 40 feet tall with the latter being more typical of the blue elderberry. The leaves of elderberry are opposite, pinnately compound with 5 to 7 leaflets, ovate, and sharply toothed. Flowers are yellowish-white in clusters and bloom in the spring (red elderberry) or summer (blue elderberry). Red elderberry flowers grow in a pyramidal shape called a cyme whereas blue elderberry flowers clusters are flat-topped.

Food: Traditionally, the berries of elderberry were gathered, mashed, and usually mixed with salmon eggs. Later in the season, crab apple and seal oil were added. It is said that these mixtures were exuded through the fingers and licked, being careful not to ingest the seeds as they are known to contain cyanogenic glycosides (CGs). CGs can cause varying degrees of stomach upset, including nausea, vomiting, and diarrhea. Cooking or drying the berries neutralizes CGs.

Cooked elderberries can be made into syrups, jams, jellies, infused honeys, and other concoctions. Most individuals prefer to discard the seeds in these preparations.

Elderberry flowers are also edible and can be added to punch, sparkling water, salads, pancakes, muffins, etc... or battered and fried.

Although the shoots of elderberry were traditionally eaten by many Tribes as a purgative tonic, the leaves, bark, and roots are not edible.

Medicine: All parts of the elderberry are used in medicine as it is an antimicrobial herb and immune tonic.

Please note that all parts of elderberry contain cyanogenic glycosides with flowers having the least amount of CGs followed by berries, leaves, bark, and roots with the latter containing the most CGs. I recommend only using the flowers and berries for internal use.

Elderberry flowers can also be used topically to clear skin and reduce inflammation and swelling associated with eczema, psoriasis, and burns.

The leaves of elderberry can be used as a fresh bandage for bruises or made into a poultice to relieve pain. They can also be effective in repelling fungal pests and insects.

Other: Elderberry limbs (third year's growth preferably) were cut, split and pithed to make clackersticks, a type of rattle. Longer limbs were cut to make throwing poles for a hope-and-pole game known in Hanis as tlaxaúk'wanawas.



Blue Elderberry photograph by John Schaefer, featured in the 2019 Tribal Calendar

Hanis: *Líšwat*

Scientific Name: *Sambucus cerulea*

▽▲▲ Save the Date! ▲▲▽

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

Florence Events Center 715 Quince St. Florence, OR

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

Storytelling by
Patty Whereat-
Phillips

Artwork

Tools



Languages

Baskets

Community



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

INDIGENOUS NAMES OF COOS BAY

Contributed by Patricia Whereat Phillips. This article will also be printed in the Coos Maritime Museum Newsletter

A brief pronunciation guide: The Coosan languages have several sounds in them that English does not, so we use some extra letters, or letters used in different ways than that in standard English. The *q* represents a *k*-like sound pronounced farther back in the throat. The *x* is raspy *h* sound, not unlike the *ch* in German. Some letters might be followed by an apostrophe: *k'*, *q'*, *t'* and so forth. This means the sound is pronounced with a 'pop' of the glottis opening and closing. The *l* with a bar through it, *l̥*, is a voiceless *l*. For vowels, the schwa (ə) is an 'uh'. For other vowels, a single *i* or *u* is short (like bit, book), double *ii* is used for 'ee' and *uu* like 'oo'.

Place names are important. They reflect a people's relationship to their land, its history and mythology. On Coos Bay, two closely related languages were spoken, Hanis and Milluk. The last Hanis village and first Milluk one (at a point roughly halfway between Empire and Charleston) were separated by just a few hundred yards. The two languages were in constant contact and deeply intertwined. Sadly the Native names-and the meanings and legends associated with them-are known to few people today. I and some other tribal members have been working on the two Coos languages as well as Siuslaw/Lower Umpqua to bring back this knowledge.

Indigenous naming conventions were not as 'romantic' as many people suppose. In my experience, the more flowery the definition attributed to a Native place name or word, the more likely it's incorrect. One of my favorite examples from the Oregon coast is Yachats. One explanation some people have attributed to the name is 'dark water at the foot of the mountain'. It means no such thing – the original Alsea name is **Yaxaik**, derived from the Alsea verb *yax*-to go. It appears in nouns such as path, trail. It's probably a reference to 'the end of the trail' - where the coast changes from sand beach to rock. Many of our place names have a straightforward descriptive character or an unknown etymology.

Coos Bay in and of itself didn't have its own distinct name for the whole bay. It is simply **shichdii**, a word meaning any river or bay. The Coos country itself is **Kuukwis** or **Kuukuus**, which probably is in part the ultimate origin of the modern name 'Coos' (helped along by the fact that Lewis and Clark recorded that the Chinook and Tillamook called the region Coo-koo-oose). This name covers both the bay and the Hanis and Milluk lands around it.

It's been reprinted several times over the years that "Coos" means either 'lake' or 'place of pines'. I am not sure where this idea originated. The earliest source I can find is "Meaning of Town's Names" on page 12 of the Morning Oregonian newspaper of August 26, 1902, which simply states "Indian word meaning lake of place of pines". Where the notion of 'lake' comes from I do not know (the word for lake in the Coosan languages is **st'iis** or **tst'iis**). New Hampshire also has a Coos county, sometimes spelled Cöos and is pronounced Ko-ahss. This name comes from an Abenaki word (goas) for small white pines.

No, our name has one of those straightforward meanings. In Hanis and Milluk, **kuukwis** simply means 'south'. The reason for the name is that the Coos Bay people, both Hanis and Milluk, felt more kinship to the people to the north-Lower Umpqua (Quuiich), Siuslaw, Alsea and Yaquina than to the Athabaskan-speaking peoples to the south. Which isn't to say we didn't have trading relationships and intermarry with the tribes to the south-there are even some words borrowed into Coosan from Athabaskan for certain trade items or plants not found this far north and west – but the relationship both cultural and linguistic was older with the Siuslawan and Alsean peoples.

Each slough had its own name. South Slough is **Witt'ich**, meaning 'crossing over a divide'. There was a trail from South Slough country south to Whiskey Run. This region was the site of large annual gatherings of Coos Bay and Lower Coquille people to dig camas and harvest lillies. There is a story that old bay outlet used to be at Jarvis landing, and in those times South Slough and Isthmus slough were 'like a lake' with just a small creek outlet at today's bay mouth. Joe Ney slough is **halch-jinuu**, based on a verb meaning 'to wipe oneself'.

North Slough is **Ch'iyaich** or **Ch'iyahahich**, for 'moving place' or **Tlächíiha**, 'going outside'. Both names are in reference to a time when a whale tried to go up that slough. People tried to capture it (whale blubber, bone and baleen being highly valued) but the whale escaped. Larson Slough is **Halais** or **Ha'lais** and comes from the verb *hal*- to enter a canoe. The village there was known by the same name, and in 1855 when the Omnibus Coast Treaty was signed with the United States, one of the Coos signers was 'Hallice' - probably the chief of this village. Palouse is **Qetldi'ye** meaning 'getting longer'. No one explained why it was named so, but perhaps it is because it enters at the head of Haines Inlet. Pony Slough is **Tltes** or **Ltes**. The village here was called **Lwahich**, after *lhwai*, the cattail plant that still grows plentifully in this watershed to this day. Cattail leaves are very useful for making baskets and twine and in the spring it has an edible bulb.

Largely forgotten today since it is encased in pipes underground, Mill Slough in downtown Coos Bay is **Halch**, the same root as the name for Joe Ney Slough.

Kentuck is **Qalatl**, the etymology of which is uncertain. In one version of the great flood or tsunami story, the hill at the mouth was the only place that 'floated' while everywhere else was underwater (another version says **Qdet**, Glasgow, was the only place that escaped the flood).

Willanch is the only slough to still carry its native name, although the Native pronunciation is a little different, **Wule'ench**. It means 'good weather place', referring to the valley being sheltered from much of the bay's fog and wind. There is a story that long ago, a monster lived up there. People could hear it holler in the distance and the only escape was to jump in the slough and swim away from it. Then, after a terrible fire swept through, the monster was killed. Its body was found in a burnt tree. They don't say exactly what this strange monster was. But there are many stories of strange beings found in the water or the forests – some friendly, some indifferent, a few helpful.

Coos River, from the mouth to the fork is **Kwil'wit'ich** or **Kul'wut'lich**. Where Millicoma and South Fork rivers meet, there was a giant flounder that lived there and could flip canoes over.

The river known as Millicoma today is **K'uggwiich**. Millicoma is a name derived from the Hanis language – but the name is on the wrong river. The original Millicoma is South Fork Coos River. The name is a Hanis phrase, **millukw-u-me**, meaning Milluk's people. Each

village on the main bay had its own seasonal fishing camp upriver. For the Milluk villages on the lower bay, the seasonal fishing camps were up South Fork. There is a story of how one year, some Milluk people went to their fish camp far upriver, above Dellwood. They saw something strange there – a sea lion on a great round rock. All but two men wanted to kill and eat the sea lion. The two men thought something was strange about the sea lion and it ought to be left alone. The others did not listen, and they killed, roasted and ate it. But the two men who had objected refused to have anything to do with it. After the feast, all went to sleep. In the morning, the two young men awoke to find that everyone who had eaten any part of that sea lion had themselves turned into a sea lion.

Isthmus Slough is **Gusu** or **Kusu**, derived from the word for south. It's said of this slough that sturgeon went up it. At the head was a canoe portage into Beaver Slough and the Coquille watershed. Catching Slough is **Qatl'ixas**. Coalbank Slough is **Qaltat**, meaning 'digging down'.

The names of Shinglehouse, Ross and Davis sloughs were unfortunately not recorded. Lottie Evanoff, daughter of **Hanisiich** (Empire) chief Daloos Jackson, said that Ross slough had great stands of willow and crab apple, and Shinglehouse had good huckleberries.

Ringed around the bay, sloughs and river were numerous villages, camp sites and land marks. There are far too many to include in one article, so I will mention just a few of the larger or more important sites. The names of the two Coosan languages were tied to the largest village associated with each language. **Millukwich**, meaning 'Milluk place' (or a more literal translation is **Milluk-at**) was in Charleston, **Hanisiich** (Hanis-at, Hanis place) in Empire near the place known as the Hollering Place today. The original **Elk'elch** (Hollering place) was actually on **Xiilalas** (North Spit, a name meaning 'looking over' in reference to looking out over the ocean from there). When a person on the spit did not have a canoe and needed to be ferried across the bay, they hollered for a ride, hoping someone from one of the Empire villages would canoe over to pick them up. There were several villages packed along the Empire shoreline near **Hanisiich** – **Ntilii**, **Waiqdii** (Mud-Shrimp), **Ntise'ich**, and **Wu'alach**. In North Bend's Ferry Park there is a plaque about the village there, **Gahakkich**. There were several villages nearby – **Da'nis** (stranded ashore), **Q'allaxaich** (white clay), **Shuutlich** (Burned place). Old Town Marshfield was **Atsixiis** (Black stone).

These are just a few of the traditional place names and stories from Coos Bay.

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Science Day 2019...continued from cover story

The Department's Air and Water Protection Specialist, Carter Thomas, explained the ambient air monitoring station, Qaya, with its solar radiation and precipitation monitor, the particulate monitor (nephelometer), and the computer system that collects, displays and stores all the data measurements.

CTCLUSI Forest Lands Manager, Steve Andringa, displayed maps of all seven tracts of the newly conveyed forest lands as well as displaying some forestry equipment used to in data collection. The forestry drone was of particular interest to many. Cross sections of trees that showed growth rates and ring counts were displayed in addition to foliage and cones. Visitors were encouraged to ask questions and seek information about the development of the CTCLUSI Forest Management Plan.

Visitors meandered into CTCLUSI's testing laboratory, with a tour provided by the Tribal Resource Response Specialist, Janet Niessner. Visitors were able to view the various basil and pineapple plants growing in a tent under synthetic lighting, see the microscopes used for algae identification, the incubator for bacteria measurement, and the robotic chromatograph for pollution discovery. A table display of various scientific literature on oil spill interaction with water and shellfish were also made available.

However, the most entertaining activity of the event was put on by the Tribal Historic Preservation Officer, Stacy Scott, and Archaeologist, Courtney Krossman. They allowed visitors of all ages to try their technique in atlatl target practice. With these experts, Sasquatch didn't stand a chance!



Margaret Corvi helps youth identify camas during different stages of growth.

Photo by Morgan Gaines



Tribal Forester Steve Andringa shows the youth growth rings on a section of trees. Photo by Nicole Romine



Everyone got to try their hand at throwing darts with atlatls. Photo by Nicole Romine



Tribal Elders Jeannie Cookson and Mary Adamac enjoy time together during Science Day.

Photograph by Nicole Romine



Janet Niessner talks to youth about the robotic chromatograph for pollution discovery during Science Day.

Photograph by Morgan Gaines

Science Day 2019...continued from cover story



Discussing the forestry land tracts returned to the Tribe. Photo by Nicole Romine



CTCLUSI Dental and other staff enjoy Science Day.
Photo by Nicole Romine



Tribal Elders George and Barb Barton get a tour of the lab.
Photo by Nicole Romine



Zhade Beers concentrates setting up her next dart on the atlatl.
Photo by Nicole Romine



Even more atlatl fun. Photo by Nicole Romine



Pictured at above right: Courtney Krossman demonstrates how a traditional woven fish trap fits together.
Photo by Nicole Romine

Photo at right: Cleaned camas bulbs ready for planting
Photo by Morgan Gaines



Canoe Races...continued from cover story

by Council member Doug Barrett. While tribal members packed into Lottie, we gathered some volunteers and members to pull in Running Bear. Lottie came in first with a leisurely pace of six minutes and fifty seconds, in second place Running Bears at seven minutes and nineteen seconds.

Next up was the Youth Division with two canoes. Stankiya, the Grande Ronde's canoe was skippered by Kyla Krehbiel. Our canoe, Tyee, with a mixture of youth and adults, gave the Grand Ronde youth a canoe to race against. Grand Ronde's youth came in first place at a fast pace of five minutes and forty seconds. Coming in second place was Tyee with our hodge-podge group of youth and adults at six minutes and seven seconds.

After the Youth Canoe races our youth went back to their booth and sold homemade jewelry and taught community members how to make Tule mats, Tule ducks, and Tule headbands. The youth, Kaie Russell, Kira Flores, Talice Russell, and Tycen Russell made jewelry to sell at the Mill-Luck Days Celebration and was featured in the World Newspaper on September 16th.

The third race of the day was the Women's Division with Courtney Krossman skippering Tyee E. Bowen, one of two female skippers in the Canoe Races. It was an exciting race with Tyee pulling ahead with a good lead. We got first place with a time of five minutes and fifty-three seconds followed by the South Slough Estuary's traditional fur trapper replica canoe at six minutes and three seconds, Grand Ronde's canoe pulling in at six minutes nine seconds and Coquille's Ponto at six minutes and twenty-two seconds.

Next up was the Men's Division, with Doug Barrett skippering, due to slow line up pace our men were docked a canoe length behind at the starting line. Even a full canoe length behind, Tyee was swift to cut the water and our men caught up quick! Grand Ronde's men made a sharper turn at the buoy and propelled through the water getting the lowest time of the day at four minutes and fifty-eight seconds, coming in first place. Our men's canoe right behind, coming in at five minutes and nineteen seconds for second place and a tie for third with South Slough and the Coquille coming in at five minutes and twenty-three seconds.

The last race of the day was the Co-Ed Division with Tyee's fastest time of the day at five minutes and one second. We crossed the finish line in first place with Grand Ronde in second place with a time of five minutes and ten seconds, South Slough in third with a time of five minutes and twenty-one seconds, and the host of the event Coquille in fourth with five minutes and fifty-five seconds.

Overall, our canoe family placed first in Women's Division, Co-ed Division, and in the Traditional Dugout and placed second in Men's Division, Youth Division and Traditional Dugout races. Our Canoe Family would like to thank members of the CTCLUSI Tribal Council for coming out and supporting the canoe family and pulling with us in the races. We would also like to extend thanks to the Coquille Elders for making delicious Indian Tacos for the Pullers and to all participants in the Canoe Races. We would also like to thank all the Tribal Families for coming out and supporting and participating in the Canoe Races this year and encourage you to pull along with us next year!



Pictured left to right: Council member Doug Barrett, Nicole Romine, Naomi Petrie, Enna Helms, Vice-Chair Mark Petrie, and Kristy Petrie. Photograph by Morgan Gaines



During the Womans Race, Skipper Courtney Krossman calls out to her pullers. Photograph by Morgan Gaines



Chairman Doc Slyter (front left) helps carry canoe Running Bear to the water for the races. Photograph by Morgan Gaines



Council member Doug Barrett skipper the Running Bear river canoe during the Dugout Race. Photograph by Nicole Romine



Vice-Chair Mark Petrie skipper Lottie in the Dugout Canoe Race. Photograph by Nicole Romine

Canoe Races...continued from cover story



Chairman Doc Slyter and Vice-Chair Mark Petrie help slide Lottie into the bay. Photograph by Morgan Gaines



CTCLUSI takes the lead during the Womans Race. Photograph by Morgan Gaines



CTCLUSI welcomes everyone to join in a friendship dance. Photograph by Nicole Romine



Waiting for the Mixed Division Race to begin. Photograph by Nicole Romine



Pictured left ro right: Marie Petrie, Naomie Petrie, Kristy Petrie, and Nathan Petrie. Photograph by Nicole Romine



Tribal youth Kaie Russell (center) and Kira Flores (right) teach tule skills to participants. Photograph by Nicole Romine

Four Ways to Boost Your Walking Workout

By Tracey Neithercott www.diabetesforecast.org

Contributed by Armando Martinez, CHA and Diabetes Coordinator

For all the attention we give the latest fitness craze (did you hear about the one that combines yoga and break dancing?), we're awfully quick to dismiss one of the best workouts around: walking. True, it's not exotic. But unlike so many of the fitness fads we believe will motivate us to sweat, it doesn't cost \$60 a month to participate. It's free. It takes no gym membership or equipment. There's no learning curve because everyone already knows how to do it. In fact, it's something we do every day.

That may seem anticlimactic (walking is so simple, so familiar!), but before you write it off as a poor excuse for a heart-pumping workout, consider the science. Research has linked walking to a lower risk of type 2 diabetes, heart disease, and dementia. It improves blood pressure, cholesterol, stress, and depression. And that's not taking into account the benefits walkers reap from losing weight.

Federal guidelines recommend that adults get 30 minutes of moderate-intensity exercise five days a week. Brisk walking counts, but ambling around the block won't cut it. (That's a good place to start, though, if you're currently inactive.) To benefit your health, boost the intensity of your walking workout as you progress. According to the experts, there are four main ways to do that.

1 | Pick Up the Speed

A quicker pace will turn a stroll into cardiovascular exercise. The key is finding the right intensity for your fitness level. Go too fast and you'll run out of steam in two minutes. Walk too slowly and you won't get your heart rate up. "You want to go hard enough, fast enough to get a good workout, but appropriate for the amount of time you have to train," says Dave McGovern, a seven-time Olympic racewalker who'll be competing in the 2012 Olympics and is head coach of the U.S. National Race Walking Team. Not sure if you're moving quickly enough? When you can easily talk to a walking buddy or sing along with your iPod, you're going too slow.

If a half hour of brisk walking is unfeasible, start small. "There's no need to worry about being too slow because if you just get up and walk, you're lapping the person who's sitting on the couch," says Lizzy Kemp Salvato, a racewalking coach in San Diego with a master's in exercise physiology. "Studies show 10 minutes of walking in chunks throughout the day can be beneficial." So walk for 10 minutes three times a day until you can handle 30 minutes of continuous walking. Once you can comfortably walk for a half hour, you can begin to increase your speed.

2 | Cover More Ground

Another way to ramp up your workout: Go farther. Instead of focusing on speed, distance workouts are all about endurance. You won't be able to sustain the same level of intensity you do on shorter walks, but that's OK. Instead of walking at a too-fast-to-talk speed for 30 minutes, try walking briskly for an hour. If 10 minutes of vigorous walking leaves you huffing and puffing, slow it down for a 15- or 30-minute distance walk. Just as you'd build up speed, you can gradually increase the distance you walk.

Cranking up your distance-walking program can work in tandem with your speed-walking plan. "On the one end of it, you want to work on going a little bit faster even if it's a little bit shorter," says McGovern. "And then on the other end of the spectrum, you might start building the distance one day a week."

3 | Challenge Yourself

If you really want to increase the difficulty of your workout, walk both faster and farther. Or, climb a hill or your treadmill's incline,

which also will sculpt your glutes (buttocks).

But be cautious if you have arthritis or joint pain; the descent can be rough on the joints. "You've got to be careful of going down the hills too fast," McGovern says. "You do land pretty hard on that front leg, and that can be bad for everything from ankles to knees, lower back, [and] hips."

4 | Spice Things Up

Constantly changing your workout is doubly beneficial. For starters, it keeps away boredom, which can land you right back on the couch. Plus, it will make sure you work your body in more than one way. A week of walking should ideally feature a day doing a faster, cardiovascular-type workout, a day working on muscle endurance through distance, and a strength-training day with hills that work the legs and help add lean muscle, says Kemp Salvato. You can go a step further, she says, by strength training (at home or a gym) and stretching to improve flexibility.

Or add variety within workouts. For instance, Kemp Salvato suggests having fun with cardio exercises by walking fast for a few minutes and then slow for the next few, alternating until you've hit 30 minutes. You can base your speed on distance, walking quickly for a quarter mile, then slowly the next. Racing from streetlight to streetlight or from house to house—with a slower pace in between sprints—counts, too.

The beauty of walking is that you can modify it to suit your lifestyle, whether you have to fit exercise in between picking up the kids and making dinner or do it on your lunch break from work. Your start can be slow or speedy. Do it alone or with a friend. "Most sports require a certain level of fitness or body type—strength, ideal body weight, good alignment without knee problems and back problems," says Kemp Salvato. "Walking really welcomes everyone with open arms."

Elders Lunch

Thursday, November 7, 2019

11:30 AM

CTCLUSI Eugene Outreach Office

135 Silver Lane, Suite 200

Eugene, OR 97404



RSVP by Tuesday, November 5, 2019

Please call the RSVP line at 541-435-7155

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

LIMITED TRANSPORTATION IS AVAILABLE



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

*Welcome New Tribal Elder
Sheila Clark*

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



Linnea Ekman

Linnea Ekman

- Coos
- Immediate Family:**
- Wife of Skip Ekman. Mother of two daughters: Martie Ekman and Kristie Hutchinson. Mother-in-law to Jake Hutchinson. Proud Grandma to four grandsons: Trent, Issaq, Garrett, and Chase, one granddaughter: Kenzie, and one great-grandson: Az-eriah.

Proudest Accomplishments:

- Her daughters, grandchildren, and great-grandchild.
- Working as a 4-H Club Leader for 25 years!

Bucket List:

- Travel the States.
- Watch grandchildren grow up.
- Enjoy Tribal events.

Favorite Hobbies:

- Gardening.
- Native crafts, i.e. beading and leatherwork.
- Going on road trips.

Favorite Sayings:

“Honor the Circle. You’ll never go wrong.”



Ronald Jordan

Ronald Jordan

- Coos
- Immediate Family:**
- Son of the Late Eugene Jordan, and Betty Simmons. Father of Ronald Eugene Wieser. Husband of 30 years to Debbie Jordan.

Proudest Accomplishments:

- Owning his home.
- Being a lifelong Construction Worker.
- Getting to enjoy his favorite hobbies.

Bucket List:

- Travel.
- Camping.
- Enjoying his life.

Favorite Hobbies:

- Hunting.
- Fishing.
- Riding his Harley.

Favorite Sayings:

“Live free and have a good time while you can.”

Upcoming Elders Committee Meeting

Novemeber 7, 2019
1:00 p.m.

Following the Elders Luncheon at the Eugene Outreach Office

Eugene Elders’ Picnic

Contributed by Kimmy Bixby, CHA

Our Eugene Elders’ Luncheon was held at Emerald Park in a nicely covered shelter with shade and a cool breeze. We enjoyed delicious fried and baked chicken, macaroni salad, potato salad, fresh fruit, and even some cupcakes for dessert. Beverages included water and lemonade. Our guest speaker, Emily Farrell from Senior & Disabled Services presented, handed out pamphlets and answered many questions our Elders asked. After lunch a few of the Elders enjoyed a game of lawn darts — our reigning champion is Phyllis Howlett! A couple of other Elders tossed an eight-pound medicine ball back and forth to each other, and two elder sisters enjoyed the swings on the playground. It was a small, intimate group but I think we all had a great time and walked away with some useful information, full bellies and a good workout!



Photographs by Kimmy Bixby



Inactivity in Seniors With Prediabetes Ups Type 2 Risk

By Miriam E. Tucker / www.diabetesforecast.org
Contributed by Armando Martinez, CHA and Diabetes Coordinator

For older adults with prediabetes, a period of temporary inactivity — during illness or injury, for instance, can raise the risk of developing type 2 diabetes. In a study, 22 overweight adults ages 65 to 79 with prediabetes reduced their usual activity levels to less than 1,000 steps a day for 14 days and then returned to their normal activity level of about 7,000 steps per day for two weeks. Oral glucose tolerance tests showed that they were more insulin resistant after the inactivity and didn't return to normal even two weeks later. (Because of the short length of the study, it's unclear whether levels might have eventually returned to normal—or progressed to type 2.) Maintain your activity levels as much as possible and discuss with your doctor options for blood glucose management when you can't be active.

Source: *The Journals of Gerontology*

PUMPKIN JUICE

Brooke Wheeler, Guest Blogger, FingerPrickinGood.com

It seems that so much emphasis is put on creating low-carb recipes for people with diabetes in an attempt to prevent high blood sugar. But what about a fun recipe to have on hand for when your child's blood sugar is a little low?

The simple solution to raise blood sugar for many parents is a juice box, but my son tends to enjoy it if we have a more interesting alternative available from time to time. Because of that, I've created a pumpkin juice concoction that's really simple to make (ahead of time, before it's needed, of course), and it utilizes the same types of juices you'd normally use to treat a low, just combined with a couple extras for added flair.

Lows are certainly no fun, but they offer a brief break from our family's typical avoidance of sugary foods, and my son can actually appreciate that to some degree. Recently I gave him this pumpkin juice when he was running a bit low after his soccer game, and he loved it! It makes a really nice change of pace from the typical pick-me-ups.

Serves: 9

Nutritional Information:	2 Cups Orange Juice
Serving Size: ½ Cup	¾ Cup Pumpkin Puree
55 1g 0g 1g 13g	1 tsp. Pumpkin Pie Spice

Ingredients
2 Cups Apple juice

How To Make It:
Add all ingredients to a blender and blend until well combined. Store in the refrigerator and serve in the event of a low blood sugar episode. (The juice does settle after being refrigerated, so it's easiest to store in ½-cup portions in individual lidded plastic containers, then shake before consuming.)

Disclaimer: The experiences and suggestions recounted in these articles are not intended as medical advice, and they are not necessarily the "typical" experiences of families with a child who has type 1 diabetes. These situations are unique to the families depicted. Families should check with their healthcare professionals regarding the treatment of type 1 diabetes and the frequency of blood glucose monitoring.

HONEY-KISSED HARVEST SALAD

Recipe from www.diabetesforecast.org
Makes: 6 Servings
Serving Size: 1 cup

Ingredients:

- | | |
|------------|-------------------------------|
| 1/3 Cup | Canola Oil |
| 3 Tbsp. | Cider Vinegar |
| 1 Tbsp. | Fresh Lemon Juice |
| 2 Tbsp. | Honey |
| 1-1/2 tsp. | Dijon Mustard |
| 1/2 tsp. | Garlic Powder |
| 1/4 tsp. | Black Pepper |
| 1 lb. | Shredded Fresh BrusselSprouts |
| 1 | Granny Smith Apple, diced |
| 1 tsp. | Lemon Juice |
| 1/3 Cup | Pomegranate Arils |
| 1/4 Cup | Chopped Walnuts |



Per Serving:	
Calories	220
Fat	16g
Saturated Fat	1.3g
Trans Fat	0g
Carbohydrate	19g
Fiber	4g
Sugars	12g
Cholesterol	0mg
Sodium	50mg
Potassium	385mg
Protein	4g
Phosphorus	80mg

Choices:	
Fruit	0.5
Carbohydrate	0.5
Nonstarchy Vegetable	1
Vegetable	1
Fat	3

Directions:

1. In a small bowl, whisk together all of the dressing ingredients. Set aside.
2. Place the brussel sprouts in a large bowl.
3. In a small bowl, toss the diced apple with the lemon juice. Add the apples to the brussel sprouts, along with the remaining ingredients. Pour the dressing over the salad and toss until evenly coated. Serve immediately.

Adapted from Mr. Food Test Kitchen Guilt-Free Comfort Favorites by Howard Rosenthal, released May 2018.

Pumpkin Soup

The New Family Cookbook for People with Diabetes

Ingredients:

- | | |
|--|---|
| 2 tsp. Margarine | 2 tsp. Sugar |
| ¾ Cup Chopped Onion | 1/2 tsp. Salt |
| One 16-ounce Can Pumpkin Puree (not pumpkin pie filling) | 1/8 tsp. Ground Cloves or Ground Nutmeg |
| 2 Cups Homemade Chicken Broth OR Canned Reduced-Sodium Chicken Broth | 1 Cup Fat-Free Milk |

Directions:

Melt the margarine in a medium saucepan. Saute the onion until softened, about 5 minutes. Add the pumpkin, broth, sugar, salt, and cloves; stir to mix well. Bring to a boil; reduce the heat and simmer for 15 minutes. Puree until smooth in a blender or food processor. Return to the saucepan. Add the milk; heat thoroughly but do not boil. Serve at once.

Nutritional Information Per Serving:

Calories	89
Fat	3
Sodium	318 mg
Cholesterol	1 mg
Protein	4 g
Carbohydrates	15 g

Diabetic Exchanges:
1 Starch

Recipe Yield: 5 servings (1 cup each)

All recipes contributed by Armando Martinez, CHA and Diabetes Coordinator

Rocky Butte Coffee Roaster Finalist for Business Impact NW Grant

Contributed by MJ Korieva, Small Business Incubator Manager

CTCLUSI Tribal Member James Helms, founder of Rocky Butte Coffee Roasters, was selected as one of the Top 8 Finalists to compete for Business Impact NW's *Impact Pitch*. Two winners of the *Impact Pitch* received a \$10,000 grant.

2 years ago, James and his business partner Nathan Dunbar, started Rocky Butte Coffee Roasters as a subscription based supplier of specialty coffee. Unlike the rest of Portland, the Rocky Butte neighborhood lacks the community based programs like Farmer's Markets and walkable coffee shops & cafes. James insisted that the location of their café & roastery be in the Rocky Butte area, a neighborhood long overlooked for improvement. James is committed to making a change in their community.



Left to Right: Nathan Dunbar, Bryan Atkinson, CTCLUSI Tribal Member James M. Helms

LivePlan

James contacted CTCLUSI's Small Business Incubator for help in writing a business plan for a café & coffee roastery. Using LivePlan, a cloud-based program to create a business plan and ongoing business management, James and Nathan conducted work sessions via ZOOM meetings with MJ Korieva, the Manager of the Small Business Incubator Lab.

Capital Access Team - CAT

Collaborating with the SWOCC's Small Business Development Center, James and Nathan were able to work with SBDC's Capital Access Team (CAT). CAT paired them with coffee industry analysts and financial managers who gave them direct feedback on their business plan. Bryan Atkinson joined their management team to help with Marketing and development of the retail coffee shop.



Impact Pitch

Business Impact NW's mission is to help small businesses grow so local communities can thrive. They empower a talented and diverse community of entrepreneurs, supporting the continual growth of local small businesses through micor-enteripse. Each year they sponsor the *Impact Pitch* where they grant \$10,000 to two start-up businesses. Open to start-up businesses in Washington, Oregon, Idaho and Alaska, James decided to enter Rocky Butte Coffee Roasters for the *Impact Pitch*. Out of the 53 entrees Rocky Butte Coffee Roasters made it into the TOP 8.

At the live Final Pitch held on September 19th in Seattle, Rocky Butte Coffee Roasters received one of the 5 Mission awards, a \$2,000 grant for the "Best Veteran Owned Start Up".

To see Rocky Butte Coffee Roasters video pitch, log onto:
https://www.youtube.com/playlist?list=PLoOV13VUJ7dR0V_oKX7E1BW7zk6LikPrp

THE VOICE OF CLUSI

If you or anyone in your Tribal family has had any recent special awards or achievements that you would like to share, please submit your information and photos to the newsletter.

Send info to mgaines@ctclusi.org
or call (541) 88-7536

Tribal Member Earns Engineer Badge for Alaskan Fire Department



Katrina Knowlton, great granddaughter of Roy R. Brainard, received her engineer badge in a pinning ceremony in Wasilla, Alaska on September 3, 2019.

She has been a firefighter and a paramedic for several years.

Information and photographs provided by her grandmother Madeleine Knowlton.

Dental Word Scramble

Scrambled Word	Unscrambled Word	Definition
ghsiiynte	-----	A dental provider that removes plaque and tartar from teeth and gives advice on improving oral health.
cuaulcls	-----	Mineralized plaque. This can cause gum disease, the loosening of teeth, and recession. The average time for this to form is 12 days, if plaque is left undisturbed on the teeth.
raattr	-----	Mineralized plaque. This can cause gum disease, the loosening of teeth, and recession. The average time for this to form is 12 days, if plaque is left undisturbed on the teeth.
upqlae	-----	A mix of bacteria and food that can create an acidic environment that promotes the demineralization of teeth. This can cause dental decay (cavities) and gum disease.
iggsvitnii	-----	Reversible inflammation of the gums characterized by bleeding.
noepdrotistis	-----	A serious infection of the gums that damages soft tissues and destroys the bone that supports teeth. This condition, if left untreated, can lead to loose teeth and the loss of teeth.

Make an appointment at the CTCLUSI Dental Clinic
by calling (541) 888-6433

Clinic Hours
September: Monday - Thursday: 8:00 a.m. - 5:00 p.m.
October: Tuesday - Friday: 8:00 a.m. - 5:00 p.m.

Answers to word scramble located on page 19

CTCLUSI Dental Clinic
“Show Us Your Foamies”
Contest Results

Contributed by Bobbie Broman, RDH

During the months of July and August, the CTCLUSI Dental Clinic held a contest to see who could send us the most fun and creative photograph with the Foamies safety glasses. This contest was to promote eye safety in the Dental Clinic, but also a way for folks to show us their creative side. On August 23rd, a panel of three judges (none from the Dental Clinic), were given the task of choosing the winning photo. After much deliberation, the panel chose the winning photo submitted by Dennita Antonellis-John. The winner received a basket of dental goodies, including an electric toothbrush, valued at \$40. In addition, each of the contestants that submitted a photo will be receiving a small consolation prize. Thanks so much to all who entered and continue to entertain us with their ideas on the use of Foamies outside the Dental Clinic!



Confederated Tribes of Coos, Lower Umpqua & Siuslaw
Indians

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



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

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

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



Contributed by Melissa Smith, Circles of Healing Outreach Advocate

The month of October is Domestic Violence Awareness Month and provides us with the opportunity to consider the many women that have been affected by various kinds of abuse. Statistically, Native women are more than two times as likely as non-Native women to experience domestic violence in their lifetime. Historically, we can look back and observe that violence against Native women was not traditionally accepted. Rather, women were valued, honored and respected in Native cultures. The teachings of many Tribes relate a balance between men and women. Native spiritual concepts teach how to live every day life with this balance and the feminine principle is honored and recognized for its power. The deep connection to Mother Earth also demonstrates this honoring of women (Artichoker & Mousseau, 2012).

In honor of Domestic Violence Awareness Month, it is important to remember that traditional Native culture holds sacred values like compassion, respect, generosity, mutual sharing, humility,

contributing, courage, love and being spiritually centered. The work to end violence against women and recreate peaceful, harmonious communities is based on reclaiming these traditional values, belief systems and life ways (Artichoker & Mousseau, 2012).

The Circles of Healing program is now sponsoring a Women’s Healing Through Traditions class one time per month that allows women to come together, share an evening meal and participate in a cultural activity. During this time, women are free to express themselves through sharing as well as connect with Native tradition and history. Through these connections, we hope to offer a space where each of us can move toward achieving balance, healing and holistic wellness. Please see our class schedule for October and November classes and keep an eye out for the tentative schedule for classes beginning in January 2020.

Resources: Artichoker, K., & Mousseau, M. (2012). Violence against native women is not traditional. National Indigenous Women’s Resource Center.

Hi' Siti Ha (Good is Our Heart) Women's Healing Through Traditions Series

October 2019	November 2019	December 2019
Smudge Kit Class - Coos Bay	Smudge Kit Class - Eugene	
Wednesday, October 23	Wednesday, November 13	No Class Due to Holiday Season
5:30 p.m. - 7:30 p.m.	5:30 p.m. - 7:30 p.m.	

For more information or to RSVP Please Contact Melissa Smith at (541) 294-2197 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.

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 Website: <http://ctclusi.org/peacegiving>

"Remember, Woman" by Reese Leyva

Remember, Woman, you were born
life giver, miracle creator, magic maker.

You were born with the heart of a thousand mothers,
open and fearless and sweet.
You were born with the fire of Queens and conquerors,
warrior blood you bleed.
You were born with the wisdom of sages and shamans,
no wound can you not heal.
You were born the teller of your own tale,
before none should you kneel.
You were born with an immeasurable soul
reaching out past infinity.
You were born to desire with passion, abandon,
and to name your own destiny.

Remember, Woman, remember
you are more than you can see.
Remember, Woman, remember
you are loved endlessly.

Remember, Woman, your power, and grace,
the depth of your deep sea heart.
Never forget you are Woman, divine,
as you have been from the start.

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

Corn Maze & Pumpkin Patch

Prevention Activity

Please Choose One

**Saturday, October 5th,
2019**

Corn Maze, Hay Rides and
Pumpkin Patch

You can Follow us from Tribal **OR**
Hall at 9:30am

Where: Mahaffey Ranch

10362 highway 241
Coos Bay, OR 97420

10:00am-1:00pm

After that we will travel to
Abby's Pizza in Coos Bay for
food and prevention education

1:30pm-3:30pm

R.S.V.P. TO 541-435-7155 OR Toll Free 1-888-365-7155

For more information contact Doug Barrett at 541-297-2130

Sponsored by CTCLUSI Family Support and Behavioral Health Services

**Saturday, October 12th,
2019**

Corn Maze & Pumpkin Patch

We will meet at
Putter's Pizza in Eugene for
prevention education, food
and games.

11:00am-1:00pm

After that we will travel to
Where: Detering Orchards

30946 Wyatt Drive
Harrisburg, OR 97446

2:00pm-4:00pm

Halloween Party

Thursday, October 31, 2019

4:00 PM-7:00PM

Community Center

388 Wallace St, Coos Bay, OR 97420

Come and join us for dinner and
Halloween fun! There will be many games, a
costume contest, as well as a pumpkin carving
contest!

All pumpkins must be carved before the event.

If you have any questions please call
Devynne Krossman at 541-808-5146.

Please RSVP to 541-435-7155 or
TOLL FREE 1-888-365-7155 by
Friday, October 25, 2019

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



Dental Word Scramble Answers:
Hygienist, Calculus, Tartar, Plaque, Gingivitis,
Periodontitis.

News Release

Together we roll... safely!



Aug. 29, 2019
For more information: Heidi Manlove,
Bike/Ped Safety Program manager,
503-986-4196

SALEM – Looking out for each other is just about to become even more important: across Oregon, school is getting back in session. Teachers are preparing classrooms and soon, students of all ages will be riding bicycles, zipping around on skateboards, walking and talking to old friends and new, all as they head to and from school. The phrase to live by, no matter which mode you use, is “Together we roll.”

Roll safely as a motorist in school zones

The rule of thumb when you are in an urban area near a school is slow down to a maximum speed of 20 mph. You’ll want to note the signs:

- In areas adjacent to school grounds:
1. Speed limits can be in effect “when flashing” OR
2. “School days 7AM to 5PM”
- At school crosswalks away from school grounds:
1. Speed limits can be in effect “when flashing” OR
2. “When children are present”

NOTE: “When children are present” is defined as when children are occupying or waiting to cross in the crosswalk or when there is a traffic patrol member at the crosswalk. “When children are present” applies only at a crosswalk away from the school grounds and applies at any time and on any day. Read on for more tips.

Other motorist tips to roll safely around kids

- Watch for children walking, biking, scooting or skateboarding to school in the morning and from school in the afternoon. They may be inattentive and excited, or they may be learning a new route, so be prepared and on the lookout.
- Slow speed = less distance to stop.
- Stop and stay stopped for people in crosswalks (and keep an eye out for those who cross streets at other spots).
- Be alert for school buses: when

overhead lights flash yellow, prepare to stop. When they flash red, stop. Children may be crossing the street in front of the bus!

- Obey school crossing guards, whose job it is to help students safely cross the street.
- Avoid distractions. It is illegal to use a handheld mobile device while driving in Oregon and you may be subject to criminal penalties.
- Follow school parking lot circulation plans; these help provide safety for pedestrians and bicyclists.

Walking safely as a student (and parents/guardians)

Walking to school is safer when children:

- Walk with an adult, responsible older sibling or in a group.
- Walk on the sidewalk, if there is one, or walk facing traffic; be extra careful around driveways or when passing through work zones.
- Walk focused and alert, not using electronic devices.
- Cross in a crosswalk and/or with the assistance of a crossing guard.
- Cross with the signal, not against it, and only cross if, all approaching cars have stopped.
- Wear bright colors and reflective gear, especially as days get shorter. Biking and other types of rolling activity are safer when children and adults alike:

- Wear a properly fitted helmet.
- Wear bright colors and reflective gear, especially as days get shorter.
- Follow all rules of the road: ride in the same direction as traffic, stop at all stop signs and signals, etc.
- Communicate with drivers by using hand signals to indicate turns and stops.

• Choose safe routes to schools, such as streets or trails with lower traffic volumes and speeds.

- Ride focused and alert, and do not use of electronic devices while riding. No matter the time of year, day or night, giving each other plenty of time and plenty of room will help ensure that we can all roll together safely.

##ODOT##

Information contributed by Kathy Perkins, Transportation Coordinator



Senior Fair 2019

Sat Oct 26 & Sun Oct 27

10am-4pm

11am-3pm



PONY VILLAGE MALL

1611 Virginia Avenue, North Bend



To Become a Vendor Contact:

Andrew Brainard at abrainard@ctclusi.org or

Dominic Jurado at dominic.jurado@bannerbank.com

Free Fair Entry

FOOD

GOODIES

FREE CLASSES

LOCAL BUSINESSES

USEFUL INFORMATION



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 ~ Cocktail Beverage Server ~ Bussperson
Food Court Runner/Dining Room Attendant
Food Court Cashier/Barista
Bonfire Food Server ~ Bonfire Host
Bonfire Chef ~ Line Cook ~ Dish Machine Operator
Food Court Outlet Cook
Guest Room/Laundry Attendant
Banquet/Event Coordinator
Special Events Team Member
Production Coordinator
Slot/Keno/Bingo Attendant ~ Table Games Dealer
Casino Service Host
Soft Count Team Member
Environmental Services Technician 1

Three Rivers Casino Resort ~ Coos Bay

Electronic Gaming Machine Team Member

Blue Earth

No Openings

Tribal Government Offices

Director of Natural Resources, Coos Bay
Certified Alcohol & Drug Counselor II, Coos Bay
Accounting Specialist II, Coos Bay
Special Events Employee, Assignment Varies



<http://ctclusi-int.atsondemand.com/>

Go to **Job Opportunities** on the website for full
job posting and to Apply Online

Updated Daily

Or call Recruitment at 541-902-3821



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

Fun STARTS HERE

THREE RIVERS CASINO COOS BAY

WIN UP TO

\$2,500

**OUTHOUSE
to Penthouse**

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

WEDNESDAYS FROM 6PM-9PM

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

**BIG CASH
Bonanza!**

Win \$1,000!

TUESDAYS • 6PM-8:30PM

HE'S BACK!

**FIND
BIGFOOT**

THURSDAYS
6PM 7PM 8PM

THREE RIVERS
CASINO

COOS BAY

541-808-9204 | THREERIVERSCASINO.COM