The Voice of CLUSI



October 2020

Volume 21 www.ctclusi.org

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

CTCLUSI Reflects on 36th Year of Restoration



The statue of Amanda, a blind Coos woman forced to march to the Alsea Reservation, is immortalized in our oral histories as well as in stone outside the modern day city of Yachats, Oregon. Pictured above, Amanda is gifted by Tribal members and community members each year during Restoration Celebration and the Annual Peace Hike for each New Year. We look forward to when we can gather again in celebration.

Contributed by Debbie Bossley, Tribal Council Chair

In 1855 the Tribes signed the Oregon Coast Treaty but it was never ratified. In 1954 The Western Oregon Termination Act is passed by Congress severing relations with 43 Tribes and bands of Indians in Western Oregon. In 1984, after years of hard work, Public Law 98-481 restores Federal recognition to the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians.

Since our Restoration, October 17, 1984, some of the Tribes major accomplishments are: the return of our Forest Lands of just under 15 thousand acres; the return of Naval Facility at Coos Head; the return of Gregory Point; our purchase of the old Elks building in Coos Bay, now the Administration building which also houses our Dental Clinic, that was recently remodeled and expanded; the economic development of Three Rivers Casino and Hotel in Florence and the Three Rives Casino in Coos Bay Oregon; the purchase of the old Camp Easter Seal property in Lakeside OR; and Housing for our Tribal membership in North Bend and Florence, Oregon.

Due to our countries current state, with the COVID -19 Pandemic and the recent devastating fires in Oregon, Washington and California, we will not hold an in-person celebration for our Restoration this year. We would like to invite you all to please visit the Tribes website at www.ctclusi.org for images from past Restoration events of our pride in history, culture and accomplishments. Giving thanks to all of the members before us that worked so hard toward our Restoration and helped to pave a path for our future success for many generations to come. Special thanks to all those who work so diligently towards our Restoration in 1984. Also sending thanks to all our Tribal Council leaders since Restoration who worked towards achieving the accomplishments listed above and for so much more. Everyone please stay safe. We hope to see you all next year!

-Debbie Bossley, Tribal Council Chair

Tribal Forest Lands CLOSED

Please turn to page 5 to read the CTCLUSI Press Release and Resolution 20-074 issued September 13, 2020 of Emergency Declaration and Closure of Tribal Forest Lands

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

Tribal Council Business

Activity of Elected Tribal Council Members from August 9, 2020 - September 13, 2020. All Meetings via teleconference or by video.

Chief	Doc Slyter:		Мар	9-17	Cultural Coalition Meeting
8-9	Tribal Council Meeting	8-20	Oregon Dept. of Forestry and	0 17	University of Oregon reopening
8-11	Cultural Coalition		CTCLUSI Meeting; / Leader's Circle		plan meeting/EAC/WREN meeting
			——————————————————————————————————————	8-18	WREN Staffing Info Session/
8-12	Water Quality Taskforce-Lakeside	8-21	State-Tribal COVID Response	8-19	Housing Committee meeting/
	Hollering Place Review		Efforts Call	0 10	Continuing SB Storymap Review
8-13	Cultural Committee Mtg	8-24	Pre-meeting for OR Dept of Energy		meeting/ WH Indian Country
	Leader's Circle		(ODOE) and CTCLUSI		COVID Update Call/ CTCLUSI
8-19	Story Map- SB 13	8-26	GFORB Meeting; / Business		Admin Exec Meeting
8-20	Oregon Dept of Forestry		Council Meeting	8-20	Federal/Tribal Coordination Call
	Talking Circle	8-27	Tribal Review of Congressional		(BIA)/ ODF Western OR HCP
8-21	Oregon State Governor Brown	-	Climate Plan; / BIA – Fed – Tribal		Meeting
0 2 1	phone conference		COVID Response Call; / WH Indian	8-21	State-Tribal call re: Covid-19
8-25	Florence-GFORB licensing		Country COVID Update Call; /	8-24	Oregon Dept. Of Energy
	<u> </u>		·		Pre-Meeting
8-26	GFORB	0.00	Leader's Circle	8-26	GFORB and Tribal Council
	Business Meeting	8-28	OR 9 Tribes Meeting; / Review of		Business meeting
8-27	Special Council Mtg		Congressional Climate Plan	8-27	Strengthening Families webinar
	Leader's Circle	8-29	Review of Congressional Climate		Federal/Tribal Coordination Call
8-28	9 Tribes of Oregon		Plan		(BIA)
	Language Committee	8-31	National Indian Health Board (NIHB):	8-28	Oregon 9 Tribes meeting
9-2	Investment Committee		Health Resources and Services		Language Committee meeting
9-3	Leader's Circle		Administration Tribal Consultation Call	8-31	NIHB HRSA Rapid Tribal
9-9	Admin Office/sign letters	9-1	OCEAN BOD Meeting; / Review of		Consultation
9-10	Forest Inventory	0 1	Congressional Climate Plan	9-1	Office of Indian Education - AI/AN
3-10	Cultural Committee Mtg	9-2	•		Advisory Committee
	<u> </u>	9-2	Review of Congressional Climate	9-2	Endowment Meeting
0.44	Leader's Circle	0.0	Plan/ Investment Committee Meeting	9-3	Federal/Tribal Coordination Call
9-11	9 Tribes of Oregon	9-3	Tribal Workgroup Review of		(BIA)/ Grant-funded educator
Total F	<u>lours 148</u>		Congressional Climate Plan; / OR		outreach project/ Leaders Circle
			Dept. of Energy and CTCLUSI	9-4	State-Tribal call re: Covid-19
	e Bossley Tribal Chair:		Meeting; / Leader's Circle	9-9	Community of Practice Virtual
8-9	Council Meeting	9-4	State-Tribal COVID Response		meeting/ Gov. Brown press
8-10	Office		Efforts Call		conference – wildfires
8-11	Cultural Coalition	9-8	OCEAN Policy Meeting; / OCEAN	9-10	Gov. Brown Fire updates and daily
8-12	Hollering Place / Office		Strategic Plan workgroup		5:00 briefing/ Federal/Tribal
8-13	Indian Country/Mapesti/SB13/	9-9	Bureau of Ocean Energy Management		Coordination Call (hosted by
0.47	Leaders Circle	3-3	(BOEM) Floating Offshore Wind		BIA)/ Special Weekly Series for
8-17	Cultural Coalition		` ,		Tribal Schools as they Reopen
8-18	Office SB13/Office		Webinar; / 2020 Census Gifting Day at		Amidst COVID-19/ Forest
8-19 8-20	ODF Western OR/Leaders Circles/	0.40	Tribal Government	0.44	Inventory Results/ Leaders Circle
0-20	Office	9-10	Tribal Workgroup Review of	9-11	Oregon 9 Tribes meeting/ Gov.
8-24	OR Dept of Energy Premiering/		Congressional Climate Plan; / BIA –	0.12	Brown Press Conference
0-24	Office		Fed – Tribal COVID Response Call; /	9-13	Budget Hearing
8-25	Office		National Tribal & Indigenous Climate	Total F	<u>lours 118</u>
8-26	GFORB/Business Mtg/Office		Conference webinar orientation; /	Doug	Barrett:
8-27	Special Mtg/Leaders Circle/Office		CLUSI Forest Inventory Results; /		Nacation at time of publication
8-28	Office		Culture Committee Meeting; / Leader's	Out or	i vacation at time of publication
8-31	Office		Circle	<u>Enna</u>	Holme
9-1	Office	9-11	OR 9 Tribes Meeting	Lilla	<u>Heilis</u>
9-2	Office	9-13	<u> </u>	8-9	Regular Tribal Council Meeting
9-3	Leaders Circle/Office		Budget Meeting;	8-11	Cultural Coalition Orientation: COVID
9-4	Office	<u>ıotai l</u>	<u> Hours: 153</u>	0 11	Relief Fund Cultural Support Program
9-8	Office	llions	Montiel	8-12	Hollering Place Project Review
9-9	Office/OTGA		Montiel:	8-13	MAPESTSI Update; SB-13 Storymap
9-10	BIA/Forest Results/Leaders Circle/	8-9	Regular Council Meeting		Review; Tribal Council Leaders Circle
-		8-11	NPAIHB Covid-19 Update		
	Office	8-12	GFORB matter/ Hollering Place	8-16	SB-13 Review

Mark Petrie, Vice-Chair:

Total Hours 194

OR 9 Tribes/Office

- 8-9 Regular Council Meeting Oregon Coast Energy Alliance Network (OCEAN) Board of Directors (BOD) meeting; / Cultural Coalition Orientation: COVID Relief Funding Discussion; / CTCLUSI Education Committee Meeting
- 8-12 Tenmile Lakes Water Quality Task Force; / Hollering Place Project Review
- Mapestsi Update; / SB13 Story 8-13 Map Review; / Leader's Circle
- **CTCLUSI Cultural Coalition** 8-17
- OCEAN BOD Meeting; / OCEAN 8-18 Monthly Update
- WH Indian Country COVID Update 8-19 Call; / CTCLUSI Admin Exec Meeting; / Continuing Review of SB13 Story
- Josh Davies:

Total Hours

Review

Workgroup

Zoom

Circle

Leader's Circle

8-13

8-28

9-10

- Tribal Council meeting 8-9 **Cultural Coalition Orientation:** 8-11
- Coronavirus Relief Fund Cultura Support (CRFCS)Program meeting/

GFORB matter/ Hollering Place

recommendation/CHAP Advisory

CCD Quarterly Board Meeting

Intro Meeting w/ Christine/ Leader's

CEO/organizational chart

Oregon Tribes Meeting

- **Education Committee meeting** 8-12 Lakeside Water meeting/ Hollering Place Review meeting
- Mapetsi update meeting/SB 8-13 Storymap Review/ Leaders Circle

- map ircle 8-19 Indian Country COVID update call; CLUS Admin Executive Meeting; Baket Purchase Meeting; SB13 Storymap 8-20 Oregon Department of Forestry Meeting; Tribal Council Leaders Circle 8-21 State-Tribal Call Oregon Department of Energy Pre-
- 8-24 Meeting
- 8-26 **Tribal Council Business Meeting**
- 8-27 BIA Federal-Tribal call; Tribal Council Leaders Circle
- 9-2 **Tribes Investment Committee Meeting**
- 9-3 Tribal Councils Leaders Circle
- 9-4 State-Tribal COVID Call
- 9-8 Governors Press Conference on Wildfires
- 9-9 Governors Press Conference on Wildfires
- Tribal Forest Inventory Results; Tribal 9-10 Council Leaders Circle
- 9-11 **OR Tribes Meeting**

Total Hours

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. Veterans are honored 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

Doc Slyter, Chief **Tribal Chief**

541-808-7625 (cell) dslyter@ctclusi.org

Enna Helms

Position #1 Council

541-297-7538 (cell) enna.helms@ctclusi.org

Debbie Bossley, Chair **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 11, 2020 Regular Meeting 10:00 a.m. **General Council Meeting** 1:00 p.m.

To practice safe social distancing guidelines, this meeting will be streamed online. Please log on to www.ctclusi.org/ councilmeetingmintues for zoom link

Agenda: Call to Order

- Invocation 2.
- Approval of Minutes as needed
- **Tribal Council Reports**
- Tribal Chief Executive Officer Report
- Chief Financial Officer Report
- 8.
- Old Business **New Business**
- 9. Other
- 10. Good of the Tribes

11. Executive Session as needed

Upcoming Events

October 7th – Culture zoom class: Fall Planting Activity with John Schaefer 6:00 p.m.

October 11th - Regular Tribal Council meeting via zoom 10:00 a.m.

October 11th - General Council meeting via zoom 1:00 p.m.

October 13th - COH zoom class,

fall decorations 6:00 p.m. October 14th - Culture zoom class: An Evening

with Councilman Doug Barrett 6:00 p.m.

October 16th - All Tribal Offices will be Closed in observance of Restoration

October 17th - Restoration Day

October 19th – FSBHS Intro to Budgeting zoom class 6:00 p.m.

October 21st - Culture zoom class:

Presentation by Jesse Beers 6:00 p.m.

THE VOICE OF CLUSI

If you or anyone in your Tribal family has had

any recent special awards or achievements that

information and photos to the newsletter. I look

forward to hearing from you! -Morgan Gaines

you would like to share, please submit your

October 22nd - Tribal Police

Prescription Drug Take Back Day in Eugene

October 23rd - Tribal Police

Prescription Drug Take Back Day in Florence

October 24th - Tribal Police

Prescription Drug Take Back Day in Coos Bay

October 27th - COH zoom class,

stencil art 6:00 p.m.

October 28th - Culture zoom class:

Spooky Storytelling with Patty Whereat Phillips 6:00 p.m.

November 8th – Budget Hearing via zoom 9:00 a.m.

November 8th - Regular Tribal Council meeting via zoom 10:00 a.m.

November 26th – Thanksgiving Day,

All Tribal Offices will be Closed

November 30th – Deadline to complete

Forestry Survey (www.ctclusi.org) Ongoing traditional language classes from

Sept. 28th - Dec. 4th 3:00 p.m. - 5:00 p.m. (See page 20 for class schedules)

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 etters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

Government Office

Stephanie Watkins Interim CEO & Director of **Human Resources** 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-999-1360 swatkins@ctclusihr.org

Health Services Division

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

Department of Human Resources

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

Tribal Housing Department

Laura Fortin - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7504 Fax 541-435-0492 lfortin@ctclusi.org

Purchased/Referred Care

1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-4873 Toll free 1-800-227-0392 Fax 541-888-5388 prc@ctclusi.org

Education Department

Josh Davies, Education Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1314 Cell: 541-297-4105 Toll free 1-888-280-0726 jdavies@ctclusi.org

Family Support and Behavioral **Health Services**

2110 Newmark Avenue Coos Bay, OR 97420 Phone 541-888-1311 Toll Free 1-800-618-6827 Fax 541-888-1837

Tribal Dental Clinic

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

Elders Activities Iliana Montiel

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

Tribal Court

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

Cultural Department

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

Eugene Outreach Office

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

Mailing: P.O. Box 2000 Florence, OR 97439

Florence Outreach Office

Physical: 3757 Hwy. 101

Phone 541-997-6685 Toll Free 1-866-313-9913 Fax 541-997-1715

Tribal Gaming Commission Brad Kneaper

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

Tribal Police

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

Department of Natural Resources

Roselynn Lwenya, Ph.D. Director of Natural Resources 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 Fax 541-888-2853 rlwenya@ctclusi.org

Resolution Summaries

RESOLUTION NO.: 20-060 Date of Passage: July 29, 2020,

Subject (title): Vaughn Viaduct and Coal Bank Slough Bridges MOA **Explanation:** The Tribal Council approves this MOA among the US Dept. of Transportation, Maritime Administration, Oregon International Port and

CTCLUSI. Vote 7-0-0

RESOLUTION NO.: 20-061

Date of Passage: July 29, 2020

Subject (title): Approval of FY2020-2021 Memorandum of Agreement with

the Indian Health Service- Well & Septic Program

Explanation: The Tribal Council approves this MOA to provide services for

Tribal Members. Vote 7-0-0

RESOLUTION NO.: 20-062 Date of Passage: July 29, 2020

Subject (title): JCM Global Exclusive Purchasing agreement

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-063

Date of Passage: July 29, 2020

Subject (title): Scientific Games Order

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-064

Date of Passage: July 29, 2020

Subject (title): Scientific Games Order

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-065 Date of Passage: July 29, 2020

Subject (title): Aristocrat Tech. Games Order

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-066

Date of Passage: July 29, 2020

Subject (title): IGT Machine Add/Change Order

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-067 Date of Passage: July 29, 2020

Subject (title): IGT Machine Add/ Change

Explanation: The Tribal Council approves this agreement for Three Rivers

Casino and Hotel. Vote 7-0-0

RESOLUTION NO.: 20-068

Date of Passage: August 8, 2020

Subject (title): Sixth Amended Contract for Judicial Services with J.D.

Williams

Explanation: The Tribal Council approves this contact. **Vote 7-0-0**

In this public paper, some Resolution titles and explanation may not be displayed or may only display minimal details due to confidentiality.

The National Child Traumatic Stress Network

Wildfires: Tips for Parents on Media Coverage



Wildfires: Tips for Parents on Media Coverage

While the media (television, radio, print and the internet) can help inform and educate you and your children during wildfires, media coverage unfortunately also has the potential to upset and confuse. As parents, you can protect your children by helping them understand media coverage while limiting their exposure to distressing images.

The impact of media coverage will be different depending upon whether you are:

- A family currently evacuated viewing for the first time your home or neighborhood destroyed
- A family viewing images from home of a wildfire nearby which could spread to your area
- A family who has been affected by fire in the past
- A family not directly threatened who is viewing news about the impact that wildfires are having on others (loss of their home, belongings, pets, school or church buildings)

Children and families who suffer loss in the wildfires are the most vulnerable to negative effects from excessive media viewing.

Understanding Media Exposure

- Media coverage can produce increased fears and anxiety in children.
- The more time children spend watching coverage of the wildfires, the more likely they are to have negative reactions.
- Graphic images and news stories of loss may be particularly upsetting to children.
- Very young children may not understand that the coverage and repetition of images from an
 earlier or past event is a replay. They may think the event is continuing to happen or is
 happening again.
- Excessive exposure to the media coverage may interfere with children's recovery after an
 event.

What Parents Can Do to Help

- Limit Your Children's Exposure to Media Coverage
 - o The younger the child, the less exposure s/he should have.
 - You may choose to eliminate all exposure for very young children.
 Play DVDs or videotapes of their favorite shows or movies instead.
 - o Consider family activities away from television, radio, or internet.
- Watch and Discuss with Children
 - Watch what they watch.
 - Discuss the news stories with them, asking about their thoughts and feelings about what they saw, read, or heard.
 - Ask older children and teens about what they have seen on the internet, in order to get a better sense of their thoughts, fears, concerns, and point-of-view.

- Seize Opportunities for Communication
 - Use newsbreaks that interrupt family viewing or newspaper images as opportunities to open conversation. Be available to talk about their feelings, thoughts, and concerns, and reassure them of their safety and of plans to keep them safe, if needed, such as evacuation.
- Clear Up Any Misunderstandings
 - Don't presume you know what your children are thinking; ask if they are worried and discuss those worries with them, reassuring them as needed.
 - Ask questions to find out if your children are understanding the situation accurately; they may think they are at risk when they are not.
- Monitor Adult Conversations
 - Watch what you and other adults say about the wildfires or the media coverage in front of the children; children often listen when adults are unaware and may misconstrue what they hear.
- Let Your Children Know about Successful Community Efforts
 - You may want to share positive media images, such as reports that the fire has been contained in areas or news stories of people or animals brought to safety.
 - Reassure your children the firefighters are working very hard to put out the fire. This
 will give them a sense that adults are actively taking steps to protect them, their
 home, their pets, and their neighborhood.
- Educate Yourself
 - Learn about children's common reactions to wildfires or other natural disasters.

 Many that many children are reciliant and cone well, but some may have continue.
 - Know that many children are resilient and cope well, but some may have continuing difficulties. These reactions vary with age and exposure to the event.
 - For more information, see <u>Parent Guidelines for Helping Children Impacted by Wildfires</u>.

When Your Family is Part of the Story

- Know Your Limits
 - Decide if it's a good idea for you or your children to talk to the media. While it's natural to want to tell your story, the media may not be the best place to do so.
 - natural to want to tell your story, the media may not be the best place to do so.
 Think about what you are willing and not willing to discuss. You have the right to set limits with reporters
 - o Ask the reporter for the purpose of the story and its content.
- Protect Your Children
 - Make sure the reporter has had experience working with children in the past.
 - Talk it over with your children before they are interviewed. Assure them that there are no wrong answers.
 - Let them know they can say "no" to any question and they can stop the interview at any time.
 - Be present when your child is interviewed. Stop the interview if s/he becomes upset or distressed in any way.

 After the interview, discuss the experience with your children. Praise them for doing a
 - great job and listen carefully to any concerns they have.
 Prepare your children that the final media story may be very short or may be edited in ways that do not reflect their experience.

Further information about children, families, and wildfires can be found at the website of the National Child Traumatic Stress Network, <u>www.NCTSN.org</u>.

Tribal Forest Land CLOSED **Until Further Notice**



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS TRIBAL GOVERNMENT

1245 Fulton Avenue - Coos Bay, OR 97420 Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853

September 13, 2020

FOR IMMEDIATE PRESS RELEASE

CTCLUSI Forest Lands Closure

The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians (CTCLUSI) are announcing the closure of all Tribal forest lands due to extreme fire conditions until further notice.

Wildland fires continue to threaten life, property and resources throughout the western states of Washington, Oregon and California. We join our Federal, State and private land management partners in this closure during these extreme and dangerous fire conditions. The combination of high heat, significant wind events and dry conditions, combined with regional limitations of our wildland fire fighters and resource support, have contributed to these unprecedented events. We offer our prayers and support to all those involved in meeting the demands of this threat.

CTCLUSI Second Budget Hearing

Tribal Member input is sought on the construction of a Fiscal **Budget for the 2021 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 2021 Calendar Year

> The Hearing will be held via Zoom meeting before the start of the Regular Council Meeting

> > To get the zoom link please login to

www.ctclusi.org/councilmeetingminutes

November 8, 2020 at 9:00 a.m.

Written comments may be submitted to the following address:

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



The Family Support and Behavioral Health Department is continues offering Heating or Cooling Assistance during the summer months for qualifying households. To receive heating or cooling assistance contact the FSBH Department or fill out an application on the CTCLUSI website at https://ctclusi.org/ family-services. Eligible households must reside in the five county service area of Coos, Curry, Lincoln, Douglas, and Lane, and fall into 60% of the Estimated Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following:

Low Income Home Energy Assistance Program

1 Person Family \$24,549 2 Person Family \$32,103 3 Person Family \$39,656 **4 Person Family** \$47,210 **5 Person Family 6 Person Family** \$62,317

Oregon Trail Card



Current Oregon Health Plan Card

In order for your application to be processed and determine qualification you must provide:

Proof of Income (Pay Stub) Social Security Card Copy of your utility bill SSI or SSDI Statement of Benefits **Tribal Enrollment Card Child Support Statement**

No appointment is necessary as Tribal Households can obtain and fill out the application on-line at https://ctclusi.org/family-services or you contact a Family Support and Behavioral Health staff to assist you. The general FSBH Department number is 541-888-6169. If you have any questions regarding the LIHEAP program you can also contact Shayne Platz at 541-297-3450.

*Note that available funding can be subject to change



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS

1245 Fulton Avenue - Coos Bay, OR 97420 Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853

RESOLUTION NO: 20 - 074

Date of Passage: September 13, 2020

Subject (title): Emergency Declaration and Closure of Tribal Forest Lands

WHEREAS: Under Article VI, Sec. 2 of the Constitution of the Confederated Tribes of Coos Lower Umpqua and Siuslaw Indians of Oregon ("Constitution"), the Tribal Council is authorized to exercise all legislative and executive authority of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

WHEREAS: Under Article VI, Section 4 of the Constitution, all final decisions of the Tribal Council shall be embodied in ordinance or resolution; and

WHEREAS: High temperatures, low humidity and wind have combined to create extreme wildfire conditions; and

WHEREAS: Wildfires have engulfed forest across the State of Oregon, destroying homes and business, and resulting in the death and injury of many people, including tribal members within the Tribe's service area, which encompasses Coos, Curry, Lincoln, Douglas and Lane counties; and

WHEREAS: Within the State of Oregon 900,000 acres have burned and more than 500,000 people are under evacuation or pre-evacuation orders, and local, county, state, and federal firefighting resources are spread dangerously thin;

WHEREAS: Use of Tribal forest lands under current conditions increases the risk of uncontrolled wildfires resulting in the loss of Tribal cultural and natural resources, and lives; and

WHEREAS: Temporary closure of public access to Tribal forest lands will reduce the

WHEREAS: Considering the current, extreme wildfire threat, loss of life and property, and lack of firefighting resources state wide, in the interests of public safety, it is imperative that the Tribe to declare a state of emergency and close Tribal forest lands and other unoccupied lands to prevent harm to Tribal members and Tribal resources.

RESOLUTION NO: 20 - 074

Date of Passage: September 13, 2020

Subject (title): Emergency Declaration and Closure of Tribal Forest Lands

THEREFORE, BE IT RESOLVED, that the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians' Tribal Council hereby declares a state of emergency, until further notice, due to the threat of damage from and in response to the widespread wildfires in the State and within the Tribe's service area.

BE IT FURTHER RESOLVED, that Tribal staff shall pursue state and/or federal emergency resources that may be available to provide assistance to tribal members impacted by wildfires.

BE IT FURTHER RESOLVED, that the Tribal Council Chairwoman is hereby authorized to execute any and all documents, and take any and all actions, necessary to facilitate the Tribe's access to, and participation in, tribal, state and federal emergency and disaster

BE IT FURTHER RESOLVED, that the Tribal Government Chief Executive Officer is hereby designated as the Tribe's Emergency Program Manager/Emergency Operations Plan Manager ("EPM") under applicable tribal, state and federal law, and she may delegate such authority as appropriate;

BE IT FURTHER RESOLVED, that the EPM is hereby authorized to activate the Tribe's Emergency Response Team ("ERT"), which shall be comprised of appropriate Tribal Employees, including but not limited to the EPM, the Chief of Police, the Tribal Government CFO, the CEO for the Tribe's gaming operations, and the Director of Community Health and Wellness Programs;

BE IT FURTHER RESOLVED, that the Tribal Government is hereby designated as the Tribe's Emergency Management Agency ("EMA"), pursuant to ORS 401.305, and shall perform emergency program management functions within the Tribe's territorial jurisdiction, and may perform such functions outside the Tribe's territory, consistent with any mutual aid or cooperative assistance agreement or as requested and authorized by the county or city in whose territorial limits the emergency functions are performed;

RESOLUTION NO: 20 - 074

Date of Passage: September 13, 2020

Subject (title): Emergency Declaration and Closure of Tribal Forest Lands

BE IT FURTHER RESOLVED, that the Tribal Council hereby declares, until further notice when the risk of wildfire is reduced, the closure of all Tribal forest lands and tribally-owned unoccupied lands (depicted in the attached map) to any unauthorized access.

BE IT FURTHER RESOLVED, that the Tribal Council declares that any unauthorized access to the closed lands is prohibited and that unauthorized entry shall constitute a trespass under Section 3-3-20 of the Tribal Code and any applicable federal law.

BE IT FINALLY RESOLVED that appropriate Tribal staff shall continue to maintain coordination and collaboration with relevant local, state and federal agencies to ensure the continued protection of Tribal members and lands.

CERTIFICATION: On September 13, 2020, this Resolution was approved at a Tribal Council Meeting held this date, and the vote was:



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

Łe' Łəx (Medicine) of the Month: Bog Cranberry

Contributed by Ashley Russell, Water Protection Specialist

Parts of Plant Used: Leaves and Berries

Herbal Actions: Bog Cranberry is native to our Ancestral Territory and is much smaller and rarer than the eastern cranberry (Vaccinium macrocarpon). In addition to other vaccinium species (huckleberry, blueberry, bilberry, grouse whortleberry, etc...), these little cuties are known for their anti-diarrheal, antimicrobial, anti-septic, antioxidant, diuretic, hypoglycemic, and genoprotective and anti-cancer effects. They are especially high in proanthocyanidins, which deter certain bacteria associated with urinary tract infections and ulcers from adhering to the urinary tract and stomach linings. Moreover, bog cranberries are a great source of calcium and vitamins c and k.

Cranberry Lip-Gloss:

<u>Ingredients</u>

- 1 tbsp almond oil
- 1 tsp raw honey
- 1 tsp petroleum jelly or petroleum jelly alternative
- 10-12 cranberries

Directions

Take the first three ingredients (almond oil, honey, and petroleum jelly) and mix them together in a microwave safe bowl.

Place in the microwave for 1-2 minutes until it begins to bubble/boil.

Carefully remove bowl from microwave and mash the cranberries into the mixture well.

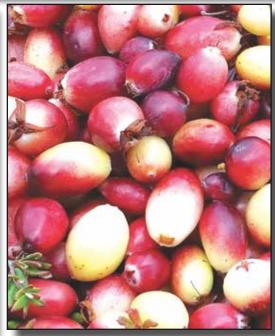
Allow mixture to cool to room temperature. Remove the cranberry skins.

Store your finished lip gloss in an aluminum tin or glass jar. Source: https://www.healthbenefitstimes.com/cranberry/

Scientific Name: Vaccinium oxycoccos







Photograph credits: Top Flower: John Schaefer, Left single berry: Matt Hunter, Right many berries: John Schaefer



THE CULTURE
AND NATURAL
RESOURCE
DEPARTMENT
&
PREVENTION
PROGRAM
NEEDS
YOU!

As part of our department's 'Stay at Home and Gather' initiative, we are seeking Tribal members and families who are interested in helping us develop virtual tutorials that highlight cultural activities and teachings for our Tribal membership. Our hope is that we can help Tribal members and families feel closer together and empower them to practice their culture wherever they are, even during these unprecedented times. If you would like to be a part of this initiative and share video(s), photos, and/or short clips of you practicing your culture at home, please contact: Jesse Beers at **jbeers@ctclusi.org**. Any video(s), photos, and/or short clips shared will be subject to approval by the Culture Committee and will be posted to the Tribal Website and a closed group Tribal Member only Facebook page. Thank you for your support in this endeavor and we can't wait to hear from you. Stay Well!

Tribal Weaving Program Updates

Dear Coos, Lower Umpqua, and Siuslaw people,

If you do not know me yet, I am Sara Siestreem (Hanis Coos). I am an artist and educator and I run our Tribal Weaving Program. I am writing to you today to let you know I am thinking of you and holding you close in my thoughts and prayers as we pass through these difficult times. As we sink into fall, I hope you are finding your way in remote learning and other new strategies for this ever shifting challenge of the pandemic.

In our September newsletter I go into some detail about digital resources that may be of use to you in these times, below are those links, please refer to the Sep. issue if you want more info:

All ages: https://whenriversweretrails.gamepedia.com/When_Rivers Were Trails

Highschool and College: https://www.amazon.com/Knowing-Native-Nancy-Marie-Mithlo/dp/1496202120

Our Weaving Program will resume in 2021 in person if it is safe for us to share space but if not, we will create new ways to connect through digital means. One tool I am currently building for you is a new weaving tutorial. I am working with three tribal film makers for this project. Isaac Trimble (Apache/Yaqui), LaRonn Katchia (Warmsprings), and Woodrow Hunt (Modoc). We finished

the shooting for the project in September at the Chehalem Cultural Center inside the exhibition CACHE NINE: the hope material (how to be not scared in a pandemic) and will be going into editing and review this month and next. Our goal is that it is live on the website by January 1,2021.

https://www.chehalemculturalcenter.org/ exhibitions/2020/6/2/cache-installation-by-sara-seistreem

This month I am having a solo exhibition titled BLUE SALMONBERRY at Augen Gallery in Portland. This exhibition will be comprised of large paintings as well as an installation. I hope you will drop in if you happen to be up here. If you are coming through town, please reach out, I would love to give you a tour of the show.

This year, I will be representing our culture on the national stage as a Nia Tero Fellow. I will be working with a cohort of seven other Indigenous artists (one is a former student of mine) from around the land mass to create community and culture. I look forward to sharing this work with all of you as the year unfolds. https://www.niatero.org/pnw-arts

I want to reiterate my sentiments from last month, in expressing my love and support of our Black brothers and sisters on the land mass and especially for our Black tribal people and family members. You are sacred and beloved. We see you and stand with you, both in our hearts and on the land.

Please know that I am standing by to support you as you navigate these times. I am just an email, phone call, or face book chat away! Please reach out however and whenever you want. Please keep wearing your masks, gloves, and practicing social distancing. Reports confirm that these tactics were critical for stopping the virus all around the world. Stay safe and know we are working to find ways to keep our hearts connected to one another.

Luuwii,

Sara Siestreem (Hanis Coos) sarasiestreem@hotmail.com









Photographs provided by Sara Siestreem Painting below left: First Roots of the Year Painting below right: It's All Indian Land







Tribal Forest Land Updates

Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

Smith Tract

This is a second in a series of articles describing another CTCLUSI forest land tract – Smith (Huunat's). Conveyed under the Western Oregon Tribal Fairness Act of 2018, this 4,935-acre tract lies nearly in the center of the Tribe's Ancestral Territory. As with all seven tracts conveyed under the Act, these lands were once held and managed by the Bureau of Land Management.

The predominate timber is second growth Douglas-fir stands. Inventory data shows significant amounts of Western Red Cedar, but this is not readily apparent when driving the roads since it likely is along the streams in the deeper canyons. The Red Alder occurs



Tree Species

throughout the tract and alongside the roadways. A small volume of Western Hemlock, a shade tolerant tree species, rounds out the group. The forest is relatively young, between 20 to 60 years of age, but there are pockets of stands

of trees well above 200 years and greater. The understory has a more difficult time competing because of the lack of sunlight to the forest floor, but where it occurs it is dominated by Vine maple, Salmonberry, Rhododendron, Evergreen and Red huckleberry, and Oregon grape.

The tract contains several named streams including Johnson Creek dissecting roughly the middle of the tract, Rachel Creek and Bear Creek tributaries to the west, and West Fork Smith Creek tributaries to the east. The creeks drain into the Smith River, which winds its way west to Reedsport, OR to connect with the Umpqua River a short distance from the mouth of the river. Tribal history tells us the Smith tract and surrounding areas were important fishing grounds, especially for lamprey (eels) and salmon.

The drive alone is worth the visit to this special tract. The tract can easily be accessed from the Smith River Road as it winds gently along the river. At the Smith Store, a paved BLM road continues to follow along Smith River passing the beautiful Smith River Falls. Within three miles, BLM Road 291 heads north into the tract and continues along the east side for about three miles until it exits Tribal land as the road crosses onto the US Forest Service, Siuslaw National Forest. A bit of a brush drive, this east-west road continues and within 2 miles, a southbound road takes you back into the west side

of the tract and finally back out to the Smith River Road.



Water storage pond on the CTCLUSI Smith Tract, used when needed for wildland fire suppression efforts.

Tribal Forest Lands CLOSED Until Further Notice

September 13, 2020

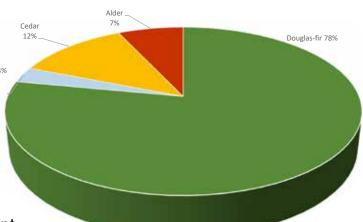
FOR IMMEDIATE PRESS RELEASE

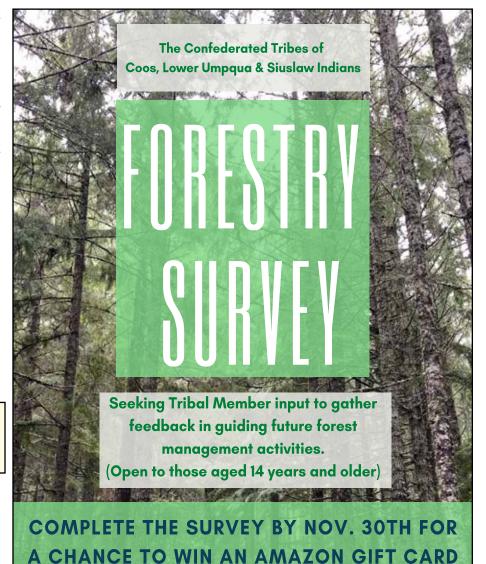
RE: CTCLUSI Forest Lands Closure

Resolution of this Declaration of Emergency Closure to Forest Lands is on page 5

The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians (CTCLUSI) are announcing the closure of all Tribal forest lands due to extreme fire conditions until further notice.

Wildland fires continue to threaten life, property and resources throughout the western states of Washington, Oregon and California. We join our Federal, State and private land management partners in this closure during these extreme and dangerous fire conditions. The combination of high heat, significant wind events and dry conditions, combined with regional limitations of our wildland fire fighters and resource support, have contributed to these unprecedented events. We offer our prayers and support to all those involved in meeting the demands of this threat.





Prize Drawing: December 4, 2020

SURVEY AND MORE INFORMATION CAN BE

FOUND AT WWW.CTCLUSI.ORG

"In the Loop" with the Circles of Healing Program

October is Domestic Violence Awareness Month

Contributed by Jamie Broady, Circles of Healing Outreach Advocate

Domestic violence awareness month first began in October of 1981 by the National Coalition Against Domestic Violence as a day of unity to connect battered women's advocates across the country. You may see the color purple around in October in part of domestic violence awareness symbolizing peace, courage, survival, honor, and dedication to ending violence.

Domestic violence impacts individuals and families across every race, class, and culture; some call domestic violence an "equal opportunity" destroyer. But studies show that Native American populations are disproportionately affected by domestic violence. Domestic Violence can occur in many forms ranging from subtle (power and control tactics) to extreme (physical or sexual violence), and can be easy to miss at first. Other words that are sometimes used to describe forms of domestic violence are: emotional abuse, intimidation, emotional terrorism, economic deprivation, and financial terrorism. domestic violence occurs every 15 seconds, but believe it or not, domestic violence rates have dropped dramatically in the past two decades.

In 1994, the Violence against Women Act (VAWA) was put into place, and many programs and services offering advocacy and support for domestic violence victims and survivors today are thanks to this legislation. Overall from 1993-2010, domestic violence rates dropped by nearly two-thirds (domesticviolence.org). It's up to all of us to continue advocating to reduce and, ultimately, end domestic violence. If you or anyone you know needs help due to domestic violence, please call the National domestic violence hotline at 1-800-799-7233 or text LOVEIS to 22522, or contact Circles of Healing program at 541-888-



In October, Domestic Violence Awareness sheds light on victim-survivors and calls for an end to violence inflicted on Indigenous peoples

Contributed by the StrongHearts Native Helpline

Every October during Domestic Violence Awareness Month (DVAM), advocates and communities across Indian Country and the United States rally together to honor survivors of domestic violence and support abuse prevention.

In 2020, StrongHearts Native Helpline once again calls on advocates, tribal leaders, reservation and urban Indian community members, service providers and Native organizations to support the movement to prevent and end domestic violence, which disproportionately affects millions of Natives every year.

Violence against Indigenous peoples began with European contact and has continued to this day, adding up to more than 500 years of abuse. Domestic violence, which continues as a tool of colonization, represents a lack of respect for Native peoples.

Native women and men in the United States experience domestic violence at alarming rates, with more than four in five Natives having experienced some form of violence in their lifetime and more than half experiencing physical violence by an intimate partner in the past year.

Domestic violence has many faces: physical, sexual, emotional, cultural, financial and digital. It doesn't discriminate and includes violence against children, elders, LGBTQ2S individuals. There is also a strong connection between domestic violence and thousands of Missing and Murdered Indigenous women.

Native nations in the Lower 48 and Alaska Native Villages continually go underfunded for life saving violence services. Now in its fourth year of operation, StrongHearts has received take action against abuse, and to share more than 9,103 phone calls and online chats requesting critically-needed support to deal with intimate partner violence. Of the phone calls, 5,010 were received in 2019 — a 396.04% increase from 2018.

This year during the Covid-19 pandemic, conversations focused on domestic violence have attracted international media and public attention. Alarming increases in domestic violence have been documented worldwide, due to victims and their abusers being trapped in close quarters while sheltering in place during quarantines. In August, in an effort to help Natives affected by all forms of violence during this uncertain

and dangerous time, StrongHearts added sexual violence advocacy to its existing domestic and dating violence outreach services.

"We must continue to heighten public awareness of the issues of violence in Indian Country," says StrongHearts Native Helpline Director Lori Jump (Sault Ste. Marie Tribe of Chippewa Indians). "StrongHearts Native Helpline urges all individuals not only during October but throughout the year to believe survivors, speak out and supportive resources with their loved ones and communities in a concentrated effort to put an end to domestic violence forever."

StrongHearts Native Helpline is a safe, anonymous and confidential domestic, dating and sexual violence helpline that offers culturally-appropriate support and advocacy for American Indians and Alaska Natives. If you or someone you love is experiencing domestic, dating or sexual violence or if you have questions about your behavior, help is available. For oneon-one advocacy, click on the Chat Now icon at https://www.strongheartshelpline. org/ or call 1-844-7NATIVE (762-8483). Advocates are available daily from 7 a.m. to 10 p.m. CT.

1984

1st Restoration

Celebration







Edgar Bowen
Pre-restoration - 1990



1990 **-** 1994



Tom Barrett 1994 - 1998

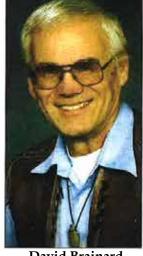


James Helms 1998 - 2000

Tribal Chiefs - Past to Present



James Lott 2000 - 2005



David Brainard 2005 - 2008



Warren Brainard 2008 - 2020

Restoration Day October 17, 2020

While we cannot gather together in celebration this year due to health and safety concerns amidst the Covid-19 Pandemic, we hope each and every one of you will think about each other and celebrate in your own ways at home.

Thanks to the extensive efforts of Tribal members and Tribal allies we won the Restoration of our Tribe to a government-to-government relationship with the United States on October 17, 1984.

Chief Daloose Jackson's words from his Dream Song are fitting both then and now.

hli'in hel hantl tuuwitinye – hei (we're not going to fall down – hey)

The Tribe and it's people have always been resilient. We are still here and we work towards making a better world for the next seven generations to come.

Picture upper left:

Tribal members celebrating our 1984 Restoration. This photo was taken during a celebration held by the Cow Creek Brand of Umpqua Tribe of Indians to honor and celebrate our Tribal Restoration. Standing left to right:

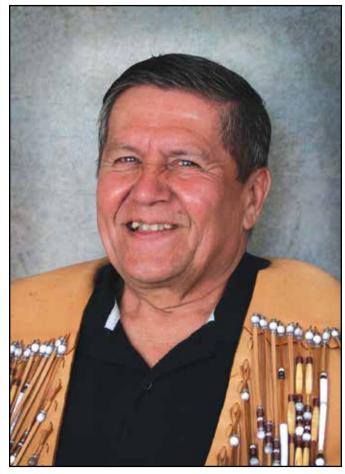
Don Whereat, Doc Slyter, Bill Brainard, and Edgar Bowen.

Sitting left to rigth:

Carolyn Slyter and Brenda Brainard.

Pictured at left: Photos from the first Restoration Celebration in 1984.

Pictured bottom left: Tribal Chiefs, past to present.



Chief Doc Slyter

Present Chief - Elected April 2020

Members of Tribal Council Since Restoration

Thank you to those who worked tirelessly to bring us to Restoration in 1984 and to all those who have served on Tribal Council since. Thank you also, to all the Tribal Government Staff who have aided us along the way. You are appreciated more than you know.

•	•	nt Staff who have aided us alon	g the way. You are appreciated	
10-14-1984	4-8-1990	12-11-1994	5-7-2000	12-14-2008
	Frank Barrett			
Edgar Bowen(Chief) Bill Brainard	Skip Brainard	Tom Barrett(Chief) Patty Whereat	James Lott(Chief) Cheryl Hoile	Warren Brainard(Chief) Bob Garcia
Don Whereat	Richard Jordan	Greg Norton	Carolyn Slyter	Carolyn Slyter
Don Slyter	George Barton	Bob Barrett	David Brainard	Mark Ingersoll
Brenda Brainard	Bob Lowery	Edgar Lee	Tony Havelock	Ron Brainard
Joyce Deabler	Bill Brainard	Bob Lowery	Ron Brainard	Wendy Williford
coyec 2 cas.c.	5 5. a.mar a	202 201101,	Wanda Williford	Mindy Anderson
12-8-1984	4-30-1990	4-24-1995		
Edgar Bowen(Chief)	Bill Brainard(Chief)	Tom Barrett(Chief)	5-6-2001	2010
Bill Brainard	Frank Barrett	Geraldine Tabernig	James Lott(Chief)	Warren Brainard(Chief)
Don Whereat	Skip Brainard	Greg Norton	Cheryl Hoile	Bob Garcia
Don Slyter	Greg Norton	Arleen Perkins	Carolyn Slyter	Arron McNutt
Brenda Brainard	Don Whereat	Sue Olson	David Brainard	Mark Ingersoll
Joyce Deabler	Richard Jordan	Bob Lowery	Tony Havelock	Ron Brainard
John W Perry	Bob Lowery	Don Whereat	Ron Brainard	Wendy Williford
			Bob Garcia	Beaver Bowen
2-10-1985	11-26-1990	4-14-1996	T 40 0000	0044
Edgar Bowen(Chief)	Bill Brainard(Chief)	Tom Barrett(Chief)	5-19-2002	2011
Bill Brainard	Edgar Lee	Bob Barrett	James Lott(Chief)	Warren Brainard(Chief)
Don Slyter	Skip Brainard	Greg Norton Dick Clarkson	Cheryl Hoile	Bob Garcia
John W Perry Stan McNutt	Greg Norton Don Whereat	Sue Olson	Carolyn Slyter David Brainard	Arron McNutt
Joyce Deabler	Richard Jordan	Bob Lowery	Tony Havelock	Mark Ingersoll Ron Brainard
Joyce Deablei	Bob Lowery	Don Whereat	Ron Brainard	Teresa Spangler
4-24-1985	Bob Lowery	Don Whereat	Bob Garcia	Beaver Bowen
Edgar Bowen(Chief)	4-29-91	4-13-1997	Bob Garola	Beaver Beweit
Bill Brainard	Bill Brainard(Chief)	Tom Barrett(Chief)	5-18-2003	4-13-2014
Don Slyter	Edgar Lee	Bob Barrett	James Lott(Chief)	Warren Brainard(Chief)
John W Perry	Skip Brainard	Greg Norton	Cheryl Hoile	Bob Garcia
Stan McNutt	Greg Norton	Dick Clarkson	Carolyn Slyter	Arron McNutt
Joyce Deabler	Don Whereat	Sue Olson	Mike Swigert	Mark Ingersoll
Beaver Bowen	Jeff Dollins	Bob Lowery	Ron Brainard	Jeremy Petrie
	Bob Lowery	John W Perry	Danny Krossman	Wendy Williford
6-9-1985			Bob Garcia	Beaver Bowen
Edgar Bowen(Chief)	1992	5-17-1998		
Don Slyter	Bill Brainard(Chief)	Tom Barrett(Chief)	3-14-2004	5-28-2014
Frank Barrett	Jeff Dollins	Bob Barrett	James Lott(Chief)	Warren Brainard(Chief)
John W Perry	Skip Brainard	Carolyn Slyter	Cheryl Hoile	Bob Garcia
Stan McNutt	Greg Norton Don Whereat	Dick Clarkson Sue Olson	Carolyn Slyter Mike Swigert	Arron McNutt
Joyce Deabler Beaver Bowen	Edgar Lee	Ron Brainard	Ron Brainard	Mark Ingersoll Teresa Spangle
beaver bowerr	Bob Lowery	Wanda Williford	Danny Krossman	Beaver Bowen
4-13-1986	Bob Lowery	vvarida vviiiiloid	Mindy Anderson	Tara Bowen
Edgar Bowen(Chief)	5-9-1993	10-11-1998	Williay / tridereen	iaia Boweii
Don Slyter	Bill Brainard(Chief)	James Helms(Chief)	8-14-2005	2018
Stan McNutt	Patty Whereat	Bob Barrett	David Brainard(Chief)	Warren Brainard (Chief)
Joyce Deabler	Skip Brainard	Carolyn Slyter	Cheryl Hoile	Mark Ingersoll
Mary Anderson	Greg Norton	Dick Clarkson	Carolyn Slyter	Teresa Spangler
	Don Whereat	Sue Olson	Mike Swigert	Doc Slyter
11-8-1987	Edgar Lee	Ron Brainard	Ron Brainard	Debbie Bossley
Edgar Bowen(Chief)	Bob Lowery	Wanda Williford	Danny Krossman	Doug Barrett
Warren Brainard		10-11-1998	Mindy Anderson	Josh Davies
Richard Jordan	10-10-1993			
George Barton	Bill Brainard(Chief)	James Helms(Chief)	5-21-2006	2019
Florence Davis	Patty Whereat	Bob Barrett	David Brainard(Chief)	Warren Brainard (Chief)
Skip Brainard	Skip Brainard	Carolyn Slyter	Cheryl Hoile	Doc Slyter
Bob Lowery	Bob Barrett Don Whereat	Dick Clarkson Sue Olson	Carolyn Slyter	Debbie Bossley
6-11-1989	Edgar Lee	Ron Brainard	Mike Swigert Ron Brainard	Doug Barrett Josh Davies
Edgar Bowen(Chief)	Bob Lowery	Wanda Williford	Danny Krossman	Iliana Montiel
Frank Barrett	Bob Lowery	Wanda Williota	Mindy Anderson	Mark Petrie
Richard Jordan	5-8-1994	5-16-1999	Williay / Widereen	Wark Found
George Barton	Bill Brainard(Chief)	James Helms(Chief)	5-20-2007	2020
Florence Davis	Patty Whereat	Bob Barrett	David Brainard(Chief)	Doc Slyter (Chief)
Skip Brainard	Greg Norton	Carolyn Slyter	Bob Garcia	Debbie Bossley
Bob Lowery	Bob Barrett	Dick Clarkson	Carolyn Slyter	Mark Petrie
- -	Don Whereat	Tony Havelock	Mark Ingersoll	Doug Barrett
6-21-1989	Edgar Lee	Ron Brainard	Ron Brainard	Josh Davies
Edgar Bowen(Chief)	Bob Lowery	Wanda Williford	Wendy Williford	Iliana Montiel
Frank Barrett Skin Brainard			Mindy Anderson	Enna Helms

Skip Brainard Richard Jordan George Barton Bob Lowery Bill Brainard

CTCLUSI Tribal Police Participating in National Prescription Drug Take Back Day

Contributed by Lieutenant Brian Dubray, CTCLUSI Tribal Police

The Tribal Police Department will be participating in the National Prescription Drug Take Back Day held on Saturday October 24th, 2020 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, 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.

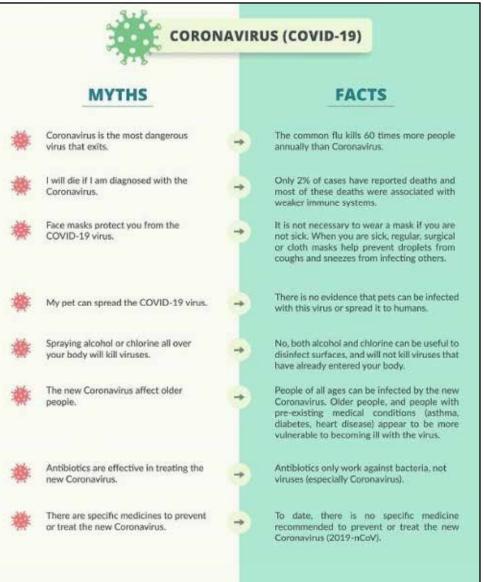
There will be no identifying information collected, and the program is anonymous. We encourage participants to remove any identifying labels from bottles prior to submission.

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. Since 2018, we have participated in three events and collected over 83 pounds total

In addition to the event on October 24th, we will also be at the Eugene Outreach Office on Thursday, October 22nd from 11am – 2pm and the Florence Outreach Office on Friday, October 23rd from 11am – 2pm.





Administration (FDA)

Coronavirus (COVID-19) Update

Contributed by Kristy Petrie, Community Health Nurse - BSN Resources: pa.gov/covid-19

Wearing a Mask

Myth	V.S.	Fact

Myth	Fact
Masks decrease oxygen levels and are unsafe	Masks don't affect oxygen levels and are perfectly safe
Cloth Masks aren't effective against COVID-19	Cloth masks offer protection for both the wearer and the public
I'm not sick, so I don't need to wear a mask	You can have COVID-19 without symptoms and spread it
If you wear a mask, then I don't need one	My mask keeps me from spreading/inhaling COVID droplets and particles
If masks work, we shouldn't have to social distance	Distancing and masks together are the best-known prevention

CDC changes for testing Guidance

Testing is recommended for all close contacts of persons with SARS-CoV-2 infection. Because of the potential for asymptomatic and pre- symptomatic transmission, it is important that contacts of individuals with SARS-CoV-2 infection be quickly identified and tested If you have been in close contact (within 6 feet) of a person with a COVID-19 infection for at least 15 minutes but do not have symptoms: You do not necessarily need a test unless you are a vulnerable individual or your health care provider or State or local public health officials recommend you take one."	Then	Now
	contacts of persons with SARS-CoV-2 infection. Because of the potential for asymptomatic and pre-symptomatic transmission, it is important that contacts of individuals with SARS-CoV-2 infection be	in 6 feet) of a person with a COVID-19 infection for at least 15 minutes but do not have symptoms: You do not necessarily need a test unless you are a vulnerable individual or your health care provider or State or local public health officials recom-

https://web.archive.org/web/20200820045121/https:/www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html

https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html

COVID-19 Update: FDA Warns Consumers About Hand Sanitizer Packaged in Food and Drink Containers

Contributed by Kristy Petrie, Community Health Nurse – BSN Resources: The United States Food and Drug

The United States Food and Drug Administration (FDA) recently released a warning to consumers about alcoholbased hand sanitizers that are being packaged in containers that may look like drink or food. This puts consumers at risk for serious injury or death if ingested. Some look alike items include beer cans, water bottles, children's food pouches (apple sauce pouch looking), juice bottles, etc. The alcohol-based hand sanitizers don't only look like food or drinks, but they also may contain food flavors such as raspberry or chocolate.

This puts children at high risk for accidental ingestion of alcohol-based hand sanitizers. FDA reports that drinking a small amount of hand sanitizer is potentially lethal to a young child. To be clear, any ingestion of hand sanitizers can be toxic. Ingestion of alcohol-based hand sanitizers can have effects on the central nervous system (example dizziness, nausea), cardiac (heart) effects, hospitalization and death. If you, a child, or someone you know ingests hand sanitizer, report it to the poison control center.

Poison Control Center: (800) 222-1222

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



Teresa Spangler

Favorite Hobbies:

- · Horseback riding.
- Hiking

Bucket List:

- Go on a U.S. road trip for up to three weeks.
- Teach her grandchildren how to successfully ride a horse.
- Retire comfortably.
- Spend more quality time with her family.

Teresa Spangler

Siuslaw

Immediate Family:

 Family members include her grandmother Dorothy Kneaper, father Jim Kneaper, mother Kathy Stonelake, brother Brad Kneaper, sons Jesse Beers and Brock Beers, daughter-in-law Maree Beers, and grandchildren Ramil and Zhade Beers.

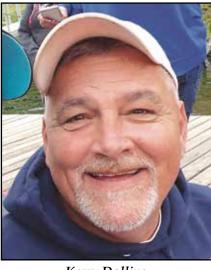
Proudest Accomplishments:

- Her children and grandchildren.
- Putting in many years of work on Tribal Council.
- Spending time with friends Being a part of the success of the Casino, alongside many Tribal members and team members.

Favorite Sayings:

"It's nice to be important, but it's more important to be nice."

- Dwayne 'The Rock' Johnson



Kerry Dollins

Favorite Hobbies:

- · Fishing.
- · Metal detecting.
- Spending time with his pup, Abigail.

Kerry Dollins

Hanis Coos

Immediate Family:

· Family members include children Matt Dollins, Autumn Dollins, and Jarrett Dollins.

Proudest Accomplishments:

- His children.
- Becoming a born-again Christian.
- Staying alive for 58 years.

Bucket List:

- Tour the East Coast.
- · Check out the Grand Canyon.
- Visit Alaska.

Favorite Sayings:

"Keep your chin to the wind!"

Welcome New Tribal Elder James Baughman Jeanmarie Dauterman

Calling all Eders & Cultural Knowledge Holders

The Culture and Natural Resources Department is seeking Tribal Members that are interested in hosting a live or recorded 1 hour guided cultural/art activity for youth and families via Zoom conference software.

Activities can range from storytelling, painting tutorials, singing, beading, regalia making, tool making, ethnobotany, gardening, cooking/baking, etc...

Video recording equipment will be made available upon request via loan with instructions.

A small stipend will also be provided as a thank you.

For more information and/or to sign up, please contact: Jesse Beers @ (541) 297-0748 or jbeers@ctclusi.org

October Awareness: Healthy Lung Month

Contributed by Kristy Petrie, Community Health Nurse - BSN. Resources: American Lung Association and Coping Skills for Kids

The American Lung Association currently focuses on lung issues related to asthma, tobacco control, and environmental health. Their mission is "to prevent lung disease and promote lung health." Programs and strategies that the American Lung Associations has to help fight lung disease include: Open Airways for Schools, Multicultural Advocacy Programs, programs, Environmental Health, Communications Programs, and Research and Professional Education.

elementary school children from the ages 8 to 11. The American Lung Association has developed this program to be used by school to teach children how to better manage their own asthma. The program takes an interactive approach to teach children how to self-manage their asthma. Being able to self-manage asthma the child to detect the warning signs of asthma, be able to avoid their triggers and make decisions about their health. These skills are important for children to recognize, as The "Open Airways for Schools" is for it will decrease asthma emergences. If you

have a child with asthma, you should check with your child's elementary school to see if they have this program available.

The American Lung Association has a great resource and video page available on their webpage for all ages. Videos that teach people with shortness of breath from Chronic Obstructive Pulmonary Disease (COPD), asthma or other lung diseases how to "belly breath." Learning how to "belly breath" (diaphragmatic breathing), can help people of all ages with COPD strengthen the diaphragm. This helps to

use less energy and effort when breathing. Children with asthma should practice "belly breathing" at least once a day.

Here are some tips on how to make learning, and continuing to

strengthen the diaphragm to prevent COPD emergencies:

- Bubbles! Bubbles are great for all ages. Taking a nice deep breath, and blowing carefully to make the bubbles is a great way to strengthen the diaphragm.
- 2. Use a pinwheel: Practice breathing out slowly and/or quickly. The speed of the pinwheel can be used as a measure.
- DIY craft: Make a craft using half a paper plate, crepe paper or ribbons. Have kids blow the crepe paper or ribbons as they take deep breaths.
 - a. Materials Needed:
 - 1. Paper plate cut in half
 - 2. Crepe paper cut into 6" 8" strips, cut in half
 - 3. Yarn or string
 - 4. Any other embellishments to make the creature (use what you have on hand)
 - stickers
 - ribbon
 - paint
 - markers, crayons or colored pencils
 - tissue paper
 - googly eyes
 - b. Attach the crepe paper to the flat bottom of the paper plate. Attach yarn/string to the top center of the curved part of the paper plate as a hanger. Have kids decorate the paper plate any way they want, as a monster, or a creature, or with stickers. To Use: hang up the creature and have kids blow on the crepe paper to get it to move.

C.





Family Support and Behavioral Health Department-Eugene Outreach

Contributed by Shayne Platz, Lead Case Manager/ICWA

The Eugene Outreach office and our Coos Bay Family Support and Behavioral Health Staff officially completed our first Zoom Parenting Workshop in August! Participation exceeded our expectations as we collaborated with the Confederated Tribes of Siletz Indians and DHS Child Welfare. Topics included Traditional Native American Parenting in Contemporary Times, Talking with Children about the Pandemic, Social Media, Learning from Mother Nature and more. Our guest parent teacher was Lorraine Brave, who came with a strong background in Positive Indian Parenting. Our Family Support Services will be seeking to host similar workshops in the future. Stay on the lookout for those opportunities in your monthly newsletter! The Eugene office also continues offering Low Income Energy Assistance, Circles of Healing program advocacy for survivors of Domestic Violence & Sexual Assault, Child Welfare services, and referrals for various services for those in our five county service region. Our two main staff from the Family Support and Behavioral

Health Department based in the Eugene Outreach office are Jamie Broady (Circles of Healing Outreach Advocate) and Shayne Platz (Lead Case Manager/ICWA). Jamie Broady's direct and confidential desk line is 541-435-7168 and Shayne Platz contact number is 541-297-3450.



Intro to Budgeting



Sponsored by:

Family Services &
Behavioral Health
CTCLUSI Health Division

SAMHSA Grant Funded

Creating a budget can offer you peace of mind and give you more confidence in managing your finances. A basic budget is all you need to take charge of your money — and help achieve more of your financial dreams.

Join Us on Zoom: Tara, CarolAnn and Andrew

an Email Address is Required to Attend

When: Monday, October 19, 2020

Time: 6:00 to 8:00 PM

RSVP: Tara 541-808-7841, CarolAnn 541-435-5417 or

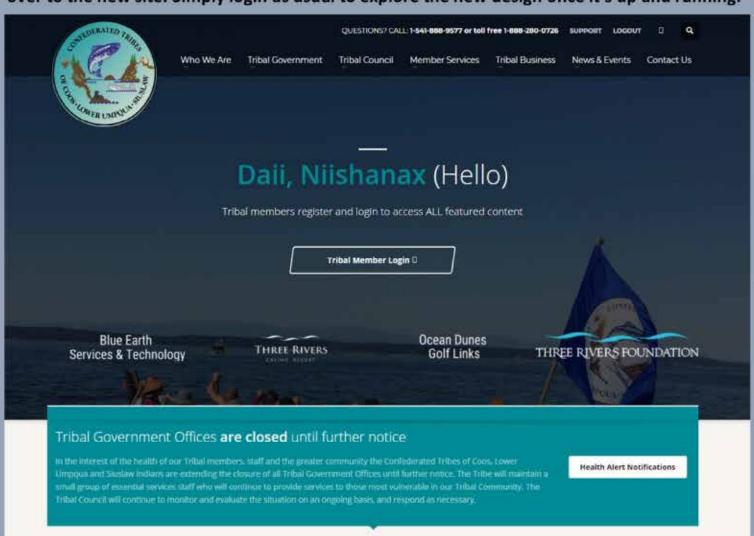
Andrew 541-808-1701

No later than: Monday, October 12, 2020

Creating a basic budget is a huge financial victory. It helps you ensure you can cover your expenses and reach for exciting milestones.

Updated Website Coming Soon!

We are excited to inform you that we are close to going live with the new website design. We hope the updated site will be more user friendly and provide you easy access to important information and a more interactive experience. Tribal members who already have a login will have their login information already loaded and moved over to the new site. Simply login as usual to explore the new design once it's up and running.



Virtual Youth Cultural Activities

ATTEND LIVE OR RECORDED SESSIONS

Activities will be held via ZOOM video conference software

every Wednesday from 6 - 7 pm

Weekly Activities will begin September 16th, 2020

The schedule for activities can be found in this newsletter, the Tribe's website & the CTCLUSI Education News Facebook Page.

Supplies for each activity are limited to youth & will be available for pickup at Tribal Hall in Coos Bay or can be mailed.

Family Participation is encouraged!

Recorded sessions will be available at www.ctclusi.org. Login is required. Accommodations for written instruction will also be available.

For more information and/or to sign up, please contact: Ashley Russell @ (541) 888-7511 or arussell@ctclusi.org

You can also sign up online @http://laserfiche.ctclusi.org/Forms/TribalYouthActivity

Virtual Youth Cultural Activities October Zoom Schedule

October 7, 2020

Fall Planting Activity with John Schaefer

October 14, 2020

An Evening with Councilman Doug Barrett

October 21, 2020

Presentation by Jesse Beers

October 28, 2020

Spooky Storytelling with Patty Whereat Phillips

For more information and/or to sign up please contact Ashley Russell at (541) 888-7511 or email arussell@ctclusi.org

Housing Department Welcomes New Maintenance Staff

It's my great honor to have the care of the CTCLUSI properties in my hands! I started this journey as an Oregon Master Gardener in 2006, after which, I pursued a degree in horticulture at SWOCC as well as a certificate in Holistic Landscape Design at Bastyr University in Kirkland, Washington.

I've spent time in Security, Maintenance, and Table Games at The Mill and Snoqualmie Casinos before jumping whole heartedly into landscaping. The last three years have been invested in the 60 year old, 32 acre University of Washington Northwest Hospital campus in Seattle. Acting as Lead Groundskeeper, it was in my charge to rehabilitate wild and overgrown areas, increase campus safety, and add to the beauty, efficiency, and functionality of the Northwest Hospital grounds.

I'm happy to call Coos County my home again, and look forward to providing a level of service to the CTCLUSI housing properties that exceeds expectations. Please feel free to say hello if you see me; I'm glad to work with you all!



Lorelei Cameron

PEACEGIVING

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

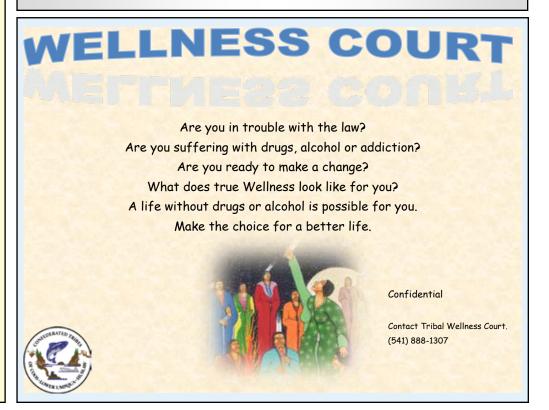
All Peacegiving issues are confidential.



Photo by Morgan Gaines

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

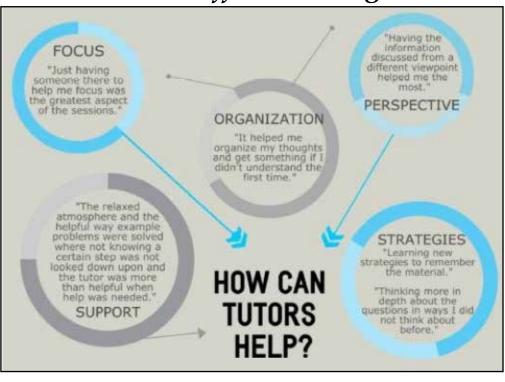
Peacegiving Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420
PHONE: (541) 888-1306 or (541) 888-1316
EMAIL: Peacegiving@ctclusi.org Website: https://ctclusi.org/tribalcourtpeacegiving



Education Department Seeking More Tutors to Offer Tutoring Services

Contributed by Josh Davies, Education Director

If you would like to become a tutor, please contact the Education Department. We are looking to develop our tutor base to support our student's needs. As the school year has begun, whether hybrid with potential of returning to school, or strictly online, education has never looked so different. While these changes have brought on unprecedented needs, we are looking to bridge those gaps for our students. Please contact Josh Davies at 541-888-1314 or jdavies@ctclusi.org for more information. As we know, schools have started this year are either in a hybrid model or completely online. Regardless of what your educational path is, the Education Department is here to help. If your student is in need of tutoring, please go to our website (www.ctclusi.org). Under Member Services, please click on the Higher Education tab. Under the Higher Education tab, scroll down to Education Programs. There you will the survey that can be filled out to submit tutoring needs to the education department. Here is the direct link to the survey: https://laserfiche.ctclusi.org/Forms/ED-Tutor-Request.



Let's Get Physical, Physical

Contributed by Josh Davies, Education Director

As this school year is providing a unique beginning for everyone, is important to remember to maintain daily physical exercise. As students are in front of a screen with limited mobility, remember it is good to take a stretch break every so often, but more importantly to make sure physical activity is part of your daily schedule. As much as your brain is working for school, don't forget about the rest of your body. Endorphins are a tremendous source of energy. According to *The Physical Activity Guidelines for Americans, 2nd edition* recommend that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity **DAILY** (https://www.cdc.gov/healthyschools/physicalactivity/facts.htm April 2020).

Benefits of Physical Activity

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease, Cancer, Type 2 Diabetes, High Blood Pressure, Osteoporosis, and Obesity.

Consequences of Physical Inactivity

Physical inactivity can:

- Lead to energy imbalance (e.g., expend less energy through physical activity than consumed through diet) and can increase the risk of becoming overweight or obese.
- Increase the risk of factors for cardiovascular disease, including hyperlipidemia (e.g., high cholesterol and triglyceride levels), high blood pressure, obesity, and insulin resistance and glucose intolerance.
- Increase the risk for developing type 2 diabetes.
- Lead to low bone density, which in turn, leads to osteoporosis.

Physical Activity Behaviors of Young People

- Less than one-quarter (24%) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.
- In 2017, only 26.1% of high school students participate in at least 60 minutes per day of physical activity on all 7 days of the previous week.
- In 2017, 51.1% of high school students participated in muscle strengthening exercises (e.g., push-ups, sit-ups, weight lifting) on 3 or more days during the previous week.⁹
- In 2017, 51.7% of high school students attended physical education classes in an average week, and only 29.9% of high school students attended physical education classes daily.

Recommendations for Physical Activity

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity
 - Muscle-strengthening: Children and adolescents should include muscle-strengthening physical activity at least 3 days a week.
 - Bone-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include bonestrengthening physical activity at least 3 days a week.

Physical Activity and Academic Achievement

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).
- Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.



We Need You Here: Resources for Suicide Prevention

Are you or someone you know in Neep of Help?

Emergency resources 911

Crisis services 24/7 Crisis Hotline: National Suicide Prevention Lifeline Network www.suicidepreventionlifeline.org 1-800-273-TALK (8255) (Veterans, press 1)

Crisis Text Line Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

> Veterans Crisis Line Send a text to 838255

> > Vets4Warriors 1-855-838-8255

SAMHSA Treatment Referral Hotline (Substance Abuse) 1-800-662-HELP (4357)

RAINN National Sexual Assault Hotline 1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline 1-866-331-9474

> The Trevor Project 1-866-488-7386

Also visit your:

Primary care provider Local psychiatric hospital Local walk-in clinic Local emergency department Local urgent care center

Information found online at https://afsp.org/suicide-prevention-resources Depression and suicide affect people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk. If you're struggling, the Lifeline is available to help, 24/7.

How To Take Care Of Yourself

If you are struggling, there are ways to cope right now. You can also call the Lifeline at any time -- we're free, confidential, and 24/7.

Talk to someone: Silence isn't strength. Don't keep suicidal feelings to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline.

Make a safety plan: Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

Build your support network: Having a sense of belonging to one's culture, or a strong tribal/spiritual bond can be helpful. Discuss problems with family or friends feeling connected to others can create positive emotional health.

Find an activity you enjoy: Taking care of yourself is an important part of your recovery. Your "self-care" activities can be anything that makes you feel good about yourself.

How To Help

Know the facts: Complex, interrelated factors contribute to suicide among Al/AN people. Risk factors include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues.

Ask and listen: Be an active part of your loved ones' support systems and check in with them often. If a they show any warning signs for suicide, be direct. Tell them it's OK to talk about suicidal feelings. Practice active listening techniques and let them talk without judgment.

Get them help and take care of yourself: Don't be afraid to get your loved one the help they might need. Helping a loved one through a crisis is never easy. You might want to talk about your feelings with another friend or a counselor. The Lifeline is always here to talk or chat.

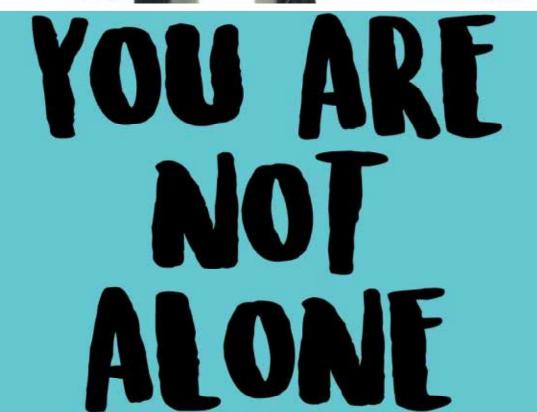
Information from:

https://suicidepreventionlifeline.org/help-yourself/native-americans/

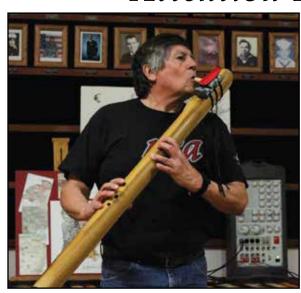


NATIONAL PREVENTION 1-800-273-TALK (8255)

suicidepreventionlifeline.org



Attention Tribal Veterans



Help us honor you this coming Veterans Day, November 11, 2020.

Send in information about your former or active duty military service, a photograph, and any additional information you would like to share for possible feature in an upcoming edition of The Voice of CLUSI newspaper.

Please send information to Communications Specialist, Morgan Gaines at mgaines@ctclusi.org or call (541) 808-7918.

Chief Doc Slyter playing flute infront of the Tribal Veteran Wall in Tribal Hall.

Photograph taken by Jorney Baldwin

Ways to take the 2020 census:

By Mail: Simply mail in the census questionnaire that was sent to your household.

By Phone: Call (844) 330-2020 to speak to a Census hotline representative.

Online: go to www.2020census. gov to fill out your census online.

Call Jeannie McNeil at (541) 888-7506



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Bartender Lead ~ Bartender
Food Server Blue Bills
Lead Cook ~ Line Cook
Food Court Outlet Cook
Hotel Front Desk/PBX Clerk
Porter ~ Guest Services Attendant
Guest Room/Laundry Attendant
Table Games Dealer
Security Officer 1
Environmental Service Technician
Special Events Team Member
Golf Court Golf Shop Assistant

Three Rivers Casino Resort ~ Coos Bay

Bartender/Server
Security Officer 1 ~ Guest Safety Liaison
Soft Count Lead ~ Player Services Team Member
Environmental Services Technician 1

Blue Earth Services & Technology
No Openings

Tribal Government Offices

Certified Alcohol & Drug Counselor II, Coos Bay Health Benefits Program Specialist, Coos Bay Accounting Specialist 1, 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**

Be sure to check the Tribal website www.ctclusi.org for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

Visit https://ctclusi.org/ health-alert-notifications for more information and links to the CDC concerning the Covid-19 Pandemic.

If you are a Tribal member who needs assistance getting signed up for full access to www.ctclusi.org please e-mail mgaines@ctclusi.org or call (541) 808-7918.

ATTENTION: ALL ENROLLED TRIBAL MEMBERS CONTACT INFORMATION UPDATES NEEDED

With the recent General Welfare Assistance offered, we discovered a lack of current contact information. We know this information changes from time to time and we are asking all Members to please be sure you have the most current contact information with the Tribe. Primarily addresses and phone numbers.

In addition, if your name has changed for any reason, we need documents to support those changes.

As always, those seeking Enrollment will need a completed Application Form, Family Tree Form, an original Birth Certificate and copy of Social Security card, and finally a DNA test for Enrollment.

You may visit <u>www.ctclusi.org</u> under Enrollment for the following links to provide all the above information.

- New Enrollment Application Form
- Family Tree Form
- Change of Contact Form
- Name Change Request Form

Questions: Jeannie McNeil 541-888-7506 or imcneil@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 server two (2) terms, unless special consideration is necessary. You must compete a Letter of Interest Form to be considered by the Tribal Council.

We will be looking to fill vacancies that will occur 12/31/2020

Culture Committee
Housing Committee
Budget Committee
Health Committee

Election Board

There will be vacancies on all committee's at the end of the year

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

10 Weeks of Language Classes Started the Week of September 28th

Contact Enna Helms for more information by calling 541-297-7538 or emailing enna.helms@ctclusi.org and visit www.ctclusi.org

Miluk Language Class 3:00-5:00 pm **Every Monday**

Sep 28, 2020 03:00 PM Oct 5, 2020 03:00 PM

Oct 12, 2020 03:00 PM Oct 19, 2020 03:00 PM

Oct 26, 2020 03:00 PM

Nov 2, 2020 03:00 PM

Nov 9, 2020 03:00 PM

Nov 16, 2020 03:00 PM

Nov 23, 2020 03:00 PM

Nov 30, 2020 03:00 PM Join Zoom Meeting

https://zoom.us/j/95632230833?pwd=SHN

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Hanis Language Class 3:00-5:00 pm **Every Wednesday**

Sep 30, 2020 03:00 PM

Oct 7, 2020 03:00 PM Oct 14, 2020 03:00 PM

Oct 21, 2020 03:00 PM

Oct 28, 2020 03:00 PM

Nov 4, 2020 03:00 PM

Nov 11, 2020 03:00 PM

Nov 18, 2020 03:00 PM

Nov 25, 2020 03:00 PM

Dec 2, 2020 03:00 PM

Join Zoom Meeting

https://zoom.us/j/96901255729?pwd=Snp 0VGZZUIBSaGY0SEdjN3UzN3Q1QT09

Sha'yuushtl'a-Quuiich Language Class 3:00-5:00 pm Every Friday

Oct 2, 2020 03:00 PM

Oct 9, 2020 03:00 PM

Oct 16, 2020 03:00 PM

Oct 23, 2020 03:00 PM

Oct 30, 2020 03:00 PM

Nov 6, 2020 03:00 PM

Nov 13, 2020 03:00 PM

Nov 20, 2020 03:00 PM

Nov 27, 2020 03:00 PM

Dec 4, 2020 03:00 PM

Join Zoom Meeting

https://zoom.us/j/91568853114?pwd=anV

QTTg4OGVzRkFHcTEyQTBWbGpldz09



THREE RIVERS CASINO COOS BAY



HOT SEATS EVERY 20 MINUTES

If you are selected, your prize is the number of same-day points you've earned

Must be actively playing with your Players Club card to be eligible for Hot Seats. Cash prize is equal to the same-day points earned at the time the Hot Seat is selected Minimum prize is \$20 cash. Management reserves all rights.



MONDAY

SLOPPY JOE \$10

TUESDAY

CABANA GRILL \$9

WEDNESDAY

THURSDAY

BEEF STROGANOFF \$11

FRIDAY & SATURDAY

PRIME RIB \$18 Served from 4pm-10pm

THREE RIVERS

COOS BAY