niishanax, dai, greetings,

The Tribal Council acknowledges our wonderful Tribal artist, Pam Stoehsler. Pam is a Quuiich Tribal member through Maggie Perry. She uses her artistic talent to portray birds and animals with close attention to detail winning many upland bird stamps and other awards. Pam began her journey in story murals for the Tribe in 2009.

Pam’s latest story mural transformed from a 4’ by 7’ gessoed masonite board and depicts the story of ‘the hollering place’ and life in the village of Hanisiich. Located on the east side of the bay looking north, sits the main village in the area, Hanisiich. Directly west across the bay from Hanisiich is a place called Elk’elch, and between the two is the narrowest point along the bay. Pam writes, “People would often travel by canoe to the largest Hanis Coos village of Hanisiich to trade goods. If traveling from the North one would stop at Elk’elch (the narrowest portion of the bay) and holler across the way. A canoe from Hanisiich would ferry guests to and from Hanisiich to conduct business.”

The name Elk’elch comes from the verb k’el- to holler, to yell. The -ch is a suffix that means ‘on, at’ and when on a place name is often translated as ‘place’. Elk’elch is literally the hollering place. Hanisiich is Hanis-place, perhaps the most prominent village of the Hanis speaking communities. The hollering place story blends modern and historic landscape, canoes, salmon, people, baskets, and cultural ways much of which came from photographs found in the Tribes newsletters and books such as Stephen Dow Beckham’s “The Indians of Western Oregon.”

As soon as the Covid pandemic subsides and we are able to gather, the Tribal Council wishes to honor our Artist and her gift for this remarkable piece. Sincere gratitude and appreciation to Pam for sharing her artwork in our community! iisha!

- Enna Helms, Tribal Councilwoman

Turn to page 4 for more photos highlighting sections of the mural painting.
Information

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.

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.

December 2nd – Virtual Culture Activity: Traditional Instruments 6:00 p.m.
December 3rd – Fitness Zoom Workshop 6:30 p.m.
December 7th – Virtual Culture Activity: Beading 6:00 p.m.
December 9th – Virtual Culture Activity: Holiday Ornaments 6:00 p.m.
December 13th – Regular Council Meeting, zoom 10:00 a.m.
December 14th – Virtual Culture Activity: DIY Green Cleaning 6:00 p.m.
December 15th – Deadline for Sturgeon Search submission for raffle drawing
December 16th – Virtual Culture Activity: Traditional Paints & Sculpting 6:00 p.m.
December 21st – Virtual Winter Solstice Gathering, zoom 6:00 p.m. (see pg.10 flyer)
December 25th – Christmas Day, All Tribal Offices will be Closed

December 28th – Virtual Culture Activity: Bear Grass Weaving 6:00 p.m.
December 30th – Virtual Culture Activity: Bird Feed Making 6:00 p.m.

Virtual Language Classes (10 Week Winter Series) dates and zoom link available online in the citizen portal. Class dates on the online calendar. See pg. 11 for class schedule.

Check out our online Events Calendar at https://ctclusi.org/events/

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

Upcoming Events

Government Office
Stephanie Watkins
Interim CEO & Director of Human Resources
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7505
swatkins@ctclusi.org

Health Services Division
Vicki Facteau - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7515
Toll free 1-888-280-0726
Fax 541-888-5388
vfacteau@ctclusi.org

Department of Human Resources
Stephanie Watkins - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7505
Toll free 1-888-280-0726
Fax: 888-723-3270
swatkins@ctclusi.org

Housing Department
Laurie Fortin - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7504
Fax 541-455-0492
lfortin@ctclusi.org

Purchased/Referred Care
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-888-207-0276
Fax 541-888-5388
pcc@ctclusi.org

Education Department
Josha Davies, Education Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1314
Cell: 541-297-4105
Toll free 1-888-207-0276
jdavies@ctclusi.org

Family Support and Behavioral Health Services
2110 Newmark, Avenue
Coos Bay, OR 97420
Phone 541-888-1314
Toll free 1-888-618-6827
Fax 541-888-1387

Tribal Dental Clinic
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-6433
Toll free 1-877-688-6433
Fax 541-888-7705

Elders Activities
Iliaa Montiel
Assistant Director of Health Services
1245 Fulton Avenue
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
tribalcourt@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 541-741-1334
Toll Free 1-800-877-2718
Fax 541-744-1349

Florence Outreach Office
Physical Therapy
1400 Derby, Suite 100
Florence, OR 97439
Phone 541-997-6885
Fax 541-997-1715

TRIBAL GAMING COMMISSION
Brad Kneaper
Executive Director of the Gaming Commission
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-2380
Fax 541-997-7293
bkaeper@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
bkaeper@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

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 jmcmnls@ctclusi.org. All letters of interest are kept on file for one year.

December 28th – Virtual Culture Activity: Bear Grass Weaving 6:00 p.m.
December 30th – Virtual Culture Activity: Bird Feed Making 6:00 p.m.

December 31st – Three Rivers Foundation Grant Application Deadline

January 1st – New Year’s Day, All Tribal Offices will be Closed
January 5th – December Color Contest submissions (see pg. 8 for details)
January 10th – Regular Council Meeting, zoom 10:00 a.m.

Upcoming Events

Virtual Language Classes (10 Week Winter Series) dates and zoom link available online in the citizen portal. Class dates on the online calendar. See pg. 11 for class schedule.

Check out our online Events Calendar at https://ctclusi.org/events/

The 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

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

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

Doug Barrett
Position #6 Council
541-297-2130 (cell)
dougbbarrett@ctclusi.org

Council Meeting
December 13, 2020
10:00 a.m.

To practice safe social distancing guidelines, this meeting will be streamed online. Please log on to www.ctclusi.org/councilmeeting-minutes for information on how to attend this online meeting.

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
Wishing you all a Happy New Year 2021!!
I hope you are and your families are all staying safe during this very difficult time. Unfortunately, the Coronavirus pandemic has brought a halt to this year’s 11th New Year’s Day Peace Hike. This saddens my heart, but as we move forward in the new 2021 year and need positive energy, remember hereditary Tribal Chief Daloose Jackson’s Dream Power Song – (hil-in – hel hantl tuuwitiniiye) “We’re not going to fall down” – a message from Chief Doc Slyter

During the current pandemic it is the Yachats Trails Committee’s first priority to ensure the safety of all who want to participate in the 2021 Yachats New Year’s Day Peace Hike, and therefore we will not conduct this event as we traditionally have done as one group. We are organizing it differently to assure safety. We are requesting participants conduct your own peace hikes or other special rituals of peace.

First, we suggest you watch the video with Patricia Whereat Phillips, Miluk Coos Tribal member, linguist, of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI), narrating the Amanda Story. The video will be posted on the City of Yachats (www.yachatsoregon.org), View the Future (www.viewthefuture.org), and Yachats Chamber (www.yachats.org), CTCLUSI Government (www.ctclusi.org) websites.

The following are suggested guides to find that place of peace within you: You may want to take a walk, or a hike near where you live, visit the Amanda Trail and Amanda statue, or may want to sit with loved ones or alone in meditation or thought. As with the traditional Amanda New Year’s Day gatherings, you may want to breathe peace into a sprig of cedar or other object and release your wishes into a fire or into the air. You may want to sing. Whatever is keeping with achieving or maintaining peace in your heart is the right thing to do. Your engagement with peace is to be able to then hold this peace in your hearts when you engage others, and as the year goes on to courageously speak out against injustice, bigotry, and callous perspectives on those who suffer.

Peace Hike buttons will be available to participants. This year’s Peace Hike button is created by Morgan Gaines, Quuiich (Lower Umpqua) Tribal member, CTCLUSI. Buttons will be available at the City Visitor Center, Yachats Chamber Office, or you can email yachatstrails@gmail.com with your request, name and address, to receive a button.

The Tribe will also have a limited supply of buttons and are available on a first come – first serve - basis for Tribal Families, contact a Tribal Outreach Office nearest you to arrange a pickup in Coos Bay, Florence, and Eugene.

Contributed by Yachats Trails Committee and Mark Petrie, Vice Chair
Can You Find Me?

In this edition of The Voice of CLUSI there is a hidden Sturgeon like the one pictured to the right (it could be any size and on any page). If you find it, email mgaines@ctclusi.org to have your name entered into a prize drawing. In your email you must include your name, age, address (for mailing purposes) and contact phone number. In your email you must also let us know what page and where on the page you spotted the sturgeon hiding! Must email by December 15th to be included in the raffle drawing.

Winner will be notified by phone or email and their name and prize description will appear in an upcoming edition of The Voice of CLUSI paper.

This month’s contest sponsored by the Department of Natural Resources and Culture! Sturgeon design by John Schaefer.

Happy Sturgeon Searching!

Winners of the November 2020 edition Acorn Hunt
Adult: Barbara Brainard
Youth: Jaid McNutt

Poster December 1, 2020
ENROLLMENT COMMITTEE’S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

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

Benjamin Craig Motes
Parent: Andrea Motes
Lineal Descendant: Eliese Benasco -Swigert
Tribe: Coos

Jaxon Wyatt Theisen-Snyder
Parent: Justin Dean Sasser -Theisen
Lineal Descendant: Frances Elliott
Tribe: Coos

Brynlie Annabelle Young
Parent: Kimberly Miller
Lineal Descendant: Elta Carlson
Tribe: Coos

Cash Ryker Bocard
Parent: Sadie Bocard
Lineal Descendant: June Harper
Tribe: Lower Umpqua

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

ENROLLMENT DEPARTMENT NEWS
REQUEST A NEW TRIBAL ID CARD ONLINE!
Visit www.ctclusi.org and go to Enrollment. Fill out the new form online, upload a new photo and your card will be mailed to you in 7-10 days. You must verify your mailing and physical address and list a phone number in case I need to contact you for additional verification over the phone.
Questions? Email me at jmcneil@ctclusi.org
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 move toward winter, 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://wherethewatersreatils.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. 

In November we all went through another time of uncertainty in this country with the elections that continue to shift and change. As a person committed to the earth, people of color, and women, I am relieved we landed where we did. It gives me hope that we will be able to continue to revive our culture and connection to our land, expressed through the artwork we make both in the traditional and connection to our land, expressed through the artwork we make both in the traditional forms of our baskets but also where ever else that journey brings us in safer and more harmonious ways. It helps me to think that women are important enough, the earth is important enough, our brothers and sisters of color are important enough to overcome the threats posed against us.

This all happened just in front of Veterans Day this year. Like many of our community, my grandfather, James Siestreem was a veteran and in my family this service is highly respected. I chose to spend that day hiking Elk Mountain in the Tillamook Forest. It was a cool, quiet day in the woods and I took my time thinking over all the people in my life who have fought so hard for us to thrive and grow in the way our ancestors intended. It did my heart a lot of good to be there and connect with all of that. I hope you also remember to take the time to get out there and speak to your ancestors before this impossible year is over. Even in the cold winter months, it just takes a few hours to let it go and fill up on the good.

Of course, I was thinking of you while on the mountain. I put up prayers for your health and joy and that we will be together soon. I gathered Bear Grass for our upcoming weaving season, you can see it here in the “clam basket” I wove as the demonstration piece for our new weaving tutorial. The second image is of the grass after I have washed it in the stream. It is important to always clean your materials before you put them up so they do not rot.

After you pick it you hang it up in a window. Over time the green turns to white and we then use it for decorative overlay on our baskets as seen on this cap “Diamonds and Pearls”. It is a plant that likes to grow at high elevations, typically. In our area, our ancestors cultivated it for us at sea level. Next summer (COVID willing) I will take you to gather it in those sacred gardens they made for us.

Traditionally, you gather this plant in high summer after it has finished flowering so as not to interrupt its cycle. It is late to gather it, but it seemed to be in great shape. I hope to learn more about the plant through this batch and I will keep you posted!

As you might know, I teach Art and Social Justice, Painting, and Thesis at Pacific Northwest College of Art. In response to the current situation my students and I made this artwork to express our compassion for all of us and our solidarity with Black Lives Matter. It has been installed in The Oregon Jewish Museum and Center for Holocaust Education, another institution I work with. I share this with you so you can know that Coos alignment with civil rights extends in many directions and that you have allies up here in the city. 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 here 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
Tribal Forest Land Updates

Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

Talbot Tract

This is fourth in a series of articles describing another CTCLUSI forest land tract – Talbot. I sometimes jokingly refer to 37-acre Talbot as the “Pluto” of the seven land tracts. It’s small size, isolation, limited accessibility and timber characteristics seems to reduce the respect for poor deprived Talbot. Yet, Talbot is important in other ways, specifically holding symbolic value as a former Tribal allotment. The land adjoins the former allotment of Frank Talbot, which itself is contiguous with the former allotments of Jane, Martha, Laura W., William B., and Florence Talbot. Several of these Talbots died young, but the remaining Talbots are the ancestors of the largest family in the Miluk Coos Tribe.

Accessed from the Seven Devil’s Road behind a locked and controlled gate, the tract is isolated and about 3 miles from the Oregon coast. This close proximity to the coast greatly influences the vegetation. Dominated by second growth Sitka Spruce trees, it is so dense that there is not much understory (lesser vegetation) due to the lack of sunlight. Past management is obvious with scattered stumps and overgrown roads.

Talbot is a low priority in terms of active forest management relative to other tracts due to the poor site quality and timber species that are not favored by local mills. However, the ties it has to past ancestors of this Tribe makes it worthy of our respect.

Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

Fire Cider Recipe

Contributed by Ashley Russell, Water Protection Specialist

Fire Ciders are a spicy herbal vinegar that are typically sweetened with honey. Vinegar is an amazing solvent, which means that it is able to extract the minerals found in mineral-rich herbs. Therefore, fire cider is just a sweet, medicinal concoction that helps to awaken your immune & circulatory systems. They are well known for thinning mucus & stimulating its excretion & can also be taken to help ward off a cold or other respiratory infection.

To make this spicy, super hero cider, you will need:
• ½ cup raw & unfiltered honey, or
• ¼ cup raw & unfiltered honey, or
• 3 to 5 fresh jalapeños (to taste),
• 1 medium bulb of garlic cloves, peeled and finely chopped
• 1 medium red onion, peeled and diced
• 3 to 5 fresh jalapeños (to taste),
• 1 medium bulb of garlic cloves,
• ½ cup fresh ginger, grated
• ¾ fresh horseradish, grated

Directions:
• Make sure that the quart jars are washed & sterilized.
• Wash the herbs & coarsely chop. Wash the herbs & coarsely chop. Loosely fill the jar with the coarsely chopped herbs & top off with the apple cider vinegar.
• Place some wax paper over top the jar before affixing the mason jar lid. (This should prevent the lid from corroding.)
• Label with the date.
• Place in a dark cabinet for four to six weeks.
• After 6 weeks, strain the mixture through the cheesecloth. Be sure to press out the plant materials well as it contains more medicinal liquid than you think.
• Add the honey & mix, well.
• Pour the sweetened fire cider into a sterilized jar with a lid that won’t corrode, such as a flip top bottle, & label again with the date & ingredients if desired.
• Store in the refrigerator & use within six months to a year.

Spruce accounts for 92% of the tree species and there is very little understory vegetation because of the dense stands.

Talbot Tract – location (above), dense Sitka spruce stand (below)
**Winter Coloring Contest**

Sponsored by the Health and Family Support Services Department

The children’s age groups are 0-4, 5-10, 11-15 and 15-17. The adult submission is for all participants 18+.

There will be 3 contest winners selected per age group for the children’s contest.
There will be 10 contest winners for selected for the adult age group.
All contest winners will be contacted directly and prizes will be mailed.

Please see the coloring pages labeled “CHILD COLORING CONTEST” and “ADULT COLORING CONTEST”. Use the color pages provided here in the paper or visit https://ctclusi.org/family-support-and-behavioral-health-services/ for printable pdfs of the same coloring pages.

All Tribal household members are encouraged to participate.
Please send your submissions via email to:
Andrew Brainard, abrainard@ctclusi.org, 541-808-1701.
To complete this submission, scan and email it or take a photo and attach it to an email using a camera or smartphone.

All submissions are due by
**Tuesday, January 5, 2021**

Would You Like to Become a State Certified Daycare Provider?

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

Reach out to Tara Vrell, Family Support Services Program Assistant, by phone at 541-808-7841 or via email at tvrell@ctclusi.org if you have questions regarding this process.
Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it’s no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if Coronavirus Disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about you and your loved ones’ health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression:

When stress is at its peak, it’s hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1.  **Acknowledge your feelings.** If someone close to you has recently died or you can’t be with loved ones for other reasons, realize that it’s normal to feel sadness and grief. It’s OK to take time to cry or express your feelings. You can’t force yourself to be happy just because it’s the holiday season.

2.  **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

   If you’re feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend’s home during the holidays.

3.  **Be realistic.** The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few hold on to, and be open to creating new ones. For example, if your adult children or other relatives can’t come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

4.  **Set aside differences.** Try to accept family members and friends as they are, even if they don’t live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they’re feeling the effects of holiday stress and depression, too.

5.  **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don’t try to buy happiness with an avalanche of gifts.

   Try these alternatives:
   - Donate to a charity in someone’s name.
   - Give handmade gifts.
   - Start a family gift exchange.

6.  **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That’s help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

7.  **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can’t participate in every project or activity. If it’s not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8.  **Don’t abandon healthy habits.** Don’t let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

   Try these suggestions:
   - Have a healthy snack before holiday meals so that you don’t go overboard on sweets, cheese or drinks.
   - Eat healthy meals.
   - Get plenty of sleep.
   - Include regular physical activity in your daily routine.
   - Try deep-breathing exercises, meditation or yoga.
   - Avoid excessive tobacco, alcohol and drug use.
   - Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

9.  **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

   Some options may include:
   - Taking a walk at night and stargazing.
   - Listening to soothing music.
   - Reading a book.

10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

   Take control of the holidays:

Don’t let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.
Once there was a young man and his parents living with his uncle. The uncle had a daughter that the young man loved; but the uncle would not allow the young man to marry her because they were cousins. So the young people decided to run away. They built a salmon trap on the creek. After some time, the woman gave birth to a son. And a couple of years later, she had another son. When the boys were old enough, they helped catch fish at the salmon trap. When they were old enough, they checked the traps on their own every day. One night they were surprised and found things other than salmon in the salmon trap. There were shinny clubs, and sticks from the hand game, and broken bows. The younger brother said, “There must be some people up the creek who caused these things to be caught in our trap. Let’s go and see!” So they told their parents they were going upstream. They packed a little food and set out. They walked far up a creek. They saw the brothers. They began talking about what they had seen, and which house to visit. The younger brother said, “We will go to the house of the Twisted Heads, because they were winning at Shinny.” So they went to that house and went in. As soon as they went in, the Twisted Head people knew them. They were very friendly. They made a hiding place in the house for the boys to watch the hand game they would be playing later with the Patched People, and learn more about playing the game. Soon the Patched People came over, and they began playing. At first, the Patched People were winning. Then, around midnight they changed the sticks they were playing with and the Twisted Head people were winning. They made larger bets and won back everything. When it was almost morning, the Patched People had lost heavily. They agreed to meet later in the day to play shinny again. The Twisted Heads prepared breakfast and asked the boys to come eat with them. They told the boys how to play many kinds of games, and how to be better at trapping salmon. After breakfast, the boys were ready to head home. The Twisted Heads packed some food to take with them. The boys headed for the trail they had followed the day before. As they walked over to the trail, the Patched People came out of their house and saw the brothers. They began shouting. One said “ Didn’t I say yesterday I felt like someone was watching us? They are the ones that were watching us! They mocked us without showing themselves! They caused us to have bad luck and lose! Let’s catch them!” The brothers ran with the Patched People in pursuit. When they were gaining on the brothers, they turned themselves into chipmunks and hid behind a rock. From their hiding place they watched the Patched People run by. The boys waited. Soon the Patched People passed by again, saying “Those children of a dog have hidden themselves somewhere!” When the Patched People were out of site, the boys changed back to human and headed home. When they arrived at home, they told their parents about their strange adventure. From then on the boys practiced playing all kinds of games every day. When they thought they had practiced enough to become good at many games, they went to their parents to ask them why their family was all alone there on the creek. Their parents told them everything: how they were cousins and had been forbidden to marry so they ran away to marry. Their father was uncertain if his parents were alive or dead. The boys said if they gave them directions they would find their grandparents. Their father told them where to go and said it would take a whole days journey to get there. The older brother asked for their grandfather’s name, which was He Who Has Whale Meat. The boys got ready. They packed all their gambling sticks and set out for their

Virtual Winter Solstice Gathering

Please join us live via ZOOM Monday, December 21st from 6:00 – 7:30 PM (PST).

https://zoom.us/j/93309908556?pwd=STYwK2ZNaVRkbDg5QzZWNkV0TXJHUT09
Meeting ID: 933 0990 8556
Passcode: 022849

Together, lets celebrate the longest night of the year through song, traditional stories, & each other’s virtual company.

For more information, please contact:
Jesse Beers@ (541) 297-0748 or jbeers@clusi.org
grandparents' house. They arrived at the village in the evening. The boys asked for He Who Has Whale Meat and were taken to his house. The people asked the boys where they were from. The boys told them their names and the names of their parents. Now all the people in the house began to cry for joy because they thought that the runaway couple had died long ago. Then the boys wanted to know about their uncle and where he was. Their uncle told them that another tribe was visiting the village to play all kinds of games. Their people had played shinny against the visitors in the morning and had been beaten badly, losing nearly everything. They were going to play the hand game that night. The boys told them to bet everything on the hand game, for they would help their family win against the visitors.

Their grandfather was happy that his children were alive, and happy to meet the visitors. The brothers asked him how he was getting food for the village. He said he usually supplied the village with herring, but he had not been able to catch any lately. The people were hungry. The boys asked if he had any new paddles. The grandfather said he had one. “Bring it to us!” The elder brother spit on one side of the paddle, the younger brother on the other side. Then they told their grandfather, “Go to the trap now and put this paddle in the water, and after taking it out put it back into the canoe. Then go to sleep and wait!” Their grandfather did so. When he woke up, he found his trap was full of herring. He took the herring from the dipnet, filled his canoe and went home, and so everyone in the village had as much food as they needed.

When night came the visitors arrived to play the hand game. At first the villagers let the visitors win. But at midnight the brothers told their uncle to double his bets and the boys would help him win. With their help, the villagers began winning everything back. Late in the night, the villagers had won nearly everything back. The visitors were angry, and challenged the boys to play shinny in the morning. “We will see if you are as good at that as the hand game!” They agreed to play.

After breakfast everyone went to the shinny ground. At first the visitors were winning. But after the boys joined the game the visitors began losing. The younger brother would take the ball from one end of the field to the other without any serious interference. They played all day. The visitors lost badly. At night they again played the hand game, and again the brothers were unbeatable. Then the visitors said, “Are you good at target shooting? Let’s try that contest and see if you can beat us.” So they shot at targets with bows and arrows a whole day, and again the visitors were beaten. In the afternoon, the visitors proposed a game of dice and they lost that too. Then they tried their skill at throwing spears. The boys won that too. Finally the visitors declared they had had enough.

The next day the boys went back to their parents and told them how they found their grandfather and uncle and how they had helped them in various games. So a few days afterward the parents of the boys went back to their old home and were once more united with their relatives.
Ronald Gay James

We are very sad to announce the passing of our Dad on September 12, 2020. Ron was born to Leland and Gwendolyn James on March 27, 1940. Ron was US Navy Retired, he served the Navy for 20 years as a Hospital Corpsman. He was a Vietnam Disabled Veteran, a lifetime member of the VFW and Vietnam Veterans of America. He was actively involved as a Lower Umpqua Elder of the Coos, Lower Umpqua and Siuslaw Indians. He was a member of the Elks Lodge for 51 years in Delta, Colorado and Florence, Oregon where he loved to volunteer.

He enjoyed Ham Radio Communications and was actively involved most of his life. He also enjoyed Bowling, Cribbage with friends, Traveling and Volunteering at the Florence Oregon Senior Center.

Ron is survived by his wife of 33 years, Linda Sue James, his children Jeanmarie Dauterman and Leann James-Cook and seven grandchildren, Lyndsay, Zach, Drew, Erik, Kyle, Cody and Max. Two Step-sons, Sam and Keith Grigg and 3 Step-grandchildren, Zack, Brad and Lacey. He is survived by two Uncles Ed James and Wes James and many cousins.

Dad was a great man who loved his family and will be tremendously missed by all of us.

Service will be announced at a later date.

Paul Gilbert Benasco Jr.

Beloved Tribal Elder Paul Benasco walked on the morning of Tuesday, November 10, 2020. Paul was born on March 29, 1932 to Margaret Johnson Benasco and Paul Benasco Sr., on the Harney family property at the North Fork in Florence, Oregon. His remains will be placed at the cemetery on that same property.

Paul joined the Army at age 17 and was promoted to Sergeant at 19 years of age during his years of service in the Korean War.

He was an active member of the Tribal community. As a hobby he enjoyed woodworking. He created many beautiful wall hangings of Bald Eagles and more. His work is on display in the CTCLUSI Government building as well as many other Tribal Nations and the homes of family and friends.

In place of a service the family would like to share with you some sentiments from close family and friends about Paul.

The family also asks that you keep him in your thoughts, close to your hearts, and love and hug your families.

"Many tears." - Olivia

"Rest in peace grandpa paul." - Naomi

"I will always remember the Mickey Mouse strawberry waffles every Super Bowl when we visited as kids. Love you Grandpa Paul." - Nickel

"My grandfather used to make me 'double-decker' fresh strawberry waffles or his specialty bacon waffles when I visited him as a child. More recently, we used to look at each other and say 'no problem'—it was an inside joke that we would say to each other all the time. I will miss him dearly but glad that I have memories to cherish." - Coline

"My heart hurts so much . . . just talking about him yesterday . . . I needed one more hug or see his face before he passed." - Olivia

"I'm really sorry to hear . . . I hope it was peaceful for him. Sweet Paul"

"I'm so sorry to hear we lost Paul, but I'm pleased to know that he was comfortable and in no pain. He passed while in a deep-sleep, just as he had hoped to. Rest in peace Paul."

"Sending light and love to you. Praying to our ancestors who Paul is now with."

"He will be talked about often as he left his mark on the lands and hearts of us here."

"Love and prayers to you and the family. My heart hurts for you all and our Tribal community. I've been in tears throughout the day . . . "

Left to Right/back row: Paul (Dad); granddaughter Coline; great-granddaughter Olivia; daughter Peggy; granddaughter Meredith.

Left to Right/front row: great-grandson Preston; great-granddaughter Naomi; granddaughter Nicole, daughter Pauline.
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

Janet Posen

Lower Umpqua

Immediate Family:
- Daughter to Chet Perry and Eileen Rice, wife to Joel Posen, sister to Jerry Perry and Diane Stewart, mother to Josh Posen and his wife, Bree, and Grandmother to Ethan, 5, and Colin, 3.

Proudest Accomplishments:
- Finding the Lord; becoming a Christian.
- Family.
- Living a happy life in Winchester, near her family.

Favorite Sayings:
"I hear you clucking, Elmer." Quote from her Dad.

Favorite Hobbies:
- Interior Decorating
- Learning about current events and how they relate to Bible prophecy.
- Yoga.
- Going for walks.

Bucket List:
- Travel.
- Work as a Mentor to young women.
- Continue to spend time with family.

Michael Wong

Coos

Immediate Family:
- Son of Stanley Wong (his passing is how Michael found out about their Tribal affiliation) and mother Priscilla Ibarra. Husband to Deborah Wong, father to Brandon and Kyle, brother to Michele Wong, and uncle to Sydnie Kimura. They all joined CTCLUSI in 2017.

Proudest Accomplishments:
- His family — he is very proud of how he raised his two sons.
- Retiring from the police department after 30 years.
- His Bachelor’s and Master’s degrees.

Favorite Hobbies:
- Working out/physical fitness.
- Swimming.
- Participating in Poker tournaments.

Favorite Sayings:
"Life could be worse."

Bucket List:
- Help to guide his kids to find success and happiness in their lives.
- Enjoy his retired life.
- Do a little bit of traveling.

Calling all Elders & Cultural Knowledge Holders

The Culture and Natural Resources Department is seeking Tribal Members that are interested in being interviewed as Cultural Knowledge Holders.

Interview topics can range from stewardship methods, including ethnobotany, harvest techniques, and hunting techniques. Interview topics can also include story-telling, traditional songs, and oral histories.

Interviews can take place virtually over zoom or in person. For the protection of our Tribal membership and staff, in person interviews will follow the Social Distancing Guidelines as recommended by the CDC.

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
CTCLUSI Alert HUB for Smartphones

Contributed by Brad Kneaper, CTCLUSI Chief of Police

The Tribal Police and Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians would like to invite you to add our emergency alert phone app to your smart phone. The App is free. The alert system is intended to another layer of safety and alert users of emergency or hazardous situations such as weather alerts and warnings, tsunami warnings, and other natural or man caused emergencies or hazards in Oregon’s Central Coast, South Coast, Central Willamette Valley.

Search your app store for “CTCLUSI Alert Hub” and download. Once the app is downloaded, you can select the settings symbol in the upper right corner, then select “Notifications and select how you want to receive notifications. If you have any questions, feel free to contact us at Contact-TPD@ctclusi.org.

Evolving COVID-19 Responses: Then and Now

Contributed by Kristy Petrie, RN BSN, Community Health Nurse

Articles by Lindsay Smith Rogers, Johns Hopkins Bloomberg School of Public Health

1. Airborne Transmission — First, we were disinfecting all surfaces, now we’re also emphasizing mask wearing.
2. Where we started: SARS-CoV-2 spreads through respiratory droplets and contaminated surfaces. Initial precautions emphasized disinfecting surfaces and social distancing.
3. Where we are now: It is now recognized that SARS-CoV-2 can also spread through airborne viral particles. Guidance now also emphasizes mask wearing.
4. Masks: — They likely protect others AND the wearer. 1. Where we started: Masks protect others if we are sick, but may not protect us.
5. Where we are now: There is now more evidence that masks reduce both transmission andpossibly severity of disease for wearers.
6. Shutdowns — They work to flatten the curve, but there’s a rebound when restrictions are eased without other measures in place to hold onto gains.
7. Where we started: Shutdowns work to flatten the curve so other prevention approaches can be ramped up.
8. Where we are now: Shutdowns can flatten the curve, but if other approaches aren’t also implemented, outbreaks simply rebound as restrictions are eased.
9. Children and COVID — A lot of unknowns remain. Yes, they can become infected with and transmit SARS-CoV-2, but we still don’t know to what degree. Most are asymptomatic but some can become critically ill and experts don’t know why.
10. Where we started: Children are largely unaffected by COVID-19.
11. Where we are now: Children can become infected and transmit SARS-CoV-2, but we don’t know to what degree. Some can become critically ill — and we still don’t know why.
12. How we got here: Early in the pandemic, a study from China suggested that children were infected just as much as other age groups but were more likely to remain asymptomatic.
13. In late April, however, reports surfaced of a rare and dangerous condition called multisystem inflammatory syndrome in children, or MIS-C.
14. An affected child’s immune response would go into overdrive, triggering “a cascade of events that attacks their organs and presents in multisystem organ failure,” said Johns Hopkins pediatric cardiologist Layla Gaur, MD. Experts still don’t know what causes the complication in some children and not others, and the CDC now says that adults can get a form of MIS-C as well.
15. Congregate Settings — The one we expected. Nursing homes, prisons, and colleges are vulnerable to outbreaks and, to date, some of the largest US clusters of cases and deaths occurred in these settings.

COVID-19/Corona-Virus Contact Tracing & CTCLUSI

Contributed By Kristy Petrie, RN BSN, Community Health Nurse

Resources: Oregon Health Authority, Jorge Mera, MD FACP and Whitney Essex, APRN

Did you know that if you get contacted by a Local Public Health Contact Tracer in the five-service areas (Curry, Coos, Lincoln, Lane, and Douglas), you can have your case transferred to CTCLUSI? You do not have to have your case transferred, yet it is a service we want to offer our Tribal members. Please know that any information within Contact Tracing is confidential. Confidentiality is the obligation not to disclose information; the right of a person to withhold information from others. Information in medical records is generally confidential. Our Community Health Aides and myself have the training to provide this service. CTCLUSI is working together with Local Public Health to make sure that our community is taken care of and safe.

What is Contact Tracing? If you were in close contact with someone with COVID-19 (within 6 feet for more than 15 minutes), you may get a call from a Contact Tracer. A Contact Tracer reaches out to people who have been exposed to COVID-19 to offer guidance and support. A Contact Tracer will share information on how to prevent the spread of the virus, care for yourself and your family, and connect you with resources within the Tribe and outside resources. You will be asked to quarantine to help prevent the spread of COVID-19. Did you know that research is showing that there is an estimate of 79% people who are asymptomatic (not showing any signs of the virus), yet are still carrying and spreading the virus? You can get COVID-19 from someone who doesn’t have any signs or symptoms of COVID-19. Please answer the call to help slow the spread of the virus, and keep you and your loved ones safe.

What does it mean to quarantine? Quarantine means to stay home for 14 days after you were near someone with COVID-19, even if you don’t feel sick or have other symptoms. Remember, you can spread the virus without having any symptoms. You will be asked by the Contact Tracer what the best form of contact will be to check on you daily during the quarantine period. Methods can include a phone call, text or email. This is to see how you are feeling and to see if you need any services. If you start to feel sick during the quarantine period, contact your physician to see if you can get a COVID-19 test.

If you have any questions or concerns about Contact Tracing or COVID-19, please contact me at kpetrie@ctclusi.org, or by phone (541) 888-7521.
December 2020

Virtual Cultural Activities

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<tr>
<th>Sunday</th>
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<td>Traditional Instruments with Chief Doc Slyter</td>
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<td>Beading with Ayuthea Cisneros</td>
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<td>Holiday Ornaments with Courtney Krossman &amp; Ashley Russell</td>
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<td>DIY Green Cleaning with Rachel Schaefer</td>
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<td>Traditional Paints &amp; Clay Sculpting with Jesse Beers</td>
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<td>Virtual Winter Solstice Gathering</td>
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<td>Traditional Games (At home Activity)</td>
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<td>Bear Grass Weaving with Enna Helms</td>
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<td>Culturally Significant Birds &amp; Bird Feeder Making</td>
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</tbody>
</table>

Watch Previously Recorded Virtual Cultural Activities Online

Visit the Tribal website at www.ctclusi.org and login. In the new Citizen Portal you will find a tab for Virtual Culture Zoom classes.

The Zoom link to live classes will be posted here as well as all the previous recorded zoom classes.

Did you miss any November classes? You can still go watch and enjoy online!

Monday activities are geared towards Adults, and Wednesday activities are geared for Youth. Materials for Wednesday classes can only be provided to youth at this time. Contact arussell@ctclusi.org for materials while supplies last.

Need help registering for the website? Contact mgaines@ctclusi.org

PEACEGIVING

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

All Peacegiving issues are confidential.

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

Photo by Morgan Gaines

Confidential
Contact Tribal Wellness Court
(541) 888-1307
IHBG Covid - 19
Chrome Book Distribution Program

The Housing Department is ordering Chrome Books for Tribal Enrolled Students ages 5-18, and Elders ages 55 +

If you meet, these criteria and you have

If you have, any questions please

Laura Fortin
541-888-7504
lfortin@ctclusi.org

Josh Davies
541-555-1314
josh.davies@ctclusi.org

Happy Holidays from Transportation!

Safety tips for driving in winter conditions
• Slow down and don’t use cruise control in wet, icy or snowy weather.
• Choose main routes; don’t rely on GPS. Be rested and alert.
• Always wear your seat belt.
• Drive with your lights on and reduce your speed.
• Use extra caution when driving on bridges or concrete highways. Ice forms first on these surfaces.
• Carry chains and know how to install them or use traction tires.

Know before you go!
• Oregon Road Conditions and Cameras: www.tripcheck.com; 5-1-1
• QuickMap in California: http://quickmap.dot.ca.gov/
• Winter Driving Tips: https://www.oregon.gov/odot/pages/winter-driving.aspx
• Oregon DOT Flickr: https://www.flickr.com/photos/oregondot/albums/72157625137281831
### Students “To-Do” lists for getting ready for after high school:

#### Ninth Grade

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<th>Students TO-DO</th>
<th>Sixth Grade Parents TO-DO</th>
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<td><em>Complete service-learning project</em>&lt;br&gt;Call your local community center or non-profit to find out if they have a service-learning project available. If not, contact them about the possibility of starting one. Ask if your child can volunteer as a service-learning leader this school year.</td>
<td><em>Help your child consider a college major that fits their strengths and interests with your child. Make sure your child is aware of career options.</em>&lt;br&gt;Ask them to do a self-assessment and learn about their interests and strengths. Help them to identify potential career options.</td>
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INVESTING IN OUR LOCAL COMMUNITIES

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians are accepting applications for Grants to charitable organizations December 1 - 31, 2020

Non-Profit organizations are encouraged to visit the Foundation website for more information.

ThreeRiversFoundation.org
FLU AWARENESS
CONTRIBUTED BY KRISTY PETRIE,
RN BSN, COMMUNITY HEALTH NURSE
ARTICLES BY OPTIUMRX

What is the flu?
The flu is an illness caused by the influenza virus. The virus infects your nose, throat and lungs. Most people who get the flu feel better within a week. In some people, the flu may lead to ear or lung infection.

The flu virus passes from person to person. When someone with the flu coughs, sneezes or talks, the virus spreads through the air. You can also get the flu by touching an object with the flu virus on it and then touching your eyes, mouth or nose. If you have the flu, you may pass the virus to someone else before you even start to feel sick. You can spread the flu up to seven days after you become sick.

What are flu symptoms?
If you have the flu, you may experience:
- Fever and/or chills
- Sore throat and/or cough
- Runny or stuffy nose
- Headaches and/or body aches
- Fatigue and weakness
- Nausea, vomiting and/or diarrhea

What should I do if I get the flu?
- Try to stay home and avoid spreading the flu to others. You should stay home for at least 24 hours after your fever ends
- Drink plenty of water and other clear liquids to prevent dehydration
- Talk to your doctor or pharmacist about taking over-the-counter medications for your symptoms

If you get the flu and have a medical condition such as asthma, diabetes or heart disease, call your doctor right away. The flu may make these conditions worse. You should also contact your doctor if you’re very sick or worried about your illness.

Who should get the flu vaccine?
Talk to your doctor about the flu vaccine. It’s especially important to speak to your doctor about getting the flu vaccine if you are:
- Pregnant
- Younger than 5 years old
- Older than 50 years old
- Diagnosed with certain chronic medical conditions
- Living in a nursing home or long-term care home
- Living with health care workers or children younger than 6 months old

Does the flu shot treat COVID-19?
No. The flu shot does not treat or prevent COVID-19.

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Who should get the flu vaccine?
Talk to your doctor about the flu vaccine. It’s especially important to speak to your doctor about getting the flu vaccine if you are:
- Pregnant
- Younger than 5 years old
- Older than 50 years old
- Diagnosed with certain chronic medical conditions
- Living in a nursing home or long-term care home
- Living with health care workers or children younger than 6 months old

Does the flu shot treat COVID-19?
No. The flu shot does not treat or prevent COVID-19.

LIHEAP
Low Income Home Energy Assistance Program

The Health and Family Support Services Department continues offering Heating for qualifying low income households. To receive heating assistance contact the Health and Family Support Services 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 80% of the Estimated Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following income:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person</td>
<td>$27,905</td>
</tr>
<tr>
<td>2 Person</td>
<td>$36,361</td>
</tr>
<tr>
<td>3 Person</td>
<td>$44,916</td>
</tr>
<tr>
<td>4 Person</td>
<td>$53,472</td>
</tr>
<tr>
<td>5 Person</td>
<td>$62,028</td>
</tr>
<tr>
<td>6 Person</td>
<td>$70,583</td>
</tr>
</tbody>
</table>

In order for your application to be processed and determined qualification you must provide:
- Proof of Income (Pay Stubs)
- Social Security Card
- Copy of your utility bill
- SSI or SSDI Statement of Benefits
- Tribal Enrollment Card
- Child Support Statement
- Oregon Trail Card
- Current Oregon Health Plan Card

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 Services staff to assist you. The general CTCLUSI Family Support Services 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.

Symptom Check
Contributed by Kristy Petrie,
RN BSN, Community Health Nurse
Resource: CDC & Mercyhealth

**Coronavirus**
- Fever or chills
- Cough
- Shortness of Breath or difficulties breathing
- Fatigue (tiredness)
- Muscle Pain or body aches
- Headache
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

**Flu**
- Fever or feeling feverish/chills
- Cough
- Muscle aches
- Fatigue (tiredness)
- Headache
- Runny or stuffy nose
- Sore throat
- Some people may have vomiting and diarrhea, though this is more common in children than adults
- It is important to note that not everyone with flu will have a fever

**Allergies**
- Sneezing
- Itchy eyes
- Runny or stuffy nose
- Watery, red or swollen eyes

IMPORTANT!!
These are Common Symptoms, which may vary from person to person. Only a doctor can give you a diagnosis
December 2020

COMMITTEE MEMBERS NEEDED

Chapter 7-5 GENERAL COMMITTEE CODE 7-5-L 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
Election Board
Language Committee

There will be vacancies on all committees 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 about any further details, please contact CarolAnn Young at cyoung@ctclusi.org or by phone 541-435-7519.

Go to www.ctclusi.org to fill out a Letter of Interest to Join a Tribal Committee. See above.

Submit your letter of interest to Jeannie McNeil at jmcneil@ctclusi.org

ATTENTION: ALL ENROLLED TRIBAL MEMBERS CONTACT INFORMATION UPDATES NEEDED

Please update your contact information with the Tribal Enrollment Department. 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 on file 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 www.ctclusi.org 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 jmcneil@ctclusi.org

Contact: CarolAnn Young
541-435-7159: Office
541-435-5417: Cell
cyoung@ctclusi.org

Health and Family Support Services with the support of InSight and Regroup Telehealth Services are pleased to introduce Sarah Duffey, LCSW. Sarah will start offering mental health services in early November to Tribal Members. Sarah has a Master’s of Science in Social Work from the University of Louisville and has a background working with clients being discharged from a hospital and providing resources to them in the community. Toddler youth, individuals with substance use disorders and homeless/runaway youth.

We are excited to be working with Sarah to offer Telehealth Services to our Tribal Members.

This is a wonderful opportunity! Tribal Members can access this service from the comfort of their own home with access to a devices such as an iPhone/Android phone, tablet / Chromebook / laptop or personal computer. If Tribal Members do not have access to any of the above mentioned devices, accommodations can be made to use a Chromebook at the Newmark Center or the Outreach offices in Florence or Eugene. This service is also Free of Charge!

The process for accessing these services will be as follows:

Tribal Members will need to log onto the CTCLUSI website at www.ctclusi.org and fill out the Mental Health Request form. After the form has been filled out it will be forwarded to CarolAnn Young, Behavioral Health Care Coordinator. At that time, CarolAnn will call the client to do an intake survey and schedule the appointment.

We look forward to this opportunity. Please watch the CTCLUSI website for any update information.

Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

- Bartender ~ Cocktail Beverage Server
- Food Service Blue Shirt ~ Host
- Food Court Runner/Dining Room Attendant
- Lead Cook ~ Line Cook
- Food Court/Outlet Cook ~ Prep Cook
- Dish Machine Operator
- Manager ~ Hotel Front Desk
- Guest Services Attendant
- Guest Room/Laundry Attendant
- Table Games Dealer
- Environmental Service Technician
- Player Services Representative
- Revenue Audit Clerk
- Maintenance Tech II/Carpenery

Three Rivers Casino Resort ~ Coos Bay

- Line Cook
- Security Officer I ~ Guard Safety Liaison
- Environmental Service Technician

Tribal Government Offices

- Chief Dental Officer, Coos Bay
- Certified Alcohol & Drug Counselor II, Coos Bay
- Education Specialist/Children’s Programs, Coos Bay
- Computer Support Technician I, Florence
- Special Events Employee, Ass’t, Florence
- Special Events Employee, Coos Bay
- Special Events Employee, Eugene
- Special Events Employee, Springfield

Blue Earth Services & Technology

- Re-Openings

Three Rivers Casino Resort ~ Coos Bay

- Lead Cook
- Security Officer I ~ Guard Safety Liaison
- Environmental Service Technician

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

Updated Daily
Or call Recruitment at 541-902-3021

http://ctclusi.jobsonboard.com/

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Win one of FIVE $500 CASH PRIZES

7PM-9PM DRAWING EVERY HALF HOUR

Bar open on Sunday-Saturday (one entry for every 25 points earned)

Fun Starts Here

Café 1297
Weekly Specials 11AM-9PM

WEDNESDAYS

LUCKY MONEY

Served from 4PM-10PM

Win $1,500

6PM-8PM Drawings Every 20 Minutes

One entry for every 20 same-day points earned from Noon to 7:59PM.

MOMENTUM

500 FREE WEDNESDAY POINTS

ONE TIME OFFER ONLY

BETWEEN 4PM-11PM

WEDNESDAYS

Served from 4PM-10PM

Win $1,500

6PM-8PM Drawings Every 20 Minutes

One entry for every 20 same-day points earned from Noon to 7:59PM.

WEDNESDAYS

LUCKY MONEY

Served from 4PM-10PM

Win $1,500

6PM-8PM Drawings Every 20 Minutes

One entry for every 20 same-day points earned from Noon to 7:59PM.

Peterson’s Bar & Grill

CASH PRIZES

7PM-9PM DRAWING EVERY HALF HOUR

Bar open on Sunday-Saturday (one entry for every 25 points earned)

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