

The Voice of CLUSI



December 2020

Issue 12

Volume 21

www.ctclusi.org

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

Tribal Artist Paints Mural Depiction of Life at Hanisiich Village - Elk'elch "The Hollering Place"



Quuiich (Lower Umpqua) Tribal artist Pam Stoebsler pictured in front of her mural depicting "The Hollering Place", the village of Hanisiich.

niishanax, dai, greetings,

The Tribal Council acknowledges our wonderful Tribal artist, Pam Stoebsler. 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

Also in this Edition:

Page 4 - Yachats New Year's Day Peace Hike

Page 10 - Traditional Story for Solstice

Page 8 - Coloring Contest

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

Join us live via Zoom for a

Virtual Winter Solstice Gathering

Monday, December 21, 2020

6:00 - 7:30 p.m.

See page 10 for detailed flyer or login
to the Citizen Portal at www.ctclusi.org and click
Virtual Zoom Culture Activities (Youth Services)

Tribal Council Business

Activity of Elected Tribal Council Members from October 11, 2020 - November 7, 2020.

Chief Doc Slyter:

10-11 Tribal Council Meeting
10-14 Budget Meeting
Virtual Youth Cultural Activity
10-15 Gathering of NW Elders
Leader's Circle
10-16 State Call
10-20 Ocean/Floating Offshore Wind Systems
Monthly Update
CEO Interview
10-21 Budget Meeting
Myrtlewood Nut Virtual Demonstration
10-22 Gregory Pt - performed memorial for Tribal
Member
Leader's Circle
10-26 Admin Office -Paperwork
Zoom Mtg r/e New Year's Peacewalk-Yachats,
Oregon
Investment Meeting
Meeting w/ Elliott State Forest
10-27 Leader's Circle
10-28 GFORB
10-29 Zoom Mtg - Public Health Modernization
Assessment
Funding Energy Meeting
NAAC - University of Oregon
Leader's Circle
11-02 Virtual Adult Cultural Activity
11-03 Leader's Circle
11-04 Election Protection Briefing
Budget Meeting
11-05 Budget Meeting/Casino
11-06 Oregon Tribal Cultural Task Force
Total Hours: 123

Debbie Bossley Tribal Chair:

Oct. – Nov Office 16 days
10-12 Pre-Summit Mtg.
10-14 Ferry Park re: Frisbee Golf
10-15 Meet & Greet, Leaders Circle
10-20 Leaders Circle
10-21 Meet & Greet
10-22 Leaders Circle
10-27 Leaders Circle
10-28 GFORB & Business Meeting
10-29 Leaders Circle
10-30 9 Tribes & Governor
11-03 Leaders Circle
11-04 Housing Meeting, Budget Meeting
11-08 Council Meeting
Total Hours: 120

Mark Petrie, Vice-Chair:

10/11 Regular Tribal Council Meeting; / General
Council Talk Circle via Zoom
10/13 Oregon Coast Energy Alliance Network
(OCEAN) Board of Directors Meeting
10/13 CLUSI vacant CEO position Interview planning
10/13 National Tribal Leadership Climate Change
Summit Virtual Sessions: Session
#1- Tribal Climate Change Policy
10/13 Education Committee Meeting
10/13 Coos Bay Planning Commission Public
Hearing: Hollering Place
10/14 National COVID-19 Briefing Call with State,
Local, and Tribal Officials
10/14 Hanis Language Lesson
10/14 Budget Committee Meeting #2
10/15 CLUSI Strategic Energy Planning
brainstorming session
10/15 CLUSI vacant CEO position meet and greet
10/15 CLUSI vacant CEO position interview
10/15 Leader's Circle
10/16 Responsible Ocean Development Association
(RODA), BOEM, NOAA Webinar Session
10/16 State - Tribal Call re: COVID-19
10/16 Language Committee Workgroup: Code
Development & Renaming Protocol
10/19 WCODP Coordination Call
10/19 Surfrider Offshore Wind Energy Webinar
10/20 Oregon Coast Energy Alliance Network
(OCEAN) Update Call
10/20 CLUSI vacant CEO Position Interview
10/20 Leader's Circle
10/21 Pacific Northwest Tribal Climate Change
Network
10/21 CLUSI vacant CEO position meet and greet
10/21 Hanis Language Lesson
10/21 Budget Committee Meeting #3
10/21 Culture Night - myrtle nut presentation with
Chief Slyter and Myself (presentation
time not counted due to being paid)
10/22 OCEAN Policy Huddle
10/22 Oregon Tribal Leadership and Economic
Development
Leader's Circle
10/23 Economic Development & Community Services
Cluster Meeting
10/23 Oregon Commission on Historic Cemeteries
meeting
10/23 Strategic Energy Planning Team Meeting
10/23 Language Committee Meeting

10/26 CLUSI vacant CEO position meet and greet
10/26 New Year's Day Peace Hike - Amanda Trail
10/26 Elliot State Research Forest Public Forum
10/27 Lakeside Water Quality Consultation with
Department of State Lands
10/27 Leader's Circle
10/28 GFORB Meeting
10/28 Business Council Meeting
10/29 Culture Team - Public Health Modernization
Assessment
10/29 Funding Energy & Infrastructure In Indian
Country Training
10/29 CLUSI vacant CEO position Interview
10/29 CLUSI vacant CEO position Interview
10/30 State - Tribal Call re: COVID-19
11/3 OCEAN Meeting
11/3 Leader's Circle
11/4 Language Class
11/4 Budget Meeting #4
11/5 Webinar: Incorporating Cultural Intelligence to
Develop Effective Climate
Adaptation Planning
11/5 TRC Budget Hearing
11/6 LCIS Cultural Task Force Meeting
11/6 Strategic Energy Planning Team Meeting
11/8 Budget Hearing #2
Total Hours: 164

Iliana Montiel:

10-11 Regular Council Meeting
10-14 SB 770 Health & Human Services Cluster
Meeting; / Budget Meeting #2
10-15 Gathering of NW Elders; / Leader's Circle
10-16 Gathering of NW Elders; / Meeting at TRC
10-19 CHAP Advisory Workgroup; / NPAIB Tribal
Health Directors Mtg
10-20 NPAIHB Quarterly Board Meeting; / Leader's
Circle
10-21 NPAIHB Quarterly Board Meeting: / Budget
Meeting #3
10-26 Elliott State Research Forest Update
10-27 Leader's Circle
10-28 GFORB: / Tribal Council Business Meeting
10-29 CEO Interviews
10-30 Benefits Board Special Meeting
11-03 Leader's Circle
11-04 Budget Meeting #4
11-05 TRC Budget Review
11-06 Benefits Board Special Meeting
Total Hours: 75

Josh Davies:

10-11 Tribal Council Regular meeting
General Council meeting
10-13 National Tribal Leadership Climate Change
Education Committee meeting
10-15 Gathering of NW Elders, Knowledge Holders
and Culture Keepers Special Weekly Series for
Tribal Schools as they Reopen Amidst Covid-19
Finalize GYO proposal plan
CEO Interview
Leader's Circle
10-16 Gathering of NW Elders, Knowledge Holders
and Culture Keepers
State-Tribal call re: Covid-19 response efforts
10-17 Celebrated Restoration with my family
10-18 Celebrated my Grandma's 95th Birthday
10-20 Financing Resilient Power in Underserved
Communities: Moving Forward with
Distributed Solar + Storage Projects
Trump Administration Indian Country Update
CEO Interview
Leader's Circle
10-21 Budget conversation
Housing Committee meeting
Budget Meeting #3
10-22 Meeting Current School Health Challenges and
Beyond: New Tools to Assess and Address IAQ
Health and Safety
CDC COCA Call: Leveraging Existing
Resources to Meet the Challenges
Special Weekly Series for Tribal Schools as
they Reopen Amidst Covid-19
Leader's Circle
10-26 Investment Committee Meeting – 3rd quarter
report review
10-27 CBSD Interview Indian Education
Tribal Children's Health Web Series: Lead
Awareness in Indian Country
Gov Brown Press Conference
Early Learning Council Strategic Planning
Retreat
Lakeside water quality Consultation with DSL
Leader's Circle
10-28 National COVID-19 Briefing Call with State,
Local, and Tribal Officials
Incorporating Indigenous Foods: Plants and
Food as Medicine Part 3

Native American Storytelling: Culture is
Prevention
Early Learning Council Strategic Planning
Retreat
GFORB
Tribal Council Business Meeting
10-29 Federal/Tribal Coordination Call (hosted by
BIA)
Special Weekly Series for Tribal Schools as
they Reopen Amidst COVID-19
Funding Energy and Infrastructure in Indian
Country Confirmation
NAAC Save the Date
CEO Interview
CEO Interview
10-30 Gov Brown Press Conference Education
Metrics
State-tribal call re: COVID-19 response efforts
10-31 Social Distanced Trick or Treating with my
kiddos
11-02 Juvenile Justice Committee - YOUTH
DEVELOPMENT COUNCIL
11-03 Leader's Circle
AI/AN Advisory Committee Meeting
11-04 The New Normal: ELECTION 2020 – Post-
Election Analysis with the National Indian
Gaming Association
Housing Committee meeting
Budget Meeting #4
11-05 Special Weekly Series for Tribal Schools as
they Reopen Amidst COVID-19
TRC Budget Review
11-08 Budget Hearing
Total Hours 123

Doug Barrett:

10-11 Tribal Council and General Council / Talking
Circle
10-12 Indigenous Peoples Day Ceremony – on my own
10-12 Virtual Native Talking Circles – Staying
Connected
10-13 National Leadership Climate Change Summit
10-14 Budget Meeting #2
10-14 Virtual Youth Cultural Activity – Smudge Sticks –
Me
10-15 Leaders Circle
10-16 State – Tribal Call – Covid – 19 response efforts
10-17 Restoration Day Ceremony – on my own
10-20 Leaders Circle
10-21 Budget Meeting
10-21 Virtual Youth Cultural Activity
10-21 Port of Siuslaw Commission Meeting
10-22 ADPC zoom meeting
10-22 Leaders Circle
10-23 Language Committee Meeting
10-26 Virtual Native Talking Circle
10-26 Elliott State Research Forrest Update
10-27 Leaders Circle
10-28 GFORB / Tribal Council Business Meeting / OYA
Stakeholders call
10-29 Leaders Circle – CEO interviews
10-30 State – Tribal call – Covid – 19 response efforts
11-02 Virtual Native Talking Circle
11-03 Leaders Circle / Indian Country Update
11-04 Budget Meeting # 4
11-05 Three Rivers Casino Budget Review / Leaders
Circle
11-08 Budget Hearing / Tribal council Meeting
Total Hours: 164 & catching up on emails from Vacation

Enna Helms

10-11 Regular Tribal Council Meeting
General Tribal Council Meeting
10-13 Public Hearing City of Coos Bay
10-14 Budget Meeting
10-15 Tribal Leaders Circle
Gathering of NW Elders, Knowledge Holders &
Culture Keepers
10-20 Indian Country Call
Webinar 10/20 - Financing Resilient Power in
Underserved Communities
Tribal Leaders Circle
10-21 Budget Meeting
10-22 Tribal Leaders Circle
10-26 Elliot State Research Forest update
10-27 Tribal Leaders Circle: Oregon Department of
State Lands
10-28 Business Meeting
10-29 Tribal Leaders Circle: CEO Interview
11-03 Tribal Leaders Circle
11-05 TRC Budget Review
Total Hours: 98 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
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-minutues 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

Upcoming Events

- 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.
- December 31st** – Three Rivers Foundation Grant
Application Deadline
- January 1st** – New Year’s Day,
All Tribal Offices will be Closed
- January 5th** – Deadline for Color Contest
submissions (see pg. 8 for details)
- January 10th** – Regular Council Meeting,
zoom 10:00 a.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

Join a Committee

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

CTCLUSI Departments, Services & Offices

<p>Government Office Stephanie Watkins Interim CEO & Director of Human Resources 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-999-1360 swatkins@ctclusihr.org</p> <p>Health Services Division Vicki Faciane - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Toll free 1-888-280-0726 Fax 541-888-5388 vfaciane@ctclusi.org</p> <p>Department of Human Resources Stephanie Watkins - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 888-723-3270 swatkins@ctclusihr.org</p> <p>Tribal Housing Department Laura Fortin - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7504 Fax 541-435-0492 lfortin@ctclusi.org</p>	<p>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</p> <p>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</p> <p>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</p> <p>Tribal Dental Clinic 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505</p>	<p>Elders Activities Iliana Montiel Assistant Director of Health Services 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Fax 541-888-5388 Toll Free 1-888-280-0726 imontiel@ctclusi.org</p> <p>Tribal Court J.D. Williams Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 tribalct@ctclusi.org</p> <p>Cultural Department Jesse Beers, Cultural Stewardship Manager 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org</p> <p>Eugene Outreach Office 135 Silver Lane, Suite 200 Eugene, OR 97404 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349</p>	<p>Florence Outreach Office Physical: 3757 Hwy. 101 Mailing: P.O. Box 2000 Florence, OR 97439 Phone 541-997-6685 Toll Free 1-866-313-9913 Fax 541-997-1715</p> <p>Tribal Gaming Commission Brad Kneaper Executive Director of the Gaming Commission 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 bkneaper@ctclusi.org</p> <p>Tribal Police Brad Kneaper Chief Law Enforcement Officer 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bkneaper@ctclusi.org</p> <p>Department of Natural Resources 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</p>
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Council Corner

11th Annual Yachats New Year's Day Peace Hike Takes New form this Year



Chief Doc Slyter pictured above during a past New Year's Day Peace Hike

Contributed by Yachats Trails Committee and Mark Petrie, Vice Chair

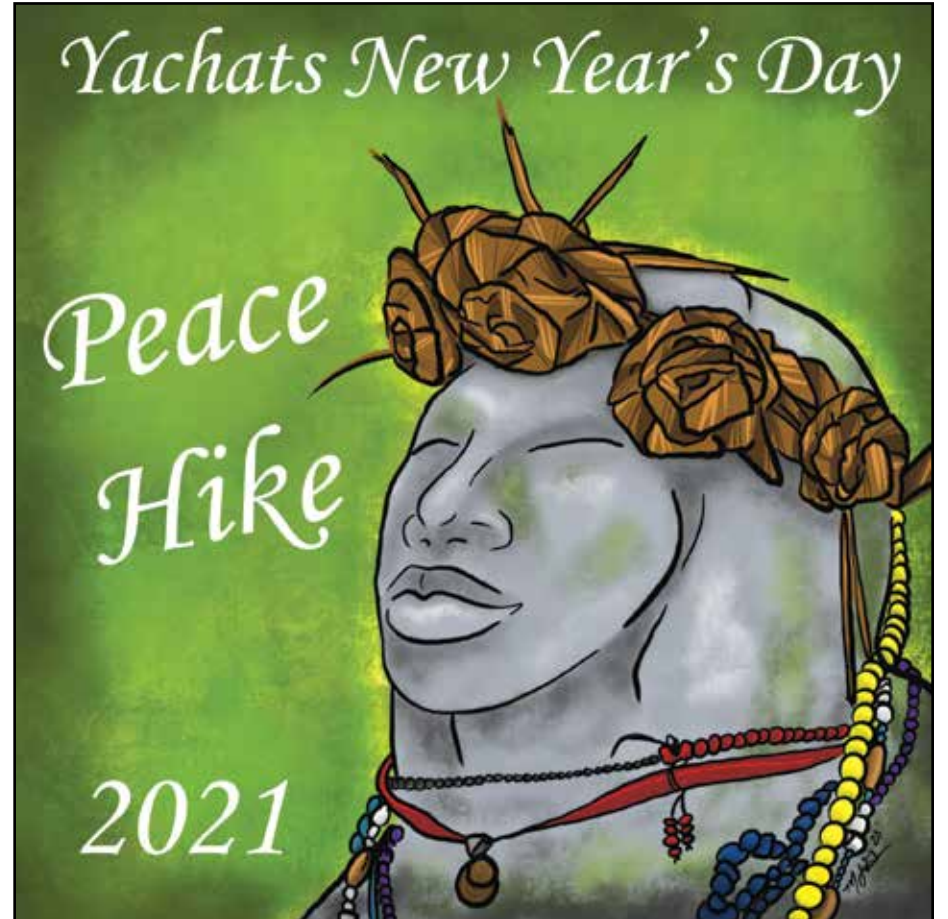
Wishing you all a Happy New Year 2021!!

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 – (hli-in – hel hantl tuuwitiniye) "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 Yachat 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

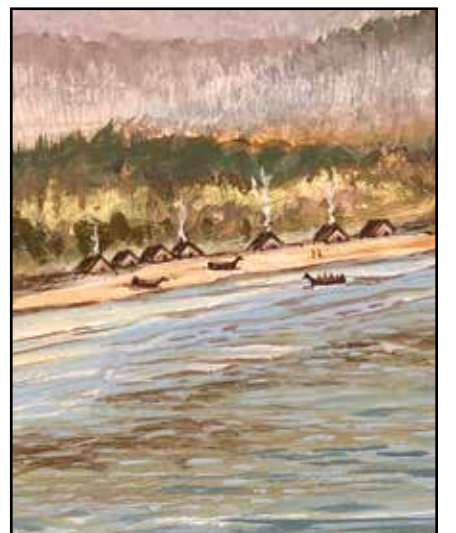


within you: You may want to take a walk, or a hike near where you live, visit the Amanda Trail and Amanda statue, or may want to sit with loved ones or alone in meditation or thought. As with the traditional Amanda New Year's Day gatherings, you may want to breathe peace into a sprig of cedar or other 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 yachats Trails@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.

Tribal Artist Pam Stoehsler Mural Highlights, story and full photo on cover page



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."

Resolution Summaries

RESOLUTION NO.: 20-076
Date of Passage: September 13, 2020
Subject (title): Comprehensive Economic Development Strategy
Explanation: The Tribal Council approves this Request for Proposal, to seek qualified firms for the Tribal Comprehensive Economic Development Strategy. . **Vote 7-0-0**

RESOLUTION NO.: 20-077
Date of Passage: September 13, 2020
Subject (title): Wastewater Treatment Plant Repairs
Explanation: The Tribal Council approves the quote for needed repairs for the Waste Water Treatment Plant. **Vote 6-1-0**

RESOLUTION NO.: 20-078
Date of Passage: September 13, 2020
Subject (title): Abbreviated Indian Housing Plan for IHBG-CARES and Tribal Council Approval and Authorization there of
Explanation: The Tribal Council approves this Housing Plan. **Vote 7-0-0**

RESOLUTION NO.: 20-079
Date of Passage: September 13, 2020
Subject (title): Affiliated Tribes of Northwest Indian (ATNI) Membership Delegate and Alternate Appoint Amendments for Membership Year 2020-2021
Explanation: The Tribal Council approves the appointment of the following members to the Debbie Bossley as Delegate, Mark Petrie, Iliana Montiel, Doug Barrett, Enna Helms, Josh Davies and Chief Doc Slyter all as Alternates. **Vote 7-0-0**

RESOLUTION NO.: 20-080
Date of Passage: September 13, 2020
Subject (title): National Congress of American Indians (NCAI) Membership Delegate and Alternate for Membership Year 2020-2021
Explanation: The Tribal Council approves the appointment of the following members to the Debbie Bossley as Delegate, Mark Petrie, Iliana Montiel, Doug Barrett, Enna Helms, Josh Davies and Chief Doc Slyter all as Alternates. **Vote 7-0-0**

RESOLUTION NO.: 20-081
Date of Passage: September 28, 2020
Subject (title): Contract Disputes Axt Claim – HIS FY2014
Explanation: The Tribal Council authorizes and directs staff to fill this claim for recovery of funds. **Vote 7-0-0**

RESOLUTION NO.: 20-082
Date of Passage: September 30, 2020
Subject (title): Application to the Bureau of Reclamation Funding Opportunity BOR DO -20-F013, FY2021
Explanation: The Tribal Council voted to approve the submission of this grant funding from the Department of Culture and Natural Resources. **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.

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

November raffle drawing winners received a self-care basket sponsored by the Health and Family Support Services Department

Posted 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.

<u>Benjamin Craig Motes</u>
Parent: Andrea Motes
Lineal Descendant: Eliese Benasco -Swigert
Tribe: Coos
<u>Jaxon Wyatt Theisen-Snyder</u>
Parent: Justin Dean Sasser -Theisen
Lineal Descendant: Frances Elliott
Tribe: Coos
<u>Brynlie Annabelle Young</u>
Parent: Kimberly Miller
Lineal Descendant: Etta Carlson
Tribe: Coos
<u>Cash Ryker Boccard</u>
Parent: Sadie Boccard
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

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 move toward winter, I hope you are finding your way in remote learning and other new strategies for this every 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 (Warm Springs), and Woodrow Hunt (Modoc). We finished the shooting for the project in September at the Chehalis 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.chehalisculturalcenter.org/exhibitions/2020/6/2/cache-installation-by-sara-seistreem>

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 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)

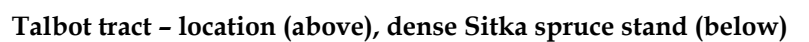
sarasiestreem@hotmail.com



Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

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.

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.



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

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.

- Make sure that the quart jars are washed & sterilized.
- 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.



Burn Wise
Program of U.S. EPA

WOOD SMOKE AND YOUR HEALTH

Wood smoke may smell good but it's not good for you. With a few simple steps you can help reduce wood smoke to protect your health and the air we breathe.

DID YOU KNOW?

One old, inefficient wood stove can emit as much air pollution as 5 dirty old diesel trucks.



Tiny particles in wood smoke can affect your health



HEART IMPACTS

Increases the risk of heart attack, irregular heartbeat, heart failure, stroke and early death.

LUNG IMPACTS

Triggers asthma attacks and aggravates other lung diseases and damages children's lungs.

WHO IS AT GREATER RISK?

- Older adults
- Children and teens
- People with heart or lung disease

Four easy steps to reduce wood smoke

1 Burn dry, seasoned wood that has been split, stacked, covered and stored.



2 Test wood with a moisture meter (20% moisture or less is best).



3 Use a cleaner-burning gas or wood stove.



4 Provide sufficient air to the fire; never let it smolder.



Learn more at www.epa.gov/burnwise



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**



CHILD COLORING CONTEST (Above snowman)

ADULT COLORING CONTEST (Below cookies)



**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.

“In the Loop” with the Circles of Healing Program

Stress, Depression and the Holidays: Tips for Coping

Contributed by Melissa Smith, Circles of Healing Outreach Advocate. Article Credit: www.mayoclinic.org

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 to 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 homemade 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'll 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.

Winter Storytelling Time with Patricia Whereat Phillips

The following story was told in the summer of 1900 by an Alsea man nicknamed US Grant to a visiting linguist, Dr. Farrand. It was later published by Leo Frachtenberg in “Alsea Texts”. Grant said that this story was a Siuslaw story. Because this story is at the back of a book about Alsea stories (although there is some overlap in stories between Alsea and Siuslaw-Lower Umpqua) few people know this story today. So, since it is winter, the time of storytelling, I thought it is a good time to share this Siuslaw story.

“THE RUNAWAY COUPLE”

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. One day they left, they traveled through the woods a long way. They walked far up a creek and built a house there.

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 almost all day. When night came they were very tired. As they walked along the creek, from time to time they would see more shinny sticks, sticks from the hand game, and other playthings floating down the creek. It was late in the evening when they finally heard people shouting and cheering. They kept going, and the sound of voices became louder.

At last they came to a prairie where they saw a number of people playing shinny. They stopped at the edge of the prairie to watch the game. To the surprise of the boys, the two teams were unlike any other people they had ever seen before. One team of people all had patches on the left side of their bodies. The people on the other team had heads twisted to one side. As it was growing darker, the Patched People were losing and every time they went back to start the game again, one would says “I feel hot. It seems like someone is looking at me”. But the others would say no, it is nothing.

When it got too dark to keep playing shinny, the Twisted Head team said, let’s stop now and play the hand game tonight. The Patched People agreed.

Then the two brothers

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 earlier. 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@ctclusi.org



Winter Storytelling Time with Patricia Whereat Phillips

“THE RUNAWAY COUPLE” continued...

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 his grandchildren. 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.

Have a Happy Winter Solstice

Contributed by Jesse Beers, Cultural Stewardship Manager

The Winter Solstice is amongst the most Sacred of times. During the winter we all recognize how short the days are and how the nights seem to last forever. Well, so did our Ancestors, they recognized it so well that they would celebrate on the longest night of winter. They would celebrate with games, dancing and songs. Some of these songs and dances are for fun and some of them are serious in order to thank Creator and recognize that transition that is currently happening, as many of us do today.

We will be having a short ZOOM virtual gathering for the Winter Solstice on December 21st from 6-7:30pm (please see the flyer). While we usually celebrate Winter Solstice into the wee hours of the morning this gathering is short. This gathering is short to encourage you to have a fire with your family, or whomever you choose to include in your family (remember to practice safe COVID-19 practices). Please use this time to put positivity out into the darkness, recognize the transitions and give thanks.

VIRTUAL LANGUAGE CLASSES

10 WEEKS - WINTER 2021

MILUK MONDAYS 3:00-5:00 pm	HANIS WEDNESDAYS 3:00-5:00 pm	SHA'YUUSHTL'A-QUUIICH FRIDAYS 3:00-5:00 pm	 ZOOM Join Zoom Meeting https://zoom.us/j/97494890410?pwd=cEJSQlIHU0Z2d0d3NkRETIVzLI FxU T09 Meeting ID: 974 9489 0410 Passcode: 495803
Jan 4, 2021	Jan 6, 2021	Jan 8, 2021	
Jan 11, 2021	Jan 13, 2021	Jan 15, 2021	
TBD, 2021 (holiday)	Jan 20, 2021	Jan 22, 2021	
Jan 25, 2021	Jan 27, 2021	Jan 29, 2021	
Feb 1, 2021	Feb 3, 2021	Feb 5, 2021	
Feb 8, 2021	Feb 10, 2021	Feb 12, 2021	
TBD, 2021 (holiday)	Feb 17, 2021	Feb 19, 2021	
Feb 22, 2021	Feb 24, 2021	Feb 26, 2021	
Mar 1, 2021	Mar 3, 2021	Mar 5, 2021	
Mar 8, 2021	Mar 10, 2021	Mar 12, 2021	

Tribal Elders Ron James and Paul Benasco Walk On

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.



Ron James and loving wife Sue James

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."

"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 Meridith.

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

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.

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.



Michael Wong

Favorite Hobbies:

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

Favorite Sayings:
“Life could be worse.”

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.

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 Hlders

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.

Stay informed with current updates from CTCLUSI ALERT HUB on your smartphone
Download for FREE!



Scan the QR code and install.
If you are unable to scan the code, type ‘CTCLUSI ALERT HUB’ in the search box of your App Store.

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.
 - 1. Where we started:** SARS-CoV-2 spreads through respiratory droplets and contaminated surfaces. Initial precautions emphasized disinfecting surfaces and social distancing.
 - 2. 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.
- 2. Masks** — They likely protect others AND the wearer.
 - 1. Where we started:** Masks protect others if we are sick, but may not protect us.
 - 2. Where we are now:** There is now more evidence that masks reduce both transmission and possibly severity of disease for wearers.
- 3. 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.

- 1. Where we started:** Shutdowns work to flatten the curve so other prevention approaches can be ramped up.
- 2. Where we are now:** Shutdowns can flatten the curve, but if other approaches aren’t also implemented, outbreaks simply rebound as restrictions are eased.
- 4. 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.
 - 1. Where we started:** Children are largely unaffected by COVID-19.
 - 2. 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.
 - 3. 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. In late April, however, reports surfaced of a rare and dangerous condition called multisystem inflammatory syndrome in children, or MIS-C. 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 Laysa 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.

5. 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Traditional Instruments with Chief Doc Slyter	3	4	5
6	7 Beading with Ayuthea Cisneros	8	9 Holiday Ornaments with Courtney Krossman & Ashley Russell	10	11	12
13	14 DIY Green Cleaning with Rachel Schaefer	15	16 Traditional Paints & Clay Sculpting with Jesse Beers	17	18	19
20	21 Virtual Winter Solstice Gathering	22	23 Traditional Games (At home Activity)	24	25	26
27	28 Bear Grass Weaving with Enna Helms	29	30 Culturally Significant Birds & Bird Feeder Making	31		

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



WELLNESS COURT

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

Confidential

Contact Tribal Wellness Court.
(541) 888-1307

PEACEGIVING

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

All Peacegiving issues are confidential.

Photo by Morgan Gaines

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

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

Education Corner

Governor Kate Brown Announces Statewide Two-Week Freeze to Stop Rapid Spread of COVID-19

Contributed by Josh Davies, Education Director

November 13th, Governor Brown announced a statewide Two-Week Freeze, which is in effect from November 18th through December 2nd. While our cases are starting to rise in Oregon, I hope you are safe and well. There are stipulations that include limit to social gatherings, restaurants curb side only, indoor recreational facilities, museums, limit to grocery stores and others. While there are limitations, schools are not affected by this freeze. Schools k-6 are able to reopen based on county

statistics. If counties fall inline with the metrics set forth by ODE/OHA/Governor's Office, school districts are able to open for k-6 in person/hybrid learning. Grades 7-12 would still be in comprehensive distance learning. "The Two-Week Freeze does not apply to or change current health and safety protocols for personal services (such as barber shops, hair salons, and non-medical massage therapy), congregate homeless sheltering, outdoor recreation and sports, youth programs, childcare,

K-12 schools, K-12 sports currently allowed, current Division 1 and professional athletics exemptions, and higher education — all of which can continue operating under previous guidance issued by the Oregon Health Authority" (<https://www.oregon.gov/newsroom/Pages/NewsDetail.aspx?newsid=37702>). The new metrics for Oregon schools can be found at <https://www.wesd.org/Page/1282>.

Please remember to keep washing your hands, and wear a mask.

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 a need for one of these devices to assist You in Distance Learning, or Telehealth / Distancing communications; Please fill out a request form here.

Please not inventory will be limited, Pick up times and dates will be scheduled with social distancing measures later in January and February 2021. Pick up is encouraged and sites will be at all three Government offices, Coos Bay, Florence, and Eugene.

If you have, any questions please contact Laura Forting, Director of Housing or Josh Davies, Director of Education.

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

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

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

We can also see this as a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child.

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do.

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler.

- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.
- Tell a story, read a book, or share pictures.

Ideas with your teenager.

- Talk about something they like: sports, music, celebrities, friends.
- Cook a favourite meal together.
- Exercise together to their favorite music.

Ideas with your young child.

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game!
- Help with school work.

Switch off the TV and phone. This is virus-free time.

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

[Parenting tips from WHO](#)
[Parenting tips from UNICEF](#)
[In worldwide languages](#)
[EVIDENCE-BASE](#)

The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Wifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

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:

ELEMENTARY SCHOOL	JUNIOR HIGH OR MIDDLE SCHOOL	HIGH SCHOOL (Every Year in High School)		
<p>Students to DO:</p> <p>() Do your best in school.</p> <p>() Read a lot.</p> <p>() Have fun learning!</p> <p>TO EXPLORE:</p> <p>() Visit www.kids.gov to learn about jobs and to find fun online games.</p> <p>() Check out the Kids’ Zone at nces.ed.gov/nceskids if you like such games as puzzles and math teasers.</p> <p>TO EXPLORE:</p> <p>() Read Saving Early = Saving Smart! at StudentAid.gov/resources#saving-early. This handout explains why it’s never too early to save money for college and how to use such resources as college savings plans and federal student aid.</p> <p>() Check out Helping Your Child Become a Reader at www.ed.gov/parents/academic/help/hyc.html for advice on how to create a foundation for learning for children up to age 6. The publication provides a list of resources for parents and includes activities that turn daily routines into learning experiences.</p> <p>Parents TO DO:</p> <p>() Help your kindergarten develop an interest in reading by reading aloud to him or her.</p> <p>() Check your child’s homework and follow his or her progress in school by looking at report cards and attending teacher conferences.</p> <p>() Start saving for your child’s college education. Learn about the tax advantages of state-offered college savings plans and prepaid tuition plans at www.collegesavings.org.</p>	<p>Students TO DO:</p> <p>() Think about college as an important part of your future. Discuss your thoughts and ideas with your family and with people at school.</p> <p>() Start saving for college if you haven’t already.</p> <p>() Take challenging and interesting classes to prepare for high school.</p> <p>() Ask your parent or guardian to help you research which high schools or special programs will most benefit your interests.</p> <p>() Develop strong study habits.</p> <p>() Do your best in school and on standardized tests. If you are having difficulty, don’t give up—get help from a teacher, tutor, or mentor.</p> <p>() Become involved in school- or community-based activities that let you explore your interests and learn new things.</p> <p>() Speak with adults, such as your teacher, school counselor or librarian, relatives, or family friends, who you think have interesting jobs. Ask them what they like about their job and what education they needed for it.</p> <p>TO EXPLORE:</p> <p>() Find out why you should prepare for college now at StudentAid.gov/prepare.</p> <p>() Browse My Future, My Way: First Steps Toward College, a workbook for middle and junior high school students, at StudentAid.gov/resources#my-future.</p> <p>Parents TO DO:</p> <p>() Use FAFSA4caster at fafsa.gov to find out how much federal student aid your child might receive. This information will help you plan ahead.</p> <p>() Continue saving for your child’s college education. If you have not opened a savings account, you can find information about tax advantages and links to state plans at www.collegesavings.org.</p> <p>() Talk to your child about his or her interests and help match those interests with a college major and career.</p> <p>() Help your child develop good study habits, such as studying at the same time and place every day and having the necessary materials to complete assignments.</p> <p>() Stay in contact with your child’s teachers and counselor so that they can let you know about any changes in your child’s behavior or schoolwork.</p> <p>() Keep an eye on your child’s grades, and help him or her find tutoring assistance, if necessary.</p> <p>TO EXPLORE:</p> <p>() Get tips from the following documents at www.ed.gov/parents/academic/help/hyc.html:</p> <p>- Helping Your Child With Homework offers suggestions on how to empower your child to successfully complete assignments.</p> <p>- Helping Your Child Through Early Adolescence addresses issues that parents of 10- to 14-year-olds generally find most challenging.</p> <p>() Browse Parent Power at www.ed.gov/parents/academic/help/parentpower/booklet.pdf for ideas to help you support your child as he or she transitions into high school.</p>	<p>Students TO DO:</p> <p>() Work with a parent to estimate your potential financial aid using FAFSA4caster at fafsa.gov, and continue to save for college.</p> <p>() Take challenging classes in core academic subjects. Most colleges require four years of English, at least three years of social studies (history, civics, geography, economics, etc.), three years of math, and three years of science. Many require two years of a foreign language. Round out your course load with classes in computer science and the arts.</p> <p>() Stay involved in school- or community-based activities that interest you or let you explore career interests. Consider working or volunteering. Remember that it’s quality—not quantity—that counts.</p> <p>() Talk to your school counselor and other mentors about education after high school. Your counselor can answer questions about what classes to take in high school, how to sign up for standardized tests, and where to get money for college.</p> <p>TO EXPLORE:</p> <p>() Check out KnowHow2Go: The Four Steps to College, at www.knowhow2go.org for more advice on actions you can take as you start thinking about education beyond high school.</p> <p>() Get answers to common questions about college by watching our videos on the “Prepare for College” playlist at www.YouTube.com/FederalStudentAid.</p> <p>() Learn about managing your money in the “High School Youth” section of www.mymoney.gov/Pages/for-youth.aspx. 11</p> <p>Parents TO DO:</p> <p>() Continue to talk to your child about college plans as if he or she will definitely go to college.</p> <p>() Keep an eye on your child’s study habits and grades. Stay involved.</p> <p>() Encourage your child to take Advanced Placement courses or other challenging classes.</p> <p>() Add to your child’s college savings account regularly.</p>		
Ninth Grade	10th Grade	11th Grade	Summer Before 12th Grade	12th Grade
<p>Students TO DO:</p> <p>() Review “Every Year in High School” on page 11 of this checklist.</p> <p>() Talk to your school counselor or teachers about Advanced Placement courses. Find out what courses are available, whether you are eligible, and how to enroll in them.</p> <p>() Use the career search at StudentAid.gov/career search to research your career options.</p> <p>() Make a list of your awards, honors, extracurricular activities, and paid and volunteer work. Consider participating in academic enrichment programs, summer workshops, and camps with specialty focuses such as music, arts, or science.</p> <p>Parents TO DO:</p> <p>() Make sure you are fully aware of the provisions of any college savings accounts you have opened for your child.</p>	<p>Students TO DO:</p> <p>() Review “Every Year in High School” on page 11 of this checklist.</p> <p>() Meet with your school counselor or mentor to discuss colleges and their admissions requirements.</p> <p>() Consider taking a practice Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) or PSATTM 10, or the PreACTTM.</p> <p>() Plan to use your summer wisely: Work, volunteer, or take a summer course (away from home or at a local college).</p> <p>() Go to career information events.</p> <p>() Research majors that might be a good match with your interests and goals. Consider what fits well with your results from the career search at StudentAid.gov/careersearch.</p> <p>Parents TO DO:</p> <p>() Find out whether your child’s school has college nights. Plan to attend those events with your child. () Help your child develop independence by encouraging him or her to take responsibility for balancing homework with other activities or a part-time job.</p>	<p>Students TO DO:</p> <p>() Review “Every Year in High School” on page 11 of this checklist.</p> <p>() Explore careers and their earning potential with the Occupational Outlook Handbook search tool at www.bls.gov/oco.</p> <p>() Learn about choosing a college (and find a link to our free college search tool) at StudentAid.gov/prepare-for-college/choosing-schools.</p> <p>() Go to college fairs and college-preparation presentations hosted by college representatives.</p> <p>() Take the PSAT/NMSQT.* You must take the test in 11th grade to qualify for scholarships and programs associated with the National Merit Scholarship Program.</p> <p>() Register for and take exams for college admission.* The tests that many colleges require are the SAT, the SAT Subject Tests, and the ACT. Check with the colleges you are interested in to see what tests they require.</p> <p>() Use the free scholarship search tool at StudentAid.gov/scholarships to find scholarships for which you might want to apply. Some deadlines fall as early as the summer between 11th and 12th grades, so prepare now to submit applications soon.</p> <p>Parents TO DO:</p> <p>() Take another look at your financial situation, and be sure you’re on the right track to pay for college.</p> <p>() Talk to your child about the schools he or she is considering. Ask why those schools appeal to your child, and help him or her clarify goals and priorities.</p> <p>() Attend college fairs with your child, but don’t take over the conversation with the college representatives. Just listen; let your child do the talking.</p> <p>() Take your child to visit college campuses, preferably when classes are in session.</p> <p>() Attend any financial aid information events at your child’s school.</p>	<p>Students TO DO:</p> <p>() Create a username and password called an FSA ID that you’ll use to confirm your identity when accessing your government financial aid information and electronically signing your federal student aid documents. You and your parent will each need your own unique FSA ID. Learn about the FSA ID, and create yours, at StudentAid.gov/fsaid. Note: You must create your own FSA ID; if your parent creates it for you, that’ll cause confusion later and will slow down the financial aid application process.</p> <p>() Narrow down the list of colleges you are considering attending. If you can, visit the schools that interest you.</p> <p>() Contact colleges to request information and applications for admission. Ask about financial aid, admission requirements, and deadlines.</p> <p>() Decide whether you are going to apply under a particular college’s early decision or early action program. Be sure to learn about the program’s deadlines and requirements.</p> <p>() Apply for scholarships. Your goal is to minimize the amount of loan funds you borrow so you have less to pay back later.</p> <p>Parents TO DO:</p> <p>() Create your own FSA ID if you don’t have one yet. (See “To Do” in the “Summer Before 12th Grade: Students” section for details.)</p> <p>() Review your financial situation and make sure your child is looking into or already has applied for scholarships.</p> <p>() Ask your employer whether scholarships are available for employees’ children.</p>	<p>Students TO DO:</p> <p>() Review “Every Year in High School” on page 11 of this checklist.</p> <p>() Work hard all the way to graduation—second-semester grades can affect scholarship eligibility.</p> <p>() Stay involved in after-school activities, and seek leadership roles if possible.</p> <p>() As soon as possible after its Oct. 1 release, complete and submit your Free Application for Federal Student Aid (FAFSA®) at fafsa.gov, along with any other financial aid applications your chosen school(s) may require. You should submit your FAFSA by the earliest financial aid deadline of the schools to which you are applying, usually by early February. Refer to “FAFSA Filing Time” on page 22 of this checklist as you go through the application process.</p> <p>() After you submit the FAFSA, you should receive your Student Aid Report (SAR) within three days to three weeks. This document lists your answers to the questions on your FAFSA and gives you some basic information about your aid eligibility. Quickly make any necessary corrections and submit them to the FAFSA processor.</p> <p>() If you haven’t done so already, register for and take such exams as the SAT, SAT Subject Tests, or ACT. Check with the colleges you are interested in to see what tests they require.</p> <p>() Apply to the colleges you have chosen. Prepare your applications carefully. PAY CLOSE ATTENTION TO DEADLINES!</p> <p>() Well before your college application deadlines, ask your counselor and teachers to submit the required documents (e.g., transcript, letters of recommendation) to the colleges to which you’re applying.</p> <p>() Complete any last scholarship applications.</p> <p>() Visit colleges that have invited you to enroll.</p> <p>() Review your college acceptance and compare the colleges’ financial aid offers. Use the “Compare Financial Aid Offers” tool at www.consumerfinance.gov/paying-for-college to analyze aid offers side by side.</p> <p>() Contact a school’s financial aid office if you have questions about the aid that school has offered you. In fact, getting to know your financial aid staff early is a good idea no matter what—they can tell you about deadlines, paperwork you might need to submit, and other aid for which you might wish to apply.</p> <p>() When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require this notification and deposit by May 1.</p> <p>Parents TO DO:</p> <p>() Work with your child on filling out the FAFSA. See “FAFSA® Filing Time” on page 22 of this checklist for specific instructions.</p> <p>() Look at communications from schools to which your child sent FAFSA information. If a school has offered you or your child Direct Loans, the Federal Student Loans: Basics for Students and Federal Student Loans: Direct PLUS Loan Basics for Parents booklets might be useful to you. Find them at StudentAid.gov/resources#loans</p>

Youth Virtual Run/Walk Event Results

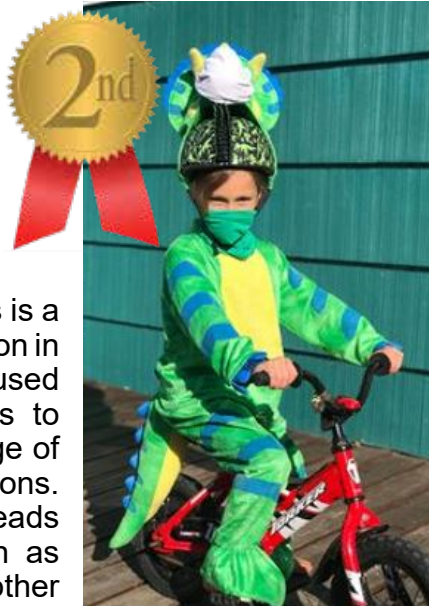
Contributed By Kristy Petrie, RN BSN, Community Health Nurse

In the month of October, the Health & Family Support Services Department and Diabetes program hosted a Youth Virtual Run and Walk event for youth kindergarten to 12th grade in the five-county service areas. Postcards were sent out in the month of September. If your tribal youth didn’t get a postcard in the mail about this event, please make sure your mailing address is up-to-date with CTCLUSI.

Fitness trackers are a great way to monitor your child’s activity during the day. This doesn’t work for everyone, so finding a method that works for you and your child for tracking is important. During this event I noticed a trend within my own children. There was one day during the week that their steps were less than half of their usual day. I talked with my husband and we discussed the reason the children weren’t active on this day (and others as they came up), and developed a way to get them more active. This is a good example of primary prevention in health. Primary prevention is focused on reducing the risks or threats to your health, by using a wide range of activities also known as interventions. Sitting for long periods of time, leads to several health concerns such as obesity, high blood sugar, and other health conditions. This apply to youth, adults, and elders.

Tribal Council and CTCLUSI staff’s top picks for best youth Costume

A special thank you to all youth who participated, and to the guardians who submitted pictures and the release form so we could share these great costumes!





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

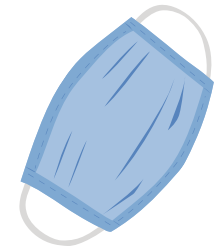
If you get the flu and have a medical condition such as asthma, diabetes or heart disease, call your doctor right away. The flu may make these conditions worse. You should also contact your doctor if you're very sick or worried about your illness.

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.



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 60% of the Estimated Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following income:

1 Person Family	\$27,805
2 Person Family	\$36,361
3 Person Family	\$44,916
4 Person Family	\$53,472
5 Person Family	\$62,028
6 Person Family	\$70,583



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
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

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 complete 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	Investment Committee
Housing Committee	Education Committee
Budget Committee	Health Committee
Election Board	Language Committee

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

Telehealth Services

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, foster 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 Server Blue Bills ~ 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/Carpentry

Three Rivers Casino Resort ~ Coos Bay

Line Cook
Security Officer 1 ~ Guest Safety Liaison
Environmental Services Technician 1

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, Assignment Varies

Blue Earth Services & Technology

No Openings



<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

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

Fun STARTS HERE

\$10,000
Holiday CASH
SATURDAYS

GUESTS MUST ACTIVATE ENTRIES ON SATURDAYS BETWEEN 6:00PM AND 8:45PM TO BE ELIGIBLE FOR DRAWINGS. MUST BE PRESENT TO WIN.

Win one of **FIVE**
\$500
CASH PRIZES

7PM-9PM
DRAWING EVERY HALF HOUR



Earn entries Sunday-Saturday
One entry for every 25 points earned

WEDNESDAYS

Lucky Money

Win
\$1,500

6PM - 8PM
Drawings Every 20 Minutes

One entry for every 25 same-day points earned from Noon to 7:59PM

Café 1297

Weekly SPECIALS
11AM-9PM

MONDAY

MEATLOAF \$10

TUESDAY

FISH TACOS \$14

WEDNESDAY

DOUBLE CHEESEBURGER \$7

THURSDAY

CHICKEN PARMESAN \$11

FRIDAY & SATURDAY

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

THREE RIVERS
CASINO

COOS BAY

541-808-9204 | THREERIVERSCASINO.COM