

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

20th Annual Elders Honor Day Celebration



Chief Warren Brainard and Chief Don Ivy held a meet and greet at the Salmon Pit outside of the Mill Casino during the 20th Annual Elders Honor Day
Photograph courtesy of Andrew Brainard

Submitted by Iliana Montiel, Assistant Health Director

This year marked our 20th year hosting Elder's Honor Day. We wanted this year to be extra special to show off 20 years of Honoring Our Elders. We started a few months ago with preparations. One of the things that we worked so hard together as a Tribal team were the necklaces that went in the gift bags. I had several helpers from various departments pitch in as we made 400 necklaces. I couldn't have done it without them, so many, many, thanks to you all!

Friday, March 18th was the big event that we had been waiting for. It started with registration, as Andrew Brainard and I greeted and directed more than 360 Elders. Once inside they were handed gift bags from our staff and The Coquille staff. The gift bags consisted



Councilman Doc Slyter plays flute during dinner (shown above)
The King & Queen of the Elders Honor Day shown at right wearing cedar crowns



Tribal Youth from the Coquille after school program danced to the drumming of the Nasomah Singers during the 20th Annual Elders Honor Day Event

of a T-shirt, smoked Salmon donated by Chief Brainard, a blown glass float made by a Coquille Tribal member Bill Murphy and his wife Robin, a beaded necklace made by CTCLUSI staff and a ribboned book mark made by Lower Umpqua Tribal member Sue Olson and the Springfield beaders.

Chairman Mark Ingersoll opened the ceremony with the presentation of flags. Chairman Ingersoll then searched for the Eldest Elder's. Our Eldest Man was Ed Ben from Siletz and our Eldest Woman was Blanche Doyle from Coquille. Tribal Elder

Story continues on page 12

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

Save the Date

Clam Dig & DNR/ Culture Open House
April 23, 2016

Cedar Bark Gathering
May 14, 2016

Tribal Committee Day

sponsored by Tribal Council

Saturday, April 9, 2016

(The day before the Regular & General Council Meetings)

Tribal Community Center
338 Wallace St., Coos Bay, Oregon 97420

Committee Training Begins 9:00 a.m.

Tribal Member Luncheon 12:00 p.m.

CTCLUSI Resolutions

RESOLUTION NO.: 16-012

Date of Passage: February 24, 2016

Subject (title): Approval of Master Agreement and Addendum with Micros Fidelio Worldwide LLC ("Oracle")

Explanation: Tribal Council approved the Agreement and Addendum with Oracle to govern the business between the Three Rivers Casino & Resort and Oracle including an update the point of sale system throughout the casino and hotel.

RESOLUTION NO.: 16-013

Date of Passage: February 24, 2016

Subject (title): Approval of Expedia Traveler Preference (ETP) Contract

Explanation: Tribal Council approved the Contract and Addendum with Expedia to make rate plans available for booking by guests through the Expedia System.

RESOLUTION NO.: 16-014

Date of Passage: February 24, 2016

Subject (title): Approval of Statement of Work and Agreement for Equipment & Services and Addendum with Surveillance Systems Incorporated ("SSI")

Explanation: Tribal Council approved the Agreement and Addendum with SSI to upgrade the surveillance system for the casino.

RESOLUTION NO.: 16-015

Date of Passage: March 13, 2016

Subject (title): Approval of the Submission of the 2015 Annual Performance Report to HUD

Explanation: Tribal Council approved the Annual Performance Report to be submitted annually as a requirement for the Indian Housing Block Grant.

RESOLUTION NO.: 16-016

Date of Passage: March 13, 2016

Subject (title): Approval of REDW_{LLC} Engagement Letter

Explanation: Tribal Council approved the engagement of REDW to provide compensation planning services to meet the needs of the Tribes.

Did You Know?

Free Eye Exams in North Bend / Coos Bay

If you are an established patient at the Coquille Indian Tribe Community Health Center you are eligible to get a free eye exam at Cheslock Optical. On the third Tuesday of every month Cheslock Optical has Native Eye Day. Patients of the Coquille clinic get a free eye exam; if you're uninsured you also receive 20% off the cost of equipment. You must be an established patient of the clinic. You can call (541) 888-9494 for more information or to schedule your eye exam.

Tribal Council Business

As Reported at the March 13, 2016 Regular Tribal Council Meeting

Chief Warren Brainard:

Feb 14 Regular Tribal Council Meeting
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 22 Administration Meeting in Coos Bay
Feb 23 Tahkenitch Core Analysis
Feb 24 Business Tribal Council Meeting
Feb 25 Carried Flag – Honor Guard Wall of Honor
Feb 27 Perkins Memorial; Coquille Chamber of Commerce Awards, asked to do an invocation
Mar 3 Meeting with Reedsport School Superintendent – Mascot
Mar 9 Coos Head Master Plan Meeting; Lane Area Commission on Transportation Meeting (ACT)
Mar 3 Executive Work Session
Mar 10 Culture Committee Meeting; Meeting for Jordan Cove; Executive Work Session

Doc Slyter:

Feb 14 Regular Tribal Council Meeting
Feb 15 Tribal Sweat
Feb 17 Meeting in Yachats with Forestry Department, State Parks & Joanne Kittel – Amanda Bridge
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 24 Business Tribal Council Meeting
Feb 27-Mar 2 Personal Vacation to Las

Vegas/Grand Canyon Skywalk
Mar 3 Executive Work Session
Mar 5 Cape Perpetua- Amanda Trail Story/Power Point w/ Joanne Kittel
Mar 9 Flute Circle – Plankhouse
Mar 10 Executive Work Session

Beaver Bowen:

Feb 14 Regular Tribal Council Meeting
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 24 Business Tribal Council Meeting
Mar 3 Meeting with Reedsport School Superintendent – Mascot; Executive Work Session
Gaming Facility Operation Review Board (GFORB)

Teresa Spangler, Vice - Chairman:

Feb 14 Regular Tribal Council Meeting
Feb 17 Housing Committee Meeting
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 24 Business Tribal Council Meeting
Mar 3 Meeting with Reedsport School Superintendent – Mascot Executive Work Session
Mar 10 Executive Work Session
Mar 12 Rotary Club Auction - Florence

Arron McNutt:

Feb 14 Regular Tribal Council Meeting
Feb 18 Three Rivers Foundation Granting

Luncheon
Feb 24 Business Tribal Council Meeting
Mar 3 Executive Work Session
Mar 10 Executive Work Session

Tara Bowen:

Feb 14 Regular Tribal Council Meeting
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 24 Business Tribal Council Meeting
Mar 3 Meeting with Reedsport School Superintendent – Mascot; Executive Work Session
Committee Day

Mark Ingersoll, Chairman:

Feb 14 Regular Tribal Council Meeting
Feb 18 Three Rivers Foundation Granting Luncheon
Feb 19 Meetings at the State Capital with Arnie Roblan , Caddy McKeown & Gov. Brown; Legislative Commission on Indian Services
Feb 24 Business Tribal Council Meeting\
Feb 27 Coquille Chamber of Commerce Awards
Mar 3 Meeting with Reedsport School Superintendent – Mascot Executive Work Session
Mar 10 Executive Work Session
Mar 12 Rotary Club Auction - Florence

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and Springfield 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., 1245 Fulton Ave., Coos Bay, OR 97420. Phone: 541-888-7506 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard,
Chief

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

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

Beaver Bowen
Position #2 Council
541-290-4531 (cell)
bbowen@ctclusi.org

Mark Ingersoll,
Chairman
Position #3 Council
541-290-4610 (cell)
mingersoll@ctclusi.org

Tara Bowen
Position #4 Council
541-808-7394
tbowen@ctclusi.org

Teresa Spangler,
Vice Chair
Position #5 Council
541-808-4828 (cell)
tspangler@ctclusi.org

Arron McNutt
Position #6 Council
541-297-1183 (cell)
amcnutt@ctclusi.org

Council Meeting
April 10, 2016
Regular Meeting 10:00 a.m.
General Council Meeting
will begin at 1:00 p.m. in the
Community Center
338 Wallace Street
Coos Bay, Oregon

- Agenda:
1. Call to Order
 2. Invocation
 3. Approval of Minutes as needed
 4. Tribal Council Reports
 5. Tribal Administrator 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

- April 5th – Siletz Elders Honor Day
- April 7th – Elders Luncheon, Ciccarelli’s in North Bend, 11:30 a.m.
- April 9th – Tribal Committee Day, Community Center 9:00 a.m.
- April 9th – Youth Leadership Council activity, North Bend Lanes 5:30 p.m.
- April 10th – Council Meeting 10:00 a.m., Community Center, Coos Bay
- April 10th – General Council Meeting 1:00 p.m., Community Center, Coos Bay
- April 14th – Elders Committee Meeting, Tribal Hall 12:00 p.m.
- April 16th – Glass Float Hunt, Florence Outreach Office 12:00 p.m.
- April 19th – Tribal Family Gathering, Ciccarelli’s, North Bend 6:00 p.m.
- April 22nd – Order Deadline for Simmons mattresses

- April 23rd – Clam Dig, meet at Tribal Hall 8:00 a.m.
- April 23rd – Open House for new DNR/ Culture buildings 11:00 a.m.
- April 23rd – Youth Leadership Council activity, Emerald Lanes 5:30 p.m.
- April 25th – Final Day to RSVP for Elders Fishing Trip in May
- April 28th – Deadline to join the CTCLUSI Softball Team
- April 29th – Deadline to apply for Culture Camp Counselors and CIT’s
- May 5th - Elders Luncheon, Memo’s Mexican Restaurant, Springfield 11:30 p.m.
- May 6th – CTCLUSI Student Internships application deadline
- May 9th - TRC Summer Employment Applications Due
- May 11th – 13th – Elders Halibut Fishing Trip, Newport
- May 14th – Cedar Bark Gathering, Florence Outreach Office 10:00 a.m.



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Administration Building Alexis Barry Tribal Administrator 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll free 1-888-280-0726 Fax 541-888-2853 abarry@ctclusi.org	Purchased/Referred Care (FKA Contract Health Services) Sharon Arnold - PRC Specialist 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-4873 Toll free 1-800-227-0392 Fax 541-888-5388 sarnold@ctclusi.org	Health Services Assistant Director Iliana Montiel 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Fax 541-888-5388 Toll Free 1-888-280-0726 imontiel@ctclusi.org	Florence Outreach Office Physical: 3757 Hwy. 101 Mailing: P.O. Box 2000 Florence, OR 97439 Phone 541-997-6685 Toll Free 1-866-313-9913 Fax 541-997-1715
Health & Human Services Division Vicki Faciane - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Toll free 1-888-280-0726 Fax 541-888-5388 vfaciane@ctclusi.org	Education Department Angela Bowen-Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1317 Toll free 1-888-280-0726 Fax 541-888-2853 abowen@ctclusi.org	Tribal Court J.D. Williams Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 tribalc@ctclusi.org	Tribal Gaming Commission Brad Kneaper Chief Law Enforcement Officer 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 bkneaper@ctclusi-pd.com
Department of Human Resources Stephanie Watkins - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 888-723-3270 swatkins@ctclusihr.org	Family Services Shayne Platz, Caseworker 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349 splatz@ctclusi.org	Cultural Department Jesse Beers - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org	Tribal Police Brad Kneaper Chief of Police 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bkneaper@ctclusi-pd.com
Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 lmalcomb@ctclusi.org	Tribal Dental Clinic Dr. Sarah Rodgers 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505	Springfield Outreach Office 1126 Gateway Loop Suite 102 Springfield, OR 97477 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349	Department of Natural Resources Margaret Corvi Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1304 Toll Free 1-888-280-0726 Fax 541-888-2853 mcorvi@ctclusi.org

Special Sale Prices for New Beds to CTCLUSI Tribal Members

The Simmons Beautyrest Classic Felicity II Super Pillowtop Mattress Sets

*Sizes available to order in King, Queen, Full and Twin. Mattresses,
box springs and frames.*

Complete information and order forms will be mailed to each head of household in Coos, Curry, Douglas, Lane and Lincoln counties of Oregon by March 1st. Included will be price and payment details if you are interested in purchasing a new bed.

If you live outside the service area and are able to pick up your order in Florence, Oregon, please contact Jeannie McNeil (contact info below) to request information sent to you.

Order deadline will be April 22, 2016 by 5:00 p.m.

All beds orders are expected to arrive in Florence, Oregon in early June. You will be notified of the exact time and location so you can make arrangements for pick up as soon as a date is set.

YOU WILL BE RESPONSIBLE FOR PICK UP; no delivery or storage options are available

Please be aware that full payment will be required in advance or at the time of pick up.

Questions? Please contact Jeannie McNeil at jmcneil@ctclusi.org or by phone 541-888-7506

Cedar Bark Gathering

Saturday, May 14, 2016

**We will leave the Florence Office, 3757 Hwy 101
at the old Windward Inn, at 10:00 am.
We plan to return around 4:00 pm.
Lunch and drinks will be provided.**

This is an enjoyable event for Tribal Members

**R.S.V.P. to Mark Petrie
541-888-9577
or Doug:**

541-888-7512 or 541-297-2130

no later than

Tuesday, May 10th, 2016



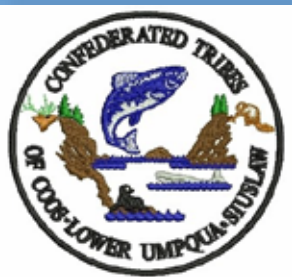
Co-Sponsored by:
Confederated Tribes of Coos, Lower
Umpqua & Siuslaw Indians
Health & Human Services Division
Prevention Activity Program
and Heritage Resource Stewardship.



**We are Gathering to
process cedar bark.
These pictures
are of Folded Bark
Containers handmade by
David Brainard.**



**No transportation provided
to the Florence office.
We will provide transportation from
Florence to the gathering site, due to lack
of parking space on the mountain.**



CTCLUSI Student Internships

The CTCLUSI Student Intern is a paid internship with the goal to assist current College Students in supplementing their work and education experience based work experience along with their needs, desires and interests.

Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) in any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

Online Applications will be taken starting April 1, 2016.

Tribal Members will need to www.ctclusi.org to apply. Go to Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is May 6, 2016.

For Additional Information, Contact

Stephanie Watkins at 541-902-6502 or Pam Hickson at 541-902-6504

Hama Hlineu Halqaima (All Our Relations)

The phrase Hama Hlineu Halquaima in Hanis Coos translates to All Our Relatives/Relations. It is used to remind us that we are related to everything. Councilman Doc Slyter asked that this phrase be recorded and added to the Tribal website. Tribal members can hear the correct pronunciation as recorded by Tribal member and linguist Patty Whereat Phillips. Using your login (or register for a log in) to access the Tribal member private web pages. Navigate to the Culture tab located on the left side bar menu, and then the language section. Here you will have access to the various Tribal language websites where you can learn and hear more of our Tribal language. Check back often for new audio clips! Visit www.ctclusi.org today.



First Canoe Pull of the Year

Submitted by Jesse Beers, Cultural Director

Feb 27th some members of our canoe family got together with Tribal Staff to have our first canoe pull of the year. The morning started off at our canoe shed where we started the day by putting the first coat of oil on our new dugout canoe. According to the Carver of Lottie, (our 32+ ft dugout canoe) Guy Capoean, the canoe was to stay under cover until fully cured in March. Once cured the canoe should be oiled.

After putting a good coat of oil on the new canoe, named Lottie, we set out in Tyee E. Bowen (our 33' cedar strip canoe) We put in down at the hollering place to pull and pray for the health of the land and then we went under the McCullough Memorial Bridge and around the north bend. It was a beautiful day to be out on the water as it was sunny and warm, a nice break between several rainy days. We did some pulling drills on the way which worked all of us pretty good. There was definitely some burning muscles in the canoe that morning. We came ashore at the California St. Docks. It was a short hour long pull but it was a great first pull and we hope more people join us for the next one!

Thanks to all that came out for the first pull and a special thanks to John Schaefer for piloting our safety boat.

If you're interested in Coming Canoeing and Canoe Culture please contact Jesse Beers at jbeers@ctclusi.org or his work cell 541 297-0748. We would like to get a phone/E-mail tree started for those that are interested in going canoeing regularly.



Photographs courtesy of John Schaefer who piloted the support/ safety boat during the Canoe pull



English to Hanis Spring Time

Spring	=	tshlimiya
Grow, to	=	hew-
Fresh, alive	=	tsehes
Start, to	=	qalam-
Grass, leaf, brush, forest	=	hlinik'
Forest, timber	=	nok'wiin
Salmon, Spring Chinook	=	domali
Salmonberry	=	mi'ya

Each month we will have a list of words to encourage learning the Hanis Coos language. Visit Hanis.org and request a login today! Contact the Culture Department for more info at (541)888-1318.
Thank you

Qa'aich Housing NOW AVAILABLE ONE AND TWO BEDROOM UNITS

The Housing Department is now accepting applications for units located in Florence Oregon on the Tribe's Hatch Tract property.

Qa'aich Development is HUD funded housing for low to moderate income families, for questions about income limit guidelines, please contact the Housing Department Office.

Preferences for Qa'aich Housing

- 1st Preference:**
- Indian families who are enrolled members of the CTCLUSI and who are employed by CTCLUSI.
- 2nd Preference:**
- Indian families who are enrolled members of other Indian tribes, and who are employed by CTCLUSI.

You may pick up an application at any Tribal office or one can be mailed to you. If you have any questions or want an application mailed to you please contact the Housing Department Office at 1245 Fulton Avenue, Coos Bay, OR or by calling 541-888-9577 or toll free 888-280-0726.

Periodontal Disease is No Joke

Submitted by Shannon M. Schritter, BS, RDH

It's April, and while the first day of the month is usually met with tricksters and pranks, periodontal disease is no laughing matter. Most people think that gum disease (periodontal disease), is caused by not brushing and flossing well enough, and while this is true at a basic level, the importance of regularly spaced (every 3-6 month) professional dental hygiene visits cannot be overstated. There are many other risk factors for the disease as well, that should be addressed in addition to good home care and professional dental hygiene visits. Do any of the following diseases or conditions apply to you or your life?

Tobacco Use — Tobacco users are at increased risk for periodontal disease. Studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease. Smokeless tobacco is no better. You'll feel healthier, and your teeth and gums will thank you, if you are able to quit tobacco for good!

Diabetes — Diseases that interfere with the body's inflammatory system may worsen the condition of the gums. Having healthy gums makes your diabetes easier to control, so it's important that you see a dental hygienist very regularly, sometimes every 3 or 4 months, simply because you are diabetic.

Autoimmune Diseases — Diseases that interfere with the body's inflammatory system may worsen the condition of the gums, simply because they cause an inflammatory response that affects the gums and then the bone holding your teeth in.

Pregnancy — Diseases that interfere with the body's inflammatory system may worsen the condition of the gums. Plus, some women have trouble with things like morning sickness, and the thought of putting a toothbrush near their mouth makes them want to vomit. This can cause a lot of damage to not only the teeth but the bone and gums supporting them.

Age — The Centers for Disease control has said over 70% of Americans 65 and older have periodontitis, but this doesn't mean that just because great grandpa got dentures at 25 means that you are also doomed to that fate. Regular dental visits and good home care habits can help you keep your teeth for a very long time, and hopefully forever!

Stress — Research demonstrates that stress can make it more difficult for the body to fight off infection, including periodontal diseases. This has been seen time and time again in college students around midterms and finals week.

Medications — Some drugs, such as oral contraceptives, anti-depressants, and certain heart medicines, can affect your oral health. And some medications, either by themselves or in combination with other medications, cause dry mouth which leads to more decay.

Clenching and Grinding — Clenching or grinding your teeth can put excess force on the supporting tissues of the teeth and could speed up the rate at which these periodontal tissues are destroyed.

Cardiovascular Disease — Diseases that interfere with the body's inflammatory system may worsen the condition of the gums. While a cause-and-effect relationship has not yet been proven, research has indicated that periodontal disease increases the risk

For Sale: Electric Toothbrushes!

For Sale by CTCLUSI Dental

ONLY \$20.00

Oral-B Vitality Electric Toothbrushes! Refill heads also available!

Call - (541) 888-1301

Remove more plaque and decrease inflammation with an electric toothbrush!! This brush features 7600 oscillations per minute, a 2-minute timer, 2 brush heads, 1 charging station, and 1 rechargeable battery!

Order yours today!! Must pre-pay when ordered. (Shipping available for an extra fee)




of heart disease. Scientists believe that inflammation caused by periodontal disease may be responsible for the association.

Stroke — Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia (stroke) were found more likely to have an oral infection when compared to those in the control group. So keeping your teeth as clean and healthy as possible could possibly be a preventive factor for having a stroke.

Rheumatoid Arthritis — Diseases that interfere with the body's inflammatory system may worsen the condition of the gums. "If you look at the tissues of the mouth in periodontitis and the tissues of the joint in rheumatoid arthritis, there are a number of similarities – including the types of cells that are infiltrating tissues of the mouth in periodontitis and the tissue of the joint," says Clifton O. Bingham III, MD, associate professor of medicine and director of the Johns Hopkins Arthritis Center at Johns Hopkins University in Baltimore.

Poor Nutrition — A diet low in important nutrients can compromise the body's immune system and make it harder for the body to fight off infection. Periodontal disease begins as an infection, which means poor nutrition can worsen the condition of your gums.

Obesity — Research has shown that obesity may increase the risk of periodontal disease. It has been suggested that obesity is second only to smoking as the strongest risk factor for inflammatory periodontal tissue destruction. Obesity causes an increase in oxidative stress, which leads to periodontitis because of the increase in proinflammatory cytokines. This needs to be studied a lot more, but there may be a cause and effect mechanism happening here.

Just about everyone I know can say they have at least one or more of the above listed risk factors, and even if you do not right now, none of us are getting any younger, so the age risk factor can eventually catch up with you. If it has been a while since your last dental visit, maybe now is the time to schedule and make sure your teeth and gums are still in good shape. At the CTCLUSI Dental Clinic we can teach you different ways to help keep your teeth as clean as possible and help you keep them for a long time to come. Call us at (541)888-6433.

For further reading you can check out the following links if you are interested:

<https://www.perio.org/consumer/risk-factors>

https://www.perio.org/consumer/heart_disease

<http://www.arthritis.org/living-with-arthritis/comorbidities/gum-disease/ra-and-gum-disease.php>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3110475/>

Dental Clinic Hours

Clinic Hours: Open 8:00 a.m. - Close 5:00 p.m.

The clinic will be closed on Fridays during Odd Months (January, March, May, July, September, November)

The clinic will be closed on Mondays during Even Months (February, April, June, August, October, December)

Call the Dental Clinic today to schedule your appointment (541) 888-6433

Dental Health Aide Therapist (DHAT)

Submitted by Vicki Faciane, Health and Human Services Director

The Alaska Native Dental Health Aide Story

For years, Alaska Native leaders searched for ways to meet the dental needs of their communities. Itinerant dentists would visit only once or twice a year, mostly to pull infected teeth, and teenagers were graduating from high school with full sets of dentures. Then tribal leaders learned about an 80 year old program in New Zealand which had been training and deploying mid-level dental practitioners known as dental nurses to provide preventive and routine dental care since the 1920s. In 2003, they sent a group of motivated young Alaska Natives halfway around the world for training at New Zealand's University of Otago.

In 2005, after completing their training, 4 new Alaska Native Dental Health Aide Therapists (DHATs) returned home, ushering in new era of culturally competent, high quality dental care and blazing a pathway for Tribes in the United States. The Alaska Dental Society and the American Dental Association immediately filed a lawsuit to stop the DHATs from practicing to protect the interests of dentists. The Alaska Native Tribal Health Consortium prevailed and an Alaska-based training program opened in 2007 and continues to thrive.

Today, there are around 30 DHATs serving 81-plus Alaskan towns and villages, where they are putting routine dental care within reach of 45,000 people who never had it before. Alaska's DHATs are changing the face of dentistry and ushering in a new era for oral health in Alaska's Tribal communities. With 11 years of experience under their belts, Alaska's Tribal health programs are seeing fewer dental emergencies, no safety or quality issues, satisfied patients, and many cavity-free children.

As Tribes struggle to overcome the oral health crisis brought on by decades of underfunded IHS dental budgets, poverty, remote locations, and dental provider shortages, the Alaska DHAT model of expanding dental care looks like a model for success in the 21st Century.

What are dental therapists?

Dental therapists are experts in routine and preventive care. They join hygienists and assistants on teams led by dentists, in much the same way physician assistants serve on medical teams. They are trained to clean and fill teeth and perform non-surgical extractions. They refer anything more serious to the dentist on their team. In addition to providing routine care, dental therapists play the critical role of patient educator, bringing greater awareness to the importance of good oral health. They also practice in Minnesota and more than 50 countries worldwide and are being introduced in Maine. Scientific studies in Alaska, Minnesota, and around the world demonstrate the high quality of their care.

"Dental therapists are experts in routine and preventive care. They join hygienists and assistants on teams led by dentists, in much the same way physician assistants serve on medical teams."

Alaska's DHATs undergo an intensive education program in Anchorage and Bethel. They essentially obtain an associate's degree with an additional 400-hour "mini-residency" spent side by side with a dentist. Students use the same textbooks as dental school students to learn the same procedures. They are taught by university professors. By the time they begin practicing, dental therapists have more clinical experience in their small number of procedures than dentistry school graduates.

DHATs at CTCLUSI

In partnership with the Coquille Indian Tribe and the Northwest Portland Area Indian Health Board, CTCLUSI has received approval from the Oregon Health Authority for a pilot project to integrate DHATs into our health care system. The pilot will operate under an Oregon law approved in 2011 that promotes innovative and data-driven improvements to the state's oral health system.

The CTCLUSI dental clinic cares largely for our own Tribal members, as well as American Indians and Alaska Natives living in western/southwestern Oregon who are members of federally-recognized Tribes. With one full time dentist at the clinic, the need for more providers is acute. An experienced DHAT will be hired later this year to start providing services. CTCLUSI Tribal member Naomi Petrie is currently attending the 2-year Alaska DHAT Education program—she will graduate and join the dental team mid-2017. The Tribe is also in the process of recruiting another Tribal member to start the educational program this summer.

For further information or inquiries please contact Vicki Faciane, Health and Human Services Director by calling 541-888-7515.



Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
Three Rivers Casino & Hotel
5647 HWY 126, Florence Oregon 97439 (541) 902-6504

2016 THREE RIVERS CASINO RESORT SUMMER EMPLOYMENT APPLICATION INFORMATION LETTER

WHAT IS THE TRC & H SUMMER EMPLOYMENT PROGRAM?

Three Rivers Casino Resort is delivering a paid Summer Employment Program beginning June 13, 2016 to August 19, 2016 for CTCLUSI Tribal Members. Three Rivers Casino Resort in Florence, Oregon and is offering this employment opportunity as an integral part of its long-term strategy of providing the highest quality of career and employment opportunities to all CTCLUSI Tribal Members. Three Rivers Casino Resort provides work experience in a range of Guest Service professions and support services including Hotel, Finance, Casino Marketing, Human Resources, Food & Beverage, and Informational Technology.

WHO IS ELIGIBLE TO APPLY?

To be eligible to participate in the TRC & H Summer Employment program, you must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians.

WHAT IS THE PROCESS OF SELECTION?

The Director of Human Resources and the Recruitment Specialist for Three Rivers Casino Resort review submitted applications for completeness and administer the evaluation process. The following criteria are considered during the selection process: academic merit, presentation of application, and involvement in the Native community. An appointed committee conducts a final review of the application evaluations and makes an official selection of awarded applicants.

WHEN IS THE APPLICATION DEADLINE?

Applications are being received ONLINE **March 7, 2016 through May 9, 2016**. Completed application must be received online by **4pm on Monday: May 9, 2016** at www.ctclusi.org. Go to Job Opportunities and click on the CTCLUSI Tribal Member link.

WHEN WILL YOU BE NOTIFIED IF YOU ARE SELECTED?

Interviews and hiring decisions will be complete Monday – June 6, 2016

WHAT ARE THE EMPLOYMENT REQUIREMENTS?

TRC & H Summer Employment recipients must meet the following award requirements. All rights to the Three Rivers Casino Resort Summer Employment program are waived if the requirements are not met.

- Submit an online application at www.ctclusi.org (log in or register to see job announcement)
- Pass pre-employment drug test.
- Obtain Gaming License from CTCLUSI Gaming Commission.
- Actively participate in the TRC & H Summer Employment.
- Adhere to current Three Rivers Casino Resort policies as outlined in Team Member Handbook.

WHO DO I CONTACT IF I HAVE QUESTIONS?

Stephanie Watkins, Director of Human Resources
Phone: (541) 902-6502
Email: swatkins@ctclusihr.org

Pam Hickson, Recruitment Specialist
Phone: (541) 902-6504
Email: phickson@ctclusihr.org

Online Applications: March 7, 2016 - May 9, 2016

Announcing RED ROAD WELLBRIETY MEETINGS

Come join us for a Native American recovery group experience.

WHERE: Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians

Tribal Hall

338 Wallace Ave, Coos Bay, 97420

WHEN: Thursdays at 5:30 pm

WHO: All CTCLUSI and Coquille Tribal Members and their families are welcome to attend



Natural Resources/ Culture Department Open House

Submitted by Amanda Craig, Air and Water Quality Protection Specialist

Late 2015 the Natural Resources and Cultural Departments undertook a strategic planning process that has resulted in the merging of our two departments. In the February newsletter we announced the beginning of our work together, alongside Rich Foster of Cascadia Consulting, to develop a strategic plan that embodies the mission and goals of the two departments and how those “principles and priorities could be blended into a single purpose”. We are still working through our planning and continue to refine our goals and objectives and discuss strategies for our programs to thrive.

We are pleased to announce now that we will be moving offices and facilities! Please join us on Saturday, April 23rd for an Open House. From 12:00 p.m. to 2:00 p.m. we will open the doors of our new department offices. These two buildings sit together at the south end of the parking lot at Tribal Government in Coos Bay. These buildings will continue to be remodeled but we anticipate

transitioning to our new buildings starting in April.

The eastern building features a new environmental lab and curation facility. The curation room will facilitate the work of our Tribal Historic Preservation Officer, contract and on-call archaeology staff protecting, preserving, and documenting Tribal artifacts, both old and new. This building will also house our laboratory where the Environmental protection staff will continue to maintain and improve Tribal air and water quality and more.

The adjacent building, offices for Archeology, Forestry, Environmental Protection and Cultural staff, were designed to emphasize our Tribal heritage and cultural practices by incorporating basketry patterns into flooring design. These stunning floors will be a daily reminder of our history and continued practice of integrating our culture into our work for the Tribe.

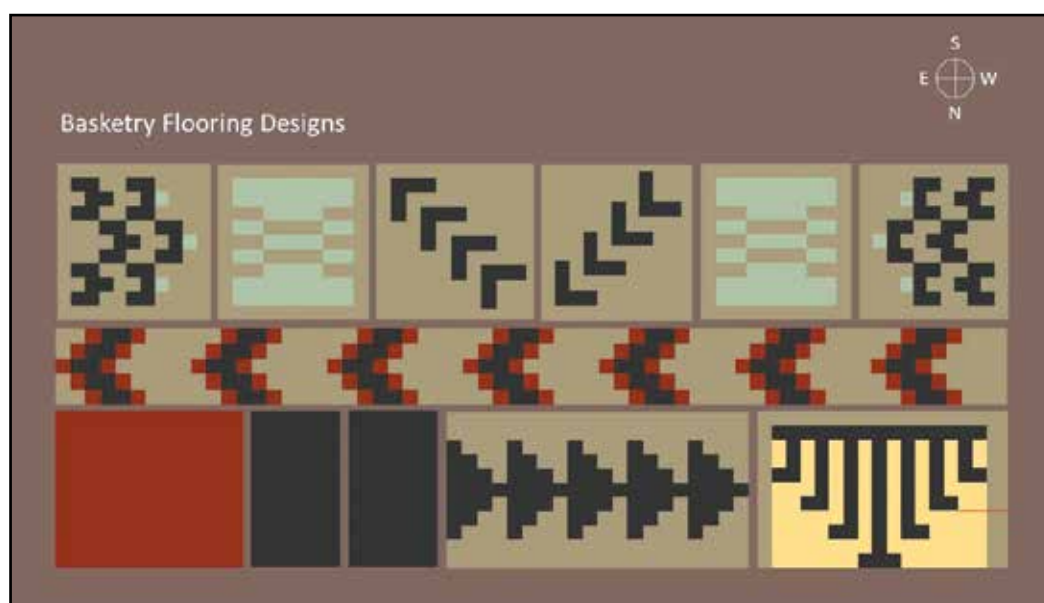
Similar to the process of merging these two departments, a lot of thought and consideration has gone into the construction.

We wanted to ensure that the facilities were being put to the best use for the Tribes as we continue our work to enhance environmental health, protect cultural resources, manage resources sustainably and educate our community. **We also want to give our thanks to the Maintenance Department for all of the hard work, time and thought they have put into these beautiful additions to our Tribal Facilities, Luuwii (thank you - Hanis).**

We hope that you will come and join us, following the Clam Dig, eat and celebrate!

Again, the open house will be from 12:00 p.m. to 2:00 p.m. on Saturday, April 23, 2016 at 1245 Fulton Ave. Coos Bay, Oregon. See you there!

Hiis Haiyach (with a good heart- Siuslaw/Lower Umpqua).



This Month...be on the Lookout for Salmon Berry

Submitted by Ashley Russell, Water Protection Specialist & Amanda Craig, Air and Water Quality Protection Specialist

Plant description: Salmonberry is in Rosaceae, the rose family – which not only has roses but many of our local berries (black berries, black caps, strawberries and thimbleberries). Salmonberries grow as tall shrubs with small bright pink flowers in spring that mature into orange or red berries.

Food: Salmonberries are the first berries of the year to ripen-around June. They do not dry well, so the berries were eaten only fresh, in season. Fresh berries were also dipped in seal oil, to improve the flavor and because oily foods were supposed to be more nourishing.

The young shoots were eaten as well. This was one of the earliest fresh green foods of spring. In Hanis the shoots had their own name distinct from the berries, yuuk'wa. They were peeled and eaten raw or cooked over a fire. The shoots were often eaten with dried salmon eggs.

Other: The calendar was marked by watching when certain plants blossomed and fish runs peaked. At Coos Bay, when the salmonberries began to bloom, flounders were running in the lower bay. In the Siuslaw, herrings entered the river when the berries were getting ripe.

Hanis: *mi'ya*
Milluk: *q'emq*
Siuslaw &
Lower Umpqua: *tl'ux, tluu'ux*

Scientific name:
Rubus spectabilis



When a girl was judged old enough to have some sense and self-discipline, she was told to come along on a salmonberry picking expedition, but she was not allowed to eat a single berry. The girl would return to the village and visit the elders in her village. To each elder, she distributed some of her berries, and each elder would pray over the girl, wishing her a long and healthy life.

It was said that when a person dreamed of salmon berries, he or she would make a new friend but this friend, like the short lived berry, will drop quick. The false friend would last only a short time, before making mischief and deceiving one.

Technology: Salmonberry sticks could be used to make the poles in the Coos Bay hoop and pole game. The sticks were peeled and dried. Then they were straightened by working with hot stones. For a description of the game, known in Hanis as *tlaxaúk'wanawas*, see the entry under red elderberry.

Reference: Ethnobotany of the Coos, Lower Umpqua & Siuslaw; Plants used for food, medicine, clothing and tools. Patricia Whereat Phillips

New Building Construction at Tribal Government Office Update

Storage Building update: This new building is located directly behind the maintenance building. The current plans for its use are maintenance, storage, canoe and boat housing, and as a wood working shop. The frame posts were put up mid-January and the outer walls went up early March.



Natural Resources/ Cultural Department facilities update: One building will feature an environmental lab and curation facility and the other will house offices for the Archeology, Forestry, Environmental Protection and Cultural staff. Please join them for an Open House on Saturday, April 23rd from 12:00 p.m. to 2:00 p.m. to see the new office space and meet the staff.



Let's Go Clam Digging

With

Culture & Prevention

Saturday, April 23, 2016

Meet at Tribal Hall at 8:00 A.M. Digging Clams at 9:00 A.M.
After the dig, meet back at Tribal Hall to clean clams.
Bring boots, shovels, and buckets if you have them.



Prevention Topic: HOC & Respect

Sponsored by:

Confederated Tribes of Coos,
Lower Umpqua & Siuslaw Indians
Health Services Division,
Prevention Activities,
Culture Committee
& Culture Department



Yourself and Mother Earth

Call Doug Barrett at
541-888-7512 or toll-free at
1-800-618-6827 to R.S.V.P.
For more information, call
Doug Barrett @ 541-297-2130
RSVP by Friday, April 15, 2016



Culture Camp 2016

Call For Counselors

Camp Scheduled for July 11-15, 2016
(Orientation/Training on July 10, 2016)

Now accepting applications for Counselors –in- Training (Ages 16+) and Counselors (Ages 18+).

Culture Camp provides Tribal Counselors and youth with the opportunity to learn and teach traditional skills from cooking to games, as well as how to be better stewards of our lands and waters in a beautiful setting.



Questions? Call: 541-902-6504 or 541-888-7523

Or email jgoff@ctclusihr.org

Apply online www.ctclusi.org ~ Deadline: April 29, 2016
(Accepting Applications April 4, 2016 – April 29, 2016)



Culture Camp 2016
July 11 – 15, 2016

(Orientation/Training on July 10, 2016)

Program and Application information
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

WHAT IS Culture Camp?

Culture Camp is a yearly camp sponsored by the CTCLUSI Culture Department for Tribal family youth, 8-18 years of age. This year's location of Culture camp will be held at Camp Easter Seals in Lakeside, Oregon. CTCLUSI offers job opportunities for the positions of Counselor and Counselor in Training. These positions are responsible for providing assistance and support to the Camp Director in carrying out activities during the youth camp as well as providing direct supervision for the youth campers.

WHO IS ELIGIBLE TO APPLY?

To be eligible to participate in the 2016 Culture Camp:
Meet minimum requirements as outlined in the position description and can be inquired through Human Resources. The job posting may also be found on the CTCLUSI website at www.ctclusi.org or by contacting Human Resources.

WHAT IS THE PROCESS OF SELECTION?

The Recruitment Specialist for Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians will review online applications for completeness and administer the evaluation process. All qualified applicants will be forwarded to the Camp Director for review. The following criteria are considered during the selection process: presentation of application, and involvement in the Native community. An appointed committee conducts a final review of the application and makes an official selection of awarded applicants.

WHEN IS THE APPLICATION DEADLINE?

Online applications must be received by 4pm on Friday, April 29, 2016
Apply online at www.ctclusi.org or by contacting Human Resources

WHEN WILL YOU BE NOTIFIED IF YOU ARE SELECTED?

All qualified applicants will be notified by Friday, July 1, 2016 by Human Resources.

WHAT ARE THE EMPLOYMENT REQUIREMENTS?

Culture Camp Counselors must meet the following award requirements.

- Complete Online Application by the specified deadline (see Human Resources if you unable to see announcement online)
- Must be interviewed, pass reference checks and selected by the appointed committee.
- Pass pre-employment drug test
- Pass background information and obtain fingerprints, processed Tribal Police Department

WHO DO I CONTACT IF I HAVE QUESTIONS?

Jesse Beers, Camp Director
Cultural Department for CTCLUSI
Phone: (541) 297-0748
Email: jbeers@ctclusi.org

Department of Human Resources
Phone: (541) 902-6504
(541) 888-7523
Email: phickson@ctclusihr.org
jgoff@ctclusihr.org

Deadline to apply – Friday, April 29, 2016
(Applications Accepted April 4, 2016 – April 29, 2016)

Qáchinahaniíwaq (Getting to Thinking!)

Hanis translation by Patty Whereat-Phillips

Planning Department Updates

Submitted by Jeffrey Stump, Planning Director & Melinda Sprague, Planning Assistant

Tribal Community Needs Assessment

In January, a Tribal Community Needs Assessment and Tribal Member Resource Directory was mailed to all Tribal members 18 and older. We are pleased to have received a large amount of responses to the Tribal Community Needs Assessment. The drawing for those who filled out the bottom portion of their needs assessment took place on March 4th. The winners of the gift cards include:

\$500- ***Roseana Perry***

\$250- ***Lonnie Perry***

\$25- ***James W Brainard III***

\$25- ***Christy Wurster***

\$25- ***Raymond T. Petrie***

The Planning Department would like to thank the Tribal community for helping us complete this process which allows us to effectively evaluate and plan for the needs of our community.

Healing of the Canoe Tribal Youth Program

Tribal government staff have been working diligently to adapt and administer the Healing of the Canoe Curriculum as a culturally significant platform to facilitate Tribal youth programs. We have recently welcomed our Healing of the Canoe Program Assistant, Ms. Anne Niblett to the planning team. Ms. Niblett brings a wide variety of cultural skills and knowledge and many years' experience working with youth. We are currently in the process of hiring our Healing of the Canoe Facilitator. Please stay tuned for updates as we develop the Healing of the Canoe Tribal Youth Program.

CTCLUSI Family Services Employment Program



Job Search Skills. Resume Building. Job Interviewing Techniques. Career Planning. . . and much more.

Please contact us ! To learn more information or to make an appointment, please contact a Family Services Caseworker who can assist you. For Coos Bay contact Stephanie Marusich at 541-888-7516. For Springfield Outreach contact Shayne Platz at 541-744-1349.

**“The Best way to predict your future is
to Create it ! “**

Coos Head Area Master Plan (CHAMP)

The development of the CHAMP continues. Cogan, Owens and Green (COG) is now on board and will be managing the development of CHAMP as well as the coordination between the Tribes and ODOT. The official kick-off meeting took place on March 21st. Over the next few months, key deliverables for the project include a Technical Memorandum describing existing conditions, policies and codes key to the development of Coos Head. COG will be evaluating the Coos Head transportation infrastructure, sanitary sewer, water supply, storm water, electrical power, natural gas, natural and cultural resources and land use. No outreach meetings are planned for April. Please call Jeffrey Stump at 541-888-1305 or Melinda Sprague at 541-888-9577 if you have any questions.

Business Incubator

Last month the Confederated Tribes Planning team welcomed Mr. Eric Speith, the Confederated Tribes newly appointed Business Incubator Manager. Mr. Speith has been working diligently to create a business plan for the CTCLUSI Business Incubator and begin establishing a network of small business resources and contacts. We are in the beginning stages of our Business Incubator program. Please stay tuned for more information as the Business Incubator develops.



CALLING ALL TRIBAL YOUTH AGES 14 TO 24!!

*Join us for fun, food, prizes, and learn more about how you
can become a member of*

CTCLUSI's - YOUTH LEADERSHIP COUNCIL

Who: Tribal Youth **ages 14-24** are welcome to attend

***What:** In addition to bowling, food, and cool prizes, we will
Provide you with information about how you can
Be a part of CTCLUSI's **Youth Leadership Council**

When: Two events, at two convenient, fun locations:
(Transportation will not be provided.)

***Saturday, April 9, 2016, 5:30 pm - 7:30 pm**
North Bend Lanes
1225 Virginia Avenue, North Bend, Oregon

***Saturday, April 23, 2016, 5:30 pm - 7:30 pm**
Emerald Lanes
140 Oakway Road, Eugene, Oregon

RSVP: Tami S. Foster, Behavioral Health Services
tfoster@ctclusi.org or 541.888.1311

WIN PRIZES!!!!

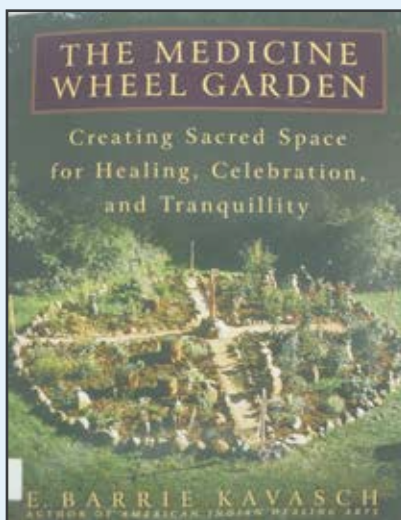
**ATTEND ONE OF THE EVENTS,
STAY TO THE END, AND YOU WILL
BE ELIGIBLE TO ENTER A
DRAWING FOR SOME
AMAZING PRIZES!!**

EDUCATION CORNER

Your Tribal Library currently has 1,068 titles to choose from. There is something for everyone. The Education Department Staff welcomes you to come in and check out a book for pleasure as well as education. The check-out period for any book is 3 weeks, with a renewal of another 3 weeks.

The April **"BOOK OF THE MONTH"** is:

The Medicine Wheel Garden



The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Learn how to create your own sacred garden and use herbal recipes, plus delicious healing foods.

We hope you will come and visit your Tribal Library and the Education Department Staff soon.

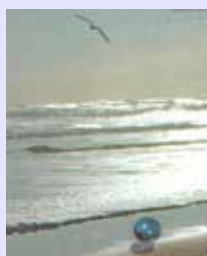
PREVENTION ACTIVITY Glass Float Hunt



**All Tribal Families are invited to join us on
Saturday, April 16, 2016
12:00 P.M. to 4:00 P.M.**

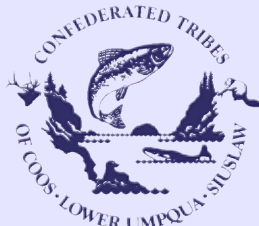
Please R.S.V.P. by Wednesday, April 13, 2016
DeeDee at: 541-997-6685, Toll-Free 1-866-313-9913
Or Doug's Cell at: 541-297-2130

*We will meet at 3757 Hwy 101, the Windward Office
at 12:00 P.M. for a Prevention Activity and Food.
You must attend the Prevention Activity to hunt for glass floats.*



Prevention Topic: HOC and Beach Clean Up

Sponsored by:
**Confederated Tribes of
Coos, Lower Umpqua & Siuslaw Indians
Health & Human Services Division
Family Services
Prevention Activity Program**



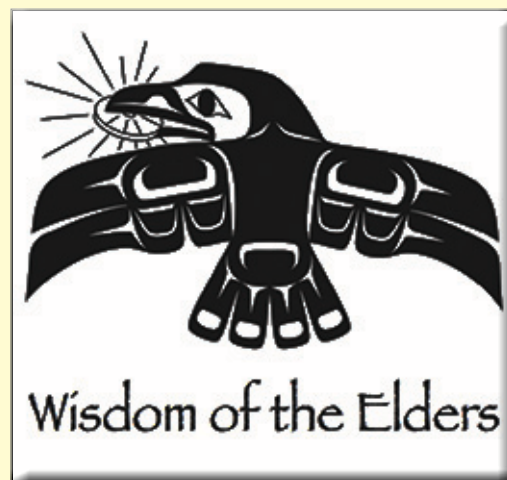
Wisdom of the Elders (WOE) Film Documentary Seeking Tribal Elders to Speak on Experience with Climate Change

Submitted by Amanda Craig, Air and Water Quality Specialist

Wisdom of the Elders (WOE) is a collaborative group in the Pacific Northwest who, "records and preserves traditional cultural values, oral history, prophesy and other messages of guidance from indigenous elders in order to regenerate the greatness of culture among today's and future generations of native peoples." Currently the WOE are working on a Documentary about Climate Change, specifically how Climate Change impacts Tribal Peoples and Communities. They're looking for Tribal Elders who've seen or experienced the effects of Climate Change and have asked if any CTCLUSI Elders would like to participate. In addition we will be having a small canoeing and weaving gathering for the filming as well.

"Wisdom of the Elders acknowledges the need for reconciliation between Indian and non-Indian. As part of its race reconciliation mission, Wisdom of the Elders strives to share with all peoples, using public radio and documentary production, book publishing and other educational venues in collaboration with diverse cultural organizations and educational institutions."

WOE will be filming in Coos Bay approximately April 10-13, if you would like to participate please contact Amanda Craig by phone or email; 541-888-1304 - acraig@ctclusi.org by April 9th at 5 pm.



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.

April 15th is the deadline for submission to the May edition of The Voice of CLUSI.

E-mail mgaines@ctclusi.org or call 541-888-7536

Elders Corner

Elders Honor Day...continued from cover page

and Elders Committee Member Arleen Perkins presented gifts to both. Next it was on to the King and Queen as two tickets were randomly chosen. This year's Queen was Bernadine Shriver from Grand Ronde and our King was new Elder Jeff Wasson from Coquille. They were crowned and gifted from both Tribes. The crowns were made from cedar adorned with dentallium and abalone, and were absolutely amazing. These beautiful crowns were made by Lower Umpqua Tribal Member Morgan Gaines and Coquille staff member Roni Jackson. Our gifts baskets included: a gorgeous necklace made by Tribal Elder Arleen Perkins, a mini paddle made by Tribal Elder George Barton and a painting on the paddle by his spouse Barb Barton, and a drum with a beautiful painting by Lower Umpqua Tribal member Morgan Gaines.

After lunch we were entertained by The Nasomah Singers, CIT Head Start, After School dancers and Coquille Tribal Elder Terry Doyle, who was a storyteller. Throughout the day we also had a photo booth, where guests could get their picture taken with their friends or family. Chairman Ingersoll took advantage of that and got a quick picture with our lovely Queen. She was ecstatic! There was a table of boas, funny glasses, tiara's, etc. to liven up your pictures. After the entertainment we took a quick break and then Elders were given the choice to either stay for Bingo or go to the Coos History Museum and Maritime Collections. Now came my favorite part of the day; - doing Bingo with Tribal Elder George Barton. He "entertained" and called Bingo for 1 ½ hours and for the third year, I was his sidekick. We had 125 people that stayed and played. That is the biggest crowd we have ever had. Thanks George! It's always a great time.

This year we tried something new and had a Meet & Greet with both Tribal Chiefs. Chief Ivy from The Coquille Indian Tribe did a Salmon presentation. He pulled Salmon that had been buried at the pit earlier that morning. Those that made it to the presentation also got to try the fresh Salmon as it was being pulled out. After the presentation, we were welcomed back by Coquille's Chairperson Brenda Meade for a wonderful dinner. As dinner was wrapping up, Tribal Elder and Councilman Doc Slyter played several songs for us on various flutes. Miluk Coos Tribal Member Ashley Russell joined the stage and serenaded us with her beautiful voice. To end the evening we had a Coquille Tribal Members band "Port Orford Blues and Dance Club Band" play for the evening. We had several Elders stay and dance into the night. Saturday we all gathered together again for breakfast in the Salmon room before Elders headed on their long journeys home. I would like to thank everyone that helped us make this year such a huge success. Hope to see you next year at the Three Rivers Casino Resort!



Linnea Ekman



Phyllis Howlett, Julie Belcher, and Debra Fisher



Arleen Perkins

Below: Salmon cooking during the Salmon Presentation



Anna Campbell and Carolyn Slyter enjoy the evening



Jean Cookson and Billie Lewis smile for the camera



Lynette and Tim Gaines admire the blown glass sphere gifts to Elders



Elders Corner

Elders Luncheon

THURSDAY, April 7th, 2016
at 11:30 a.m.

CICCARELLI'S RESTAURANT
2076 Sherman Ave., North Bend



R.S.V.P. by April 4th, 2016
Please contact Andrew Brainard,
CHR/Elders Coordinator, at (541) 888-7533
LIMITED TRANSPORTATION IS PROVIDED.



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

Elders Luncheon

THURSDAY, MAY 5th, 2016
at 11:30 a.m.

MEMOS MEXICAN RESTAURANT
737 Main Street, Springfield OR 97477



R.S.V.P. by May 2nd, 2016
Please contact Andrew Brainard,
Elders Coordinator/ CHR, at (541) 888-7533
LIMITED TRANSPORTATION IS PROVIDED.



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



Chairman Mark Ingersoll



Iliana Montiel and Tribal Elder George Barton call the numbers for Bingo



Councilman Doc Slyter pictured with Glenn Campbell



Sue James shows us her winning black out bingo card and prize!



Butch and Kathy Swigert pictured left; pictured right Shanna and Joe Swigert


ELDERS HALIBUT FISHING TRIP

May 11-13, 2016
In Newport, Oregon

- 12 hour (6:00 am—6:00pm) offshore Halibut trip includes a crabbing option.
- You must bring a minimum of 1 Day Angling license & 1 day shellfish license if you would like to crab. Crabbing is optional.
- Limited availability—first come basis (28 spots)
- You will be responsible for fillet services. (.30-.40 cents per lb.)
cash only accepted and a cooler to take your catch home.

Please R.S.V.P. by Monday, April 25th
After this day, we will release a boat if less than 14 reservations.

For further information and to R.S.V.P. please contact:
Andrew Brainard CHR/Elders Activity Coordinator
541-888-7533
Agenda's will be mailed out to those who RSVP.



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

McMinnville Grizzlies Place at State!



Chris Dauterman (pictured at far left) coaches alongside Shan Stassens (middle) and Adam Dean (far right) his son Cody Dauterman's (pictured middle in the #2 jersey) basketball team: The Grizzlies. Cody is a Lower Umpqua Tribal member who plays basketball with a group of 6th graders who play for the McMinnville Basketball Association.

Great Job Grizzlies for taking First place in the Sisters Shootout, taking First place at the Capitol City Classic and First place with the Three Rivers Basketball League! Their hard work paid off and they earned a spot at the State Championships in March where they placed 4th.

Way to go Grizzlies!

WOVEN

THE ART OF CONTEMPORARY NATIVE BASKETRY

MARCH 1–APRIL 23, 2016

ARCHER GALLERY | VANCOUVER, WASHINGTON

TUES–THURS 10AM–7PM | FRI–SAT NOON–5PM

THANK YOU TO OUR EXHIBITION SPONSORS:

Woven: The Art of Contemporary Native Basketry

March 1 - April 23, 2016

Opening reception Saturday April 2, 4-7pm
Workshops and artists talks Sunday April 3

To sign up for workshops please visit:
<http://woven.brownpapertickets.com/>

Please join us to celebrate the opening of Woven: The Art of Contemporary Native Basketry presented by the IMNDN: Native Art for the 21st Century exhibition series.

The exhibition runs from March 1 through April 23, 2016 at the Archer Gallery in Vancouver, WA. The Exhibition features the work of twelve incredibly talented contemporary Indigenous artists including: Joe Feddersen, Gail Tremblay, Dawn Nichols Walden, Shan Goshorn, Kelly Church, Joey Lavadour, Pat Courtney Gold, Lisa Telford, Bernice Akamine, Carol Emarthle-Douglas, Sara Siestrem, Brittany Britton and Kaila Farrell-Smith. This will be a rare opportunity to meet these amazing artists!

More info at: IMNDN.org

Congratulations Andrew & Jennifer Brainard!

Congratulations to Tribal member Andrew Brainard and his lovely wife Jennifer. The happy couple were wed on March 3, 2016 in Maui, Hawaii.



PEACEGIVING

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

All Peacegiving or Peacegiving Court issues are confidential.



Photo By: Morgan Gaines

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

Peacegiving Court Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420

PHONE: (541) 888-1306 or (541) 888-1316

EMAIL: Peacegivingcourt@ctclusi.org

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

Looking for Slow Pitch Softball Players!

CTCLUSI Tribal Members, Staff, Casino Team
Members & Spouses



Come Join the Team

Season: June 1st — September 1st

Deadline for joining Thursday, April 28th, 2016



For more Information and/or to sign up contract:

Head Coach Andrew Brainard 541-297-1001 & Asst. Coach Courtney Krossman 541-260-9594



CTCLUSI Softball Team at the end of a game during the 2015 season



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How to Survive Being In-Between Jobs

Submitted by Mike Smith, Training & Development Specialist

Your Department of Human Resources focuses primarily on increasing the employment opportunities for Tribal Members, fellow Native Americans in other Tribal communities, and others who share our collective vision. At various times in our lives, however, we all realize that we can find ourselves between jobs or searching for our chosen career path. How we move through those times to our next employment opportunity can be a crucial part of our personal development. Unemployment isn't ideal... But it's not the end of the world. Here's some suggestions on how to make the most of your time in-between jobs.

Anger, relief and anxiety are just a few of the feelings I had the morning I received my termination notice. Granted, it was from a job whose shelf life had expired many years before—one of my predecessors had called it a "stepping-stone" position—but it was still a shock.

Questions ran through my head: Is this really happening? What do I do now? How will I pay my bills?

It was the last, most important, question that kept repeating through my head. If I didn't have an income, how would I support myself?

So, I did what I do best: I researched it. And what I found was surprising. Most of the information out there is for professionals who "voluntarily" leave their employment. I didn't choose this path, it was chosen for me; "assigned" to me, so to speak. Which made me think: What about those of us that are thrust into unemployment? What are the "recommendations" for us to successfully survive being in-between jobs?

Here are a few of my tips for successfully surviving being in-between jobs (voluntarily or not):

Create a daily routine

Not having a desk or an office or a supervisor to report to at a specific time doesn't mean you should sleep in and relax every day. I find this to be one of the major misconceptions of unemployment. It is as if some people think I'm on vacation when I say I'm "unemployed."

I don't sleep until noon. I set an alarm every day, I get up, I check email and social media, I go to the gym, I come home, I shower, and I get back to my search.

I don't sit around with my feet up, hoping for the phone to ring. My next job isn't just going to fall into my lap and neither is yours. We need to work on making it happen.

Cut out unnecessary spending

A number of the articles I read, pertaining to people deciding to leave one job in pursuit of another, advise seekers to have at least three to six months' worth of savings burrowed away. Thankfully, I had been remarkably fiscally responsible throughout most of my career, so I was able to segue into this new phase fairly easily. However, don't be fooled—establishing and adhering to a budget can be tricky.

After budgeting in necessities like rent, a car payment and insurance, your cellphone bill, utilities and other monthly expenses, figure out where you can comfortably exist. If you realize that there are aspects you need to cut out, do it strategically. For example, if you can live without a daily coffee run (or two), invest in a coffee machine that will allow you to save a few dollars each day. Or, if you have a tendency to eat out for lunch and dinner, start stocking your fridge and cooking a few times a week.

The point isn't to alter your life in a way that makes you feel stifled, but to make your dollars last for as long as they possibly can. The one aspect about unemployment that nobody can predict is how long it will last, so in order to be prepared for anything that may arise, you should try to save wherever possible.

Don't close yourself off from fun – or friends

I spent the first six weeks of my unemployment on my couch with my laptop. I applied for every job that I was remotely qualified for, even if I lacked interest. My friends tried, over and over, to get me out of the house,

but the shame and embarrassment of what I was going through wouldn't let me leave that couch.

I cut myself off from civilization for a while. Was I depressed? No, I don't think so. I would describe it more as "determined." I was determined to not let this setback affect me, and to get past it before anyone really knew it had happened. Did that work? No. And the only person it hurt was me.

Go out. Leave the house. Laugh. Have fun.

If I could impart a little wisdom to those that may be going through the same things that I did: Let your friends help. It will make you feel better. It will make them feel like they are helping, and it really is a win-win for all.

Why am I offering up these tips and tidbits?

Well, I recently came to the realization that being unemployed isn't actually the end of the world. My life isn't always going to be like it is right now. This is a phase, it will pass, and when I look back on it, I want to be proud of the way I handled myself and of how I bounced back from this unexpected change of course.

But, more than anything, I want to be proud of the fact that even though I didn't choose to make this change—it was forced upon me—I worked through it as hard as possible.

Content taken from "How To Survive Being In-Between Jobs" by Jaclynn Knecht, © 2015 Career Contessa Published 6-25-2015

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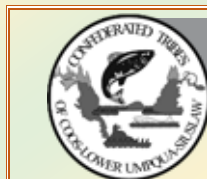
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