



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

### 22<sup>nd</sup> Annual Elders Honor Day Event

Contributed by: Andrew Brainard, Elders Activity Coordinator

On March 16<sup>th</sup> and 17<sup>th</sup>, the Coquille Indian Tribe (CIT), the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians (CTCLUSI), and the Mill Casino Hotel and RV Park staff came together to host the 22<sup>nd</sup> Annual Elders Honor Day. Elders Honor Day was quite the success with over 390 Elders in attendance, representing 7 different tribes including the Karuk, Warm Springs, Lower Rogue, Grand Ronde, Siletz, CIT, and CTCLUSI.

Thursday March 16<sup>th</sup> began with CIT Tribal Council Chair Brenda Meade welcoming everyone, introducing the Color Guard which represented the Coquille and CTCLUSI Veterans and the NASOMAH Drum group. CIT Chief Don Ivy and CTCLUSI Chief Warren Brainard led the Color Guard with each tribe's Eagles Staff following the other color guard members during the ceremony. CIT Chair Brenda Meade then introduced the Tribal Council members from CIT and CTCLUSI, recognized each Tribe's Elders Committee, presented the Eldest Female and Male Elder with gifts from each hosting Tribe and announced the King and Queen of the Day. King William Depoe of the Confederated Tribes of the Siletz and Queen Phillis Brown of the Confederated Tribes of the Grande Ronde, both received beautiful gifts from the hosting Tribes.

After lunch there was a special presentation at the Coos Historical Museum in which over 30 Tribal Member Veterans received a necklace provided by the Coquille Indian Tribe Youth Council. CIT Chief Ivy, CTCLUSI Chief Brainard and Kassandra Rippe also spoke at the ceremony. After the ceremony, everyone was able to tour the museum including the new Tribal Veterans room which will continue to be displayed for the next couple of months.

The second part of the day's activities was hosted by the CTCLUSI. The welcoming was led by CTCLUSI Chair Mark Ingersoll and the prayer was led by CTCLUSI Chief Warren Brainard. Chief Warren Brainard recognized the Elder Veterans that were not able to attend the afternoon session and they were also gifted with necklaces.

After the amazing dinner, CTCLUSI Chair Mark Ingersoll, Nicole Howe and the Coquille Tribal Youth Council helped with the raffle and then presented a special Elder with over \$270 from the 50/50 drawing. As the ceremony was closing, Chairman Ingersoll reminded everyone about the breakfast the next morning. 290 people attended the Saturday morning meal.

In conclusion, I want to thank the four wonderful vendors that participated including our own employee, Shayne Platz. Also, thank you to Sue Olson and the Elders of the Springfield Outreach Office who made 400 necklaces for the gift bags, George and Barbara Barton, Wanda Williford, Skip Brainard, Arleen Perkins, and Janet Brainard. Thank you also to all the staff of both Tribes including those from our Tribe: Melinda Radford, Diann Weaver, Meagan Davenport, Doug Morrison, Kimmy Bixby, DeeDee Plaep, and Iliana Montiel. Finally, the biggest recognition I want to give is to each hosting Tribal Council. Without them, none of this would be possible.



During a ceremony held at the Coos Historical Museum, Veteran Tribal Elders were honored and gifted by the Coquille Indian Tribe Youth Council before touring the new Tribal Veterans exhibit  
Photograph Courtesy of Andrew Brainard



Tribal Elder Paul Benasco presents the Tribal Flag as part of the Color Guard during the opening ceremony of the 22<sup>nd</sup> Elders Honor Day  
Photograph Courtesy of Iliana Montiel

Turn to Page 10 and 11 to view more photographs from Elders Honor Day

Presorted Standard  
U.S. Postage  
PAID  
North Bend, OR  
Permit #44

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

### Tribal Council Meeting

April 8, 2018 at 10:00 a.m.

### General Council Meeting

April 8, 2018 at 1:00 p.m.

### Tribal Elections

April 8, 2018 Polls Open from 12:00 p.m. - 4:00 p.m.



# Tribal Council Business

As Reported at the March 11, 2018 Regular Tribal Council Meeting

**Chief Warren Brainard:**  
Not Present

**Doc Slyter:**  
Feb 11 Amanda Trail Play  
Feb 14 West Coast Memorial Development  
Feb 15 GFORB (Gaming Operational Review Board) Meeting;  
Executive Work Session  
Feb 16 Hult Damn Tour  
Feb 20 Financial Meeting in Florence  
Feb 21 Housing Committee Meeting  
Feb 22 Florence Three Rivers Foundation Meeting  
Feb 23 Basket Demonstration of Sarah Siestream in Eugene  
Feb 24-25 Council Off Site Work Shop  
Feb 28 Business Tribal Council Meeting; GFORB (Gaming  
Operational Review Board) Meeting  
Mar 1 Coos County Historical Museum Nation Armed Forces  
Display  
Mar 8 Culture Committee Meeting

**Beaver Bowen:**  
Feb 11 Regular Tribal Council Meeting  
Feb 20 Financial Meeting in Florence  
Feb 22 Florence Three Rivers Foundation Meeting  
Feb 15 GFORB (Gaming Operational Review Board) Meeting;  
Executive Work Session  
Feb 23-25 Council Off Site Work Shop  
Feb 28 Business Tribal Council Meeting; GFORB (Gaming  
Operational Review Board) Meeting  
Mar 8 Executive Work Session

**Teresa Spangler, Vice - Chairman:**  
Feb 11 Regular Tribal Council Meeting  
Feb 13 Education Committee Meeting; Executive Work Session  
Feb 15 GFORB (Gaming Operational Review Board) Meeting;  
Executive Work Session  
Feb 20 Financial Meeting in Florence  
Feb 21 Housing Committee Meeting  
Feb 22 Florence Three Rivers Foundation Meeting  
Feb 23-25 Council Off Site Work Shop  
Feb 28 Business Tribal Council Meeting; GFORB (Gaming  
Operational Review Board) Meeting  
Mar 1 Economic Development Meeting  
Mar 8 Executive Work Session

**Arron McNutt:**  
Feb 11 Regular Tribal Council Meeting  
Feb 15 GFORB (Gaming Operational Review Board) Meeting;  
Executive Work Session  
Feb 20 Financial Meeting in Florence  
Feb 24-25 Council Off Site Work Shop  
Feb 28 Business Tribal Council Meeting  
Mar 8 Executive Work Session

**Tara Bowen:**  
Feb 11 Regular Tribal Council Meeting  
Feb 15 GFORB (Gaming Operational Review Board) Meeting;  
Executive Work Session  
Feb 20 Financial Meeting in Florence  
Feb 22 Florence Three Rivers Foundation Meeting  
Feb 23-25 Council Off Site Work  
Shop  
Feb 28 Business Tribal Council  
Meeting;GFORB (Gaming  
Operational Review Board) Meeting  
Mar 1 U of O Law School  
Presentation on Ports  
Tourism Meeting  
Mar 8 Executive Work Session

**Mark Ingersoll:**  
Feb 11 Regular Tribal Council  
Meeting  
Feb 15 GFORB (Gaming  
Operational Review Board)  
Meeting; Executive Work Session  
Feb 20 Financial Meeting in  
Florence  
Feb 24-25 Council Off Site Work  
Shop  
Feb 28 Business Tribal Council  
Meeting; GFORB (Gaming  
Operational Review Board) Meeting  
Mar 1 Coos County Historical  
Museum Nation Armed Forces  
Display  
Mar 8 Executive Work Session

**Tribal Council Meeting**  
*April 8, 2018*  
10:00 a.m.

**General Council Meeting**  
*April 8, 2018*  
1:00 a.m.

Tribal Community Center  
338 Wallace Street, Coos Bay, Oregon 97420

**Election Poll**  
*April 8, 2018*  
12:00 p.m. - 4:00 p.m.

Tribal Hall  
338 Wallace Street, Coos Bay, Oregon 97420

**Election Poll**  
*April 8, 2018*  
12:00 p.m. - 4:00 p.m.

Tribal Hall, 338 Wallace Street, Coos Bay, Oregon 97420

**Please Join the April 8, 2018 Tribal Council Meeting for a Special Department of Natural Resources Video Screening!**

During the April 8, 2018 Tribal Council meeting, the Department of Natural Resources will be screening a recently completed video about the cleanup process of a previously contaminated tribally owned tract of land located in the Charleston area: Coos Head. In the mid-1850s, the United States Army took occupancy of Coos Head, followed by the U.S. Navy and Air National Guard, and eventually the property was returned to the Tribes after 150 years in 2005. With this moment of content came frustration, as the property was completely abandoned and left for the Tribes to negotiate how to clean it up. Coos Head became a brownfield because it was heavily contaminated with ammunicions, diesel, PCBs, and other hazardous wastes. Just in 2017, the property was cleared by the Oregon Department of Environmental Quality to unrestricted use levels. The video tells the story of successful remediation at Coos Head, including interviews with Tribal members that reveal just how important Coos Head was, and still is, for the Tribe.

**Tribal Council Candidates - April 8, 2018 Election**

POSITION	CANDIDATE
Position #2	Thomas Brainard Debbie Bossley
Position #4	Joshua Davies Tara Bowen – (I)
Position #6	Doug Barrett Arron McNutt – (I)

Above are the official candidates, who met the deadline & are Enrolled members of CTCLUSI, that are running for Tribal Council, placed in the order in which they were received.

Ballots will be mailed **March 23, 2018**, to all REGISTERED VOTERS, including all Position Statements received.

**Candidate Forums: ( Opportunity to Meet the Candidates)**  
**Eugene:** Saturday March 24<sup>th</sup> @ 10:30am, Many Nations Long House  
**Coos Bay:** Sunday March 25<sup>th</sup> @10am, Tribal Hall  
**Florence:** Sunday March 25<sup>th</sup> @3pm, Florence Outreach Office  
*Candidates are invited, but not required to attend.*  
**(I) – Incumbent**

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](http://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](mailto:wbrainard@ctclusi.org)

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

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

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

Tara Bowen  
Position #4 Council  
541-808-7394  
[tbowen@ctclusi.org](mailto:tbowen@ctclusi.org)

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

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

Council Meeting  
April 8, 2018  
Regular Council Meeting  
10:00 a.m.  
General Council Meeting  
1:00 p.m.  
Tribal Community Center  
338 Wallace Street, Coos Bay,  
Oregon 97420

- Agenda:
1. Call to Order
  2. Invocation
  3. Approval of Minutes as needed
  4. Tribal Council Reports
  5. Tribal 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](http://www.ctclusi.org)

Upcoming Events

April 5<sup>th</sup> – Elders BBQ Lunch, Hole in the Wall BBQ, Springfield, 11:30 a.m.  
April 7<sup>th</sup> - Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.  
April 7<sup>th</sup> - Weaving Workshop, Tribal Hall, 10 a.m. - 4 p.m.  
April 8<sup>th</sup> - Gathering at Horsefall, meet during Family Gathering Lunch at 11:00 a.m.  
April 8<sup>th</sup> – Regular Council Meeting, CC 10:00 a.m., General Council Meeting, 1:00 p.m.  
April 8<sup>th</sup> – Tribal Council Election, Polls Open 12 p.m. – 4 p.m. Tribal Hall  
April 8<sup>th</sup> – Tribal Family Gathering Lunch, Community Center, 11:00 a.m. – 1:00 p.m.  
April 8<sup>th</sup> - DNR Video Screening of Coos Head Clean Up during Council Meeting  
April 20<sup>th</sup> – 22<sup>nd</sup> – Healing of the Canoe weekend workshop  
April 21<sup>st</sup> - Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.  
April 21<sup>st</sup> – Clam Dig, Meet at Tribal Hall at 9:00 a.m.  
April 23<sup>rd</sup> – Ladies Self-Care, 6:00 p.m.

May 3<sup>rd</sup> – Elders Luncheon, Community Center Coos Bay, 11:30 – 2:00 p.m.  
May 3<sup>rd</sup> – Free Dementia Care Class during Elders Lunch, 12 p.m. – 2 p.m.  
May 4<sup>th</sup> – Deadline to apply for Summer Student Internships  
May 5<sup>th</sup> – Float Hunt Prevention Activity, Florence 10:00 a.m.  
May 4<sup>th</sup> – 6<sup>th</sup> – Healing of the Canoe weekend workshop  
May 12<sup>th</sup> – Cedar Bark Gathering, Florence 10:00 a.m.  
May 18<sup>th</sup> – 20<sup>th</sup> – Healing of the Canoe weekend workshop  
May 20<sup>th</sup> – Regular Council Meeting, Community Center, 10:00 a.m.  
May 25<sup>th</sup> – CTCLUSI Scholarship Application Deadline  
  
June 18<sup>th</sup> – June 29<sup>th</sup> – CTCLUSI Summer School



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](mailto:jmcneil@ctclusi.org). All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

**Government Office**  
Alexis Barry  
Chief Executive Officer  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll free 1-888-280-0726  
Fax 541-888-2853  
[abarry@ctclusi.org](mailto:abarry@ctclusi.org)

**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](mailto:vfaciane@ctclusi.org)

**Department of Human Resources**  
Stephanie Watkins - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone: 541-888-7508  
Toll Free: 1-888-280-0726  
Fax: 888-723-3270  
[swatkins@ctclusihr.org](mailto:swatkins@ctclusihr.org)

**Tribal Housing Department**  
Linda Malcomb - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1310  
Fax 541-888-2853  
[lmalcomb@ctclusi.org](mailto:lmalcomb@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](mailto:sarnold@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](mailto:abowen@ctclusi.org)

**Family Services**  
Meagan Davenport, Family Services Program Assistant  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1311  
Toll Free 1-800-618-6827  
Fax 541-888-1837  
[mdavenport@ctclusi.org](mailto:mdavenport@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

**Elders Activities**  
Andrew Brainard  
CHR/Elders Activity Program Coordinator  
1245 Fulton Ave.  
Coos Bay, OR 97420  
Phone 541-888-7526  
Fax 541-888-5388  
Toll Free 1-888-280-0726  
[abrainard@ctclusi.org](mailto:abrainard@ctclusi.org)

**Tribal Court**  
J.D. Williams  
Chief Judge  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
[tribalct@ctclusi.org](mailto:tribalct@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](mailto:jbeers@ctclusi.org)

**Springfield Outreach Office**  
Shayne Platz, Lead Case Manager  
1126 Gateway Loop  
Suite 102  
Springfield, OR 97477  
Phone 541-744-1334  
Toll Free 1-800-877-2718  
Fax 541-744-1349  
[splatz@ctclusi.org](mailto:splatz@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

**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-pd.com](mailto:bkneaper@ctclusi-pd.com)

**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-pd.com](mailto:bkneaper@ctclusi-pd.com)

**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](mailto:mcorvi@ctclusi.org)



# Planning Department Updates

Contributed by Naoki Tsuruta, Assistant Planner

## 1. Severy Access Design Project

The Severy Access Design Project involves the redesign and reconstruction of approximately 1550 feet of Casino South and approximately 1300 feet of Casino East Route. The redesign and reconstruction of Casino South and Casino East will include the addition of curb and gutter, storm drain, sidewalk (1 side), overlay and striping.

The project also anticipates the new construction of approximately 1800 feet of Severy Access. Severy Access will be a paved bicycle and pedestrian trail with interpretive signage and trailhead at Regal Drive. The other new construction will be approximately 550 feet of the Casino West Route. Casino West will match the redesigned Casino East and Casino South routes with curb and gutter, storm drain, sidewalk (1 side), overlay and striping.

The kickoff starting date of the project is on March 19<sup>th</sup>. The date for a Tribal public meeting regarding the Severy Access Design Project will be held in Florence, Oregon April 19, 2018.

(Geographic Information System) is critical for the analysis of the Bureau of Land Management resource datasets containing much of the inventory information. He is also responsible for identifying the required silvicultural treatments and creating the draft active management plan that provides for a healthy forest ecosystem.

Assistant Planner, Naoki Tsuruta is in charge of analyzing and updating the Tribes NTTFI (National Tribal Transportation Facility Inventory) formally known as the IRR (Indian Reservation Roads) to its current standards and criteria. Update includes adding new roads that intersect and abut Tribal boundaries to RIFDS (Road Inventory Field Data System), a database of public transportation related facilities that a tribe defines as important to their local use of the funding made available through the TTP (Tribal Transportation Program).

Planning Director, Jeff Stump evaluates and manages the administrative staff and provides guidance on each project. He is responsible for coordinating communications with outside agencies, prepares and/or reviews documents, develops research and data and develops project plans and GIS data or outputs as needed to inform the Team.

## 2. CHAMP

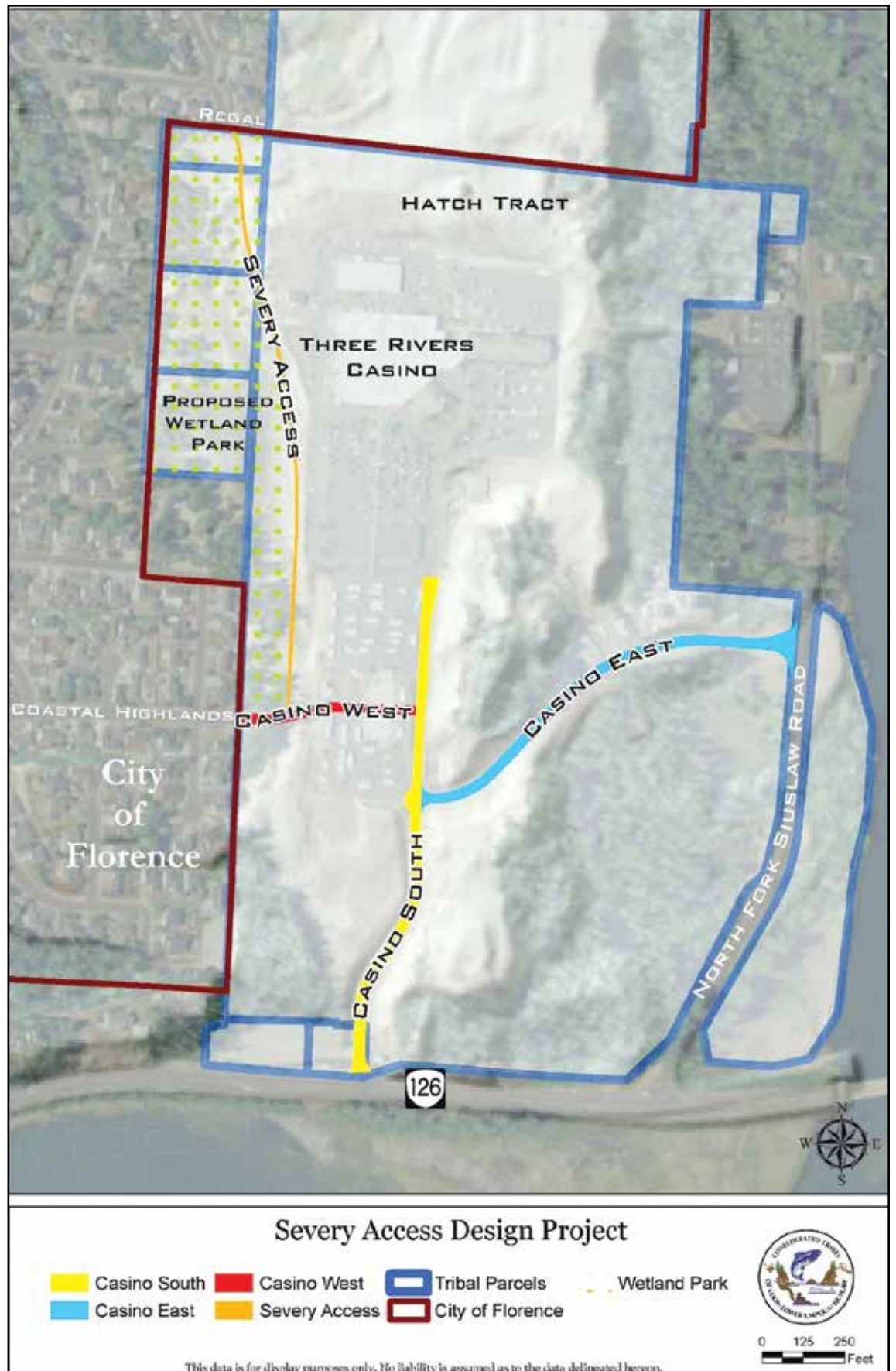
The Coos Head Area Master Plan (CHAMP) will be a collaborative effort to produce a master plan focusing on multimodal transportation planning and redevelopment of the Coos Head Area (CHA). The CHAMP will guide and inform CHA transportation infrastructure development for the on-site CHA and off-site to include multimodal access to Coos Head, Chicken Point, Charleston, and Bastendorff Beach. The CHAMP will create a balance of uses and facilities which will contribute to economic development in the area and the creation of multimodal transportation improvements and connections. Development of CHAMP will involve public outreach and involvement, interagency coordination, transportation and land use conditions research and analysis, and alternatives development and analysis.

On March 20<sup>th</sup>, a public meeting at Oregon Institute of Marine Biology, Library Conference Room was held with the surrounding property owners to help identify any concerns with potential offsite improvements between Boat Basin Road and Cape Arago Highway. The following day on March 21<sup>st</sup>, a Technical Advisory Committee and Citizen's Advisory Committee Meeting was held to hear additional comments.


## 3. Forest Management Plan

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Planning Department is currently working on inventorying the recent Oregon Coastal Land Conveyance. An inventory and understanding of the resources included with the Oregon Coastal Land Conveyance will inform the land management goals and strategies. Current inventorying operations include mineral, timber, water and wildlife resources as well as the roads that intersect and abut Tribal boundaries.

Micah Lynn, the Tribes new Realty Program Coordinator, is inventorying many of these resources. His experience and expertise in GIS







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

1245 Fulton Avenue - Coos Bay, OR 97420  
Telephone: (541) 888-7305 Toll Free 1-888-280-0726 Fax: (541) 888-0302

February 28, 2018

Dear CTCLUSI and Supporters ,

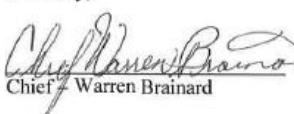
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians would like to take this opportunity to thank you and acknowledge our appreciation for your contribution. Recently, the Confederated Tribes achieved some measure of success regarding their 160-year struggle for the return of their homelands. The passage of the Western Oregon Tribal Fairness Act of 2018 returns to the Confederated Tribes approximately 14,700 acres of lands in their ancestral watersheds; the Coos, Umpqua and Siuslaw.


The efforts of generations of Tribal members and their families along with those that have supported them, such as yourself, have led to this success. We want to express our gratitude for your continued assistance in supporting our tribal programs, assisting us restore our forest habitat and watersheds, and working with us on economic development projects that support local government services. Finally, we appreciate your assistance helping us preserve our archaeological and culturally sensitive sites that help us connect to our ancestors who lived on these most amazing lands since time immemorial.


We believe our local government efforts will continue to have a positive impact on all Southwest Oregon communities. We hope that you or your organization will continue to stand alongside us as the Confederated Tribes continue this great endeavor in restoring our communities.

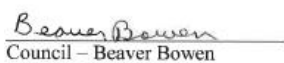
Again, thank you so much for your support.


Sincerely,


  
Chief - Warren Brainard


  
Chairman - Mark Ingersoll

  
Vice-Chair - Teresa Spangler

  
Council - Beaver Bowen

  
Council - Tara Bowen

  
Council - Doc Slyter

  
Council - Arron McNutt



WEEKEND WORKSHOPS  
SAVE THE DATES

April 20-22  
May 4-6  
May 18-20

# YOUTH COUNCIL

COOS, LOWER UMPQUA & SIUSLAW



If you are interested in being a part of CTCLUSI Youth Council please contact one of the following members:

Nicole Romine  
Chair  
(541) 404-4115

Michael Romine  
Vice Chair  
(541) 297-5408

Devynne Krossman  
Secretary  
(541) 808-5146



CTCLUSI Summer  
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) OR recent graduate (within 6 months) in/from 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 **March 12, 2018.**

Tribal Members will need to [www.ctclusi.org](http://www.ctclusi.org) to apply. Go to Tribal Government/Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is **May 4, 2018**

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,  
PLEASE CONTACT

STEPHANIE WATKINS AT 541-902-3817 OR PAM HICKSON AT 541-902-3821

## This Month...be on the Lookout for Wild Iris

Contributed by Ashley Russell, Water Protection Specialist

**Plant description:** Iris is in the family, Iridaceae, the Iris family. Two species of Wild Iris are found within our ancestral territory: Douglas Iris and Oregon Iris. Both perennials grow from slender rhizomes in mid to low elevations along roadsides, meadows, and open forests. Douglas Iris is most commonly found in the southern most boundaries of Coos County and into southern California, whereas Oregon Iris is more widespread and can be found from southwestern Washington to northwestern California. Beginning in April, three frilly petals emerge from their buds and arch over one another, creating three distinctive crests of lavender-blue to purple and sometimes pale purple to white. Douglas Iris generally grows taller and produces more flowers per stem than Oregon Iris.

**Technology:** The leaves of these beauties were gathered, dried, and gently pounded to separate the strong fibers, which were then twisted into cordage. Iris cordage was the preferred cordage for fishing line, dipnets, and snares as it never broke. Bleached leaves were also used as an overlay in basketry. It should be noted that the leaves of Douglas Iris are comparatively much longer and wider than those of Oregon Iris, which has grass-like leaves, and may have been the preferred species.

Photograph by Morgan Gaines



**Hanis:** tæmælə

**Scientific Name:** *Iris douglasiana*; *Iris tenax*

### Culture Program is soliciting proposals for

#### Mitsmitsta Halqaima Workshops from the Tribal community

Example Workshop Proposal themes: Regalia, Weaving projects, Tool making, Gathering, Bow making, Carving, Cooking, Language, Traditional Games, etc.

*Please submit an outline of your workshop, budget and preferred timing. Proposals will be negotiated with CTCLUSI on a first come first serve basis but, will remain open until funds are allocated. Drop proposals at any Tribal Office, Attn: Jesse Beers or Mark Petrie. Contracts may be subject to background checks.*

*Mitsmitsta Halqaima (To Teach Relatives) [www.hanis.org](http://www.hanis.org)*



### Please Join the April 8, 2018 Tribal Council Meeting for a Special Department of Natural Resources Video Screening!

During the April 8, 2018 Tribal Council meeting, the Department of Natural Resources will be screening a recently completed video about the cleanup process of a previously contaminated tribally owned tract of land located in the Charleston area: Coos Head. In the mid-1850s, the United States Army took occupancy of Coos Head, followed by the U.S. Navy and Air National Guard, and eventually the property was returned to the Tribes after 150 years in 2005. With this moment of content came frustration, as the property was completely abandoned and left for the Tribes to negotiate how to clean it up. Coos Head became a brownfield because it was heavily contaminated with ammunitions, diesel, PCBs, and other hazardous wastes. Just in 2017, the property was cleared by the Oregon Department of Environmental Quality to unrestricted use levels. The video tells the story of successful remediation at Coos Head, including interviews with Tribal members that reveal just how important Coos Head was, and still is, for the Tribe.

### Weaving Tutorial Videos Posted to Tribal Website

Dear Tribal Community,

I am pleased to share with you a collection of digital weaving tutorials Sky Hopinka (Ho-Chunk) and I made for you. While you will gain experience with all of this in our free workshops at Tribal Hall in Coos Bay and on our ancestral homeland gathering field trips, we understand not everyone can travel to these events. We wanted you to be able to access this information where ever and whenever you need it. There is a video for each section of Spruce Root weaving from the field to the finished baskets. All of the weaving techniques (beyond gathering and processing) apply to the other materials we use as well, so even if you are working with Cat Tail, Sedge, Tules, Junkus, Hazel, or Red Cedar Bark, the resources will work for you.

These videos are a gift to you from the Department of Natural Resources and Culture and feature the first year weaving class, your homeland, and ancestral songs. I want to express my most sincere gratitude to each of these contributors for their celebration, protection, and dissemination of our cultural inheritance.

**(These materials are for your eyes only and should never to be shared publicly without permission)**

Here is how you find the videos: Step One: open up our tribal website in your internet browser at <https://ctclusi.org/>

Step Two: log on to the website in the upper right hand corner for special access. If you do not have a password set up yet, do that-there are tons of wonderful things in there that are just for you and protected from public view.

Step Three: click on the "Who we are" drop down list and click on the "Culture" section. Step Four: do this- Tribal Members login and Click Here for more information on our culture

Step Five: In the blue list on this page click on BASKETRY. On this page you will find a cache of resources I have been collecting for you for the past five years and the weaving tutorial videos.

HAPPY WEAVING!

Best, Sara Siestrem (Hanis Coos)



Basket by Sara Siestrem  
(huckleberry pie forever)



## Council Member Attends Tribal Member Lecuture; Encourages Membership to Attend Weaving Workshops

Contributed by Tribal Council member Doc Slyter

On February 23<sup>rd</sup>, Tribal member, artist and weaver Sara Siestrem presented a “Contemporary Weaving Traditions of the Coos, Lower Umpqua and Siuslaw People” lecture at the Natural & Cultural History Museum in Eugene, OR. Tribal Councilman Doc Slyter, Tribal member Brenda Brainard, University of Oregon archeologist major, Martin Harrington and about 30 others were in attendance.

Sara’s knowledge of basketry was evident in her presentation lecture which was very professional and outstanding. Sara is a master artist and educator from the Umpqua River Valley in the South Coast of Oregon. She graduated with a BS from PSU in 2005 and earned an MFA in 2007 from Pratt Art Institute. Her work has been shown in museums, universities and galleries around the world.

This was the first time that I was able to attend one of Sara’s lectures and I was astounded by her professionalism in representing our Tribes. I would strongly encourage anyone to attend any future lectures of Sara. Baskets ‘represent a cultural tradition, developed over thousands of years that combine spiritual practice and scientific knowledge with technological innovations that result in fine art.’ I am in the process of obtaining a recording of this basket lecture to share with all Tribal members.

Watch your tribal newsletter for upcoming weaving workshops presented by Sara. The workshops are open to all tribal members at any level of weaving and all materials are provided. Come and learn to weave or continue your weaving, and most important of all, embrace your Tribal heritage. The definition of cultural tradition is a practice handed down one generation to the next.



Photograph of Sara Siestrem, courtesy of Tribal Council member Doc Slyter

## Weaving Workshop Update Upcoming Dates

Dear Tribal Community,

Our February weaving workshops were wonderful and we want to share some highlights with you. Nicole Mendoza, Megan Medina, and Carolyn Slyter attended the first day. Megan began her second basket with Cat Tail and Sedge. Nicole learned to process Spruce Roots that we gathered at the North Spit last winter. Carolyn told us stories about researching family trees, huckleberry, and the Tribe. I also brought historic baskets and new ones I made and led a classroom discussion about these items regarding their construction, handling, materials, origin, history, politics, education, sovereign rights, and ceremony included in each piece.

On the second day Mark Petrie, Kristi Petrie, Kira Petrie, Nicole Mendoza, Ashley Russell, and Kiah Russell attended. Mark worked on processing Red Cedar Bark. Kristy learned to process Spruce Roots we gathered last winter as well as began a Sedge and Cat Tail basket. Nicole also began a Sedge and Cat Tail basket. Ashley worked on processing Cedar Roots for a drinking cup she will make. Kira was gifted a dance cap by me and worked to memorize all of the materials, design motif, significant embedded symbolisms in the materials and the story. She and Kiah worked with Tules, Cat Tail, and Sedge to make “abstract creations” as well as visited with one another and the historic and contemporary baskets. I also led the classroom discussion with the historic and contemporary baskets again for this group.

A last note, we were gifted a ceremonial Salmon for our workshop by the Tribe. I broke that down and cooked it for our meal that day. It was wonderful. Thank you Tribal Council and Nicole Mendoza for organizing this special meal!

This month we will have more weaving workshops, open to all tribal members. You can join in at any level of weaving from the very first basket to advanced weaving, materials are provided. **April 7<sup>th</sup> weaving workshop and gathering event on April 8<sup>th</sup> out at Horsefall.**

If you plan on attending you must RSVP to me at sarasiestrem@hotmail.com so I can accommodate your material needs. For the gathering day, we will meet at the Tribal Family gathering Lunch at the Community Center and head off to the field from there. I will provide specifics to those who RSVP.

I look forward to weaving with you,

Sara Siestrem (Hanis Coos)



Kira Flores and Sara Siestrem during the February Weaving Workshop

Photo courtesy of Kristy Petrie

Weaving Group photographs below courtesy of Sara Siestrem







# 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](http://www.oregonearlylearning.com) you can research the steps it takes to become certified.

Reach out to Meagan Davenport, Family Services Program Assistant by phone at 541-888-1311 or email: [mdavenport@ctclusi.org](mailto:mdavenport@ctclusi.org) if you have questions regarding this process!

## Tribal Council Meeting

April 8, 2018  
at 10:00 a.m.

Community Center

## General Council Meeting

April 8, 2018 at 1:00 p.m.  
Community Center

## Tribal Elections

April 8, 2018  
Polls Open from  
12:00 p.m. - 4:00 p.m.  
Tribal Hall

## 2018 Youth and Adult Fitness Program Guidelines

Please read the following guidelines carefully, as we have made some changes.

### HEALTH & HUMAN SERVICES DIVISION — COMMUNITY HEALTH

#### CONTACT PERSON for Fitness and N7 Shoes

DeeDee Plaep  
Health Programs Assistant  
P.O. Box 2000  
Florence, OR 97439  
541-997-6685 (office) / 1-866-313-9913 (toll-free)  
541-297-5409 (cell) / 541-997-1715 (fax)  
[dplaep@ctclusi.org](mailto:dplaep@ctclusi.org)

#### DIRECTOR INFORMATION:

Vicki Faciane, MBA, M.Ed  
Health Service Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
541-888-7515 (office)  
541-808-8732 (cell)  
[vfaciane@ctclusi.org](mailto:vfaciane@ctclusi.org)

PROGRAM TITLE: YOUTH & ADULT FITNESS

APPLICATION/FORMS REQUIRED: **Registration Required;** separate forms for Adult Fitness and Youth Fitness will need to be completed and returned to DeeDee Plaep.

SPECIAL CONSIDERATIONS OR RESTRICTIONS: Payment receipts, invoices are required. Individual funds are restricted to that individual's use only. **NOTE:** January 1, 2018 thru June 30, 2018 receipts must be turned in for reimbursement by Friday, July 13, 2018; All purchases after July 1, 2018 will be due by Friday, January 11, 2019. **2018 receipts or reimbursement requests will not be accepted after those deadlines.**

#### **ADULT FITNESS PROGRAM:**

##### SERVICE(S) PROVIDED:

Covers the cost of fitness center membership and fees with an annual cap of \$500. Weight loss/management programs may qualify up to the \$500 annual benefit; call DeeDee for more information. Equipment benefit for adults is \$250; clothing is not reimbursable, other than sport specific shoes. Benefits are for the individual and may not be combined. Adult participants may use up to \$65 to purchase the new Nike N7 shoes—limit of one pair annually. Adults with risk factors for diabetes may be eligible for a second pair of Nike N7 shoes (free) through the Diabetes grant—fill out the screening tool on the application. Some examples of where fitness funds may be used: athletic clubs, YMCA, tennis clubs, golf clubs, swimming pools. **Note: Benefits may not be used for medical expenses, such as physical therapy.**

ELIGIBILITY CRITERIA: CTCLUSI Tribal members and their non-Tribal member spouses (must be legally married; will be required to submit a copy of marriage certificate if one is not already on file).

#### **YOUTH FITNESS PROGRAM:**

##### SERVICE(S) PROVIDED:

Covers the cost of organized sports or activities such as softball, baseball, swimming, soccer, karate, gymnastics, etc., with an annual cap of \$300 for youth 5 and younger and \$500 for youth 6 through 17 years of age. Also covers purchases such as fees, clothing and special equipment necessary to participate in chosen sport. The Tribes will pay up to \$300 for equipment necessary to participate in the sport or activity of the Tribal youth's choice. Equipment cost is part of \$300/\$500 annual benefit. The Tribes will also pay the school's "pay to play" participation fee. Funds can also be used at athletic clubs, swimming pools, YMCA, tennis clubs, golf clubs, sports or fitness camps, etc.

ELIGIBILITY CRITERIA: CTCLUSI Tribal youth 17 years of age and younger, or Senior in high school.

## FITNESS PROGRAM REMINDERS

Your fitness reimbursement requests will process smoother if they are:

1. Legible.
2. Show where and to whom the payment was made.
3. Who made the payment.
4. What was paid for, e.g., equipment, shoes, gym membership.
5. How and when payment was made, e.g., receipt, bank statement.

If your request is missing any of the above, it can slow the reimbursement payment process or deny payment.

## Effective Immediately:

All fitness purchases from January 1, 2018 through June 30, 2018 will be due for reimbursement no later than July 13, 2018. All purchase after July 1, 2018 through December 31, 2018 will be due by January 11, 2019.



Culture Coalition’s Basket Weaving Classes Huge Success!

Contributed by the Culture Coalition, Photographs gathered by Heidi Helms

Basket making classes were hosted by the Tribal Culture Coalition on January 20<sup>th</sup> in Springfield and February 10<sup>th</sup> in Coos Bay. We owe our gratitude to Margaret Mathewson as our basket making instructor and for providing weavers with knowledge, weaving techniques, and skills around traditional Coos, Quuiich and Siuslaw basketry. Each weaver present helped to create a wonderful weaving environment and within our weaving circle, several beautiful baskets and memories were made.



Patty Whereat Phillips and Alycia Cossey



Kristie Hutchinson and son Chase



Linnea Ekman



Heidi Helms



Earla Kirk



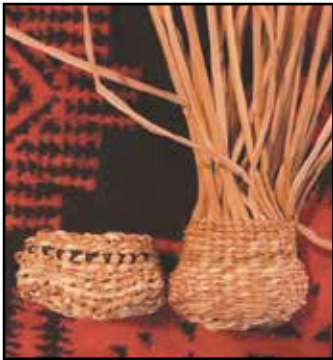
Kimmy Lott



Isa Helms



Annette Brainard



Alycia Cossey



Laura Fortin



Mary Lou Green

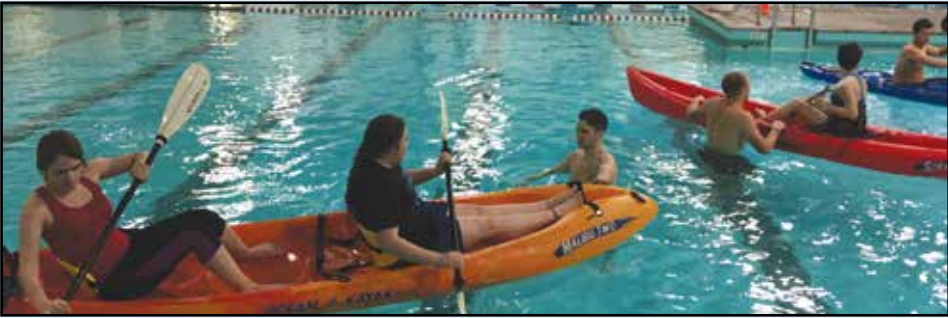
Healing of the Canoe Youth Complete Their First Ever Kayaking Lesson Course

Contributed by Ashley Russell and Mark Petrie

This 6-week course, instructed by North Bend Pool staff with assistance from Mark Petrie, Ashley Russell, and Jesse Davis, guided HOC youth aged 12-18 through kayak familiarity and safety training in preparation for this year’s Adventure Camp and future kayaking events sponsored by HOC. “It was amazing to see how quickly our students became so skilled on the water and to see them beam with confidence. There is no greater feeling than witnessing a kid’s enthusiasm for a newly found skill. We definitely need to keep these lessons going.” ~Ashley Russell “One of my favorite moments from one of the early lessons was when one of our girl students was in the process of accidentally tipping her kayak and at the last second she rebalanced and righted her watercraft to save herself from falling in. She laid back on the kayak, with a proud look of accomplishment and relief. Feeling confident and proud of your accomplishments is an important part of growing up. I’m proud to be working with such great youth and adults at these HOC activities.” ~Mark Petrie

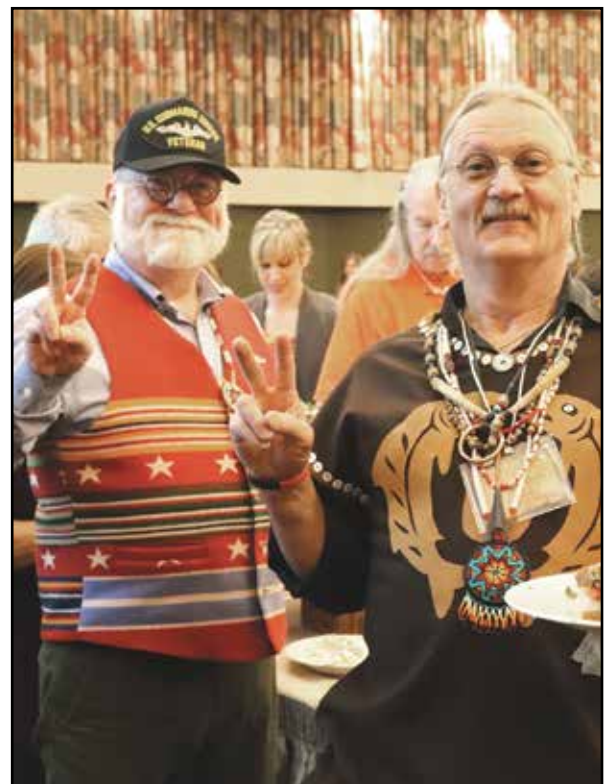


HOC Youth and Mentors Group Photo Courtesy of Laura Angulo  
Additional Photos Courtesy of Ashley Russell and Mark Petrie





## *22<sup>nd</sup> Annual Elders Honor Day Event*



Photographs of the 22<sup>nd</sup> Elders Honor Day event  
courtesy of Andrew Brainard and Iliana Montiel



22<sup>nd</sup> Annual Elders Honor Day Event



Photographs of the 22<sup>nd</sup> Elders Honor Day event courtesy of Andrew Brainard and Iliana Montiel



Familiar Face Joins HR Team

Contributed by Stephanie Watkins, Director of Human Resources

It's with great pleasure to announce the recent addition of Stephanie McNutt as the Department of Human Resource's new Receptionist. Stephanie is no stranger to the Tribe. She worked for the Gaming Commission some time ago, has been On Call for the Tribe for a very long time, and now we are lucky to have her an integral part of our HR team. Stephanie will work in the Florence HR office with an occasional visit to Coos Bay or Springfield. Her primary responsibility will be to provide reception for Human Resources, the Tribal Gaming Commission, TRC Purchasing and other departments located on TRC property. She'll be the point person for helping with the online employment applications, assisting employees with Paylocity, helping with company-sponsored events and promotions, and ensuring guests/employees receive the attention they need to fulfill their requests. What makes her a valuable asset to the team can be summed up by one specific comment we received recently: "I, for one of many, am very pleased to see Stephanie McNutt at the desk in the HR Office. I've visited the office a couple of times in the last couple of weeks to "seek out" some help. Not only is she so very pleasant and helpful, but she does so with a true genuine feeling." Stephanie is a welcome addition to an often hectic work environment.



Please join us for good food and fun with other Tribal Families.  
All Tribal families welcome to attend.  
Sorry, No transportation is provided.

Tribal Family Gathering Lunch

Sunday April 8, 2018  
Coos Bay Tribal Community Center  
Doors open 11:00 am  
Lunch 11:30 am—1:00 pm



**Please RSVP By Thursday April 5, 2018**  
At (541)-435-7155 or toll free 1-(888)-365-7155



Sponsored by: Health & Human Services Division — Diabetes Grant



## Public Health Alert: Influenza Season 2018

Contributed by Vicki Faciane, Director of Health & Human Services

*The following Public Health Alert was taken from a release sent to Tribes on Friday, January 12, 2018 concerning the current influenza outbreak in the United States. Even though you may be hearing reports that the flu shot may not be as effective this year, you should still get your flu shot unless you have a medical reason for not doing so. There are many strains of influenza that circulate each year and the flu vaccine just might keep you from getting influenza. If you have any questions about influenza or the flu vaccine, talk to your healthcare provider or visit the CDC website at <https://www.cdc.gov/flu/keyfacts.htm>.*

Dr. Brenda Fitzgerald, Centers for Disease Control and Prevention (CDC) Director along with Dr. Dan Jernigan, Captain, U.S. Public Health Service held a telebriefing on widespread Influenza (flu) activity, Friday, January 12, 2018 detailing the increased seasonal flu activity in the United States as well as the increase in physician/healthcare provider visits for flu-like symptoms. Data shows that in the past week the number of states reporting widespread flu activity increased from 36 to 46.

It is important to note that the flu is a contagious respiratory illness that can range from mild to severe and can lead to hospitalization or death. The best way to prevent the infection is the flu vaccine. The flu vaccine is recommended by the CDC for people ages 6 months or older. Individuals should talk to their healthcare provider about getting the flu shot. The vaccine is especially important for those who are high risk for complications (i.e. pneumonia and bronchitis) or live with/care for someone who is high risk for complications. High risk individuals include:

- Pregnant women
- Children
- Elders (The flu is one of the leading causes of death among American Indian and Alaska Native (AI/AN) elders.)

Flu vaccines can be given at the following:

- Tribal Health
- IHS Clinic
- Local healthcare facility
- Mobile or community-based clinics
- Pharmacy or grocery store

In addition to the flu vaccine other ways to help prevent the spread of the flu is to wash your hands often, cover your coughs and sneezes, and to stay home if you are sick.

With the increase in flu activity people should be aware of the following symptoms:

- Fever/feeling feverish, chills
- Cough
- Sore throat
- Runny/stuffy nose
- Body aches
- Headaches
- Fatigue
- Vomiting or diarrhea (more common in children)

Those who become sick with flu may be prescribed antiviral drugs.

Check the following to learn more about seasonal flu or access resources <https://www.cdc.gov/flu/about/index.html>, <https://www.cdc.gov/flu/consumer/symptoms.htm>, or [https://www.cdc.gov/flu/pdf/freeresources/native/protect\\_circle\\_life\\_factsheet.pdf](https://www.cdc.gov/flu/pdf/freeresources/native/protect_circle_life_factsheet.pdf)

### Made at the Kitchen Table

#### Self-Employment Business-Skills Training Program

**FREE – NO COST – SIGN UP BY APRIL 9, 2018!**



**Made at the Kitchen Table** (MKT) is a 6-part series of workshops that provides those interested in self-employment with the business-skills training needed to help you succeed. You'll learn how to analyze budget, set savings goals, estimate production costs, develop quality production standards, manage inventory cash flow and set selling prices, explore the 'how and where' to market your goods & services.

MKT's **6 consecutive workshops** will meet **twice a month** over the course of **3 months**.

Workshop are **3-hours in length**, for a total of 18 hours of training. Individual tutoring and on-going support is available to all participants any time during the 2 weeks' timeframe between the scheduled workshops. Workbooks are provided for each participant.

#### Made at the Kitchen Table Schedule

**Eugene/Springfield:** Tuesdays, April 10, 24, May 8, 22, June 5, 19. 1:30pm – 4:30pm

**Florence:** Wednesdays, April 11, 25, May 9, 23, June 6, 20. 9 am – 12 noon

**Coos Bay:** Wednesdays April 11, 25, May 9, 23, June 6, 20. 1:30pm – 4:30pm

**To sign up for Made at the Kitchen Table (FREE, NO-COST)**

**Contact: MJ Koreiva, Small Business Incubator Manager**

**CALL: (541) 888-9577, or EMAIL: [mkoreiva@ctclusi.org](mailto:mkoreiva@ctclusi.org)**

## Elders BBQ Lunch

**Thursday April 5, 2018**

**at 11:30 A.M.**

### Hole In The Wall BBQ in Springfield

1807 Olympic Street, Springfield, OR 97477



**R.S.V.P. by Tuesday April 3, 2018**

Please call the RSVP line at: 541-435-7155

or toll free at 1-888-365-7155

LIMITED TRANSPORTATION IS PROVIDED.



Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

Health & Human Services Division


Elders Activity Program



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 Andrew Branard of the Health and Human Resources Division 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 Andrew Brainard, CHR and Elders Activity Program Coordinator



- Hanis Coos Tribal Member
- Mother to James Baughman
- Proudest accomplishment/moment, has been working for 50 years, and continuing to do so.

Top 3 Bucket List Items


- 1.Win Publishers Clearing House
- 2.Have her own place to bake, and someone to clean up afterwards
- 3.To sell her baked goods in a store

3 Favorite Hobbies

Baking, visiting her lady friend in Myrtle Point Oregon, and finding a Christian man to marry.

Juanita’s favorite quote is “Mother Pearls”

*Juanita Butterfield*



- Miluk Coos Tribal Member
- Grandson to Roy and Marie Brainard, and Oldest son of Abbie and Lane Bouman, brother to Steve, Marie and Johanna Bouman.

3 Favorite Hobbies

- 1) Maintaining his websites (onlygodis.com, 3wisemenessentials.com, freedompool.org), his picture site (babarselevens.tumblr.com/archive)
- 2) Watching golf with his dad on Sunday afternoons, and playing once in a while
- 3) Usually enjoys working out three times a week, but is healing from a rotator cuff injury.

*Sonny Bouman*

Elders Luncheon

With special presentation:

Positive Approach to Alzheimer’s and Dementia Care.

Speaker: Suanne Jackson, Oregon Care Partners

THURSDAY May 3, 2018

11:30am - 2:00pm

Community Center

338 Wallace St. Coos Bay OR 97420



R.S.V.P. by Friday, April 27, 2018

Please call the RSVP line at: 541-435-7155

or toll free at 1-888-365-715

LIMITED TRANSPORTATION IS PROVIDED.




Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

Health & Human Services Division

Elders Activity Program

FREE Dementia Care class at the Elders Lunch!

If you’re caring for a loved one with dementia, there’s help.



May 3, 2018 - 12:00pm to 2:00pm

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

Community Center

338 Wallace Street, Coos Bay, OR 97420

Positive Approach to Alzheimer's and Dementia Care


Join us and learn hands on skills to help you understand and connect more affectively with people living with dementia who are experiencing changing abilities.

Presented by Suanne Jackson, Positive Approach to Care Certified Trainer

- Learn how to determine "Normal Aging" versus "Not Normal Aging".
- Develop new skills related to approach and ability to connect with people affected by dementia.
- By focusing on a person's needs and retained abilities, learn "helping" behaviors to promote a sense of control and self-direction.
- Develop observation skills to recognize signals of "unmet needs and growing distress" in the person you care for and ways to respond that will reduce anxiety and improve quality of life.

Learn more about Oregon Care Partners at [www.OregonCarePartners.com](http://www.OregonCarePartners.com).

All Oregon Care Partners classes are free thanks to funding by the State of Oregon,



REGONCAREPARTNERS

Creating a Culture of Quality Care

[www.OregonCarePartners.com](http://www.OregonCarePartners.com)

1-800-930-6851 • [info@oregoncarepartners.com](mailto:info@oregoncarepartners.com)



**Contributed by Naomi Petrie, Dental Health Aide Therapist**

N	S	N	C	K	X	D	D	S	I	K	U	R	A	N
E	O	O	O	S	U	M	E	S	I	Q	U	A	V	Y
C	I	I	I	K	F	Y	M	E	N	X	M	P	E	H
N	I	T	S	R	Z	B	I	C	C	V	Y	A	N	Z
E	L	A	A	A	L	F	N	S	I	J	O	G	T	C
L	P	Z	A	S	R	V	E	B	P	Z	I	Q	T	M
I	Q	I	E	I	A	B	R	A	I	S	B	H	T	N
I	K	L	C	R	L	P	A	L	E	E	D	C	E	Z
N	J	A	C	C	V	U	L	A	N	I	D	L	M	V
G	O	R	C	K	J	Y	I	T	T	R	E	A	O	O
S	F	E	P	P	N	O	Z	N	C	A	O	B	J	K
U	E	N	T	J	E	S	A	O	A	C	L	Q	M	N
V	Z	I	E	Q	E	M	T	D	R	J	C	B	D	V
S	J	M	A	T	J	J	I	O	I	I	F	E	X	G
E	K	E	B	G	T	B	O	I	E	C	Q	R	J	F
H	W	R	T	H	P	O	N	R	S	Z	C	Y	I	M
K	Z	S	B	V	O	U	T	E	H	Q	E	Z	R	Q
G	X	K	V	P	F	U	H	P	R	S	D	T	V	U
N	Z	L	Q	N	O	I	T	I	R	T	T	A	L	D
O	R	A	L	C	A	N	D	I	D	I	A	S	I	S

**Word Search Answer on Page 19**

**WORD LIST:**

## ABRASION

## ATTRITION

## ORAL CANDIDIASIS

## CARIES

## DEMINERALIZATION

## INCIPIENT CARIES

## PERIODONTAL ABSCESS

## REMINERALIZATION

### DEFINITIONS:

**Abrasion:** The wearing of teeth. This can be due to aggressive oral hygiene habits such as brushing with a hard-bristled toothbrush, flossing too hard, or misusing toothpicks. To reduce or prevent this condition, use a soft-bristled toothbrush to brush in gentle circles and use less abrasive toothpastes.

**Attrition:** Wear caused by tooth-to-tooth contact.

**Oral Candidiasis:** A yeast infection of the mouth and throat, also known as thrush.

**Caries:** Cavity or dental decay.

**Demineralization:** The process in which minerals are removed from the enamel, dentin, or cementum. This weakens these tissues to the point where they can cavitate, becoming a “cavity” or dental decay.

**Incipient Caries:** The start of tooth decay that can be reversed with improved oral hygiene care at home, the use of fluoride, and/or the use of MI paste.

**Periodontal Abscess:**An infection located at the end of tooth roots. This condition, if left untreated, can lead to tooth loss and can be fatal.

**Remineralization:** The process in which teeth regain minerals.

Call the CTCLUSI Dental Office  
to schedule your appointment today

**541-888-6433**

Dental Office Hours:

March, Monday -Thursday 8:00 a.m. - 5:00 p.m.  
(Closed Noon - 1:00 p.m.)

April, Tuesday -Friday 8:00 a.m. - 5:00 p.m.  
(Closed Noon - 1:00 p.m. )



**DENTAL CLINIC NOTICE:**

Due to patient confidentiality, the CTCLUSI Dental Clinic will no longer be sending post cards as a reminder to make your appointment. Please call us at 541-888-6433 to set up your appointment.



Glass Float Hunt

Prevention Topic: HOC and Beach Clean Up



Saturday May 5, 2018

10:00 A.M. to 2:00 P.M.

R.S.V.P. by Wednesday May 2, 2018

at: 541-435-7155, Toll-Free 1-888-365-7155

We will meet at 3757 Hwy 101, the Florence Office at 10:00 A.M.

We will return to the Florence Office around Noon for lunch.

You must attend the Prevention Activity to hunt for glass floats.

Sponsored by:

CTCLUSI Prevention Activities and

The Health and Human Services Department



LIHEAP

Low-Income Home Energy Assistance Program

Make an appointment for LIHEAP with:

**Coos Bay Office:**  
Meagan Davenport  
(541) 888-1311

**Springfield Office:**  
Shayne Platz  
(541) 744-1334

In order to qualify, families must have an annual household income (before taxes) that is below the following amounts:

Household Size	Yearly Gross Income
1	\$23,095
2	\$30,201
3	\$37,307
4	\$44,413
5	\$51,519
6	\$58,625

Documents needed to apply:  
Proof of income, SSI/SSDI  
Statements, Child Support Statement,  
I.D.s, Tribal Enrollment Cards, Social  
Security Cards, Oregon Trail Card,  
and Current Utility Bill

LIHEAP is a federally funded program that assists with home energy bills, energy crises, and weatherization. LIHEAP assists families not only in winter to heat homes but also with cooling needs in summer. The program is based on income and family size. To qualify, you must reside in the 5-county service area of Coos, Curry, Douglas, Lane, and Lincoln Counties.

NOTE:

If you think you may be qualified, please call Family Services for more information and to apply. We can help with your questions, such as, what counts as income and what documentation you need to apply. Income limits change each year, so you may qualify now even if you did not in the past.

Sponsored by CTCLUSI Health & Human Services Division  
Family Services - LIHEAP Program

Contributed by Melinda Radford, Circles of Healing Outreach Advocate

One of the most alarming statistics facing Native Americans in today’s society is that Native Americans are at the greatest risk of sexual violence. In fact, The U.S. Department of Justice indicates that Native American and Alaskan Native women are more than 2.5 times more likely to be raped or sexually assaulted than women in the USA in general . When presented with these harrowing statistics I have heard many people ask why Native American people struggle with this issue more so than other cultures. Researchers, advocates, and many justice system workers have discussed a multitude of reasoning for the domestic violence and sexual assault epidemics facing Native American communities. There are many risk factors that contribute to the prevalence of sexual assault in Native American communities including higher rates of drug and alcohol abuse, internalized oppression, generational trauma, post-traumatic stress disorder, lifetime violence, mental illness and other risk factors. In an average of 71 percent of rape and sexual assault victimizations against Native women, the perpetrator is reported to be known by the victim.

Our families greatly impact our life experiences. Parents can help protect children through healthy role modeling discussing safety and resistance skills with their children at a young age . Some strategies include teaching children the names of their body parts so it is easier for them to address concerns; teaching them which parts are private; it’s ok to say “no”; that its ok to talk to you about things even if they were told by another person it was a secret; reassuring them they won’t get in trouble for sharing concerns and making time to talk with them regularly about any concerns they may be having . When having safety discussions with teens it is more appropriate to talk directly about sexual assault and safety concerns .

The Circles of Healing staff are available for confidential conversations, advocacy, and support for domestic violence, sexual assault and stalking related issues and can assist with safety planning and other forms of assistance to victims and families.

**Melinda Radford**  
Circles of Healing Outreach Advocate  
541-808-8450

**Rebecca Ambrose**  
Circles of Healing Program Coordinator  
541-888-1309

<https://www.rainn.org/statistics/victims-sexual-violence>  
<https://www.futureswithoutviolence.org/userfiles/file/Violence%20Against%20AI%20AN%20Women%20Fact%20Sheet.pdf>  
[http://www.ncai.org/attachments/PolicyPaper\\_tWAjznFslemhAffZgNGzHUqIWMRPkCDjpFtxeKEUVKjubxfpGYK\\_Policy%20Insights%20Brief\\_VAWA\\_020613.pdf](http://www.ncai.org/attachments/PolicyPaper_tWAjznFslemhAffZgNGzHUqIWMRPkCDjpFtxeKEUVKjubxfpGYK_Policy%20Insights%20Brief_VAWA_020613.pdf)  
<https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>  
<https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>  
<https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>



## How Does a Person Become Resilient?

A number of factors contribute to a person's ability to be resilient when faced with adversity:

- (1) having people in your life who care about you and help you through tough times,
- (2) having people who believe in your abilities and strengths and who have high expectations for you to be successful, and
- (3) living in a community that provides opportunities for meaningful participation, including being involved in decision making, contributing your talents to the good of the community, and other forms of service.

### Personal factors that help build resilience

- Positive social skills.** Open, respectful, but direct communication techniques, maintaining a positive attitude and having a sense of humor when faced with challenges;
- Problem-solving skills.** Being able to stop and think before reacting, being able to generate alternative solutions, and weighing consequences of decisions before you act, and openness to seeking support when needed;
- Feeling secure about yourself,** having a sense of self-worth, and having a clear sense of self identity so that you step away or create some physical or psychological distance from things that pull you down or give you stress;
- Having a sense of purpose** and hope for the future such as having personal goals, strong values and connectedness to others.

And if you find that you don't have people in your life who provide the kinds of external supports that help build resilience, try to be proactive in searching out mentors who care about you and believe in your potential. Some high schools and colleges have mentoring programs. Some of these programs may be linked with career planning and the college application process. Church youth groups, athletic teams, and community sponsored programs could be potential sources of support.

If you're looking for help or just more information, contact:

*Doug Barrett, CADC-1, CPS, Prevention Activities Coordinator; 541-297-2130 [dbarrett@ctclusi.org](mailto:dbarrett@ctclusi.org)*

*Sonja McCarty, Healing of the Canoe Facilitator; 541-808-8175 [smccarty@ctclusi.org](mailto:smccarty@ctclusi.org)*

**Acknowledgement:** This fact sheet was originally developed by youth and staff at [ReachOut.com](http://ReachOut.com), a website that helps teens get through tough times.



## Transportation Updates

Contributed by Kathy Perkins, Transportation Coordinator

Tribal Transit's purpose is to provide members of CTCLUSI the transit services needed to access employment, education, health care and social/recreational opportunities.

This is a new program and takes time to develop. Our goal for the future is to provide services to all tribal families. We will keep you updated as services become available.

Currently we are offering Bus passes for CCAT, Rhody Express & LTD.

If you need a bus pass, please contact:

Kathy Perkins, Tribal Transportation  
Coordinator  
541-888-9577 ext. 7550  
1245 Fulton Avenue  
Coos Bay, Oregon  
97420

### CLUSI SUMMER SCHOOL!

BEGINS: MONDAY JUNE 18TH, 2018

ENDS: FRIDAY JUNE 29TH, 2018

WHERE: CLUSI COMMUNITY CENTER

WHO CAN ATTEND: STUDENTS K—12TH GRADE

THAT ARE CLUSI ENROLLED, SIBLINGS OF ENROLLED STUDENTS LIVING IN AN ENROLLED TRIBAL FAMILY, AND THOSE WHO ARE ENROLLED IN A FEDERALLY RECOGNIZED TRIBE, AND CLUSI TRIBAL GOVERNMENT ADMINISTRATION STAFF CHILDREN.

**SUMER SCHOOL PACKETS ARE ON THE CTCLUSI WEBSITE!**





Confederated Tribes of Coos, Lower Umpqua, and Siuslaw

**TRIBAL SCHOLARSHIP OPPORTUNITIES!!**

**2018-2019**

**SCHOLARSHIP APPLICATION DEADLINE: May 25, 2018**

**SCHOLARSHIP APPLICATIONS MUST BE RECEIVED BY THE CTCLUSI EDUCATION DEPARTMENT NO LATER THAN May 25, 2018 BY 5:00 P.M.; REGARDLESS OF POSTMARK. ONLY SCHOLARSHIP SUBMISSIONS THAT ARRIVE BY THE DEADLINE WILL BE CONSIDERED FOR THE AWARDS!**

**ATTENTION PLEASE!!** The selected scholarship winner(s) will receive a scholarship. Scholarships are usually \$250.00 to \$500.00 but the amount is contingent on scholarship funds. Be sure to apply to all because you could win more than one!!!!

**Winners will be announced at the Annual Student Dinner on June 30th, 2018.** Scholarship winners will receive a phone call, email or letter informing them of their award if they do not attend the Student Recognition Dinner. Only students who win will be notified by the Education Department. Their names will be printed in the Tribal Newsletter, and the scholarship will be sent directly to the student.

- 1.) Applicant must be an enrolled member of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw.
- 2.) Scholarship submissions must include the following:  
**Cover Page:** Include your name, address, phone number, Tribal Enrollment #; and name of CTCLUSI scholarship(s) you are applying for.  
**We provide 3 questions for each scholarship. Applicants must choose 2 out of the 3 questions that are provided for each specific scholarship, and each essay answer must have a minimum of 250 words.**
- 3.) You are encouraged to apply for more than one scholarship.
- 4.) Applicants can be in any year of higher education (entering Fall 2018 and beyond).
- 5.) **Do not** place your name on any of the pages of writing, **except for the cover sheet** of the submission. Names are blocked to conceal the identity of the applicant.
- 6.) Applications for Scholarships must be received by **May 25, 2018, no later than 5 P.M.** Pacific Standard Time, regardless of postmark. **If applications are not in by this deadline time, they will not be considered for the awards.**

Scholarship Opportunities

- 1.) **Pepsi Scholarship:** Purpose – Recognition of Community Service - Answer two questions below in an essay format on separate sheets of paper. Each essay answer must be a minimum of 250 words.
- 1) Tell us about a time you participated in a community service based event. What value did that event add to the community?
  - 2) The Tribes recently acquired lands through the Western Oregon Tribal Fairness Act lands bill. What kinds of community service based or cultural based facilities and/or activities would you propose for our newly acquired lands?
  - 3) If you were asked to plan a community service based event, what event would you plan and what value would it bring to the tribal community?
- 2.) **Mitsis Scholarship:** Purpose – A Hanis Coos word meaning wisdom, knowledge, and learning. Answer two questions below in an essay format on separate sheets of paper. Each essay answer must be a minimum of 250 words.
- 1) In what way does your knowledge of our tribe's history influence your plans for your future? Please explain why.
  - 2) What tribal activity, cultural tradition, or piece of tribal history would you like to learn more about and how would you apply this knowledge?
  - 3) Tell us about a current or past experience when a small piece of Tribal knowledge was given to you and how it influenced you.
- 3.) **Elders Scholarship:** Purpose – This award is offered by the Tribal Elders. Answer two questions below in an essay format on separate sheets of paper. Each essay answer must be a minimum of 250 words.
- 1) What Tribal Elder has impacted your life the most and why? How will you take this Elder's philosophy forward in your life to help the tribes?
  - 2) The future of the tribes depends a lot on the younger generation and their willingness to take responsibility for all aspects of helping our people live better lives while learning our culture. What do you think a responsible younger person should do to ensure the continuation of our sovereignty, culture and progress?
  - 3) What do you picture yourself doing in the next 5, 10 & 20 years of your life?

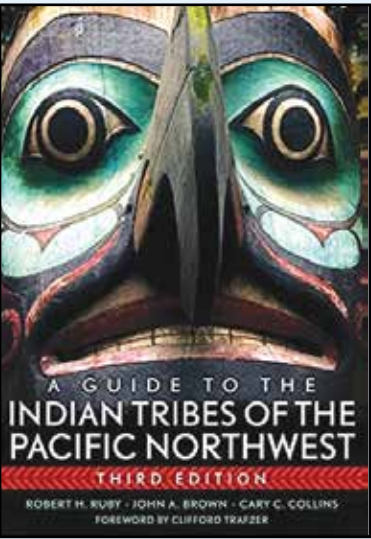
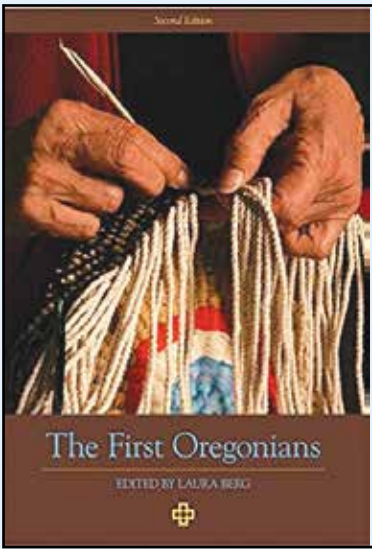
Please mail CTCLUSI scholarship submissions to:  
Confederated Tribes of Coos, Lower Umpqua & Siuslaw  
Education Department  
1245 Fulton Avenue, Coos Bay, Oregon 97420  
You may also Email them to: [kporter@ctclusi.org](mailto:kporter@ctclusi.org)

EDUCATION CORNER

If you do not know much about Oregon's Native peoples, then you will want to read the books selected for April. Each book depicts history and culture of 150 Pacific Northwest tribes.

APRIL "BOOK'S OF THE MONTH" are:

The First Oregonians  
REF  
979.5004  
FIR



A Guide to the Indian Tribes Of the Pacific Northwest  
REF  
970.4 RUB

Read the stories told by Oregon Indians, some by members of Oregon's nine federally recognized tribes. You will learn the Native peoples of the Pacific Northwest inhabited a vast region extending from the Rocky Mountains to the Pacific Ocean, and from California to British Columbia. Visit your library for these books and more.



# Cedar Bark Gathering

**Saturday May 12, 2018**

Please R.S.V.P. at 541-435-7155  
or toll free at 1-888-365-7155

by  
Wednesday May 9, 2018

- Leaving Florence– 10AM
  - Returning around– 4PM
- Lunch and drinks provided.*

Transportation **will only be** provided from the Florence Office (3757 HWY 101) to the gathering site.

**We are Gathering for  
Regalia making.  
If time permits, everyone will be able to make a  
Folded Bark  
Container.**

*Pictured: Folded Bark  
Containers  
handmade by  
David Brainard.*

**Sponsored by:**  
CTCLUSI  
HHSD,  
Prevention Activity Program  
and Culture Department



## Tribal Council Meeting

*April 8, 2018 at 10:00 a.m.*

## General Council Meeting

*April 8, 2018 at 1:00 p.m.*

## Tribal Elections

*April 8, 2018 Polls Open from 12:00 p.m. - 4:00 p.m.*



### Department of Human Resources

#### Current Openings at CTCLUSI and All Other Tribal Entities

##### Three Rivers Casino Resort ~ Florence

Barista ~ Food Server  
Back Server/Busperson  
Line Cook  
Guest Room Attendant  
Guest Services Attendant ~ Porter  
Table Games Dealer 5-8  
Slot/Keno/Bingo Attendant  
Environmental Services Technician  
Security Officer 1  
Revenue Audit Clerk ~ Purchasing Clerk  
Special Events Team Member  
Summer Golf Course Cook

##### Three Rivers Casino Resort ~ Coos Bay

Line Cook ~ Environmental Services Tech

##### Blue Earth

Bookkeeper

##### Tribal Government Offices

Special Events Employee (Assignment Varies)  
Tutor, Springfield and Coos Bay  
Family Nurse Practitioner, Coos Bay  
Air & Water Protection Specialist, Coos Bay  
Tribal Resource Response Protection Specialist, Coos Bay



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

Go to **Job Opportunities** on the website for full job posting and to Apply Online  
Or call Recruitment at 541-902-3821

## LADIES SELF-CARE



*Bear Grass Braid  
Photo by Melinda Radford*

**Come join us for a  
lesson in bear grass  
braiding with guest  
instructor  
Ashley Russell.**

**Bear grass braids are  
typically made for  
regalia and jewelry.**

Materials will be provided.

No transportation will be provided.

Open for all women to join.

**Monday, April 23, 2018  
at 6:00 P.M.**

For more information  
please contact Melinda Radford  
at

**541-808-8450**

Sponsored by the Circles of Healing Program  
CTCLUSI Health and Human Services Division



## Let's Go Clam Digging

**Saturday April 21, 2018**

**Meet at Tribal Hall at 9:00 A.M. Digging Clams at 10:00A.M.**

**After the dig, meet back at Tribal Hall to clean clams.**

**Bring boots if you have them. We will supply the Shovels, buckets and Licenses.**



**Prevention Topic: Respect, Marijuana  
& Brain scans**

RSVP by Thursday April 19, 2018  
at 541-435-7155 or  
toll-free at 1-888-365-7155

**Sponsored by:**  
CTCLUSI HHSD, Prevention Activities, Culture Committee  
& Culture Department





# Why Choose Foster Care? (part 1)

Contributed by Earl Boots, Family Services Program Case Manager

The first time I became interested in the Foster Care Program was over 29 years ago. Foster care has been a service to several thousands of children in the State of Oregon. Last year a total of 11,645 children spent at least one day in foster care in Oregon (2017 Child Welfare Data Book, Feb. 2018). Of the total children placed in foster care, 69.0% were White, 16.2% were Hispanic, 6.0% were Black or African American, 5.2% were American Indian or Alaska Native, 2.5% did not have a recorded race, and 1.2% were Asian or Pacific Islander (2017 Child Welfare Book, Feb. 2018).

I remember when I was thinking about becoming a foster parent and how difficult a decision it was. I had so many questions; what is it like to have a strange child in my home, and around my own children? What if my family became attached, how will my family feel when the child goes home, or doesn't go home? I am a grandparent now and my parenting days are behind me. Not long ago I asked 3 of my 5 children what one of their valuable or memorable experiences they had growing up in our family? Their answer was "When we were doing foster care." When I asked why, they replied "We helped a lot of children, they helped us learn about ourselves, and that memory will always be a significant experience in our lives." My 3 older children are all in their late 30's. We started doing foster care as a family when my youngest was in the third grade, and my oldest was in middle school. My house was small. We made the upstairs attic a bedroom for my two sons and my daughter's (the youngest) room became the room she shared with the foster children.

It was shared with me by an experienced foster parent, that when we become certified, we might want to think about opening our home to children younger than my youngest child. This worked out great. We got several of those terrible 2 kiddos and they were a blast. Almost all the foster children that came to stay with my family went home. There were a couple who ended up needing a permanent forever home to live in, meaning they did not return to their parents; Instead those two became my two youngest children, our family adopted them. My youngest son will be 29 in May and his sister, my youngest child will be 28 in July.

You may be asking "So what is your point?" My point is this; Oregon's population today is 4.1 million, the percentage of Native Children in foster care in our State is 5.2%, and the percentage of Native people living in Oregon is 1.8%. This means that there is a significant disproportionality of Native Children in Foster Care vs. the White children in Oregon. Granted not all of the Native Children in Oregon come from the 9 Oregon Tribes; although, they are still Native Children.

I would like to say that The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians does not have any children in foster care, but I am sad to say, it is not true. The Indian Child Welfare Act of 1978 requires States to first place Indian Children in a relative home, then a Native/ American Indian Foster home, then an approved nonnative home with the consent of the child's tribe. Most of the time Indian children are placed with relatives, this is a very good thing. But there are times when relatives are too far away or the represented Tribe is too far away, and this is not a good thing.

When there is a chance an Indian Child is going to be placed in foster care in Oregon, and there are no relatives, these children should be placed in a Certified Indian Foster Home.

Over the next couple of months, I will be asking our Tribal foster Parents if they would like to share some of their foster parenting experiences, just as I did above. And if they agree, I will share their stories with you in our "The Voice of CLUSI," newspaper. In the meantime, if you get an urge to become a foster parent or have questions, feel free to give me a call, Earl Boots (541) 888-7516, your Friendly Tribal ICWA Program Case Manager, or come by and visit.

*"If you get an urge to become a foster parent or have questions, feel free to give me a call, Earl Boots (541) 888-7516, your Friendly Tribal ICWA Program Case Manager, or come by and visit."*

*-Earl Boots*

## GAMING COMMISSION \*\*\*NOTICE OF VACANCY\*\*\* CTCLUSI 5-2-7

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians' Gaming Commission is established pursuant to CLUSITC 5-2-7. The purpose of the Gaming Commission is to regulate Class II and Class III gaming on the Confederated Tribes' Indian Land. The Commission consists of five (5) members appointed by a majority vote of the Tribal Council.

The Gaming Commission currently has a vacancy. The term of this position is three years. Interested parties shall file a statement with the Commission reflecting their interest in serving as a Commission member.

### Qualifications for the Posted Vacancy:

Commissioners must meet the following minimum eligibility requirements (CLUSITC 5-2-7(d):

- (1) Must be at least twenty-one (21) years of age;
- (2) Must successfully complete a background investigation, as set forth in CLUSITC 5-2-15;
- (3) No member of Tribal Council may serve as a Commissioner; and
- (4) No employee of a Gaming Operation may serve as a Commissioner.

Each applicant for Commission membership shall be subject to a background investigation (CLUSITC 5-2-13) and drug testing (CLUSITC 5-2-21).

Interested parties may file a statement of interest with the Commission reflecting their interest in serving as a Commission member to Brad Kneaper, Director for the Gaming Commission, at the following address:

5647 Hwy 126 Suite 100  
Florence, OR 97439

You may also fax your statement to 541-997-7293, or email at [bkneaper@ctclusi.org](mailto:bkneaper@ctclusi.org).

\*\*\*\*\*  
*This notice of vacancy shall be posted at all Tribal offices.*

### Dental Word Search Answer





# Eliminating Stress at Work

Contributed by Mike Smith, Tribal Benefits Specialist - Contact me at 541.902.3819 or at msmith@ctclusihr.org

The average business professional has 30 to 100 projects on their plate. Modern workers are interrupted seven times an hour and distracted up to 2.1 hours a day. Four out of 10 people working at large companies are experiencing a major corporate restructuring, and therefore facing uncertainty about their futures. This may be why more than 40% of adults say they lie awake at night plagued by the stressful events of the day.

"People are asking me for answers," says Sharon Melnick, Ph.D., a business psychologist and author of just released *Success Under Stress*. "Everyone feels overwhelmed and overly busy."

Is there a way to maintain steady focus throughout the day? Is it possible to do everything that needs to get done and still have energy left over after work? How do you keep cool under so many demands? Informed by 10 years of Harvard research and field-tested by more than 6,000 clients and trainees, Melnick offers the following strategies to take your work stress down a peg, before it takes over your life.

## Act Rather Than React

"We experience stress when we feel that situations are out of our control," says Melnick. It activates the stress hormone and, if chronic, wears down confidence, concentration and well-being. She advises that you identify the aspects of the situation you can control and aspects you can't. Typically, you're in control of your actions and responses, but not in control of macro forces or someone else's tone, for example. "Be impeccable for your 50%," she advises. And try to let go of the rest.

## Take A Deep Breath

If you're feeling overwhelmed or are coming out of a tense meeting and need to clear your head, a few minutes of deep breathing will restore balance, says Melnick. Simply inhale for five seconds, hold and exhale in equal counts through the nose. "It's like getting the calm and focus of a 90-minute yoga class in three minutes or less at your desk," she says.

## Eliminate Interruptions

"Most of us are bombarded during the day," says Melnick. Emails, phone calls, pop-ins, instant messages and sudden, urgent deadlines conspire to make today's workers more distracted than ever. While you may not have control over the interrupters, you can control your response. Melnick advises responding in one of three ways: Accept the interruption, cut it off, or diagnose its importance and make a plan. Many interruptions are recurring and can be anticipated. "You want to have preset criteria for which response you want to make," she says. You can also train those around you by answering email during certain windows, setting up office hours to talk in person or closing the door when you need to focus.

## Schedule Your Day For Energy And Focus

Most of us go through the day using a "push, push, push" approach, thinking if we work the full eight to 10 hours, we'll get more done. Instead, productivity goes down, stress levels go up and you have very little energy left over for your family, Melnick says. She advises scheduling breaks throughout the day to walk, stretch at your desk or do a breathing exercise. "Tony Schwartz of the Energy Project has shown that if we have intense concentration for about 90 minutes, followed by a brief period of recovery, we can clear the buildup of stress and rejuvenate ourselves," she says.

## Eat Right And Sleep Well

"Eating badly will stress your system," says Melnick, who advises eating a low-sugar, high-protein diet. "And when you're not sleeping well, you're not getting the rejuvenating effects." According to the CDC, an estimated 60 million Americans do not get sufficient sleep, which is a critical recovery period for the body. If racing thoughts keep you from falling asleep or you wake up in the night and can't get back to sleep, Melnick suggests a simple breathing trick that will knock you out fast: Cover your right nostril and breathe through your left for three to five minutes.

## Change Your Story

Your perspective of stressful office events is typically a subjective interpretation of the facts, often seen through the filter of your own self-doubt, says Melnick. However, if you can step back and take a more objective view, you'll be more effective and less likely to take things personally. She recalls one client who sent a request to human resources for more people on an important project. When she was denied, she immediately got angry and defensive, thinking they didn't trust her to know what she needed. Yet she never stopped to even consider there might be budgetary issues on their end. Once she was able to remove herself from the situation, she called the HR director and said: Tell me where you're coming from, I'll tell you where I'm coming from and then let's see if we can find a solution. Ultimately, it worked.

## Cool Down Quickly

"When you feel frustrated or angry, it's a heated feeling in your body that can cause you to react," says Melnick. Instead of immediately reacting—and likely overreacting—she suggests trying a "cooling breath" technique: Breathe in through your mouth as if you are sipping through a straw, and then breathe out normally through your nose. Done right, you'll feel a cooling, drying sensation over the top of your tongue. It's like hitting the "pause" button, giving you time to think about your response. She says, "It's so powerful it will even calm the *other* person down."

## Identify Self-Imposed Stress

"Learn to stop self-imposing stress by building your own self-confidence rather than seeking other's approval," says Melnick. If you're too caught up in others' perceptions of you, which you can't control, you become stressed out by the minutia or participate in avoidance behaviors like procrastination. Ironically, once you shift your focus from others' perception of your work to the work itself, you're more likely to impress them.

## Prioritize Your Priorities

With competing deadlines and fast-changing priorities, it's critical to define what's truly important and why. That requires clarity, says Melnick. It's important to understand your role in the organization, the company's strategic priorities, and your personal goals and strengths. Cull your to-do list by focusing on those projects that will have the most impact and are best aligned with your goals.

## Reset The Panic Button

For those who become panic-y and short of breath before a presentation, Melnick says you can quickly reduce your anxiety with the right acupressure point. Positioning your thumb on the side of your middle finger and applying pressure instantly helps regulate your blood pressure.

## Influence Others

Even if you're responsible for your behavior and outlook, you're still left dealing with other people's stressful behavior, Melnick notes. She advises confronting a problem coworker or employee by stating the bad behavior in a respectful tone, describing the impact on the team and the individual, and requesting a change. For example, constant negativity might be addressed in this way: "When you speak in a critical tone, it makes others uncomfortable and less likely to see you as a leader. I understand your frustration but request that you bring concerns directly to me, so we can talk them through." By transferring the ownership of the problem, you're more likely to resolve it.

## Be Your Own Best Critic

Some 60,000 thoughts stream through your mind each day, Melnick says, and internal negativity is just as likely to stress you out as an external event. The fix? Instead of being harsh and critical of yourself, try pumping yourself up. Encouraging thoughts will help motivate you to achieve and ultimately train you to inspire others.

Content taken from "12 Ways To Eliminate Stress At Work" by Jenna Goudreau © 2018 Forbes Media LLC

THREE RIVERS  
CASINO RESORT

EVERY FRIDAY

Spring  
GREEN

\$25 HOT SEATS

EVERY 20 MINUTES • 4PM-10PM

\$2,500

GRAND PRIZE DRAWING • 10PM

Must be actively playing a slot machine to be selected as a hot seat. Must win a hot seat to be eligible for Grand Prize drawing. Management reserves all rights.

THREE RIVERS CASINO | 1297 OCEAN BLVD, COOS BAY | 1-877-374-8377