

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

Confederated Tribes CLUSI Acquire Additional Land at Fossil Point

Submitted by Phillip A. White, Tribal Land & Realty Program

On October 15, 2015 the Confederated Tribes took ownership of another tract of land in our Coos Bay Fossil Point Complex. Our latest acquisition consists of approximately one-half acre of upland, and approximately seven and one-half acres of tideland. This important land acquisition brings another traditional cultural property under Tribal stewardship, and increases the Confederated Tribes' total land base to more than 542 acres!

South Coast Land Conservancy offered to donate this valuable property to the Confederated Tribes in 2013 to ensure its permanent protection, and the Tribal Council passed a resolution in June of that year authorizing the Tribal Administrator to negotiate and complete this land acquisition.

Tribal realty and natural resources staff have been working hard ever since to complete all the technical and legal due diligence necessary to ensure this land can help support the strategic goals of the Confederated Tribes, that the tract comes with no significant title or environmental problems, and that the property is suitable for conveyance to the United States in Trust in accordance with the Tribal Council's wishes.

In 2002 Fossil Point Unit 1 was acquired in trust for the Confederated Tribes by the United States Government under authority of the Indian Reorganization Act of 1934. The Tribal Council has directed that Fossil Point Units 2 and 3 also be offered for conveyance to the United States in Trust for the Confederated Tribes. We expect the Fee-to-Trust ownership transfer process to take approximately 18-24 months under



Photography courtesy of Phillip A. White

current agency regulations and guidelines.

Fossil Point Units 1 and 2 are already open to public use, as is the tideland portion of Unit 3 which is accessible from the Cape Arago Highway pullout. In the future the Confederated Tribes hope to improve foot access for suitable use of the upland portion of Unit 3 as well. However, due to the sensitive habitat and highly unstable bluffs, access to the tract's high ground is currently restricted to Tribal staff and authorized Members only.

PREVENTION ACTIVITIES Drum Making 2015



Submitted by Doug Barrett, Prevention Activities Coordinator

We blessed the Tribal Hall by burning some cedar. Clifford Latta from Grey Wolf Drums brought in the drum kits and hides. We did a quick opening and set up to get started. Cliff talked about the drums and how we were going to put them together. We placed the frames on the elk hide drum heads, then tied the center circle of rawhide on the frame, and laced the raw elk hides around the handmade frames. We centered everything and the tightening began. The lacing and tightening is what takes the most time; if you pull too hard or if there is a flaw in the hide, the center ring can break. That only happened on a few drums this year. It takes patience and perseverance to recover

Story continues on page 8...See Drum Making 2015

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

Save the Date
Holiday Celebration
December 12, 2015
Winter Solstice
December 21, 2015

Tribal Council Business

As Reported at the November 8, 2015 Regular Tribal Council Meeting

Chief Warren Brainard:
Not Present

Doc Slyter:
Oct 11 Regular Council Meeting
Oct 11 General Council Meeting
Oct 14 Meeting and Tour with Kevin Bruce and David Grey
Oct 17 Restoration Ceremony
Oct 20 Peacegiving Lunch
Oct 21 Tribal Council Special Meeting
Oct 22 Peacegiving Talking Circle
Oct 24 Repatriation at Gregory Point
Oct 27 Meeting with United States Dept. of Energy at Tribal Administration Building
Oct 28 Tribal Council Business Meeting
Oct 29 Jordan Cove Update Meeting
Nov 5&6 Elders Overnight
Nov 7 Canoe Family Fry Bread at Tribal Hall

Beaver Bowen:
Oct 11 Regular Council Meeting
Oct 11 General Council Meeting
Oct 17 Restoration Ceremony
Oct 13 GFORB
Oct 28 GFORB
Oct 17 Restoration
Oct 18-24 National Congress of American Indians (NCAI)
Oct 21 Tribal Council Special Meeting
Oct 27 Meeting with United States Dept. of

Energy at Tribal Administration Building
Oct 28 Tribal Council Business Meeting
Oct 29 Jordan Cove Update Meeting

Teresa Spangler, Vice - Chairman:
Not Present

Arron McNutt:
I've been away so I have some catching up to do for my report.
September 13 Affiliated Tribes of Northwest Indians (ATNI)
September 19G2E
October 2-4 Yurock Tribe in California
Oct 21 Tribal Council Special Meeting
Oct 28 Tribal Council Business Meeting

Tara Bowen:
Oct 11 Regular Council Meeting
Oct 11 General Council Meeting
Oct 17 Restoration Ceremony
Oct 18-24 National Congress of American Indians (NCAI)
Oct 21 Tribal Council Special Meeting
Oct 27 Meeting with United States Dept. of Energy at Tribal Administration Building
Oct 28 Tribal Council Business Meeting
Oct 29 Jordan Cove Update Meeting
Ex Work Sessions

Mark Ingersoll, Chairman:
Oct 11 Regular Council Meeting

Oct 11 General Council Meeting
Oct 13 Blue Earth Services and Technology (BEST) Board Meeting
Oct 14 Made a Three Rivers Foundation Video
Oct 17 Restoration Ceremony
Oct 21 Tribal Council Special Meeting; Peacegiving Dinner
Oct 28 Tribal Council Business Meeting
Oct 29 Jordan Cove Update Meeting
Nov 2 Fly to Washington D.C

The Next Regular Tribal Council Meeting will be held on **Sunday, December 13, 2015** at 10:00 a.m. Three Rivers Casino Resort Event Center 5647 OR-126, Florence, Oregon

CTCLUSI Resolutions

RESOLUTION NO.:15-066
Date of Passage: October 21, 2015
Subject (title): Extension of Auditor Engagement for Tribal Government, Three Rivers Casino Resort, and Three Rivers Casino Coos Bay
Explanation: Tribal Council approved the extension of the audit engagement with Egghart, LLC, for an additional three-year period to perform audit services for the years ending December 31, 2015, 2016, and 2017.

RESOLUTION NO.:15-067
Date of Passage: October 21, 2015
Subject (title): Authorization to Submit Application for HUD Indian Community Development Block Grant (14.862)
Explanation: Tribal Council approved the submission of the ICDBG application in order to fund the completion of clearance and demolition of the remaining buildings and related infrastructure at the Coos Head site.

RESOLUTION NO.:15-068
Date of Passage: October 28, 2015
Subject (title): Authorization to Submit a Project Proposal for FY2016 Tribal Wildlife Grants (TWG) Program
Explanation: Tribal Council approved the submission and provided support for the project proposal for the Tribal Wildlife Grants program to develop a Tenmile Lakes Basin Lamprey Conservation Plan designed to enhance lamprey presence in the Tenmile Lakes Basin.

RESOLUTION NO.:15-069
Date of Passage: November 8, 2015
Subject (title): Approval of Tribal Justice System - Planning Document
Explanation: Tribal Council approved the Tribal Justice System - Planning Document, which sets forth the results of a data-informed planning and needs assessment process that was used to determine how to improve the delivery of justice services to Tribal members, identify current strengths, resources and challenges, and support the planning of future justice system initiatives. The Planning Document is necessary to apply for new grant funding.

RESOLUTION NO.:15-070
Date of Passage: November 8, 2015
Subject (title): Approval of Crossmatch Standard Sales Terms and Conditions
Explanation: Tribal Council approved an agreement with Crossmatch for purchase and maintenance of a fingerprint machine.

RESOLUTION NO.:15-071
Date of Passage: November 8, 2015
Subject (title): Approval of Submerged and Submersible Land Lease
Explanation: Tribal Council approved a fifteen-year, renewable Submerged and Submersible Land Lease with the State of Oregon for the property situated at 1190 North Ten Mile Lake, Lakeside, Oregon, providing for a lease of the state-owned lands and recognizing the Tribes' property rights in the improvements to the state-owned lands.

ORDINANCE NO.: 071B
Date of Passage: November 8, 2015
Subject (title): An Ordinance Repealing Ordinance No. 071A - Employee Benefits Committee (CLUSITC Chapter 7-7)
Explanation: Tribal Council adopted Ordinance 071B repealing Ordinance No. 071A and CLUSITC Chapter 7-7 because the functions of the Employee Benefits Committee are now considered to be "executive" and not "advisory." Tribal Council created a new code to establish the Tribal Benefits Board replacing the Employee Benefits Committee.

ORDINANCE NO.:099
Date of Passage: November 8, 2015
Subject (title): An Ordinance Adopting Tribal Benefits Board Code (CLUSITC Chapter 9-3)
Explanation: Tribal Council adopted Ordinance 099 and CLUSITC Chapter 9-3 (Tribal Benefits Board) to strengthen the Tribes' ability to administer or amend current benefit plans, to evaluate and implement any further plans for the benefit of the Tribes' employees or members, and to make policy decisions or recommendations to the Tribal Council.

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

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.

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.

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.

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.

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

December 1st – Three Rivers Foundation Grant Cycle opens

December 9th – CHAMP Public Forum, Comm Ctr 6 p.m.

December 10th – Elders Dec Luncheon – Comm Ctr & TH 12 noon – 3 p.m.

December 10th – Elders committee meeting – TH (10:00 am – 11:30am)

December 12th – Tribal Holiday Celebration – TRC Florence

December 13th – Budget Hearing – TRC Events Center 9 a.m.

December 13th – Regular Council Meeting – TRC Event Center, Florence 10 a.m.

December 14th - LIHEAP Springfield Outreach Office 10 a.m. – 4 p.m.

December 15th - LIHEAP Florence Outreach Office 10 a.m. – 4 p.m.

December 16th - LIHEAP Family Service Office in Coos Bay 10 a.m. – 4 p.m.

December 21st - Winter Solstice, activities at Tribal Hall

December 25th - All Tribal Offices will be Closed for Christmas Day

January 1st- All Tribal Offices will be Closed for New Years Day

January 1st – New Year’s Day Peace Hike on Amanda Trail, Yachats 10 a.m.

January 7th – Elders Luncheon, Hole in the Wall BBQ, Springfield 11:30 a.m.

January 15th – 2015 Fitness Deadline (all receipts must be submitted today)


January 18th – Deadline to apply for Spring Break Camp Counselor/ CIT

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



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

Contract Health Services
Sharon Arnold - Contract Health 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

Department of Natural Resources
Margaret Corvi
Interim 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

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

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
December 13, 2015
10:00 a.m.
Three Rivers Casino Events Center
5647 OR-126, Florence, 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

Tribal Family Birth Announcement



Sophia Rose Lozeau

Sophia was born on October 13, 2015 at 4:45 p.m. to Hanis Coos Tribal member Alicia Lozeau. Sophia weighed 7 lbs., 13 oz., and was 21 ½ inches tall. She is the great granddaughter of Sue Thomas.

What is a Tribal Committee?

Chapter 7-5 GENERAL COMMITTEE CODE 7-5-1 General Policy; Committees are established to assist the Tribal Council in carrying out its responsibilities, to provide quality services to the Tribal membership and to develop, maintain and protect the assets and interests of the Tribes.

Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only serve two (2) terms, unless special consideration is necessary. Currently we have at least one position available in each committee due to vacancies and term expiration on 12-31-2015. Tribal Committees cover several areas of the Tribe and work with various departments. Below is a list of Committees.

Culture Committee, Budget Committee, Education Committee, Elders Committee, Enrollment Committee, Housing Committee, Investment Committee, Health Committee & Election Board

How to become a member? You must be a CTCLUSI enrolled Tribal member. **A Letter of Interest Form** must be completed and submitted by December 15th for Council considerations on December 30, 2015. **Letters of Interest are only kept on file for one year.** Forms can be found on the Tribes website: www.ctclusi.org or requested through any Tribal Government Office.

Submit completed forms to Jeannie McNeil, 1245 Fulton Ave. Coos Bay, Oregon 97420. By email, jmcneil@ctclusi.org or can be turned in to any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? Contact Jeannie McNeil, Administrative Assistant 541-888-9577

CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS

BUDGET HEARING

Tribal Member input is sought on the construction of a Fiscal Budget for the 2016 Calendar Year

Pursuant to Tribal Code 7-10-3, the Budget Committee seeks to hear from Tribal Members on items to be considered in the preparation of the Tribal Budget for the 2016 Calendar Year

The Hearing will be held at

**THREE RIVERS CASINO RESORT
EVENTS CENTER
5647 Highway 126, Florence Oregon
9:00 AM**

Sunday, DECEMBER 13, 2015

Written Comments may be submitted to the following address:

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

Tribal Family Holiday Celebration 2015

Three Rivers Casino & Hotel Event Center

Saturday December 12, 2015

Doors open at 3:00 pm.

Families with children under 21 will need to enter at the SW Event Center entrance

Santa will visit after the Holiday Meal

Each child attending will receive a filled stocking from Santa.

RSVP to Reception, please include children's age

541-888-9577 or toll free 1-888-280-0726

By December 4, 2015

TRANSPORTATION WILL NOT BE PROVIDED

THIS IS A DRUG & ALCOHOL FREE EVENT

Hotel rooms are available on a first-come, first-serve basis at a discounted price

For room reservations call 1-877-374-8377

You must reserve your hotel room by

December 4th, 2015 for this discount.

For more information, please contact:

Jan Lawrence @ 541-888-7538 or Jacob Petrie @ 541-888-7532

Springfield Veterans Day Parade Success in the Rain

Submitted by Marjene Brainard

The Tribes were well represented November 8, at the annual Springfield Veterans Day Parade under rainy skies by members of the Brainard family.

Leading the Parade was the Confederated Tribes Honor Guard Chief Warren Brainard, Skip Brainard, Patrick Brainard and Kip Brainard followed by Mason Brainard driving the Grand Marshall and his wife to the reviewing stand for introduction.

After which the Willamette Leadership Academy's participated including WO3 Teila Brainard, heading the 300 troops was SGM Jim Brainard. The Road Guards passed out American flags as they marched by the reviewing stand and were impressive by sheer numbers and marching abilities. The Academy takes 6th to 12th grades and is part of the Springfield School District. The young adults come from Albany to Drain to attend both Middle and High School.

Riding with new husband Chris Turner a member of the Motorcycle group was Taunya Brainard Turner. Of course there were many other entries following making the day another success even with the rain.

The Confederated Tribes of
Coos, Lower Umpqua & Siuslaw
Indians
Honor Guard from left to right:
Chief Warren Brainard, Skip
Brainard, Patrick Brainard, and
Kip Brainard



Jim Brainard



Teila Brainard

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Announce Fifth Round of Charitable Giving



Pictured from Left: Lyndsie Leech, The Child Center, Jay Bozievich, Vice Chair, Three Rivers Foundation

November 3, 2015 -- FOR IMMEDIATE RELEASE

Contact: Stephanie Watkins 541-999-1360

The Three Rivers Foundation will soon be accepting applications for their upcoming grant cycle.

Coos Bay, OR---- The Three Rivers Foundation, the giving arm of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians has announced their next grant cycle will begin on December 1, 2015.

"The Three Rivers Foundation is an exciting opportunity for us to invest in our local communities," said Mark Ingersoll, Tribal Council Chairman of the Confederated Tribes. "We are pleased to have the resources available to provide a new opportunity for non-profit organizations that meet our criteria for additional support for their important work."

The Foundation, established in October 2011 and funded by proceeds from the Three Rivers Casino Resort in Florence, Oregon, is interested in supporting innovative ideas, collaborative approaches, and grassroots efforts in the following areas: education, health, public safety, problem gambling, the arts, the environment, cultural activities and historic preservation.

Interested parties are invited to review grant criteria and access an electronic application at the Foundation's website, www.threeriversfoundation.org. New online tutorials have been added to better assist potential applicants. Grant applications for this giving cycle will be accepted from December 1 through 5:00pm on December 31, 2015.

Non-profit organizations with 501(c)(3) designations and government organizations located in Coos, Curry, Douglas, Lane or Lincoln Counties are encouraged to apply. Additionally, applications from other Oregon non-profit organizations with projects specifically important to Native American populations, projects that have "statewide impact" in Oregon, or other federally recognized tribes are also welcomed.

Posted December 1, 2015

ENROLLMENT COMMITTEE'S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

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

Harold Dean Eckroth Parent: Ashley Eckroth Lineal Descendant: Eliese Swigert Tribe: Coos	Leo George Leelan Bixby Parent: Kimberly Bixby Lineal Descendant: Ernest LeRoy Lott Tribe: Lower Umpqua
Benjamin Eugene Coleman Parent: Christopher Coleman Lineal Descendant: Arlene Perkins Tribe: Coos	Justus Rowyn Baldwin-Davies Parent: Deliah Baldwin Lineal Descendant: Sandy Baldwin Tribe: Coos
Najavi Julian Lopez Parent: Stacie Lopez (Stewart) Lineal Descendant: John Perry Tribe: Lower Umpqua	Addison Ann Brainard Parent: Joshua Brainard Lineal Descendant: William Brainard Tribe: Coos
Jonoah Jesus Lopez Parent: Stacie Lopez (Stewart) Lineal Descendant: John Perry Tribe: Lower Umpqua	Sophia Rose Lozeau Parent: Alicia Jo Lozeau Lineal Descendant: Susan Thomas Tribe: Coos

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

Have a Holly, Jolly, Toothache.....?

Submitted by Shannon M. Schritter, BS, RDH

With the holidays in full swing and candy and sweets at every turn, it may be time to re-evaluate your home care when it comes to brushing and flossing. It is no secret sugary sweets will rot your teeth, and you may be one of the unfortunate dental patients who has also learned what peanut brittle and caramel will do to your existing crowns or bridges, or that huge old filling you were supposed to get a crown on. While putting off an emergency visit to the dentist may sound like a reasonable decision (after all, you already took time off so you could spend it with your dear great aunt just to make your mother happy), but postponing an emergency dental visit can quite often lead to bigger dental problems. The following is a list of Do's and Don'ts when it comes to making that phone call for your emergency dental visit:

We hope your holidays go smoothly without any incident, but if something happens to your teeth and you need to pay us a visit, give us a call. We are open Monday through Friday, from 8am-5pm. (541) 888-6433.

DO	DON'T
<ul style="list-style-type: none">• Call as soon as the problem happens.	<ul style="list-style-type: none">• Wait to call for several weeks, months, or years.
<ul style="list-style-type: none">• Be prepared to give some general information, such as which tooth (upper or lower and left or right is good enough), and if it hurts or has other symptoms.	<ul style="list-style-type: none">• Put aspirin on a tooth that hurts. That will only make your dental problems worse. That is an old (and inaccurate) wives' tale.
<ul style="list-style-type: none">• Try to be flexible with scheduling. Sometimes it's the only time we have that day, or we're already trying to squeeze you in at the time you are being offered. We're doing our best.	<ul style="list-style-type: none">• Use super glue, gorilla glue, or any other glue to cement your dental work back in your mouth. You are making it harder, if not impossible for us to fix it for you.
<ul style="list-style-type: none">• NOT wait until it hurts!	<ul style="list-style-type: none">• Wait until it hurts!

Tribal Member Crystal Fox Joins CLUSI Dental Team

Submitted by Morgan Gaines, Communications Specialist



Crystal Fox

The Tribe would like to extend a warm welcome to Coos Tribal member Crystal Fox who has started working in our Tribal Dental Clinic as a Dental Assistant in training. Crystal has some experience working with the Tribe as she worked as the Florence Outreach Office receptionist and the CLUSI Dental Office before moving on to work in the medical field as a phlebotomist for five years. She also has years of experience in scheduling, and project and office management which have provided her with even more skills she can utilize in her new position with the Tribe.

Crystal will be doing on the job training and getting her radiology license in the coming year. Through shadowing the Dental Assistant and working with Dr. Rodgers, she will receive the experience and training she needs to be a Dental Assistant. "I

appreciate the opportunity and the positions being available so I can get this amazing training" she shared about coming to work for the Tribe.

Outside of work Crystal loves going to the beach and spending time outdoors with her German Shepard Drake. She also enjoys riding quads, working on new sewing and crotchet projects, as well as cooking, and gardening.

Welcome Crystal, we look forward to having you as a part of our Dental team! To make an appointment with the CLUSI Dental clinic please call 541-888-6433.

IMPORTANT NOTICE
from Contract Health:

The Pharmacy for the Confederated Tribes of Grand Ronde has decided to close their mail-order pharmacy business effective January 31, 2016. If you live in the Oregon 5-county service area (Coos, Curry, Douglas, Lane and Lincoln counties) you should have received a letter in the mail by now with instructions on how to switch your prescriptions. If you have any questions, or if you need assistance, call 541-888-4873 or 1-800-227-0392.

CONTRACT HEALTH UPDATE: OUR NAME IS CHANGING

Submitted by Vicki Faciane, Health & Human Services Director

In January 2014, the Consolidated Appropriation Act of 2014 renamed the IHS Contract Health Services program to the Purchased/Referred Care (PRC) program. Tribes have been working since then on renaming the program at the Tribal level to be consistent with the federal program. Therefore, effective January 1, 2016, the Contract Health Services program will become the Purchased/Referred Care program. We are currently working on changing the name on all printed materials. We will have new program handbooks and wallet cards available beginning December 12, 2015 at the Tribal Christmas Party. Aside from the name change, all of the policies and practices remain the same.

Renewal forms for 2016 were mailed in late October to all Tribal members currently living in the Oregon five-county service delivery area of Coos, Curry, Douglas, Lane and Lincoln counties. The Deadline for submitting completed forms was November 18th. If you have not returned your form yet, please get them to us no later than December 5, 2015. Please remember to include copies of the front and back of all insurance/alternate

resource cards. If you have separate plans for dental, vision, etc., don't forget to include these cards as well.

Remember, you are required by federal regulation (42 CFR, Chapter 1, Subpart 136.23 F) to apply for an alternate resource if there is reason to believe you may be eligible. Furthermore, if you do have an alternate resource you are required to use it for your care before using PRC funds. Failure to apply for and/or use an alternate resource you are eligible for will result in denial of PRC payment.

Vision benefits are changing beginning in January 2016. We are increasing the amount for vision (exams, glasses and contact lenses) to \$500 each year. Disease-related vision treatment, including cataract surgery and glaucoma treatment, is covered under the medical benefit. Also new in 2016, there will no longer be an age limit for vision. Everyone will be able to get an exam and glasses/contacts each year, if needed, regardless of age. All other benefits remain the same in 2016.

If you have any questions about Purchased/Referred Care benefits, call PRC at 1-541-888-4873 or 1-800-227-0392.

Tribal Member Andrew Brainard Joins the Health and Human Services Department

Submitted by Morgan Gaines, Communications Specialist



Andrew Brainard with son Langston

Miluk Coos Tribal member Andrew Brainard is the new Coos Bay Community Health Representative (CHR) and Elders Coordinator. Andrew previously worked for the Three Rivers Casino Resort for three years in marketing and two years in human resources, before that he worked for the Coquille Tribe as a Tribal Youth Advocate. Andrew has always thrived in positions that cultivates connections with people. “I’m continually looking forward to bond with these Elders I’ve known all my life, since I was a kid...I’m looking forward to working for my Tribe.” Andrew is also “looking forward to working with the great Health Department, I’m all about team work and communication, and it’s just going to be a great opportunity for me.”

Andrew is also heavily involved with the larger community, and volunteers with many groups and events. He also helped this year to start a partnership with the Bus Jam toy and food donation collection and distribution through Three Rivers Casino Resort and wants to continue to help during charity events through the Coos Bay/North Bend area.

“I’m also looking forward to getting to know about my culture even more. I’ve been gone from the area for almost eight years and it’s really nice to see how much has been building” he shared about his move back to Coos Bay to work for the Tribal Government.

Please help us in welcoming Andrew to the Tribal Government Office.

Attention Oregon Health Plan Members:

The Holidays are here and that can often mean office closures.

For After Hours Assistance you can call an OHP Nurse Triage line at 1-800-562-4620

Tribe Hosts Annual *Pink & Blue* Health and Wellness Celebration

Submitted by Traci Stefanek, Community Health Representative

This year’s Pink & Blue Celebration was about prevention and awareness. The event was attended by men, women, young adults, and children. We provided information on Cancer, Diabetes, Healthy Traditional Foods, Prevention, Canoe Journey, Oral Hygiene, Tobacco Cessation and more. The day began with registration of Tribal families and guests. Traci Stefanek welcomed everybody and then handed off the microphone to each booth for introductions and what their individual booth was about.

The first speaker was our new Tribal Dentist, Sarah Rodgers. Dr. Rodgers talked about oral health and how important it is to take care of our gums and teeth. She is definitely a great addition to our Tribal Dental Clinic.

Our second speaker was Katie Burke, Breast Cancer survivor and speaker. Katie had a great message about being your own advocate. If you feel like there is something wrong go to the doctor and get checked out — you never know if it could be life threatening.

We had Logan from Ocean Dunes Golf Course and DeeDee had her fun fitness booth. It was great to see everyone participate in the fitness that DeeDee always puts together for us to do. Doug Morrison had a booth on germs and it really is scary when you see all the bacteria and germs you are touching throughout the day. Doug Barrett talked about the Canoe Journey, he also had a booth on drug and alcohol prevention. Heidi Helms had a great booth on traditional foods; it was great to see all the traditional foods that we can use. Heidi even had some samples of Swamp Tea and Acorn Soup. There also was information about Tobacco. Tami Foster had a booth about Mental Health with some great information and handouts. Shayne Platz had a booth for the Family Services Department and what their program provides. Officer Brian Dubray and Shane Henderson were there providing information on bicycle safety and handing out bicycle helmets, as well as answering questions from the attendees.

Nicole Mendoza, MSN, RN, FNP, our HHSD Intern, had a booth on Diabetes and it was great to see everyone stopping by to pick up information on this important health topic. It was nice to have Barbara from Bay Area Hospital come and give information on the different services that they provide.

Some amazing incentives were given away this year, Fitbits and Nutribullets, to name a couple. All incentives were health

and fitness related so that the recipients can continue to stay on track with prevention and wellness. There were even some gym memberships and fitness goodie bags given out.

The Pink & Blue Health and Wellness Celebration was

held this year at the Tribal Community Center in Coos Bay. Chief Warren Brainard gave a blessing before we had an enjoyable healthy lunch made by Joey Barton.

I just want to give a huge thanks to everyone that helped make this Year’s Pink & Blue Celebration a big success.



Drum Making 2015...continued from cover page

when that happens. With more pulling and more tightening, we all finished our drums before lunch. Some of the families also put together their beaters. It took a lot of teamwork, and thank you to all who pitched in to help.

We posed for an awesome picture with 32 completed drums. While I had everyone's attention, I talked about the HOC Healing of the Canoe Curriculum. I also touched on the Canoe Journey and our hopes for the future.

After my talk and some discussion, we walked over to the Community Center for the Fall Harvest Dinner and enjoyed a meal and other activities together. Thanks again to all who participated.

REMEMBER:

Staying Drug and Alcohol free is a healthy way of life.



Pictured at top: Tribal members gather for drum making.

Pictured directly above: Drum frames

Pictured at left: Karen Porter and granddaughter Keira lace up their drum together



Fall Harvest 2015

Submitted by Morgan Gaines, Communications Specialist



Saturday, November 14th was the Tribes Annual Harvest Celebration. Tribal members, their families, and guests were treated to a lovely seafood chowder as well as an assortment of appetizers and hot cider before lunch. Tribal members, especially those who had participated in the morning drum making class with Doug Barrett enjoyed these delicious treats before lunch began.

Upon entering the Community Center people were greeted by Human Resources and Family Services staff who had information on Work Force Development and available Tribal Member Services.

After a few welcoming words by Chairman Mark Ingersoll, and the other members of Tribal Council, and an invocation by Chief Warren Brainard the feast was served. Chef Joey Barton truly outdid himself with an amazing meal of turkey, gravy, stuffing, potatoes, acorn squash, steamed vegetables, dinner rolls, salad, and salmon pate. Thank you Joey and all those who helped out in the kitchen.

Following the hearty meal Tribal members were able to make an assortment of crafts to take home. Many Tribal Government Departments hosted different activity tables. The Administration Staff covered the Kids Station where they made fall snow globes, thanksgiving candy holders, turkey and reindeer ornaments. They also helped guests make wooden candle holder centerpieces and mini light up Christmas trees. Tribal Council made bags of popcorn for everyone to enjoy. The Housing Department helped make fall cards with apple cider gifts inside. The Planning Department held a special raffle for those who completed a survey about their interests in small business opportunities. The Cultural Department made Tule Ducks & Dolls with all the youth. The Health Nurse also did blood sugar checks for diabetes prevention and awareness. The lovely ladies of the Tribal Dental Office handed out dental care packages and the Education Department made pinecone bird feeders in addition to having a Library Open House Raffle. Tribal Court helped make talking sticks and dream catchers, and the Department of Natural Resources made beautiful cedar boughs.

Thank you to everyone who made this such an amazing event. The time we spend together is truly a gift.

Dustee Dotson, Tribal Benefits Specialist

Submitted by Stephanie Watkins, Human Resources Director

Please join me in welcoming the newest member of our Tribal Human Resources team, Dustee Dotson! Dustee will be developing the new role of Tribal Benefits Specialist in our department. As you already may have heard, we are transitioning from the Shasta Medical Plans to the Federal Employee Health Benefits Program, and Dustee will be our lead for this new endeavor. Dustee brings a wealth of knowledge and experience to this position and our department. With over 8 years' experience working for PeaceHealth Siuslaw Region as their HR Generalist, Dustee assisted in delivering HR systems, such as employee benefits, employee relations and workforce training, to over 500 employees in their organization. It is my sincere belief that Dustee's credentials, experience and professionalism will bring yet another measure of quality to the services provided by your Human Resources department.



Dustee Dotson



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Barista ~ Bartender ~ Beverage Server
Buffet Station Attendant
Food Server ~ Host ~ Bussperson ~ Buffet Cashier
Line Cook ~ Dish Machine Operator
Guest Room Attendant
Environmental Services Technician
Security Officer I
Special Events Team Member
Table Games Dealer

Three Rivers Casino Resort ~ Coos Bay

No openings at this time

Blue Earth

No openings at this time

Tribal Government Offices

Special Events Employee
Interpersonal Domestic Program Advocate
Procurement & Contracts Specialist



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

Go to **Job Opportunities** on the website for full job posting and to Apply Online
Updated Daily
Or call Recruitment at **541-902-6504**



Spring Break Camp 2016

March 21 – 25, 2016

(8 hour Orientation/Training on March 12, 2016)

Program and Application information

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

WHAT IS Spring Break Camp Counselor or Counselor in Training?

This position is responsible for providing assistance and support to the Camp Director for the Tribal Youth Camp. Position is responsible for assisting the Camp Director in carrying out activities during the youth camp as well as providing direction for the youth campers.

WHO IS ELIGIBLE TO APPLY?

To be eligible to participate in the 2016 Spring Break Camp:

- Meet minimum requirements as outlined in the job description
- Must be CTCLUSI Tribal Member, CTCLUSI Spouse or Domestic Partner or applicant with longstanding relationship with the Tribe and/ are in Tribal Families.

WHAT IS THE PROCESS OF SELECTION?

The Recruitment Specialist for Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians will review submitted 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?

Completed applications must be **received ONLINE by 4pm on Monday, January 18, 2016 (Applications accepted beginning January 4, 2016)**

For questions, contact:

Pam Hickson, Recruitment Specialist

5647 Hwy 126

Florence, Oregon 97439

Phone: 541-902-6504

Website: www.ctclusi.org

WHEN WILL YOU BE NOTIFIED IF YOU ARE SELECTED?

All qualified applicants will be notified by the week of February 15th, 2016 by Human Resources.

WHAT ARE THE EMPLOYMENT REQUIREMENTS?

Spring Break Camp Counselors must meet the following award requirements.

- Complete ONLINE Application by the specified deadline
- Must be interviewed and selected by the appointed committee.
- Pass pre-employment drug test
- Pass background information and obtain fingerprints through Tribal Police Department

WHO DO I CONTACT IF I HAVE QUESTIONS?

Vicki Faciane, Health & Human Services Director

Health Services Department for CTCLUSI

Phone: (541) 888-9577

Email: vfaciane@ctclusi.org

Pam Hickson, Recruitment Specialist

Human Resources Department

Phone: (541) 902-6504

Email: phickson@ctclusihr.org

Deadline to apply – January 18, 2016



Call for Counselors

SPRING BREAK CAMP

4-H Camp, Salem — March 21-25, 2016

(8 hour Orientation/Training on March 12, 2016)

- Are you a positive role model?
- Do you enjoy working with others in a team environment?
- Do you enjoy working with Tribal Youth and Staff?

Then Sign Up and be a Counselor (ages 18+) or

Counselor-In-Training (ages 16+)

(Must be CTCLUSI Tribal Member, CTCLUSI Spouse or Domestic Partner or applicant with longstanding relationship with the Tribe and are in Tribal Families.)

HOW TO APPLY

Complete the online application:

Website: www.ctclusi.org

If you have any questions, please call Pam Hickson at 541-902-6504

Deadline to apply: January 18, 2016 by 4pm



Department of Natural Resources Host Oregon Tribal Environmental Forum

Submitted by Amanda Craig, Air and Water Protection Specialist

This year the Tribes' Department of Natural Resources (DNR) had the privilege of hosting the Oregon Tribal Environmental Forum (OTEF). Held in Florence, Tribal, state and federal representatives, traveled from all over Oregon, Washington and Idaho to attend the two day event. OTEF was started in 1999-2000 by Oregon Tribes, to encourage discussion of Tribal environmental issues and concerns unique to Oregon. OTEF continues to focus on developing collaborative efforts and resources to address Tribal issues with a collective knowledge and experience approach. Day 1 of the forum was presentations from DNR staff about the Tribes projects and programs, followed by thirteen presenters covering a multitude of topics; emergency preparedness planning and disaster resilience (earthquake/tsunami), EPA Water Quality Standards rule-making, climate change in Indian Country, Green Funding Opportunities - Grants, West

Coast Regional Planning Body development, collaborative organizations within Tribal Communities addressing environmental issues, toxic algae in freshwater lakes, future wildfire projections based on climatic trends, and environmental toxics in Indian Country. Day 2 of the Forum was our "Field Trip" day, where we gave a small tour of the Empire-Charleston Area, stopping at Baldich and Xitlxaldich, showing those in attendance a small piece of our beautiful traditional lands.

Thank you to all of those in attendance, the presenters and everyone who helped facilitate the 2015 OTEF!



OTEF Field Trip to Baldich



David Redhorse presenting about Climate Change



Amanda Craig passing the OTEF Feather to Meagan Flier from the Grand Ronde Tribes. The Confederated Tribes of Grand Ronde will be hosting the 2016 OTEF

Tribal Member Ashley Russell Joins the Department of Natural Resource Full Time

Submitted by the Department of Natural Resources

Please help us in welcoming back Ashley Russell, the Natural Resources Department's new Water Protection Specialist. Ashley, a Miluk Coos Tribal member, was previously hired in December of 2014 as the Environmental Protection Specialist and completed a number of projects throughout her time here. During her short absence, Ashley remained involved in many Tribal activities, including the School to Work Program, summer school, and culture camp. She is also a member of the Education Committee and the Siixai, Ix, Tlguus (Canoe) Family.

"I am so elated to be working for my Tribes once more, while also doing something that I really enjoy. I love being one with Mother Nature, so obtaining a career in which I can work outdoors while making a difference in my Tribal environment and Tribal community is amazing. I feel so blessed to have been given such a great opportunity."

Ashley, as well as the other members of the Natural Resources Department, are also very passionate about working with Tribal youth and instilling the importance of being environmentally conscious stewards through various fun activities.

"If you take care of nature, it will take care of you. So,

we try to teach our youth how to be responsible stewards while having fun doing it."

Welcome back Ashley, we are happy to have you here with us full time!



Shown above left: Ashley Russell testing water quality parameters near Empire docks



Ashley Russell

The Law Way versus the Peace Way

Submitted by Diane Whitson, PLS, Tribal Court Clerk - Peacegiving Court Outreach

Tribal Court hosted a Peacegiving Training in October with two tribal judges/trainers, Dave Raasch, Mohican Tribe, and recently retired trainer from Fox Valley Technical Institute, and Ernie St. Germaine, Lac du Flambeau Tribe, retired but still on the faculty at the National Judicial College at the University of Nevada-Reno. All attendees were very happy with the training which included a day of tradition and history on a variety of subjects including Bringing Peace Back to the Community through Tradition, Ceremonies and Language, and actual hands-on circle training.

One of the many things of interest was when Ernie demonstrated how important it was for people to communicate tradition verbally among family members. He had volunteers line up as a sample family to illustrate seven generations. He asked participants if they knew the names, birthdates, favorite songs and favorite dances of their parents. As the participants nodded their assent, he then asked if they knew that information about their grandparents, then their great-grandparents. As fewer people could say yes, it showed how important is to keep not only a written history but an oral history because it could signify a loss of family tradition, knowledge and stories. Ernie said that he used to tell his family story so much that one day one of his grandchildren interrupted and began telling the story himself, much to grandpa's pleasure.

Also included in the training were circle scenarios in which all participants were included. One demonstration was a traditional circle where one person has a talking stick and the others have to listen to the speaker to discuss an important Tribal issue.

Another circle demonstration was a scenario where there was a divorcing couple arguing about the return of an item. In that case, it allowed the speaker to ask questions of the couple about why they believed the item should belong to them, or its significance to them. Seeing different ways to conduct a circle was beneficial to the participants because every issue can be dissimilar and may need to be treated in a unique way.

A final circle was conducted regarding a youth with issues and how the family and community members could help the youth on the right path. When it came out that the youth liked to dance, the whole circle participated.

The seal of the Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw is located in the top left corner of the Peacegiving flyer. It features a circular design with a central figure and text around the perimeter.

PEACEGIVING

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

All Peacegiving or Peacegiving Court issues are confidential.

A scenic photograph of a beach at sunset or sunrise. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, reflecting off the water. Waves are breaking onto a sandy beach in the foreground.

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>

The demonstration of various ways that a circle could be conducted was very helpful. Even with a mock circle, the power was felt as the participants reacted to the conversations that were close to their heart. As one looked at each circle, you could see how the variety of participants might react if the situation were an actual case.

In addition, Tribal Court co-sponsored the Tribal Family Dinner with the Family Services Department so that Tribal Members had the opportunity to meet the visiting Judges and learn a little about them. We were very happy to have the judges travel the distance to share their knowledge.

Tribal Court is planning shorter trainings after the first of the year at the request of the Peacegivers.

The seal of the Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw is located in the top left corner of the Winter Solstice flyer. It features a circular design with a central figure and text around the perimeter.

Winter Solstice

December 21st ~ Tribal Hall & Plankhouse

Ceremonial Fire from 12 am to 12 am

Activities:

Weaving activities with Heidi Helms

Archery, Tomahawk and Atlatl Competition with

Handmade Prizes

Lunch 12-1 pm

Potluck Dinner (with Salmon) 5-6 pm

Call Mark Petrie at (541)297-3681 or Jesse Beers at (541)297-0748 if you have any questions. Please RSVP so we know how many salmon to prepare ☺

English to Hanis

Wild Mammals

Deer	=	xwitsxuut	Cottontail Rabbit	=	chaxwchaxw
Elk	=	jilya	Hare	=	hlahlxwon
Black Bear	=	shxihl	Wolf	=	tliimekw
Brown Bear	=	swahl	Mouse	=	pukwiidletl
Cougar	=	hliichot	Beaver	=	tchina
Bobcat	=	batkii	Bat	=	payanats'
Coyote	=	ye'lis	River Otter	=	shchelt'
Raccoon	=	xiiya	Sea Otter	=	giye'we
Chipmunk	=	kwiskwis	Seal	=	qakuumet
Pine Squirrel	=	qalmukw	Whale	=	bintl'u'wai
Skunk	=	qwiltsii	Orca	=	iitl'olde

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

Tribal Member Achievement

Adam Petrie



Adam Petrie received 3rd place for the 25 meter free style swim, 5th place for the 50 meter free style swim, and 1st place for the 4 X 25 meter free style relay swim on October 18, 2015 at the Corvallis Regionals Special Olympics 2015 Meet. Way to go Adam!



RECRUITING

FOR THE DIABETES PREVENTION PROGRAM
Classes to Begin in November and January

About DPP:

- 16 classes - once a week/one hour
- -Eating healthy/exercise motivation
- -Lifestyle change to prevent/delay development of diabetes
- \$25.00 SAFEWAY NUTRITION CARD WEEKLY FOR 16 WEEKS
- Lab Checks every 6 months
- Lifestyle Coach/Personal Trainer
- Retention Activities
- One physical per year

Qualifications:

- Registered Native American
- Must be 18 years of age
- Must have PREDIABETES
- A1C ~ 5.7 to 6.4
- FBG ~ 100mg/dl to 125 mg/dl
- Cannot have DIABETES
- Cannot be pregnant

If you think you may have prediabetes and are interested in the Diabetes Prevention Program, please contact
Dani Bliss at
541-888-9494, ext: 2216
or email Danellebliss@coquilletribe.org



EDUCATION DEPARTMENT

Notice: No More Higher Education Packet Deadlines!

We now offer funding for on-line and part time classes.

If you have any questions please contact us



Angela Bowen/Education Director
abowen@ctclusi.org
Karen Porter/Educaton Asst.
kporter@ctclusi.org
Call 1-888-280-0726 Toll Free



Higher Education Students: After Each Term We Must Have Your Official Transcript and Your Official Upcoming Schedule BEFORE We Can Turn In A Stipend Request To Be Processed.

HAPPY HOLIDAYS

We want to wish all of our students a safe and happy holiday season.

> HIGHER EDUCATION STUDENTS:
January is time to apply for your FAFSA!



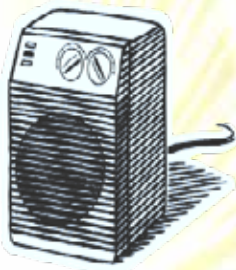
FROM YOUR
EDUCATION DEPARTMENT

LIHEAP

Low Income Home Energy Assistance Program

It is once again time to apply for LIHEAP. This annual program is designed to assist people that qualify to receive heating assistance when winter bills are highest. To qualify now for heating assistance through LIHEAP, families must reside in the five county service area of Coos, Curry, Lincoln, Douglas, and Lane, and fall into 60% of the Estimated Oregon State Median Income as listed below. To qualify in December 2015 or this Federal Program, your yearly income needs to be at or below the following:

1 Person Family	\$21,933
2 Person Family	\$28,681
3 Person Family	\$35,429
4 Person Family	\$42,177
5 Person Family	\$48,926
6 Person Family	\$55,564



To sign up for LIHEAP, Family Services will be accepting applications at each of the three offices. **In order for your application to be processed, you must bring ALL of the following that apply to you and those living in your household:**

Proof of Income (Pay Stub)	Social Security Card
Copy of your utility bill	SSI or SSDI Statement of Benefits
Tribal Enrollment Card	Child Support Statement
Oregon Trail Card	Current Oregon Health Plan Card

The dates for applications to be processed are as follows:

Springfield Outreach Office	Dec. 14th, 2015 (Mon.)	10:00 a.m.—4:00 p.m.
Florence Outreach Office	Dec. 15th 2015 (Tues.)	10:00 a.m.—4:00 p.m.
Family Services Coos Bay Office	Dec. 16th 2014 (Wed)	10:00 a.m.—4:00 p.m.

If you have any questions regarding this, please call Family Services at (541) 888-6169 or toll free at (800) 618-6827

Elders Corner

Seven Feathers Overnight

Submitted by Iliana Montiel, Assistant Heath Director

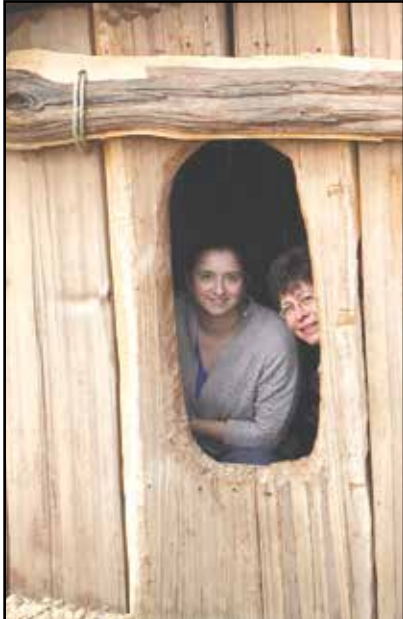
On Thursday, November 5th, the Elders took their last overnight trip for the year. We left bright and early to meet up with our friends the Cow Creek Elders who had graciously invited us to join their lunch. They had a nice buffet set up in the Grape and Huckleberry Rooms, right off the hotel entrance. After lunch, Adrianna Brim, their Administration on Aging Coordinator, took us to see their Tribal garden. Wow, what an amazing view. They have roughly 13 acres in Canyonville. The garden was temporally closed, but when it is open, it is open for all Tribal members to come and help themselves to fresh produce.

After the garden visit, we headed back to Seven Feathers to rest. Before dinner, I found several Elders sitting with their siblings visiting at the café. Oh, the stories, gestures, sarcasm ... gotta love sibling rivalry. Dinner was fantastic as it was Seafood Night at The Gathering Place Buffet. Yum!!! A few only ate clams ... but how many plates of clams did they have?? We have a picture.....Deb.

Some unexpected visitors gave us a nice surprise – Sean and Lori that used to work at Three Rivers Casino•Hotel. They came bearing gift bags for all of our Elders. Thank you Sean and Lori! Then more excitement as the Seven Feathers staff came in and sang Happy Birthday to our very own Anna Campbell.

After dinner it was off to bed, a little floor time or entertainment. I found several of the Elders enjoying themselves and singing with the Beatles Show at the Cabaret.

The next morning we started with a great breakfast in the Cow Creek Restaurant. I would like to know how many cups of coffee Tribal Elder and Councilman Doc Slyter had at breakfast. This little social butterfly visited each and every Elder table and had coffee with them. Thanks, Doc for being so good-natured and putting folks at ease! After loading the bus and looking for a couple of MIA Elders we were off to The Pioneer Indian Museum in Canyonville. Many thanks to my helpers Traci Stefanek and DeeDee Plaep, who always torture, I mean, assist me. A big thank you to the great staff at Seven Feathers for always making us feel so welcome.



Welcome New Elders

Dale Bolling
Tom Brainard

Elders Luncheon

January 7th @ 11:30
Hole in the Wall BBQ
1807 Olympic St., Springfield, OR
RSVP to Andrew at 541-888-7533
by January 4th.



Biggest Loser Challenge

Submitted by Traci Stefanek, Community Health Representative

This year's Biggest Loser Challenge was a great success! I am so proud of everyone that participated.

The Celebration was held immediately after the Pink & Blue Health and Wellness Celebration on Saturday, October 24, 2015. It was really nice to put these two events together. I had about 18 participants in the challenge which was totally awesome. Everyone was a winner and it was so great to see goals being made and how motivated everybody was. I sent out emails about exercises, water intake, nutrition ideas, and also reminded everybody about the goals they had set for themselves. My goal was to help keep everyone motivated, to keep going and I hope that I did just that. Such a great group.

1st Place Female was Peggy Hopkins

1st Place Male was Joe Brainard

2nd Place Female was Donna McNutt

2nd Place Male was Bob Hopkins

3rd Place Female was Brenda Brainard

3rd Place Male was Doug Barrett

Our winners went home with cash, Fitbit, Nutribullets, and cookbooks.

All other participants went home with goody bags.

I am just so proud of all of you and sticking to this journey of health and wellness.

I can't wait to do it next year.
You are all so inspiring!



2nd Place Winner Donna McNutt goes home with a Nutribullet



Community Health Representative Traci Stefanek hands 1st Place Winner Peggy Hopkins her prize



1st Place Winner Joe Brainard with wife and
3rd Place Winner Brenda Brainard

Beyond the Biggest Loser

Submitted by Nicole Mendoza, MSN, RN, FNP, HHSD Intern

Our Health and Human Services Department (HHSD) would like to implement a wellness goals program. According to the Native Wellness Institute (2002), at the heart of the term "Wellness" lies personal responsibility. As a wellness program, participants will be setting individual goals to become more balanced physically, mentally, emotionally, and/or spiritually. Our goals program will be titled:

*ilwechos (Heart, Mind, Opinion, Soul)
A culture of Wellness: Restoring Balance & Tribal Identity*

At the root of this program, our foundation is built upon the sacred circle. The great circle of life is aligned with the teachings of the medicine wheel, based upon balancing: mental, spiritual, physical, and emotional aspects of life.

The medicine wheel is also a wheel of protection it "allows us to gather surrounding energies into a focal point and to commune with spirit, self, and nature" (Laframboise & Sherbina, 2008). Setting short and long term goals aid in identifying our individual areas of growth, while supporting the overall intention of balance. Both personalized daily goals and long term goals will be identified, short term measurable goals may include:

- Complete _____ minutes of: meditation, stretching, walking, yoga, pilates, exercise, journaling, and/or other self-care activities daily.
- Increasing water intake, whole foods (less processed), eating breakfast daily, or focusing on healthy portions.
- Before and after lab improvement (HgA1c, Lipid Panel, Microalbumin), reducing blood pressure consistently for 3-6 months.

Long term goals are supported by our daily thinking and habits. Aligned with the healing of the canoe curriculum, every paddle stroke counts. It begins with daily awareness, positive thoughts, choices, and healthy self-care. We invite you to come be a part of our culture of wellness. Find out how to restore balance into your life, through individual goal setting and cultural identity. Our goals program is set to launch near Winter Solstice, goal setting forms will be available December 12th at our Holiday Celebration dinner. All tribal families welcome, for more information contact Nicole Mendoza (541) 888-1309, or Traci Stefanek (541) 744-1334.

References

- Laframboise, S., & Sherbina, K. (2008). Dancing to Eagle Spirit Society: Medicine Wheel. Retrieved from <http://www.dancingtoeaglespiritsociety.org/medwheel.php>
- Native Wellness Institute. (2002). Wellness is... Retrieved from <http://www.falmouthinstitute.com/files/SS047/Handout%2003%20-%20Wellness%20Is.pdf>

2015 Fitness Deadline

All 2015 receipts and invoices must be received in the Florence Outreach Office by

January 15th, 2016

2015 receipts or reimbursement request will not be accepted after the deadline

Contact Dee Dee Plaep for more information
by calling 541-997-6685

Setting Realistic Goals

Submitted by Traci Stefanek, Community Health Representative

With the right combination of food and exercise, making the right choices will help you lose those extra pounds. It takes time to build new habits so start small, make realistic goals. Starting small will help you make big changes.

Eating Goal: Four days each week trade your ice cream, brownie or other sugary snack for an apple or banana.

Physical Activity Goal: Five days a week take 20 to 30 minute walks. This will help build your endurance to go further.

Start with these small goals and work towards setting bigger goals. Write a journal of your activity and food intake — I guarantee this will help keep you accountable.

Please keep an eye out for our next Biggest Loser Challenge. I plan to post something in each monthly newsletter about Fitness and Nutrition. My goal is to help you meet your goals.

Health and Wellbeing Update:

Submitted by Nicole Mendoza, MSN, RN, FNP, HHSD Intern

We had a wonderful turnout at our October 1st flu shot clinic, we were able to vaccinate 35 tribal members and/or employees! Great job promoting community wellness.

Recently our Health and Human Services Department (HHSD) has been working to increase blood sugar monitoring at Tribal Family Gatherings, and events. Twenty-six blood sugar, diabetes screens were completed at our October Tribal Family Gathering. Thank you for participating!

At the Pink & Blue Wellness Celebration and the Biggest Loser Celebration we were able to raffle off many health promotion prizes, and three local gym donations. Congratulations to all the Winners, and Thank You for your active involvement and tribal community support. The event was a success, and we look forward to next year's celebration.



AFTER SCHOOL PROGRAM:

- **CHIFIN NATIVE YOUTH CENTER – SPRINGFIELD**
1084 G. ST.
SPRINGFIELD, OR.
- **CONTACT ANGELA BOWEN** 541-888-1317 abowen@ctclusi.org
- **EVERY TUESDAY 3:00 TO 5:00**
- **TRIBAL HALL – COOS BAY**
338 WALLACE AVE.
COOS BAY, OR
- **CONTACT ANGELA BOWEN** 541-888-1317 abowen@ctclusi.org
- **EVERY TUESDAY 3:00 TO 5:00**

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, beginning November 5, 2015

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



Plan for Power Outages

Submitted by the Tribal Police Department

If the power does go out in your neighborhood, stay calm. Call your power company first instead of calling 911. They are for emergencies only. Don't open the refrigerator for long periods of time or if you don't have to. Turn off all the light switches and unplug all electronic devices, that way bulbs and appliances don't burn out. To make waiting for power fun, bring out some board games or make up some games to play. If the power outage lasts longer than a day then every family should have a bag ready with supplies in it. What should be included in that bag are the following items:

- Flashlight
- Extra batteries
- Matches
- Toilet paper
- Non-perishable Food items (ex. Granola bars, water, etc.)
- A phone
- First aid kit
- A crank radio

If in Eugene call: EWEB @ 541-685-7000 or 800-841-5871

If in Florence call: CLPUD @ 1-866-484-3783

If in Coos Bay call: Pac Power @ 1-888-221-7070



Yachats to Hold 6th Annual New Year's Day Peace Hike

For Immediate Release November 10, 2015 by the Yachats Trails Committee Parks & Commons Commission, City of Yachats, Lincoln County, Oregon
Submitted by Joanne Kittel

Start the New Year off on the right foot! Join the Yachats Trails Committee and fellow trekkers for the 6th Annual New Year's Day Peace Hike to the Amanda statue south of town. Participants should meet in the Yachats Commons' main events room (441 N. Hwy 101, Yachats) at 10:00 a.m. on Thursday, January 1st.

At 10:00 a.m., Yachats Mayor Ron Brean will introduce Doc Slyter, Elder, Tribal Flutist and Tribal Council member for the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. Doc will tell the story of Amanda, a blind woman forced to leave her young daughter and march barefoot through rocky terrain to the Alsea Sub-agency internment camp in Yachats in 1864. It is a story of tragedy and extreme injustice, but also of how acknowledging truth and injustice can help two cultures find common ground for healing.

It is through the Tribes and community's endeavors with the Amanda Trail that many have become more aware of the great need to acknowledge the wrongs of the past; and to be more conscious of the need to treat people of all cultures throughout the world with honor, dignity and respect.

Participants will then depart on an invigorating 6-mile round trip hike that will take them along the south 804 Trail, across the Yachats River Bridge, along Yachats Ocean Road, to the Amanda Trail and the final destination -- the Amanda Grotto and statue. At the grotto the group will have the opportunity to contemplate and offer blessings for peace in the New

Year. Native American flute playing will be provided by Doc Slyter and Mary Beth Nickel. Hikers may then walk or shuttle back to the Commons for more camaraderie, a potluck / refreshments, hear music, view displays of participating organizations, and to collect their commemorative Peace Hike pin. The image for the 2016 pin was created by the Siuslaw National Forest 2014 Artist-in-Residence, Margie Lopez Reid, and the painting was donated to the City of Yachats by Ben and Kathee Christensen.

Two beautiful oils will be auctioned off. One is by painter Margie Lopez Reid depicting the 2015 Peace Hike to benefit the Yachats Trails Committee. The second is by the 2015 Siuslaw National Forest Artist-in-Residence, Collen Caubin, that will benefit the 2016 Artist-in-Residence Program.

Participants should dress for changeable weather, wear sturdy shoes and bring walking sticks if they have them. The walk from the Commons to the Amanda Statue is approximately 6 miles round trip, and is on both paved road and narrow dirt trail surfaces with some stairs and moderate inclines.

In the event of heavy rain or wind the hiking portion of this event will be cancelled, and the peace ceremony will take place in the covered shelter behind the Yachats Commons.

The Yachats New Year's Day Peace Hike will be an inspiring way to start



Statue of Amanda

the New Year, enjoy a lively walk, share good company and experience how the power of community can help create peace on earth. For more information contact Lauralee at trails@goyachats.com or 541-547-3640.

To see scenes from 2014 and 2015 year's hike, visit http://www.goyachats.com/slideshows/Peace_Hike_2014.html <http://youtu.be/Bu06mO46bCI>

About the Amanda Trail

The Amanda Trail was completed and dedicated in July 2009. A 25-year endeavor, the Trail has helped reveal the truth about the treatment suffered by the Alsea, Siuslaw, Coos and Lower Umpqua People during their incarceration at the Alsea Sub-agency prison camp from 1859 to 1875. Since the Trail's dedication, the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI) and members of other Tribes have become an important part of the Yachats community. CTCLUSI also provided financial aide and skilled labor toward the replacement of the pedestrian bridge along the Amanda Trail. An article co-authored by Joanne Kittel and Suzanne Curtis about the First Nations' history including the prison camp years can be purchased at Mari's Books in Yachats. Additionally, in November 2011, Tribal historian Don Whereat and Yachats citizens published a compilation of Mr. Whereat's articles on tribal history and culture to promote greater awareness and understanding. Both the article and the book can be viewed at www.yachats.info.

Contact: Lauralee Svendsgaard
541.547.3640
Cell 541.272.1309
trails@goyachats.com

COOS HEAD AREA MASTER PLAN (CHAMP) Public Forum

Wednesday, December 9th, 6:00 P.M.

Community Center

The Coos Head Area Master Plan will create a detailed plan for the Coos Head site that will best suit Tribal members. The monthly Coos Head Public Forums provide Tribal member input and information for determining appropriate on-site (Tribal property) uses. The process for Tribal input has started and will continue with monthly meetings. CHAMP will also look at the off-site infrastructure supporting Coos Head including roads, bike and pedestrian trails, and sewer. Basterndorff Beach and Chicken Point will also be part of the planning process. Come join us in creating a feasible, sustainable plan for the Coos Head site to benefit all our Tribal members for many generations.