



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

Drum Making and Fall Harvest 2018



Drum Making 2018, Photograph by Morgan Gaines

Contributed by Morgan Gaines, Communications Specialist

On Saturday, November 17, 2018 Tribal families, friends, and guests gathered in celebration for Drum Making and our annual Fall Harvest Celebration. The day was packed with activities, excitement and comradery amongst the Tribal community.

The morning began in Tribal Hall with our annual Drum Making Prevention Activity. We started the activity with an opening ceremony that included a moment of silence for those we have lost recently within the Tribal Community and those currently fighting the wildfires in California. During the prevention activity, two dozen drums were hand pulled by Tribal families. These drums will make a beautiful addition to our households as well as to our events where they can be played while we drum and sing together in celebration.

At noon, activities began for our annual

Fall Harvest. Chairman Mark Ingersoll gave a quick welcome and Chief Warren Brained gave an opening invocation.

Elders were invited to fill their plates first with the wonderful turkey, mashed potatoes, vegetables, stuffing and other delicious appetizers as well as an assortment of delicious desserts. This year's Fall Harvest meal was catered by Wildflour Catering, a Veteran Owned Small Business operating out of North Bend, Oregon.

Following the meal, Tribal members enjoyed a number of activities lead by various Tribal Departments. The Housing Department helped the youth, and those young at heart, make delicious caramel and chocolate covered apples and orange slices, Communications and Administrative staff took and printed

family photos to commemorate the day, The Department of Natural Resources and Culture staff made fabulous cedar boughs, The Dental Clinic made fun cloth pumpkins and decorated paper teeth, Family Services button station was a big crowd pleaser, Tribal Court had a blast helping participants create beautiful string painted art, the Education Department had a soup kit making station, and Tribal Government Administration staff helped youth create amazing sea shell trees, sock snowmen, lightbulb reindeer, and add their names to the amazing family tree set up behind the photo booth station. It was truly wonderful to see the tree grow and sprout new leafs as Tribal members came throughout the day. Everyone was thrilled to see their family tree branch off from their Tribal ancestor.

Story continues on page 10

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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
Saturday, December 8, 2018

Tribal Election 2019
April 14, 2019

As Reported at the November 18, 2018 Regular Tribal Council Meeting

Chief Warren Brainard:

Oct 14 Tribal Council Regular Meeting
General Council Meeting; Talking Circle
Oct 16 OSU Meeting; Peter Defazio Town Hall Meeting
Oct 18 Executive Worksession
Oct 19 Siuslaw National Forest Meeting; McKenzie River Trust Tour
Oct 20 Restoration
Oct 21 Players Club VIP Casino Event
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 1 Elders Luncheon
Nov 8 History and Heritage Summit; Elders Meeting Gaming Operational Review Board Special Meeting
Nov 11 Veterans Flag Raising
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Doc Slyter:

Oct 14 Tribal Council Regular Meeting
General Council Meeting; Talking Circle
Oct 18 Executive Worksession
Oct 19 Siuslaw National Forest Meeting; McKenzie River Trust Tour
Oct 20 Amanda Trail Walk; Restoration
Oct 21 Players Club VIP Casino Event
Oct 23 Peace Giving Training Dinner
Oct 24 Housing Committee Meeting; Flute Introduction to students from Bridge
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting ; Ceremony at the Lighthouse
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Debbie Bossley:

Oct 14 Tribal Council Regular Meeting
General Council Meeting; Talking Circle
Oct 18 Executive Worksession
Oct 19 Siuslaw National Forest Meeting

& McKenzie River Trust Tour
Oct 20 Restoration
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 8 Gaming Operational Review Board Special Meeting; Executive Work Session
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Teresa Spangler, Vice - Chairman:

Oct 14 Tribal Council Regular Meeting; General Council Meeting; Talking Circle
Oct 15 Education Meeting
Oct 18 Executive Worksession
Oct 19 Siuslaw National Forest Meeting ; McKenzie River Trust Tour
Oct 20 Restoration
Oct 21 Players Club VIP Casino Event
Oct 23 Peace Giving Training Dinner
Oct 24 Housing Committee Meeting
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 8 Executive Work Session
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Josh Davies:

Oct 14 Tribal Council Regular Meeting; General Council Meeting; Talking Circle
Oct 16 OSU Meeting
Oct 18 Executive Worksession
Oct 20 Restoration
Oct 21 Players Club VIP Casino Event
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 14 Indian Education Meeting
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Doug Barrett :

Oct 14 Tribal Council Regular Meeting; General Council Meeting; Talking Circle
Oct 18 Executive Worksession
Oct 20 Restoration
Oct 21 Players Club VIP Casino Event
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 3 North Bend Pow Wow
Nov 8 History and Heritage Summit
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Mark Ingersoll:

Oct 14 Tribal Council Regular Meeting; General Council Meeting; Talking Circle
Oct 16 Peter Defazio Town Hall Meeting
Oct 17 Food Court Tour TRC
Oct 18 Executive Worksession
Oct 19 Siuslaw National Forest Meeting; McKenzie River Trust Tour
Oct 20 Restoration
Oct 24 Meeting at Administration
Oct 25 CRPA Meeting; Executive Worksession
Oct 27 Budget Meeting
Oct 30 Tribal Council Business Meeting; Gaming Operational Review Board Meeting
Nov 1 Tour of Food Court TRC
Nov 2 BEST Services Meeting
Nov 8 Executive Work Session
Nov 15 Executive Work Session
Nov 17 Fall Harvest

Upcoming Tribal Council Meeting

December 9, 2018

Florence TRC Events Center

10:00 a.m.

Resolution Summaries

RESOLUTION NO.: 18-078
Date of Passage: September 09, 2018
Subject (title): ATNI Membership Delegate and Alternate Appointment 2018-2019
Explanation: The Tribal Council approved Teresa Spangler as Delegate and Doug Barrett and Josh Davies as Alternate Delegates. **Vote 6-0-1**

RESOLUTION NO.: 18-079
Date of Passage: September 09, 2018
Subject (title): Approval of Compact of Self-Governance with the United States of America – Department of the Interior
Explanation: The Tribal Council approved to enter into a compact with the United States of America – Department of Interior to strengthen its control over federal funding and program management. **Vote 7-0-0**

RESOLUTION NO.: 18-080
Date of Passage: September 09, 2018
Subject (title): Expansion of CTCLUSI Dental Clinic, Approval of RFP

Explanation: The Tribal Council approves this request for proposal for the expansion of the CTCLUSI Dental Clinic to allow program growth and better serve the community.
VOTE 7-0-0

RESOLUTION NO.: 18-081
Date of Passage: September 09, 2018
Subject (title): Resignation and Appointment of Interim GFORB Members
Explanation: The Tribal Council accepts the resignation of Doc Slyter from the Gaming Facility Operational Review Board and appoints Katherine Jones as an interim member. **Vote 6-0-1**

RESOLUTION NO.: 18-082
Date of Passage: September 09 2018
Subject (title): Stipend for Interim GFORB Member Services
Explanation: The Tribal Council approves a stipend to one (1) interim GFORB member (who is NOT a Tribal Council person).
Vote 5-0-1

In this public paper, some explanations will not display details due to confidentiality.

Information

QUESTIONS OR SUGGESTIONS?

The CLUSI Tribal Council welcomes your ideas, comments, criticisms, etc.
Please write to: Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
ATTN: Tribal Council 1245 Fulton Ave.
Coos Bay, Oregon 97420

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. 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., either online at www.ctclusi.org/enrollment or mail to Enrollment Dept., 1245 Fulton Ave., Coos Bay, OR 97420. Phone: 541-888-7506 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief
Tribal Chief

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

Doc Slyter

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

Debbie Bossley

Position #2 Council
541-294-3972 (cell)
debbie.bossley@ctclusi.org

Mark Ingersoll,
Chairman

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

Josh Davies

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

Teresa Spangler,
Vice Chair

Position #5 Council
541-808-4828 (cell)
tspangler@ctclusi.org

Doug Barrett

Position #6 Council
541-297-2130 (cell)
doug.barrett@ctclusi.org

Council Meeting

December 9, 2018
Three Rivers Casino Resort
Events Center
5647 Hwy 126, Florence, OR.
10:00 a.m.

Agenda:

1. Call to Order
2. Invocation
3. Approval of Minutes as needed
4. Tribal Council Reports
5. Tribal Chief Executive Officer Report
6. Chief Financial Officer Report
7. Old Business
8. New Business
9. Other
10. Good of the Tribes
11. Executive Session as needed

Council meeting video available to view at
www.ctclusi.org

Upcoming Events

December 4th – Parenting Workshop,
Eugene Outreach Office, 5:30 p.m.

December 6th - Elders Luncheon,
TRC Event Center, Florence, OR 11:30 a.m.

December 8th – Tribal Christmas Party, TRC
Event Center, Florence, OR, 3:00 p.m.

December 9th – Regular Council Meeting,
10:00 a.m., TRC Events Center, Florence, OR

December 21st – Winter Solstice & Tribal Family
Gathering, Community Center,
Activities start at 3:00 p.m., Dinner at 6:00 p.m.

December 25th – Christmas Day,
All Tribal Offices will be CLOSED

December 31st – Deadline to Apply
Three Rivers Foundation Grants

January 1st – New Year’s Day,
All Tribal Offices will be CLOSED

January 3rd – Elder Luncheon,
Community Center, 11:30 a.m.

January 11th – Deadline for Fitness Program
2018 Reciept Reimbursements

January 12th – Beading and Paddles
Prevention Activity, Tribal Hall 10:00 a.m.

January 14th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.

January 28th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.

February 4th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.

February 9th – Beading and Paddles
Prevention Activity, Chifin Native YouthCenter,
Springfield, OR 10:00 a.m.

February 11th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.

February 18th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.

February 25th – Wisdom Warriors Workshop
Community Center 2:30 - 5:00 p.m.



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

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

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

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

Tribal Housing Department
Linda Malcomb - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1310
Fax 541-888-2853
lmalcomb@ctclusi.org

Purchased/Referred Care
(FKA Contract Health
Services)
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-800-227-0392
Fax 541-888-5388
sarnold@ctclusi.org

Education Department
Karen Porter, Education Dept
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-9577
Toll free 1-888-280-0726
Fax 541-888-2853
education@ctclusi.org

Family Services
Earl Boots, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837
eboots@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
Iliana Montiel
Assistant Director of Health
Services
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7526
Fax 541-888-5388
Toll Free 1-888-280-0726
imontiel@ctclusi.org

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

Cultural Department
Jesse Beers - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1319
Fax 541-888-2853
jbeers@ctclusi.org

Eugene Outreach Office
135 Silver Lane, Suite 200
Eugene, OR 97404
Phone 541-744-1334
Toll Free 1-800-877-2718
Fax 541-744-1349

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

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

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

NOTICE OF 2019 TRIBAL COUNCIL ELECTION

Each Council member shall be elected for a four (4) year term at the appropriate General Council meeting in the year of the expired term. (April 14, 2019) Council Positions #1, #3, and #5 shall be elected in odd-numbered years. Positions #2, #4 and #6 shall be elected in even-numbered years.

ELECTION DATE: APRIL 14, 2019

POSITION NUMBER

Position #1

Position #3

Position #5

INCUMBENT

Doc Slyter

Mark Ingersoll

Teresa Spangler

Tribal Council Elections

7-3-22 Public Notice of Upcoming Elections

(a) The Election Board must publish in the Tribal Newsletter and post at the Tribes' Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and in the office of the Gaming Commission, a notice of upcoming regular Tribal Council elections. This shall be done no later than one hundred twenty (120) days prior to the scheduled date of a regular Tribal Council election.

7-3-23 Candidate Eligibility

According to the Tribal Constitution (Article VIII, Section 4(a)), in order to be eligible for election to a Tribal Council position, candidates shall meet the following qualifications:

- (a) Be a duly enrolled member of the Confederated Tribes;
- (b) Be at least twenty-one (21) years of age; and
- (c) Never have been previously removed from office for good cause after the date the Tribal Constitution was ratified. (May 23, 1987).

7-3-24 Candidacy Procedures

Statements of Candidacy: Candidates shall file statements of candidacy no later than thirty (30) days before the scheduled date of the election and shall indicate which position he/she is filing for. **7-3-24 (a)(3)** ...once a person has filed for a position, he or she will not be allowed to change positions or to withdraw and refile for the same election.

The deadline for filing to run for the 2019 Election will be Friday, March 15, 2019 by 5:00 p.m. Your Position Statement, if you choose to include one with the ballots, must be submitted by this deadline.

7-3-24(b) Public Notices and Position Statements

(b)(3). Candidates will be given the opportunity to present a Position Statement for inclusion in the February, March or April Tribal Newsletter. The statement must be submitted before the paper's deadline and shall be no longer than one (1) sheet of 8-1/2" x 11" paper printed on both sides, capable of being copied on a black and white copier. Please contact me for deadlines.

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections. Contact me with any questions. Jeannie McNeil jmcneil@ctclusi.org 541-888-7506

CTCLUSI Voter Registration Card: UPDATED SIGNATURE REQUIRED

2019 Tribal Council Election - April 14, 2019

Dear Tribal Members,

The Election Board has designed a new form to improve the ballot verification process. As an Enrolled Tribal Member, we value your involvement in Tribal Elections. A letter was mailed to you in September to inform you that, at this time, we need your updated signature on file in this new format.

Please fill out the form completely and return it in the envelope that was provided to become a registered voter. You can also go online to **www.ctclusi.org/elections** to fill out a CTCLUSI Voter's Registration Card. Our next Tribal Council Election is April 14, 2019. ONLY Tribal Members that have signature cards on file will be considered registered voters and will receive a ballot.

If I can be of further assistance, or if you have any questions, please do not hesitate to contact me.

Sincerely,

Jeannie McNeil
Tribal Enrollment
Coordinator/Election Clerk
1245 Fulton Avenue
Coos Bay, Oregon 97420
(541) 888-7506
jmcneil@ctclusi.org

Go
online to
www.ctclusi.org/elections
to print and fill out a
CTCLUSI Voter's
Registration Card
Return form to
Enrollment Dept.,
1245 Fulton Avenue,
Coos Bay, OR 97420



Join 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 server two (2) terms, unless special consideration is necessary.

Currently, we have at least one (1) position available in each committee due to vacancies and term expiration on 12-31-2018. Tribal Committees cover several areas of the Tribe and work with various departments. Below is a list of Committees you may be interested in becoming a member of:

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. The attached **Letter of Interest Form** must be completed and returned in the envelope for Tribal Council considerations. All forms should be received by December 1, 2018.

Letters of Interest are only kept on file for one year.

Additional forms can be found on the Tribes' website: www.ctclusi.org or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact: Jeannie McNeil, 1245 Fulton Ave. Coos Bay, Oregon 97420. By email, jmcneil@ctclusi.org or by phone 541-888-9577.

Save the Dates

Tribal Holiday Celebration
December 8, 2018

TRC Events Center, Florence, OR

Regular Tribal Council Meeting
December 9, 2018

TRC Events Center, Florence, OR

Winter Solstice
December 21, 2018

Tribal Hall and Community Center

Tribal Member Birth Announcement



Jaina June Radford

Jaina June Radford was born on November 1st at 2:20 p.m. to proud parents Cole & Melinda Radford and older brother Carson McMahan. Jaina weighed 8 pounds 2 ounces and was 20.25 inches in length. Jaina is a Hanis Coos Tribal member descending from Samuel Fredrick Sprague II. Her maternal grandparents are Samuel Sprague & Andrea Greenfield, and her paternal grandparents are Dan & Gail Radford.

Jaina also has many other family members who are excited for her arrival including her Uncle Sam Sprague, Aunts Tonya Brown and Hannah Radford, and many cousins and friends to share in the excitement.



Tribal Housing Programs

The Housing Department offers five housing assistance programs for low to moderate income Tribal families. The participant must meet specific requirements to participate in these programs, please contact the Housing Department to find out if you are eligible. The following is a brief description of the programs we offer:

Rental Assistance: This program helps you maintain a good rental home such as an apartment, house, duplex or other rental unit by paying a portion of your rent directly to your landlord. This program is available all over the State of Oregon and outside of Oregon if you are a full time college student. Currently there is no wait time for this program and eligible families can be provided assistance in just a few weeks.

Tribal Housing: Our housing development at Qaxas Heights offers two, three and four bedroom single family houses, two bedroom duplexes and one and two bedroom 4-Plex units. We also have two 4-Plexes that contain one and two bedroom units, located in Florence, Oregon. As vacancies occur, we rent the homes to qualified Tribal applicants with our own Tribal Members having first priority.

Down Payment Loan Assistance: This program grants eligible Tribal members up to \$10,000 towards purchasing their first home. Participants do not have to repay the loan if they

live in their home for at least seven years. If they move out of their home prior to the seven year minimum, they must repay a prorated amount of the loan.

Home Repair: This program is intended to help Tribal families repair their owner occupied home and is one of the few programs that is available anywhere in the United States. This program can include, but is not limited to, repairing or replacing roofs, heating systems, electrical or plumbing upgrades and disability accessibility projects. Each qualified homeowner can receive up to \$10,000 to help make their home a safe, sanitary and decent place to live.

Emergency Assistance: This assistance may include, but is not limited to: placement in community-based crisis centers, transitional housing, motels, or the payment of one month's rent or deposit for a new rental unit.

There are specific criteria and eligibility requirements for each of our Housing Programs. Just give us a call and we will gladly explain each program in more detail. Applications can be found on the CTCLUSI website or we can mail you one to get the process started. You can contact Linda Malcomb, the Director of Housing at 541-888-1310 or lmalcomb@ctclusi.org or Laura Fortin, the Housing Assistant at 541-888-7504 or lfortin@ctclusi.org .

This Month...be on the Lookout for Steelhead

Contributed by Ashley Russell, Water Protection Specialist

Description: Steelhead belong to the family, Salmonidae, which is a family of ray-finned fishes. Also known as sea-run rainbow trout, these anadromous fish return from the ocean after about 2 to 3 years to freshwater, where they were born, to spawn, just like their salmonid kin. Unlike other salmonids, steelhead are iteroparous, meaning that they can spawn more than once and venture back into the ocean and return to freshwater to spawn again months later. Unfortunately, less than 10 percent of spawning adults survive to spawn again.

Rainbow trout is a freshwater form of steelhead that typically reach 1 to 5 lbs compared to lake-dwelling and anadromous forms, which typically reach 20 lbs. Genetic differences between freshwater and steelhead populations have been discovered and may allude to why certain populations smoltify, or undergo physiological changes to survive in saltwater, and others do not.

Food: Traditionally, steelhead weren't caught as often as chinook or coho salmon because they were harder to land as steelhead begin migrating beginning in December through March when the rivers begin to swell. When they were caught, dipnets were used in conjunction with damming for a brief time. People would get in their canoes just above the temporary dam and hold the dip net about 3 to 4 feet below the surface of the water until a fish swam next to or into the dip net.



Photograph taken by Ashley Russell on the Umpqua River in Takelma Territory

Hanis: Tsukwa'al, Tł'chii (Trout)

Miluk: Tł'chii (Trout)

Siuslaw: Q'waliis (Trout)

Scientific Name: *Oncorhynchus mykiss*

Tribe Welcomes New Forest Land Manager

Steve Andringa, Forest Land Manager

I am new to the area coming from Washington where I served the Yakama Nation for 32 years beginning in inventory, silviculture and timber sales, and 25 years as the manager of the Tribal Forestry Program. I am actively engaged with a wide variety of organizations including the Intertribal Timber Council, Society of American Foresters, Sustainable Forestry Initiative and the Tapash Sustainable Forests Collaborative.

I am a second generation forester; working in forestry and related fields all my life including Christmas tree farms, choker setting, logging and sawmill work. I completed my Bachelor of Science Degree in Forest Management from Washington State University in 1986.

Family is very important to me. Both, my parents grew up during the Great Depression on dairy farms in Wisconsin. Following new opportunities, my father attended college under the GI Bill at Oregon State University in Forestry. He began his career and together they started their family in Eugene. My Dad's career took us to Morton, Washington where I grew up. I am from a large family of eight brothers and sisters.

Most of us live in the Pacific Northwest, from Albany, OR to Bellingham, WA. I have three children – two girls who are married (one two year old granddaughter) and one son.

I look forward to continuing my career in Tribal forestry, using the skills and connections I've made working for three decades in the field. Happy Holidays!



Winter Solstice &

Tribal Family Gathering Dinner

Tribal Hall, Community Center & Plank House

338 Wallace, Coos Bay OR 97420



Weaving:

Cedar bark
Reindeer

Singing

Dancing

Ceremony



**Medicine bag
making**

**Smudge stick
making**



Activities start at 3 pm on Dec 21st –Closes 12:00 am Dec 22nd



Dinner 6-7pm

Lamtlam Tournament after Dinner



Mark Petrie

541.297.3681

PLEASE RSVP by Dec 17th

**Dinner Sponsored by the
HSD Diabetes Program**

541-435-7155 or 888-365-7155

Ancestral Territory Restoration Project in the Siuslaw Estuary

Contributed by Bryan Gillooly, Restoration Project Manager

Salmon have been a critical part of the diet and the culture of the Coos, Lower Umpqua, and Siuslaw peoples since time immemorial. Prior to European and American settlement, salmon and other fish species were abundant throughout the Tribe's ancestral territory. Keeping true to the culture of the past, the Tribe continues to honor the salmon in hopes of one day helping to restore the long standing relationship between the Salmon People and the Tribe. The ultimate goal of Tribal restoration projects is to reestablish an environment that provides for not only abundant and healthy salmon populations, but also supports other culturally significant species as well, such as lamprey and sturgeon, and traditional foodstuffs and basketry materials. Doing so will create a number of vital benefits to the Tribe including providing Tribal members with the opportunity to fish in a manner that honors and maintains their cultural practices and, hopefully, subsistence harvest one day along with the gathering of traditional plants for sustenance, tools, basketry, and fine art.

In working toward these goals, the Tribe is collaborating with partners, including McKenzie River Trust and the Siuslaw Watershed Council, to undertake a fish habitat and wetland restoration project in the Lower Siuslaw River estuary, called Waite Ranch. This 217-acre site, previously used to graze cattle, lies just northeast of the iconic Cushman railroad trestle on the Siuslaw River near Florence, Oregon, adjacent to Highway 126. The Department has secured more than \$570,000 in grant funding from the National Oceanic and Atmospheric Administration's (NOAA) Pacific Coast Salmon Recovery fund for four years of project work starting this year. Together with our partners, the total funding for this project will

be close to \$2 million dollars. And along with benefits to fish, this work also supports local contractors and seasonal staff in the Siuslaw!

In late October of this year, Tribal Council Members (Chief Warren Brainard, Debbie Bossley, & Doc Slyter) and CTCLUSI Staff (Margaret Corvi, Jesse Beers, & Bryan Gillooly) met with McKenzie River Trust board members, staff and volunteers, and the Siuslaw Watershed Council's Executive Director (Eli Tome) at the Waite Ranch restoration site. Doc Slyter lead the group with a traditional prayer and blessed the event with his traditionally handmade flute. Daniel Dietz, McKenzie River Trust's Conservation Director, gave the group a detailed description of the project, and Jesse Beers explained the significance of this historic site and expressed how important this site will be for future harvesting of native plants for traditional purposes, canoeing expeditions and other outdoor activities for Tribal Elders and children. Although ground has not been broken yet on this project, this visit provided an opportunity for its participants to imagine the massive construction endeavor that will take place in 2019 and 2020 to re-create a new channel and restore more than 200 acres of tidal wetlands, which will include traditional foodstuffs and plants used in basketry. Restoration of this magnitude is an incredible vehicle for the Tribe to demonstrate their continued stewardship of their Ancestral Territory, and will result in an estimated 10 miles of critical habitat for coho (silver) salmon, chinook (king) salmon and steelhead.

For more information about this exciting project, contact CTCLUSI's Restoration Project Manager, Bryan Gillooly at bgillooly@ctclusi.org.

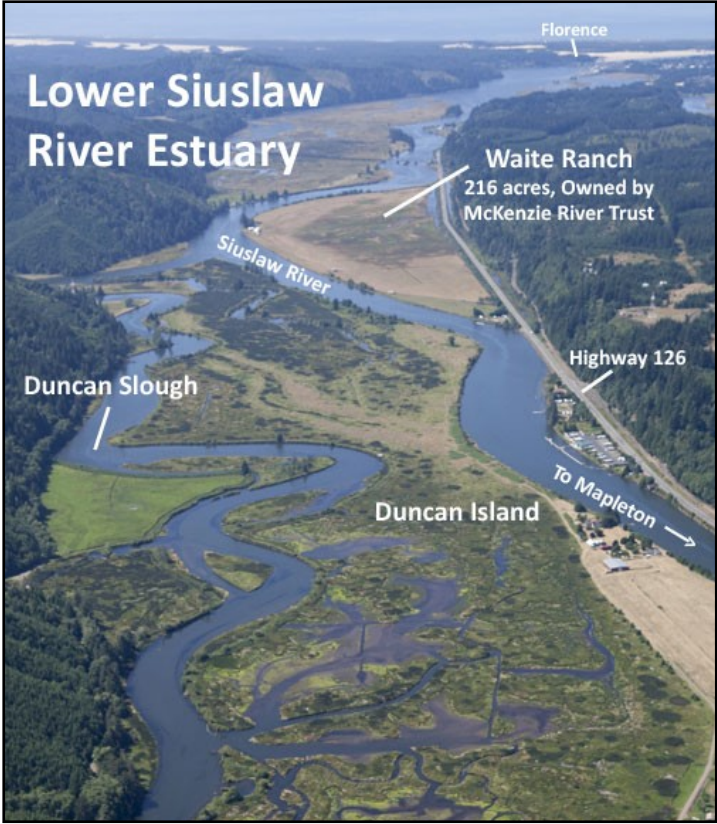


Photo courtesy of Roy Lowe, USFWS



Photo courtesy Bryan Gillooly, CTCLUSI Restoration Project Manager

Completion of the Local First Nation Historic Sign Project

Contributed by Joanne Kittel

A part of View the Future's mission includes cultural preservation, and educating the public about historical truths. To that end VtF undertook a two-part project called "Local First Nation Historical Signs". Part one was completed with the installation of five signs on the Yachats Ya'Xaik Trail commemorating the history of the First Nation people and Prison Camp Years who lived in the Yachats area. This month Part two reached completion with the installation of the final two signs in the Amanda Trail Gathering area that also includes the true story of Amanda.

VtF sponsored this project and raised over \$11,000 to fund this 7-sign project. Funds were provided by donations to the Ben Christensen Memorial Fund, Oregon Parks Foundation Fund - of the Oregon Community Foundation, Three Rivers Foundation and the City of Yachats Trails Committee Fund.



Photo by View the Future board member Shelly Shrock

Yachats Public Works installed the first three signs and Angell Job Corps Masonry Program crew installed the second four signs supervised by instructor Joel Hatzenbihler. Project supervision of the first five signs was by Robert Kentta, Cultural Resources Director with the Confederated Tribes of Siletz Indians; the final two signs were supervised by Jesse Beers, Cultural Resources Manager and Mark Petrie, Assistant Cultural Resources Manager with the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. Yachats Trails crew members and View the Future Board

members also donated time and labor.

Deepest appreciation goes to Joanne Kittel and, Diane Disse, for the enormous amount of time they devoted to designing the signs and bringing all the players together to make the signs a reality. Collaborative partnerships were essential and created a heartfelt community spirit. Thank you all !!!!!

A Word on Happiness from Your Prevention Team

While you might think that there are certain things that make you happy (or could make you happy if you had them), there are certain common traits among happy people --a different way of thinking about things and doing things. This includes the way you choose to think about and act on the past, present, and future.

•**Past.** When thinking about the past, people who are happier pay attention to what was good about the past, rather than focusing on the unhappy times. They are grateful, forgiving, and do not believe that the past will determine what happens in the future.

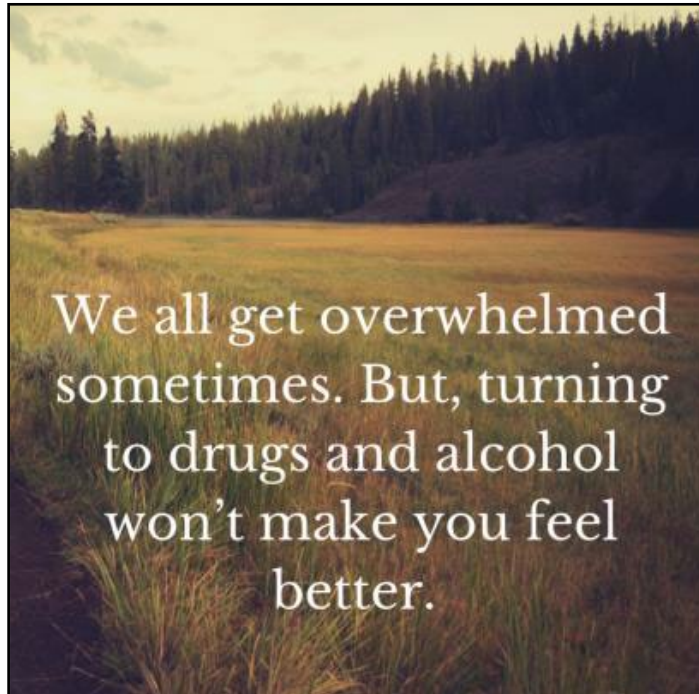
•**Present.** The way you think about and act in the present is essential in determining how happy you are (taking pleasure in life and your surroundings, building and being in meaningful relationships, and the way we react to things in life, good and bad).

•**Future.** When it comes to thinking about the future, happy people are optimistic (in a realistic sense) about how their future is going to be, but if it does not turn out that way, they know it's not going to be the end of the world either.

Why is happiness important? (Why wouldn't you want to be happy?!) Happier people are generally

healthier people—not only mentally, but also physically. **However, does aiming to be happy mean you can't be sad?** Not at all. In fact, going through times where you are sad can sometimes make that happiness all the brighter. Sadness is a part of life, and sometimes it's even possible to feel happy and sad about something.

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



Doug Barrett, CADC-1, CPS, Prevention Activities Coordinator;
541-297-2130
dbarrett@ctclusi.org

Sonja McCarty, Healing of the Canoe Facilitator;
541-808-8175
smccarty@ctclusi.org

Acknowledgement: This fact sheet was originally developed by youth and staff at ReachOut.com, a website that helps teens get through tough times.

Get the Facts: Over-the-Counter Medication

Drug Facts

With so many voices and opinions out there, it is important to understand the facts.

When it comes to drug use, individual reactions and experiences vary, so it's important to understand the usual risks and effects, both short- and long-term. Knowledge can be the key to making your own best decisions.

Information provided is not to prevent anyone from seeking medical treatment under the advice and care of his or her doctor. A variety of substances offer potential medicinal value, but that does not negate their risks, **especially when abused**.

Just because you can buy over-the-counter (OTC) drugs with few restrictions, does not mean they can't be dangerous, or even deadly, when abused.

What is it?

Over-the-counter (OTC) drugs are products that are available at supermarkets, drugstores and convenience stores. There is an incorrect but widespread belief that because you don't need a prescription, these drugs must be less dangerous than those found behind the pharmacy counter. The fact is, it's risky to abuse either.

The most commonly abused OTC drugs include those that contain the ingredient **DXM** (dextromethorphan), which is used to treat cough, cold and flu symptoms. In addition, OTC medications

believed to help with weight loss — like laxatives, diuretics and diet pills — are sometimes abused. All of these medications can have serious and potentially fatal side effects over time.

The Risks

Both liquid cough syrups and the tablet or capsule forms of medicine that contain DXM can distort your visual perceptions and damage your sense of judgment. High doses can lead to loss of coordination, dizziness, nausea, hot flashes and hallucinations.

With diet pills, it sometimes starts by trying just a few, but then can quickly turn into a full addiction.

Ephedrine is one of the dangerous stimulants that can be found in diet pills. But even herbal or "natural" weight-loss products can often contain this and other ingredients that may be just as dangerous.

Among the many possible side effects of diet pills are hair loss, insomnia, menstrual cycle disturbances, urinary tract infections, diarrhea, vomiting, blurred vision and anxiety.

Long-Term Effects

DXM can be so physically debilitating, it makes any activity potentially dangerous.



When combined with alcohol or other drugs, it can lead to overdose and death.

The stimulants found in diet pills affect the central nervous system, increase your metabolism and make your heart beat faster. This can be especially serious for anyone with a pre-existing heart problem or high blood pressure. Nevertheless, even in a healthy person, diet pills can eventually cause a heart attack or stroke.

The Bottom Line

Since they are legal and easy to find, OTC drugs are also easy to abuse. Like any medicine, they can have their benefits when taken as directed and in

moderation. However, there is always the danger of taking too much, mixing them with other drugs and even overdosing. They can damage your body for life, and even cause death.

If you would like more information, please contact:

Prevention & Treatment Coordinator:
Doug Barrett at 541.297.2130
Healing of the Canoe Facilitator:
Sonja McCarty at 541.808.8175

Acknowledgement: Above the Influence, a website that helps teens be more aware of the influences around them, originally developed this fact sheet.

Wisdom Warriors: Living Wise.....Living Strong

Workshop coming to Coos Bay in January!

North West Regional Council (NWRC) is partnering with Tribal communities throughout Washington and Oregon to implement **Wisdom Warriors**, an ongoing Tribal Preventative Health Program for those suffering from chronic illness or living with someone that does. The model for this program is “*Wisdom Steps*”, a very successful Tribal program in Minnesota that has over one thousand (1000) Tribal members enrolled. Please see their web page for a better understanding of their program.

Over four hundred and fifty (450) participants in Washington and Oregon have completed the Wisdom Warrior workshops and have made a commitment to living a healthier lifestyle! This number continues to grow as more communities come together to prioritize health and wellness.

The goal of the program is to provide an ongoing, incentive driven program that provides participants education, support and tools to make healthy choices resulting in lifestyles that promote self-care, good choices and longevity. Participants are rewarded with the Wellness Bag, Beads, Charms, and most importantly,

active control of their own health and wellbeing.

Suggested Program Participation Requirements

The first step in joining the program is for Tribal members/family members that suffer from a chronic illness, or who live with someone with a chronic illness, to participate in the Wisdom Warriors workshops. The workshops consist of six, 2½-hour workshops. The Wisdom Warriors program provides education and tools for living with chronic disease and practicing proactive, healthy living choices. Upon completion of the workshops, the participant becomes a Wisdom Warrior and receives a Wellness Bag signifying their commitment to their health.

Contact info: **Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians**
Kimmy Bixby CHA, *Wisdom Warriors Lay Leader*
Office (541) 744-1334
kbixby@ctclusi.org
Doug Morrison CHA, *Wisdom Warriors Lay Leader*
Office (541) 997-6685
dmorrison@ctclusi.org

CALLING ALL THOSE AGES 14-24
INTERESTED IN TAKING AN ACTIVE ROLE
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THIS IS THE CONFERENCE FOR YOU!

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MIDYEAR
CONFERENCE

NATIONAL UNITY COUNCIL BUSINESS MEETING
LEADERSHIP DEVELOPMENT TRAINING
NATIVE YOUTH NETWORKING
EDUCATION & CAREER FAIR
CULTURAL SHARING
CLAN ACTIVITIES
AND MORE!

SEE YOU THERE!

FEBRUARY
15-18
SCOTTSDALE
ARIZONA

For more information contact
Sonja McCarty
Cell 541.808.8175
smccarty@ctclusi.org



Wisdom Warriors

Living Wise.....Living Strong

Chronic Disease Self-Management Education Workshops

The Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians
Health Services Division
(In partnership with Yellow Hawk Tribal Health Center)

We are offering a free series of six 2½-hour workshops for anyone with a chronic illness or those living with someone suffering from chronic illness. These workshops are designed to provide you with evidence based techniques that can assist you to better manage chronic illness through self-care.

Topics include: Chronic disease management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, and working with your health care provider.

Healthy snacks will be provided

Workshop Schedule

Monday, January 14, 2019
Monday, January 28, 2019
Monday, February 4, 2019
Monday, February 11, 2019
Monday, February 18, 2019
Monday, February 25, 2019

From 2:30 p.m. to 5 pm

At the CTCLUSI Community Center
338 Wallace St., Coos Bay, Oregon 97420



For more information contact: Doug Morrison at (541) 997-6685
To sign up please call: (541) 435-7155 or toll free 1 (888) 365 7155



Spring Break 2019 CAMP

March 25th through 29th
Be looking for information
coming soon!

Swimming Lessons

Family Services Department is working on opportunities for both Coos Bay and Eugene families to take part in swim lessons this Jan. For more information contact:

Dawn Adams 541-808-7699
dadams@ctclusi.org

Fall Harvest continued from cover...

Thank you to all the Administration Staff and Departments that came together to put this event on, without your hard work this would not have been possible. And many thanks to all those who came and celebrated together. We hope to see you again soon for the upcoming Holiday Celebration on December 8th at the Three Rivers Casino Events Center in Florence.





Elders Corner

Elders Luncheon

Thursday, December 6, 2018

11:30 a.m. — 3:00 p.m.

(Lunch will be served at 12:00 p.m.)

at

Three Rivers Casino Resort
Event Center

5647 Oregon 126, Florence, OR 97439

Come join us for
Bingo, Prizes and Crafts!

There will be a gift exchange for
those who wish to participate.
Please mark your gift for male
or female.



Please RSVP by Friday, November 30, 2018.

Please call the RSVP line at 541-435-7155 or toll
free at 1-888-365-7155.



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

It's Not Too Late!



If you live in the 5-county Service Delivery Area and are eligible for Purchased/ Referred Care (PRC), you can get a flu shot at your local Bi Mart Pharmacy. Show them your OptumRx Pharmacy Card and they will bill the cost to your insurance and/or PRC.

To find a Bi Mart Pharmacy near you, go to
<https://www.bimart.com/our-locations>



For more information call:

Confederated Tribes of Coos, Lower
Umpqua, and Siuslaw Indians

Purchased/Referred Care

(541) 888-4873 or

toll-free at 1-800-227-0392

Prescription Reminder



If your prescriptions are paid for through the Purchased/Referred Care program, please remember the following:

- ◆ You must tell the pharmacy about your other insurance or alternate resources
- ◆ You must present your OptumRx card to the pharmacy when picking up your medications
- ◆ If you received a letter from PRC about Pequot mail-order pharmacy, you must start getting your maintenance medications from Pequot **beginning December 1, 2018**

For more information call:

Confederated Tribes of Coos, Lower
Umpqua, and Siuslaw Indians
Purchased/Referred Care
(541) 888-4873 or
toll-free at 1-800-227-0392



Elders Lunch

Thursday, January 3rd, 2019

at 11:30am

CTCLUSI TRIBAL COMMUNITY CENTER

338 Wallace Street, Coos Bay, OR 97420



Please RSVP By December 28, 2018

(541) 435-7155 or toll free 1(888) 365-7155

A minimum of 10 RSVPs are required.

LIMITED TRANSPORTATION PROVIDED.



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

Elders Corner

Tribal Elder Carolyn Slyter Walks On

A celebration of life for Carolyn Ramona Slyter, 87, of Coos Bay was held at 1:00 p.m. Saturday, December 1st, at the Nazarene Church, in North Bend. A reception followed at the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Community Center in Coos Bay.

Carolyn was born May 10, 1931 in North Bend, Oregon, the daughter of Gus Robert Carlson and Ramona Blanche (Jordan) Carlson. She passed away on November 10, 2018.

She grew up on the family ranch located on Carlson Arm (named after her family) in Lakeside, Oregon. She attended elementary school in Lakeside and later graduated from North Bend High School. Since there was no road access to the ranch, Carolyn and other kids were picked up by a school boat and taken into Lakeside each day to go to school. She later lived with her aunt in North Bend during the week to attend high school and then went back home to the ranch on weekends.

Carolyn was a Hanis Coos Elder of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. She was loved and respected by her Tribal Family, as well as anyone that met her. She traveled to Washington, D.C. to testify on behalf of her Tribe and worked diligently in seeing federal recognition bestowed to the Tribe in 1984.

Carolyn was elected to serve on Tribal Council in 1998, and served as the Vice-Chair until 2002, after which she continued to hold office on Council until 2010. During her time on Council, the Tribe reached some major milestones including; the purchase of the current Tribal Government Office in 1998, the completion of Qaxas Heights Tribal Subdivision in 2000, the opening of The Three Rivers Casino in 2004, in 2005 the return of Coos Head from the former Naval Facility, and the Oregon Surplus Federal Land Act of 2008 returning Baldich (Gregory Point) to Tribal stewardship.

She was also employed as the Tribal Enrollment Clerk for 4 years, as well as serving on a number of Tribal Committees including Education, Enrollment, and Budget Committees. She was elected the Chair of the Education Committee and Election Board during her terms, and also served on the Health Board, the Indian Child Protection Team, was a part of the Grandparent Program, a facilitator for Positive Indian Parenting and was a wonderful advocate in the community for the Tribe. Carolyn was also one of the first Tribal members to be nominated and sworn in as a Peacegiver when Peacegiving Court was established in 2005. She continued to be involved, always



working towards restorative justice for her Tribal community.

Outside of the Tribe, Carolyn was a very active community member. Her activities included: Board Member of the OSU Extension Services, Member of the Fraternal Order of Eagles, Board Member of the Coos Bay Garden Club, Board Member of the Community Coalition of Empire, Lakeside Watershed Advisory Board and the Advisory Board for CASA (Court Appointed Special Advocate). She also prepared income taxes for the elderly and low-income people through the AARP program. Early on Carolyn filleted fish at several fisheries in Charleston, and was elected to serve in various officer positions for the Local ILWU Longshoremen Workman's Union, local 42.

Carolyn, along with Edgar Bowen and Jim Thornton, helped build one of the leading Indian Education Programs in the Coos Bay and North Bend School Districts. Even with all the volunteer work Carolyn did, she still found time to attend all local music concerts and plays. Carolyn was known far and wide for her amazing fry bread recipe, her all

knowing smile, determined spirit, and her heartfelt laugh. She will be missed dearly by all who knew her.

She was preceded in death by her parents, Gus and Ramona Carlson, husband Donald (Tuffy) Slyter, sister Aloha Ann Miller, nephew Gus Miller, brother-in-law Jack Miller and brother-in-law Larry Nelson.

She is survived by her daughter Debbie Bossley and husband, Bob, son Donald (Doc) Slyter and wife, Debbie. She was blessed with four grandchildren: Mindy Andresen and husband, Keith, Rusty Bossley and wife Kysha, Tyler Slyter and Scott Slyter. Along with her cherished great-grandchildren: Bryson Bossley, Reece Slyter and Ryan Andresen.

In lieu of flowers, the family requests a contribution may be made to the Carolyn Slyter Education Scholarship Fund c/o Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, 1245 Fulton Avenue, Coos Bay, OR 97420. If you have any questions on how to contribute, please call 541-888-9577.



Carolyn, pictured center, worked alongside other Tribal members in seeking the restoration of the Tribe in 1984, even traveling to Washington D.C. to testify on behalf of the Tribe.



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Chief Executive Officer
Bartender ~ Cocktail Beverage Server
Food Server ~ Busperson ~ Host
Food Court Outlet Positions (4)
Line Cook ~ Night Cook/Cleaner
Dish Machine Operator
Slot/Keno/Bingo Attendant
Soft Count Team Member Dual Rate Lead
Hotel Front Desk/PBX Clerk
Guest Room/Laundry Attendant
Environmental Services Technician I
Special Events Team Member

Blue Earth

Telecommunications/Network Technician

Three Rivers Casino Resort ~ Coos Bay

Bartender/Server ~ Line Cook
Maintenance Tech II

Tribal Government Offices

Special Events Employee, On Call (location varies)
Forester, Coos Bay
Circles of Healing Program Coordinator, Coos Bay
Surveillance Agent, Florence

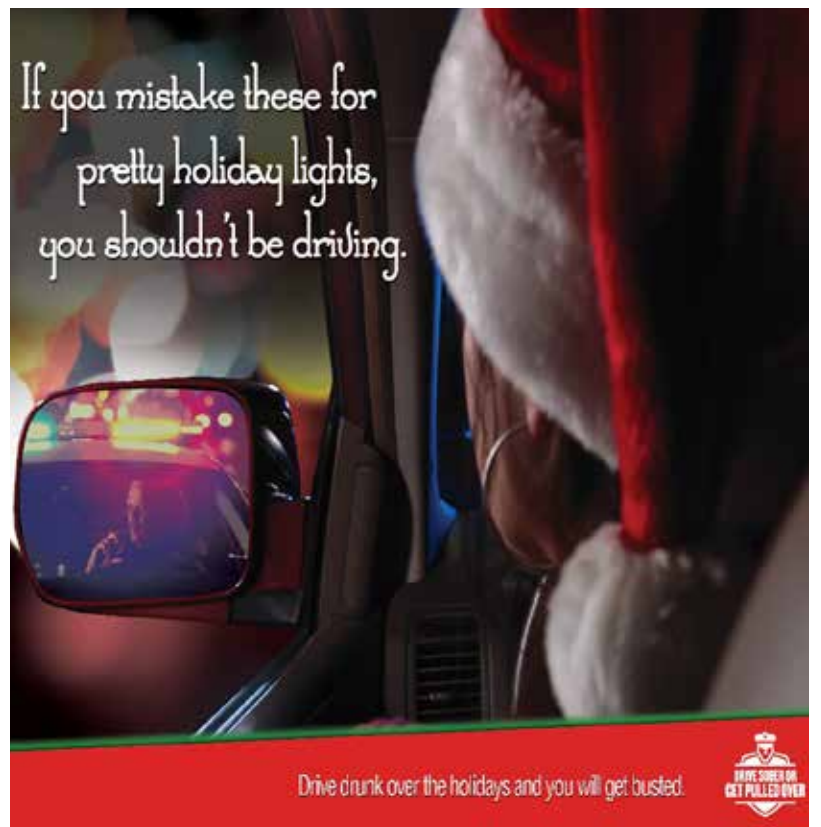


<http://ctclusi-int.atsondemand.com/>

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

Updated Daily

Or call Recruitment at **541-902-3821**



Baby Baskets!



Are you a Tribal member or Tribal spouse expecting a baby?

We can help you by providing a basket of necessities for your new little bundle of joy.

Our Community Health Aides work together with our Dental Clinic to make sure you receive a great variety of baby products to start off your baby's precious life with ease, comfort and good health. Some of these items include diapers, wipes, bottles, a tooth/gum brush, bathing products, and a car seat. If you live in the five county service area and are expecting, you are eligible to receive one of these baskets.

For more information, please contact your area's **Community Health Aide**.

Armando Martinez: Coos Bay office: (541) 435-7228 cell: (541) 435-5223

Doug Morrison: Florence office: (541) 997-6685 cell: (541) 297-2391

Kimmy Bixby: Eugene office: (541) 744-1334 cell: (541) 808-8684

EZ Mini Storage - Operated by Blue Earth

EZ Mini Storage 1293 Ocean Boulevard next to the Three Rivers Casino Coos Bay

Tribal Members & Employees get 20% off of the Monthly Rental Rate

Contact Phone Blue Earth by calling 541-269-2964

Sizes: 5x10; 8x10; 10x10; 10x20; 10x30 [subject to availability]



Would you like to become a State Certified Daycare Provider?

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

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

FITNESS PROGRAM REMINDERS

You must submit your fitness receipts for period from July 1 through December 31, 2018, no later than January 11, 2019, for reimbursement. Receipts for fitness purchases from January 1 through June 30, which were due by July 13, 2018, will not be accepted.

Receipts must be legible. We can no longer accept generic receipts (receipts that do not have the printed name of the business) without additional proof the payment was made. A copy of the canceled check or bank statement must be included if you are submitting a generic receipt. A picture of a duplicate or non-canceled check is not acceptable.

2019 Fitness Registration Forms will soon be available on-line. If you have any questions, please contact DeeDee Plaep at dplaep@ctclusi.org or 541-997-6685.

Tribal Police Officer Doug Laird to Receive the Medal of Honor from the Oregon Peace Officers Association

Contributed by Brad Kneaper, Chief of Police

On 06/23/18 at approximately 06:40, Officer Laird responded to assist the Coos Bay Police Department (CBPD) at a residence in Coos Bay. The suspect had previously led two separate police agencies on eludes earlier that morning. CBPD officers attempted to make contact with the suspect at the front door. The suspect was located in a garage on the side of the house loading rifles. The suspect armed with a rifle in what appeared to be an attempt to ambush the two officers at the front door, Officer Laird made contact with the suspect who refused to lay down his weapons, which got the attention of the other officers at the location. They attempted to talk the suspect into putting the rifle down for several minutes, but he refused to do so, and eventually brought his rifle up and pointed it at Officer Laird. Officer Laird along with Officers at the location used deadly force to protect their lives and the lives of citizens in the area. The actions taken by Officer Laird likely saved the lives of other officers present at the scene. Based on his actions that day, The Oregon Peace Officers Association will present Officer Laird with the Medal of Honor On November 30, 2018 at the OPOA Awards Banquet at the Spirit Mountain Conference Center.



Officer Doug Laird

Updates from Transportation - More Good News!

CCAT Services are now expanding for all CTCLUSI Tribal Members. This now includes all of the public services other than their demand response, Dial-A-Ride. In addition, the Coquille/Myrtle Point Connector, Powers Connector, Lakeside and Hauser Connector are now available, along with the Loop Services they already provide for members. All you need to do is show the driver your Tribal ID card.

If you have any questions please contact Kathy Perkins, CTCLUSI Transportation Coordinator at 541-888-9577

Family Services: What Do We Do?

Contributed by Leslie Lintner MS, Behavior Health Specialist

The Health Department and Family Services recently reorganized and Family Services has once again branched out as it's own Department at Tribal Government. Family Services continues to have a proactive supportive approach helping families and adults navigate and deal with life's unexpected detours.

Family Services can help support addiction and dependency issues and we can now coordinate Medication Assisted Treatment for Opioid dependency. Family Services can also assist with traditional Native American Residential Treatment options in addition to coordinating local treatment alternatives with collaborative community agencies. In the near future, we will offer support groups for Tribal and family members in recovery.

Family Services has adopted and continues to provide a person centered approach and works to provide Tribal Best Practices and Evidence Based Practice whenever possible. Family Services now has a certified Recovery Mentor and a Family Support Specialist helping provide services to Tribal members and their families. We can also provide referrals to community agencies to assist with specific Tribal member needs.

Additionally, Family Services has more supportive services available to assist families and individuals in crisis or in need. We are integrating programs that address many different areas of life including mental health, domestic violence, post-partum support, childcare for working parents, respite care, and emergency housing services for clients experiencing addiction or mental health issues. We provide LIHEAP to eligible individuals and families. We are working on new parent programs while continuing to offer parenting classes.

We will continue to offer regular family events and activities that bring families together in a supportive and inclusive environment supporting a shared Tribal culture. We look forward to hearing your input on the services CTCLUSI Tribal members and their families' need along with ideas on how to integrate those services in Family Services.

Please address any comments, feedback or recommendations to Family Services Director Earl Boots at eboots@ctclusi.org, call Family Services at 541-888-6169 or stop in and speak to us personally.

We value your input!

LIHEAP Low-Income Home Energy Assistance Program

Make an appointment for LIHEAP with:

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

Eugene 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:

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.

Household Size	Yearly Gross Income
1	\$24,549
2	\$32,103
3	\$39,656
4	\$47,210
5	\$54,764
6	\$62,317

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



Sponsored by CTCLUSI Health & Human Services Division

Family Services - LIHEAP Program

Two Native American Women are Headed to Congress This is Why it Matters

Centuries ago, colonists demoted indigenous women from leadership roles. We've been fighting to get them back ever since.

The Washington Post - November 8

By Sarah Sunshine Manning (Shoshone-Paiute) is a writer, producer and host of the "While Indigenous" podcast, and communications director to the NDN Collective

History was made, twice over, in Tuesday's midterm elections, when two Native American women won seats in the House of Representatives. Deb Haaland, a Laguna Pueblo from New Mexico, and Sharice Davids, a member of the Ho-Chunk Nation from Kansas, will be the first Native American women to serve in Congress.

Throughout Indian Country, as the interconnected community of Native Americans is affectionately known, indigenous people were overjoyed. On a night of many firsts (the first Muslim women were elected to Congress, and Davids is also the first openly gay person elected to represent Kansas), these victories were partly about representation. Native Americans were made citizens of this country only in 1924, and they weren't afforded the right in some states to vote until 1948. "I never imagined a world where I would be represented by someone who looks like me," Haaland said in her victory speech, to thundering cheers.

But this is about more than a marginalized group seeing its reflection in Congress. For Native American women, this is also about asserting their ancestral right to leadership in a society that has overlooked and undermined the power of indigenous women.

Native American women held tremendous power in pre-colonial, egalitarian societies across the Americas. Yet as a result of generations of colonialism, indigenous women have been made invisible, virtually written out of history and out of leadership by colonial officials.

In pre-colonial nations such as the Haudenosaunee Confederacy of the Northeast, clan mothers played central roles in ensuring balanced governance and were responsible for appointing tribal leaders and chiefs. The clan mothers often had the first and the last say, sometimes shaping decisions about whether the men went to war, and served as respected counselors for their clans and communities.

Among the Diné of the Southwest, a matrilineal nation, it was always the women who owned property, and clans were and still are passed down through the women's lineage. As with the Haudenosaunee and many other tribal nations during the point of contact with early settlers, Diné women were simply not given the same deference as men when it came to recognition from the settler officials.

Colonization fractured the delicate balance in many tribal nations, where women and men alike held valued roles in the community. Forced assimilation through federal government policies undermined the spiritual lifeways of indigenous people, who deeply valued feminine life sources, Mother Earth above all.

Men were designated heads of household by Indian agents in the early reservation era, and the convention of paternal last names helped replace any semblance of traditional gender balance in the home. Settlers also saw indigenous women virtually in the same manner that they perceived the land: there for the taking. Indigenous women have suffered generations of physical and sexual assaults at the hands of white men and colonial forces. Today, Native American women remain the most likely demographic to experience sexual and physical assault.

The historic wins of Davids and Haaland, and the many other victories for Native American women in elections nationwide (including Peggy Flanagan in

Minnesota's lieutenant governor race and Ruth Buffalo winning a seat in North Dakota's House of Representatives), are indicative of a movement among indigenous people today to decolonize — including efforts to reclaim traditional philosophies and tribal languages and to rethink education in tribal schools — and reconnect to the strength of who we once were: nations with strong women, with gender equity and with women as valued leaders in the community.

Beyond gender, the wins of Davids and Haaland are significant for Native Americans. In my experience, many Native Americans struggle to trust fully in the American political system, because the federal government long eroded tribal sovereignty, stifled indigenous agency and created policies that disenfranchised tribal communities to the point of generational poverty and despair. More recently, legislation in North Dakota created obstacles for Native American voters in the state, adding voter suppression to the history of injustices.

In Albuquerque, Haaland spoke to some of those disparities. "Seventy years ago, Native Americans right here in New Mexico couldn't vote," she said. "I want to tell everyone in this room, people who have been under attack who deserve never to be erased: I see you, I'm listening."

The ascent to political power is a final, formal recognition of the role of indigenous women. It reconnects Native voters to their peoples' historic respect of all feminine life sources, including Mother Earth. Imagine the world that sort of reverence and balance will create.



SPIRIT MOUNTAIN
COMMUNITY FUND

HATFIELD FELLOWSHIP

As of 2018, the Spirit Mountain Community Fund's **Hatfield Fellowship Program** has seeded Indian Country with 18 highly motivated Native Americans who hold high-level positions within Tribal, Federal and State Governments.

The Confederated Tribes of Grand Ronde established the Mark O. Hatfield Fellowship in 1998 as a living tribute to Senator Hatfield for his accomplishments as Governor of Oregon and a United States Senator. The fellowship honors the Senator's contributions to the tribe and ensures his legacy of integrity and strength through effective public service is carried on.

Each year, the Spirit Mountain Community Fund selects a Native American from the Pacific Northwest to serve as the Hatfield Fellow and intern in an Oregon congressional office in Washington, D.C. Placement of the Hatfield Fellow rotates through the Oregon delegation to further enhance the mutual understanding between leadership in Washington and Native American tribes.

The fellowship begins in November with a month-long fellowship orientation program at the American Political Science Association (APSA). During this time, APSA fellows in journalism, political science and international policy become acclimated to the environment in Washington, D.C. and build an instant support network, including the APSA Director who serves as a resource and mentor.

In December, the Hatfield Fellow reports to their placement office for an eight month term where they will serve as an integral member of the team.

Hatfield Fellows receive a once-in-a-lifetime opportunity to learn the inner workings of the federal political system, while serving as advisors on Native American issues. Hatfield Fellows work closely with their Member of Congress, serving as

a link to Indian Country and helping to make connections between Congress and Oregon Tribes. *"I couldn't imagine a better opportunity for young people who are interested in a career in public service. Hatfield Fellows not only get invaluable experience in developing career skills, but also get the opportunity to work on real-world issues and learn how to make things happen in Washington."* ~ Congresswoman Suzanne Bonamici

"My federal career was jumped started by about 10 years with this experience. I started as a policy analyst in a newly, at the time, legislated office in the USDA Forest Service called the Office of Tribal Relations. My time working in Senator Smith's office was a major reason for me getting the job." ~ Bryan Mercier, NW Regional Director for the Bureau of Indian Affairs and Former Hatfield Fellow

The Spirit Mountain Community Fund is the philanthropic arm of the Confederated Tribes of Grand Ronde. The Community Fund's focus is to improve the quality of life in northwest Oregon through community investments that provide lasting benefits consistent with the Tribe's culture and values. The Hatfield Fellowship program is just one example of this enduring commitment.

Because of the placement support and work experiences in our Nation's Capital, Hatfield Fellows acquire the tools and skills needed to become change agents and leaders in their communities, producing long-term benefits for all Tribes and the Pacific Northwest.

Applications for the **2019/20 Hatfield Fellow** will be accepted online from **March 1, 2019 - April 30, 2019.**

For details about this unique opportunity go to thecommunityfund.com or contact us via email at info@thecommunityfund.com

www.thecommunityfund.com

New Health Services Division Employees

Contributed by Vicki Faciane, Director of Health Services

Please join me in welcoming three new additions to the staff in Health Services:

- MeAnnDa Wallage – Dental Assistant
- Ashley McFarland – Dental Assistant
- Tes Gagner – Eugene Outreach Office Administrative Assistant

I asked each one to give me a short bio to include in the newsletter. Here are their bios, in order of their hire dates:

MeAnnDa Wallage – Dental Assistant

My name is MeAnnDa DeLi Wallage. I am the daughter of Darwin and Zeddie Wallage. I was born and raised in Coos Bay, Oregon. My children are Ricky Johnson who is 24 and my daughter JoZeAnna Mundell who is 17. JoZeAnna and Ricky are 8th generation born and raised in Coos County. I started my dental career in 1995 as an on the job training as a dental assistant and fell in love with the dental world. I have studied and passed several state tests to become certified. What I love is helping patients feel more at ease in the chair.



I currently live in Fairview with my 2 children, husband Chris Mundell, 8 chickens, miniature 3 yr old pet pig named Grizzle Jack, 3 dogs a 4 Yr. old Chug named Doogie, a 10 Mo. Old chug named Howser, and a 10 Mo old Long haired German Shepard, 3 cats whose names are Kung Fu, Jassie, and Theo, and a horse named Mickey. My hobbies are spending time with my family, cooking, home improvement projects, and reading.

Call the Dental Clinic at 541-888-6433
to make your appointment today

Ashley McFarland – Dental Assistant

My name is Ashley McFarland. I started my dental assisting career back in 2012 through The American Red Cross in Missouri. After graduation, I was hired at Harper Dental Clinic on Fort Leonard Wood, where I served our military. While working as a Dental Assistant, I was also a fitness instructor and a part-time student working towards becoming a Dental Hygienist.



I grew up in the Coos Bay area and graduated from Marshfield in 2008. My husband and I moved back Mid-September to be closer to my family. I have been married to my husband, Cody for four years. We have a 1-½ year old son named Hank and two dogs. Lola is our 15 year-old yellow lab and Sadie is a 3 year-old Blue heeler mix. I currently have no hobbies due to work and my energetic child, so if you see me around shout out some hobby ideas- I could use the help!

Tes Gagner – Eugene Outreach Office Administrative Assistant



Hi, I am Tes Gagner, the new Administrative Assistant for the Eugene Outreach Office.

I am a Coos Tribal member. I live outside of Springfield. I have been happily married to Conrad Gagner for 28+ years and we have three children together - Paige, Conor & Grace Gagner. We love to go camping, hiking and GEO caching. I have a lot of dogs and enjoy having my fur babies. I am grateful and honored to be working for my Tribe.

Come and see me in the new Eugene Outreach Office located behind the plaza at 135 Silver Lane, Suite 200 Eugene, OR 97404 and say “Hi!”

Posted December 1, 2018

ENROLLMENT COMMITTEE’S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

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

<u>Vyolet Wheatlea Hileman</u>	<u>Connor Riley Brix</u>
Parent: Tate Joseph Hileman	Parent: Michele Brooke Brix
Lineal Descendant: Clair Lewis	Lineal Descendant: John Robert Perry
Tribe: Lower Umpqua	Tribe: Lower Umpqua - Siuslaw
<u>Kylan Mae Thorn</u>	<u>Kinsley Parker Warrick</u>
Parent: Logan Thorn	Parent: Logan Warrick
Lineal Descendant: Howard Anderson	Lineal Descendant: Dianna Plaep
Tribe: Lower Umpqua	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).



Tribal Veterans of Honorable Services

We are Currently Seeking Veteran Information

If you are an Enrolled member of CTCLUSI and have served or are serving in any branch of the Armed Services, we are seeking information to honor your service. In the past, the Tribal Chief has selected Tribal members to be recognized at our Annual Salmon Ceremony. In addition, the Tribe has dedicated a wall at the Historic Tribal Hall to display both current and past Veterans (Photos on the Veterans Wall shown above). We would like to add honored members.

Eligibility requires Proof of Honorable Service – Member **must** provide copy of DD-214 **or** Military ID Card **or** VA Medical ID Card to verify proof of honorable service. Turn in this completed application form, supporting documents and a 5x7 Military photo (to be copied and returned if needed) to: Enrollment Department, 1245 Fulton Avenue, Coos Bay, OR 97420.

Print form online at www.ctclusi.org and return to Enrollment Dept., 1245 Fulton Ave., Coos Bay, OR 97420

Prevention Activity Beading & Paddles

Prevention Topic: HOC (Healing of the Canoe) & Canoe Journey
All Tribal Members and the Families of the
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
are eligible to attend.

Choose one location only.

You must RSVP by the date indicated for the location you chose.

JANUARY COOS BAY

**Saturday, January 12, 2019
Tribal Hall**

338 Wallace, Coos Bay OR
For Beading, Necklace Making
& Paddle Making
10:00 AM to 2:00 PM
Please RSVP by Tuesday,
January 8th.

FEBRUARY SPRINGFIELD

**Saturday, February 9, 2019
Chifin Native Youth Center**

1084 G street Springfield OR, east entrance
For Beading, Necklace Making
& Paddle Making
10:00 AM to 2:00 PM
Please RSVP by Tuesday,
February 5th.



RSVP Line 541-435-7155 or
toll free 1-888-365-7155



We will be providing:
Snacks
Beads, Necklace Making
Supplies & Paddles Blanks



Sponsored by:
Confederated Tribes of Coos, Lower
Umpqua & Siuslaw Indians
Prevention Program,
Family Services,
& The Culture Department

Tribal Family Holiday Celebration 2018

Three Rivers Casino Resort Event Center

Saturday December 08, 2018

Doors open at 3:00 pm.

Families with attendees 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 Line: 541-435-7155 or toll free 1-888-365-7155

please include children's name & age

RSVP by November 28, 2018 need to know for stockings and

Other Holiday planning.

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

November 30, 2018 for this discount.

For more information, please contact

Jan Lawrence @ 541-888-7538 or Christine Sylvester at 541-888-7532

Our Battle with Seasonal Depression

Contributed by Kimmy Bixby, Community Health Aide

Seasonal Depression, also known as Seasonal Affective Disorder (SAD), is a very serious disorder that is estimated to affect ten million Americans, with another ten to twenty percent possibly suffering from a milder case of SAD. Within this, Native Americans experience psychological distress 1.5 times more than the general population.

The effects of Seasonal Depression include but are not limited to:

- A lack of motivation.
- Loss of interest in activities that used to be enjoyable.
- Sleeping too much or too little.
- A lack of appetite or overeating (especially carbohydrates).
- Worry or anxiety about the future.

These symptoms have been known to come on very suddenly and out of nowhere. There is not one main cause of SAD, but the majority of this disorder can be linked to a vitamin deficiency.

The change in weather, drop in temperature, rainy days, and gloomy, overcast skies can affect one's mood significantly. With that comes the time change, so we don't get as much daylight and are deprived of the vitamin D required to help us function. Another issue for some people this time of year could be financial strain. The holidays are stressful enough with all of the hustle and bustle, but add to that the money spent on food and gifts and the long hours of work to make it happen. Other triggers may include loneliness caused by a recent separation or the death of a loved one. All of these factors, along with so many others unmentioned, can really add up and make life almost unbearable for some. If you feel like you may be suffering from Seasonal Affective Disorder, even if it's mild, please don't be afraid to reach out for help. There are several different ways to treat this depression, and though they may not completely

You are not alone and there is always someone there to listen if you need them, whether it's a physician, family member, spouse, friend or even someone from our Tribal Staff

eliminate the symptoms, it has been proven to help tremendously. Below are some ways to help improve your mood:

- Take a Vitamin D supplement of at least 1,500 mg daily.
- Try light therapy- a half hour per day of exposure to full-spectrum light has been shown in recent studies to improve mood and lessen depression.
- Cognitive behavioral therapy- focuses on challenging and changing unhelpful cognitive distortions and behaviors.
- Counseling sessions with a mental health professional, or regular meetings with a spiritual healer.

- Physical exercise- this is extremely crucial to your mental health, as it increases Serotonin levels in your brain and improves appetite, mood, and the circadian rhythm.

Additional methods you may want to try is ionized-air administration and/or dawn simulation to assist in waking you up naturally each morning. If you try these and still feel like you are suffering, please talk to your healthcare provider to find out if there is an underlying cause that may need to be treated with an antidepressant or therapy. You are in control of your life and making the decision

to reach out for help is a huge step in the right direction. Just remember that you are not alone and there is always someone there to listen if you need them, whether it's a physician, family member, spouse, friend or even someone from our Tribal Staff. We are here for you.

Need help?

let's talk.

4-10pm daily

TALK

877.968.8491

TEXT

"teen2teen" to 839863

CHAT

OregonYouthLine.org

#WeNeedYouHere

PREVENT VETERAN SUICIDE

TO KEEP YOURSELF SAFE

- Ask for help. Don't be afraid to let your family and friends know what you need. They want to help. You can also reach out to confidential 24/7 services using the information below.
- Find a support group. Talk to other veterans who have gone through the same kind of trauma you have.
- Make a safety plan. Work through the steps if you feel depressed, suicidal, or in crisis.

TO GIVE HELP OR GET HELP

- Call 911 if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and press 1, if you are in the Military or are a Veteran.
- Text "NOW" to 838255 to chat via text message.
- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends or family for help, find a support group, access health or Veterans services, and keep yourself safe.

#WENEEDYOUHERE

NATIONAL SUICIDE PREVENTION LIFELINE

Call [1-800-273-TALK](tel:1-800-273-TALK) (8255). The Lifeline is a national suicide prevention hotline that you can call any time, day or night. A real person will help you through a crisis, give you information, and tell you about resources in your area. Lifeline ([1-800-273-TALK](tel:1-800-273-TALK)) is free and everything you talk to a crisis worker about is just between the two of you.

Staying Focused During The Job Search

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

Don't knock the idea of a routine--or a bit of exercise

Whether you're a first-time job seeker or someone who's been looking and looking, everyone can hit a wall of frustration, loss of focus, and even resignation during a prolonged job search.

If you've suffered a few setbacks (you were one of two final candidates, or at the end of the process they decided not to fill the position due to budget, etc.) it can be hard to keep at it with all of the energy, enthusiasm, and zest necessary to come across as a great candidate. If you're living this reality, I'd like to offer some ways to help you recharge, stay focused, and get that job.

Letting go of rejection

First of all, please stop beating yourself up. Sometimes there are obvious reasons why we don't get a job (wrong skill set, experience, culture fit), and other times we'll just never know why. Yes, it's frustrating. But when we continually focus on what didn't work and hit replay over and over, it literally sucks emotional and creative energy from us that we could be using to think about the next opportunity.

Did you make a misstep during the interview or feel like you didn't successfully convey the things you feel make you stand out? By all means, learn

from the experience and keep practicing. But remember, focus on practicing for the next opportunity, not dwelling on the past one.

Routines and rituals

Set a time-frame for job search efforts each day. If possible, try sticking to the same time-frame every day. For example, you are actively working on your job search from 9:00 to 12:00 each day. When you have a start and a finish, you'd be amazed how efficient you are.

The ideal work/rest ratio is 90 to 120 minutes to power away on something and then take a short break. Why? When we restore ourselves with either a drink of water, healthy snack, a quick walk, or some deep breathing, we recharge and are able to improve our focus and clarity for our next time chunk.

I'm a big fan of time-chunks, because when we spend entire days on the same task, our productivity slowly diminishes over time, making us less efficient. We also become tired, unfocused and are often listless by the end of the day. Which brings me to...

The power of exercise, networking, and socializing

A job search can seem like a marathon, so let's take that analogy and extend it to the physical realm. If you're not taking care of yourself, you will burn out on all levels. Not just physically, but mentally as well. Exercise is great for getting and staying fit, but the effects of a workout also supercharge our brains and make us feel more energetic and happier. Endorphins are a good thing. If gyms are not high on your priority list, try other forms of movement like martial arts, yoga, or dance. Or just take a walk.

Often, we can isolate ourselves when looking for a job. We feel like we need to be searching constantly, which can sometimes mean being surgically attached to our computers and smart phones. Remember how each day you set a time frame on your job search efforts? That means that you have time to get out, network, and socialize. Maybe this means having a cup of coffee with someone in a field you're interested in, taking a class, or volunteering. Yes, you could potentially meet someone who might be able to help with your job efforts, but on a deeper level you will be recharging yourself, which ultimately means more energy for your mind, body--and job search.

Content reprinted from "Staying Focused During the Job Search" by Shelley Huber, posted on www.jobs.aol.com, 12/8/2014



THREE RIVERS FOUNDATION

INVESTING IN OUR LOCAL COMMUNITIES

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians are accepting applications for Grants to charitable organizations December 1 - 31, 2018.

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

ThreeRiversFoundation.org



Fun STARTS HERE

TUESDAYS

Win \$1,000!

\$100
Cash Drawings
Every half hour from 6pm - 8pm

\$1,000
Grand Prize Drawing
at 8:30pm

Earn entries every Tuesday from Noon to 8pm. One entry for every 25 same-day points earned.

FIND BIGFOOT

Find BIGFOOT & win up to \$1,000

One entry for every 25 points earned Noon to 7:59pm

WEDNESDAYS

6PM 7PM 8PM

THREE RIVERS CASINO

COOS BAY

541-808-9204 | THREERIVERSCASINO.COM