

The Voice of CLUSI



February 2018

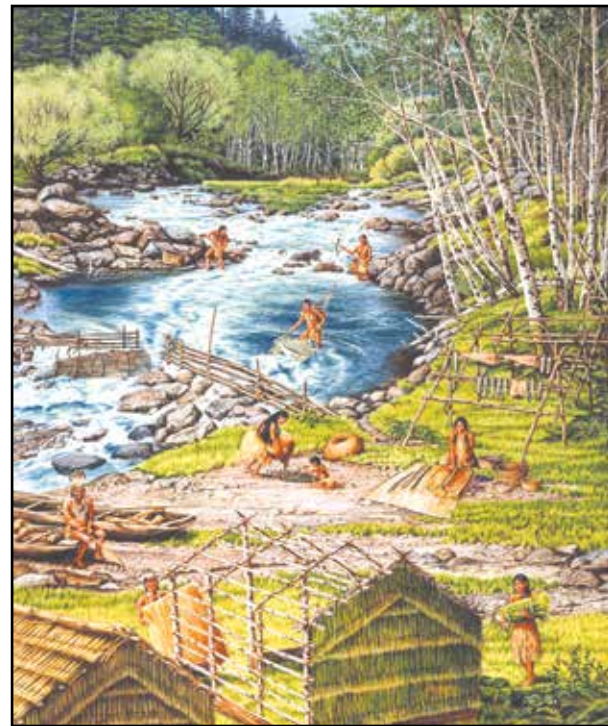
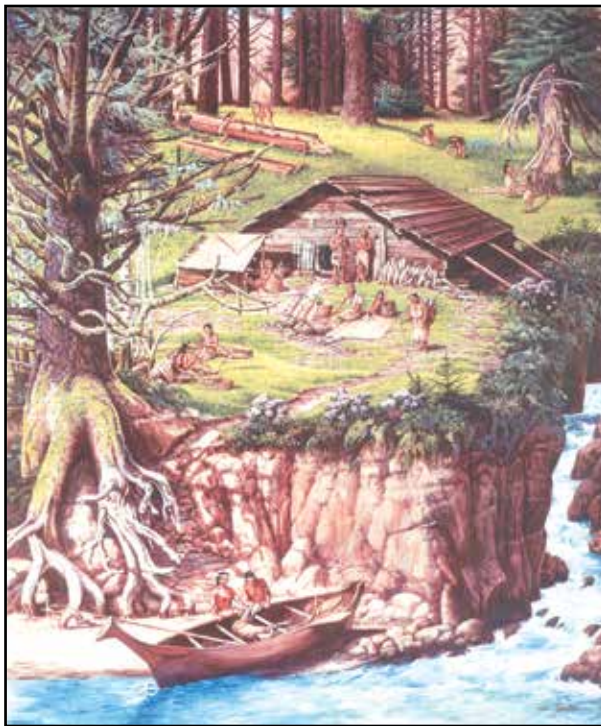
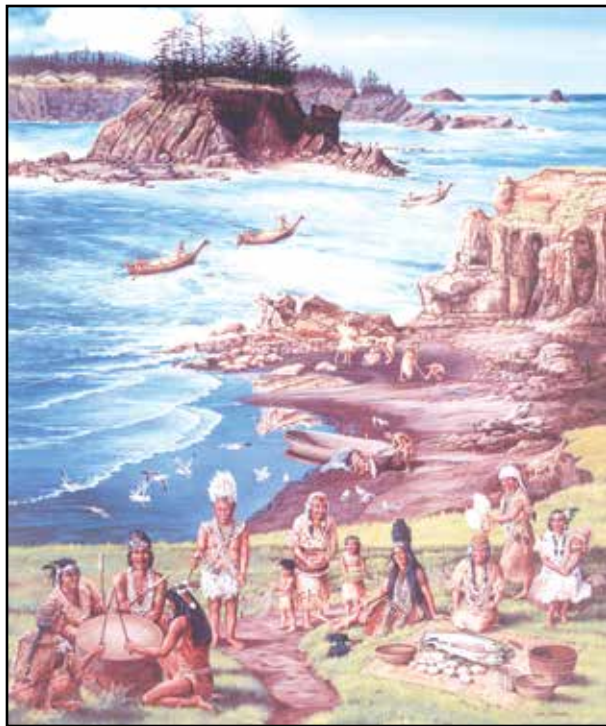
Issue 2

Volume 19

www.ctclusi.org

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

Western Oregon Tribal Fairness Act Signed into Law January 2018



Paintings depicting traditional life of the Coos, Lower Umpqua & Siuslaw Indians by Pam Stoebsler

Contributed by Morgan Gaines, Communications Specialist

The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians is pleased to announce that after over 10 years in the making, the H.R. 1306 - Western Oregon Tribal Fairness Act passed the Senate unanimously on Thursday, December 21, 2017 and was signed into law by President Trump on January 8, 2018.

The Western Oregon Tribal Fairness Act cedes 14,742 acres to the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, and 17,519 acres of federal land to the Cow Creek Band of Umpqua Indians. The bill also amends the Coquille Indian Tribe's Restoration Act to require the Interior Department to manage their forest lands in the same manner as other Tribal forests.

Confederated Tribes Chief Warren Brainard shared "After the Tribes restoration, in 1986 I began to work with Council on the first forest plan. This is a lifetime accomplishment that I feel privileged to be a part of. We did this for our people, for the success of seven generations and beyond."

The bill was authorized by Senators Ron Wyden and Jeff Merkley and Representatives Greg Walden and Peter DeFazio. DeFazio said there's "still much work to be done to correct our nation's injustices towards Native Americans, the passage of the Western Oregon Tribal Fairness Act is an encouraging move toward progress. This legislation will finally grant the Coos [Lower Umpqua and Siuslaw], Cow Creek and Coquille Tribes the long-deserved opportunity to manage their own economic development and exercise their own authority over tribal lands."

Tribal Chairman Mark Ingersoll stated, "After over a decades long dedication to working towards getting these lands returned, it is a dream come true to see it come to fruition."

The land base that has been returned to the Tribe's through this bill include a handful of tracts spread out in our Traditional Territory along the western coast. Each of these parcels are significant in their own way to the Tribe.

Please be aware that at this time the Tribe is in the process of developing both Tribal use and economic use for these lands. Some of the areas are not available for access at this time as their placement is located where road access is either unavailable or in need of use agreements from surrounding government or private ownership. For your safety, please do not visit these areas unless with a Tribal Government employee during scheduled visits.

The Pkiitii (Lake Tract) is in the headwaters of Lake Creek, where traditional Tribal hunting grounds lay. It includes the former allotment of Abbie Marshall, a member of the Barrett Family, the largest family within the Siuslaw Tribe.

The Tekeat (Tioga Tract) includes land in the Coos Watershed by the summit of the ridge dividing the Coos, Coquille, and Umpqua drainages, but the tract boundary does not cross the watershed divide.

Huunat'a (Lower Smith Tract), this tract was chosen because the fall at Smith River were an especially important gathering place for fishing, especially for lamprey and salmon.

Story continues on page 10 - See H.R. 1306

Save the Date

Upcoming Tribal Elections
April 8, 2018

Make sure your Tribal voter registration card is up to date by contacting the Election Clerk, Jeannie McNeil at 541-888-9577

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

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

Tribal Council Business

As Reported at the January 14, 2018 Regular Tribal Council Meeting

Chief Warren Brainard:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 11 Three Rivers Foundation Meeting
Dec 12 Springfield Office
Dec 14 Culture Committee; GFORB (Gaming Operational Review Board); Executive Work session
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)
Jan 3 Florence City Revitalization Meeting
Jan 6 Tribal Government Annual Dinner
Jan 8 Three Rivers Foundation Meeting
Jan 10 Lane Act Meeting
Jan 11 Elders Committee Meeting; Culture Committee Meeting:
Jan 13 Officiated Memorial Service for Mike Swigert; Business Dinner

Doc Slyter:

Dec 14 Culture Committee; GFORB (Gaming Operational Review Board); Executive Work session
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)
Jan 1 Peace Hike at Yachats, Amanda Trial
Jan 11 Culture Committee Meeting

Beaver Bowen:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 11 Three Rivers Foundation Meeting
Dec 14 GFORB (Gaming Operational Review Board); Executive Work session
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)
Dec 14 GFORB (Gaming Operational Review Board); Executive Work session
Jan 8 Three Rivers Foundation Meeting

Teresa Spangler, Vice - Chairman:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 11 Three Rivers Foundation Meeting
Dec 14 Staff Gifting in Coos Bay; GFORB (Gaming Operational Review Board); Executive Work session
Dec 20 Housing Committee Meeting
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)
Jan 3 Florence City Revitalization Meeting
Jan 6 Tribal Government Annual Dinner
Jan 8 Three Rivers Foundation Meeting

Arron McNutt:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 14 GFORB (Gaming Operational Review Board); Executive Work session
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)

Tara Bowen:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 14 GFORB (Gaming Operational Review Board); Executive Work session
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)

Mark Ingersoll:

Dec 10 Budget Hearing; Regular Tribal Council Meeting
Dec 14 GFORB (Gaming Operational Review Board); Executive Work session
Dec 20 Investment Call
Dec 21 Winter Solstice
Dec 27 Business Tribal Council Meeting; GFORB (Gaming Operational Review Board)
Jan 3 Florence City Revitalization Meeting

Upcoming Tribal Council Meeting

February 11, 2018

10:00 a.m.

Tribal Community Center

338 Wallace Street, Coos Bay, Oregon 97420

IMPORTANT ELECTION INFORMATION

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 8, 2018) 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 8, 2018

POSITION NUMBER

Position #2
Position #4
Position #6

INCUMBENT

Beverly(Beaver)Bowen
Tara Bowen
Arron McNutt

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 2018 Election will be Friday, March 9, 2018 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

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and Springfield Outreach offices.
Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year. The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

Please let us know if you have a change in address, phone number, name or addition to your family. Changes should be submitted to Enrollment Dept., 1245 Fulton Ave., Coos Bay, OR 97420. Phone: 541-888-7506 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard,
Chief

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

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

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

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

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

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

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

Council Meeting
February 11, 2018
Community Center
338 Wallace Street,
Coos Bay, Oregon
97420
10:00 a.m.,

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

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

Upcoming Events

February 1st – Elders Valentine Birthday Luncheon, TBD Florence, 11:30 a.m.
February 1st – Special Elders Committee Meeting 1:00 p.m.
February 10th – Beading and Paddle Making, Chifin Native Youth Center, Springfield 10:00 a.m.
February 10th - Basket Weaving with Culture Coalition, Tribal Hall, Coos Bay 9:00 a.m.
February 11th – Regular Council Meeting, Community Center, 10:00 a.m.
February 15th – Submission deadline for March edition of The Voice of CLUSI Tribal Newsletter
February 17th – Healthy Families & Lifestyles Workshop, Florence Outreach Office 11:30 a.m.
February 19th – President’s Day, All Tribal Offices will be Closed
February 20th – Behavioral Health Education Series: Anxiety, Tribal Hall, 6:00 p.m.
February 23rd – Survivor Circle, Tribal Hall, 5:30 p.m.
February 23rd – Continuum: Contemporary Weaving discussion with Sara Siestroom, Museum of Natural and Cultural History, Eugene, OR 3:00 p.m.
February 24th – First Canoe Pull of the Year, Takimiya, Winchester Bay 10:00 a.m.
February 24th & 25th – Weaving Workshop, Tribal Hall, 10:00 a.m.
February 26th – Parenting Workshop, Eugene, OR 5:30 p.m.

March 3rd – Rocky Shore Management Plan Meeting, Coos Bay Public Library, 9:30 a.m.
March 5th - Parenting Workshop, Eugene, OR 5:30 p.m.

March 7th – Statement of Candidacy deadline
March 8th – Housing APR comments deadline
March 10th – Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.
March 11th – Regular Council Meeting, Community Center, 10:00 a.m.
March 12th – Applications being accepted for CTCLUSI Summer Student Internships
March 12th - Parenting Workshop, Eugene, OR 5:30 p.m.
March 16th & 17th – 22nd Annual Oregon Tribal Elders Honor Day, Mill Casino
March 19th - Parenting Workshop, Eugene, OR 5:30 p.m.
March 23rd – Ballots will be mailed to registered Tribal voters
March 24th - Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.
March 26th – 30th – Spring Break Adventure Camp and Day Camp

April 7th - Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.
April 8th – Regular Council Meeting, CC 10:00 a.m., General Council Meeting, 1:00 p.m.
April 8th – Tribal Council Election
April 20th – 22nd – Healing of the Canoe weekend workshop
April 21st - Beaded Collar Class, Springfield Chifin Native Youth Center, 9:00 a.m.
May 4th – 6th – Healing of the Canoe weekend workshop
May 18th – 20th – Healing of the Canoe weekend workshop



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	Purchased/Referred Care (FKA Contract Health Services) Sharon Arnold - PRC Specialist 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-4873 Toll free 1-800-227-0392 Fax 541-888-5388 sarnold@ctclusi.org	Elders Activities Andrew Brainard CHR/Elders Activity Program Coordinator 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Fax 541-888-5388 Toll Free 1-888-280-0726 abrainard@ctclusi.org	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 tribalct@ctclusi.org	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
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, Lead Case Manager 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349 splatz@ctclusi.org	Cultural Department Jesse Beers - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org	Tribal Police Brad Kneaper Chief Law Enforcement Officer 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bkneaper@ctclusi-pd.com
Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 lmalcomb@ctclusi.org	Tribal Dental Clinic Dr. Sarah Rodgers 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505	Springfield Outreach Office 1126 Gateway Loop Suite 102 Springfield, OR 97477 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349	Department of Natural Resources Margaret Corvi Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1304 Toll Free 1-888-280-0726 Fax 541-888-2853 mcorvi@ctclusi.org

EXPLORE DREAM DISCOVER

Adventure Camp

Get back to nature kayaking and canoeing
this Spring Break

Ages 12-18

March 26th through March 30th

For more information, contact
Sonja McCarty
Healing of the Canoe Facilitator
541-808-8175

YOUTH COUNCIL

COOS, LOWER UMPQUA & SIUSLAW



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

Nicole Romine
Chair
(541) 404-4115

Michael Romine
Vice Chair
(541) 297-5408

Devynne Krossman
Secretary
(541) 808-5146

SPRING BREAK DISCOVERY DAY-CAMP

**SAVE THE DATE
MARCH 26TH - 30TH
AGES 5-18
MUST BE IN SCHOOL**

8:30AM-4:30PM
DROP OFF/PICK UP
COOS BAY
TRIBAL COMMUNITY
CENTER

Contact: Meagan Davenport
Email: mdavenport@ctclusi.org
Tel: 541.888.7311



Oregon Will Enforce Tobacco 21 Law

Contributed by Mark Petrie, Cultural Assistant & Tobacco Grant Coordinator

By the start of the new year, Oregon is now enforcing a new law that raised the required minimum age to legally buy or obtain tobacco products from 18 to 21.

SB 754, known as Tobacco 21, has been in effect since Gov. Kate Brown signed it into law Aug. 9, 2017, with enforcement and fines beginning Jan. 1, 2018. Oregon is the fifth state to increase the age to purchase tobacco, after California, Hawaii, Maine and New Jersey.

“The earlier kids start using tobacco, the more at risk they are for becoming addicted to tobacco and developing chronic diseases such as heart disease, asthma and cancer”

Under the new law, retailers can no longer sell tobacco products or inhalant delivery systems, such as a pipe or vaporizing device, to people younger than 21. Violations of the law are punishable by a fine of \$50 for employees, \$250 for store managers and \$500 for store owners; for managers

and owners, the fines double by the third offense.

OHA's Public Health Division is authorized to enforce the minimum age of tobacco sales law and coordinates with the Oregon State Police to conduct state-sponsored compliance inspections.

Katrina Hedberg, MD, Oregon's state health officer and epidemiologist based at the Oregon Health Authority Public Health Division, said raising the minimum age for buying tobacco products and inhalant delivery systems is proven to reduce youth initiation of tobacco use. She noted nine of 10 adults report they started smoking before they were 19, and nearly 100 percent start before age 26.

“The earlier kids start using tobacco, the more at risk they are for becoming addicted to tobacco and developing chronic diseases such as heart disease, asthma and cancer,” Hedberg said. “Raising the legal sale age for tobacco products to 21 can reduce smoking rates and

reduce tobacco-related deaths.”

Help is available for anyone in Oregon ready to quit tobacco. Call Oregon's toll-free Quit Line at 800-QUIT-NOW (800-784-8669) or, for Spanish, 855-DEJELO-YA (855-335356-92), or visit www.quitnow.net/oregon or in Spanish, www.quitnow.net/oregonsp.

People who see a retailer selling tobacco products or inhalant delivery systems to someone younger than 21 can report the violation with the business name, address and other information to Tobacco.Inspections@state.or.us.

Learn more about Tobacco 21 at www.HealthOregon.org/tobaccoretailsales. A YouTube video about the new law is available at <https://youtu.be/BmrwMUeSvss>.

Article acquired from: www.oregon.gov; image acquired from: <https://kwos.com/2017/04/18-year-olds-can-vote-join-military-cigarettes-now-off-limits/>



E-Cigarettes Could be “Gateway” to Other Tobacco Products

Information Contributed by Sonja McCarty, Healing of the Canoe Facilitator

E-Cigarettes have emerged over the past decade and researchers are in the early stage of investigating what the health effects are for people who use these products or who are exposed to the aerosol (vapor) secondhand.

How's it work? E-Cigarettes are designed to deliver nicotine without the other chemicals produced by burning tobacco leaves. Puffing on the mouthpiece of the cartridge activates a battery-powered inhalation device (called a vaporizer). The vaporizer heats the liquid inside the cartridge, which contains nicotine, flavors, and other chemicals. The heated liquid turns into an aerosol (vapor), which the user inhales—referred to as “vaping.”

Does it help you quit smoking? There are conflicting studies about whether or not e-cigarettes help smokers to quit. However, health experts have raised many concerns about the safety of these products, particularly for teens.

Are they bad for you?

- The aerosol (vapor) does contain known cancer-causing and toxic chemicals, and particles from the vaporizing mechanism may be harmful.
- Some experts believe that using nicotine can increase the risk of other drug use and addiction.
- There is an established link between e-cigarette use and tobacco cigarette use in teens. The concern is that e-cigarette

use may serve as a “gateway” or introductory product to try other tobacco products, including regular cigarettes (even if you didn't intend to smoke cigarettes before) which are known to cause disease and lead to early death.

- The liquid in e-cigarettes can cause nicotine poisoning if someone drinks, sniffs, or touches it.

Are E-Cigarettes Regulated? The U.S. government's Food and Drug Administration (FDA) may start to regulate how e-cigarettes are made and sold. For now, e-cigarettes are not guaranteed to be safe and you should not assume that the health claims made in advertisements by manufactures are scientifically proven.

To learn more, check out [NIDA for Teens](#)

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

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

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

Mark Petrie, Cultural Assistant & Tobacco Grant Coordinator, [541-297-3681](tel:541-297-3681) mpetrie@ctclusi.org

Acknowledgement: teens.drugabuse.gov

This Month...be on the Lookout for Kinnikinnick

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Kinnikinnick is in the family, Ericaceae, the heath family. Azaleas, blueberries, cranberries, huckleberries, labrador tea, madrone, manzanita, pipsissewa, rhododendrons, and salal also belong to this family. Also known as bearberry, this low-lying, trailing evergreen forms rooting mats usually no taller than 6 inches. Kinnikinnick prefers to grow in sandy or rocky areas, especially in sand dunes. It's alternately arranged leaves are green, leathery, oblong, and shiny with smooth edges. White or pink, urn shaped flowers resembling huckleberry flowers, give rise to red berries that ripen in late summer and remain on the shrub through winter.

Food: Kinnikinnick berries can be eaten, but are pretty mealy and contain large seeds. Traditionally, these berries were finely pound and eaten raw or eaten whole and mixed with salmon eggs. Sometimes whole berries were heated with salmon eggs in a flat pan made of spruce roots that was jigged high enough over a fire to keep the pan from burning through. Our southern neighbors crushed and brewed manzanita berries, which are very similar to kinnikinnick berries, into cider. Experimenting with kinnikinnick berries in this same manner warrants investigation.

Other: Leaves of kinnikinnick were toasted over a fire and mixed with tobacco for smoking purposes. The leaves are said to improve the taste of tobacco. Leaves can be gathered all year round. Tea can also be made from bearberry leaves, although long term soaking may be required to obtain desired strength. Children also strung the berries and used them as pretend money beads, along with the stems of dried clover and wild lettuce.



Hanis: báhwiya, báhwyā

Miluk: báhwyā

Siuslaw: lállap (plant), p'íyuxun (berries); ʊ is pronounced oo, like in book

Scientific Name: *Arctostaphylos uva-ursi*

Basket Making Classes!

Hosted by the Tribal Culture Coalition

Come learn how to make Coos, Quuiich, and Siuslaw style baskets. Bring your weaving materials, supplies, and tools. Weaving materials will be available to those upon request.

Please bring potluck.

Saturday, January 20th, 2018

9:00am-3:00pm

Location: Chifin Native Youth Center
1084 G. Street, Springfield, OR

Saturday, February 10th, 2018

9:00am-3:00pm

Location: Tribal Hall
338 Wallace Avenue, Coos Bay, OR

Want to know more about the culture of CTCLUSI?
Visit the Tribal website at www.ctclusi.org today

Tribal members, register to login and access even more content
on www.ctclusi.org

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 13, 2018
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 9th.

FEBRUARY SPRINGFIELD

**Saturday, February 10, 2018
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 6th.



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

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



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

Culture Program is soliciting proposals for

Mitsmitsta Halqaima Workshops from the Tribal community

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

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

Mitsmitsta Halqaima (To Teach Relatives) www.hanis.org



Place Names of the Coos, Lower Umpqua & Siuslaw Indians

Contributed by Patricia (Patty) Whereat Phillips

This is the twelfth part in a long series exploring indigenous place names – mostly in the Hanis, Milluk and Siuslawan languages. The previous nine covered the Whiskey Run area up to the lower Siuslaw river. This month we will mostly focus on the country going north from the Siuslaw river. For a pronunciation guide to the native words in this article see <https://shichils.wordpress.com/about/> under the “Language Pronunciation” section.

North of the Siuslaw

Along the edge of Florence there are a series of lakes – Munsel, Clear, Collard, Mercer, Sutton, and so on. Unfortunately the names for most of these were forgotten. However, speaking of Clear Lake, it was said there was a small sea serpent spotted there from time to time. (Although sea serpents, big and small, were found in many places. Including occasional forays through the dunes and in the coast range).

Mercer Lake was called **K’awi’iich**. When Indian people acquired horses, they swam them across from south to north when heading up towards the hills to go hunting. Many red cedars grew around the lake and several canoes were made there.

There was a small village on Sutton Creek called **Ti’iiyax**. The name has also been applied generally to that creek. In one version of the “Five Grizzly Bears” story, this is where the Grizzly Bear brothers were living.*

North of **Ti’iiyax** is the northern end of the beach below Cape Mountain. This area was called **Tamicha**. Cape Mountain itself was called **Hú’wiinach** or **Hú’wiiniích**, a name meaning ‘a high dark place’. A cove just north of here but south of Sea Lion Cave was a camping place in a cove known as **Ponnik**.

Horse Creek enters the sea just south of Sea Lion Cave. The slope above it on the south side is very steep, and during the Yachats reservation years this place came to be known in Siuslaw as **Kuutan Xatq’auwiich** which means ‘horse keel over place’ because if a horse fell here, it would fall right into the creek below.

Heceta Head was known in Siuslaw and Coos as **Hltuuwis** (and in Alsea as *Hltuuwaisk* or *Tltuuwaisk*). This place was a camp for Siuslaw people. The creek at the beach here had a good coho run (and still has at least some coho here), and sea bird eggs were gathered from the offshore rocks here and hunted sea lions.

Sea Lion Cave itself was sometimes included in the name for Cape Mountain (Hú’wiinach) and sometimes included as part of Heceta. It was a noted land mark for both Siuslaw and Alsea people. An Alsea epic about their world transformer, *S’uku* (found in Frachtenberg’s “Alsea Texts”) says that when *S’uku* came to Cape Mountain, he looked and saw ‘monsters’. He transformed these creatures into two modern creatures – sea lions and whales. There is also a brief mention in Harrington’s notes from 1942 that Siuslaw people canoed up to to the cave at slack-water. So the popular legend that Captain Cox ‘discovered’ the cave in 1880 is, of course, not true – because the local Indian people knew of its existence.

Big Creek, at the north end of the Muriel O. Ponsler Wayside, was known to the Coos as **Ntsogwolda** which literally means ‘with steelhead creek’ (from the Hanis word *tskwa’al*, Milluk *tskwal*, for steelhead). During the years of internment, people would come down from Yachats to fish for steelhead in January to March. Unfortunately the Siuslaw name for this creek has been lost. But Clay Barrett translated the Hanis Coos name into Siuslaw as **Qáxaihlá** which he said meant ‘the place where steelheads are’ from the Siuslaw word for steelhead, *qaxaihl*.

Tenmile Creek (at Stonefield Beach near the Lincoln-Lane county border) was the border stream between Siuslaw and Alsea people. It’s Siuslaw name is **Tsi’imahl** or **Tsi’ima** which comes from the word *tsi’im*, meaning clay. The Hanis name for this creek (**Chamahikihich**) is also derived from the word for white clay (*chamahikii*). There were also deposits of red ochre near here. Both Alsea and Siuslaw Indians came to this creek to get butter clams, rock oysters and mussels.

It was also a popular camping spot for Indians traveling between the Siuslaw and Alsea rivers.

Next month we will take a look at names north of Tenmile Creek. Many of these names come from usages coined during the years 1861-1876 when many Coos Bay and Lower Umpqua people were forcibly moved to the Yachats prairie (at this time the Siuslaw people remained on the lower Siuslaw river). The names are mostly a mix of Alsea, Siuslaw and Hanis.

*Jim Buchanan told one version of the “Five Grizzlies” story to Leo Frachtenberg and it was printed in his book “Coos Texts”. Jim did know the Siuslaw language, but he was fluent in Hanis and thus told this Siuslaw story in the Hanis language for Frachtenberg. You can also find discussion of some other versions of Grizzly stories associated with Heceta here: <https://shichils.wordpress.com/2013/12/03/another-version-of-the-grizzly-bear-story/> and also <https://shichils.wordpress.com/2015/04/21/sea-lion-cave/>



Photographs courtesy of Patty Whereat Phillips
Top photo of Heceta Head, Bottom photo taken peeking out of the spruce trees along the Heceta trail overlooking the 2 offshore rocks (where Siuslaw people used to gather sea bird eggs)



Winter Solstice & Family Gathering Dinner 2017

Contributed by Mark Petrie, Cultural Assistant & Tobacco Grant Coordinator

The shortest day and longest night fell on Thursday, Dec. 21 this time around. 6 people stayed the night in the plank house Wednesday after a spiritual cleansing sweat, beading and regalia making and a ceremonial blessing of the fire. Entertainment included songs and dances and stories.

Thursday evening (solstice day) the Health and Culture Departments collaborated to provide a deliciously catered meal from Wildflour Catering - supplemented by some cedar planked salmon. Afterwards, a good dozen participants, young and old alike, signed up to play in the first *Lamtlam* (Siuslaw name) or *Kuukshuu* (Hanis) dice game tournament in recent times. Everyone seemed

to truly enjoy the family fun traditional game. It is said that there was no gambling with this game (as is popular in some traditional games), although we offered prizes that were hand carved by the Culture Dept. and a good selection of handmade necklaces that were made during solstice by participants and donated for the prize pool. 1st Place winner in the tournament had first pick of the prizes, 2nd Place winner had second pick, so on and so forth until every participant chose a prize from the pool. Any leftover prizes were offered to the people who stayed after dinner and supported the players. Thanks to everyone who came to this year's Winter Solstice celebration gathering! I think we're all looking forward to longer days.



Photographs courtesy of Mark Petrie
Regalia making top right
Family Gathering top left



Healing of the Canoe Swim Classes Make a Splash

Contributed by Sonja McCarty, Healing of the Canoe Facilitator

This past winter Healing of the Canoe hosted a six-week swimming class at North Bend Swimming Pool. It was exciting to watch the students become more comfortable in the water and learn new skills. The staff at North Bend Municipal Pool did a great job teaching and making it fun for everyone!



Prevention Activity: Beading & Paddles

Contributed by Mark Petrie, Cultural Assistant & Tobacco Grant Coordinator

Our prevention team put on a beading and canoe paddle carving activity on January 13th in Coos Bay at the Tribal Hall. The event was well attended with over 20 adults and youth. During lunch, Doug Barrett talked on alcohol prevention and resources available to Tribal Members related to drug and alcohol issues. Sonja McCarty talked to the group about upcoming activities with Youth Council and the Healing of the Canoe Program. Mark Petrie talked on tobacco prevention and differences between Sacred Tobacco and Commercial Tobacco use. Handouts and information was available for people to take home with them.

There were a handful of people who started their very first canoe paddles (one determined participant finished their paddle that day!). The wonderful smell of Cedar was in the air as thousands of shavings covered the ground from all of the hard work. Beading was a success with many beautiful creations completed. Some of the youth wore their work around their necks, proudly. Everyone seemed to have a great time.

The next Beading & Paddle Activity will be in Springfield on February 10th at the Chifin Native Youth Center: 1084 G Street Springfield OR, east entrance from 10:00 AM to 2:00 PM. Please RSVP by February 6th by calling the RSVP Line 541-435-7155 or toll free at 1-800-365-7155.



Photographs courtesy of Tribal Youth Council



WEEKEND WORKSHOPS
SAVE THE DATES

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

Housing Department
Annual Performance
Report

Contributed by Linda Malcomb, Director of
Housing

As required by HUD the Housing Department must complete and submit an Annual Performance Report each year. This report details the programs and activities that were completed by the Housing Department during 2017. To review the document and make comments, please contact:

Linda Malcomb
1245 Fulton Avenue,
Coos Bay, OR 97420

Or call at 541-888-1310
Or e-mail at lmalcomb@ctclusi.org

All comments must be submitted to the Housing Department staff no later than March 8, 2018.

H.R. 1306 Becomes Law...story continued from cover page

The Xitlxaldich (Coos Head Tract) provides a view of nearly the entire coastline of the ancestral territories of the Coos, Lower Umpqua, and Siuslaw Tribes. The Xitlxaldich Tract will complement the Tribe's existing Coos Head Tract which the Xitlxaldich Tract surrounds on three sides.

Takimiya (Umpqua Eden Tract) is and will always remain a traditional village site of upmost cultural significance to the Tribe. Archeologist believe that the people of Takimiya retained traditional habits longer than peoples in other parts of Oregon: this may be because of its remote location. The unbroken historical timeline, confirmation of seasonal round activities, and locality of ancient myth texts make this place an especially important piece of the Tribe's identity.

The Talbot Tract adjoins the former allotment of Frank Talbot which itself is contiguous with the former allotments of Jane Talbot, Martha Talbot, Laura W. Talbot, William B. Talbot, and Florence Talbot. The remaining Talbots are the ancestors of the largest family in the Miluk Coos Tribe. This tract is a very small isolated stand of second-growth Douglas-fir stands including a significant Sitka Spruce component.

The Macy Tract is composed of mature forest near the confluence of the Umpqua and Smith Rivers on the old Macy Allotment. The Macy Tract is a portion of the former allotment of Lizzie Macy. It adjoins a portion of the former allotment of Annie Macy and Gus Macy. Macy descendants comprise the largest family within the Lower Umpqua Tribe.

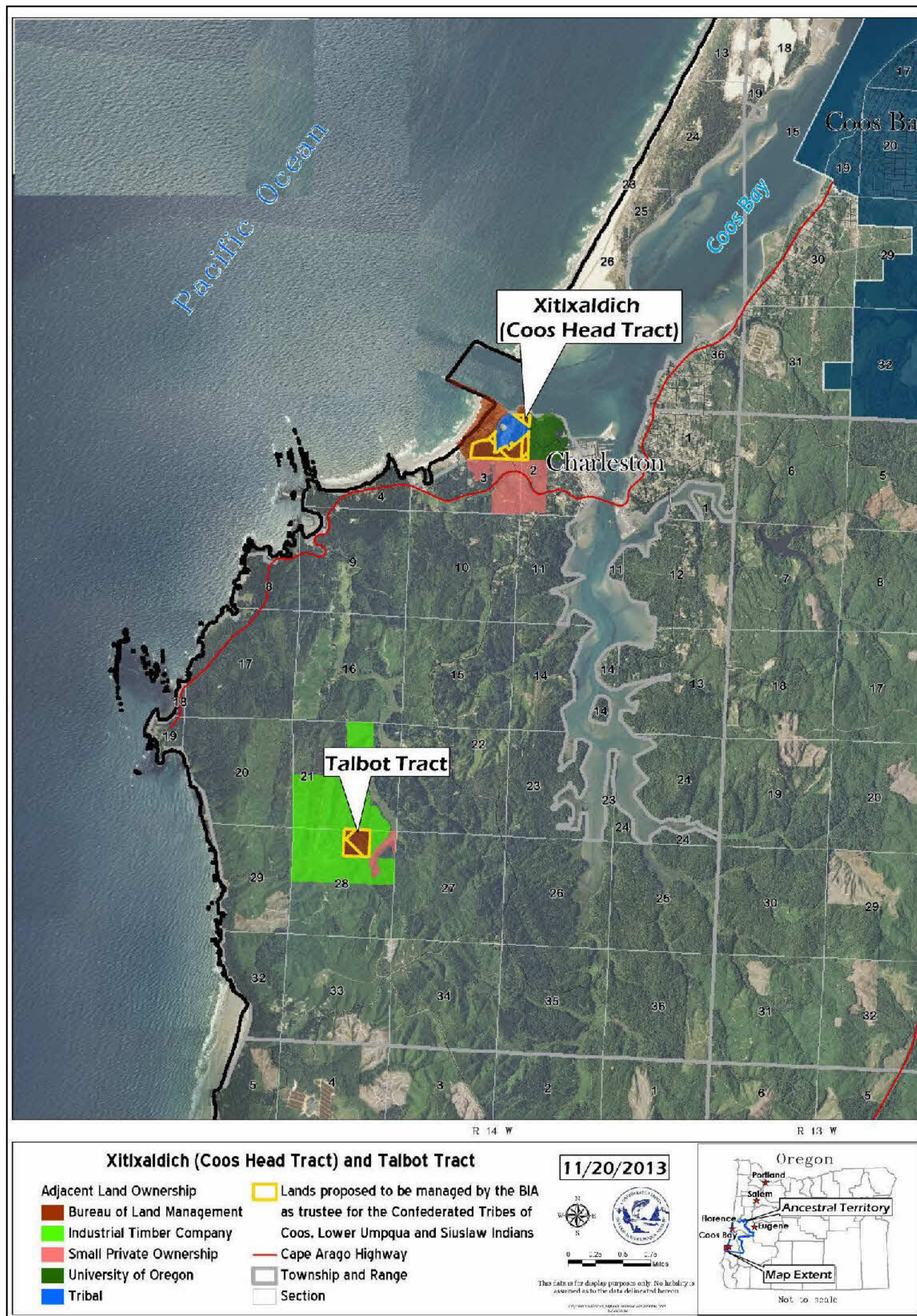
Visit the Tribe's website www.ctclusi.org and log in, or register for a login, to read the Oregon Coastal Land Act Tract-by-Tract Analysis. Keep in mind that this information may be dated and that as technology has updated, the numbers may not reflect the most recent data. However, this document is a great look at the general tract information and provides more detailed descriptions of each tract.

The Confederated Tribes is extremely grateful to members of Tribal Council, both current and past, as well as to the countless Tribal Government staff, and community partners, Senators, and Representatives who have aided in seeing this bill pass through the Senate, as well as to President Trump for signing this bill into law. Due to the hard work, dedications, and determination of so many, the Tribe is seeing some restitution from the federal government. A thank you to all who have helped us achieve this goal of once again becoming stewards of our home lands, and building a sustainable future for the next seven generations.



Image at left is from the Tract-by-Tract analysis that can be viewed online at www.ctclusi.org

This particular map shows the Xitlxaldich (Coos Head Tract) and Talbot Tract.



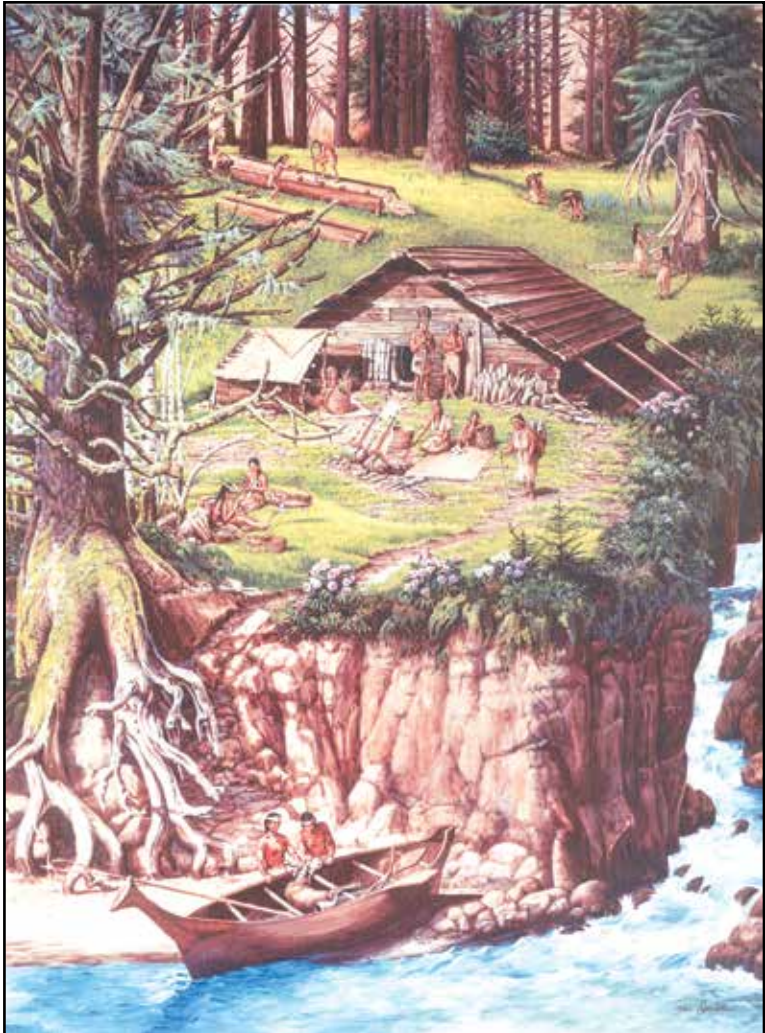
Canoe Pull to Tkimya (Takimiya/Umpqua Eden) February 24, 2018

Contributed by Jesse Beers, Cultural Stewardship Manager

Tkimya (Tuh-kim-ya) or Umpqua Eden was a traditional village for the Lower Umpqua People. This site is a sacred place and when there it is evident that our Ancestors utilized this beautiful place. Many traditional stories came from this area and with our land bill recently being passed this land is in the process of being returned to our Tribe.

On February 24th join us for the first Canoe Pull of the season. We plan to pull to Tkimya! We will start the short 2 mile pull from Winchester Bay to Tkimya where we will stop, do a blessing of the land, have a picnic, talk about the historic site, and pull back to Winchester Bay. Come join us for this historic canoe pull.

We will provide transportation from the Tribal Government Building in Coos Bay and the Florence Outreach Office. Be at either location at 9:00am sharp to catch a ride. Or meet us at the Winchester Bay boat ramp at 10:00am. Either way, **please RSVP to (541) 435-7155 or toll free 1-888-365-7155** so that we can plan accordingly.



Painting by Lower Umpqua Artisan Pam Stoeshler depicting Tkimya as it may have looked when our Ancestors were there

First Canoe Pull of the Year

February 24, 2018

Transportation from Coos Bay Government 9:00 a.m.
Transportation from Florence Outreach Office 9:00 a.m.
Or meet at the Winchester Bay boat ramp 10:00 a.m.
RSVP (541) 435-7155

Lt. Colonel Warren B. Brainard Promoted to Colonel

Contributed by Chief Warren Brainard

The Commander of Air Force ROTC Detachment 685, Lt. Colonel Warren (Bradley) Brainard, US Air Force, and Professor of Aerospace Studies at Oregon State University, was promoted to Colonel on January 9, 2018 at OSU Memorial Union.

The ceremony was officiated by Colonel Gregory J. Reese, Vice Commander, Air Force Installation and Mission Support Center, Air Force Materiel Command, Joint Base San Antonio-Lackland, Texas, who is a longstanding colleague and friend of Colonel Brainard. The decorated commander and 26-year veteran began his military service as an enlisted airman during Desert Shield in 1991. Reese remarked, Colonel Brainard is as ready as any Airman to fulfill the duties of Colonel and I have absolute trust in Brad in taking care of our Airmen. He's demonstrated that potential through years of outstanding service.

Colonel Brainard responded to Reese and the nearly 75 audience members on the OSU campus after receiving and pinning on his eagles by his wife Kelley and daughter Courtney and assisted by his parents, Warren and Marjene Brainard of Eugene, Oregon.

"I will do my best to protect and defend our country and to continue to dedicate my life to the Air Force which has been my honor to serve"

He continued by acknowledging those he felt contributed to his success.

"This promotion would not have been possible without the love and support of great commanders, family, friends, and civilian co-workers, and the

mentorship and friendship of my fellow Airmen and service members," said Brainard. "This promotion isn't about me, it's about my wife, Kelley and our family and all the people who helped me achieve this honor."

Colonel Brainard has received multiple prominent awards and decorations. He has worked at squadron, major command, and Air Staff level in various positions, including as a squadron commander for the 628th Security Forces Squadron, Joint Base Charleston, South Carolina, the 341st and 741st Missile Security Forces Squadron at Malmstrom AFB, Montana, and the 721st Security Forces Squadron at Cheyenne Mountain AFS, Colorado.

Colonel Brainard has been deployed in support of Operations ALLIED FORCE, IRAQI FREEDOM, ENDURING FREEDOM and NEW DAWN and was stationed at the Pentagon during the terrorist attacks on September 11, 2001.

Colonel Brainard is the Son of Chief Warren and Marjene Brainard.



Colonel Brainard pictured with wife Kelley, daughter Courtney, and parents Marjene and Warren Brainard. The Colonel's son, Garrett, not pictured, lives in Florida and watched the event via Skype. Photographs courtesy of Colonel Warren B. Brainard.

Public Health Alert: Influenza Season 2018

Contributed by Vicki Faciane, Director of Health & Human Services

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

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

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

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

Flu vaccines can be given at the following:

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

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

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

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

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

Check the following to learn more about seasonal flu or access resources <https://www.cdc.gov/flu/about/index.html>, <https://www.cdc.gov/flu/consumer/symptoms.htm>, or https://www.cdc.gov/flu/pdf/freeresources/native/protect_circle_life_factsheet.pdf

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

Elder's Announcements

- Special Elders Committee Meeting Thursday, February 1, 2018 at 1:00pm after the Elders Lunch
- New Time Change of the Elders Committee Meetings: Beginning Thursday, April 12, 2018 at 2:30pm – 4:00pm at the CTCLUSI Tribal Hall in Coos Bay Oregon
- Reminder: Please remember we welcome all Elders that want to attend trips including those with different challenges and disabilities. Caregivers welcome.
- For more information please contact Andrew Brainard Elders Activity Coordinator at 541-888-7533 or email abrainard@ctclusi.org.

Here were the top 5 choices for 2018 from the Elders Survey

1. Elders Coed Retreat Crater Lake Lodge
2. Trees of Mystery Overnighter
3. Elders Coed Retreat Belknap Hot Springs
4. Jet Boat Excursion
5. Grand Ronde Elders Day & Salmon Fishing Trip

Trips will be selected based on availability and projected costs.




The Coquille Indian Tribe and The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

wish to invite you to the

22nd Annual Oregon Tribal Elders Honor Day to be held on March 16 & 17, 2018 at the Mill Casino & Hotel—Salmon Room

3201 Tremont Street, North Bend, OR 97459

Please RSVP by Monday, **February 19, 2018** to:
Andrew Brainard, Elders Activity Coordinator
email: abrainard@ctclusi.org or phone: 541-888-7533


All guests must be over 55, with the exception of spouses, caregivers & staff.

For additional information, please contact:
Andrew Brainard, CTCLUSI Elders Activity Coordinator
541-888-7533

Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Andrew Branard of the Health and Human Resources Division with information for an article to be published in a future edition of The Voice of CLUSI newsletter. Many thanks go out to our Elders for all that they have done for our Tribal community. We hope to use this opportunity to highlight a few of your many accomplishments. *Thank you Elders!*

Contributed by Andrew Brainard, CHR and Elders Activity Program Coordinator



Mary Adamec


Bucket List:

- Win 300 million dollars
- Hire Chip N Dales as entertainment on a cruise boat

"The older you get, it is good for the soul"

- Mary Adamec

- Milluk Coos Tribal Member
- Born and raised in Oregon
- Daughter of Richard and Colleen Utterbuck
- 18 grand-children and many great grand-children (with one on the way!)
- Worked for CTCLUSI for seven years and currently works for Three Rivers Casino Resort in Coos Bay
- Proud to say that she lives life to the fullest and is a "kick in the butt" fun kind of person
- Enjoys spending time with her family and friends, crocheting and watching her son and grandchildren race cars for Krossman Racing



Frank Brainard

Bucket List:

- Take a cruise to England and Scotland

- Milluk Coos Tribal Member
- Born in Eugene, OR and raised in Deadwood
- Has been married to wife, Janet for 24 years
- Son of Emil and Grace Brainard
- Janet and Frank have two sons, and four grandchildren
- Frank spent four years in the Navy as a Class Mechanics Mate which took him to; Australia, Iceland, Hong Kong, Thailand and Vietnam
- After his service in the Navy, Frank worked Lane Transit and Three Rivers Casino in Florence
- Frank enjoys car mechanics, traveling, going on cruises, hunting, fishing and Oregon duck and Seattle Seahawks football

Welcome New Tribal Elder

Juanita Sue Walker

Tribal Elder Michael D. Swigert Walks On

Contribued by Lorraine Swigert

Michael Dean Swigert, formally from Brookings, Oregon, passed away at his home in Las Vegas, Nevada on Dec. 10, 2017. He was 59 years old.

A celebration of life service was held at the Ocean Dunes Golf Course in Florence, Oregon on January 13.

Mike was born Sept. 23, 1958, in Florence, to Richard and the late Eliese Swigert of Florence. The family moved to Brookings in 1962 where he grew up and graduated from Brookings-Harbor High School in 1976. After graduation, Mike attended DeVry Institute of Technology in Phoenix, Arizona and Lane Community College in Eugene.

Mike was previously married and had two children, Paul and Ashley. The family later moved to Tigard, where Mike graduated college from Portland State University in 1989 with a degree in computer science.

Once Mike received his degree, he wanted to return to Brookings to raise their children. So, Mike accepted a job from C&K (Ray's Food Place) as their computer programmer, where he worked for 26 years.

Mike later met Lorraine Rose of Brookings. They married Sept. 6, 1997, where he became a father to Allison Irving. Along with his work at C&K, both he and Lorraine co-owned three restaurants: Mike's Place Italian Deli in Florence, and Bella Italia Ristorante and Blue Water Steak and Seafood in Brookings.

He enjoyed donating his time to the veterans at their local fundraiser barbeque and the Brookings-Harbor High School music



department with its annual fundraiser dinner.

Through his mother, Eliese Swigert, he belonged to the Coos Indian tribe. The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians voted Mike onto the Tribal Council for a four-year term. While serving the tribe, he played a key role in the opening of Three Rivers Casino in Florence in 2004.

Mike was a devoted employee of C&K, and the couple moved to Medford in 2014, where they lived for two years.

He loved traveling, and one of his favorite places to visit was Las Vegas. After a vacation in 2015, Mike and Lorraine decided, along with Allison and her husband, that the family would start a new life in the desert. He loved the assortment of restaurants and entertainment right down the road from his home.

Mike and Lorraine were married for 21 years. Michael had a vibrant life and was beloved by all who knew him. Mike enjoyed time spent with family, running, playing golf, coaching soccer, traveling, fly fishing and hunting with family.

Mike is survived by his father Richard, Swigert of Florence, wife, Lorraine Swigert of Las Vegas, son Paul (Allesha) Swigert of La Grande, Oregon, daughter Ashley (Max) Eckroth of Florence, stepdaughter Allison (Reinder) de Jong-Irving of Las Vegas and grandchildren Everett and Hank Eckroth and Ethan and Alex Swigert. Also surviving are brothers, Butch (Kathy) Swigert of Newberg and Joe (Shana) Swigert of Albany. He is preceded in death by his mother Eliese Swigert.

CTCLUSI Dental Word Search

Contributed by Naomi Petrie, Dental Health Aide Therapist

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

Word Search Answer on Page 19

WORD LIST:

- Root Canal

Composite

Glass Ionomer
- Extraction

Sealant

Amalgam

DEFINITIONS:

- Root Canal:

A procedure to remove the pulp (nerve and blood supply) of a tooth.
- Composite:

A tooth-colored material used to fill teeth.
- Glass Ionomer:

A tooth-colored material used to restore or seal teeth. This material contains fluoride that helps to remineralize the tooth.
- Extraction:

The removal of teeth.
- Sealant:

A thin plastic coat that is applied to the grooves on the biting surfaces of teeth, most commonly the molars and premolars.
- Amalgam:

A type of silver filling, most commonly used in posterior (back) teeth. Known for being strong and durable.

Call the CTCLUSI Dental Office to schedule your appointment today

541-888-6433

Dental Office Hours:
February, Tuesday -Friday 8:00 a.m. - 5:00 p.m.
(Closed Noon - 1:00 p.m.)
March, Monday -Thursday 8:00 a.m. - 5:00 p.m.
(Closed Noon - 1:00 p.m.)

Survivor Circle

MONDAY, FEBRUARY 26, 2018

5:30-6:30 P.M.

CTCLUSI TRIBAL HALL, 338 WALLACE AVENUE, COOS BAY

The Circles of Healing Program proudly announces Survivor Circles as a time to engage in peaceful discussion and creative expression related to surviving, transforming and healing from violence.
Survivors are invited to journal, write poems, construct timelines, read stories or create visual art. In the interest of healing and balance, we suggest creative expression to help us acknowledge negative experiences as well as the personal growth that resulted from it. This event is open to anyone who would like to participate.

Please call the RSVP line at :
(541) 435-7155 or toll-free at (888) 365-7155
by Tuesday, February 20, 2018
so we can adequately
prepare materials for all attendees.

This event is sponsored by the Health and Human Services Division

PARENTING WORKSHOP

PRESENTED BY CTCLUSI FAMILY SERVICES
DEPARTMENT IN COLLABORATION
WITH
DHS & CONFEDERATED TRIBES OF SILETZ

Storytelling

Parenting Strategies

Connected Families

- Native American Stories
- Culture Specific
- Native Foods

- Problem Solving
- Theory & Research
- Adding Tools

- Healthy Relationships
- Building Positive Relationships
- Strengthening Families

Childcare & Meals Will Be Provided

Please RSVP with Shayne Platz by Wednesday, February 21, 2018
By phone: 541-744-1334
or
By email: splatz@ctclusi.org

When:
Mondays-
February 26
March 5
March 12
March 19

Time:
5:30-7:30pm

Location:
1899 Willamette St,
Eugene, OR 97401.

February is National Teen Dating Violence Awareness month. Research shows that teens are most likely to turn to their peers to discuss issues related to their relationships.

This month we asked 3 Tribal youth to express what advice they'd give their friends about maintaining a healthy relationship or ending one that is unhealthy or abusive.

- “ Even when you are in a relationship you can still say no.”- Nicole Romine
- “If I were to give advice to a friend for maintaining a healthy relationship, I would tell them it is all about balance. You have to find the healthy balance between work, personal goals, and the relationship. If anyone of those facets in life are taking more of your attention than the others, I have found that a relationship will struggle. This is why I feel as if someone was to maintain a balanced life, they would maintain a happy, healthy life.”- Michael Romine
- “You need to listen to people who see your relationship from the outside, because it might feel right to you but you also have a bias to the person you're with. Trust your friends.”- Jimmy Barton

Circles of Healing program has advocates to help teens navigate relationship issues. You may contact us by phone or in-person for help. All services are confidential.

Contributed by: Circles of Healing Program
Health and Human Services Division

Devynne Krossman (541) 888-7537	Rebecca Ambrose (541) 888-1309	Melinda Radford (541) 888-8450
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EDUCATION CORNER

Many of our Elders are starting a new phase of their life called “**RETIREMENT**”. If you are one of these people and find yourself wondering what to do, then we have just the right book for you...

February “**BOOK OF THE MONTH**” is:

101 Fun Things To Do In Retirement
By: Stella Rheingold

No more morning commute, no more idiotic bosses, no more stressful deadlines! You are now officially off the clock and are free to go wherever and do whatever you like. This book is full of activities, tips and some quirky ideas on how to enjoy your retirement. We also have a couple more books on retirement, as well as a few travel guidebooks. Come and check them out. After all, it is all about you now!!!
(The Retirement section is located at 306.3)

CTCLUSI BEHAVIORAL HEALTH SERVICES

Presents...

Behavioral Health Education Series: Anxiety

“Alone we are strong and together we are stronger”

This workshop will discuss anxiety and some of the anxiety disorders. All are invited and the workshop will provide an opportunity to find support and learn self-help strategies. Snacks and Beverages provided. Door prizes for attendees.

When: February 20th
Time: 6 pm - 7:30 pm
Where: Tribal Hall
RSVP 541-435-7155 or 888-365-7155

Leslie Lintner, M.A.
Behavioral Health Specialist
(541)888-7509 or (541)435-5417

Healthy Families

Lifestyles Workshops

Come join us for an afternoon learning about
Stress Reduction,
Self-Care and Physical Activity .

WHEN: Saturday, February 17, 2018
TIME: 11:30 am– 2:30 pm
LOCATION: CTCLUSI Florence Outreach Office
3757 HWY 101, Florence OR 97439

Please Call the RSVP Line at 541-435-7155
or toll-free at 1-888-365-7155
by Tuesday, February 13, 2018

* Space is limited
* Must RSVP to receive incentives

Lunch and childcare provided.

Sponsored by the Health and Human Services/Family Services Department

Upcoming Weaving Workshop

Dear Tribal Community,

We are having our monthly weaving workshop at Tribal Hall in Coos Bay on February 24th and 25th from 10 AM-4 PM (both days). This month I will be bringing two historic baskets with me for your inspiration, a tobacco purse and a feast bowl as well as some contemporary works. Please come visit with these amazing baskets. This event is open to all tribal members at any level of weaving, materials are provided or you can use your own. We work together to create a potluck lunch. If you plan on attending you must RSVP to me at sarasiestreem@hotmail.com by February 21st so I can accommodate your material needs.

Thank you,

Sara Siestreem (Hanis Coos)



Photographs courtesy of Sara Siestreem

Top: Historic and Contemporary tobacco pouches for weaving workshop
Below: Historic Coos feast bowl




NEA Big Read: Continuum: Contemporary Weaving

Friday, February 23 at 3:00pm

Museum of Natural and Cultural History
1680 E 15th Avenue, Eugene, OR

Continuum: Contemporary Weaving Traditions of the Coos, Lower Umpqua, and Siuslaw People

Join artist and weaver Sara Siestreem (Hanis Coos) for a discussion of contemporary weaving traditions of the Coos, Lower Umpqua, and Siuslaw People. Cosponsored by the Oregon Folklife Network and part of the 2018 National Endowment for the Arts Big Read program. Included with regular museum admission; free for MNCH members and UO ID card holders.



Artist Sara Siestreem
Hanis Coos


Sara Siestreem strives to awaken cultural practices in her tribe and educate the public about contemporary Indigenous fine art. Master artist and educator, Sara's work is found in collections around the world. Based in Portland, she makes regular trips to her ancestral homeland to teach and practice traditional weaving with her Tribal community.

LIHEAP Low-Income Home Energy Assistance Program

Make an appointment for LIHEAP with:

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


Springfield Office:
Shayne Platz
(541) 744-1334



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

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

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

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

Tips for Talking to Your Kids About Underage Drinking

Contributed by Sonja McCarty, Healing of the Canoe Facilitator

START EARLY

The chance your child will use alcohol gets higher as he or she gets older.

About 10 percent of 12-year-olds say they have tried alcohol. By age 15, that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decision not to drink.

Some kids may try alcohol as early as 9 years old.

Most 6-year-olds know that alcohol is only for adults. Between the ages of 9 and 13, kids start to view alcohol differently. Many begin to think drinking is OK. Some even start to experiment. It is never too early to talk to your child about alcohol.

You are the MOST powerful influence on your child's behavior

Say Something

What you say to your child about alcohol is up to you. But remember, parents who do not discourage underage drinking may have an indirect influence on their children's alcohol use.

WHAT YOU CAN DO

- » Be a positive adult role model.
- » Be aware of risk factors.
- » Support your kids, and give them space to grow.
- » Be prepared. Your child may become curious about alcohol; he or she may turn to you for answers and advice.
- » Use "natural" opportunities, such as dinner time or while doing chores, to start open, honest conversations about drinking.
- » Work with schools, communities, and civic leaders to protect children from underage alcohol use.

SERIOUS CONSEQUENCES

Over the last few decades, experts have learned much more about the dangers of kids drinking alcohol. Underage drinking has many serious risks.

Kids who drink alcohol are more likely to:

- » Use drugs;
- » Get bad grades;
- » Hurt themselves or someone else;
- » Have unwanted or unprotected sex;
- » Make bad decisions; and
- » Have health problems.

Learn more:

www.underagedrinking.sahsa.gov

UNDERAGE DRINKING IS A SERIOUS PROBLEM

Too many preteens are drinking alcohol. Parents have a big impact on whether or not their kids drink. Your kids really do hear you. For tips on how—and when—to start the conversation about alcohol, visit:

www.underagedrinking.samhsa.gov

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

Transportation Updates

Contributed by Kathy Perkins, Transportation Coordinator

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

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

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

If you need a bus pass, please contact:

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



PEACEGIVING

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

All Peacegiving or Peacegiving Court issues are confidential.



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>

2018 Youth and Adult Fitness Program Guidelines

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

HEALTH & HUMAN SERVICES DIVISION — COMMUNITY HEALTH

CONTACT PERSON for Fitness and N7 Shoes

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

DIRECTOR INFORMATION:

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

PROGRAM TITLE: YOUTH & ADULT FITNESS

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

SPECIAL CONSIDERATIONS OR RESTRICTIONS: Payment receipts, invoices are required. Individual funds are restricted to that individual's use only. **NOTE:** All 2017 receipts must be turned in for reimbursement by Friday, January 12, 2018; **2017 receipts or reimbursement requests will not be accepted after the deadline.**

ADULT FITNESS PROGRAM:

SERVICE(S) PROVIDED:

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

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

YOUTH FITNESS PROGRAM:

SERVICE(S) PROVIDED:

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

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

HHSD Form #CHD 111 (8-29-17)

Beaded Collar Classes

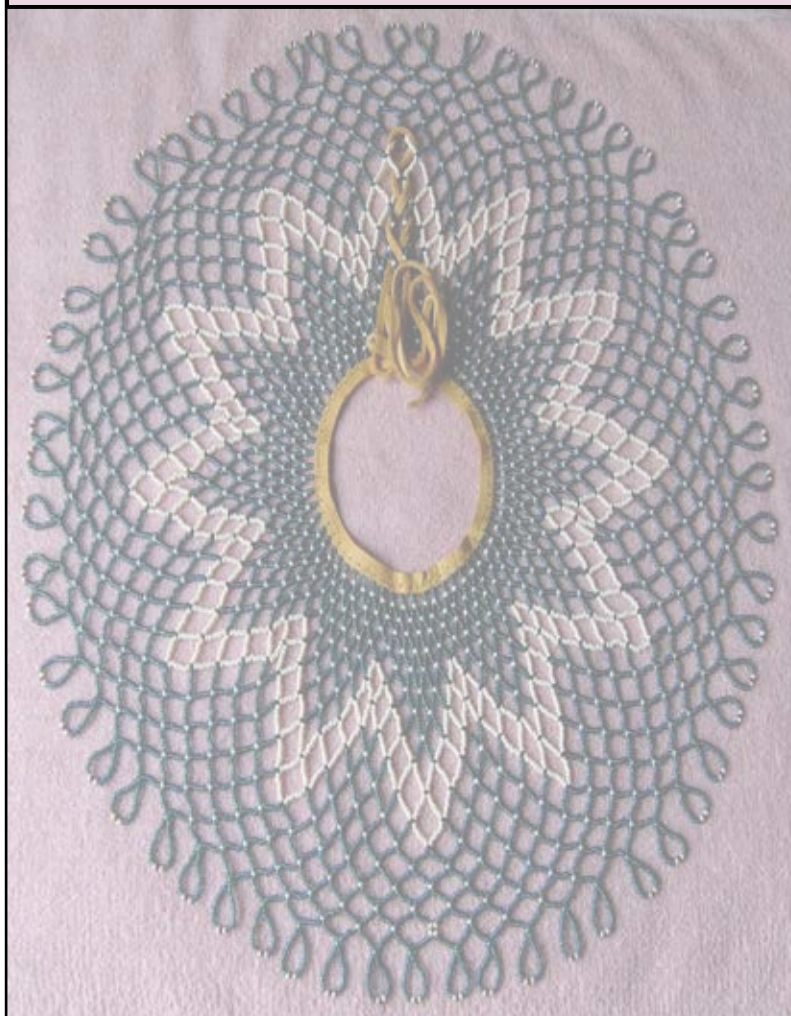
Instructed by Sue Olson

Location: Springfield at the Chifin Native Youth Center, 1084 G Street

Dates: March 10, March 24, April 7, & April 21 from 9:00am to 2:00pm

Class size is limited, please RSVP by March 1st to Heidi Helms at 541-297-7538 or hhelms@ctclusi.org

Hosted by the Tribal Culture Coalition



Participate in Updating Oregon's Rocky Shore Management Plan!

Oregon's Territorial Sea Plan guides state and federal agencies on the management of uses within the coastal zone out to 3 nautical miles. Chapter 3 of this plan is specific to the management of rocky shore habitats and is currently in the process of being updated.

The Department of Land Conservation and Development invites all individuals, organizations, and governments to participate in this process so that all voices are heard!



GET INVOLVED!

Attend your local meeting
Tuesday March 3, 2018
9:30-11:30am
Coos Bay Public Library
525 Anderson Ave. Coos Bay

Submit a direct comment to
tspcomments@dlcd.state.or.us



To learn more about this process and other ways to get involved please visit www.OregonOcean.info or directly contact Andy Lanier at (503) 934-0072, Andy.Lanier@state.or.us



December 20, 2017
For Immediate Release

Contact: Debra Semrau
Email: collections@cooshistory.org
Phone: 541-756-6320 ext. 212

The Coos History Museum Is Seeking to Borrow Items that Incorporate Tribal Military Traditions

The Coos History Museum is hosting the Smithsonian's Traveling Exhibit *Patriot Nations: Native Americans in our Nation's Armed Forces* to Coos County; opening reception is at the museum on March 1, 2018. The focus of the exhibit is telling stories of American Indian Veterans and to raise awareness of the National Native American Veterans Memorial landmark scheduled to be dedicated in 2020 in Washington D.C. The museum needs your help to personalize the exhibit by highlighting objects that represent and honor the contributions of local tribal members who have served in the US Military.

The Coos History Museum is seeking to borrow items made by families for a veteran, or items made by veterans commemorating their service, that may incorporate tribal military traditions. This includes quilts, baskets, beadwork, carvings or any other art form representing their personal or family members service time in the military.

Items would be borrowed by the Museum for the duration of the exhibit and installation (February-May) and displayed in secured cases adjacent to the *Patriot Nations* exhibit. The museum will provide a receipt for any loans made to the museum. If you or your family can help, please contact Debra Semrau, Collections Manager, Coos History Museum at 541-961-6320 or email Debra at collections@cooshistorymuseum.org.



Open All Year
Hours of Operation
Tue-Sun 10-5
Closed Mondays
& Major Holidays
Museum Store
Bayfront Plaza
Space available for
events and rentals



Kiowa Marine veteran Master Gunnery Sergeant Vernon Tsoodle's dance regalia blends United States and tribal military traditions.

Photo by Nancy Tsoodle Moser, 2009

Patriot Nations: Native Americans in Our Nation's Armed Forces was produced by the Smithsonian's National Museum of the American Indian. The exhibition was made possible by the generous support of the San Manuel Band of Mission Indians.

Tribal Member Joins the TRCR Team

Contributed by Pam Hickson, Recruitment Specialist



Colt Gilbert

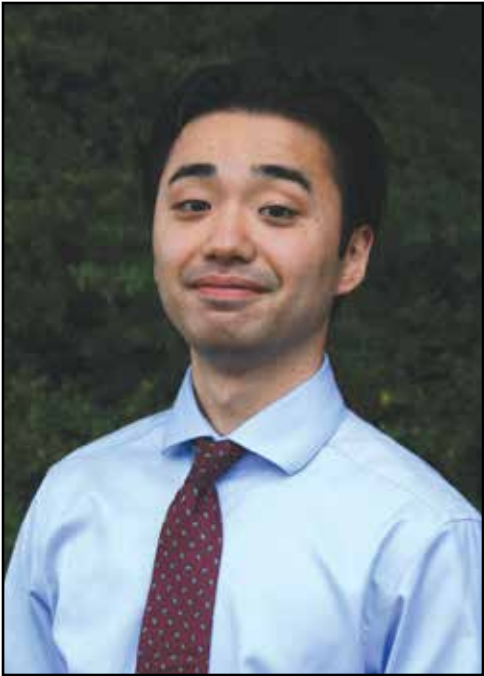
As a Lower Umpqua tribal member, Colt Gilbert has grown up in the Coos Bay area all of his life, along with a multitude of family. He describes himself as ambitious and just wants to better himself. It is this goal that prompted him to follow through with a recommendation to Human Resources' administered Workforce Development Program. Colt was working as an Assistant Manager at a gas station in Coos Bay, but was looking for more opportunities. Workforce Development staff helped him to discover what interested him and his skills. He applied for several positions with Three Rivers Casino Resort in Florence and was recently offered a Hotel Front Desk/PBX Clerk position. He started in this

position just after the New Year. He states that he is enjoying the work so far, and is excited to be learning new things. In his free time, Colt enjoys target shooting with his friends and long boarding. He has had an opportunity to travel to both California and Hawaii and would like to do more of this as his schedule allows. He shares that he enjoys meeting new people and seeing new things. Colt credits his girlfriend Makayla who he said is encouraging of his goals. He also expresses a great deal of thanks to Jeannie in Enrollment who connected Colt with the Workforce Development program. Please join me in welcoming Colt as one of our newest Team Members at Three Rivers Casino Resort in Florence!

Tribal Government Welcomes Assistant Planner

Contributed by Michael Romine, Human Resources Coordinator

Please join me in welcoming our new Assistant Planner, Naoki Tsuruta. Naoki recently graduated from Western Washington University, where he studied Urban Planning & Sustainability. After graduating, Naoki went to work in both the private sector at BaysingerPartnersArchitectureandinthepublicsector at the City of Gresham's Urban Design and Planning Department. He plans to become an expert in the Urban Planning capacity to help his community meet their long-term goals and objectives. Naoki is excited to work for the tribes and looks forward to growing in his new position.



Naoki Tsuruta



COMING SOON! CTCLUSI Summer Student Internships

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

Minimum Requirements:

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

Online Applications will be taken starting **March 12, 2018.**

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

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

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,
PLEASE CONTACT

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

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. Deadline to contribute to the March edition of The Voice of CLUSI is February 15th by 5:00 p.m.

I look forward to hearing from you!
-Morgan Gaines

Dental Word Search Answer

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

Developing Workday Fitness Habits

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

Personal development isn't just about leadership classes and workplace skills. For those of us who spend long days at our workstations, sitting nearly motionless under fluorescent lights, fitness can seem like a pipe dream. How do you squeeze substantial physical activity into a job that squeezes most of the air out of your day?

Katie Hamlin, a senior account executive at public relations firm Edelman, puts her finger on it: "It's hard to stay in shape when you work 9 to 5, especially when no one really gets out of work at 5."

But even for cynics who believe at-the-office exercise is nothing more than a comedic routine involving finger calisthenics and laps around the conference table, there is hope. You can find times and ways to exercise at work, as long as you're willing to think creatively about your situation, occasionally push the envelope of workplace decorum and perhaps even chuckle at yourself. With many people's minds focused on starting the new year in a healthier direction, these tips may help add fitness to your daily agenda.

Start with Modest Changes to Your Routine

You may have heard the standard advice for workers looking to fit some fitness into their days: Park your car at the farthest corner of the lot. Take the stairs instead of the elevator. Use the phone and email less, and walk to talk with your coworkers instead.

If you are among the most sedentary of the sedentary, these measures will begin to get your blood moving, but they're really just a start. "Nothing can replace solid, intense workouts," says Salvatore Fichera, an exercise physiologist. "But being as active as possible all through the workday does make a difference over time."

Fichera recommends brisk exercise breaks of about 10 minutes. That should be enough time to give yourself a significant interval of cardiovascular exercise without taking up more time than a typical coffee break.

Fit in a Couple of 10-Minute Workouts

"If you take a break and climb the stairs for 10 minutes, you'll burn 150 calories, assuming you weigh 150 pounds," says Tammy Lakatos, a trainer and registered dietitian. Within that timeframe, you should be able to rev your metabolism without getting too sweaty, she says.

Will a 10-minute workout attract the wrong kind of attention from coworkers and bosses? If it does, you can try explaining why you're doing it, or just keep at it and ignore negative reactions, which will likely fade with time.

Trainer Susie Shina recommends these intense exercises designed specifically for the white-collar environment: Wall presses (like push-ups, only against a wall), stand-ups (squats into your desk chair), march in place (try not to notice who's staring) and knee-ups (in your chair, bring your knees up).

Sit for Fitness

Here's another idea mentioned by more than one fitness expert: Replace your desk chair with a big exercise ball. "When I was a software developer, I brought one of those balance balls to my office and stopped using my desk chair," says Jeff Wooten, president of The Body Mechanic. "It almost forced me to exercise while I worked."

Being the first in his office to go chairless earned Wooten quite a few looks and comments. But Wooten and his exercise ball became trendsetters -- and saved money for his employer, which was accustomed to shelling out hundreds of dollars for ergonomic chairs. Balance balls sell for as little as \$20.

Leave the Office to Work Out

Still, we've got to admit that doing push-ups against a wall -- let alone a cubicle partition -- may be just too much. "Some of these activities could be difficult in some work environments," says Scott Lucett, director of education at the National Academy of Sports Medicine.

The solution may be to take one longer, off-site exercise break. Does your company claim to give its employees a substantial lunchtime, like half or three-quarters of an hour, or even 60 minutes? Then test that claim, even if none of your coworkers do. When Hamlin was training for the New York City Marathon, she would sometimes take off for lunch, go to the gym a block from work, run three miles, shower and be back at her desk within an hour.

Finally, remember that when it comes to exercise, you have more at stake than a desire for a slimmer waistline or less generous hips. "Having a sedentary lifestyle increases your risk for coronary heart disease," says Dr. Aliya Browne, clinical director of the Hainesport Women's Heart Center.

Content from "Fit Fitness Into Your Workday" by John Rossheim, Monster Senior Contributing Writer © Monster.com



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence
Beverage Server ~ Food Server
Busperson ~ Back Server/Busperson ~ Host
Team Dining Room Staff
Dish Machine Operator
Guest Room Attendant
Front Desk/PBX Clerk ~ Porter
Table Games Dealer 1-8
Players Club Representative 1
Electrician Technician 3
Environmental Services Technician
Special Events Team Member


Three Rivers Casino Resort ~ Coos Bay
Security Officer 1
Environmental Services Technician

Tribal Government Offices
Special Events Employee (Assignment Varies)
Tutor, Springfield

Blue Earth
No openings at this time



<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




THREE RIVERS

CASINO RESORT

Three Rivers Casino's World Market Buffet in Florence Announces a New Tribal Elder Program

Simply show your Tribal I.D. Card at the Players Club in Florence and get a FREE BUFFET VOUCHER (up to two a month). The World Market Buffet is open Thursday - Sunday for dinner; 4PM - 9PM, and Sunday, 10AM - 3PM, for brunch.



WORLD MARKET BUFFET

Open Thursday, Friday, Saturday and Sunday

THURSDAY	Dinner \$17.99 4PM - 9PM	Steak, Dungeness Crab & Carved Turkey
FRIDAY	Dinner \$17.99 4PM - 9PM	Italian extravaganza; over 20 of your favorite Italian dishes plus live action pasta station and carved-to-order Prime Rib
SATURDAY	Dinner \$17.99 4PM - 9PM	Prime Rib, Shrimp, Salmon & St. Louis BBQ Ribs
SUNDAY	Brunch \$17.99 10AM - 3PM	Prime Rib & Champagne Brunch

THREE RIVERS CASINO | 5647 HWY 126, FLORENCE, OR | 1-877-374-8377