



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

### *Tribal Council Testifies In Legislative Hearing H.R. 3225*

Contributed by Morgan Gaines, Communications Specialist

On July 12, 2017, The Senate Committee on Indian Affairs held a legislative hearing on S. 1285. Chief Warren Brainard testified on behalf of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians, concerning S. 1285. During the hearing, the Administration testified in support of S. 1285, and on December 13, 2017, S. 1285 Oregon Tribal Economic Development Act was passed by the House of Natural Resources Committee by Unanimous Consent. This is promising news for our latest bill; H.R. 3225.

On November 15, 2017 Chairman Mark Ingersoll, accompanied by Chief Warren Brainard, testified in Washington D.C. on behalf of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians during the legislative hearing on H.R. 3225.

H.R. 3225 was introduced by Rep. Peter DeFazio on July 13, 2017. This bill would clarify that five federally recognized Tribes in Oregon, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, The Confederated Tribes of Grand Ronde Community of Oregon, The Confederated Tribes of Siletz Indians of Oregon, The Confederated Tribe of Warm Springs, and the Cow Creek Band of Umpqua Tribe of Indians, to buy, sell, lease, or otherwise convey their non-trust (fee simple) owned land without approval from the federal government. Without clarification, an overly broad interpretation of the Indian Non-Intercourse Act could potentially hamper economic development on existing tribal lands, even if they are not held in trust.

Chairman Mark Ingersoll addressed the subcommittee "I am honored to testify today about the importance of H.R. 3225 to my people, and I am accompanied here today by Chief Warren Brainard. We thank Representative DeFazio for introducing H.R.



Chief Warren Brainard



Chairman Mark Ingersoll

3225 and Representative Walden for co-sponsoring this bill. We also appreciate the Committee's efforts on this bill as well as the Committee's efforts on the many other pressing issues impacting Indian country.

This bill would remove barriers that are impeding our efforts to create economic development opportunities and jobs not only for our community but also for the surrounding communities. These barriers stem from overly broad interpretations of the Indian Non-Intercourse Acts by certain title companies and financial institutions in Oregon.

The bill would clarify our right to buy, sell, and lease property like

Story Continues of Page 8, See H.R. 3225

### *Tribal Families Gather for Annual Holiday Celebration*

Contributed by Morgan Gaines, Communications Specialist

Holiday spirit filled the air at the Three Rivers Casino Resort on Saturday, December 9<sup>th</sup> as the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians celebrated with their annual Tribal Family Holiday Celebration. Tribal families and friends gathered together for the festivities and to spend time with one another this joyous holiday season.

The halls were adorned with holiday decorations and a large Christmas tree sparkled from the stage at the front of the room. Tribal members were greeted by Tribal Government staff as well as given gifts throughout the room. Human Resources, The Health and Human Services Department, The Department of Culture and Natural Resources, Education Department, and The Housing Department all had booths set up with information on

Tribal Council members gather around Santa during the Tribal Holiday Celebration on December 9, 2017

Story continues on page 10, and photographs of the event can be viewed on pages 10 and 11



### 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 541-888-9577

Presorted Standard  
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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 December 10, 2017 Regular Tribal Council Meeting

**Chief Warren Brainard:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 13-16 Washington Dc Trip  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 17 Swearing in New Judge Costello  
Nov 19 Budget Meeting Enrollment  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Nov 30 South Slough Meeting  
Dec 6 Budget Meeting  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

**Doc Slyter:**  
Not Present

**Beaver Bowen:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 18 Fall Harvest  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

**Teresa Spangler, Vice - Chairman:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 18 Fall Harvest  
Nov 19 Budget Committee Meeting  
Nov 20 CFO Interviews  
Nov 28 Branding Workshop  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Dec 6 Budget Meeting  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

CTCLUSI Resolutions

**RESOLUTION NO.:** 17-055  
**Date of Passage:** October 25, 2017  
**Subject (title):** Approving the grant of Easements to the Navy  
**Explanation:** The Unites States Navy requested a temporary easement and the Tribal Council approved this for the property commonly known as Coos Head. Vote 7-0-0

**RESOLUTION NO.:** 17-056  
**Date of Passage:** October 25, 2017  
**Subject (title):** Associate Judge Contract  
**Explanation:** Tribal Council approves the contracting of an associate Judge as the grant identified; to be used as an as needed basis. Vote 7-0-0

**RESOLUTION NO.:** 17-057  
**Date of Passage:** November 12, 2017  
**Subject (title):** Approval of Public Transit Vehicle Purchase  
**Explanation:** The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Tribal Council approved the purchase of a 12 passenger van and a handicapped accessible mini-van to improve transit services to Tribal members. Vote 7-0-0

**RESOLUTION NO.:** 17-058  
**Date of Passage:** November 12, 2017  
**Subject (title):** Acceptance of the Coos Bay Channel Modifications EIS Cooperating Agency Invitation.  
**Explanation:** The U.S. Army corps of Engineers has invited the Tribes to participate as a cooperating agency to help prepare and Environmental Impact Statement (EIS) to analyze the proposal by the Oregon International Port of Coos Bay to modify the lower Coos Bay Federal Navigation Channel. Vote 7-0-0

**Arron McNutt:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 19 Budget Committee Meeting  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

**Tara Bowen:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 18 Fall Harvest  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

**Mark Ingersoll:**  
Nov 12 Regular Tribal Council Meeting; Budget Hearing  
Nov 13 -16 Washington DC Trip  
Nov 16 GFORB (Gaming Facilities Operations Review Board); Executive Work Session  
Nov 18 Fall Harvest  
Nov 29 GFORB (Gaming Facilities Operations Review Board); Business Council Meeting;  
Dec 9 Tribal Christmas Party  
Dec 10 Budget Hearing

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 15, 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 15, 2018

<u>POSITION NUMBER</u>	<u>INCUMBENT</u>
Position #2	Beverly(Beaver)Bowen
Position #4	Tara Bowen
Position #6	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**  
(a) 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 16, 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. (This statement will also be sent with the ballots, deadline is March 16, 2018)

**-For a complete Election Code, please see [www.ctclusi.org](http://www.ctclusi.org) Tribal Code, Ch 7-3 Elections. Questions about the Election Process? Contact ~~me with any questions.~~ Jeannie McNeil @ [jmcneil@ctclusi.org](mailto: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](http://www.ctclusi.org)  
If you would like to receive typed copies or an audio CD of the Tribal Council meeting minutes send a written request, including your current address to Jeannie McNeil, 1245 Fulton Ave. Coos Bay, OR 97420.



Tribal Council

Warren Brainard, Chief

**Tribal Chief**  
541-297-1655 (cell)  
[wbrainard@ctclusi.org](mailto:wbrainard@ctclusi.org)

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

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

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

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

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

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

**Council Meeting**  
**January 7, 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](http://www.ctclusi.org)

Upcoming Events

**January 1<sup>st</sup>** - New Year's Day,  
All Tribal Offices will be Closed  
**January 2<sup>nd</sup>** - Parenting Workshop,  
Community Center 5:30 p.m.  
**January 4<sup>th</sup>** - Elders Luncheon, Coach House,  
Coos Bay 11:30 a.m.  
**January 7<sup>th</sup>** - Regular Council Meeting,  
Community Center, 10:00 a.m.  
**January 9<sup>th</sup>** - Wisdom Warriors Classes,  
Community Center, Coos Bay, 11:00 a.m.  
**January 12<sup>th</sup>** - Fitness Program reimbursement deadline  
**January 13<sup>th</sup>** - Celebration of Life for Michael D. Swigert,  
Ocean Dunes Golf Club, Florence, 1:00 p.m.  
**January 13<sup>th</sup>** - Beading & Paddle Making,  
Tribal Hall, 10:00 a.m. – 2:00 p.m.  
**January 13<sup>th</sup>** - Cosmic Bowling with youth Council,  
North Bend Bowling Alley 2:30 p.m.  
**January 15<sup>th</sup>** - Martin Luther King Jr. Day,  
All Tribal Offices Closed  
**January 15<sup>th</sup>** - Submission deadline for  
February edition of Newsletter  
**January 16<sup>th</sup>** - Wisdom Warriors Classes,  
Community Center, Coos Bay, 11:00 a.m.  
**January 20<sup>th</sup>** - Basket Weaving with Culture Coalition,  
Chifin Native Youth Center, Springfield 9:00 a.m.

**January 22<sup>nd</sup>** - Ladies' Self-Care Circle,  
Community Center, 5:30 p.m.  
**January 23<sup>rd</sup>** - Wisdom Warriors Classes,  
Community Center, Coos Bay, 11:00 a.m.  
**January 23<sup>rd</sup>** - Behavioral Health Education Series,  
Tribal Hall, 6:00 p.m.  
**January 30<sup>th</sup>** - Wisdom Warriors Classes,  
Community Center, Coos Bay, 11:00 a.m.  
**February 1<sup>st</sup>** - Elders Valentine Birthday Luncheon,  
TBD Florence, 11:30 a.m.  
**February 10<sup>th</sup>** - Beading and Paddle Making,  
Chifin Native Youth Center, Springfield 10:00 a.m.  
**February 10<sup>th</sup>** - Basket Weaving with Culture Coalition,  
Tribal Hall, Coos Bay 9:00 a.m.  
**February 11<sup>th</sup>** - Regular Council Meeting,  
Community Center, 10:00 a.m.  
**February 15<sup>th</sup>** - Submission deadline for  
March edition of Newsletter  
**February 19<sup>th</sup>** - President's Day,  
All Tribal Offices will be Closed  
**March 7<sup>th</sup>** - Statement of Candidacy deadline  
**March 11<sup>th</sup>** - Regular Council Meeting,  
Community Center, 10:00 a.m.  
**March 12<sup>th</sup>** - Applications being accepted for  
CTCLUSI Summer Student Internships



**THE VOICE OF CLUSI**

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

**Join a Committee**

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

CTCLUSI Departments, Services & Offices

<b>Government Office</b> 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 <a href="mailto:abarry@ctclusi.org">abarry@ctclusi.org</a>	<b>Purchased/Referred Care (FKA Contract Health Services)</b> 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 <a href="mailto:sarnold@ctclusi.org">sarnold@ctclusi.org</a>	<b>Elders Activities</b> 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 <a href="mailto:abrainard@ctclusi.org">abrainard@ctclusi.org</a>	<b>Florence Outreach Office</b> 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
<b>Health &amp; Human Services Division</b> Vicki Faciane - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Toll free 1-888-280-0726 Fax 541-888-5388 <a href="mailto:vfaciane@ctclusi.org">vfaciane@ctclusi.org</a>	<b>Education Department</b> Angela Bowen-Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1317 Toll free 1-888-280-0726 Fax 541-888-2853 <a href="mailto:abowen@ctclusi.org">abowen@ctclusi.org</a>	<b>Tribal Court</b> J.D. Williams Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 <a href="mailto:tribalct@ctclusi.org">tribalct@ctclusi.org</a>	<b>Tribal Gaming Commission</b> Brad Kneaper Executive Director of the Gaming Commission 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 <a href="mailto:bkneaper@ctclusi-pd.com">bkneaper@ctclusi-pd.com</a>
<b>Department of Human Resources</b> Stephanie Watkins - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 888-723-3270 <a href="mailto:swatkins@ctclusihr.org">swatkins@ctclusihr.org</a>	<b>Family Services</b> 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 <a href="mailto:splatz@ctclusi.org">splatz@ctclusi.org</a>	<b>Cultural Department</b> Jesse Beers - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 <a href="mailto:jbeers@ctclusi.org">jbeers@ctclusi.org</a>	<b>Tribal Police</b> Brad Kneaper Chief Law Enforcement Officer 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 <a href="mailto:bkneaper@ctclusi-pd.com">bkneaper@ctclusi-pd.com</a>
<b>Tribal Housing Department</b> Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 <a href="mailto:lmalcomb@ctclusi.org">lmalcomb@ctclusi.org</a>	<b>Tribal Dental Clinic</b> Dr. Sarah Rodgers 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505	<b>Springfield Outreach Office</b> 1126 Gateway Loop Suite 102 Springfield, OR 97477 Phone 541-744-1334 Toll Free 1-800-877-2718 Fax 541-744-1349	<b>Department of Natural Resources</b> Margaret Corvi Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1304 Toll Free 1-888-280-0726 Fax 541-888-2853 <a href="mailto:mcorvi@ctclusi.org">mcorvi@ctclusi.org</a>



- Transportation will be provided from Tribal Hall to North Bend Bowling Alley.
- Transportation will not be provided home. Parents are responsible for picking up Children
- Food and beverages will be provided

**January 13, 2018 2:30 p.m.-7:00p.m.**

Come join Youth Council after the prevention activity. Youth Council will be holding a meeting at the Tribal Hall 2:30-4:30; then please stick around to enjoy some cosmic bowling 5:00-7:00.



# YOUTH COUNCIL



COOS, LOWER UMPQUA & SIUSLAW

## Youth Council Contact Information

*Nicole Romine (Chair)*  
541-404-4115

*Michael Romine (Vice-Chair)*  
541-297-5408

*Devynne Krossman (Secretary)*  
541-808-5146



Follow us on Instagram  
#CTCLUSIYC

## EXPLORE DREAM DISCOVER

### Adventure Camp

Get back to nature kayaking and canoeing  
this Spring Break

Ages 12-18

March 26<sup>th</sup> through March 30<sup>th</sup>

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

SAVE THE DATE  
SPRING BREAK  
MARCH 26TH - 30TH

DAY CAMP  
8:00AM - 5:00PM  
AGE: 5-18  
MUST BE IN SCHOOL

ADVENTURE CAMP  
OVER NIGHT  
AGE: 12-18  
HEALING OF THE CANOE



# Preventing Teen Drug Use: Connecting with Your Teen

Article by Partnership for Drug-Free Kids

Even though your children might be pulling away, itching for more independence, deep down they want to be involved in the family and know that you still love and care for them. A strong bond with your child, especially during the teen years, helps reduce the chances of engaging in risky behavior. It helps set the stage for preventing drug and alcohol use.

## **STRONG FAMILY RELATIONSHIPS REDUCE RISKY BEHAVIOR**

“Bonding is important throughout the life course and particularly important during adolescence,” says Richard Catalano, Ph.D., Professor and Director of the Social Development Research Group at the University of Washington’s School of Social Work. “We know that kids who are bonded to parents who hold healthy beliefs and clear standards — particularly about drug use or alcohol use — are much less likely to get involved in any kind of problem behavior.” Bonding helps reduce the chance that your kid will engage in a range of risky behaviors, including risky sexual activity, crime, trying drugs or alcohol, or dropping out of school.

According to Catalano, there are three main building blocks to encouraging a strong relationship:



## **PROVIDE TEENS WITH OPPORTUNITIES**

Household chores work great with younger kids, but teens require a higher level of family involvement and responsibility. They need the chance to help with family decision-making. It can be as simple as involving them in planning an upcoming family vacation, or asking them to help you research any upcoming purchasing decisions for the family, like a new TV or changes to a cable subscription.

## **TEACH THEM SKILLS**

If you’re giving your teen new opportunities and responsibilities, give them the skills to succeed. If he or she is making a decision about a new purchase or family event, explain the criteria needed to make an informed opinion. Is he or she pushing for the chance to buy their own clothes? Teach them how to budget for what they need. You have to give them some support and structure from which to build new skills.

## **RECOGNIZE THEIR EFFORTS**

After your child finishes a task, or at least shows that they really tried, make sure you recognize the effort in a way that fits their needs. For example, don’t try to push hugs on a teen who resists physical affection. Try a high five or verbal recognition instead. Recognition provides the motivation for kids to continue making positive efforts.

## **STAY INVOLVED**

As annoying as it can sometimes be to teens, keeping tabs on their activities — both online and off — is one of the most important things we can do as parents. It’s another way of demonstrating that we care, and of developing a stronger parent-teen relationship. But it can be a balancing act. With teens, we’re between a rock and a hard place. We need to respect their growing independence,

but they still need boundaries. We want to keep them safe, but they want us to mind our own business. Finding the right balance requires always adjusting and staying in touch with what’s going on in their life.

The goal is to regularly know where your teen is (especially after school), who his or her friends are (by their names, faces and voices), and what they’re doing. Here’s how to make keeping tabs a seamless part of the routine:

- Share some quality in-person time — without the distraction of electronic devices — whenever you can: during meals, during a snack, while you’re in the car, or simply hanging around.
- Ask specific questions about his or her day. “Who’d you have lunch with today?” “Do you have play rehearsal tonight?”
- When friends are over, pop in to meet them or say hello, and check in periodically.
- Ask teachers, coaches and other relevant adults in your child’s life how he or she is doing in school or with other activities.
- Talk to their friends’ parents. If you don’t know them yet, introduce yourself the next time there’s an opportunity. Or call them to say hello. Whatever works for you.
- Be part of his or her scene. Volunteer with their school or get involved with the activities they might enjoy outside of school.
- Familiarize yourself with the social networks and apps they use. Be clear about what is off limits when it comes to using technology, and make it clear that you will keep tabs on their activity — and make sure that you actually do.

Your teen may push back, but that’s no reason to back off. Help him understand that you’re involved because you love and care for him, not because of a lack of trust.

## **Catch Early Warning Signs**

If your teen simply refuses to talk about his or her life or you suspect something’s wrong, don’t wait to take some action:

- Pay more attention at home. Before bed, check in with him to look for signs of drug or alcohol use.
- Keep an eye on sleepovers (that’s when many teens first experiment with drugs and alcohol). If you need to, search his room.
- When he’s out, make sure he is where he said he’d be. Have him call to check in with you, call to check in with him, or take a drive and look for his car.
- Set strict rules about parties. Find out where it is and whether there will be adults there (if not, don’t let him go). Have him call to check-in periodically (this can be a real deterrent to using any drugs or drinking if he’s worried you’ll hear a change in his voice).
- Tell his friends’ parents about your worries and ask them to call if they see any unusual behavior.
- Keep him busy after school. Sign him up for an activity — a youth group, music program, sports team, whatever — that’s led by adults. Then follow up to make sure he goes.



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

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



## This Month...be on the Lookout for Labrador Tea

Contributed by Ashley Russell, Water Protection Specialist

**Plant description:** Labrador Tea is in the family, Ericaceae, the heath family. Azaleas, blueberries, cranberries, huckleberries, kinnikinnick, pipsissewa, rhododendrons, and salal also belong to this family. This bog loving evergreen, usually grows no more than 4 feet tall. 2-inch oblong, leathery leaves grow from red stems and droop with age. Some leaves sport a furry, rust-colored underside. White flowers with five spreading petals are borne atop branch ends in umbrella shaped clusters.

**Food:** Leaves can be gathered all year round and can be used fresh or dried to make tea.

**Caution:** Although health complaints associated with Labrador tea are quite rare, this plant does contain alkaloids that can cause gastric troubles, so be sure to steep tea leaves for no longer than 8-10 min.

Photograph of labrador tea in bloom by Morgan Gaines



**Scientific Name:** *Rhododendron (Ledum) columbianum*

### 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](http://www.ctclusi.org) today

Tribal members, register to login and access even more content  
on [www.ctclusi.org](http://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

### MITSMITS 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.

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





# Place Names of the Coos, Lower Umpqua & Siuslaw Indians

Contributed by Patricia (Patty) Whereat Phillips

*This is the eleventh 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 Siuslaw River above North Fork. For a pronunciation guide to the native words in this article see <https://shichils.wordpress.com/about/> under the “Language Pronunciation” section.*

## Upper Siuslaw and Surrounding Areas

To pick up on the main river roughly where we left off last month, on the south side of the river across from North Fork’s entrance is South Slough (and is also where Coos storyteller James Buchanan lived for many years). This place was called **Chímwswaich**. The name referred to a ‘mud shrimp’ (known as **chimws** in Siuslaw and **wayaq** in the Coos languages) that was used as fish bait for sturgeon.

Frank Drew also thought that there was a place on the Siuslaw River across from the mouth of Sweet Creek (or maybe a short distance down stream from it) called **Hiká’máiyas**. It comes from the word for seal. There used to be a large snag there that seals sometimes came to.

Several of the following names come from James Dorsey interview with Siuslaw/Lower Umpqua speaker Louisa Smith in 1884. He drew a very rough map of the Siuslaw to mark where the place names were located. Unfortunately this map is so crude (it lacks even the most basic of landmarks – no notation of North Fork or Lake Creek) that about the only clues one can take away from it is whether or not a place was on the north or south bank, and was on the lower or upper river. Sadly when J.P. Harrington was using Dorsey’s list to ask Siuslaw speakers (Louisa’s son Spencer Scott, Frank Drew, the Barrett brothers) about the names decades later in 1942, few names were clearly remembered. I’ll start out by listing Dorsey’s name along with comments from Harrington’s informants.

**Q’asq’as** – This was listed as #16 on Dorsey’s map as being on the south bank of the river and across from **Wótsyawos**. These are the first villages listed after a long gap where no villages are listed after **Potlkyaus** (a name possibly derived from the word for raccoon, **potlquts**), another location that is unknown (except it was on the south bank) and may have been roughly in the vicinity of where North Fork enters the river. That would place **Q’asq’as** somewhere more towards Mapleton than North Fork.

**Kúp’imitlta** – this was listed as being on the north bank of the river on Dorsey’s map, and from its location (as #17) might have been somewhere in the rough vicinity of Mapleton. Frank guessed this was Acme (which is at least on the correct side of the river) but given where Dorsey placed it on his map, that is unlikely.

Following **Kúp’imitlta** closely going upriver along the north bank were **Tsáhais** (a name that might have been derived from **tsahauya**, grass), **Mitsniitl’**, **Pi’a**, and **Yuuquustiita**. Across the river on the south bank was **Q’ayumiita**. According to Spencer Scott and Frank Drew, **Yuuquustiita** means ‘a poling place’, as in a place to pole rather than paddle a canoe. That makes me wonder if this place was not at the rapids near Mapleton.

The next several names are again along the north bank, according to Dorsey’s crude map (although he does not note at all the great bends of the river from Mapleton to Swisshome, so it is questionable how helpful even his north bank/south bank distinctions are): **Kwun-nu-misu** (A name not noted in Harrington’s notes), **Tsiéqa-we-yahl** (A name that might mean ‘dry gravel’, **ch’iihuu tl’xwiiyast**), **Hlq’aykwuch’a** (at this point, Dorsey noted ‘near Eugene’ which geographically speaking is highly unlikely), **Q’acht’ais**, then **Hauyat**. **Q’acht’ais** is derived from **q’achtii**, red cedar. So the name means something like red-cedar-grove or cedar place. Frank Drew thought this might refer to Knowles Creek. **Hauyat** was said to be the fish camp at the sawmill side just below Swisshome. Frank said this was the summer eel camping place for Siuslaw Dick and many other people he knew after leaving the Yachats Subagency for the Siuslaw River in 1876.

Dorsey lists a handful of sites above this – but they

are not on his map, and there are no notations noting if they are on Lake Creek or the main river. Dorsey said Louisa Smith’s mother came from the upper most village on his list (her father was from the upper Lower Umpqua village of **Ts’aliila**). One of these unknown upriver sites was interpreted by Frank Drew and Spencer Scott to be **Hi’laxwityuus**, meaning ‘salty place’ from the word for salt (**hi’laxwii**). Typically Siuslaw people and their coastal neighbors made salt from boiling sea water. But some areas do have inland salt deposits and this may have been one of those.

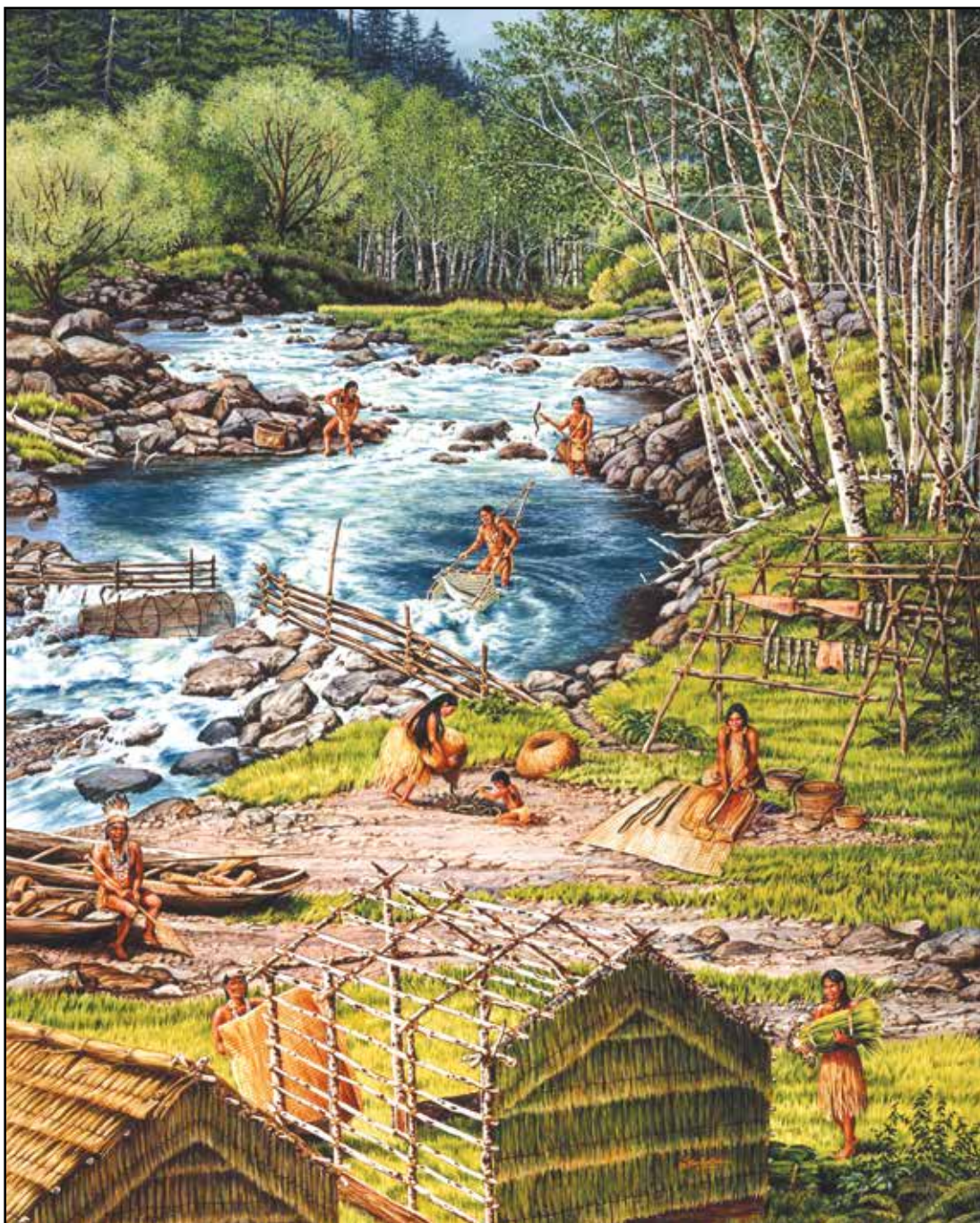
The rapids on lower Lake Creek, below “Cape Horn” were called **Qa’laxaihla**, coming from the word **qa’laxai**, it is rattling, and the name referred to the noise of the water as it hit the rocks. The native people said it was a dangerous place to take a canoe through in winter.

Frank Drew and Spencer Scott also mentioned the name **Qaqa’ich**. They said it was where John Mishel and his family fished for eels. But he was not sure if this was at the mouth of Lake Creek (near but slightly above **Hauyat**) or if it were at a place on the north bank he called Seaton, which was between Mapleton and Swisshome by some riffles (a natural Indian fishing place).

The place at the forks of Indian Creek (which enters lower Lake Creek) was known as **Chamita**.

We no longer know the names of this inland places but there was a bear-grass gathering site at Elk Valley (between Mapleton and Eugene) and Triangle lake was a gathering area for Siuslaws and **Kalapuyans** to meet and trade. Siuslaw people also went elk hunting in the surrounding hills.

Next month we will take a look at some of the place names north



Painting depicting life along the Siuslaw River by Pam Stoebsler



## H.R. 3225...continued from cover page

any other American. It would make it clear that NO approval is required from the U.S. for real estate and property related transactions on our fee lands. The bill as currently written would also assist 4 other tribes in Oregon in this regard.

Further, I would like to emphasize that the bill would not affect any trust lands and does not relate to gaming.

To provide some background, the Indian Non-Intercourse Acts are a series of acts passed from 1790 to 1834 that were intended to establish the federal government as the sole arbiter over Indian affairs in order to maintain peaceful and stable relations with Indian tribes and to prevent the loss of Indian lands from colonial encroachment.

The Acts prevent the sale, lease, transfer, or other conveyance of Indian land without federal approval.

Over the past 200 years, application of the Acts has varied, depending on the time period and location, resulting in a confusing set of judicial, legislative and administrative decisions.

Typically, the Acts have not prevented a tribe from being able to engage in fee land related transactions. However, some title companies and financial institutions are interpreting the Acts to require federal approval for tribes for these types of transactions. But, the Department of the Interior does not make such determinations for fee land transactions for Indian tribes, and seeking congressional approval for every fee land transaction by a tribe is clearly impractical.

In 2014, we encountered this problem. We sought to purchase a self-storage facility in Coos Bay, Oregon, using a commercial mortgage. However, the title company's underwriter determined that the Acts required that the transaction be approved by the BIA and refused to issue title insurance. Thus, we were unable to obtain a commercial mortgage to purchase the facility and had to do all that we could to put together enough cash to acquire the facility. Although we were able to complete the transaction, we do not have the means to execute all of our fee land transactions in cash.

Without passage of this bill, we will continue to encounter this problem and will be unable to obtain mortgages or sell or lease our existing fee lands. This would severely hamper our efforts to engage in economic development projects, create jobs, and reacquire some of our ancestral lands.

We seek passage of this bill to address this problem. The bill would simply clarify for our tribe and four other Oregon tribes that we do not need the approval of the federal government for fee land transactions.

Thank you for this opportunity to testify, and we look forward to working with you to enact this bill into law..."

Visit the Tribal website [www.ctclusi.org](http://www.ctclusi.org) to watch the legislative hearing. A link is provided directly on the homepage for your convenience. Chairman Ingersoll's testimony can be viewed at the 24-minute mark, and his additional response to a question presented can be viewed at the 50-minute mark.



**TO ALL TO WHOM THESE PRESENTS SHALL COME-GREETING:**

*Know Ye, that reposing special trust and confidence in the capacity, integrity and fidelity of*

**Warren Brainard**

*a citizen of Oregon, I, Kate Brown, Governor of the State of Oregon, do, in the name and by the authority of said State, by these present, Appoint and Commission the said Warren Brainard as a member of the South Slough Estuarine Research Reserve Management Commission for a term beginning September 8, 2017 and ending September 7, 2021.*

*In testimony whereof I have hereunto set my hand and caused the great seal of the State to be affixed at Salem, October 20, 2017.*



*Kate Brown*  
Governor

*Deanna Richardson*  
Secretary of State

**Documents contributed by Chief Warren Brainard**



DEPARTMENT OF THE NAVY  
NAVAL AIR STATION WHIDBEY ISLAND  
3730 NORTH CHARLES PORTER AVENUE  
OAK HARBOR, WASHINGTON 98278-5000

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Ser N44/3685  
30 Nov 17

The Honorable Warren Brainard  
Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians  
1245 Fulton Ave  
Coos Head OR, 97420-2895

Dear Chairman Brainard:

SUBJECT: NATIVE AMERICAN HERITAGE MONTH APPRECIATION

As I reflect on Native American Heritage Month, I am reminded of the strong leadership and guidance your community shares with the Navy and I look forward to continuing to strengthen and develop our relationships. The United States Navy is privileged and proud to share Government to Government relationships and I would like to recognize the month of November as Native American Heritage Month by expressing our deepest gratitude to all those members of the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians who have served, currently are serving, and those who strive to serve in the Armed Services of the United States, including the Navy.

During this month, we not only reflect on the past challenges Native Americans have faced as sovereign nations, we celebrate the contributions and honor the sacrifices that past, current, and future tribal members have made in military service. All Native Americans who have served, helped shape and guide our Navy heritage and traditions for which we are eternally thankful.

I would also like to thank you for your continued commitment to meaningful consultation with NAS Whidbey Island. NAS Whidbey Island and the U.S. Navy take great pride in our stewardship responsibilities to the environment, and our success at being good stewards would not be possible without our tribal partners. Through our consultations, we strive to establish an enduring relationship to foster respect and preservation of cultural and natural resources of the Puget Sound. Your continuous guidance and support has allowed us to carry out successful restoration and mitigation projects that support our mission for national defense while protecting and preserving the resources, landscapes, and rich cultural history in the Puget Sound.

I look forward to many more years of partnership with you and I hope to have the opportunity to meet with you soon and share this sentiment in person.

Sincerely,

*G.C. Moore*  
G.C. MOORE  
Captain, U.S. Navy  
Commanding Officer



# Family Reading Night

Contributed by Meagan Davenport- Family Services Program Assistant

On November 8, 2017 the Family Services department hosted a Family Reading Night. Tribal families gathered in Tribal Hall to enjoy fellowship over dinner, and reading story books with Tribal Youth. The kiddos gathered on mats around Tribal Council Vice Chair Teresa Spangler, and read books to each other. Tribal Youth enjoyed reading *Lego Ninjago City* by Tracey West, as well as following Pete the Cat on his frisky adventures in the book *Pete the Cat; Valentine's Day is Cool* by James Dean. Keep an eye out in the CTCLUSI newsletter for announcements on upcoming Family Nights!

*"A person's  
a person, no  
matter how  
small."*  
  
- Dr.Seuss



Tribal Council Vice-Chair Teresa Spangler read books to Tribal Youth for Family Reading Night, November 8, 2017.



## 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! Deadline for the February newsletter is January 15<sup>th</sup> at 5:00 p.m.  
Morgan Gaines, Communications Specialist  
541-888-7536 or email [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org)



## 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. You must compete a Letter of Interest Form to be considered by the Tribal Council. Below is a list of Committees you may be interested in becoming a member of:

- Culture Committee  
Elders Committee  
Investment Committee
- Budget Committee  
Enrollment Committee  
Health Committee
- Education Committee  
Housing Committee  
Election Board

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

Letters of Interest forms can be found on the Tribes' website: [www.ctclusi.org](http://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](mailto:jmcneil@ctclusi.org)  
541-888-9577





## Holiday Celebration...continued from cover page

Tribal services as well as gifts or raffle drawings to enter. Also given out was the Tribal calendar for 2018 which featured photographs taken by Tribal members during annual events throughout the year.

While holiday music played and Tribal members visited with one another, last year's celebration photos were displayed in a slideshow on the big screen. A special photo booth was set up where fun props and big smiles made for some wonderful family photo prints.

Chairman Mark Ingersoll welcomed everyone to the celebration and thanked those that had served on past Council, current Council members, and all committee members for the work that they do for the Tribe. He warmly introduced Chief Warren Brainard to join him and to give the evening invocation. Chief Brainard shared his thankfulness for those around us and to those that helped prepare such a wonderful celebration. Chief then invited everyone to join in the holiday meal. At this time, Tribal members watched The Wisdom of the Elders video; a documentary featuring many Tribal members and discussing the effects of current climate conditions on traditional waterways and gathering sites. This video should be available to view soon on the Tribal website [www.ctclusi.org](http://www.ctclusi.org).

Following dinner, Tribal member Ashley Russell lead the youth in a round of a few holiday jingles and a Hanis Coos translation of Silent Night, to get them in the spirit for the next big event of the evening: Santa!

Santa Claus entered to the delight of the youth in the crowd. They eagerly lined up to have their turn to talk with him. One by one every child spoke with Santa and received a stocking filled with goodies. Santa had lots of helpers this year from our very own Tribal Council. Chairman Mark Ingersoll, Beaver Bowen, Vice-Chair Teresa Spangler, and Tara Bowen, happily played the part of Santa's helpers to give out stockings to our Tribal youth. Everyone was pleased to see such big smiles on the faces of all our youth at the end of the evening.

The holidays are a time to join together with those close to you, and the spirit of the holiday was alive with everyone on this night as family and friends gathered to share in the fun and excitement of the celebration. Thank you to all those who worked so hard to make this event happen and to all those that traveled to be there.



*Happy Holidays and Happy New Year!*







# Elders Luncheon


**THURSDAY, January 4, 2018**  
**at 11:30 A.M.**  
**Coach House**  
**604 6th Ave. Coos Bay, OR 97420**




**Please contact the RSVP line at 541-435-7155**  
**or toll-free 1-888-365-7155**  
**By January 2, 2018**  
**LIMITED TRANSPORTATION IS PROVIDED.**






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



# Elders Valentine Birthday Luncheon




**We would like to Honor all Elders that are 75+ in the year 2018.**



**THURSDAY, February 1, 2018**  
**at 11:30 a.m.**  
**TBD Florence Oregon**

**Please contact the RSVP line at 541-435-7155**  
**or toll-free 1-888-365-7155 by January 31, 2018**  
**Join in for a Valentine Dance after lunch.**





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

## 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



## 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](https://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.

CMS Product No. 12002  
September 2017



## Elders Corner

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

Contributed by Andrew Brainard, CHR and Elders Activity Program Coordinator

Hanis Coos Elder Artiss Jean Cookson was born in Eugene, Oregon, to F.C. Roy and Leona Albina Anderson. She has two siblings, Billie L. Lewis and Howard Roy. The family lived in Talent, Oregon, until Jean was seven, when they moved to Othello, Washington. Jean, who is now widowed, was with her husband, Robert Cookson, for 21 years. Although she and her husband were unable to have any children of their own, she considers herself grandmother to all Tribal children, but especially to her nephews, Eagle and Cougar Roy. Jean now lives in Tribal housing at Qaxas.



Jeannie Cookson

Until she was 20 years old, Jean worked on the family farm, growing mostly alfalfa. After leaving the farm she got a job as a mechanic at Boeing. At Boeing she helped build the Boeing 727! After that, she had the opportunity to go to night school and she landed a job in Billing & Accounts Receivable at People's National Bank in Seattle. But one of her most interesting jobs was when she worked as an office manager at a gold mine in Arizona. Three million dollars in gold passed through the office every week! Jean did come back to Coos Bay to work for the Tribes for a short period of time as the Interim Tribal Administrator. She really enjoyed the job and she learned a lot about how the Tribe operates, but she got tired of the long commute so she returned to Crooked Creek to where her husband was still living. Robert was a commanding officer in the Coast Guard for 30 years, after which he worked as a police officer, fire chief, ferry captain and finally a security officer.

In 1996, after Robert passed away, Jean returned again to work for the Tribes. Although she started out in Finance, she eventually went to work at Tribal Hall doing various jobs. She helped set up drumming and beading classes, put on pot lucks and helped with many other activities. She even helped paint the building! She also worked with Arleen Perkins on the Elders Program and helped with the first Elders' Honors Day. According to Jean, "I realized that I've spent hundreds of hours in that kitchen washing dishes."

When asked what she wants people to know about her, Jean said, "I tell it like it is. I love my God, I've worked hard all my life, and I love my Tribal nation, especially the Tribal kids." Jean started the Tribal Food Bank, brought the first peace runners to our nation and helped our Elders Program run smoothly. Now in her free time, Jean loves beading, gardening, drumming, beachcombing, and motor cycles. But she really loves work with Tribal children. On her bucket list, she would love to go on an Alaska cruise.

Jean has worked on many committees over the years, including Enrollment, Culture, Education and the Elders committee. On her list of things she'd like to see happen with the Tribes are the following: 90% Tribal hiring, college for Tribal children and having those children return home to work towards making our nation self-reliant and debt free. She also would like the Tribes to increase the annual Christmas check to more than \$50 and for our Tribal Council to be paid.

Virgil Charles Anderson is a Hanis Coos Tribal member and is also of Karuk, Rouge and Tututni Native American Indian descent. Virgil's father and mother were Carl and Charlene Billings Anderson. His great-grandparents were John and Adeline Billings. Virgil has three brothers: Ray Petrie, David

Petrie and Nick Arnett, and a sister Beth Yarbrough. Virgil is the grandfather of two grandchildren Nevin and Emily.

Virgil was born in Grants Pass, Oregon and lived there for 5 years. From there he migrated to Illahe, Oregon for 4 years, then spent 10 years in Myrtle Point, and now resides in the Coos Bay/North Bend, Oregon area.

Virgil worked as a young man in the hay fields of Myrtle Point before serving in the Army 1968 – 1970, including a tour of duty in Vietnam. Upon his departure from the military, Virgil worked in the Parts Department for 42 years at Tower Ford in Coos Bay.



Virgil Anderson

Virgil loves to watch aircraft shows and World War II footage. Virgil's hobbies have included a variety of activities: elk and deer hunting, being on power boats through the Rouge River, target practicing, camping, four-wheeling, and working on old cars. In addition, Virgil loves to listen to the golden rock and roll oldies of the 50s and 60s. He's particularly fond of the singer Ray Price. Virgil also enjoys picture taking, going out in the backroads and visiting the family cabin near Agness. Virgil shared that he would love to be known for riding his bike up and down the long hills of Illhae, Oregon to the old school house.

As for the future of the tribe, Virgil would like to see the Housing Department improve housing repairs at Qaxas Heights.

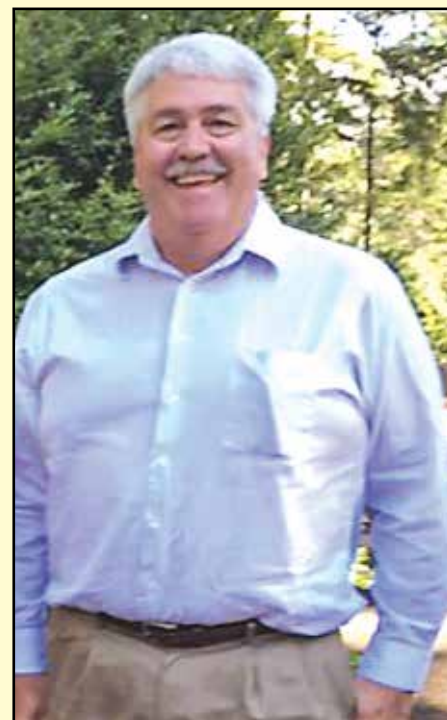
### Tribal Elder

#### Michael D. Swigert Walks On

Michael Dean Swigert passed away in Las Vegas, Nevada December 10th, 2017.

A celebration of life will take place on January 13th, 2018 at the Ocean Dunes Golf Club 3345 Munsel Lake Rd, Florence, OR 97439 from 1pm to 4pm.

The family would like to invite all those who knew and loved Michael to join us and reminisce his life and accomplishments.





# CTCLUSI Dental Word Search

Contributed by Naomi Petrie, Dental Health Aide Therapist

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

Word Search Answer on Page 19

## WORD LIST:

- SRP

ULTRASONIC

SCALER

PROPHYLAXIS
- PROPHY PASTE

PSR

PERIO MAINTENANCE

PERIO SCALING

## DEFINITIONS:

- SRP:** Scaling and root planing. A procedure that removes plaque and calculus (mineralized plaque) and smooths the exposed root surfaces of teeth.

**ULTRASONIC:** A dental instrument that is used to remove calculus.

**SCALER:** A dental instrument used to clean teeth.

**PROPHYLAXIS:** The cleaning of teeth.

**PROPHY PASTE:** An abrasive substance used to clean teeth.

**PSR:** Periodontal Screening and Recordings. A system to assess the gingival (gum) health of a patient.

**PERIO MAINTENANCE:** The procedure to clean teeth and halt the progression of periodontitis (a disease that destroys the gums and bone that surround teeth).

**PERIO SCALING:** The removal of plaque and calculus.

Call the CTCLUSI Dental Office to schedule  
your appointment today

541-888-6433

Dental Office Hours:

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

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

Wisdom Warriors

Living Wise.....Living Strong

Chronic Disease Self-Management Classes

At the Community Center  
338 Wallace Street  
Coos Bay, 97420


Classes: 11:00am – 1:30pm on  
Tuesdays  
January 9, 16, 23, and 30, 2018  
and  
February 6 and 13, 2018

Doug Morrison and Kimmy Bixby, Community Health Representatives with the Coos, Lower Umpqua and Siuslaw Tribes will be offering a series of 6 health classes for anyone with a chronic illness, or those caring for someone with a chronic illness. These classes will teach you how to manage your 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.

A healthy lunch will be provided.

For more information or to sign up, contact  
Doug Morrison, Florence Community Health Representative at (541) 997-6685  
or  
Kimmy Bixby, Springfield Community Health Representative at (541) 744-1334



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

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

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES,  
PLEASE CONTACT  
STEPHANIE WATKINS AT 541-902-3817 OR PAM HICKSON AT 541-902-3821



LADIES' SELF-CARE CIRCLE



Please join us in Gallery Paint Night! The Circles of Healing would like to invite you to join us in a gallery paint night to create a showcase of meaningful paints for community display.

This event is open to Tribal and non-Tribal women. You are welcome to join at any time.



MONDAY, JANUARY 22 , 2018  
5:30-6:30 P.M.

CTCLUSI Community Center  
388 Wallace St, Coos Bay, OR

Please RSVP to: 541-435-7155  
or toll-free 1-888-365-7155

Sponsored by the Health and Human Services Department.



CTCLUSI Behavioral Health Services

Presents...

Behavioral Health Education Series: Depression



“Alone we  
are strong  
and together  
we are  
stronger”

This workshop will discuss Seasonal Affect Disorder and Depression. All are invited and the workshop will provide an opportunity to find support. Snacks and Beverages provided.

When: January 23  
Time: 6 pm - 7:30 pm  
Where: Tribal Hall

Please RSVP by January Wednesday 17, 2018 at 541-435-7155  
or 888-365-7155



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

Sponsored by the Health and Human Services Department

Save the Dates:

Upcoming Council Meetings

January 7, 2018  
Community Center  
10:00 a.m.

February 11, 2018  
Community Center  
10:00 a.m.

March 11, 2018  
Community Center  
10:00 a.m.

Upcoming Office Closures

January 1, 2018  
New Year's Day  
January 15, 2018  
Martin Luther King Jr.  
Day

February 19, 2018  
President's Day

OREGON  
Bottle Bill



2018 Bottle Bill Expansion  
Additional Beverages to be Included

As of January 1, 2018, additional beverages will be included in Oregon's Bottle Bill and will have a refund value of 10 cents per container (ORS 459A.702).

Included:

Most beverages will be added in sealed glass, metal, and plastic cans and bottles in sizes from 4 ounces up to and including 1.5 liters. Examples of common beverages that are included:

- Coffee/Tea
- Kombucha
- Energy and Sports Drinks
- Hard Cider
- Juice



Soda, Beer, and Water will continue to be included (3 liters or less in size).

NOT Included:

Beverages that are NOT included:

- Wine/Distilled Spirits
- Milk (dairy and plant-based)
- Infant Formula
- Meal-Replacement Drinks



The refund value on all beverages included in Oregon's Bottle Bill is 10 cents regardless of what is written on the label. Manufacturers have until January 1, 2019 to include the 10-cent refund value on containers for the new beverages.



## **Oregon's Weather Can Change Quickly**

Information Contributed by Kathy Perkins, Transportation Coordinator

For up-to-date travel conditions, visit TripCheck, ODOT's mobile-friendly travel information website. The site features:

- Maps updated in real time that display road conditions, color-coded traffic speeds on most roads across the state, trouble spots, weather, construction, maintenance and traffic incidents. High impact incidents are prominently displayed as "alerts."
- More than 400 camera images from key locations throughout Oregon, as well as southern Washington and northern California.
- Create and bookmark custom camera pages with up to 10 different cameras for quick checks of specific routes.
- Links to bus, airport, train, bicycle and trucking information; commercial roadside services such as hotels, motels and restaurants; and detailed information on scenic byways, safety rest areas and Snow-Parks.
- Detailed information on the use of traction tires and chains in Oregon.
- Waze user reports and traffic jams; these are overlaid on the TripCheck map, providing real-time traffic and road conditions from Wazers in the area.
- "Travel Time," shows current travel times from key highway connections throughout the Portland metro area.
- Updated highway closure information associated with winter weather conditions on I-84 and I-5.

**TripCheck information is also available via Twitter.** Visit [www.TripCheck.com](http://www.TripCheck.com) and click on the Twitter page to learn more. Use TripCheck TV to create a custom display of road condition information and camera images.

### **By phone:**

Travelers in Oregon can dial **511** to access the same immediate road and weather information available on TripCheck. (Note: 511 does not have access to Waze data.)

- Select updated reports about driving conditions by highway, mountain pass or major city from easy-to-use menus. The 511 system responds to both voice and touch-tone commands.
- Calls to 511 are local calls when dialed from a pay phone or wire line phone. Mobile phone users are responsible for airtime and roaming charges according to their wireless service contracts, but ODOT does not impose any additional charges.
- Most wireless companies in Oregon provide 511 service. If you cannot use 511, call toll-free 800 977-ODOT (6368) for road and weather information. Outside Oregon, dial 503-588-2941.
- Oregon can forward users to Washington state's 511 system for road conditions in that state.

### **Report a road hazard:**

To report road hazards (trees down, electric wires across the road, road blocked by mud or rocks, etc.) call the nearest ODOT dispatch center.

- Portland metro area, Hood River area: (503) 283-5859
- Mid-Willamette Valley, north coast: (503) 362-0457
- Southern Willamette Valley, south coast: (541) 858-3103
- Central and eastern Oregon: (541) 383-0121

**Wazers:** We encourage you to submit road hazards, incidents and other related conditions that you experience in order to help others stay safe and mobile.

**Remember, in Oregon, it is illegal to drive while holding or using an electronic device** (e.g. cell phone, tablet, GPS, laptop). Pre-set GPS routes before driving or pull off the road and park in a safe area before using your electronic devices.

## ***New Laws for Oregon Drivers Take Effect in 2018***

Oregon Department of Transportation sent this bulletin at 12/13/2017 10:00 AM PST

Dec. 13, 2017

ODOT News Release No. 17-127

News media contact: David House, 503-945-5270, [david.j.house@odot.state.or.us](mailto:david.j.house@odot.state.or.us)

Customer contact: [www.OregonDMV.com](http://www.OregonDMV.com)

### **New laws for Oregon drivers take effect in 2018**

Crash reporting requirements are among changes

In addition to passing a major transportation funding package, the 2017 Oregon Legislature passed a handful of other laws that will affect drivers and vehicle owners. Most will take effect Jan. 1, 2018.

#### **Crash reporting**

As of Jan. 1, you will not need to report a fender bender if the damage is under \$2,500. This is an increase from the \$1,500 threshold that had been in place since 2004.

Senate Bill 35 is raising the threshold to reflect the increase in cost to repair vehicles. In recent years, many reports submitted to DMV because of the \$1,500 threshold have been for minor crashes, consuming staff time that would be better used for focusing on more serious incidents.

ODOT uses crash data to make informed decisions on how to prioritize engineering the safety of highway and road facilities, and to help provide focus for traffic enforcement resources. Raising the threshold helps focus crash data on incidents that involve fatalities, injuries and serious property damage.

You must report a vehicle crash to DMV within 72 hours if:

\* Damage to any vehicle is over \$2,500 (\$1,500 through Dec. 31, 2017);

\* Any vehicle is towed from the scene;

\* Injury or death resulted from this incident; or

\* Damages to property other than a vehicle involved in the crash is more than \$2,500 (\$1,500 through Dec. 31, 2017).

#### **Registration card privacy**

Senate Bill 930 allows the owner of a vehicle to black out or obscure the residence address, business address, mailing address or vehicle address shown on the registration card and on proof of insurance or other current proof of compliance carried in the vehicle.

#### **Hardship permits**

Senate Bill 252 allows a person with a hardship permit to apply to drive for the purposes of participating in gambling addiction treatment. This bill applies to hardship permits issued on or after Jan. 1, 2018.

#### **Three-wheel vehicle driver testing**

As of Jan. 1, a licensed Oregon driver will not need to take a drive test to receive an endorsement on their license to drive some three-wheeled motorcycles.

Under Senate Bill 36, this change applies only to three-wheeled vehicles that operate much like a four-wheeled car. The vehicles affected may be defined as motorcycles under Oregon law but are operated more like a car than a motorcycle – with a steering wheel instead of handlebars, for example.

#### **Ex-POW vehicle plates**

House Bill 2149 changes the registration for Ex-POW vehicle plates to permanent registration. New applicants for Ex-POW registration will pay a one-time registration fee of \$15, plus the plate manufacturing fee. Persons who have current Ex-POW registration as of Jan. 1, 2018, will not be required to pay a renewal fee.

#### **Crater Lake plate surcharge**

House Bill 2922 increases the surcharge for Crater Lake license plates from \$10 per plate to \$15 per plate as of Jan. 1, 2018. The Crater Lake fee supports the Oregon Community Foundation for use on projects at Crater Lake National Park.





# Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians Upcoming Events 2018

## January

**January 1<sup>st</sup>** - New Year's Day, All Tribal Offices will be Closed

**January 2<sup>nd</sup>** - Parenting Workshop, Community Center 5:30 p.m.

**January 4<sup>th</sup>** - Elders Luncheon, Coach House, Coos Bay 11:30 a.m.

**January 7<sup>th</sup>** - Regular Council Meeting, Community Center, 10:00 a.m.

**January 9<sup>th</sup>** - Wisdom Warriors Classes, Community Center, Coos Bay, 11:00 a.m.

**January 12<sup>th</sup>** - Fitness Program reimbursement deadline

**January 13<sup>th</sup>** - Celebration of Life for Michael D. Swigert, Ocean Dunes Golf Club, Florence, 1:00 p.m.

**January 13<sup>th</sup>** - Beading & Paddle Making, Tribal Hall, 10:00 a.m. - 2:00 p.m.

**January 13<sup>th</sup>** - Cosmic Bowling with youth Council, North Bend Bowling Alley 2:30 p.m.

**January 15<sup>th</sup>** - Martin Luther King Jr. Day, All Tribal Offices Closed

**January 15<sup>th</sup>** - Submission deadline for February edition of Newsletter

**January 16<sup>th</sup>** - Wisdom Warriors Classes, Community Center, Coos Bay, 11:00 a.m.

**January 20<sup>th</sup>** - Basket Weaving with Culture Coalition, Chifin Native Youth Center, Springfield 9:00 a.m.

**January 22<sup>nd</sup>** - Ladies' Self-Care Circle, Community Center, 5:30 p.m.

**January 23<sup>rd</sup>** - Wisdom Warriors Classes, Community Center, Coos Bay, 11:00 a.m.

**January 23<sup>rd</sup>** - Behavioral Health Education Series, Tribal Hall, 6:00 p.m.

**January 30<sup>th</sup>** - Wisdom Warriors Classes, Community Center, Coos Bay, 11:00 a.m.

## February

**February 1<sup>st</sup>** - Elders Valentine Birthday Luncheon, TBD Florence, 11:30 a.m.

**February 10<sup>th</sup>** - Beading and Paddle Making, Chifin Native Youth Center, Springfield 10:00 a.m.

**February 10<sup>th</sup>** - Basket Weaving with Culture Coalition, Tribal Hall, Coos Bay 9:00 a.m.

**February 11<sup>th</sup>** - Regular Council Meeting, Community Center, 10:00 a.m.

**February 15<sup>th</sup>** - Submission deadline for March edition of Newsletter

**February 19<sup>th</sup>** - President's Day, All Tribal Offices will be Closed

## March

**March 7<sup>th</sup>** - Statement of Candidacy deadline

**March 11<sup>th</sup>** - Regular Council Meeting, Community Center, 10:00 a.m.

**March 12<sup>th</sup>** - Applications being accepted for CTCLUSI Summer Student Internships

**March 16 & 17<sup>th</sup>** - Elders Honor Day Mill Casino, Coos Bay

**March 23<sup>rd</sup>** - Ballots will be mailed to registered Tribal voters

**March 26<sup>th</sup> - 30<sup>th</sup>** - Spring Break Adventure & Day Camps

### Save the Dates

**Elders Honor Day**  
*March 16 & 17, 2018*

**Tribal Election Day**  
*April 8, 2018*

### Tribal Council Candidate Information for April 8, 2018 Tribal Council Election

**Submitted by: Jeannie McNeil, Election Clerk**

For those interested in becoming a candidate for the April 8, 2018 Tribal Council Election please review the following important information and deadlines.

1. **To Become a Candidate per the Constitution:** you must be 21 years of age, an Enrolled Tribal Member and never previously removed from office for good cause.
2. **First Step:** you must file a "Statement of Candidacy" to the Election Board in person or by mail. This Statement of Candidacy can be submitted at any time, however, it must be received at any Tribal Government office in Coos Bay, Florence or Springfield no later than **4:30p.m. on March 7, 2018.** ([Election Code Chapter 7-3-24 Candidacy Procedures \(a\)\(1\)](#)) A Statement of Candidacy is a paper that must include the Tribal Members printed name, Enrollment number, position they wish to run for, a signature, and date and time of submission. (A form has been created and will be in every outreach office, Coos Bay, Florence and Springfield.)
3. **"Position Statements"** are allowed but not required and one can be submitted by every candidate. It is to be one page of 8 ½ x 11 paper, use of both sides if desired. Photos are also allowed, but not required. (Photos with people other than the candidate: Please be sure you have permission from them to print and use.) Position Statements will be photo copied exactly as they are received, in color and/or black and white. ([Election Code 7-3Chapter 7-3-24\(b\)\(3\)](#)) Any Position Statements will be included with the Election ballots. They can only be submitted after a Statement of Candidacy has been filed, or at the same time. Please include your name, position you are running and a signature on the Position Statement.
4. **Position Statements for inclusion in the Tribal Newsletter:** Each candidate has an opportunity to submit their Position Statement to the Election Clerk to be inserted in the Tribal Newsletter. This is at no cost to the candidate. All Position Statements must be reviewed by the Election Board before inclusion.
  - a. **February Newsletter inclusion; Deadline is January 15, 2018.**
  - b. **March Newsletter inclusion; Deadline is February 15, 2018.**
5. **Political Mailing:** Candidates have the right to send a Political Mailing to voting members at their own expense. The Election Code 7-3 offers details. Please call Jeannie McNeil, Election Clerk for estimated costs and more process information.
6. **Candidate Forums:** Candidates Forums are an opportunity for membership to meet and ask questions of the candidates. Forums will be scheduled in three locations (Coos Bay, Florence and Springfield) Tentative dates are March 24<sup>th</sup> & 25<sup>th</sup>, times and exact locations have not yet been determined. Candidates are not required to attend.
7. **Ballots Mailed:** Ballots will be mailed to every registered Tribal voter on March 23, 2018. **YOU MUST HAVE A VALID REGISTRATION CARD ON FILE TO RECEIVE A BALLOT IN THE APRIL 2018 ELECITON.**



TH = Tribal Hall

CC = Community Center

TRC = Three Rivers Casino

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day All Offices Closed	2 Parenting Workshop CC at 5:30 p.m.	3	4 Elders Luncheon, Couch House 11:30 p.m.	5	6
7 Council Meeting CC at 10:00 a.m.	8	9 Wisdom Warriors Classes, CC 11:00 a.m.	10	11	12 Fitness Program Reimbursement 2017 Deadline	13 Beading & Paddle Making, TH 10 a.m. Cosmic Bowling w/ Youth Council 2:30 p.m.
14	15 Martin Luther King Jr. Day All Office Closed	16 Wisdom Warriors Classes, CC 11:00 a.m.	17	18	19	20 Basket Weaving w/ Culture Coalition Springfield 9:00 a.m.
21	22 Ladies' Self Care Circle, CC 5:30 p.m.	23 Wisdom Warriors Classes, CC 11:00 a.m. Behavioral Health Class TH 6:00 p.m.	24	25	26	27
28	29	30 Wisdom Warriors Classes, CC 11:00 a.m.	31			

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Elders Valentine Birthday Luncheon, Florence 11:30 a.m.	2	3
4	5	6	7	8	9	10 Basket Weaving w/ Culture Coalition TH 9:00 a.m. Beading & Paddle Making, Eugene 10 a.m.
11 Council Meeting CC 10:00 a.m.	12	13	14	15	16	17
18	19 President's Day All Offices Closed	20	21	22	23	24
25	26	27	28			

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Statement of Candidacy Deadline	8	9	10
11 Council Meeting CC 10:00 a.m.	12	13	14	15	16 Elders Honor Day Mill Casino	17 Elders Honor Day Mill Casino
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		Spring Break	Adventure Camp and Day Camp			



# NATIONAL STALKING AWARENESS MONTH

January is National Stalking Awareness month. Stalking is repeated and unwanted contact that causes a person to fear for their safety or the safety of their household members. Technology has often provided offenders with a means to discover information about their victims, but tech changes have occurred recently that are improving services to crime victims:

- Coos County Sheriff's Office has recently added Text 911. Dispatch suggests calling 911 for the best service, but if you're unsafe to place the call, it is now an option to contact 911 by text. Texting may be a safer way to reach help if someone, such as an abusive partner or intruder, is in your home and you do not want them to know you've alerted the police.
- In Oregon, protective orders can now be prepared online.
- A new national smart phone app, called Tech Safety, was created by the National Network to End Domestic Violence. The app provides safety and privacy tips and strategies regarding harassment, cell phones, devices, impersonation, online safety and location safety. This app can be downloaded from the App Store or Google Play Store.



Findings from the 2010 National Intimate Partner and Sexual Violence Survey show: Almost 1 in 2 American Indian and Alaska Native women (48.8 percent) have experienced stalking in their lifetime, and 1 in 9 (11.6 percent) have experienced stalking in the past year. More than 1 in 6 American Indian and Alaska Native men (18.6 percent) have experienced stalking in their lifetime, and 1 in 27 (3.8 percent) have experienced stalking in the past year. If you or someone you know is being stalked, the Circles of Healing program is here to help you increase your safety.

Submitted by: Circles of Healing Program

### Health and Human Services Division



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

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



## Changes to CTCLUSI Fitness Program effective January 1, 2018

**For Adult Program:** Clothing will no longer be reimbursable, other than specified shoes. Shoes must be sport specific: cleats, bowling shoes, golf shoes. Running shoes and basketball shoes have the option to be purchased through the NIKE shoe program. If you purchase on your own, you will be limited to \$65, which is equivalent to the NIKE shoe program. Shoes that do not qualify are: cowboy boots, dress shoes, moccasins, and Uggs.

**Equipment:** Equipment must be fitness-related. Examples of equipment that do qualify are: treadmills, stair stepper, bicycles. Examples of equipment that do not qualify are: kayaks, paddles and oars, archery equipment, golf carts, Apple watches.

**Receipts:** Generic receipts will no longer be accepted, unless it has the cancelled check or copy of bank statement attached. Receipts must be legible. A copy of the duplicate check is not acceptable.

**Reminder:** Children under the age of five (5) receive an annual fitness benefit cap of \$300 for age-appropriate activities such as swimming lessons and tumbling. The equipment benefit for children under 5 years old is limited to items such as age-appropriate tricycles/bicycles or a bicycle carrier/seat which attaches to the parent's bicycle.

## Youth & Adult Fitness Program 2017 REMINDER

All 2017 receipts must be turned in for reimbursement by **Friday, January 12, 2018**

2017 receipts or reimbursement request will not be accepted after the deadline.

If you have questions, please contact DeeDee Plaep, 541-997-6685 or [dplaep@ctclusi.org](mailto:dplaep@ctclusi.org)



## 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  
Line Cook ~ Night Cook/Cleaner  
Guest Room Attendant  
Front Desk/PBX Clerk ~ Night Auditor  
Porter  
Table Games Dealer 1-8  
Slot.Keno.Bingo Attendant  
Electrician Technician 3  
Special Events Team Member

#### Tribal Government Offices

Special Events Employee (Assignment Varies)  
Diabetes Coordinator, Coos Bay  
Assistant Planner, Coos Bay

#### Three Rivers Casino Resort ~ Coos Bay

Security Officer 1  
Electronic Gaming Machine Tech 3  
Casino Team Member  
Cage Cashier Dual Rate Main Banker  
Line Cook ~ Bartender/Server

#### 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**

## Dental Word Search Answer

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



# Don't Let Fear of Failure Ruin Your Goals for 2018

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

New Year's resolutions are practically an institution. Maybe your big goal for 2018 is to lose weight, quit smoking, work out, advance your career, start a business, double sales revenue, run a marathon, go back to school, save more money, etc. Whatever your goal, I encourage you to make it H.A.R.D. Goals that are Heartfelt, Animated, Required and Difficult stimulate and engage the brain in profound ways, increasing the motivational power that make our goals happen. All the studies on H.A.R.D. Goals indicate that the more difficult your goal, the better your performance will be. But there's still one universal issue that holds people back from realizing H.A.R.D. Goals: fear of failure. Big goals are intimidating, and in spite of all the studies on H.A.R.D. Goals, it can still prove tough to shake the belief that the more difficult your goal, the higher the possibility that you could fail.

So how do we overcome that fear of failure and mentally leap the hump of trepidation (or anxiety or fear or whatever you want to call it)? With a pretty simple, three-step process that uses the logical/analytical parts of our brain to rewire the way we think. In clinical psychology, it's called reframing.

Step one requires asking yourself a very simple question: "What happens to me if I fail at this goal?" I say it's a simple question, but that doesn't mean it's an easy question. Answering it truthfully requires a deep look into some of your inner mental processes. When I'm working with someone (or an entire organization) to figure out what they're really afraid will happen if they fail at this goal, here are the kinds of answers I hear:

- People will think I'm weak and couldn't hack it.
- People will be disappointed in me.
- People will never believe in me again.
- I'll never believe in myself again.
- I'll die from embarrassment.
- If I can't do this, it means I'll never be able to do anything.
- It'll mean that I'm not as smart/talented/skilled as I like to think I am.
- This is my only shot at this and if I screw up I'll never get another chance.
- It means I'm stuck in this state forever.

All these statements are highly problematic. Too often, when we describe what will happen to us if we fail, we use words like never, always, only, die. These are serious and highly charged words, and they reflect a deep level of fear. Saying, "I'll die of embarrassment if I fail to achieve this goal" is probably a bit of an overstatement when we assess the actual facts. But it is a true reflection of how intensely we feel these fears (even if we don't acknowledge that intensity at a conscious level).

It's not unexpected to feel a fear of failure, but the intensity of our feelings can often rival or even exceed the fear we feel from things that might truly kill us. When a fear of failure stops us from tackling a goal, 99% of the time the fear we feel is very different from the fear we'd feel if, say, a hungry lion were charging at us. Some fear is very healthy. From an evolutionary perspective, fear kept us alive. But there are times when our fear reactions get pointed to something quite abstract, and perhaps even imagined. If you fail in your goal to escape that lion, there's a really good chance you'll die. But if you fail in your goal to increase your savings this month, it's not going to kill you. Nor will we die of embarrassment. Most of the repercussions we face if we fail in achieving our goals won't really kill us. The statements on our list of "what happens to us if we fail" are not proven facts; they're interpretations, assumptions, emotionally charged extrapolations, irrational beliefs. Call them what you will. But they are not proven facts.

Step two proves this. We're human beings, not computers, so we can't just flip a switch and say, "OK, feeling like I'll die of embarrassment is irrational, so I'll just stop feeling that way." Instead, we've got to debunk these thoughts in our heads, just as if we were attorneys cross-examining a witness. We're going to take each of these statements and, one by one, ask ourselves if we can find any examples that might provide evidence to the contrary of what we said.

Let's take the example, "If I fail to achieve my goal, I'll die from embarrassment." Can you find any examples in your life (or even someone else's life) where you failed to achieve a goal but didn't die? To take it a step further, can you find any examples where any embarrassment you felt was far less than what you were expecting? Now, by virtue of your being alive right now, I'm guessing you found at least one example that refutes the belief

that "I'll die from embarrassment." That's a pretty easy example to counter, so let's try something more difficult. How about, "If I fail at this goal, people will think I'm weak and couldn't hack it." Again, search your history, or someone else's history, for counterarguments. We literally need to take those "what happens to us if we fail" statements and debunk them, one by one. Use your analytical brain and your life history. I'm confident if you take every one of them apart, you'll find they hold no real power. Step three is rewriting those original statements. You've debunked them, so now turn them around into something a lot more encouraging. Here are some examples of revised statements:

- If I fail at this goal, people won't think I'm weak. In fact, they may even rally to my defense.
- If I fail at this goal, people will still believe in me.
- If I can't do this specific goal, it has no bearing on my ability to tackle other difficult goals.

You've disproved the negative statements you started with, so it's just a question of closing the loop and cementing this logically sound bit of encouragement in your consciousness. Overwhelmingly, we have little or nothing to fear from attempting (and even failing at) a H.A.R.D. Goal, because it's only by attempting our goals that we hone our ability to successfully achieve them. And remember, we'll have absolutely no control over our lives and destinies if we're paralyzed by the fear of the mostly imagined consequences of failing at our goals. H.A.R.D. Goals goal give us the motivational jolt we need to stimulate the brain, get us out of our comfort zone, and excite us emotionally so we're able to deliver our best performance. Expect some fears, it's natural. But as those fears pop up, don't dodge them. Face your goal fears squarely and evaluate how much validity they really have. Are you really going to die of embarrassment if you don't achieve your goal? Of course not. Nothing rips the power away from fear like a good debunking.

Content taken from "Don't Let Fear of Failure Ruin Your 2016 Goals" by Mark Murphy ©Forbes.com January 7, 2016

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