

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

Student Recognition Dinner Celebrates Academic Achievements

Submitted by Tracy Blue, Education Specialist

2015 was an incredible school year for CTCLUSI students. Naomi Petrie was a Valedictorian for North Bend High School. Natalie Waters was the Childhood Education and Family Studies Student of the Year at Southwestern Oregon Community College. There are numerous students who are achieving at high levels across the country in Higher Education. We are very proud of our students' achievements in 2015.



College Graduates were gifted with Pendleton Blankets
Pictured left to right: Sam Sprague, Natalie Waters, and Jon Barton

The Student Recognition Dinner, coordinated by the CTCLUSI Education Department, was held in the Community Center on Saturday June, 13, 2015 at 4:30 P.M. Dinner included two varieties of Lasagna, vegetables, salad and dessert. The room was decorated very nicely, in green and purple. It was a very nice coincidence that the catering company was also dressed in purple.

Our night of honoring included some very fine flute playing by Doc Slyter, and a very uplifting and motivating speech by one of our star students, Natalie Waters, who this year at Southwestern Oregon Community College, was Student of the Year for her major, Early Childhood Education. Congratulations to Natalie, we are all very proud of her in her academic journey!

Honoring our students included all grades and included those who were not quite in school yet. The evening included many, many fine raffle items for the attendees. There was a special raffle for the two people who made the R.S.V.P. deadline. Their efforts were awarded with a trip to the raffle table for first choice before the evening began.



High School Graduates were gifted fleece blankets
Pictured left to right: Naomi Petrie, Bryson Bossley, Jaimie Colter, and Eagle Roy

Newborn to pre-school age youth were given gift bags of toys and learning materials.



Turn to page 9 for more photographs from the student recognition dinner.
Page 10 features Tribal High School and College Graduates!

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

Save the Date
Salmon Ceremony
August 2, 2015

Chairman's Corner



Chairman Mark Ingersoll

The old Camp Easter Seal is our new camp that sits on Tenmile Lake in Lakeside, Oregon.

Tenmile Lake has always been very special to my family and I. We have spent too many days to remember relaxing at the lakes. It all started when I was 10, learning to Ski behind the neighbors P14 Boat. It was there that I found one of my life's passions. I followed that passion skiing, camping, and fishing on the lake. Some of my favorite places on the lake are Coleman arm on the South Lake and Carlson arm on North

Lake. While traveling to Carlson arm to find the flat skiing water we would pass the camp. I always felt it was a wonderful place. It was well kept and always seemed to be in use. The grand camp had an uplifting spirit. I am looking forward to the revival of that spirit.

The start of the rebuild of this camp has begun. The Tribe has had a cleanup day. The water system has been repaired. The repair of the septic system is in process. The roof on the kitchen and community building bid is complete. The new roof will be installed once the septic is complete. The Tribe will need to hold many more cleanup and repair days. The grounds have been maintained by our government staff. I feel as a Tribe we will need to pull together to complete this project. I feel the work and sweat will be worth the gain.

I see the future filled with wonderful times camping and many picnic days. Added to those days will be fishing, swimming, and maybe some skiing. Nights around the camp fire telling stories. I feel this will be a place to bring all Tribal people together to bond and relax.

We will rebuild this old camp into our own wonderful place. We will rebuild the spirit and make the camp a place for all our Families. Together we will make so many memories we will not remember them all. I hope all that visit will have the same passion for Tenmile Lakes and our camp as I do.

P.S. I can't wait to tell you some water skiing stories and some fish tails around the fire.



The old Camp Easter Seal is our new camp, so let's rename the camp. Be sure to look for more information on renaming camp in upcoming editions of the Voice of CLUSI Tribal newsletter. Information will also be posted on the Tribal website at www.ctclusi.org

Tribal Council Business

As reported at the June 14, 2015 Regular Tribal Council Meeting

Chief Warren Brainard:

May 17 Tribal Council Regular Meeting
May 19 Team Meeting
May 20-22 Washing DC Trip
May 27 Directors Meeting; Tribal Council Business Meeting
June 2 All Team Member Meeting
June 3 All Team Member Meeting
June 5-7 Tribal Council Workshop in Yachats
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 11 Salmon Ceremony Meeting, Elders & Culture Committee Meeting
June 13 Student Recognition Dinner

Doc Slyter:

May 14 Elders & Culture Committee Meeting
May 17 Tribal Council Regular Meeting
May 19 Meeting with Tom Latta
May 19 Tribal Family Gathering – Florence
May 20 BLM Resource Management Draft Meeting
May 21 Government Employee BBQ – Council Cooked
May 23 Jordan Cove Site Visit
May 27 Tribal Council Business Meeting
May 28 Native American Flute presentation at the Outdoor School for Myrtle Point students at Camp Myrtlewood.
June 2 All Staff Meeting for Tribal Government
June 3 Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 9 gave temporary Tribal Dentist a tour of Plank house, Gregory Point and the Coquille Tribal Plank house
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 11 Elders & Culture Committee Meeting
June 13 Family Canoe and Picnic prevention

activity at Topits Park
June 13 Student Recognition Dinner

Teresa Spangler, Vice - Chairman:

May 17 Tribal Council Regular Meeting
May 18 Enrollment & Education Meeting
May 19 Tribal Family Gathering – Florence
May 21 Government Employee BBQ – Council Cooked
May 27 Tribal Council Business Meeting
June 1-3 TRC & Government Employee Meetings (6)
June 3 Benefit work group Meeting; Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 13 Student Recognition Dinner

Beaver Bowen:

May 17 Tribal Council Regular Meeting
May 20 BLM Resource Management Draft Meeting
May 21 Government Employee BBQ – Council Cooked
May 23 Jordan Cove Tour
May 27 Tribal Council Business Meeting
June 3 Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 10 Executive Work Session; Walked Fence at Tribal Hall ; GFORB Meeting
June 13 Student Recognition Dinner

Mark Ingersoll, Chairman:

May 17 Tribal Council Regular Meeting
May 20 BLM Resource Management Draft Meeting
May 21 OLCC Meeting
May 22 Marine Biology Museum Tour

May 23 Jordan Cove Tour
May 24 Baseball Practice
May 27 Tribal Council Business Meeting
May 28 HR Meeting; Meeting with Bob Garcia and Phil Brubaker
June 3 Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 7 BBQ Contest in Florence
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 11 BEST Board Meeting
June 13 Student Recognition Dinner

Arron McNutt:

May 17 Tribal Council Regular Meeting
May 27 Tribal Council Business Meeting
May 23 Jordan Cove Tour
June 3 Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 11 Culture Committee Meeting

Tara Bowen:

May 17 Tribal Council Regular Meeting
May 20 BLM Resource Management Draft Meeting
May 21 Government Employee BBQ – Council Cooked
May 27 Tribal Council Business Meeting
June 3 Executive Work Session
June 5-7 Tribal Council Workshop in Yachats
June 9 Clamboree Meeting
June 10 Executive Work Session; Walked Fence at Tribal Hall
June 13 Student Recognition Dinner

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 of 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
July 12, 2015
Community Center
338 Wallace St., Coos Bay,
OR. 97420

- Agenda:
1. Call to Order
 2. Invocation
 3. Approval of Council Minutes
 4. Old Business
 5. New Business
 6. Other
 7. Good of the Tribes
 8. Executive Session if needed
- Council meeting video available to view at www.ctclusi.org
For information about the Tribes and upcoming Tribal events, please visit our website

Upcoming Events

June 22nd – July 10th – Summer School @ Tribal Community Center
July 2nd – Elders Luncheon – Hometown Buffet, Springfield 11:30 a.m.
July 3rd – All Tribal Offices will be closed in observance of Independence Day (July 4th)
July 9th – Elders Committee Meeting – Tribal Hall noon
July 9th – Culture Committee Meeting – Tribal Hall @ 4
July 11th – Tribal Family Gathering – Community Center 12 noon
July 12th – Tribal Council Meeting, Tribal Community Center @ 10:00 a.m.
July 20th – Education Committee Meeting – Family Services Conf room @ 5:30 p.m.
July 22nd – 23rd – Elders Overnight, Jet Boat-Grants Pass
July 24th – Biggest Loser Challenge Registration Deadline/ 1st Weigh-in by 5:00 p.m.
July 30th – Storybook Workshop – Tribal Hall 9:00 a.m.
July 31st – Storybook Workshop – Tribal Hall 9:00 a.m.

August 1st – Breakfast with Tribal Council – Community Center 8:30 a.m. – 10:30 a.m.
August 2nd – Salmon Ceremony – Baldich (Gregory Point) 11:00 a.m.
August 6th – Elders Luncheon – Florence
August 9th – Tribal Council Meeting, UO Long house in Eugene @ 10:00 a.m.
August 11th – 15th – Culture Camp @ the Tribe’s Camp in Lakeside, OR.
August 13th – Elders Day at Culture Camp
August 14th – 16th – Family Camp @ the Tribe’s Camp in Lakeside
August 18th – Tribal Family Gathering – Florence
August 20th – Back to School Party – Springfield
August 21st – Back to School Party – Coos Bay
August 21st – Biggest Loser Weigh-in by 5:00 p.m.
September 1st – 3rd – Elders Overnight
September 7th – Labor Day (All Tribal Offices will be Closed)



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Administration Building
Alexis Barry
Tribal Administrator
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll free 1-888-280-0726
Fax 541-888-2853
abarry@ctclusi.org

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

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

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

Contract Health Services
Kathryn Gabel- Contract Health Specialist
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-800-227-0392
Fax 541-888-5388
kgabel@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

Family Services
Shayne Platz, Caseworker
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-744-1334
Toll Free 1-800-877-2718
Fax 541-744-1349
splatz@ctclusi.org

Tribal Dental Clinic
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-6433
Toll free 1-877-688-6433
Fax 541-888-7505

Health Services
Assistant Director
Elder’s Coordinator
Iliana Montiel
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7526
Fax 541-888-5388
Toll Free 1-888-280-0726
imontiel@ctclusi.org

Tribal Court
J.D. Williams
Chief Judge
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll Free 1-888-280-0726
tribalct@ctclusi.org

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

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

Florence Outreach Office
Physical: 3757 Hwy. 101
Mailing: P.O. Box 2000
Florence, OR 97439
Phone 541-997-6685
Toll Free 1-866-313-9913
Fax 541-997-1715

Tribal Gaming Commission
Brad Kneaper
Chief Law Enforcement Officer
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-2830
Fax 541-997-7293
bkneaper@ctclusi-pd.com

Tribal Police
Brad Kneaper
Chief of Police
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-888-1304
Fax 541-902-6507
bkneaper@ctclusi-pd.com

Department of Natural Resources
Margaret Corvi
Interim Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1304
Toll Free 1-888-280-0726
Fax 541-888-2853
mcorvi@ctclusi.org

CTCLUSI Resolutions

RESOLUTION NO.: 15-039
Date of Passage: May 27, 2015
Subject (title): Cultural Committee Appointment
Explanation: Tribal Council appointed the following individual to the Cultural Committee for the position and term of service set out below:

POSITION	NAME	TERM ENDS
#1	Scott Slyter	12/31/16

RESOLUTION NO.: 15-040
Date of Passage: June 14, 2015
Subject (title): Dissolution of the Coos Bay Gaming Facility Ad Hoc Development Committee
Explanation: Tribal Council dissolved the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Coos Bay Gaming Facility Ad Hoc Development Committee because the Committee has now completed its work. Tribal Council thanks the Committee members for their service.

RESOLUTION NO.: 15-041
Date of Passage: June 14, 2015
Subject (title): Approval of Galanda Broadman, PLCC Engagement for Legal Representation
Explanation: Tribal Council approved the engagement of Galanda Broadman, PLCC to work with the Tribes, Jordan Cove Energy Project and various state and federal agencies to protect the Tribes’ Ancestral Lands, cultural resources, and environment.

RESOLUTION NO.: 15-042
Date of Passage: June 14, 2015
Subject (title): Approval of Equipment Lease Agreement with PNC Equipment Finance, LLC
Explanation: Tribal Council approved the PNC Agreement with PNC Equipment Finance, LLC, to lease 40 New 2015 EZGo TXT Electric Golf Cars and 10 used 2011 EZGO TXT Electric Golf Cars.

00719920.v1

Salmon Ceremony Veterans Medal

We need to receive your discharge DD214 by July 14th, 2015 to get your medal in time for Salmon Ceremony. Please mail a copy of your DD214 to Jan Lawrence at 1245 Fulton Ave Coos Bay, OR 97420 or email to jlawrence@ctclusi.org

Tribal Member Veterans Photos

If you or a member of your family is a veteran and you would like to have a photo on display at the Tribal Hall please mail a 5x7 copy with the name and Tribe of the veteran to Jacob Petrie at 1245 Fulton Ave Coos Bay, OR 97420 or by email to jnpetrie@ctclusi.org

Notice to Tribal Members on the Oregon Health Plan

If you are on the Oregon Health Plan, watch your mail for renewal letters mailed out last week. If the letter is asking for additional information, please respond with the required information and return it to them as soon as possible in order to continue your eligibility. If you have any questions at all please call Contract Health Services at 541-888-4873 or 1-800-227-0392.

Confederated Tribes of Coos, Lower Umpqua, & Siuslaw Indians
Annual Salmon Ceremony

Sunday, August 2, 2015
Gregory Point/ Chief Island
Lighthouse Way, Coos Bay, OR 97420
11:00 a.m.

R.S.V.P by July 21st by calling 541-888-9577 or 1-888-280-0726

Other Weekend Events

Saturday, August 1, 2015
Breakfast with Tribal Council at Tribal Community Center
Tribal Council will be cooking you breakfast from 8:30 a.m.—10:30 a.m.

Salmon Ceremony is a private, Sacred ceremony for Tribal Families

One guest per adult Tribal member please
This is an alcohol & drug free event

Phone Tree for Gathering and Harvesting Opportunities

Every year we Gather and Harvest different traditional foods and weaving materials. We also gather resources such as camas, roots, bark, and other materials for basketry and tools. With each year seasons shift, which creates a challenge to schedule accurate dates for the gathering of many cultural resources. We are building a Phone Tree List for Tribal members interested in gathering opportunities. The Phone Tree list will be used on the auto-dialer for efficiency. If you are interested in being put on the list to participate **please contact Morgan Gaines at (541) 888-7536 or by e-mailing mgaines@ctclusi.org** with your name and phone number. Also, please make sure your phone number is up to date with the Enrollment Department if you would like to receive regular periodical phone message about other Tribal activities and events. Thank you.

Culture Camp 2015



August 11th-15th

REGISTRATION DEADLINE IS 5:00pm July 31st

Culture Camp invites Tribal Family Youth 8-18 year old of the Coos, Lower Umpqua, Siuslaw, and the Coquille with the opportunity to learn traditional ways of living and having fun!

Activities will include survival skills, traditional games, as well as a range of self building and team building activities pertaining to Native Youth and our rich Culture.

Culture is Prevention!

WHAT TO BRING:

- Changes of Clothing
- Warm Clothing
- Appropriate Swim Suit!
- Towel
- Sleeping Bag
- Pillow
- Tooth Brush/Paste
- Sandals/2 pairs of Shoes
- Flashlight
- Sunscreen

TRANSPORTATION IS PROVIDED FROM THREE LOCATIONS, **PLEASE STAY WITH YOUR CHILD UNTIL THEY ARE CLEAR TO GO:**

PARENTS MUST DROP OFF KIDS ON Tues Aug 11th	PARENTS MUST PICK UP KIDS ON Sat Aug 15th unless Parents are coming to Family Camp
Coos Bay Tribal Hall 7:30 a.m.	Coos Bay Tribal Hall 11:30 a.m.
Florence Outreach 7:30 a.m.	Florence Outreach 11:30 p.m.
Springfield Outreach 7:30 a.m.	Springfield Outreach 12:00 p.m.

For questions and to register contact Jesse Beers, Camp Director:
CELL: (541) 297-0748 or EMAIL: jbeers@ctclusi.org



Family Camp

This is a drug and alcohol free event!

When: Friday, August 14th 5:00 pm -
Sunday August 16th 3:00 pm

Where: Camp Easter Seal

What: Culture Camp will run from the 11th into the 15th and this year families are invited to come Friday evening and stay at our Tribes new camp through Sunday. Please come and enjoy your new camp but please bring your own food, just like you would if you were camping. It is important that you RSVP so that we know how much parking we need to secure. When RSVP'ing please leave your name and phone # so that you may be contacted for logistic purposes.

PLEASE RSVP
Call Mark Petrie at (541)297-3681

English to Hanis

Trees of the West Coast

Alder	=	tl'wex
Big Leaf Maple	=	huulik'
Douglas Fir	=	sagwa/halq
Pacific Yew	=	kasai
Red Cedar	=	tlahaimihl
Shore Pine	=	tsipkw
Spruce	=	ch'oshiimohl

Each month we will have a list of words to encourage learning the Hanis Coos language.
Visit Hanis.org and request a login today!
Contact the Culture Department for more info at (541)888-1318.

Thank you

Workshop for Traditional Storytelling Project

Thursday, July 30, 2015
&
Friday, July 31, 2015

The Cultural Coalition would like to invite you to a workshop for the Traditional Storytelling Project. This workshop will begin on Thursday, July 30 from 9:00am-4:00pm at the Tribal Hall and Friday, July 31 that will provide limited carpooling from Tribal hall and plans to leave at 9:00am. The purpose of this workshop is to identify and offer information, and provide insights that will guide Tribal illustrators in accurately reflecting our traditional stories, combined with visiting the places they took place. All Tribal members who would like to listen and participate in the workshop are welcome. For more information, please call
Pam Stoebsler at (541) 884-4230 or Heidi Helms at (541) 297-7538

Be sure to check out the Tribal website
www.ctclusi.org
for updates on Sara Siestreems basketry project.
Under the Culture section of the webpage there is a tab labeled Basketry. Here you can view the progression of the project through past newsletter articles, see the various basketry collections as they are archived and added, as well as view basketry designs drawn by Patty Phillips-Whereat.

July is National Make a Difference to Children Month

Submitted by Shannon M. Schritter, BS, RDH

Did you know that along with the celebration of our nation's independence this month and all the BBQ's, fireworks, and get-togethers that go along with it, it is also National Make a Difference to Children Month? There are many ways you can make a difference in the life of a child, and their dental health is no exception. Summertime is a great time to remember your child's dental health, as school is out and your child doesn't have to miss class to visit the dentist. We see all ages of kids, from 0 to 101! We do recommend a child has their first dental visit within 6 months of their first tooth coming in, or around the age of 1. While we might not actually be cleaning your child's teeth that day, we will be giving you some tips and tricks on helping you clean your child's teeth at home, which is the single most important thing you can do for your child until they are old enough to do it on their own. This typically isn't until they have developed the fine motor skills to do it, usually around age 8. Keep reading to find out more ways you can help make a difference in your child's dental life:

Regular Dental Visits: Almost everyone can tell you that you should see the dentist and have your teeth cleaned every 6 months. Kids are no exception. Preventive dental visits are crucial in helping your child learn better ways to take care of his or her teeth, and in catching things like decay or decalcification early so we can help your child take care of their dental needs when they are easy fixes and before they need things like space maintainers and pulpotomies or even extractions, all of which are much more invasive.

Fluoride Treatments: Depending on your child's decay rate and home care, he or she may need to have fluoride treatments applied once or twice a year, or even up to four times per year. There are over-the-counter daily fluoride treatments as well, so if you are using these with your child be sure to let your dental professionals know. Fluoride is a natural element found in soil, water, plants, and even fish. It helps strengthen your teeth against decay, so your child gets less cavities.

Sealants: Sealants are a protective material we place in the grooves of the back teeth where you chew. These spots can be very hard to keep clean, particularly if your child has very deep grooves. The material fills in the grooves so the sugar bugs don't burrow themselves down in there and cause cavities. It's a very quick procedure, and typically done after your child receives their first molars (around age 6), and again when your child receives their second molars (around age 12). Your child does not have to get numb for this, so there is an additional bonus to getting them done as soon as those teeth come in!

Mouth Guards: Typically parents tend to think of mouth guards as being needed only for football and boxing, but more and more research is being done showing the importance of mouth guards for almost every sport. Any activity that your child may get hit in the face or any sport (recreational or competitive) known as a "contact" sport is one where a mouth guard would be beneficial, and that doesn't necessarily mean that sport has to involve the use of a ball. Gymnastics and skating are two examples that you might not think of using a mouth guard, but could protect your child from a dental injury. Mouth guards provide a resilient, protective surface to distribute and dissipate forces on impact, thereby minimizing the severity of traumatic injury to the hard or soft tissues. Ask your dentist about a mouth guard for your child.

The CTCLUSI Dental Clinic is expecting our full time dentist to start with us sometime in mid-July, but you can schedule a dental cleaning anytime with Shannon. We also

have Dr. Dixon on Mondays and Dr. Macy on Wednesdays to help with your dental restorative needs. The clinic is open from Monday through Friday from 8am to 5pm. Please call us at (541) 888-6433 to schedule today!

For Sale at the CTCLUSI Dental Clinic:

Toothbrush Heads! Only \$5.00

These will fit the following electric toothbrush types: Oral-B Pro Series 1000-7000, Oral-B Vitality, Oral-B PRO-HEALTH Precision Clean Battery, and Oral-B PRO-HEALTH Dual Clean Battery toothbrushes. Call (541)888-1301 and ask for Shannon with any questions!



NEW! Cross Action Toothbrush head: Precisely angled 16° bristles to clean deep between teeth for a superior clean. Angled bristles at alternating lengths provide excellent teeth coverage and contour adaption



Deep Sweep Toothbrush Head: Angled power tip for hard-to-reach areas. Manual-like stationary bristles thoroughly clean tooth surfaces. Wide-sweeping bristles reach interdental spaces



Floss Action Toothbrush Head: Micro Pulse bristles penetrate proximal areas for a thorough, whole mouth clean. Gently removes up to 99.7% of plaque from hard-to-reach places



Precision Clean Toothbrush Head: A gentler brush head that delivers better tooth cupping for an improved every day brushing experience. Offers exceptional whole mouth cleaning for long-term oral health



Sensitive Gum Care Toothbrush Head: Extra Soft bristles gently clean sensitive and inflamed areas. Provides an extra-gentle brushing experience that's ideal for sensitive teeth and gums



JULY 24TH 2015 THE BIGGEST LOSER CHALLENGE

Get ready to challenge yourself!

The Biggest Loser Program is back for 2015. Who is ready for the Challenge? Are you? If you are interested in signing up please call or send me an email so that I can get you the Applications and more details.

Sponsored by
Health and Human Services Division and Diabetes Program



YOU HAVE TILL 5PM ON
FRIDAY JULY 24TH TO
WEIGH IN AND GET
REGISTERED.

I AM DOING THIS
FOR ME!

DON'T WISH FOR
A GOOD BODY
WORK FOR IT.

POSITIVE MIND
POSITIVE VIBES
POSITIVE LIFE

Be

STRONG

RSVP
CTCLUSI

Traci Stefanek
CHR/Diabetes Coordinator
1126 Gateway Loop, Suite 102
Springfield, Or 97477

tstefanek@ctclusi.org

541-808-8684

How to Succeed in the Upcoming Biggest Loser Challenge

Submitted by Traci Stefanek, CHR/Diabetes Coordinator

Feeling like a failure, you ditch your diet and fall back into your old patterns. The weight you lost comes back, along with little extras. Why does this keep happening? Because we set up unrealistic expectations that can lead us to fall off the healthy weight loss wagon. Develop an approach that will stop you from engaging in that unhealthy cycle you know all too well and that will help you ultimately reach your goals.

We enjoy things that are new and exciting. It may sound strange, but sometimes it's fun to start a new diet or exercise routine. We tend to get bored and go back to eating unhealthy. We want immediate results that don't require a lot of suffering on our part. If it were possible to lose a huge amount of weight in a short amount of time and keep it off for the rest of our lives, none of us would be in this situation in the first place. "Sustained, healthy weight loss and maintenance takes time, endurance, and patience." Acknowledge the desire to meet these needs in other areas in your life before the newness of the diet and/or exercise routine wears off. You could try a new sport or hobby. Also, look at the rest of your life, what realistic changes do you need to make to meet your goals. Include special occasions like birthdays, meals out, and vacations into your overall plan. Think of weight loss and maintenance as a beginning to your new healthy lifestyle.

If you reflect on your struggle with weight, you'll probably discover that it took you years to get to where you are today, you may also find that it may take years for you to find success in your weight loss journey and to stay there. Accept your weaknesses, if you know that an upcoming family gathering will be stressful and it will be hard to stick to your food plan, work around it by planning ahead. Consider what you will eat ahead of time and figure out a way to de-stress afterwards that doesn't revolve around food. "Remember that being healthy is hard work and doesn't come easily and you may not always enjoy the process. Expect tough times when you are bored of your meal plan and feel like rebelling or resent having to work out because you just don't feel like it that day." Tell yourself it is okay and accept that you're "a work in progress." Stay away from extreme labels that make you feel hopeless ("failure" is one of them). People find that they are more successful with long-term weight loss when they involve others in the process. How could your partner, family, or friends support you in your goals? Could you share healthy meals or exercise together? Or could they be a support line? If you're feeling like skipping your workout or eating something you shouldn't, could you text or call them to help you get motivated to stay on target? I will be here to answer your questions about nutrition and exercise and help you to reach some of these goals.

What is nauhina'nawos / pekuuwii ?

Submitted by Sam Sprague, Culture Committee Chair

Dai (Hello)

What is Shinny? Shinny is known as **nauhina'nawos** (now-hin-ah ' nah-wus) in Hanis and Milluk, and **pekuuwii** (puh-koo-wee) in Siuslawan. Shinny is another name for hockey in settler terms that comes from the Scottish shinty. Native shinny as played by our ancestors is very similar to hockey, hence the name, and lacrosse. There are as many variations of the game as there are Tribes that play, but similar themes emerge across cultures.

The tossle or 'ball' was traditionally two pieces of carved root or wood attached with a cord of rawhide, leather, cordage or root. Huckleberry root is said to have been used to make toggles, though I'm not sure how or what parts. Sticks are used to pick up the toggle and throw it. The sticks were traditionally made of a hard wood such as Crab Apple, Vine Maple, or Yew because they are put through a lot of abuse.

The game as we play it today is closer to the women's traditional way. A post is put in the ground at each end of the beach or field. Usually about a hundred yards today, but traditionally the length could be much longer. There are usually five on each team, but as

many can play as want to. The toggle starts in the center of the field or buried in the sand for a face off. Players run with the toggle on their stick, passing it to other players to evade the opponent and keep the toggle. A point is scored when some part of the toggle hits the post at the end of the field. After a point is scored the teams line up again and either the toggle is thrown into the center of the field or buried in the sand. Another face off ensues if it is buried or placed, and the game starts again. Teammates who aren't facing off stand in a horizontal line even with the goal until the game is in play, then begin. The only rules we use today are no high sticking, no tackling, and no touching the toggle with your hands.

Many Tribes play what is closer to our men's version. This entails more wrestling and a three step rule. The Tolowa host a stick game tournament every September that is played in the old way. Teams of three pair off together at both goals and the center. The toggle is buried in the sand and when the game begins the players either go for the toggle or wrestle each other to the ground. The Tolowa usually take it to the ground

This story continues on page 14 (see pekuuwii)



Pictured above: Tribal youth and staff play pekuuwii during Spring Break Camp 2015

Pictured below: Tribal youth play a game of pekuuwii at Culture Camp 2012



Congratulations Graduates!

College Graduates



Jonathan Barton

**Associates Degree
Computer Informations Systems
Southwestern Oregon Community
College**



Nicole R. Mendoza

**Master of Science in Nursing
Family Nurse Practitioner
Western University of Health
Sciences
College of Graduate Nursing**



Jarrod B. Smith

**Bachelors of Fine Arts
Anthropology
East Carolina University
Veteran from 4 year service in the
Marine Corps
NC Army National Guard since
1999
Potential graduate school in 2016**



Samuel F. Sprague II

**Bachelors of Science
Environmental Studies
University of Oregon
Completing his degree through
an internship with the CTCLUSI
Department of Natural Resources
summer of 2015**



Natalie C. Waters

**Associate of Applied Science in
Early Childhood Education from
Southwestern Oregon Community
College
Graduated with Honors and as the
Family Studies Student of the Year**

*Thank you Graduates for
answering my call and sending
your photos and informaiton to
me. Your accomplishments are
something to be proud of, and I
am happy to feature you in The
Voice of CLUSI newsletter.*

-Morgan Gaines

High School Graduates



Bryson Bossley

**Graduated with High Honors from
Siuslaw High School
Honor Roll all four years
Enrolled at Linn Benton
Community College where he will
work towards an AAS in Heavy
Equipment/ Diesel Technology**



Shawn Brainard

**Willamette High School
Enrolled at Western Oregon
University where he will study
Psychology**



Jaimie Colter

North Bend High School

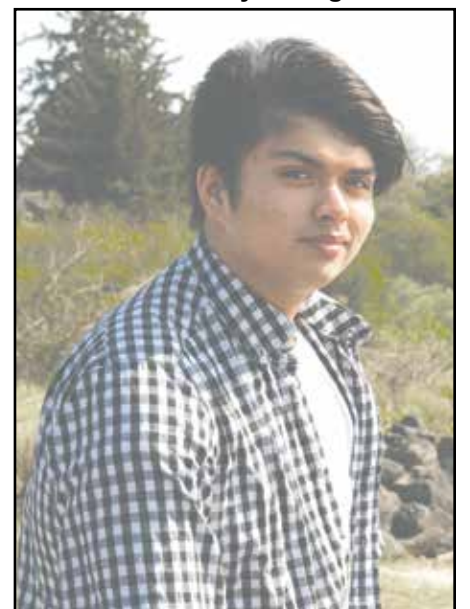


**Kaylynn Grigsby
Siuslaw High School
Enrolled in Linn Benton
Community College**



Naomi Petrie

**North Bend High School
Valedictorian & Student of the Year
Entering the Nursing Program at
Southwestern Oregon Community
College**



**Eagle M. Roy
North Bend High School
Band 4A State Champion
4th Place in 4A State Choir
Will earn AAOT of Music from
Southwestern Oregon Community
College before transferring to
Southern Oregon University**

BACK TO SCHOOL TIME....

CUT OUT THIS SIGN UP AND SEND TO:

CTCLUSI EDUCATION DEPT.

1245 FULTON AVE.

COOS BAY, OR 97420

Or Fax to 541-888-2853

DEADLINE IS AUG.4th, 2015

(No sign ups accepted after that date.)

Supplies cards will be sent after the closing date.

Grades K-12 or ages 5-18 Enrolled CLUSI Students Only.

Name _____

Enrollment # _____

Address _____

School
Attending _____ Grade _____

Home Phone
Number _____

Parent/Guardian

Signature _____

Student Recognition Dinner Honored the Following:

High School Graduates:

Naomi Petrie
Eagle Roy
Jaimie Colter
Bryson Bossley

College/University Graduates:

Sam Sprague
Jon Barton
Natalie Waters

Scholarship winners for 2015 in Higher Education were:

Elders Scholarship
Bryson Bossley, 500.00 and Rachel Schaefer, 250.00

Pepsi Scholarship
Fleurette Fong, \$500.00 and Julia Ingersoll, 500.00

Mitsis Scholarship
Bryson Bossley, \$500.00

**Congratulations to all
those Higher Education
students who participated
in this year's scholarship
competition.**



Angela Bowen, Education Director address the crowd gathered at the Student Recognition Dinner on Saturday, June 13, 2015

Picture below left: Councilman Doc Slyter plays flute songs for the students

Pictured below right: Chairman Mark Ingersoll addresses the students during the Student Recognition Dinner



Julia Ingersoll, Pepsi Scholarship Reciepiant



Bryson Bossley, Elders and Mitsis Scholarship recipient



Rachel Schaefer, Elders Scholarship Reciepiant

Future Home of the Natural Resources Department

Submitted by Morgan Gaines, Communications Specialist

The Tribal Government Offices, located at the top of Fulton and Radar Hill in Coos Bay, has received some exciting additions in the form of two new office buildings. On Monday, June 1st the first modular building arrived, with the second closely following a few days later that week. These new buildings are the future home of the Natural Resources Department that is currently housed in the center “fish bowl” of the main Tribal Government building.

Near the end of the summer, after re-modeling the interior of the buildings to meet the needs of the department, and finishing up the exterior painting and skirting, Natural Resources will be moving in. One modular is designated to house a curation facility and environmental lab. The other is reserved for office space for Natural Resources staff working towards conserving and managing resources on Tribally-held lands and who work with other governments to influence conservation and management of resources throughout the Tribe’s Ancestral Territory.

The Tribe is excited to have these new buildings to house Natural Resources. Interim Director Margaret Corvi shared her excitement and gratitude; “Thank you [to the] Maintenance department! It is going to be a long summer and with lots to remodel. Natural Resources thanks you in advance for all your help! We are looking forward to our Environmental Lab and Curation facility! And it will be great to have new offices for Natural Resources staff as we grow and develop our department!”



Pictured above top, the truck pulls into Tribal Government with half of one of the double wide modular buildings.

Pictured directly above, the CTCLUSI Maintenance crew talks with the truck driver about placement of the buildings.

Pictured at left, the two Natural Resources modular buildings sit on the south side of the Tribal Government parking lot next to the Family Services building.

Tribal Housing Programs

The Housing Department offers five housing assistance programs for low to moderate income Tribal families. All applicants must meet specific requirements to participate in these programs. The following is a brief description of the programs we offer:

Rental Assistance: This program helps Tribal Families maintain a good rental home such as an apartment, house, duplex or other rental unit by paying a portion of the rent directly to a private landlord. This program is available all over the State of Oregon and outside of Oregon for eligible full time college students. There is a waiting list for this program and all families are offered this program on a first come, first served basis.

Tribal Housing: Our housing development at Qaxas Heights in North Bend offers two, three and four bedroom single family houses, two bedroom duplexes and one and two bedroom 4-Plex units. At our Qa’aich Development located in Florence, Oregon we have two 4-Plexes that contain one and two bedroom units. These Florence units are for Tribal members who are employed by a tribal entity.

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

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

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

Emergency Assistance: This program is for families who are homeless through no fault of their own. The assistance may include, but is not limited to: placement in community-based crisis centers, transitional housing, motels, or the payment of one month’s rent or deposit for a new rental unit.

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



(Above: Medicine Mountain symbol)

Tobacco Is a Medicine and Gift From the Creator—Not to Be Abused
Fill in the blank with the words listed on the right hand side

- Addicted

Breath

Cancer

Chemicals

Chew

Culture

Cigarettes

Damage

Discipline

Harmful

Hooked

Joke

Money

Poisonous

Sacred

Secondhand

Smoke

Tobacco

Traditional

Trick
1. Commercial _____ is not healthy for the body.

2. Use tobacco in a _____ way.

3. You get bad _____ when you smoke.

4. _____ is a disease you can get from the commercial tobacco.

5. _____ smoke is dangerous to breath.

6. There are over 4,000 _____ in a cigarette.

7. When you smoke _____ you can get sick.

8. Commercial tobacco is _____ to the body.

9. Remember your _____, don't smoke or chew.

10. When you _____, you can get sick.

11. Tobacco companies try to _____ you like Coyote.

12. If you don't smoke you will save more _____.

13. Secondhand smoke is no _____.

14. _____ Salmon, not cigarettes.

15. Don't get _____ on commercial tobacco.

16. Smoking will make you _____ to nicotine.

17. Cigarettes, cigars, and chew are _____ to the body.

18. Smoking can _____ your eyes, throat, bones, joints, and skin.

19. Traditional tobacco teaches you _____.

20. C, LU, S Indians grow _____ tobacco for use of ceremony.

Commercial Tobacco Cessation:

In an effort to help Tribal Members quit commercial tobacco use, the following help is provided:

Tobacco Cessation products are provided by CTCLUSI for Tribal Members who live within the 5-County Service Areas of Coos, Curry, Douglas, Lane and Lincoln Counties.

* You may obtain this through Contract Health Services at 1-800-227-0392.

Additionally, the Oregon Tobacco Quit Line provides free and friendly support to quit smoking or chewing. Call 1-800-QUIT-NOW.

Special thanks to Lou Moerner, Director of NCIDC for the inspiration and activity above, with slight reshaping from the Coos, Lower Umpqua and Siuslaw.—Heidi Helms, Tribal Tobacco Coordinator



Belex Tlxanii (Butterfly Garden) Gets Drip Irrigation System



Pictured above: Tracy Blue (center) teaches how to install a drip line with Sam Sprague (left) and Mark Petrie (right).
Pictured below: Tracy Blue and Sam Sprague work on installing the drip line for the garden beds in Belex Tlxanii



Huulik / Sna (Maple) Bark Gathering



Pictured above left to right: Morgan Whereat Phillips and Raquel Helms (photo from 2012)



Pictured left to right: Back row, Courtney Krossman, Stefanie Dean-Barrett, Ashley Russell, and Heidi Helms. Middle row, Emma McGinness, Abigail Dean, Kaie Russell, Kira Flores. Front, Paislie Dean
Bottem left photo additions: JT Dean, Liam Petrie, Mark Petrie, and Jeremiah Dean



Submitted by Heidi Helms, Tribal Artisan

Dai and niishanax. Tribal members came together on a warm spring day and enjoyed the day processing maple bark, known as “*huulik*” in both Hanis and Milluk language and “*sna*” in Siuslawan language. Maple Bark is much like its sister tree to Cedar bark in the manner that it pulls similar and used in similar ways. Inner bark from the big leaf maple is processed into thin strips, and like the inner bark of cedar, is made into skirts and capes for all ages of young girls and women to wear. The revival of maple bark skirts in recent years is helping Tribal members reclaim identity and cultural heritage. In 2012, for the first time in a long time, maple bark skirts were made for two young Tribal girls, Raquel Helms and Morgan Whereat Phillips. Today, there are a handful of young women who have them or are working on skirts of their own. Traditionally, our maple bark skirts are made distinct because we dye our material making hues of red, yellow, and black. In next month’s newsletter we will share pictures of completed skirts. Maple bark skirt making is such a humbling and thoughtful process and I look forward to next year’s gathering season!

Elders Corner

Elders Trip to the Redwoods

Submitted by Iliana Montiel, Elder Coordinator and Assistant Health & Human Services Director

On Wednesday, June 3rd, 30 Elders headed to California. Since we were all coming from different locations, we met up at The Good Harvest Café in Crescent City and had a delicious lunch. There was a little time to burn, so many Elders wandered off to the antique store next door. It was very nostalgic for me, as I kept finding items from my childhood. Then it was time for our tour at Ocean World Aquarium in Crescent City. This was very enjoyable. The seals and sea lions performed a wonderful act for us. After about an hour tour and spending some quality time in their lovely gift shop, we headed down the road toward Klamath to check into our hotel.

Our hotel was lovely. It was the Redwood Hotel Casino owned by the Yurok Tribe. When we arrived I really felt like they rolled out the red carpet for us. The General Manager, Deann Scott, personally was there to greet us, and she is a Coquille Tribal spouse. After we checked in, Deann had set up a private tour with James, who took us to the Visitor Center, which does not open to the public until June 17th. James, a Yurok Tribal member employee, took us over and gave us a tour. He told us a wonderful story about a little bird and the Redwood tree. After our tour, we headed back to the hotel where they had prepared a buffet dinner in a private room for us. James drummed a couple of songs and then we had a nice salmon

dinner. During our dinner, Chairman O'Rourke Sr. came in and gave us some history of the tribe. The Yurok Tribe is the largest tribe in California with over 6,000 Tribal members. They have nine members on council and were recognized in 1994. After dinner, Chairman O'Rourke Sr. came around to each table and took the time to meet all of our Elders. It was very personal and warm and we were so enlivened by all they had done for us.

The next morning, James gave us a tour of their village and explained the different plank houses. Janet Brainard gifted him a beautiful abalone necklace that Arleen Perkins had made and gifted her (and which Janet just happened to have with her.) Thank you, Janet and Arleen.

Then it was off to the Trees of Mystery.

At the Trees of Mystery some of the Elders took the walk up to the Sky Trail; the rest of us took a shuttle. The Sky Trail is a gondola that takes you up into the trees, and once you have reached the observation deck you can exit the gondola and look around and see an amazing view. Many Elders sat up at the top, took pictures and visited in the lovely sun. At their leisure they could ride the gondola back down, while others took the trail back to home base. When everyone had returned, we were given a tour of their museum. What a beautiful museum, which also includes items from Coos. We finished our visit with lunch at the Forest Café. Then it was safe travels as everyone headed home.



Pictured at left: Brenda Brainard, Gloria Dowdy, and Karen Nissan

Elders enjoyed gondola rides through the redwoods during their trip.



Pictured below left: Elders take the shuttle to another adventure during their trip to the Redwoods.

Below Right: Anna Campbell, Phyllis Howllett, and Janet Brainard enjoy time outdoors



Above: CTCLUSI Tribal Elders pose in front of the statues of Paul Bunyon and Babe the Blue Ox during their Trip to the Redwoods



Elders Corner

Save the Date

September 1 -3, 2015

Oregon Coastal Railroad Excursion



Members of the Swigert family spread out to show us the size of one of the Redwood Trees during the Elders Trip

SAVE THE DATE
July 22nd—July 23rd, 2015
Hellgate Jet boat Excursion Dinner Trip
Grants Pass, OR
Must RSVP by July 7th



For further information and to R.S.V.P.
please contact: Iliana Montiel,
Assistant Health Director/Elders Activity Coordinator
At 541-888-7526



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

Tribal Elder

Leona A. Anderson-Roy-Betts Walks On

Leona A. Anderson-Roy-Betts passed away on June 2, 2015 at the age of 91. She was born in North Bend on June 22, 1923 to Ernest and Albina Anderson and was the youngest of their four children. Her mother died when she was 4 months old and her aunt, Mary Jordan helped her father raise Leona and her siblings. A year later, Ernest and Mary were married. When Leona was born, the State of Oregon did not recognize her as an American citizen and when her daughter, Jeannie Cookson, looked for her in DMV records, she found her listed as a “No Name Indian Child.”

She was raised on a dairy farm across Haynes Inlet. Leona and her siblings had to cross the bay in a rowboat so they could catch a bus for school in North Bend. Her father would row them across each day unless the weather was too stormy. As a teenager she was runner-up for Miss North Bend for the Pirate Days festival.

When she was 18 she met her first husband, Firman Roy. He was a motorcycle rider. She eloped with him to Idaho two weeks after they met and they remained married for 56 years until his death. Leona and Firman had three children: Billie, Jean, and Howard. They moved their family to Othello, Washington, where Leona learned to fly. According to her daughter, Billie, Leona used to ride with her husband in his airplane and she was afraid he’d have a heart attack and she wouldn’t know what to do, so she became a pilot herself!

In 1966 they bundled up Howard and moved to Alaska, where they owned businesses in Healy and Skagway. Leona also worked on the North Slope during the Alaska Pipeline construction. They retired to Arizona and when Firman died she returned home to Oregon to be with her family. She married Ralph Betts in 2001 – Ralph passed away in October of 2014.

On June 28th the family held a memorial gathering for Leona at Gregory Point in celebration of her life. A potluck and give away was held at Tribal Hall following the service.



Billie Lewis, Leona A. Anderson-Roy-Betts, and Jean Cookson

Elders Luncheon

July 2, 2015

Hometown Buffet in Springfield, Oregon

11:30 a.m.

Planning an Inspirational Summer

Submitted by Mike Smith, Training and Development Specialist

As the seasons change, we tend to reflect on how we've progressed the past few months and what we'd like to do now. Would you like to feel motivated to learn new things, do something interesting and accomplish worthwhile goals? You can use this summer to bring these desires to life!

How will you ignite your passions as the weather heats up?

Explore these ideas for planning your most inspiring summer ever:

1. **Take a personal inventory.** Think about what you want and need in your life right now. Do you desire closer relationships? Perhaps you want to develop knowledge in a particular subject area. Maybe the one thing you seek most is more adventure in your life. This summer is a good time to try these things out.

* For example, if you've been working a lot of overtime, maybe you'll conclude that what you really need is more quality time with family and some fun in your life. Think about what's missing emotionally for you right now and promise yourself to include it in your life this summer.

2. **Ask yourself, "What do I really want to do?" Make a list of the short-term and long-term goals you wish to accomplish.** This is the time for some serious soul-searching. When making your list, decide whether to focus most on your professional or personal life.

* If it's a personal list, you might include items like, "Keep my cool when dealing with my teenagers" and "Exercise five times a week." However, plans such as, "Save for a trip to Italy next year" and "Walk a section of the Appalachian Trail in September" might also appear. Consider this list your short-term bucket list.

* On your professional list, list entries like, "Research topic X" or "Complete a quarterly report on my achievements for the boss." Also, "Resolve negative feelings toward Jane Doe at work" and "Talk with my manager about taking on Project B" may appear.

* When writing your professional list, keep in mind that your ultimate goals are to ignite deeper interests, resolve troubling

issues, and promote your work life this summer.

3. **Discuss summer schedules now.** For many, becoming inspired will involve other people. Tell your spouse or friends that you're planning a summer that will be stimulating, motivating and full of accomplishments. Share your intentions. Listen to their ideas.

* If you've got a close friend, they might want to jump on board to plan their own inspiring summer along with you and share some of your activities, too.

* Schedule time with people you learn from and admire. After all, getting inspired is a spiritual journey you take with the help of others.

4. **Plan a trip this summer.**

Speaking of journeys, even if it's only a long weekend, nothing inspires us like seeing brand new sights. When you travel, your mind is removed from the more mundane tasks of everyday life. You're physically and spiritually transported to a place where everything is new and different.

* Maybe you'll outline that novel you've always wanted to write or create a master financial plan for the next 20 years. Taking a vacation will invigorate your thinking and deepen your interests in new people, places and things.

5. **Select three short-term goals to accomplish by summer's end.** Clip them from the list. Stick them on your refrigerator. Place a second copy on your bathroom mirror. Stash them in your car. Gear up to achieve success.

If you take time to assess what you want and how you intend to get there, you'll experience one of your most inspiring summers ever. Don't delay! Start today to plan your best summer ever.

"Schedule time with people you learn from and admire. After all, getting inspired is a spiritual journey you take with the help of others."

Pekuuwii...story continued from page 7

immediately, and eventually someone pops up and takes it down the beach, flinging it and running to it until they get through the goal. The goal in this style is two posts put about 10-15 yards apart on each end of the field. Once the toggle breaks the plane between the two posts a point is scored. Games are usually played to 3 or 5 points. There are no rules in this version except you can't use touch the toggle with your hands.

The Native American Student Union at the University of Oregon plays a hybrid version that uses a three step rule, but with safety in mind doesn't include wrestling. Also because of lack of poles the toggle has to come to rest in a designated box at each end of the field.

Shinny has been an important part of our Tribal community forever, and is still played with zeal by our Youth, Prevention, and Culture staff. Shinny at Culture camp has a long and storied history, and is usually a favorite activity for many. I've never met someone who played shinny and didn't enjoy it. The game teaches teamwork, toughness, dexterity and field vision. Community building happens organically through playing this game of our ancestors. Tribal members must work together and communicate on the field. Shinny is also GREAT exercise because, much like Rugby or Soccer, you are running constantly until a point is scored.

In trying to de-colonialize our traditions, we should be using our own languages. Shinny is easier to say, but it holds many connotations that have a colonial history. In working toward a better future for our children's children, we can begin by re-claiming our traditions through language. In the last Culture committee meeting we discussed using each word to indicate where we will be playing. This is a great way to incorporate not only the language element, but to make it something useful that will help people understand the importance of place. So when going to play at Bastendorff beach we'll refer to the game as **nauhina'nawos**, and if we playing at North Jetty beach in Florence, we'll say **pekuuwii**. I encourage everyone to explore **Hanis.org** to learn language, and if you have any questions about the game or would like to play contact the Culture department. Hopefully this summer we'll see everyone come out to the homeland to play some **nauhina'nawos/pekuuwii**!



Pictured above and below: A game of nauhina'nawos takes place at Tribal Hall during Spring Break Camp 2010



White Bison’s Mending Broken Hearts for Youth: A Journey Towards Health and Wellness

Submitted by Tami Foster, CTCLUSI Behavioral Health Services Coordinator

On May 12, 2015, fifteen brave souls embarked upon a joint mission: to heal our Tribal community, specifically Tribal Youth, from unresolved grief and the losses created by the legacy of Historical and Intergenerational Trauma, specifically the effects of the Boarding School era. Participants included Tribal Council Members, Tribal Peacegivers, and CTCLUSI staff.

White Bison developed and presented the three-day intensive training, sponsored by the CTCLUSI Health & Human Services Division. White Bison is a leading Native American-operated training institute that provides culturally based training, tools and resources to enable the ongoing growth and sustainability of the Wellbriety movement.

Our goal was simple: To equip various members of our Tribal community and staff with the skills and knowledge necessary to create Healing Circles (Talking Circles).

Each day began and ended with a ceremony consisting of a blessing and a smudging ritual. On the first day, we had a “Ribbon Ceremony” where all the trainees tied himself or herself into the circle with a length of ribbon. The Ribbon Ceremony signified group unity and helped to create a place of safety, trust, respect, and confidentiality. During the circle time, participants checked in with the group and identified their hopes and vision that they hoped to learn during the training.

Trainees not only learned how to create, conduct, and implement circles of healing, they also worked on identifying and healing their own personal issues of unresolved grief. Better said, a “Healer, heal thyself” model of learning. And...heal we did. Illuminating... yes. Difficult and uncomfortable at times... yes. Rewarding and healing...Definitely.

The three days of training were comprised of compelling presentations related to the effect of unresolved Historical Trauma on the Native American population. Over the years throughout Tribal communities, unresolved grief and loss has affected not only the Tribal Elders, who experienced various atrocities and wrongdoings first hand, but also subsequent generations. Each participant came away with the knowledge of how to create, conduct, and implement Healing Circles in our Tribal Community, in addition to a greater understanding of their own healing process and issues.

It is the goal of the CTCLUSI Behavioral Health Services Department to sponsor additional trainings by White Bison and other Native individuals and organizations focused on increasing our Tribal Community’s overall Health and Wellbriety.

Should you or someone you know be in need of support, referrals, or services to help empower them and increase their overall mental and emotional well-being please contact Tami S. Foster, M.A., CTCLUSI Behavioral Health Services Coordinator at: 541-888-1311 or by email: tfoster@ctclusi.org.



Pictured above, participants in the White Bison’s Mending Broken Hearts training listen and discuss the journey towards wellness



The center of the Healing Circle representing the four directions and balance



Council member Tara Bowen also participated in the training. She is shown here discussing the results of one of the breakout session



Tami Foster discusses the results of a small breakout session to the larger group

Please join us for good food and fun with other Tribal Families.

Let’s BBQ and have good healthy family fun!

Tribal Family Gathering



Coos Bay

Saturday, July 11, 2015
12-2pm

At The Community Center

RSVP by July 8th

Please contact Scott Ingersoll to R.S.V.P. at:
541-888-7533
Toll free 1-888-280-0726

Sponsored by: Health & Human Services Division — Diabetes Grant

All Tribal families welcome to attend.
No transportation is provided.





Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Bartender ~ Beverage Server
Food Server ~ Host ~ Cashier ~ Bussperson
Line Cook
Guest Room Attendant
Environmental Services Technician
Special Events Team Member
Slot/Keno/Bingo Attendant
Table Games Dealer

Tribal Government Offices

Culture Camp Counselor
Culture Camp Counselor In Training
Special Events Employee
Tribal On Call Cook
Dentist, On Call
Domestic Violence Program Coordinator,
Closes 7/8 at 5pm



Three Rivers Casino Resort ~ Coos Bay

No Openings at this time

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 **541-902-6504**

Qa'aich Housing In Florence

NOW AVAILABLE ONE and TWO BEDROOM UNITS

The Housing Department is now accepting applications for one and two bedroom units located in Florence Oregon on the Tribe's Hatch Tract property.

Qa'aich Development is HUD funded housing for low to moderate income families. Monthly rent is calculated based on your adjusted gross monthly income and will change as your income changes. For questions about income limit guidelines or other specific information please contact the Housing Department Office.

Preferences for Qa'aich Housing

1st Preference:

- Indian families who are enrolled members of the CTCLUSI and who are employed by CTCLUSI.

2nd Preference:

- Indian families who are enrolled members of other Indian tribes, and who are employed by CTCLUSI.

If you have any questions or want an application mailed to you please contact the Housing Department Office at 1245 Fulton Avenue, Coos Bay, OR or by calling 541-888-9577 or toll free 888-280-0726.



Special Events Employee – On Call

Open to all CTCLUSI Tribal Members who meet Minimum Qualifications
AND

NOW, Spouses or Registered Domestic Partners of CTCLUSI Tribal Members

The primary function of the Special Events Employee is to support and supplement activities for the Tribal Administration of Coos, Lower Umpqua and Siuslaw Indians.

MINIMUM JOB REQUIREMENTS

- Must be a CTCLUSI Tribal Member OR the Spouse or Registered Domestic Partner of a CTCLUSI Tribal Member
- Food Handlers card may be required
- Minimum age requirement is depending on assignment
- Must possess reasonable ability to communicate in English
- Position is subject to pre-employment drug testing
- Position is subject to a criminal history background check which may include fingerprinting
- Must have employment eligibility in the U.S
- Indian preference will be observed in the hiring process

How to Apply

Tribal Members apply online at www.ctclusi.org and log in/register.
Spouses of CTCLUSI Tribal Members, please complete a paper application that can be obtained from Human Resources.

For more information, Contact Pam at (541)902-6504 or Julie at (541)888-7523



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SEAFOOD EXTRAVAGANZA

July 4th

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ALL YOU CAN EAT SEAFOOD!

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SUNDAY, JULY 12 5:00 PM
In Florence

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& \$24.99

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PEACEGIVING

Are you or your children having problems at home, school,
or in the community?
Peacegiving and a traditional Restorative Justice
option is available to you.

All Peacegiving or Peacegiving Court Issues are confidential.



Photo By: Joss Davis

For more information about Peacegiving or Peacegiving Court,
please contact the Peacegiving Court Coordinator at the address
listed below.

Peacegiving Court Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420
PHONE: (541) 888-1307 or (541) 888-1316
EMAIL: Peacegivingcourt@ctclusi.org