

The Voice of CLUSI



November 2018

Issue 11

Volume 19

www.ctclusi.org

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

CTCLUSI 34th Restoration Celebration



Tribal members and friends gathered at Cape Perpetua for the Amanda Trail Hike the morning of the 34th Restoration Celebration
Photograph courtesy of Councilman Doug Barrett

Contributed by Morgan Gaines, Communications Specialist

On Saturday, October 20th, the Tribe celebrated its 34th Restoration with a gathering at the Three Rivers Casino and Resort Event Center in Florence, Oregon. As Tribal members visited amongst the fall decorations, Tribal Chairman Mark Ingersoll took the stage to welcome all in attendance with a brief opening. "Our 34th Restoration is marked by some remarkable accomplishments. Our historic Land Bill passing this year, seeing the return of over 14,000 acres to the Tribe, The Tribal Fairness Act passing, and over two million dollars of new grants that our Government brought in. Thank you to all of those who helped in our Restoration, past and present Council members, Committee members, Government staff, and Casino Staff."

Chairman Ingersoll then welcomed Chief Warren Brainard to say a few words. Chief Brainard shared that he "never imagined we'd get this far, I'm proud of where we are today, with so much to be thankful for", followed by giving an invocation for the meal prepared by Three Rivers Casino. Tribal members enjoyed the comradery amongst friends and family over a shared feast, followed by a dessert of cakes decorated with images representing the three Tribes. One of Coos Head, another with a photo of Umpqua Eden, and the third a picture from the Cape Perpetua lookout.

Members who had met up early that morning to participate in the Amanda Trail hike joined us for the meal and shared that thirty or more people hiked the trail this year!

While membership finished their meal, Council member Doug Barrett took the stage, asking all those in attendance who had traveled on Canoe Journey earlier this year to join him. After having them all introduce themselves, Councilman Doug Barrett presented a slideshow of photographs from Canoe Journey: Paddle to Puyallup. He spoke about how Canoe Journey is the largest drug and alcohol prevention event on

Story continues on page 8



Chairman Mark Ingersoll and Chief Warren Brainard welcome family and friends to the 34th Restoration Celebration

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

Save the Dates:

November 17, 2018

Drum Making & Fall Harvest

December 8, 2018

Tribal Holiday Celebration

Tribal Council Business

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

Chief Warren Brainard:
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 10 ODOT Meeting; Executive Interviews
Sept 12 Lane Act
Sept 13 Veteran Wall Dedication; Culture Committee Meeting
Sept 17 Tribal/State Jordan Cove Tour
Sept 26 Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Oct 1 Executive Interviews
Oct 4 Photos with Peter DeFazio
Oct 11 Executive Interviews; Culture Committee Meeting; Executive Worksession

Doc Slyter:
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 10 Executive Interviews
Sept 13 Culture Meeting; Executive Interviews; Executive Worksession
Sept 17 Fishing Trip Elders
Sept 18 Wellness Court Training; Coquille Plank, Flute Presentaion for Glide 5th grade Students
Sept 26 Finance Meeting; Gaming Facility Review Board (GFORB); Tribal Council Business Meeting;
Oct 4 Elders Luncheon; Executive Worksession
Oct 11 Executive Interviews; Culture Committee Meeting; Executive Worksession
Oct 12 Executive Interviews

Debbie Bossley:
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 10 Executive Interviews
Sept 11 Hollering Place Meeting
Sept 13 Executive Interviews
Sept 14 Meeting with Legal Counsel
Sept 17 Tribal/State Jordan Cove Tour
Sept 18 TLPI Wellness Court Training
Sept 26 Restoration Planning Meeting; Finance Meeting; Gaming Facility Review Board (GFORB); Tribal Council Business Meeting;
Oct 2 Administration Meeting
Oct 4 Elders Luncheon; Executive Worksession
Oct 11 Executive Worksession
Oct 11-12 Executive Interviews

Teresa Spangler, Vice - Chairman:
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 10 Executive Interviews
Sept 11 Education Meeting
Sept 13 Executive Interviews
Sept 19 Housing Committee Meeting
Sept 26 Benefits Board Meeting; Restoration Planning Meeting; Finance Meeting; Gaming Facility Review Board (GFORB); Tribal Council Business Meeting;
Oct 4 Executive Worksession
Oct 11-12 Executive Interviews

Josh Davies:
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 13 Executive Interviews
Sept 14 Meeting with Legal Counsel
Sept 26 Finance Meeting; Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Oct 4 Ex Worksession
Oct 6 Budget Meeting; Pumpkin Patch Event
Oct 12 Executive Interview

Doug Barrett :
Sept 9 Tribal Council Meeting; Budget Meeting
Sept 10 -11 Miluk Days, Canoe Races, Weaving
Sept 15 Pow Wow
Sept 16 Canoe Races
Sept 26 Finance Meeting; Gaming Facility Review Board (GFORB); Tribal Council Business Meeting
Oct 4 Executive Worksession
Oct 8 Indigenous Day
Oct 11-12 Executive Interviews

Mark Ingersoll:
Sept 9 Tribal Council Meeting ; Budget Meeting
Sept 10 Executive Interviews
Sept 11 Ed Meeting
Sept 13 Interview
Sept 19 Housing
Sept 26 Benefits Board Meeting; Restoration Planning Meeting; Finance Meeting; Gaming Facility Review Board (GFORB); Tribal Council Business Meeting;
Oct 4 Executive Worksession
Oct 11-12 Executive Interviews

Resolution Summaries

RESOLUTION NO.:18-064
Date of Passage: July 8, 2018
Subject (title):Cultural Resources Protection Agreement between CTCLUSI, Jordan Cove Energy Protection LP and Pacific Gas Pipeline LP
Explanation: The Tribe approves this agreement.
Vote 3-2-2

RESOLUTION NO.:18-065
Date of Passage: July 19, 2018
Subject (title):Reinstating Gaming Facility Operational Review Board (GFORB) and Appointing Interim Board Members
Explanation: The Tribal Council voted to appoint the following interim Board Members; Warren Brainard, Mark Ingersoll, Doc Slyter, Debbie Bossley, Josh Davies, Doug Barrett and Jerry West. **Vote 6-1-0**

RESOLUTION NO.:18-066
Date of Passage: July 25, 2018
Subject (title):Merchant Link, LLC TLS Converter Order and Tribal Council Approval
Explanation: The Tribal Council approves this order of equipment for Three Rivers Casino & Hotel, as recommended by GFORB and TRC Management. **Vote 5-0-1**

RESOLUTION NO.:18-067
Date of Passage: July 25
Subject (title):Consulting Agreement
Explanation: The Tribal Council approves this amendment for Three Rivers Casino. **Vote 5-0-1**

RESOLUTION NO.:18-068
Date of Passage: August 3, 2018
Subject (title):Memorandum of Agreement with the Bureau of Land management and Bureau of Indian Affairs for Western Oregon Tribal Fairness Act Land Transfer
Explanation: The Tribal Council approves MOA to

accept the 14,742 acres of federal lands and develop an agreement with the BLM and BIA, then to be placed into trust for the Tribe. **Vote 6-0-0**

RESOLUTION NO.:18-069
Date of Passage: August 12, 2018
Subject (title):Approval of Memorandum of Agreement with the Indian Health Service – Well & Septic Program
Explanation: The Tribal Council approves this MOA. **Vote 7-0-0**

RESOLUTION NO.:18-070
Date of Passage: August 12, 2018
Subject (title):Coos Head Area Master Plan and Tribal Council approval and Adoption
Explanation: The Tribal Council approves CHAMP to implement the shared vision for the Coos Head Site and to guide and inform multimodal transportation access, other infrastructure, and land use redevelopment on the Coos Head Site. **Vote 7-0-0**

RESOLUTION NO.:18-071
Date of Passage: August 12, 2018
Subject (title):Approval of participation as an Amicus Party in Administrative Hearing Challenging State Funding of Dental Health Aide Therapist
Explanation: The Tribal Council approves this action. **Vote 7-0-0**

RESOLUTION NO.:18-072
Date of Passage: August 12, 2018
Subject (title):Amendment to the Amended Tribal –State Compact for Regulation of Class III Gaming Between the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians and the State of Oregon, and Tribal Council Approval Thereof
Explanation: The Tribal Council approves this action. **VOTE 7-0-0**

RESOLUTION NO.:18-073
Date of Passage: August 23, 2018
Subject (title):Memorandum of Agreement Between CTCLUSI, Jordan Cove Energy Project LLC and Pacific Connector Gas Pipeline L.P.
Explanation: The Tribal Council approves this action. **Vote 6-1-0**

RESOLUTION NO.:18-074
Date of Passage: August 29, 2018
Subject (title):Pacific Office Automation Leasing and Services Agreement Approval
Explanation: The Tribal Council approves this agreement for Tribal Government office equipment. **Vote 7-0-0**

RESOLUTION NO.:18-075
Date of Passage: August 29, 2018
Subject (title):Machine Order
Explanation: The Tribal Council approves this agreement, as recommended by GFORB. **Vote 6-0-1**

RESOLUTION NO.:18-076
Date of Passage: August 29, 2018
Subject (title):Fifth Amended Contract for Judicial Services with J.D. Williams
Explanation: The Tribal Council approves this contract. **Vote 6-0-1**

RESOLUTION NO.:18-077
Date of Passage: August 29, 2018
Subject (title):Appointment of the Tribal Benefits Board
Explanation: The Tribal Council approves the appointment of Bonnie Foroudi, Chief Financial Officer, Tribal Government for the term of her position. **Vote 7-0-0**

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

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE NORTHWEST FOREST PASSES

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief
Tribal Chief

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

Doc Slyter

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

Debbie Bossley

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

Mark Ingersoll,
Chairman

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

Josh Davies

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

Teresa Spangler,
Vice Chair

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

Doug Barrett

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

Council Meeting

November 18, 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 Chief Executive Officer Report
 6. Chief Financial Officer Report
 7. Old Business
 8. New Business
 9. Other
 10. Good of the Tribes
 11. Executive Session as needed
- Council meeting video available to view at www.ctclusi.org

Upcoming Events

November 1st – Elders Luncheon, Red Lobster, Eugene, OR., 11:30 a.m.
November 6th – Parenting Workshop, Eugene Outreach Office, 5:30 p.m.
November 8th – Elders Committee Meeting, Tribal Hall 2:30 p.m. – 4:00 p.m.
November 11th – 2019 PRC App
November 12th – Veterans Day, All Tribal Offices will be CLOSED
November 13th – Parenting Workshop, Eugene Outreach Office, 5:30 p.m.
November 16th – HOC Paddle carving/ regalia making Location/Time TBA
November 17th – Drum Making, Tribal Hall, 9:00 a.m. – 1:00 p.m.
November 17th – Fall Harvest, Community Center, 1:00 p.m., Crafts and activities following dinner 2 p.m.
November 18th – Regular Council Meeting, Community Center, 10:00 a.m.
November 20th – Parenting Workshop,

Eugene Outreach Office, 5:30 p.m.
November 22nd – Thanksgiving Day, All Tribal Offices will be CLOSED
November 27th – Parenting Workshop, Eugene Outreach Office, 5:30 p.m.
November 30th – HOC Paddle carving/regalia making Location/Time TBA
December 4th – Parenting Workshop, Eugene Outreach Office, 5:30 p.m.
December 6th – Elders Luncheon TRCR Event Center, Florence 11:30 a.m.
December 8th – Tribal Christmas Party, Three Rivers Casino Event Center, Florence, OR., doors open at 3:00 p.m.
December 14th – HOC Gift Making Party Location/Time TBA
December 21st – Winter Solstice
December 25th – Christmas Day, All Tribal Offices will be CLOSED
January 1st – New Year's Day,



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Government Office
Alexis Barry
Chief Executive Officer
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll free 1-888-280-0726
Fax 541-888-2853
abarry@ctclusi.org

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

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

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

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

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

Family Services
Earl Boots, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837
eboots@ctclusi.org

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

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

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

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

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

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

Tribal Gaming Commission
Brad Kneaper
Executive Director of the Gaming Commission
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-6011
Fax 541-997-7293
bkneaper@ctclusi-pd.com

Tribal Police
Brad Kneaper
Chief Law Enforcement Officer
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-6011
Fax 541-902-6507
bkneaper@ctclusi-pd.com

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

Council Corner

Dai Tribal Family,

It has been a very quick 6 months since our start on CTCLUSI Tribal Council. Although I feel this message is a bit delayed we three; Debbie, Doug, and myself would like to say how very honored we are and grateful to you for choosing us to lead and serve our Tribe. We hit the ground running and have yet to slow down. There are several large projects that Council along with administration are working on diligently and whole heartedly.

In the last few months I have had the privilege to see the growth already with varying grants, legislation, and projects that have taken many years of passion and dedication. Some of these accomplishments were not completed quickly and took a lot of hard work and patience. Thank you to the current and previous Chiefs, Council members, Committee members, and to all who push forward in effort to continued success for our Tribes. We are lucky to come far in our journey to the many achievements accomplished, much more than our ancestors could have possibly imagined.

Our hope is for our tribal people to work together toward the future, alongside our council to bring emphasis to our direction of our peoples' culture, education and family values. If you have any ideas, or need to express comments about something please come and voice your concerns at a monthly Council meeting, send an email to Tribal Council, or we welcome you to apply to be on a committee. I want to make sure that if you are interested in being on a committee and are not placed on a committee right away, please don't be discouraged and keep applying. I look forward to participating more with all committees in the near future, and hope to see as many new and familiar faces as possible. There are several seats becoming vacant so please look for the postings in this newsletter each month. I am excited for Tribal members to submit applications and to hear your ideas and any suggestions that you may have. Your voice really **DOES** matter to us!!

I am also looking forward to attending the upcoming winter events with my family and yours. The Restoration Celebration was an honor to be a part of, although I was there for a short time and had to leave early it was wonderful to see so many of you make it for the celebration. I hope there will be the same great turn out for drum making at our Fall Harvest party. If not then maybe we will catch up while sitting around the fire at the Plankhouse for Winter Solstice, or perhaps in December at the annual Christmas party.

The holiday Season always gives me a reminder that there are so many families that are struggling and in need all year long, being a teacher I see the suffering of so many children every day and the impact that just saying a nice hello or giving a simple compliment does for them. It truly only takes one person to make a positive change in the lives of others. Please be kind toward everyone you cross paths with, for the greatest of the great will have downtimes and everyone deserves to be cared for.

A recent example of this happened a few days back, while filling in as Principal for my school. I had the worst possible afternoon imaginable. Near the end of

the day I was approached by a teacher whom wanted to share something with me. I couldn't help but think it was more of the disciplinary challenges I had been repeatedly faced with that day, and cautiously asked her to go ahead. She went on to tell me about her 7th grade science class that had been doing an activity on the power of words; both positive as well as negative and the affects each had on the student. I taught these same students the year before, she mentioned the familiar name of a student of whom I had many challenges. This particular student had written they felt the most positive when given feedback and praise from Mr. Davies, saying that when Mr. Davies' face had shown them approval. It became the most valued positivity the student had ever received. This was astonishing as well as humbling to me, I hadn't realized the impact I had on this student. I felt inspired by the sheer thought that if I kept extending positive words of encouragement, eventually I really could change the way these students saw themselves, or possibly give hope that home life would not always be difficult. I recognize the hard work and improvements made throughout the year by students, and I felt good knowing I made a lasting impression for even one of my most difficult students. Even better, I forgot about the horrible day, remembering why just a simple smile, a little acknowledgement, and consistency goes a long way. We are all made different with the same parts which makes us human, this also makes us so worthy of and very capable of showing kindness, respect, and compassion. The power is in our hands; we must be the change we wish to see in this world.

Until next time, may you all have a wonderful season!

Hiis haiyach (with a good heart),

Councilman Josh Davies



Councilman Josh Davies



Join a Tribal Committee



Chapter 7-5 GENERAL COMMITTEE CODE 7-5-1; General

Policy: Committees are established to assist the Tribal Council in carrying out its responsibilities, to provide quality services to the Tribal membership and to develop, maintain and protect the assets and interests of the Tribes.

Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only server two (2) terms, unless special consideration is necessary.

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

Culture Committee

Elders Committee

Investment Committee

Budget Committee

Enrollment Committee

Health Committee

Education Committee

Housing Committee

Election Board

How to become a member? You must be a CTCLUSI enrolled Tribal member. The attached **Letter of Interest Form** must be completed and returned in the envelope for Tribal Council considerations. All forms should be received by December 1, 2018.

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

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

Salmon Cleaning Participants Salmon Gift

Everyone who came to assist with the 2018 annual salmon cleaning, whether you gutted a salmon or not, that thought you were going to receive a salmon for anything you might participate in at the annual cleaning will be eligible for a salmon upon request. Please send your requests to Chief Brainard wbrainard@ctclusi.org.

-- for questions please call Chief Brainard.

UPDATE YOUR CONTACT INFORMATION !

Tribal Council has approved a gift in the form of a check to be sent to every Enrolled Tribal Member this year. Gifts will be mailed December 2018 to the last address we have on file. If we do not have a valid address, no check will be issued. If a check is sent to an invalid address due to lack of update, it can take up to a month to re-issue. All Tribal information updates must go through the Enrollment office with a completed Change of Address Form. You can find this form on the Tribes website www.ctclusi.org under Enrollment, or one can be obtained at any Tribal Government Office in Coos Bay, Florence & Eugene. You may also update your address by contacting Jeannie McNeil, Enrollment Coordinator at 541-888-7506; or by email jmcneil@ctclusi.org. Please provide a contact phone number so your information can be verified over the phone.

CTCLUSI Voter Registration Card: UPDATED SIGNATURE REQUIRED

2019 Tribal Council Election - April 14, 2019

Dear Tribal Members,

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

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

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

Sincerely,

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

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

Need help?

let's talk.

4-10pm daily

TALK

877.968.8491

TEXT

"teen2teen" to 839863

CHAT

OregonYouthLine.org

Go online to www.ctclusi.org to find and print out a number of Tribal Forms

www.ctclusi.org/elections
CTCLUSI Voter's Registration Card

www.ctclusi.org/veterans
Veteran Information Form

www.ctclusi.org/tribalcommittees
Letter of Interest

www.ctclusi.org/communityhealth
Fitness Forms

www.ctclusi.org (homepage)
PRC Application



Fall Harvest Dinner
Drum Making
(Tribal Hall)

Saturday November 17, 2018



Drum Making 9:00 to 1:00 Tribal Hall sponsored by Family Services, Prevention and Culture
Doug & Mark will be instructing how to make and use a hand drum.

One Drum per Tribal Family, Drums go first to RSVP list.

Non RSVP guests will go on a waiting list until all RSVP guests receive their drums.

DRUM MAKING RSVP: [1-888-365-7155](tel:1-888-365-7155) or [541-435-7155](tel:541-435-7155) by 11/09/18.

Traditional Thanksgiving dinner at 1:00 p.m.

Approximate meal time

Crafts & Activities following dinner (2:00-3:30)

Come enjoy the afternoon and dinner with family and friends.

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



This Month...be on the Lookout for Bog Cranberry

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Bog Cranberry is in the family, Ericaceae, the Heath family. Other culturally significant species that you may already be familiar with, such as blueberries, kinnickinnick, rhododendrons, and salal, also belong to this family. This tiny, creeping, evergreen shrub grows in sphagnum moss, which is mostly found in wetland habitats or bogs, hence the name. Pink, shooting star-like flowers bloom at the end of each stalk, giving rise to one to two ruby-colored berries in late summer that often times persist through winter.

Food: The berries of bog cranberry are best after the first frost of autumn. However, if the patch of cranberries is within the coastal range, the likelihood of a frost is very slim. So, the best times to gather coastal populations of cranberries are generally October to November. Traditionally, cranberries were stored through the winter in damp moss, which kept them fresh through spring. They were also sometimes picked green and stored in baskets or boxes until they turned soft and brown. Bog cranberries can be eaten fresh or cooked. They can also be dried and used in trail mixes and baked goods.

Scientific Name: *Oxycoccus oxycoccus* or *Vaccinium oxycoccus*



Photograph by John Schaefer

Tribe Welcomes Restoration Project Manager to DNR

Bryan James Gillooly is the newest member of the Department of Natural Resources (DNR). Bryan, the Tribes' Restoration Project Manager, will be managing the Tribes' Pacific Coast Salmon Recovery Fund (PCSRF) grant, doing important habitat restoration work on Ancestral Tribal Land, working out of the Outreach Office in Florence.



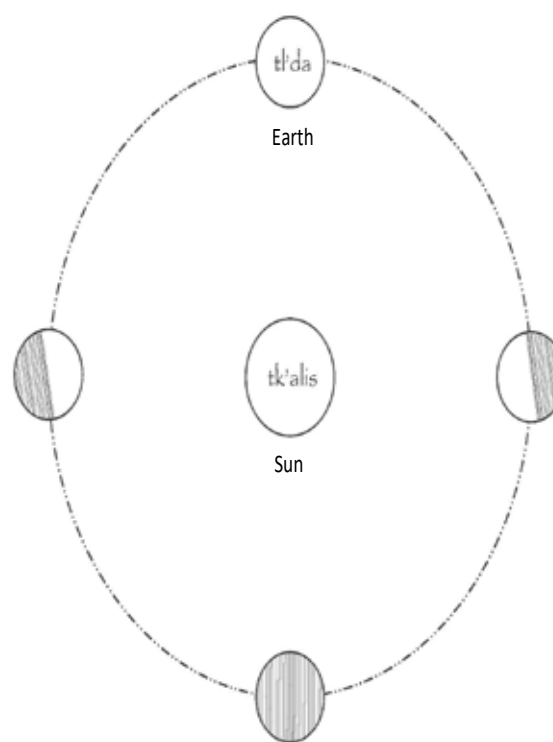
Bryan comes to the DNR with a Masters from Oregon State University (OSU) in Fisheries Science and a Graduate Certificate in Marine Resource Management for OSU's College of Earth, Oceans and Atmospheric Sciences. Bryan has previously worked for the US Agency for International Development (USAID) in Washington, DC, and overseas in Colombia, Paraguay and Ghana. Bryan also has worked at OSU's Hatfield Marine Science Center in Newport, OR at their oyster aquaculture laboratory, the Oregon Department of Fish and Wildlife (ODFW) doing fisheries research in Florence, OR and served in Peace Corps in Ecuador for 3 years working in agriculture/aquaculture and public health.

Bryan currently resides in Swisshome, Oregon, around 20 miles up the Siuslaw River on Hwy 36. Bryan, trying to live as sustainably as possible, raises rabbits and chickens, and sells eggs, rabbit pelts, rabbit feet keychains, and manure. Bryan is an avid fishermen, and can be often found trekking the Siuslaw River with his bilingual best friend, a beagle, named Shadow Thunder.

Winter Solstice

Tribal Hall, Community Center & Plank House

338 Wallace, Coos Bay OR 97420



We are looking to pay tribal artists or crafts-people to lead in an activity this Winter Solstice.

Please contact Mark Petrie by phone: 541-888-1318 or by email: mpetrie@ctclusi.org

- Contract based work
- December 21st

Light Breakfast 8-9am • Light Lunch 12-1pm

Dinner 5-6pm • Light Snacks

Doors open at 11pm on December 20th -Closes 11:00pm December 21st

PLEASE RSVP

541-435-7155 or 888-365-7155





ENGAGING YOUTH CULTURALLY FOR HEALTHY FUTURES

HOC staff are working on activities and opportunities for youth 12 years and older...

Here are some dates to get on your calendar!

Friday, November 16	-Finishing carving paddles
Friday, November 30	-Working on regalia <i>time and location TBA</i>
Friday, December 14	-Gift Making Party <i>time and location TBA</i>
March 25- 29	-Spring Break Camp <i>HOC will be an overnight camping experience</i>

If you have ideas or suggestions, we would love to hear from you!

You can contact

Sonja McCarty (541) 808-8175 smccarty@ctclusi.org

Or

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

New Healing of the Canoe Program Assistant in Coos Bay

Contributed by the Family Services Department

Join us in welcoming Dawn Adams, Family Services’ new Healing of the Canoe Program Assistant. Dawn is an enrolled member of the Suquamish Tribe. Her ancestral land is the Port Madison Indian Reservation located on the clear salt waters of the Puget Sound in Washington State.

She is an accomplished Management Professional with over 26 years of experience working in Tribal government and enterprises. She has a strong and extensive background in effective program development, implementation and administration providing Social Services to Tribal Communities. Her experience is in Health Services- including Contract Health (PRC), Medical, Dental and Vision as well as Medicaid and Medicare. Dawn also has experience in Early Childhood Education- including Early Head Start, Head Start and before and After School programs. Her experience also reaches into ICWA- including being a licensed foster parent from 1996-2012- providing a nurturing and loving long-term family environment for 3 youth ages 9 months to 17 years, Healthy Moms Healthy Babies- pregnancy support services, Women’s Wellness, Substance Abuse Prevention, Youth Services, Community Outreach, Financial Assistance or General Assistance, Elder’s Services, Self-governance and Gaming.

She recently relocated to Coos Bay, with her son Jacob and they are really enjoying the beauty of the area. Dawn feels extremely grateful and honored to be working for CTCLUSI, and is excited to be joining the Family Services Team.

“I believe in providing service without judgement, family first and that the success of others is my success.” – Dawn Adams
We are glad to welcome Dawn to the team!



Prevention Actvitites Corn Mazes & Pumpkin Patches

From Mahaffey Ranch, near Allegany, to Lone Pine Farms, in Junction City, there were amazing memories made! Families sharing a meal, spending time together picking out the perfect pumpkins. Each event, Doug Barrett talked about the dangers of drugs focusing on Heroin and Fentanyl. Families walked away with prevention handouts, information on brain science and canoe journey!

Photograph courtesy of CTCLUSI Youth Council



If you want more information, please contact:
Prevention & Treatment Coordinator: Doug Barrett at 541.297.2130
Healing of the Canoe Facilitator: Sonja McCarty at 541.808.8175

Restoration Celebration continued from cover page...

the west coast. All of the photographs shown and video clips mentioned can be viewed online at www.ctclusi.org/media

Following the Canoe Journey presentation, Chairman Mark Ingersoll invited Councilman Doc Slyter to speak. Councilman Slyter showed images from the 2018 Lamprey Project at Eel Lake in Lakeside, Oregon. The lamprey project began two years ago when the Department of Natural Resources put in for grants to help preserve and restore lamprey into their natural habitats along our coast. After his brief presentation, Councilman Slyter extended his thanks to "all people in the past and present who made it possible to see our land bill pass into law on January 8th, and I look forward to where we go next."

After playing the Three Rivers Song, the first song he ever wrote, on his flute, he introduced some guests. Having heard Teresa Ulrich and Rich Ulrich during a flute gathering in Elkton, Oregon, he asked them to attend Restoration and perform for membership. While Rich told a Coos story, Teresa played the flute, giving an amazing performance.

Attendees then enjoyed watching a clip from the 6th Annual Radio Show from The Dolphins Players Club in Coos Bay, Oregon. Councilman Doc Slyter, and Tribal members Ashley Russell, Kaie Russell, and Eagle Roy had joined them in performances of reading Tribal history and sharing culture with traditional song. The video clip of the performance was enjoyed by all before the evening raffle prizes were given out and the event concluded. Thank you to all the Tribal Government and Three Rivers Casino and Resort staff members who helped set up and run this event. A thank you to all of those past and present involved in the restoration of The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians.



Restoration Celebration continued from cover page...

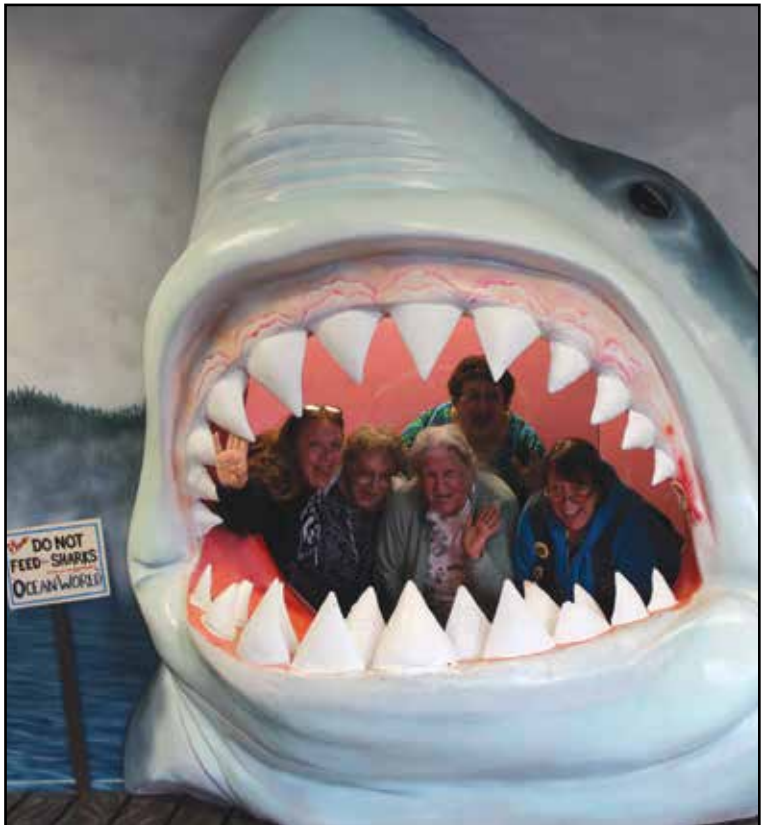


Elders Corner

Be sure to vote for your 2019 Elders Activities
Elders Activity Survey Deadline Tuesday, November 13th!



Sternwheeler Boat Trip 2016



Trees of Mystery Trip 2015 (Crescent City Aquarium)



Elders Garibaldi Trip 2015



Grand Ronde 2014



Above: Oregon Coast Aquarium
Left: Trees of Mystery 2018

Elders Corner

Be sure to vote for your 2019 Elders Activities
Elders Activity Survey Deadline Tuesday, November 13th!



Elders Garibaldi Trip 2015



Halibut Fishing Trip 2016, Newport, Oregon



Oregon Coast Aquarium 2015, Newport, Oregon



Elgin Train Robbery Trip 2017



Picnic at Cow Creek 2014



Above: Rogue River Jet Boat Trip 2015
Left: Bear Museum in Grants Pass, Oregon



Elders Corner

Elders Activities Survey Deadline is November 13th

Surveys have been mailed to you. Be sure to turn in your survey on time! This will guarantee that your vote is counted for picking 2019's Elders Activities.

Some of the amazing trips you could go on next year may include:

Aquarium/Glass Blowing – Newport

Tulalip – Washington

Air Museum – McMinnville

OMSI/Portland Zoo

Jet Boats – Gold Beach

Train Ride – Elgin

Three Rivers Casino or
Seven Feathers Casino

Jet Boats Rogue River –
Grants Pass

Fishing Trip – Oregon
Coast

Grand Ronde EHD

High Desert Museum –
Bend

Sternwheeler – Hood
River

Co-Ed Retreat

Shakespeare Festival –
Ashland

**If you didn't receive a
survey please contact
Iliana Montiel at
541-888-7526**

New Community Health Aide in Coos Bay

Contributed by Vicki Faciane, Director of Health Services

Please join me in welcoming our new Community Health Aide (former title was Community Health Representative), Armando Martinez. Armando was born in Brownsville, Texas, and graduated from high school in 1991. He enlisted in the United States Coast Guard in September 1993. After completing Coast Guard basic training in New Jersey, his 25 year career consisted of these units: Coast Guard Cutter Basswood out of Guam, Coast Guard Station Coos Bay, Base Kodiak Alaska, Air Station Corpus Christi Texas, Sector Portland Oregon, Coast Guard Cutter Alex Haley out of Kodiak Alaska, Safety and Environmental Health Detachment Kodiak Alaska, and Air Station



North Bend Oregon. He advanced to the rank of Chief Petty Officer, and his specialty is in Health Services. His education includes attending the University of Alaska, and various other Coast Guard / DOD / DHS training schools.

He is actively involved with the local Coast Guard Chief Petty Officer Association and in several volunteer programs such as Project Healing Waters, Wounded Warrior Project, and Relay for Life. He received several awards: notably two Coast Guard Commendation Medals, Global war on terrorism medal, and three Coast Guard achievement medals.

He is married to Jillian Martinez and they have two boys – Justin and Dominic. They enjoy camping and fishing. They also have two dogs [Hunter (Lab) and Megan (Pug)] and three cats [Spencer, Sadie and Pickle].

Welcome, Armando!

Coquille Indian Tribe Community Health Center

Elders Holiday Luncheon

Please join us

Friday, November 16, 2018

At 11:30

The Mill Casino Hotel-RV Park

The Salmon Room East

Following Lunch please join us at the Plankhouse
for Flag Pole Raising Ceremony at 2:00 pm

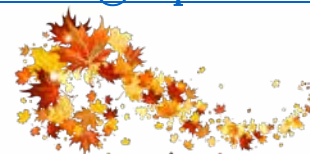
Please RSVP by November 8th

If you have any questions, please call or email:

Lori Austin, Elders Coordinator

541-888-9494 or 1-800-344-8583, Ext: 2214

loriaustin@coquilletribe.org



Transportation not provided

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 Kimmy Bixby of Community Health Services 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 Kimmy Bixby, Community Health Aide



June Burger

Favorite Saying: “The Bible says we are called to be a peculiar people. Some of us are more peculiar than others!”

Favorite Hobbies:

- Bible studies
- Anything and everything in nature
- Spending time with grandchildren

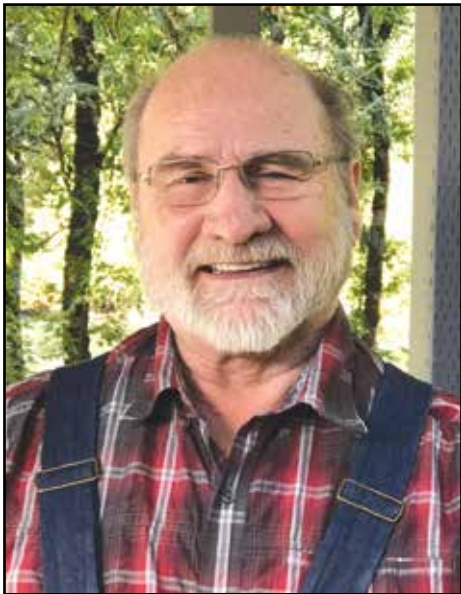
June Burger
Siuslaw Tribal Elder
Granddaughter of Howard Barrett Sr., Sister of Chief Tom Barrett, Mother of David Burger and Michael Burger, Niece of Frank Barrett and Bob Barrett, Cousin of Doug Barrett, Bobby Barrett, Greg Norton, Brad Kneaper, Theresa Spangler and Jesse Beers.

Proudest accomplishments:

- The birth of her two sons, David and Michael
- Advocating for seniors as a long-term care Ombudsman

Bucket List:

- Learn to swim
- Basket weave
- Hike Olympic National Wilderness Park



Tom Barrett

Favorite Saying: “I can do anything.”

Favorite Hobbies:

- Fishing
- Metal detecting
- Dancing



Tom Barrett
Siuslaw Tribal Elder.
Some of Howard’s family members include his Uncle Frank Barrett, Cousins Doug Barrett and Jeff Barrett, Sister June Burger, Sons Tim Barrett and Steve Barrett, Stepsons Tony and Jeff, adopted daughters Missy and Michelle and Grandsons Jacob Barrett, Steven Barrett and Aaron Barrett.

Proudest accomplishments:

- His children
- Being a hard-working and successful business owner for 27 years
- Working as a Maintenance Technician at the hospital for 12 years

Bucket List:

- Surviving and enjoying life
- Hunting again
- Buying a 50-foot houseboat to enjoy out on the River



**FLU SHOT PROVIDERS
IN YOUR AREA**




EUGENE/SPRINGFIELD
Rite Aid– 57 W 29th Ave-\$40 & \$75
Rite Aid-1970 Echo Hollow Rd.-\$40-\$75
Rite Aid– Coburg Rd -\$40
Rite Aid-2130 Marcola Rd- \$40-\$75
Safeway-145 E 18th Ave-\$27-\$75
Safeway-350 E 40th Ave-\$39-\$75
Safeway-1500 Coburg Rd.-\$39-\$75
Safeway-1891 Pioneer PKWY -\$39-\$75
Fred Meyer -3333 W 11th-\$40-\$60
Fred Meyer– 60 Division Ave.-\$60
Bi-Mart-1680 W 18th-\$47-\$76.39
Bi-Mart-2510 Willakenzie RD-\$47-\$76.39
Bi-Mart-2030 River Rd-\$47-\$76.39

FLORENCE
Rite Aid-3451 Highway 101-\$40-\$75
Safeway-700 Highway 101-\$39-\$70
Fred Meyer-4701 Hwy 101—\$40-\$60
Bi-Mart-4310 Highway 101-\$50-\$76.39

COOS BAY
Rite Aid-2040 Broadway Ave-\$40-\$75
Safeway-230 E Johnson Ave-\$39-\$70
Safeway-1735 Virginia Ave-\$39-\$70
Fred Meyer-1020 1st St-\$30-\$60
Bi-Mart-550 S 4th-\$47-\$76.39


Prices are for those without insurance. Higher prices are for the higher dosage recommended for people 65 and older.
Most people with insurance will pay nothing.
Please contact your insurance provider or pharmacy for details.

Information provided by Mike Smith, Tribal Benefits Specialist



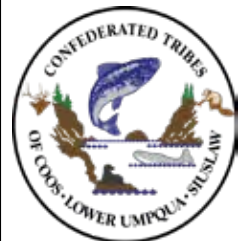
Elders Luncheon
Thursday, December 6, 2018
11:30 a.m. — 3:00 p.m.
(Lunch will be served at 12:00 p.m.)
at
**Three Rivers Casino Resort
Event Center**
5647 Oregon 126, Florence, OR 97439
**Come join us for
Bingo, Prizes and Crafts!**

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



Please RSVP by Friday, November 30, 2018.

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



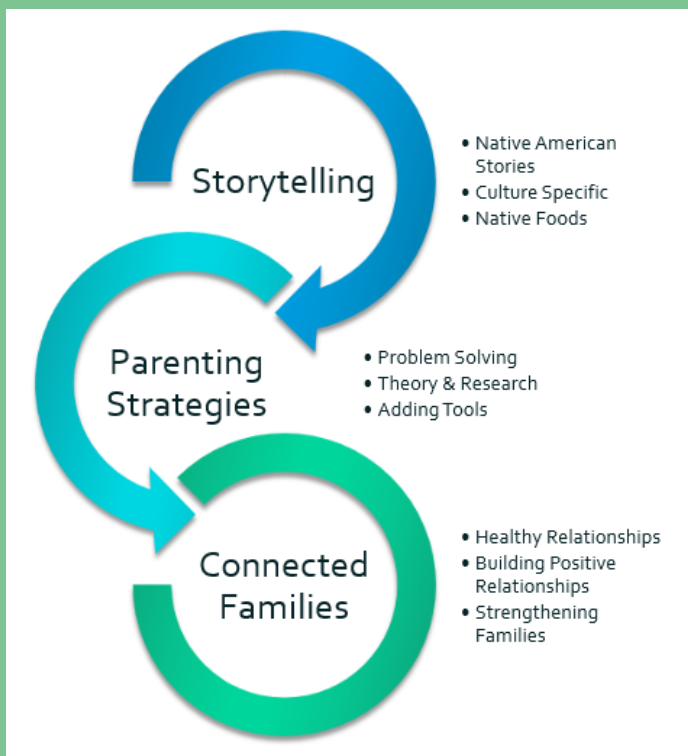
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
Health Services Division
Elders Activity Program

PARENTING WORKSHOP

PRESENTED BY CTCLUSI FAMILY SERVICES
DEPARTMENT IN COLLABORATION

WITH

CONFEDERATED TRIBES OF SILETZ & DHS



When:

Tuesdays-
November 6
November 13
November 20
November 27
December 4

Time:

5:30-7:30pm

Location:

135 Silver Lane
Suite 200, Eugene
OR 97404



Childcare & Meals Will Be Provided

Please RSVP with Shayne Platz
(Eugene Outreach Office)

By phone: 541-744-1334

or

By email: splatz@ctclusi.org

EZ Mini Storage - Operated by Blue Earth

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

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

Contact Phone Blue Earth by calling
541-269-2964

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



PREVENT VETERAN SUICIDE

TO KEEP YOURSELF SAFE

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

TO GIVE HELP OR GET HELP

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

#WENEEDYOUHERE



Would you like to become a State Certified Daycare Provider?

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

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

FITNESS PROGRAM REMINDERS

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

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

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

Updates from Transportation - More Good News!

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

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



COOS COASTLINE ASSOCIATION

COAT DRIVE

Children of all sizes from 0 to 18 years

October through November

Help keep the youth in our community warm. Please donate new or unwanted coats and we will get them to children in need in our area.

Collection Sites:

- ❖ Station Coos Bay
 - 63450 Kingfisher Rd Charleston 97420
- ❖ Station Umpqua
 - 335 Beach Rd Winchester Bay 97467
- ❖ Confederated Tribes of Coos, Lower, Umpqua & Siuslaw
 - Main Lobby at 1245 Fulton Avenue Coos Bay 97420
- ❖ Kaffe 101
 - 171 S Broadway Coos Bay 97420
- ❖ Shoreline Community Church
 - 1251 Clark Street North Bend 97459

Raising the CTCLUSI Nation Flag on the University of Oregon Campus in Celebration of Indigenous People's Day




Photo credit: Leilani Sabzalian

Information and photograph contributed by Heidi Helms

"It means a lot to be able to express ourselves and have a space for our voices to be heard and recognized on the UO campus. I think it's important to also recognize the work we need to do as indigenous students and educators." Heidi Helms

Tribal Family Holiday Celebration 2018

Three Rivers Casino Resort Event Center

Saturday December 08, 2018

Doors open at 3:00 pm.

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

Santa will visit after the Holiday Meal

Each child attending will receive a filled stocking from Santa.

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

please include children's name & age

RSVP by November 28, 2018 need to know for stockings and Other Holiday planning.


TRANSPORTATION WILL NOT BE PROVIDED
THIS IS A DRUG & ALCOHOL FREE EVENT

Hotel rooms are available on a first-come, first-serve basis at a discounted price (\$\$\$\$)


For room reservations call 1-877-374-8377

You must reserve your hotel room by November 30, 2018 for this discount.

For more information, please contact
Jan Lawrence @ 541-888-7538 or Christine Sylvester at 541-888-7532



2018 Knights of Columbus Christmas Food Basket Sign up



The Knights of Columbus is sponsoring their annual Christmas Food Basket Program again this year. Any family in need may sign up for a box of food at the Human Services building at 1431 Airport Lane, North Bend. (across from North Bend Senior Center) in the Raptor room # 251.

Sign up dates

November 5th, 6th and 7th from 9:00am to 3:00pm

Human Services Building 1431 Airport Lane room #251

Please bring current proof of address

You will need to be able to pick up the food boxes on December 15th at the Airport Hanger on West Airport Way, North Bend

This notice expires November 7th, 2018

Information provided by the CTCLUSI Family Services Department

Tuesday, November 13- World Kindness Day

Contributed by the Family Services Department - CTCLUSI Staff came together and shared what kindness means to them:

"Kindness is- complimenting each other, being respectful and responsible, and to care and love."

-Kimmy and Kaylin Bixby, Kindess according to Kaylin (age 6 ½)

"Kindness is- Lifting others up by supporting them in their endeavors and dreams: grow together so you can support one another."

-Mark Petrie

"Kindness is - doing something special for someone not to receive credit back, money or be a show of fame but it is to show that you have the heart to care for someone who could really use the real love or real support."

-Andrew Brainard

"A Little thought and a little kindness are often worth more than a great deal of money."

- John Ruskin

"Kindness equates to me as the giving of oneself with no expectation of anything in return. Whether it be a hug or putting a smile on someone's face, or cleaning their house or just a smile and a good morning. Try putting a smile in your voice when on the phone, people sometimes are not having a good day and a smile in your voice may make a difference in their day."

-Grace Brainard

"Kindness is- the ability and desire to see, hear, and care with understanding and without judgement to those around us."

-Jeannie McNeil

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

"Kindness is putting something good back into the world."

-Morgan Gaines

"Being respectful, polite and helpful. Having compassion."

-Christa Hernandez

"Kindness to me is truly caring for all persons and animals. Kindness is genuine love and respect for one's self, and others. Kindness is compassion and empathy. Kindness means to help when you can. Kindness means Doing for Others."

-Karen Porter

"Kindness to me is generous listening."

-Nancy Spray

"Kindness is the ability to help others live easier and showing compassion. It is the act of assisting someone without an expectation."

-Melinda Radford

"To me kindness is- living as if society is family. To me there is no greater reward, than the reward of being kind."

-Meagan Davenport

"I have decided to stick with love. Hate is too great a burden to bear."

-Martin Luther King Jr.

"Kindness is pure. It is the act of giving something pure of yourself for no reason. Not only is being kind free, it rewards you with an amazing feeling inside."

-Holley Abrica

Need help?

let's talk.

4-10pm daily

TALK

877.968.8491

TEXT

"teen2teen" to 839863

CHAT

OregonYouthLine.org

PRC Application Reminder

You should have recieved a letter about your Purchase and Referred Care Applications. Applications are available online at www.ctclusi.org

Important Dates:

November 11, 2018: applications are due back to PRC.

January 1, 2019: new calendar year begins. Tribal members without a 2019 application on file will become ineligible for PRC services but will still remain eligible for direct services at an IHS clinic or hospital. You will not be able to receive a PO and requests for payment for services from your providers will be denied.

If you need a hard copy please contact PRC at 541-888-4873

#WeNeedYouHere



NATIONAL SUICIDE PREVENTION LIFELINE

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

Photography Sessions for Tribal Artisans – Get Your Hand Made Items Photographed

CTCLUSI’s Business Incubator Lab is offering FREE photography sessions for Tribal Artisans. If you’re selling at craft fairs, posting at online sites or trading at gatherings, bring your handmade items so you can have professionally produced images taken.

Want to Use Your Own Cell Phone to Take Your Pictures?
Learn how to arrange your artwork, use lighting, backdrops and props to make the most compelling images of your artwork.

Photography Sessions are by Appointment Only
The artisans Photography Sessions are on as ‘As Need Basis’. Contact the Business Incubator Manager to set up the photography session.
Photography sessions will be conducted at CTCLUSI’s Business Incubator Lab in Coos Bay as well as at both the Eugene and Florence the Outreach Offices.



For more information, contact: MJ Koreiva, Business Incubator Manager.
Phone: (541) 888-9577, ext. 7549. Email: mkoreiva@ctclusi.org

LIHEAP Low-Income Home Energy Assistance Program

Make an appointment for LIHEAP with:

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

Eugene Office:
Shayne Platz
(541) 744-1334



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

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

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

LIHEAP is a federally funded program that assists with home energy bills, energy crises, and weatherization. LIHEAP assists families not only in winter to heat homes but also with cooling needs in summer. The program is based on income and family size. To qualify, you must reside in the 5-county service area of Coos, Curry, Douglas, Lane, and Lincoln Counties.

NOTE:
If you think you may be qualified, please call Family Services for more information and to apply. We can help with your questions, such as, what counts as income and what documentation you need to apply. Income limits change each year, so you may qualify now even if you did not in the past.



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

Alzheimer’s Disease & Dementia Disorders

Contributed by Leslie Lintner MA, Behavioral Health Specialists

November is Alzheimer and Dementia Awareness Month and was designated by the Reagan Administration in 1983. At that time there were approximately 2 million people diagnosed with Alzheimer’s disease (AD). Today that number has grown to more than 5.4 million.
As our population ages, more people are being diagnosed with Alzheimer’s or Dementia. Dementia is a group of brain disorders that effect communication, speech, focus, concentration, reasoning, memory, judgement and visual perceptions. Dementia can affect behavior and self-management interfering with activities of daily living at more advanced stages. Dementia is so common that more than half of all Americans has some form of dementia by the time they reach age 85 (National Institute on Health). Although Dementia is common in the US, Dementia is not a normal part of the aging process.
Alzheimer’s disease is the most common Dementia Disorder; however, people often have more than one type of Dementia. Vascular issues like stroke or atherosclerotic disease can limit the amount of blood to the brain causing vascular Dementia. Other common Dementia Disorders include Parkinson’s disease, Wernicke- Korsakoff Syndrome Huntington’s Disease, Normal Pressure Hydrocephalus, Cruetzfeldt-

Jakob Disease, Mixed Dementia, Frontotemporal Dementia, and Dementia with Lewy Body.
American’s with aging family and loved ones will likely encounter some sort of Dementia related symptoms often making it difficult to keep those affected in their homes. Many times, these type of disorders and diseases, ultimately lead to memory care or skilled care nursing homes. All caregivers, working with Dementia related issues need to dedicate time to acquiring new knowledge about behaviors associated with Dementia and self-care.
According to the Alzheimer’s Association, symptoms of Alzheimer’s disease include:

- Memory loss that interferes with daily life
- Issues with problem solving
- Difficulty completing familiar tasks or routines at home or work
- Confusion about time or place
- Trouble with understanding visual images
- Navigating spatial relationship (depth of field etc.)
- New problems speaking or writing
- Misplacing things and ability to retrace steps
- Increasingly poor judgement
- Withdrawal from work or social activities
- Changes in mood and personality

Signs of other types of Dementia include:

- Memory issues (progressive over course of disorder)
- Communication difficulties and trouble finding words.
- Unable to focus
- Problems with reasoning
- Changes in mood
- Apathy or ability to relate to other’s problems or issues
- Difficulty completing familiar tasks
- Confusion
- Repeating stories, word or behaviors
- Sense of direction issues (may get lost easily)
- Unable to adapt to change

If you notice any of these with your loved ones, schedule an appointment with their doctor because early detection effects outcomes and progression of the disease.
If you would like more information about these disorders visit National Institute on Aging (www.nia.nih.gov) or the Alzheimer’s Association (www.alz.org). If you are feeling overwhelmed caring for someone with Alzheimer’s disease or Dementia, consider speaking with someone from Family Services. Family Services can provide information and referrals to local resources. You can reach Family Services at 541-888-6169 or the Behavioral Health Specialist at 541-888-7509.

Alcohol

Drug Facts

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

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

Alcohol is a depressant that affects nearly every part of your body. The damage it does now can affect the rest of your life.

AKA

Drink, booze, brew, liquor, sauce

What is it?

Alcohol is a depressant derived from the fermentation of natural sugars in fruits, vegetables and grains, which are brewed and distilled into a wide range of beverages with various alcohol contents.

The Risks

In small doses, some of the short-term effects of alcohol are reduced tension and relaxation, but these are also accompanied by reduced inhibition (your ability to stop yourself from doing something you know you should not), coordination and reaction time – all of which put you at risk.

When you drink a lot and drink fast (binge drinking), the risks go up significantly. In addition to the serious danger of alcohol poisoning, the depressant effects of alcohol can overwhelm your body's defenses. Unable to move and think clearly, you can do

risky and reckless things that are unsafe, or even lethal.

Each year, approximately 5,000 people under the age of 21 die because of underage drinking. This includes about 1,900 deaths from car accidents, 1,600 homicides, 300 suicides, and hundreds of other deaths due to accidents like falls, burns and drownings.²

Long-Term Effects

Alcohol travels through your bloodstream and can damage your brain, stomach, liver, kidneys and muscles. As a teenager, your body is still developing, so damage done to it now can affect the rest of your life. Over time, drinking can wreak havoc with your body and mind.

The Bottom Line

Yes, it is legal for people 21 and older. One reason is that alcohol can have seriously dangerous, long-term impacts on a body and brain that are still developing. In addition, statistics show that more teens are killed by alcohol than by all illegal drugs combined.

Acknowledgement: This fact sheet was originally developed by [AbovetheInfluence](#), a website that helps teens be more aware of the influences around them.

If you want more information, please contact:
Prevention & Treatment Coordinator: Doug Barrett at 541.297.2130
Healing of the Canoe Facilitator: Sonja McCarty at 541.808.8175

War on Opioids

Contributed by Leslie Lintner MA, Behavioral Health Specialist

Everybody has heard about the Opioid Crisis. More than 115 people per day die from Opioid overdoses. The life expectancy of adults in Oregon has decreased two years due to drug overdoses of opioids. Opioids include prescribed medications, heroin and synthetic opioids like fentanyl. The cost of the opioid crisis is approximately 78 billion dollars a year. More than 33,000 Americans die each year from opioid related drugs.

Most people use opioid drugs like hydrocodone, codeine, oxycodone, fentanyl and morphine. There are variation of these drugs that have other ingredients like Tylenol. In most cases, these types of prescribed pain relievers are for acute pain. Acute pain is temporary pain that accompanies medical procedures, accidents, and new medical issues. When prescribed for acute pain, the new CDC guidelines recommends only providing a three-day supply with no refills. When prescribed for chronic pain, clinicians should weigh gain vs. risk of abuse and addiction.

In our community, many of the physicians that prescribed opioid pain relievers regularly for chronic pain have been looking at alternative pain management like Cymbalta, lidocaine patches, ice and heat treatment, physical therapy, Nonsteroidal Anti-inflammatory Drugs (NSAIDs), and Tylenol. Even alternative medicine has treatments for pain including chiropractors, biofeedback, message, and acupuncture just to name a few. In most cases,

practitioners prefer to have patients use NSAIDs, Tylenol ice and heat therapy and physical therapy as the first line defense for chronic pain.

As chronic pain continues, many of the non-opioid analgesics begin to lose their effectiveness or tolerance develops, NSAIDs and Tylenol (acetaminophen) are replaced with other types of pain relievers because they have a maximum upper limit that cannot be increased without causing major medical issues including liver failure, gastrointestinal issues, and bleeding disorders. In many cases, people with chronic pain will move to opioids when tolerance develops or the non-narcotic pain relievers begin to cause serious health problems.

Even when a physician prescribes opioids and the patient adheres to the doctors recommendations, patients can and do become dependent and addicted to opioid pain relievers. As with other pain relievers, patients begin to develop tolerance to opioids. In many cases, physicians must keep prescribing larger doses of stronger opioids to manage pain.

When this occurs, many patients will take more than prescribed and find themselves seeking medication attempting to control not only their pain but also the addiction. The inherent danger of patients self-medicating is possible overdose of acetaminophen or Tylenol regularly added to opioid medications that cause liver failure and the risk of overdose that causes

respiratory failure.

In today's war on opioids, physicians are finding it hard to prescribe opioid pain relievers. In many ways, the ongoing belief that opioids are bad and physicians are part of the problem have affected those decisions. Ethically however, are physicians the problem? Should people with chronic conditions like cancer, chronic back pain, severe arthritic conditions, shingles, migraine headaches, or Diabetic (neuropathy) nerve pain be given narcotic pain relievers? When is it ok to prescribe opioids and when is it not?

Bottom line remains the same, addiction to opioids increases risk of overdose death. Dependence and addiction can lead to the use of other illegal drugs like heroin. As with any treatment, both patients and physicians need to understand the risks and advantages of any pharmaceutical treatment. When possible, the Center for Disease Control (CDC) recommends that people with chronic pain receive their treatment from physicians that specialize in pain management.

If you believe you may have a problem with opioid dependency or addiction, please contact your physician or Family Services. Family Services can screen and help find resources and treatment that can assist you or your family member. Family Services phone number is 541-888-6169 or 800-618-6827. We respect privacy and confidentiality of all our clients.

10 Tips for Fall Fitness

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

How many New Year's Eves have you spent celebrating and vowing to get more fit in the coming year? And how many times have you failed to follow through? "December 31 is too late to set goals and make promises," says Justin Price, owner of The Biomechanics, a personal training and wellness coaching facility in San Diego, CA. Fall, on the other hand, is a great time to start a fitness program because «you're going to create good habits for the holiday season and the upcoming winter months," says Price.

Chris Freytag, a fitness instructor and fitness expert with *Prevention* magazine, agrees. "With the change of seasons comes a renewed time to rethink and restart," she says. "What's so special about January?" Besides, says Freytag, a mother of three, moms with school-aged kids "think of September as the new year."

Here are 10 ways to start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

1. Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. "Walking, hiking and cycling are all awesome in the fall," says Todd Durkin, MS, fitness coach and owner of Fitness Quest 10 in San Diego, CA. Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating, he suggests. In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the beach, get out and play volleyball, throw the Frisbee around, or play a vigorous game of fetch with your dog. "It's a great time to do beach activities because it's so much less crowded," says Price. If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace. And remember, it doesn't have to seem like exercise to be a great workout. "Raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning," says Freytag.

2. Think outside the box. Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you. And with the kids in school, parents have more time to check out those classes, Freytag says. Fall is the perfect time to gain new physical skills, Price says, because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

3. Be an active TV watcher. Many people get geared up for fall premieres of their favorite television shows, says Freytag. «If you're going to sit down and watch hours of TV, get moving," she suggests. «Make a date with exercise and TV.» While you watch, you can walk or run in place, do standing lunges, do triceps dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

4. Integrate exercise into your life. You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

- If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, "why not walk around the outside of the field while they practice?", suggests Price. "Or (if you feel comfortable) warm up and cool down with the kids."
- Or try "walking meetings," like those Price and his colleagues at Biomechanics often hold. "We go for a walk, we brainstorm, and we figure out who's going to take what responsibilities," says Price. "Things get achieved much more quickly," he says, and everyone feels better for doing it.
- You can even get moving while you get motivated -- for fitness or other life goals. "Get some inspirational music or find a motivational talk and download it to your iPod," suggests Durkin. Walk while you listen for 30 minutes.

5. Rejuvenate yourself. Fall is the time to rejuvenate body, mind and spirit, says Durkin. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, he says, so you can feel good physically, mentally, emotionally, and spiritually.

6. Remember the 30-day rule. «It takes about four weeks for the body to adapt to lifestyle

changes," says Price. That's why people who give up on their fitness programs tend to do so within the first 30 days. So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button. "Try to stick with a program for a month," Price says. "After a month, behavior patterns will have adapted and it will be much easier to stick with it after that."


7. Strive for the 3 Cs. Freytag calls commitment, convenience, and consistency «the three Cs», and says having all three will lead to a successful fitness program. First, exercise takes *commitment*. When a client complains to Freytag about a lack of time, she responds: "Tell me something I haven't heard before. We're all busy; that's just part of our lives. "You have to start planning exercise, just like you do everything else," like meetings, dinners, and getting kids to lessons and practice, she says. "Put in on the calendar, because later always turns into never." *Convenience* means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. Finally, there's *consistency*. "I'd rather see a brand-new client work out for 10 minutes a day rather than one hour every month," Freytag says.

8. Deal with darkness. The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe. "Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can't work out," says Durkin. If walking or running outdoors, he says, "Wear a reflective vest and carry a flashlight." When cycling, affix a light to your helmet or bike. If possible, use trails or a local school track to avoid vehicle traffic. Try to work out at the same time every day, so drivers get used to seeing you.

9. Dress in layers. When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed. These days, there's no lack of great weather gear. Freytag and Price recommend clothing with wicking, often called "DriFit." This fabric wicks moisture away from your skin so you're not exercising with wet fabric hanging on you. Freytag suggests three layers: "The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the third layer should be a protective layer (like a windbreaker or rain slicker, depending on the weather)." "And don't forget the sunglasses," she warns. UV protection is important year round. Fall sun can be blinding at certain times of the day.

10. Find your motivation. «People are motivated by different things," says Durkin. It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event, says Durkin. But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts, he says. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class. Creating a challenge for yourself will motivate you, as will encouragement and accountability, he adds. "You want to know when you're doing a good job, and when you're not," says Durkin. Remember too, that anything worth having takes work. "Tell me something you can do three times a week for 10 minutes and be great at? It doesn't exist," he says. "If it was easy to be great, everybody would be great."

Content taken from "10 Tips for Fall Fitness" by Barbara Russi Sarnataro © 2005-2018 WebMD LLC.



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

- Chief Executive Officer
- Bartender ~ Cocktail Beverage Server
- Food Server ~ Bussperson ~ Host
- Food Court Outlet Positions (5)
- Line Cook ~ Night Cook/Cleaner
- Dish Machine Operator
- Table Games Dealer ~ Poker Dealer
- Slot/Keno/Bingo Attendant
- Hotel Front Desk/PBX Clerk
- Porter ~ Guest Services Attendant
- Guest Room/Laundry Attendant
- Environmental Services Technician I
- Special Events Team Member
- Security Officer 1

Blue Earth


Telecommunications/Network Technician

Three Rivers Casino Resort ~ Coos Bay

- Player Services Team Member
- Line Cook

Tribal Government Offices

- Special Events Employee, On Call (location varies)
- Circles of Healing Program Coordinator, Coos Bay



<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**



Tribal Veterans of Honorable Services

We are Currently Seeking Veteran Information

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

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

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

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ThreeRiversFoundation.org

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