

The Voice of CLUSI



October 2018

Issue 10

Volume 19

www.ctclusi.org

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

Canoe Family Pulls Strong at Mill-Luck Canoe Races 2018



Skippers Doug Barrett and Courtney Krossman
Photograph courtesy of Kainoa Little

Contributed by the Culture and
Natural Resources Department

The CLUSI canoe teams earned five award plaques this year at the yauxoxa' nawos (canoe races). Our competition was between our tribal cousins from the Confederated Tribes of the Grand Ronde, the Coquille Indian Tribe and Younker Family, the Chinook Canoe Family, and our community friends from the South Slough National Estuarine Research Reserve. Our Tribe earned 1st Place Trophy plaques in Traditional Dugout Race, Men's Race, and Co-ed Race; 2nd Place Trophy plaques in Women's Race and Youth Race.

Contributed by Jesse Beers:
"The annual Mill-Luck Canoe Races were amazing, once

again. Our people worked hard pulling our canoes and honoring our Ancestors in both dugout canoes and contemporary. It was great to pull again with our Tribal cousins from Grand Ronde, Coquille, Chinook, Klamath, and Modoc. It is always fun to get together with all of them. I honestly love racing in the canoes seeing how fast we can pull and how hard I can work myself. Aside from racing, I also had the opportunity to pull in one of the Grand Ronde's new small canoes and that they are starting to build. That craft is gorgeous and fast, I definitely want one!"

Contributed by Mark Petrie:
"My family and I had an amazing time at the Mill-Luck Celebration this year. Kristy, my wife, and I took turns in the

Story continues on page 6

Honoring Veterans at the Vietnam War Memorial



On Thursday, September 13, 2018 Chief Warren Brainard conducted an invocation and dedication at the opening ceremony for the Vietnam Traveling Wall Memorial.

The wall was on display at Sturdivant Park, in Coquille, Oregon from September 12th - September 16th.



Photographs by Morgan Gaines

Save the Dates:

October 20, 2018

Amanda Trail Walk & Restoration
Celebration

November 17, 2018

Drum Making & Fall Harvest

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

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

As Reported at the September 9, 2018 Regular Tribal Council Meeting

Chief Warren Brainard:

Aug 12 Tribal Council Meeting
Aug 13-15 CEO interviews for Three Rivers Casino
Aug 16 Workshop with Oregon Department of Fish and Wildlife; Executive Work Session
Aug 19 DHAT Annual Meeting
Aug 23 Executive Work Session; Special Meeting
Aug 28 Peter DeFazio Luncheon
Aug 29 Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Aug 31 Meeting at University of Oregon
Sept 2 Elders Committee Meeting; Elders Lunch; Executive Work Session
Sept 9 Budget Meeting

Doc Slyter:

Aug 12 Tribal Council Meeting
Aug 13-15 Trips to Eel Lake, to see Lamprey Passage Project
Aug 15 Plankhouse visit and meal with Lamprey Project Staff
Aug 16 Workshop with Oregon Department of Fish and Wildlife; Executive Work Session
Aug 20 -21 Trips to Eel Lake, to see Lamprey Passage Project
Aug 22 Plankhouse & Tribal Hall visit with Springfield Indian Education Students
Aug 23 Talking Circle ‘Executive Work Session; Special Meeting
Aug 24-26 Participated in “The 6th Annual Hollering Place Radio Show” at the Dolphin Theater
Aug 28 Trips to Eel Lake, to see Lamprey Passage Project; Peter DeFazio Luncheon
Aug 29 Trips to Eel Lake, to see Lamprey Passage Project
Aug 30 Trips to Eel Lake, to see Lamprey Passage Project
Aug 31-Sept 2 Participated in “The 6th Annual Hollering Place Radio Show” at the Dolphin Theater
Sept 2 Elders Lunch
Sept 6 Executive Work Session
Sept 8 Presented at The 14th annual Mill-Luck Salmon Celebration, “Introduction to Native American Flutes” and watched canoe races.

Debbie Bossley:

Aug 12 Tribal Council Meeting
Aug 13-15 CEO interviews for Three Rivers Casino
Aug 16 Workshop with Oregon Department of Fish and Wildlife; Executive Work Session
Aug 20 Enrollment Meeting
Aug 23 Executive Work Session; Special Meeting
Aug 28 Trips to Eel Lake, to see Lamprey Passage Project; Peter DeFazio Luncheon; Dinner Fundraiser for Caddy McKeown
Aug 29 Conference Call ; Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Sept 5 Administration for Paperwork
Sept 6 Executive Work Session
Sept 9 Budget Meeting

Teresa Spangler, Vice - Chairman:

Aug 12 Tribal Council Meeting
Aug 13-15 CEO Interviews for Three Rivers Casino
Aug 15 Plankhouse visit and meal with Lamprey Project Staff
Aug 16 Workshop with Oregon Department of Fish and Wildlife ;Executive; Work Session
Aug 23 Executive Work Session; Special Meeting
Aug 28 Peter DeFazio Luncheon
Aug 29 Conference Call; Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Sept 6 Executive Work Session
Sept 9 Budget Meeting

Upcoming Tribal Council Meeting

October 14, 2018

Tribal Council Meeting

10:00 a.m.

General Council Meeting

1:00 p.m.

Florence Outreach Office

(Windward Inn) 3575 Hwy

101,Florence, Oregon, 97439

Josh Davies:

Aug 12 Tribal Council Meeting
Aug 13-15 CEO interviews for Three Rivers Casino
Aug 14 Coos County Forest Tour
Aug 16 Workshop with Oregon Department of Fish and Wildlife; Executive Work Session
Aug 23 Executive Work Session; Special Meeting
Aug 28 Dinner Fundraiser for Caddy McKeown
Aug 29 Conference Call ; Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Sept 6 Executive Work Session
Sept 8 Attended The 14th Annual Mill-Luck Salmon Celebration and watched Canoe Races
Sept 9 Budget Meeting

Doug Barrett :

Aug 12 Tribal Council Meeting
Aug 13-15 CEO interviews for Three Rivers Casino
Aug 15 Plankhouse visit and meal with Lamprey Project Staff
Aug 16 Workshop with Oregon Department of Fish and Wildlife ; Executive Work Session
Aug 23 Executive Work Session; Special Meeting
Aug 28 Peter DeFazio Luncheon; Dinner Fundraiser for Caddy McKeown
Aug 29 Conference Call; Tribal Council Business Meeting; Gaming Facility Review Board (GFORB)
Sept 6 Executive Work Session
Sept 8 Attended The 14th Annual Mill-Luck Salmon Celebration and participated in the Canoe Races

Mark Ingersoll:

Aug 12 Tribal Council Meeting
Aug 13-15 CEO interviews for Three Rivers Casino
Aug 16 Workshop with Oregon Department of Fish and Wildlife ; Executive Work Session
Aug 23 Executive Work Session; Special Meeting
Aug 29 Conference Call ; Tribal Council Business Meeting
Sept 6 Executive Work Session
Sept 9 Budget Meeting

Resolution Summaries

RESOLUTION NO.: 18-052
Date of Passage: June 10, 2018
Subject (title):Memorandum of Agreement with the Siuslaw Coho Partnership
Explanation: The Tribe recognizes the value of participating the SCP and shares the SCP’s vision on a future where collaborator among residents drives thriving local communities that exists in balance with the region’s highly productive Siuslaw River watershed. The Tribal Council approves this agreement. **Vote 7-0-0**

RESOLUTION NO.:18-053
Date of Passage: June 10, 2018
Subject (title):Revised Cultural Coalition Plan, and Tribal Council Approval Thereof
Explanation: The Tribe desires to amend the Cultural Coalition Plan to reflect new and revised priorities for the Culture Coalition and its use of Oregon Cultural Trust funds. The Tribal Council approves this plan. **Vote 7-0-0**

RESOLUTION NO.:18-054
Date of Passage: June 10, 2018
Subject (title):Gaming Commission Appointment
Explanation: The Tribal Council appoints David Brainard as a member of the Gaming Commission. **Vote 4-1-2**

RESOLUTION NO.:18-055
Date of Passage: June 10, 2018
Subject (title):Rental & Programming Agreement
Explanation: The Tribal Council approves this agreement, as recommended by GFORB. **Vote 6-0-1**

RESOLUTION NO.:18-056

Date of Passage: June 10, 2018
Subject (title):Equipment Order
Explanation: The Tribal Council approves this agreement, as recommended by GFORB. **Vote 6-0-1**

RESOLUTION NO.:18-057
Date of Passage: June 10, 2018
Subject (title):Reise & Irvy’s Robot Location Agreement
Explanation: The Tribal Council approves this agreement, as recommended by GFORB. **Vote 6-0-1**

RESOLUTION NO.:18-058
Date of Passage: June 27, 2018
Subject (title):Application to the Tribal Resilience and Ocean and Coastal Management and Planning” Grant Opportunity
Explanation: The CTCLUSI Department of Natural Resources has prepared an application to pursue a grant opportunity through the Bureau of Indian Affairs Tribal Resilience and Ocean and Coastal Management Planning to support resilience and ocean and coastal management and planning. The Tribal Council approves this request to apply. **Vote 7-0-0**

RESOLUTION NO.:18-059
Date of Passage: June 27, 2018
Subject (title):Appointment of Three Rivers Foundation Board of Trustees
Explanation: The Tribal Council approves the following members to the Board: Teresa Spangler, Doug Barrett, Chief Warren Brainard, Stephanie Watkins, Jay Bozievich, Pat Farr, Bob Main and Tom Grove . **Vote 4-0-3**

RESOLUTION NO.:18-060
Date of Passage: June 29, 2018
Subject (title):Agreement with the Myers Law Firm
Explanation: The Tribal Council approves an agreement. **Vote 7-0-0**

RESOLUTION NO.:18-061
Date of Passage: July 8, 2018
Subject (title):Enrollment of New Members
Explanation: Tribal Council approves membership to the following: Jack Edward Long and Addison Kay Ingersoll. **Vote 7-0-0**

RESOLUTION NO.:18-062
Date of Passage: July 8, 2018
Subject (title):Enrollment – Active to Historic
Explanation: Due to passing, the name of James Jay Kneaper will be removed from the active membership roll and his name will be placed on the plaque in Tribal Hall. The Tribal Council approves this action. **Vote 6-0-1**

RESOLUTION NO.: 18-063
Date of Passage: July 8, 2018
Subject (title): Crow Engineering Inc. Professional Service Contract
Explanation: The Tribal Council approves this contract. **Vote 7-0-0**

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
October 14, 2018

Council Meeting 10:00 a.m.
General Council 1:00 p.m.

Florence Outreach Office
(Windward Inn) 3575 Hwy 101
Florence, Oregon, 97439

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

- October 4th** – Elders Luncheon, Community Center, 11:30 a.m.
October 5th – Deadline to Nominate Peacegivers
October 6th – Corn Maze and Pumpkin Patch, Mahaffey Ranch, Coos Bay, 10:00 a.m., Abby’s Pizza 12:30 p.m.
October 14th – Regular Council Meeting, Florence Outreach Office, 10:00 a.m.
October 14th – General Council Meeting, Florence Outreach Office, 1:00 p.m.
October 17th – Restoration Day, All Tribal Offices will be Closed
October 18th – 2019 PRC Application Available at www.ctclusi.org
October 20th – Amanda Trail Walk, Yachats, OR., Bus will depart Florence Outreach Office at 10:00 a.m.
October 20th – Restoration Celebration, Three Rivers Casino Events Center, Florence, OR., 1:00 p.m.
October 23rd – Peacegiving Training and Dinner, 5:30 p.m. (Contact Tribal Court)
October 27th – National Rx TakeBack hosted by Tribal Police, Coos Bay Government Office 10:00 a.m.

- October 27th** – Putters Pizza, Eugene, 11:00 a.m., Lone Pine Farms Corn Maze and Pumpkin Patch 2:00 p.m.
October 27th & 28th – Bear Grass and Spruce Root Gathering and Processing, Tribal Hall at 10:00 a.m. – 4:00 p.m.
November 1st – Elders Luncheon, Red Lobster, Eugene, OR., 11:30 a.m.
November 8th – Elders Committee Meeting, Tribal Hall 2:30 p.m. – 4:00 p.m.
November 11th – 2019 PRC Application Due
November 17th – Drum Making, Tribal Hall, 9:00 a.m.
November 17th – Fall Harvest, Community Center, 1:00 p.m., crafts and activities following dinner 2:00 p.m.
November 6th, 13th, 20th & 27th – Parenting Classes, Eugene Outreach Office 5:30 p.m. - 7:30 p.m.
December 4th – Parenting Class, Eugene Outreach Office 5:30 p.m. - 7:30 p.m.
December 8th – Tribal Christmas Party, Three Rivers Casino Event Center, Florence, OR., doors open at 3:00 p.m.
December 21st – Winter Solstice



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

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| <p>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</p> <p>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</p> <p>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</p> <p>Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 lmalcomb@ctclusi.org</p> | <p>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</p> <p>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</p> <p>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</p> <p>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</p> | <p>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</p> <p>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</p> <p>Cultural Department Jesse Beers - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org</p> <p>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</p> | <p>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</p> <p>Tribal Gaming Commission Brad Kneaper Executive Director of the Gaming Commission 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 bkneaper@ctclusi-pd.com</p> <p>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</p> <p>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</p> |
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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 and return completed forms to Enrollment Dept., 1245 Fulton Avenue, Coos Bay, OR 97420

Visit www.ctclusi.org/veterans to print out the Veteran Information Form or contact any CTCLUSI Tribal Government Office to get a copy. Mail completed forms to Enrollment Dept., 1245 Fulton Avenue, Coos Bay, OR 97420

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

Thirty Fourth Restoration Celebration

Three Rivers Casino Resort Event Center
5647 Highway 126, Florence, Oregon 97439
Saturday, October 20, 2018 at 1:00 p.m.

This is a drug and alcohol free event

Families with children under 21
must enter the Event Center
from the exterior entrance.
RSVP 541-435-7155 or 888-365-7155

Amanda Trail Walk, Yachats OR
Bus will Depart Florence Outreach at 10:00 am
before Restoration
For information Contact Jesse Beers

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

YOU PROTECTED US.
LET US WALK WITH YOU.



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



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.

This Month...be on the Lookout for Tule Rhizomes

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Tule is in the family, Cyperaceae, the sedge family. Reaching heights of up to 10 feet tall, these perennials border freshwater lakes as well as bays further up in the system. Both species of tule prefer freshwater, but *S. tabernaemontani* can be found growing in slack water areas of the estuary that are more freshwater than brackish water. In the spring, cylindrical shoots spring up from dense, rhizomatous roots and give rise to clusters of brown spikelet shaped flowers.

Food: Tule shoots are usually harvested in the spring, as they emerge, and are peeled and eaten raw or cooked. The pollen is gathered shortly thereafter and can be used as a sort of flour and made into cakes, much like cattail pollen. The seeds are also edible and can be either roasted or boiled after removing the hull and can be used as a type of flour. The roots were harvested in autumn and are generally peeled and cooked. They can be dried and ground into a type of gruel or flour. Tule syrup was made by boiling the roots in water. The syrup can be dried to produce a kind of tule sugar.

Fiber: The stems of tule were more importantly used for weaving mats that could then be converted into numerous useful items, such as storage baskets and sleeping bags. A type of fishing float called a pápa was also constructed out of tule. A long line with a baited hook at the end was attached to this float and followed behind in a canoe.



Hanis: c'læpəɫ, c'lllæpɫ

Miluk: c'ollaebənt

Siuslaw: čítłq

Scientific Name: *Schoenoplectus acutus*, *S. tabernaemontani*

Amanda Trail Walk

Yachats, Oregon

Saturday, October 20, 2018

Bus will depart Florence Outreach Office at 10:00 a.m.

Contact Jesse Beers for more information

541-888-7319 or jbeers@ctclusi.org

Save the Date:
Winter Solstice
December 21, 2018

Mill-Luck Salmon Celebration and Canoe Races continued from cover page...

races and watching our kids from the shore. Liam, our 4-year old, looked on and said, "The canoes are awesome!", while Kira, our 8-year old, was busy helping sell jewelry for most of the day. It is always great to visit with our friends and Tribal cousins that we don't see often. We also made friends with a group of Klamath Tribal members who came up to learn about canoe culture so that they can start their own canoe family for the Klamath Tribe, down south. I hope that we can assist them in their canoe family endeavors. Culture is Prevention – the more we practice our culture together, the more power to us! Luuwii (thank you) to all who came to support us this year."

Contributed by Ashley Russell:

"This year I had the privilege of being tl'inyawa (skipper) in Tyee in a canoe race for the first time. It was also the first time in a long time that Tyee raced in a youth race. Our canoe was a mix of Ko'Kwel youth and CLUSI Tribal and Staff youth. Our team did amazing considering that we didn't get to start at the starting line-up. I took too long fixing my hair. (Just kidding!) I am so very proud of them!

"A big thank you to the fellas in the CLUSI Canoe at our Salmon Celebration for giving me a very nice canoe ride, even though I was late. It was greatly appreciated."

-Beth Scott, Coquille Tribal Elder

I also helped teach tule weaving with Courtney Krossman. We were blessed with beautiful weather both days and great students. We couldn't have asked for a more perfect weekend."

Contributed by Courtney Krossman:

"This was the fifth consecutive year that I've been assisting with the Mill-Luck Days Celebration. Every year I'm reminded why it's important to participate in these community outreach programs. As Tribal members, we are living in two worlds, participating in Tribal activities when we can. When events like this happen, it allows for the public to get an insight in to what we are about and a reminder that we are still here. I had the privilege of being tl'inyawa (skipper) for the Women's Race, where we placed second as well as I assisted alongside Ashley at the tule weaving booth,

teaching an assortment of crafts, from tule mats to little toy ducks and dolls. Fun was had by all!"



Photograph courtesy of Kainoa Little

Weaving Workshop Updates

Dear Tribal Community,

Please join us in our October gathering and processing weaving material workshops at Tribal Hall in Coos Bay. We will be meeting from 10:00 a.m. - 4:00 p.m. on 27th and 28th. We will gather Bear Grass and Spruce Root from our ancestral gardens around Gregory Point and then return to Tribal Hall to process the materials.

These workshops are open to all Tribal members and their families. Weavers at any stage of development are welcome. Have rain gear with you, garden gloves, clippers, and a five gallon bucket. You must wear long sleeves, pants, and closed toe shoes. If you do not have any of these items, they will be provided for you by prior arrangement when you RSVP. As an additional safety precaution, while we are in the field, we respect a one youth to one adult ratio. When we are back at Tribal Hall, there is no limit on youth numbers, the more the better!

These events are pot-luck but we will have a salmon from the Tribe to base our meal around. If you plan on coming to the workshops, please RSVP to me at sarasiestreem@hotmail.com by October 25th so I can accommodate your material needs.

Looking forward to weaving and gathering with you soon!

Luuii,
Sara Siestreem (Hanis Coos)



October Weaving Dates:

October 27th and 28th
Tribal Hall
10:00 a.m. - 4:00 p.m.
RSVP to sarasiestreem@hotmail.com
by October 25th



Be watching for upcoming events & opportunities for HOC

HEALING OF THE
CANOE USES
UNIQUE TRIBAL
TRADITIONS,
PRACTICES, VALUES
AND STORIES TO
TEACH YOUTH THE
SKILLS THEY NEED
TO NAVIGATE
LIFE'S JOURNEY,
AND TO PROMOTE
A SENSE OF
BELONGING TO
THEIR TRIBAL
COMMUNITY.

ages 12-24

The HOC staff is working on different opportunities for youth and starting preparation for camps – so be watching for more information in the newsletter. If you have, ideas for classes that you would like HOC to offer please contact:

Sonja McCarty, HOC Facilitator
541-808-8175
Email: smccarty@ctclusi.org

5 Tips to Prevent Cyberbullying

Cyberbullying is the newest form of bullying — occurring through the use of computers, social networking sites, cell phones and other electronic devices. It is different from other forms of bullying because it can occur any day, any time. Take steps to prevent it with these five tips:

Communicate: Talk to your child about Internet safety.

Limit: Minimize your child's time on electronic devices.

Block: Encourage your child to block cyberbullies from accessing their online profiles.

Set: Explore online site privacy settings with your child.

Remind: Make sure your child knows that cyberbullying hurts people's feelings, and that schools have strict policies against it.

If you need to talk with someone or would like more information contact:

Doug Barrett, CADC-1, CPS,
Prevention Activities Coordinator;
541-297-2160

Sonja McCarty, HOC Facilitator;
541-808-8175



Spice or K₂ :

With so many voices and opinions out there, it's important to understand the facts

Information provided isn't to prevent anyone from seeking medical treatment under the advice and care of their doctor. A variety of substances offer potential medicinal value, but that doesn't negate their risks, *especially when abused*.

Spice or K₂

Synthetic marijuana – or spice – can result in brain alterations similar to the real thing, but with the added danger that many of its chemical components and other ingredients are often unknown.

AKA

K2, fake marijuana, Blaze, Yucatan Fire, Skunk, Moon Rocks

What is it?

Spice is a mildly hallucinogenic mix of dried plant material that is laced with synthetic cannabinoids (chemicals similar to THC, the active ingredient in marijuana). But because the chemical composition of many products sold as spice is unknown, it can contain substances that could cause dramatically different effects than the user might expect.

The Risks

When it comes to spice, you really don't know what exactly is in the mix—many different ingredients have been found that have a high potential for abuse. The inconsistency and variability of ingredients can lead to unexpected harm to your body and brain. People taken to emergency rooms or Poison Control Centers have symptoms that include rapid heart rate, vomiting, agitation, confusion and hallucinations. The drug has also been linked to



acute kidney injuries, which left untreated, can lead the kidneys to shut down.

Long-Term Effects

Filling your body with unknown substances can have severe consequences. New risks have continued to emerge – including signs of withdrawal and addiction – however,

it's not yet known how the synthetic cannabinoids and other ingredients in spice may affect you down the line.

The Bottom Line

It's known that marijuana can limit your brain's effectiveness, and synthetic versions can have the same impact on your developing brain. You can never predict exactly what's in these mixes or how toxic it could be, and that's a potent – potentially deadly – combination.

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

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

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

Acknowledgement: This fact sheet was originally developed by [AbovethetheInfluence](http://www.abovetheinfluence.org), a website that helps teens be more aware of the influences around them.

Urgent Notice to Parents: Have Safety Talks with Youth

National Human Trafficking Hotline 1-888-373-7888

As a parent, you worry about your children and how to keep them safe. In Coos County last week there was a text going around telling the recipient that they had a compliment waiting for them “just click on the link below”. The link gave directions to meet up with “someone that truly cared about them”. My child recognized this as a ploy for human trafficking and screen-shot the message and sent it to the police.

It is time to have the conversation with your children about how to be safe not only in their community but also online. In the online world, social media and text messaging, not everyone is your friend. Although human trafficking happens in all countries and takes on different forms, most victims of human trafficking are seeking better lives and are therefore especially vulnerable to manipulation by traffickers. In many cases, the victims will

be “recruited” by a family member or supposed friend from their school or local community. Because they trust these people, they are often willing to blindly accept the offers that are made, which are usually the possibility of moving. Upon their arrival, they will be placed straight into forced labor or sex work to pay back the debts which the traffickers say they owe them for having gotten them this far; a debt they will never be able to repay fully and are therefore trapped in the traffickers’ grasps. Once trafficked, victims are often stripped of all their official documents and threatened with bodily harm. In some cases, the victims are told that their families will be harmed if they do not “cooperate”. This makes them extremely vulnerable and powerless to escape their traffickers.

Visit www.youth-underground.com for more information

Youth-Underground.com provided these Quick Facts about Human Trafficking:



“It is time to have the conversation with your children about how to be safe not only in their community but also online. In the online world, social media and text messaging, not everyone is your friend.”

Causes of human trafficking

The causes of trafficking are numerous and complex. Concerning traffickers, human trafficking brings high and quick profits with few start-up costs. In most countries, the risk of prosecution is often small. Moreover, penalties for the crime of human trafficking are lower than for trafficking drugs. Concerning victims, interlinked causes of trafficking include poverty, gender bias, family breakdown, violence and armed conflict, displacement, various discriminatory policies in receiving countries, increased use of technology and demographic factors.

How much profit does human trafficking generate?

According to a September 2017 report from the International Labor Organization (ILO) and Walk Free Foundation, human trafficking is believed to generate profits of US\$ 150 billion a year. The following is a breakdown of profits, by sector:

- \$99 billion from commercial sexual exploitation
- \$34 billion in construction, manufacturing, mining and utilities
- \$9 billion in agriculture, including forestry and fishing
- \$8 billion dollars is saved annually by private households that employ domestic workers under conditions of forced labor

Consequences of human trafficking

Human trafficking is a fundamental violation of human rights and a modern form of slavery. It has devastating consequences for victims who may suffer emotional, psychological, and physical abuse and mistreatment. They are particularly exposed to sexually transmitted diseases such as HIV/AIDS, and experience fear and threats to themselves, their family and relatives, or friends. Many victims of trafficking are bought and sold several times over, thereby multiplying the forms of violence they suffer from one instance to another. Their suffering continues even when they have returned home, since they are often stigmatized, especially if they have been trafficked for sexual purposes. The negative impact of trafficking goes beyond individuals and also affects families, communities and countries. Once trafficking takes root in a community and is seen as an acceptable way of making money, it then becomes self-perpetuating. Trafficking undermines good governance, democracy and the economy of a country. It can also have an impact on the reputation of the military and security forces, including peacekeepers, as research has shown that they have contributed to fuelling the demand for forced prostitution in former war zones.

National Human Trafficking Hotline
1-888-373-7888

Flu Season is Almost Here...

Contributed by Vicki Faciane, CTCLUSI Health Director

I know it seems a little early to be talking about the flu, what with all of the really hot weather we recently had. However, flu season is just around the corner and flu vaccines are now available in local pharmacies and at your medical practitioner's office. The CDC and medical experts recommend getting your flu shot no later than the end of October to ensure you are protected when peak flu season begins – usually November to December.

So, what better time than now to start talking about how to protect yourself from the flu? I've combined a couple of articles we've published before for this newsletter – many thanks to Tribal member Nicole Mendoza, FNP, for her contribution as part of this is from an article she wrote for us a couple of years ago.

What is the flu? According to the Center for Disease Control and prevention (CDC, 2015) influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. **The best way to prevent the flu is by getting a flu vaccine each year.**

Signs and symptoms of flu include...

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

The flu is spread through droplets made when coughing, sneezing or talking. These droplets can land in the mouths or noses of people who are nearby. Less often, people might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or nose (CDC, 2015).

Sometimes influenza can lead to more serious complications, especially in Elders, very young children, and anyone with a chronic illness or with a compromised immune system. The flu and the common cold have similar symptoms and it is sometimes difficult to tell the difference. People with colds are more likely to have a runny or stuffy nose, unlike the flu. Generally, flu is worse than the common cold and symptoms are more intense. Most of the time the best treatment for the flu is rest and supportive care, but in some instances influenza can become an emergency situation. Seek medical attention immediately if you, or someone you are caring for, is experiencing any of the following:

- Difficulty breathing or shortness of breath
- Purple discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worsened cough

Anti-viral medicines may prevent or lessen the severity of some or all of the symptoms, but you must start taking them within 72 hours of the onset of illness. For most people it is impractical to treat with anti-virals due to the high cost of the medicine; however, in some instances it is highly recommended, particularly in people who are at high risk of serious flu complications.

So, how can you prevent the flu?

It is recommended that everyone 6 months of age and older get an annual flu shot. The vaccine is also available in a nasal spray – talk to your healthcare practitioner about which form is best for you. It is especially important to be vaccinated if you, someone you live with, or someone you care for is at high risk of complications from the flu.

You may get a mild reaction after vaccination, such as soreness, headaches, and fever, but you cannot get influenza from the shot since it contains a dead version of the virus. If someone tells you they got the flu from a flu shot, it is probable they had already been exposed to flu at the time of vaccination but weren't having symptoms yet. Also, it takes approximately 2-4 weeks after vaccination to get maximum immunity, so you can still be exposed to and contract influenza in the first week or two after vaccination. That is why it is essential to be vaccinated early in the season, before flu is widespread. Finally, although flu shots are considered to be very safe, in rare instances a person may have a severe complication from a flu shot. If you have ever had an allergic reaction to a flu shot, you need to talk to your doctor about alternatives.

Vaccination is one way to protect yourself from the flu, but there are other simple ways to stay well this flu season (excerpted from: <http://www.flu.gov/symptoms-treatment/symptoms/index.html>, January 14, 2014):

Take Precautions – Stop the Spread of Germs

- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone (without fever-reducing medications), except to get medical care.
- Cover your nose and mouth with a tissue when you cough or sneeze or, even better, turn your head and cough into your sleeve. If you sneeze into your hands, wash them before you touch anything else!
- **Wash your hands** often with soap and water, or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Get enough sleep – for most people this is 7-8 hours.
- Exercise regularly.
- Quit or reduce smoking.
- If you drink alcohol, drink only in moderation.
- See your primary care provider for regular screening visits.
- Eat a balanced diet high in vegetables and fruit.
- Decrease stress and find healthy ways to relax.

Other References: Center for Disease and Prevention. (2015). Influenza (Flu): Key facts about Influenza (Flu) & Flu Vaccine. Retrieved from <http://www.cdc.gov/flu/keyfacts.htm>.

If you have more questions about influenza you can go to www.flu.gov or talk to your healthcare provider

Purchased/Referred Care Services Annual Registration

Contributed by Vicki Faciane, CTCLUSI Health Director

It is time once again to submit your annual application for Purchased/Referred Care (PRC) Services. Two years ago, we moved the applications on-line and we have continued to simplify the process each year. This year the application will again be available on the main page of the CTCLUSI web site (www.ctclusi.org). You do not have to login in to the site to submit your application. Scroll down to the announcements and click on the link below the announcement for PRC applications. If you do not have access to a computer, you can go to any of our offices in Coos Bay, Florence, or Eugene to apply on-line. If you would rather complete a paper application, you must call PRC at 541-888-4873 or 1-800-227-0392 and request that a paper application be mailed to you. You can return them to any Outreach Office.

When submitting your application, please remember the following:

- You must be a permanent resident of the Oregon five-county SDA (service delivery area: Coos, Curry, Douglas, Lane, and Lincoln) to received PRC services.
 - There is a 90-day waiting period for Tribal members moving into the SDA before you become PRC-eligible.
 - If you were previously PRC-eligible but have now moved out of the SDA, you remain eligible for services for 180 days.
 - Students who are temporarily absent from his/her PRC delivery area during full-time attendance of boarding school, college, vocational, technical, and other academic education. The coverage ceases 180 days after completing the study.
 - Call PRC if you have questions about your eligibility for PRC services.
 - You have six months from birth to enroll your new baby in the Tribe, during which time PRC will pay for covered medical services. Once the baby reaches 6 months of age, if he/she is not an enrolled Tribal member, continued provision of PRC services will be denied.
- **Important dates:**
 - **October 18, 2018:** applications become available on-line.
 - **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.
- You must submit a new application for each calendar year.
- You must submit a separate application for yourself and for each member of your family who is PRC-eligible.
- You must submit copies of all of your insurance cards with your application.

NOTE: if you do not have your new insurance cards yet, you can send them to PRC as soon as you get them. Scan or take a picture of the cards and send them by e-mail to prc@ctclusi.org or by regular mail to Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians, ATTN: Purchased/Referred Care, 1245 Fulton Ave., Coos Bay, OR 97420. You may also stop at any of the outreach offices to make copies and drop off your card(s) and application.

- We are required by Federal regulation to ensure that Tribal members apply for any alternate resources for which they may be eligible. Alternate resources you're required to use include Medicare, Medicaid (Oregon Health Plan, CHIP), Veteran's health benefits, and any other benefit that you do not have to pay for in order to receive the benefit.
 - So that we can determine Tribal members who may be eligible for alternate resources, we are requiring you to include your annual household income and the number of people in the household on your application. We have provided check boxes on the application for this information. Do not include child support payments you receive, income you receive from SSI for disability, or your Elders pension. **The information you provide is kept confidential and is only used to help determine eligibility for alternate resources.**
 - If you do not apply for an alternate resource that you're eligible to receive, or if you do not continue to maintain the alternate resource, you will not be eligible for Purchased/Referred Care services.

If you have any questions about Purchased/Referred Care, please call Sharon, Alex, or Nancy at 541-888-4873 or toll-free 1-800-227-0392.

Mail-Order Pharmacy


Contributed by Vicki Faciane, Director of Health Services

CTCLUSI has contracted with Pequot Health Care™ (PHC™) to provide mail-order pharmacy services for Tribal members eligible for the Purchased/Referred Care program (PRC). PHC™ was founded in 1991 as a pharmacy service to treat Tribal members and employees of the Mashantucket Pequot Tribal Nation. It is a wholly-owned business of the Mashantucket Pequot Tribal Nation and has been long recognized as a leader in managing health care plans for Native American tribes.

The PRC department will begin assisting Tribal members to enroll in the Pequot mail-order program in September and October, with a go-live date of November 1, 2018. We will be implementing the program in phases. The first group enrolled will be Tribal members who are not insured and/or who do not have a pharmacy benefit.


We are looking at all of our pharmacy claims for 2018 to determine how to best use the mail-order program. Please note, we will not be enrolling all Tribal members in the Pequot program. If you are on the Oregon Health Plan (OHP), for example, you will not be able to use the Pequot mail-order plan since their pharmacy cannot be paid by OHP. The co-pays that the Tribe currently pays for drugs under OHP are significantly less than what we would be billed for those drugs by Pequot.

In the next few weeks, we will be sending information to Tribal members that may be affected by the new changes. All correspondence will be marked on the outside envelop with a sticker that says, "Mail Order Pharmacy Information." Please open it immediately and read it carefully. It will contain important information and instructions on enrolling in the plan and transferring your current maintenance medications.



COMING SOON UPDATED TRIBAL PHONE BOOK

We are working on updating the Tribal Phone Book. Your contact information is private and not allowed to be released without your permission. New forms will be mail out soon to households if you wish to be entered in this public Tribal Phone Book you will need to complete a form and give permission to release your information for this Tribal Publication including your name and either address and/or phone number. If you have previously completed a form from the last update, you do not need to complete a new one. However, if you would like to rescind the application you sent prior, you will need to contact Jeanne McNeil in Enrollment at 541-888-7506, to have your information removed.



Elders Corner

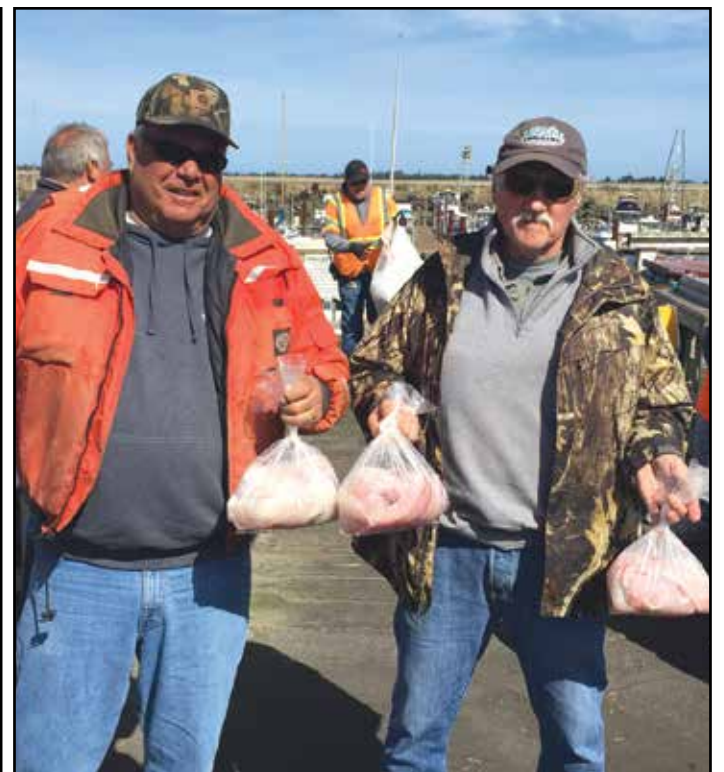
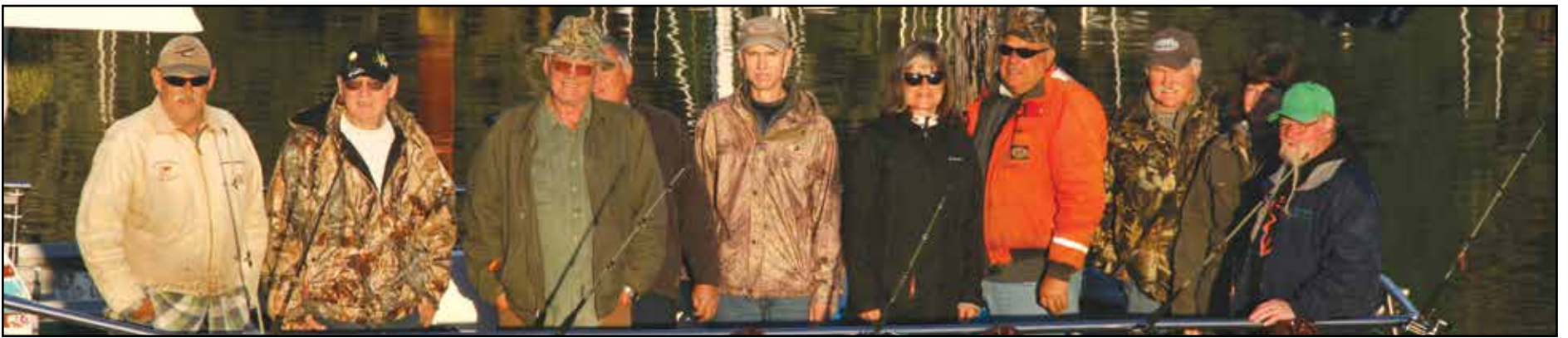
Elders Reel in Some Fun with a September Fishing Trip

Contributed by Iliana Montiel, Assitant Director of Health and Human Services



Many Elders were ecstatic for one more Elders trip. This time it was fishing, in our own Bay Area. Their morning started bright and early on Dock H in Charleston. They were greeted by Captain Kurt and his deckhand Jacob. There was a flurry of rockfish that day and they met their limit within 2 hours of the trip. Our very own Deedee caught the prettiest fish. Later that evening all the anglers and their spouses came to Tribal Hall for a lovely dinner catered by Alder Smokehouse. I attempted to see who had the biggest fish, but all I got were fish stories.

The next day they were on the search for ling cod. The ocean was not as nice to them, as I hear it was a bit rougher. No ling cod were caught, but David Brainard caught a starfish, while Larry Byer caught a huge jellyfish....then got out fished by his wife Mary Byer. I did meet them on the dock while they were coming in, so I could see for myself who had the biggest fish. David Brainard did catch the longest fish at 21.5 inches, but Ray Petrie caught the biggest at 6.5 lbs. on the second day. Fun was had by all and they can't wait to do it again.



Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Andrew Brainard of the Family Services Department 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



Lillian Elaine Allison

Bucket List:

- Living an eternal life with the Lord.

Favorite Hobbies:

- Spending time with her family.
- Having great conversations with people.
- Reading the Bible

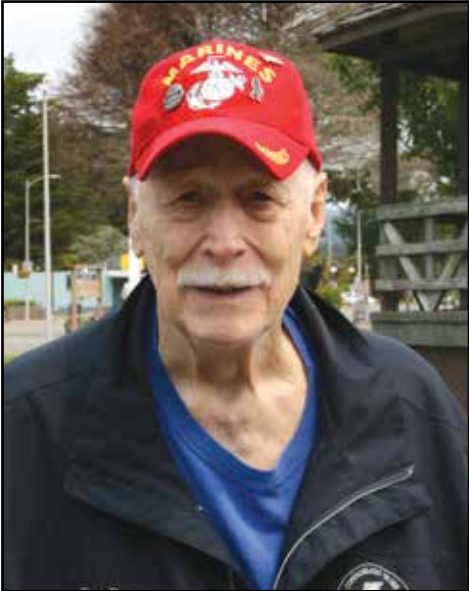
Lillian Elaine Allison

- Lower Umpqua
- Daughter of Riley Elbert Lott, Sr. and Lillian Mae Lott. Sibling of Riley Lott, Jr., Leon Lott, Ernest Lott, James Lott, and Kathy Price. Wife of Bob Allison. Mother of Tony Havelock, Timothy Havelock, and Alana Michael. Grandmother of Ryan Michael, Jesse Michael, Steven Havelock, and Alex Aud. Great Grandmother of Kaden Michael and Melody Michael.

Proudest accomplishments:

- Fought and won battles with lung cancer 4 times!
- Giving her life to the Lord.
- Raising her 3 children.

Favorite saying:
“Love one Another.”



John Walter Perry

John Walter Perry

- Lower Umpqua
- Son of Jack and Adeline Perry, Brother to Sue Olson, Father to Mea Portillo and John Cauthorn.

Proudest accomplishments:

- Living to watch his grandchildren grow up.
 - Serving the United States Marines.
 - Driving “big rig” for 20 years with only 1 point against him.
- Bucket List:
- Learn to fly an airplane.
 - Travel the States.
 - Visit the Grand Canyon.

Favorite Hobbies:

- Rockhounding
- Making jewelry.
- Eating a good meal.

Favorite Saying: “Help our Mother Earth”



Elders Luncheon and Survey Collaboration

October 4, 2018

Community Center at 11:30 a.m.

Mail in your suggestions and ideas for 2019 Elders Activity Survey to Iliana Montiel at imontiel@ctclusi.org or call 541-888-7533 by Oct. 25th

Elders Activity Survey’s will be mailed out in October.

Be sure to cast your votes for Elders Activities for 2019!

Welcome New Tribal Elders:

Vincent McCafferty

Jeffery Hermesen

Wendy De Harpport

Upcoming Elders Committee Meeting:

November 8, 2018

Tribal Hall at 2:30 p.m. - 4:00 p.m.

Elders Lunch

Thursday, November 1, 2018

at 11:30 AM

Red Lobster

1085 Valley River Way

Eugene, OR 97401

RSVP by Tuesday, October 30, 2018

Please call the RSVP line at 541-435-7155

or toll free at 1-888-365-7155

LIMITED TRANSPORTATION IS AVAILABLE.

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

Hosted By Kimmy Bixby Health Services Division Elders Activity Program

CTCLUSI Dental Clinic Expansion Project

Contributed by Vicki Faciane, CTCLUSI Health Director

If you have been to the Dental Clinic recently, you may have noticed some changes. Both of our Dental Health Aide Therapists (DHATs) have completed their training and are now working in the clinic. To give them room to work, we relocated the Dental Reception office and converted the old Reception office into space for two additional dental chairs. We hope to begin using the new chairs by October 1. This is only a temporary solution, however, to the need for additional chairs.

In May 2016, we received the final report on a feasibility study conducted by the Portland Area Indian Health Service, Office of Environmental Health and Engineering (OEH&E). They researched the patient population in the area served by the clinic (American Indians and Alaska Natives living in Southwestern Oregon), as well as clinic statistics, such as how long a patient has to wait to see the dentist. The study found that we could support 5-8 dental chairs in our clinic. The OEH&E report also provided us with a conceptual design for the clinic that includes interior remodel of existing clinic and office space and an addition to the building. With this information, we went out to bid for an architect for the project. We evaluated bids from three firms and selected HGE, Inc. Architects, Engineers & Planners as the architectural firm for the project. After approval by Tribal Council in March 2017, we began work on designing the new clinic space.

We are finally ready to go out to bid for a construction contractor in September or October 2018. With luck we may be able to break ground late in 2018 or early 2019. Figure 1 shows the proposed floor plan for the project. The expansion project includes:

- Add 1,380 sf to the Administration building:
 - 905 sf for office space (to replace offices displaced by the project)
 - 331 sf for the new dental chairs
 - 144 sf added to the waiting room
- Remodel 1,414 sf of interior space:
 - 1,180 sf dental clinic space
 - 102 sf to add patient and staff toilets inside the dental clinic footprint
 - 18 sf to modify the second story stair entry and 114 sf for the hall

The Dental Clinic staff is excited about the clinic expansion as it will improve work efficiency and allow them to see more patients each day. Depending on work schedules for the contractors, we hope to have the project completed by September 2019.

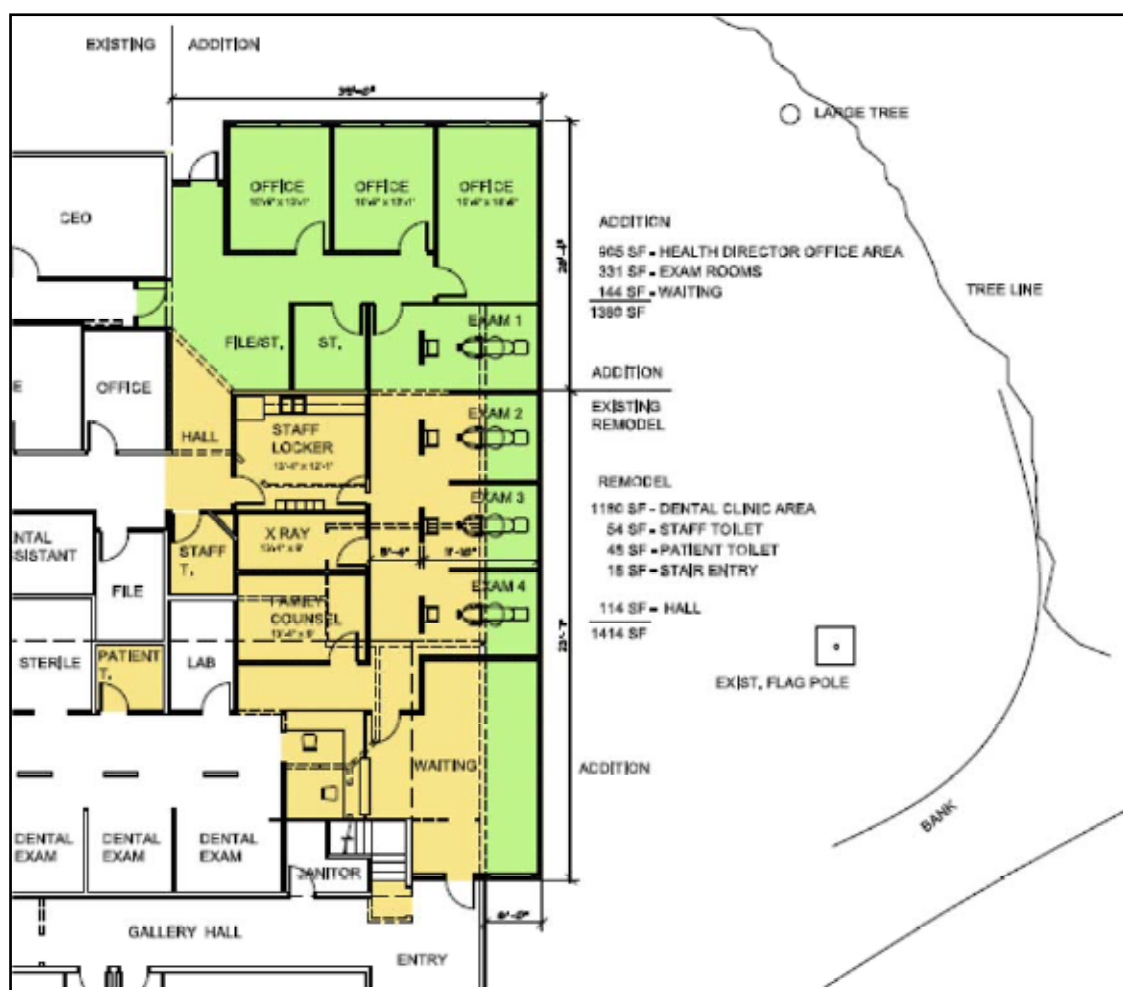


Figure 1 Proposed CTCLUSI Dental Clinic Floor Plan - May 2018

What Does My Blood Pressure Have To Do With My Teeth?

Contributed by Bobbie Broman, Registered Dental Hygienist

Have you ever wondered why we take your blood pressure when you come in to see us at the CTCLUSI Dental Clinic? The biggest reason is that we care about you! Hypertension, or high blood pressure, is a "silent killer." People with high blood pressure may not even know they have a problem until things get very bad. Untreated high blood pressure can cause organ damage, stroke, heart attack and aneurysms. We want to detect hypertension in our patients so they can address the issue with their medical provider. People who have a normal blood pressure when resting can also have periodic hypertension, also known as "white coat syndrome." In other words, their blood pressure goes up when they are in stressful situations like going to see their doctor or going to the, you guessed it, dental office (and we don't even wear white coats!). Even these occasional spikes in blood pressure can put a person at risk for more serious problems.

One of the biggest reasons that we may reschedule your dental work is due to the numbing agent we use in dentistry. Some of these agents contain ingredients that may speed up your heart rate and increase your blood pressure. If we start your treatment with an elevated blood pressure, the medication could cause your pressure to raise to dangerously high levels. If your blood pressure is high when you come to see us, we may delay routine dental treatment and refer you to your medical doctor for evaluation. In severe cases of hypertension, we may need to refer you to the nearest emergency room immediately.

Here is what you can do to avoid having your dental work rescheduled: Avoid caffeine and tobacco, follow your medical provider's recommendations, take your high blood pressure medicine as prescribed, and monitor your blood pressure at home. Also doing things to manage stress in your life such as exercise, meditation or yoga, take care of yourself as best you can.

Remember, our goal is to help you take care of your whole body, not just your teeth. We care about you!

Call the CTCLUSI Dental Office
to schedule your appointment today

541-888-6433

Dental Office Hours:

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

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

Great Turnout During Last Tribal Family Gathering of 2018!

Contributed by Kimmy Bixby, HSD Community Health Aide

August 21st was CTCLUSI's final Tribal Family Gathering of the year. Twenty-seven guests attended, including Tribal members, spouses, Elders, children and stepchildren.

Our guest speaker, a representative from the Circles of Healing Program, updated everyone on the new changes to the Victim Services Program and the upcoming events in Eugene, Florence and Coos Bay. After everyone visited and enjoyed their meals, I distributed some information about diabetes treatment and prevention including walking, planning meals for special occasions, and the Native Plate method for controlling portions and balancing food categories. As the holidays approach, it is important to be mindful of what we eat and how much we consume. Even the smallest action can make a difference.

With the new year only a few months away, CTCLUSI will begin our Tribal Family Gatherings in each area once again. For Eugene, the new Outreach Office is coming together nicely, so we look forward to holding our dinners here with healthy catering options. With that, we will be sharing great news of changes and improvements to the Community Health Program.

We hope you all will be able to attend these gatherings and stay informed on updates and future events with our Tribal community. Thank you!

Updates from Transportation

Great news! If you need a ride on CCAT bus you can now take the fixed route busses by simply showing your Tribal ID.

Any questions, please call Kathy Perkins, CTCLUSI Transportation Coordinator at 541-888-7550

See the bus schedule online at www.coostransit.org



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!

Self-Care for Parents: It is Important

Contributed by Leslie Lintner MA, Behavioral Health Specialist

This article is about mental health and families. Parents are the most important part of the child's life. Parents are literally their children's world, so what happens when that world starts to fall apart?

For many years, we have been told over and over that our children should be the most important thing in our life. This sentence has a couple of problems. First, it equates children to things and that is another whole article. Secondly, it implies that parents do not need anything else in their lives. That is just not the case.

In recent research, studies indicate that parental happiness influences children's happiness. Stop and consider that for a moment. If the parent(s) is/are happy, then the children tend to be happy as well. More specifically, the mother's life satisfaction and personality traits had a much more pronounced effect on her children's happiness than fathers.

In today's society, single parents raising their children tend to be moms. With that in mind, the burden is enormous for mothers. How they experience life is transferred to their children, and their children inherit those traits. This happens from one generation to the next.

Over time, it is easy to see why depression becomes more pervasive in families and issues like substance use and dependency may become more pronounced. Both

positive and negative coping skills are passed generationally. This is good news or bad news depending on where your parenting skills lie and if you are taking care of yourself.

For parents and moms, the take home message is that wellness matters. It is important that parents address issues in a way that promotes wellness rather than dysfunction.

When parents say they are going to stay in a bad relationship, or job, they are literally teaching their children how to be unhappy by serving as an example. When parents decide to quit smoking or drinking, children are learning that it is important to be healthy. Children learn to value exercise, healthy food and emotional and mental wellness when parents serve as role models.

When examining wellness generally it is important to understand that balance, especially in American Indian culture, is important. Health is not just about the physical body but includes emotional, spiritual and mental health. Each part of the whole needs to be healthy in order to achieve balance. Parents tend to overlook their own health and wellness and they should not.

Self-care is an essential part of parenting. Finding healthy ways to reduce stress, improve health and experience wellness is

not just good for parents, it is important for children as well.

Parents that practice self-care have higher self-esteem and self-efficacy beliefs about their own functioning and in turn, their children do as well. Parents who model wellness will see those behaviors reflected in their children teaching them early in life how to achieve balance. Over time and generations, families can experience transformation setting up many generations to be healthy and well.

Simple ways to incorporate Self Care into Busy Routines

- Plan menus ahead of time so that parents can cook a healthy meal quickly after a busy day.
- Incorporate exercise into your daily routine at work and at home and include children.
- Practice yoga or mindfulness to help relax.
- Get a massage.
- Practice breathing.
- Do something that inspires you.
- See a therapist or find a support group.
- Plan family time that engages the whole family, like a family game night or a movie night.
- Make time for you and your spouse or partner to have a date night.
- Take mini vacations with your family.

It's that time of year!

Please Join us for our annual
Corn Maze & Pumpkin Patch
Prevention Activity.

Please Choose one

Saturday, October 6, 2018

You can follow us from The Tribal Government Office
(1245 Fulton Ave, Coos Bay) at 9:30 am.

We will meet at Mahaffey Ranch for
Corn Maze, Hay Rides and Pumpkin Patch from 10:00 am.— 12:00 pm.
After that we will travel to Abby's Pizza for food, and prevention
education from 12:30 pm—2:30 pm

OR

Saturday, October 27, 2018

We will meet at Putter's Pizza for Prevention Education,
Food and Games from 11:00 am—1:00 pm
After that we will travel to Lone Pine Farms to explore
their Corn Maze and Pumpkin Patch from 2:00 p.m.—4:00 p.m.

TRANSPORTATION WILL NOT BE PROVIDED

Please RSVP to: 541-435-7115

Toll: 1-888-365-7155

For more information contact Doug Barrett

Sponsored by CTCLUSI Family Services



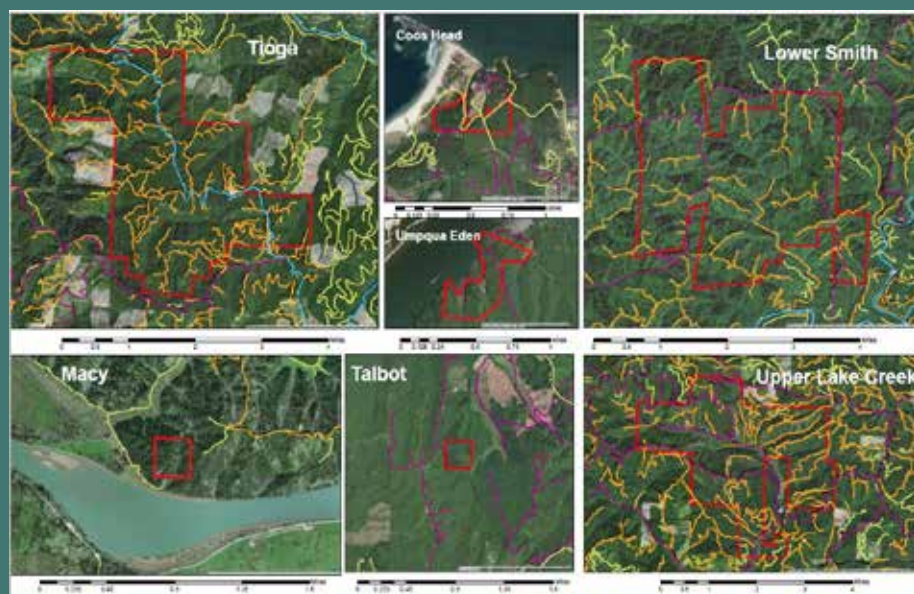
The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians Tribal Government

1245 Fulton Avenue - Coos Bay, OR 97420
Telephone: (541) 888-7305



The Planning Department
needs your help!

CTCLUSI's Planning Department needs your help in compiling a list of potential road names that can be used for either existing roads or roads associated with the recent land conveyance. The Planning Department is primarily interested in names of significant Tribal families, Tribal icons or traditional native terms fitting for the area. Please submit your input via email ntsuruta@ctclusi.org or call (541) 888-7546. We are excited to hear your input!



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 or 541-435-7155 by 11/09/18.**

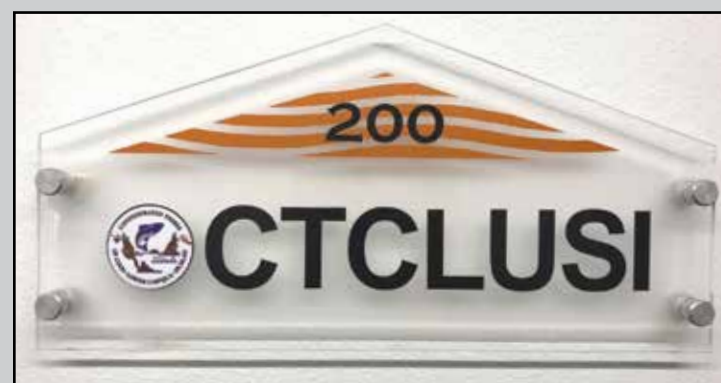
Traditional Thanksgiving dinner at 1:00 p.m.

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



Eugene Outreach Office New Location

Come and see the new Eugene Outreach Office.

Located behind the plaza at 135 Silver Lane, Suite 200, Eugene, Oregon 97420

When you turn on to Silver Lane, take the third driveway into the plaza and just go straight to the back, where you'll see the sign for The Office at River Road Plaza. Just take the stairs or elevator up to the second floor. The Tribal office is located in Suite 200, the first office door on the left.

Look in future editions of The Voice of CLUSI newsletter for upcoming events hosted in our big new space.

Our number has remained the same. Call us at 541-744-1334.

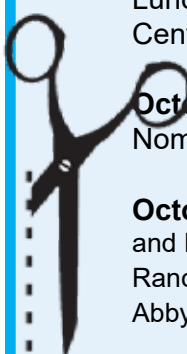
We looking forward to seeing you!





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

October

- 
- October 4th** – Elders Luncheon, Community Center, 11:30 a.m.
 - October 5th** – Deadline to Nominate Peacegivers
 - October 6th** – Corn Maze and Pumpkin Patch, Mahaffey Ranch, Coos Bay, 10:00 a.m., Abby's Pizza 12:30 p.m.
 - October 14th** – Regular Council Meeting, Florence Outreach Office, 10:00 a.m.
 - October 14th** – General Council Meeting, Florence Outreach Office, 1:00 p.m.
 - October 17th** – Restoration Day, All Tribal Offices will be Closed
 - October 18th** – 2019 PRC Application Available at www.ctclusi.org
 - October 20th** – Amanda Trail Walk, Yachats, OR., Bus will depart Florence Outreach Office at 10:00 a.m.
 - October 20th** – Restoration Celebration, Three Rivers Casino Events Center, Florence, OR., 1:00 p.m.
 - October 23rd** – Peacegiving Training and Dinner, 5:30 p.m. (Contact Tribal Court)
 - October 27th** – National Rx TakeBack hosted by Tribal Police, Coos Bay Government Office 10:00 a.m.
 - October 27th** – Putters Pizza, Eugene, 11:00 a.m., Lone Pine Farms Corn Maze and Pumpkin Patch 2:00 p.m.
 - October 27th & 28th** – Bear Grass and Spruce Root Gathering and Processing, Tribal Hall at 10:00 a.m. – 4:00 p.m.

November

- November 1st** – Elders Luncheon, Red Lobster, Eugene, OR., 11:30 a.m.
- November 6th** – Parenting Class, Eugene Outreach 5:30 p.m. - 7:30 p.m.
- November 8th** – Elders Committee Meeting, Tribal Hall 2:30 p.m. – 4:00 p.m.
- November 11th** – 2019 PRC Application Due
- November 13th** – Parenting Class, Eugene Outreach 5:30 p.m. - 7:30 p.m.
- November 17th** – Drum Making, Tribal Hall, 9:00 a.m.
- November 17th** – Fall Harvest, Community Center, 1:00 p.m., crafts and activities following dinner 2:00 p.m.
- November 20th** – Parenting Class, Eugene Outreach 5:30 p.m. - 7:30 p.m.
- November 27th** – Parenting Class, Eugene Outreach 5:30 p.m. - 7:30 p.m.

December

- December 4th** – Parenting Class, Eugene Outreach 5:30 p.m. - 7:30 p.m.
- December 8th** – Tribal Christmas Party, Three Rivers Casino Event Center, Florence, OR., doors open at 3:00 p.m.
- December 21st** – Winter Solstice
- December 25th** – Christmas Day, All Tribal Offices will be Closed

Save the Dates

- October 20, 2018
Restoration Celebration
- November 17, 2018
Fall Harvest
- December 8, 2018
Tribal Christmas Party

Notice to Tribal Elders:
Elders Activity Survey's will be mailed out in October.
Be sure to cast your votes for Elders Activities for 2019!

PEACEGIVING COURT



*Dispute resolution the traditional way.
Accountability. Restoration.*

For more information on Peacegiving Court and how your case can be transferred, contact Tribal Court. (541) 888-1306

TH = Tribal Hall CC = Community Center TRC = Three Rivers Casino FL= Florence Outreach Eug=Eugene Outreach

October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|-------------------------------|--|------------------------------------|---|--|
| | 1 | 2 | 3 | 4 Elders Lunch CC 11:30 a.m. | 5 Deadline to nominate Peacegivers | 6 Mahaffey Ranch 10 :00 a.m. |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Council Meeting FL 10:00 a.m. General Council 1 | 15 | 16 | 17 Restoration Day All Offices Closed | 18 | 19 | 20 Restoration Celebration TRC 1:00 p.m. |
| 21 | 22 | 23 Peacegiving Training | 24 | 25 | 26 | 27 National Rx Take- Back, 10 :00 a.m. Weaving TH 10:00 |
| 28 Weaving TH 10:00 a.m. | 29 | 30 | 31 | | | |

November 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------------------------------------|-----------|-----------------------------------|--------|--|
| | | | | 1 Elders Lunch Eugene 11:30 | 2 | 3 |
| 4 | 5 | 6 Parenting Class Eug 5:30 p.m. | 7 | 8 | 9 | 10 |
| 11 Council Meeting CC 10:00 a.m. | 12 | 13 Parenting Class Eug 5:30 p.m | 14 | 15 | 16 | 17 Drum Making TH 9 a.m. Fall Harvest CC 1:00 p.m. |
| 18 | 19 | 20 Parenting Class Eug 5:30 p.m | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Parenting Class Eug 5:30 p.m | 28 | 29 | 30 | |

December 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|------------------------------------|---|-----------|----------|-----------------------|---|
| | | | | | | 1 |
| 2 | 3 | 4 Parenting Class Eug 5:30 p.m | 5 | 6 | 7 | 8 Tribal Christmas Party TRC 3:00 p.m. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 Winter Solstice | 22 |
| 23 <div></div> 30 | 24 <div></div> 31 New Years Eve | 25 Christmas Day All Tribal Offices will be Closed | 26 | 27 | 28 | 29 |



Contributed by Lieutenant Brian Dubray

The Tribal Police Department will be participating in the National Prescription Drug Take Back Day held on Saturday October 27th, 2018 from 10am – 2pm at the governmental offices at 1245 Fulton Avenue in Coos Bay. This event is sponsored by the Drug Enforcement Administration (DEA) and it provides the supplies to be able to collect unused or expired prescription medications to ensure that they are safely disposed of without falling into the wrong hands or unnecessarily polluting.

We will be set up outside of the main doors so that you can just drive up and drop off your medications.

After the event, from 2pm – 3pm, Tribal Police Officers will be available to travel within 20 miles of the governmental office to pick up any unused or expired medications from Tribal families or Tribal Elders. If you know of someone who would like to participate, but is unable to make it to the event, please have them contact me for scheduling at our office: 541-997-6011.

There will be no identifying information collected, and the program is anonymous. We encourage participants to remove any identifying labels from bottles prior to submission.

We will be able to accept controlled, non-controlled, and over the counter medications with a few exceptions; Intra-venous solutions, injectables, syringes, chemotherapy medications, or medical waste **WILL NOT** be accepted.

If you have any questions about the program, please let me know. Our goal is to keep medications from being lost, stolen, or misused. If you would like to view information about the program from the DEA, please visit: <https://takebackday.dea.gov/> . If you know someone who lives outside of the area, they can also search by zip code to find an event nearby.



October is Domestic Violence Awareness Month

Contributed Melinda Radford, Circles of Healing Outreach Advocate

The Facts:

- American Indians and Alaska Natives are 2.5 times as likely to experience violent crimes – and at least 2 times more likely to experience rape or sexual assault crimes – compared to all other races.
- 61% of American Indian and Alaska Native women (or 3 out of 5) have been assaulted in their lifetime.
- 39% of American Indian and Alaska Native women will be subjected to violence by an intimate partner in their lifetime.
- In an average of 71% of rape and sexual assault victimizations against Native women, the perpetrator is reported to be known by the victim.

These brief and startling facts only begin to show the level of issues Native American communities face in relation to domestic violence, sexual assault and stalking. On some reservations across the United States, the rate of death among Native American women experiencing domestic violence is ten times the national average. Almost every Tribe in the state of Oregon offers support services to victims and survivors of domestic violence and sexual assault.

If you or someone you know, is experiencing domestic violence, sexual assault, stalking, mental or emotional abuse feel free to reach out to the Circles of Healing program. The Circles of Healing Program can assist with safety planning, support, connection to other resources, and emergency needs on a case-by-case basis.

Contact Melinda Radford at mradford@ctclusi.org or 541-808-8450.

Information obtained from the National Congress of American Indians Policy Research Center.

Free TIPS to

STAND UP TO BULLYING

IF YOU ARE THE TARGET

#1

GET AWAY as soon as you can and MOVE to a SAFE place where there's other peers and adults.

#2

PARTNER UP and HANG OUT with others; avoid places where you are alone.

#3

ACT AS IF the bullying has no power over you. Look CALM and CONFIDENT by standing up tall, shoulders back and head up. Even if you feel upset and scared on the inside, try not to let the person bullying you know it. Take slow, deep breaths and remind yourself that you are courageous and will get help from a trusted adult.

#4

STAND UP FOR YOURSELF. ACT BORED, use HUMOR and guard yourself with a QUICK (easy to remember) STAND-IN-YOUR-POWER COMEBACK like *So? *Yup *And? *Whatever you say *Who cares? *Got nothing better to do?

#5

GET HELP from an adult. Share with them what has happened and ask for their support.

#6

BE THE BIGGER PERSON and don't retaliate. Fighting back physically or verbally, will only make the situation worse and get you in more harm's way.

#7

REMEMBER that bullying is about the person who is doing the bullying. Although you are impacted and must respond to the bullying, the bullying really says nothing about you but rather says something about the person doing the bullying.

#8

REMIND YOURSELF that you are brave, awesome, lovable and worthy of respect and belonging, always and no matter what. NO ONE can take that away from you. OWN IT!

WHEN YOU SEE BULLYING HAPPEN

#9

BE A FRIEND. Invite the person being bullied to hang out with you, whether at lunch, recess, during or between classes, or before and after school.

#10

INTERRUPT THE BULLYING. Create a distraction like "Hey, did you watch the game last night?" or "There's a hot air balloon outside!"

#11

SPEAK UP! Say something like "Dude, that's not cool," "Hey, that's bullying!" "Knock that off!" "Does it make you feel good to make someone else feel bad?"

#12

STOP RUMORS and MEAN MESSAGES from spreading. Refuse to participate in gossip and laughing when others are put-down.

#13

TELL AN ADULT. Ask for help.

#14

REMEMBER that you are BRAVE and YOUR ACTIONS MAKE A DIFFERENCE.

NATIONAL

SUICIDE PREVENTION

LIFELINE™

I-800-273-TALK

www.suicidepreventionlifeline.org

Crisis Text Line - Text START to 741-741

Job or Career? How To Decide Which Is Right For You

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

Your Department of Human Resources is always ready to help you find the path that best suits you and your needs. Contact us today if you are interested in what may be the best fit for you!

There are two types of people in this world: job people and career people. Neither one is better than the other - it's simply a matter of personal preference. After all, not everyone feels the need or desire to work their way up the corporate ladder, while others dream of having a corner office with a view and an executive job title.

Then there are people who are a mix of both. For example, many people have pursued long-term careers only to decide later that a job would be better suited to their lifestyle, while others may start off in jobs that they eventually turn into careers.

Not sure which category you fall into? Consider the differences between having a job and having a career:

Job versus career: What's the difference?

A job is defined as "the work that a person does regularly in order to earn money." A career is defined as "a job or profession that someone does for a long time."

Careerpeople tend to thrive in a competitive corporate environment, constantly working toward the next promotion or searching for a bigger opportunity. They have an actual answer to the question, "Where do you see yourself in five years?"

Job people tend to be less concerned with their job title or stature and simply want to make a living. They may enjoy what they do and be good at it, but they are usually more concerned with making enough money to pay the bills than making the necessary sacrifices to move up in the company. They would rather use that time to pursue a passion or interest outside of work.

Career people may hold several different jobs or roles as they get promoted, gain more experience, demand higher pay and work their way up. Job people might also hold several different roles, but they might be unrelated to one another in scope, department or industry.

Whether one has a job or a career, both will require a certain level of education or special certification, depending on the role and industry. However, people in careers are more likely to take ongoing educational classes and training sessions to supplement their skills and accelerate their career advancement.

Perhaps the simplest way to decide if a career or a job is right for you is to ask yourself if you want a promotion more than just a paycheck, and what you're willing to do to get it.

Content taken from "Job or career? How to decide which is right for you" Published 8-2-2016
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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
Special Events Team Member ~ Security Officer 1
Production Coordinator
Player Services Representative
Golf Course Shop Clerk

Three Rivers Casino Resort ~ Coos Bay

Dish Machine Operator/Prep Cook

Blue Earth

Telecommunications/Network Technician

Tribal Government Offices

Dental Hygienist, Coos Bay
Circles of Healing Program Coordinator, Coos Bay
Forest Lands Manager, Coos Bay
Tutor, Springfield



<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

COOS BAY

877-374-8377 | THREERIVERSCASINO.COM

MUSTANG GIVEAWAY



2018 MUSTANG GIVEAWAY

SATURDAY, OCTOBER 27TH AT 10:30PM

EARN ENTRIES EVERY FRIDAY & SATURDAY

ONE ENTRY FOR EVERY 25 SAME-DAY POINTS EARNED

\$50 CASH/50 ENTRIES

HOT SEATS EVERY SATURDAY • EVERY 30 MINUTES FROM NOON TO 10PM

MUST ACTIVATE ENTRIES FROM NOON TO 9:59PM ON SATURDAY, OCTOBER 27TH TO BE ELIGIBLE FOR THE GRAND PRIZE DRAWING. ENTRIES ARE ACTIVATED BY INSERTING YOUR PLAYERS CLUB CARD INTO A MACHINE. GRAND PRIZE MAKE, MODEL OR COLOR SUBJECT TO CHANGE. MANAGEMENT RESERVES ALL RIGHTS.

THREE RIVERS
CASINO RESORT

Fun
STARTS HERE