

The Voice of CLUSI



January 2015

Issue 1

Volume 16

www.ctclusi.org

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



Tribal Families Gather for Annual Holiday Celebration

Submitted by Morgan Gaines, Communications Specialist

Tribal families and friends gathered together on Saturday, December 13th for the Annual Holiday Celebration. Throughout the evening everyone was able to visit some of our Tribal department's booths. Dr. Brian Cross from the Dental Clinic handed out toothbrushes, the Housing Department gave out tulip bulbs, the Education Department passed out free books to the youth, Human Resources had ornaments for the festivities, Department of Natural Resources encouraged families to take home one of a variety of trees to plant, and Administration Staff manned

the registration tables and passed out the new Tribal Calendars for 2015. Hopefully, you were able to stop by and see Jeannie McNeil at the Holiday Photo Booth to get your family portraits taken and printed!

After an invocation by Chief Warren Brainard, everyone joined in for a wonderful holiday meal. Thank you Three Rivers Casino & Hotel for catering. Following dinner some amazing prizes such as a hand painted drum, Pendleton blanket, X-Box gaming system, and more, were raffled away.

Ashley Russell then lead the youth

in a round of holiday songs to get them in the spirit for the next big event of the evening: Santa! Mr. Claus entered to the delight of the youth in the crowd. They eagerly lined up to have their turn to talk with him. One by one every child spoke with Santa and received a stocking filled with goodies. Santa had lots of helpers this year from our very own Tribal Council. Chief Warren Brainard, Beaver Bowen, Teresa Spangler, and Chairman Bob Garcia happily helped Santa give out stockings to all the girls and

Story Continues on Page 4
More Holiday Photos on Page 9 and Page 14

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

Save the Dates

Oregon's First Nations Powwow
January 24th

Spring Break Camp
March 23rd - 27th

Chairman's Corner



Bob Garcia,
Tribal Council
Chairman

As we begin the new year, I was hoping to be able to report the passage of our land restoration bill. December 9th Congressman Peter DeFazio passes by unanimous consent of the house HR 5701, a bill that included sections for ourselves, Grand Ronde, Siletz, Cow Creek and Coquille. The bill was forwarded on to the senate for consideration. Thanks to Senators Wyden and Merkley the bill did reach the floor of the senate on the last day the senate was in session. Here is what transpired

Senator Wyden asked unanimous consent the Senate take up and pass **H.R.5701**, Western Oregon Indian Tribal

Lands Act.

Senator Vitter objected on behalf of Senator Sessions.

Senator Vitter asked unanimous consent the Finance Committee be discharged from further consideration of **H.R.4137**, Preserving Welfare for Needs Not Weed.

Senator Wyden objected.

So in sum the bill did not pass due to the objection of a single senator. Our bill went farther than ever before, but there still is work to do during the 114th Congress.

Changing subjects, please welcome Tara Bowen to Tribal Council. Tara has years of Tribal government experience working for the Coquille Tribe, and she is up to speed on many of the inter-tribal issues before us today.

Letter shared by Chief Warren Brainard for publication in the Voice of CLUSI



NAFOA
1101 30th St, NW Suite 500
Washington, DC 20007
www.nafoa.org

Friday, December 12, 2014

Dear Chief Warren,

Thank you for attending and contributing to NAFOA's tribal leader discussion on December 2, 2014 with the U.S. Senate Committee on Finance during the White House Tribal Nations events. This discussion was marked by an unparalleled commitment of Chairman Ron Wyden and the Finance Committee staff to the concerns and needs of Indian Country.

Tribal leaders expressed concerns over unfair treatment and taxation of tribal governments in regard to tax policies. In addition, leaders addressed the obstacles of accessing significant capital and credit programs that have systematically excluded tribes. Some of the issues raised were: the unfair tax treatment of trust accounts established for Indian children, the lack of parity for tribes issuing tax-exempt debt, the inability of tribal leaders to participate in the Social Security system, the unpredictability of authorizing tax credits in the Indian extenders, the uncertainty of tribal tax jurisdiction, and the necessary oversight needed when implementing General Welfare by the IRS.

The Finance Committee staffers each had their respective areas of expertise and were either well aware of our Indian issues or very willing to learn and work toward a solution. In addition, Chairman Wyden, who was instrumental in passing Tribal GWE, committed to doing all he could to ensure governmental parity for tribes issuing tax-exempt debt.

NAFOA will continue to work with the Senator and the Committee staff to ensure our concerns are addressed and the commitments made are realized. We will also commit to working with any new staff brought in when the chairmanship changes in the new Congress.

Again, we thank you for your attendance and for making a difference for your tribe and for the self-determination of Indian Country.

Best regards,

Bill Lomax,
President

*Growing Tribal Economies * Strengthening Tribal Finance*

IMPORTANT ELECTION INFORMATION

Each Council member shall be elected for a four (4) year term at the appropriate General Council meeting (April 12, 2015) in the year of the expired term. Council Positions #1, #3, and #5 shall be elected in odd-numbered years. Positions #2, #4 and #6 shall be elected in even-numbered years.

ELECTION DATE: APRIL 12, 2015

POSITION NUMBER

Position #1

Position #3

Position #5

INCUMBENT

Robert Garcia

Mark Ingersoll

Teresa Spangler

Tribal Council Elections

7-3-22 Public Notice of Upcoming Elections

(a) The Election Board must publish in the Tribal Newsletter and post at the Tribes' Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and in the office of the Gaming Commission, a notice of upcoming regular Tribal Council elections. This shall be done no later than one hundred twenty (120) days prior to the scheduled date of a regular Tribal Council election.

7-3-23 Candidate Eligibility

According to the Tribal Constitution (Article VIII, Section 4(a)), in order to be eligible for election to a Tribal Council position, candidates shall meet the following qualifications:

- (a) Be a duly enrolled member of the Confederated Tribes;
- (b) Be at least twenty-one (21) years of age; and
- (c) Never have been previously removed from office for good cause after the date the Tribal Constitution was ratified. (May 23, 1987).

7-3-24 Candidacy Procedures

(a) Statements of Candidacy: Candidates shall file statements of candidacy no later than thirty (30) days before the scheduled date of the election and shall stipulate which position he/she is filing for. **7-3-24 (a)(3)...**once a person has filed for a position, he will not be allowed to change positions or to withdraw and refile for the same election. **The deadline for filing for the 2015 Election will be Friday, March 13, 2015 by 5:00 p.m.** Your Position Statement, if you choose to include one with the ballots, must be submitted by this deadline.

7-3-24(b) Public Notices and Position Statements

(b)(3)...Candidates will be given the opportunity to present a Position Statement for inclusion in the February, March or April Tribal Newsletter. The statement must be submitted before the paper's deadline and shall be no longer than one (1) sheet of 8-1/2" x 11" paper printed on both sides, capable of being copied on a black and white copier. (This will also be sent with the ballots to all registered voters)

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections. Contact me with any questions. Jeannie McNeil jmcneil@ctclusi.org 541-888-7506

Council Appoints Tara Bowen to Position #4

Tribal Council has selected and appointed Tara Bowen to fill the vacant council position #4. This position has been vacant since last year's election and has a remaining term that does not end until 2017. Tara Bowen was sworn in at the December 14th Council Meeting by Chief Warren Brainard.

Tara is a Hanis Coos Tribal member and the daughter of Chief Edgar Bowen. She grew up in Coos County where she graduated from Myrtle Point High School and went on to receive her Bachelors of Science in Communications from Southern Oregon University. Her connections to this area, the land, and her Tribe will serve her well in this new role of Tribal leadership.

When asked about her appointment to Tribal Council Tara stated that "I'll work to the best of my ability to serve all Tribal members and to secure a bright future for the Tribe. My door is always open, please feel free to contact me with any questions or concerns you may have. I look forward to the years ahead serving on Tribal Council".

You can contact Tara by e-mailing her at tbowen@ctclusi.org or calling her at 541-808-7394.



**Chief Warren Brainard swears
in Tara Bowen to serve on Tribal
Council**

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

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

US FOREST SERVICE NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and Springfield Outreach offices. Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year.

The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief

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

Bob Garcia, Chairman

Position #1 Council
541-217-4705 (cell)
bgarcia@ctclusi.org

Beaver Bowen

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

Mark Ingersoll, Vice Chairman

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

Tara Bowen

Position #4 Council
541-808-7394 (cell)
tbowen@ctclusi.org

Teresa Spangler

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

Arron McNutt

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

Council Meeting

January 11, 2015
Community Center
338 Wallace St.
Coos Bay, OR

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

Upcoming Events

January 1st – New Year’s Day – All Tribal Offices will be Closed

January 1st – New Year’s Day Peace Hike - Yachats

January 1st- Contract health packets must be received before today

January 2nd- Dental Christmas Coloring contest winner announced

January 3rd- Bowling & Beading-Florence 10:00 a.m.

January 5-19th - Spring Break Counselor Applications Accepted

January 10th – Bowling & Beading-Springfield 10:00 a.m.

January 11th – Council Meeting- Community Center 10:00 a.m.

January 16th – Fitness Program Receipts from 2014 deadline

January 17th – Bowling & Beading – Coos Bay 11:00 a.m.

January 19th – Tribal Offices Closed in observance of Martin Luther King Jr. Day

January 20th – Tribal Family Gathering- Coos Bay

January 24^h – Oregon’s First Nations Powwow – Salem

February 5th- Elders Luncheon-Coos Bay

February 7th- Clacker Sticks & Beading Activity

February 8th- Council Meeting-Community Center 10:00 a.m.

February 16th- Tribal Offices Closed in observance of President’s Day

February 17th- Tribal Family Gathering-Florence

February 21st- Canoe Family Activity

February 26th-27th – Elders Overnight Trip- Newport



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Administration Building

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

Health & Human Services Division

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

Department of Human Resources

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

Tribal Housing Department

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

Contract Health Services

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

Education Department

Angela Bowen-Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-1317
Toll free 1-888-280-0726
Fax 541-888-2853
abowen@ctclusi.org

Family Services

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

Tribal Dental Clinic

Dr. Brian Cross - Dentist
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-6433
Toll free 1-877-688-6433
Fax 541-888-7505

Health Services

Assistant Director Elder’s Coordinator

Iliana Montiel
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7526
Fax 541-888-5388
Toll Free 1-888-280-0726
imontiel@ctclusi.org

Tribal Court

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

Cultural Department

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

Springfield Outreach Office

1126 Gateway Loop
Suite 102
Springfield, OR 97477
Phone 541-744-1334
Toll Free 1-800-877-2718
Fax 541-744-1349

Florence Outreach Office

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

Tribal Gaming Commission

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

Tribal Police

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

Department of Natural Resources

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

**Oregon State Fair & Expo Center
Salem Pavilion
2330 17th Street NE, Salem, OR
Doors open at Noon
Grand Entry - 1 p.m.
Break - 5 - 6 p.m.
Powwow ends at 9 p.m.**

Tribal vendors contact us at
1-800-422-0232

Save the Date!

7th Annual "GATHERING OF OREGON'S FIRST NATIONS"
January 24, 2015

This event is sponsored
by the sovereign governments of



2015 Tribal Elections

Upcoming Candidate Forum Dates

March 21, 2015 and March 22, 2015

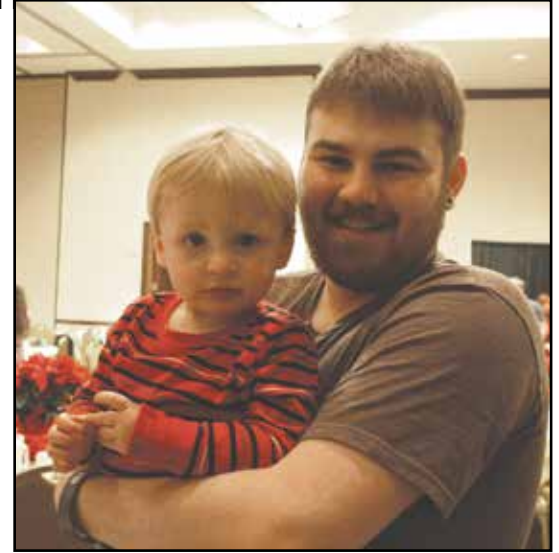
Time and Location to be announced in
upcoming issues of The Voice of CLUSI

Tribal Holiday Celebration

Continued from cover page...

boys. Everyone was pleased to see such big smiles on the faces of all our youth at the end of the evening.

Tribal families were also able to take home the beautiful poinsettia's that served as centerpieces at each table. Overall the Holiday Celebration was a wonderful time had by all. Merry Christmas and Happy New Year!



Tribal Council Business

As reported at the December 14, 2014 Regular Tribal Council Meeting

Mark Ingersoll, Vice-Chairman:

Nov 9 Tribal Council Meeting
Nov 12 Special Meeting
Nov 15 Fall Harvest Dinner & Drum Making
Dec 8 Budget Meeting
Dec 13 Christmas Party, Blue Earth Meeting
Dec 14 Budget Meeting
Attended Executive Work sessions

Chief Warren Brainard:

Nov 9 Veterans Day Parade
Nov 12 Special Meeting
Nov 12 Employee quarterly award
Nov 13 Elders Committee, Culture Committee and Enrollment Committee
Nov 15 Fall Harvest Dinner & Drum Making
Nov 17 Signing with State for Other Tobacco Products
Nov 29- Dec 5 Trip to Washington DC
Dec 8 Budget Meeting
Dec 10 Basketry Curation Class
Dec 11 Visited Gregory Point
Dec 13 Christmas Party, Blue Earth Meeting
Dec 14 Budget Meeting
Attended Executive Work sessions

Teresa Spangler:

Nov 9 Tribal Council Meeting
Nov 12 Special Meeting
Nov 13 Enrollment Committee
Nov 17 Signing with State for Other Tobacco Products
Dec 2.3.4 Employee Meetings for Recognition in Coos Bay and Three Rivers Casino
Dec 8 Budget Meeting
Dec 13 Christmas Party, Blue Earth Meeting
Attended Executive Work sessions

Beaver Bowen:

Nov 9 Tribal Council Meeting
Nov 15 Fall Harvest Dinner & Drum Making
Nov 17 Signing with State for Other Tobacco Products
Dec 2.3.4 Employee Meetings for Recognition in Coos Bay and Three Rivers Casino
Dec 13 Christmas Party
Dec 14 Budget Meeting
Attended Executive Work sessions
GFORB

Arron McNutt:

Nov 9 Tribal Council Meeting
Nov 12 Special Meeting
Nov 13 Culture Committee Meeting
Dec 13 Christmas Party
Dec 14 Budget Meeting
Attended Health Committee
Education Committee Meeting
Attended Executive Work sessions

Bob Garcia, Chairman:

Nov 9 Tribal Council Meeting
Nov 12 Special Meeting
Nov 15 Fall Harvest Dinner & Drum Making
Nov 17 Signing with State for Other Tobacco Products
Nov 29- Dec 5 Trip to Washington DC
Dec 13 Christmas Party
Dec 14 Budget Meeting
Attended Executive Work sessions

Tara Bowen:

Nov 15 Fall Harvest Dinner & Drum Making
Dec 2.3.4 Employee Meetings for Recognition in Coos Bay and Three Rivers Casino
Dec 13 Christmas Party
Dec 14 Budget Meeting
Attended Executive Work sessions

Curation Class Emphasizes the Importance of Community in Preserving Culture

Submitted by Morgan Gaines, Communications Specialist

On Tuesday, December 9th the CTCLUSI Tribal Historic Preservation Office hosted a dinner and community class on the curation of basketry, followed by a class for CTCLUSI Staff with visitors from the Coquille Education and Cultural Departments, on December 10th. These classes focused on understanding living culture and how to preserve culture. Representatives from the Confederated Tribes of Grand Ronde traveled here to share with us their methods and knowledge of working with basketry and Tribal collections within their cultural center.

Jordan Mercier, Weaver and Cultural Protections Coordinator, and Veronica Montano, Collections Specialist, shared their personal stories of their connections to weaving and basketry in addition to their informative class on curation methods. Both Jordan and Veronica spoke

"The wealth is not in the object but in sharing the culture with the community."

to the importance of living objects versus dead objects and how each piece within their collection is a living thing. It

is important to respect these items and continue to use them in ceremony in order to keep them alive and all-the-while continuing cultural traditions. The wealth is not in the object but in sharing the culture with the community.

With our Tribes considering the possibility of placing a cultural center/museum at the Hollering Place in the Empire District of Coos Bay, the information that Jordan and Veronica shared with us has provided invaluable insight into how to add Tribal perspectives into otherwise westernized museum curation practices. They emphasized the importance of having Tribal community involvement in all of the planning

stages from construction of facilities to housing/curation of Tribal artifacts as well as for maintaining community connections to these items.

In appreciation for continuing to strengthen Inter-Tribal relationships and for imparting their knowledge with us, Jordan and Veronica were gifted two drums by Chief Warren Brainard that were pulled by Tribal members and hand

painted by a Lower Umpqua Tribal member. The class ended with the drums warmed by the fire, songs by Jordan Mercier and CTCLUSI Cultural Director Jesse Beers, and followed by a meal of Salmon.



Jordan Mercier talks about gathering cedar



Veronica Montano, Collections Specialist



Jordan Mercier, Weaver and Cultural Protections Coordinator



Woven hats and baskets shown during class



CTCLUSI Staff and visitors from the Coquille Education and Cultural Departments attended Curation of Basketry Class in Tribal Hall on December 10th.

The State of the Coast 2014 Conference

Submitted by Amanda Craig, Air & Water Protection Specialist

I recently attended the annual State of the Coast, also known as the Heceta Head Coastal Conference, hosted by Oregon Sea Grant at the Florence Events Center here on the central Oregon coast. Over the last few years the conference has developed unofficial themes, this year being Local-Sustainable Foods, primarily in relation to our aquatic ecosystems and the bounties they provide here on the Oregon Coast. Other topics included; Ocean Acidification, Sea Star Wasting Syndrome, Coastal Energy, Coastal Hazards and El Nino.

The Keynote Speaker was Paul Greenberg, the James Beard Award winning author of the best selling books, "Four Fish" and "American Catch". In only the way he can, Greenberg cleverly reveals the issues with the American Seafood industry

including; overfishing, commercialized fishing, outsourcing of seafood processing, importation of foreign seafood, and the limited selection of seafoods Americans eat from. All of which Greenberg connects to detrimental decline of the Seafood industry's economic and environmental sustainability over the last century.

Laura Anderson, owner of Newport restaurant and market *Local Ocean Seafoods*, and Chef Kelsey Terry, owner of Florence restaurant *Homegrown*, also talked about the importance of sustainable food practices in their businesses and its importance to them personally as people who grew up on the Oregon Coast. Chef Kelsey even had a hands-on breakout session where she demonstrated and answered questions on how she acquires

and cooks local-seasonal foods. Of course, the best part was when she cooked us fresh Spicy tuna tacos and fried Oysters!

Other speakers included; *Oregon Sea Grant Director* Shelby Walker, *9th District State Rep.* Caddy McKeown, Kathy Wall from the *International Port of Coos Bay*, Terry Thompson, *Lincoln County Commissioner*. Several professionals and Grad Students from OSU, local seasonal farmers and organizations and research groups that deal with coastal environmental concerns here on the Oregon Coast. This conference is available to anyone who wishes to go, and well worth the small fee to attend. For more information about past & future State of the Coast Events go to:

www.stateofthecoast.com

Be SMART - Dental New Year's Resolutions

Submitted by Shannon M. Schritter, BS, RDH

We made it through Halloween, Thanksgiving, Christmas, and the New Year and with that comes New Year's Resolutions! I know you are thinking, "This year I'm going to work out and lose 50 pounds by February!" And then February rolls around and the date gets pushed back to March, and before you know it, it's July and you still aren't in swim suit shape. This year, why not make a resolution for healthy teeth? Setting a "SMART" goal will help you succeed. "SMART" goals are Specific, Measurable, Attainable, Relevant, and Time-Bound.



Specific: Your goal could be to brush or floss more, or maybe you want to start using a mouthwash regularly. But these are vague claims. To be specific, you could say, "My goal is to brush twice per day, every day, for two minutes," or "My goal is to floss once per day."

Measurable: In our example, measureable is how many times per day you plan to increase your brushing and/or flossing habits, or for how long (like two minutes when brushing). A goal must be able to be measured in order to tell if you are really doing it "more" than before.

Attainable: Our flossing example

may not be attainable if you only floss twice a year (when your hygienist does it for you). A more realistic goal may be "I will floss once a week for 4 weeks," and then when you hit that goal you can build on it, making your next step in February something like, "I will floss twice a week for 4 weeks," and then in March you can floss three times per week, and so on. By July you are flossing every day!

Relevant: Relevant goals are realistic but will still push you to grow. Such goals are challenging but not overwhelming. If a goal is too overwhelming, you won't be motivated to try because it feels too out of reach. Start small. We can always build bigger.

Time-Bound: Goals that are time-bound have dates that you try to accomplish them by. In our flossing examples, this would be the 4 weeks we suggested. Not having a goal that is time-bound is where a lot of people get off track. Giving yourself a start date and a date to have your goal accomplished by motivates you to get it done within that time frame. Think of it like a due date on an assignment when you were in school. For more information on setting a "SMART" goal, you can check out <http://topachievement.com/smart.html>, or google search Smart Goal Setting.

If you need tips on brushing or flossing, or want to make regular hygiene visits part of your goals this year, give the CTCLUSI Dental Clinic a call today at (541) 888-6433. We are also still running a special on the Oral B electric toothbrushes. Only \$20 for CTCLUSI tribal members. If you didn't get one in your stocking, come on by and get one today.

The CTCLUSI Dental Clinic invites you to stop smoking in 2015.

As an extra incentive to stop smoking, we are offering free whitening kits for CTCLUSI Tribal families that stop smoking between now and Valentine's Day!!



Step 1: Quit Smoking.

Step 2: Make an appointment for a current exam with either Dr. Cross or Dr. Macy at the CTCLUSI Dental Clinic before Feb. 13, 2015.

Step 3: Have impressions taken and whitening trays made.

Step 4: Start whitening!

For Sale: Electric Toothbrushes!

For Sale by CTCLUSI Dental

ONLY \$20.00

Oral-B Vitality Electric Toothbrushes! Refill heads also available!

Call - (541) 888-1301

Remove more plaque and decrease inflammation with an electric toothbrush!! This brush features 7600 oscillations per minute, a 2-minute timer, 2 brush heads, 1 charging station, and 1 rechargeable battery!

Order yours today!! Must pre-pay when ordered. (Shipping available for an extra fee)



Dr. Brian Cross Featured in The World Newspaper!

Submitted by Morgan Gaines, Communications Specialist

The Tribes very own dentist, Dr. Brian Cross, was featured in an article in The World newspaper. On November 17th, Carly Mayberry of The World, in Coos Bay, Oregon put the spot light on Brian. The article emphasizes his love of the outdoors and his excitement on living on the Oregon Coast. It also highlights the CTCLUSI Dental Clinic.

"Cross leads the dental facility, which is recognized as an Indian health Services Dental Clinic...Cross said that within the tribal system not all clinics are created equal, citing larger tribes like the Sioux and Navajo as often more focused on critical services like extractions rather than offering the range of dental services that this clinic offers. That's the reason, Cross said that many tribal members use the clinic." Read the full article online at www.theworldlink.com



Photo credit
Amanda
Loman of
The World

Welcome to Winter! Sometimes with all the rain in the winter it can be monotonous to say phrases like ‘it’s raining’ or ‘look rain’ or ‘rain?’ Well, break up the monotony by mixing in some traditional winter weather words!

| Hanis: | Miluk: | Siuslaw/Lower Umpqua: |
|--|---|--------------------------|
| qaluu=winter | qeluu=winter | qiiuunum=winter |
| tuqnis=Clouds | susnqwa=cloud | hii'ai=clouds |
| tq'wais=fog | tq'wais=fog | huunyax=it's foggy |
| kwilau=ice | luwakw=lightning | tsaliiswalii=hail |
| luuwak=lightning | iiluqus=rain | k'wxwiini=ice |
| uuyuu=Rainbow | iiluq=it's raining | munxwii=lightning |
| tsunna=thunder | stlalis=snow | 'anti=rainbow |
| gimgimis=Rain | kwile'es=sun | hinkya=L.U. it's raining |
| gimgimiit=it's raining | ts'unna=thunder | 'ituwitx=S it's raining |
| iniya gimiit=it's stopped raining | gewesii=wind | 'uuhltii=snow |
| luuwii neu ilwechos in gimiit= I'm glad it's not raining | heikwan q'ewesi=the wind is blowing | wahlit=it's snowing |
| stlalis=snow | q'ewesis hlaitim=the wind is starting to blow | tsiitiix=sun |
| stlalisa=it's snowing | hlaitimde payawas=it's starting to drizzle | t'iiwiist=sunset |
| shantl stlalisa nduuwaya=I wish it would snow | paiyam=it's drizzling | 'umhlai=thunder |
| k'wesis=wind | paiyamkum=it drizzled | ch'iitii=wind |
| k'wesisa=it's windy | | |
| tiitse xchiichuu lo | | |
| wule'en?= How is the weather today? | | |
| wule'en=it's good weather | | |
| tk'alis=sun (the awakener) | | |

If you have more interest in the Traditional Languages of our Tribes then please refer to the log in side of the CTCLUSI Website under Culture and then Language you will find word lists and the link to hanis.org. If this does not fill your need, good for you, let's talk about how you can learn more about our lands language
Jesse Beers @ 541 297-0748.

Pronunciation Guide

hl: This is the ‘voiceless l’. It is like a regular l, except it is voiceless. To make this sound, put the tip of your tongue behind your teeth, like making a ‘normal l’, but just blow air, don’t use your voice.

tl: This is a t and hl sound together. The closest equivalent in English is the dl in words like puddle and muddle

x: A raspy ‘h’ sound (like the ‘ch’ in German words like Bach)

gh: Voiced equivalent of x. So think of a raspy ‘h’ sound and using your vocal cords.

q: This is like ‘k’, but said farther back in your throat.

ts: Just like the ‘ts’ in words like ‘cats’, but unlike English, ts can appear at the beginning of a word.

kw

qw

xw: When kw, qw or xw appear at the beginning of a word or syllable, both letters are pronounced. At the end of the word, it indicates the lips are rounded while saying the k, q, or x sound.

‘: The apostrophe stands for a glottal stop. A glottal stop is when the glottis (a flap in the throat) closes. Practice it by saying ‘uh oh’ quickly. Feel and hear the catch in your throat between the ‘uh’ and ‘oh’.

e: This vowel wanders between the ‘e’ in words like ‘bet’ and the ‘a’ in words like ‘bat’.

ii: ii A long e sound like feet, meat

i: Like the vowel in bit, slim

a: Like the ‘a’ sound in ‘father’.

uu: Can be a long oo sound like ‘boot’, or ‘o’ sound like ‘boat’

u: Like the vowel in ‘put’, ‘book’

o: The ‘uh’ sound the ‘a’ in ‘about’, the ‘u’ in ‘but’

ai, ay: Like the ‘i’ in ‘bite’

au, aw: Like bout, doubt

Visit www.hanis.org

Coos Bay Indian Education Program Honors Native American Month

Submitted by Mark Petrie, Cultural Assistant

The month of November is Native American month and the local Indian Education Programs put on great events for the students in the area. The Coos Bay Indian Ed NAYA Club cleaned up Chief Jackson’s gravesite at the Marshfield Pioneer Cemetery. I was invited to demonstrate Traditional Tools for an event at the Boys and Girls Club. Over a hundred students came through my station. I brought the tools that we bring to most demonstrations: Herring rake, Liester Spear, Lamprey Gaff, salmon hook, halibut hook, tule goods, cedar bark goods, etc. For nearly five years I have been showing youth and adults alike some of our traditional tools, how they work and what they are made of. During the Demonstration, I often ask what the audience thinks a tool might be used for, and some of the answers make me laugh. Some great examples for the herring rake are: community tooth pick, or giant comb. All in all, the event was successful and a great time.

Culture Committee meets in Tribal Hall at 4:00 p.m. the second Thursday of the month.

Tribe Welcomes Ashley Russell, Environmental Project Specialist

Submitted by Margaret Corvi, DNR Interim Director

The Natural Resources department has hired Ashley Russell as the Environmental Project Specialist. The department is excited to have her working, complete an Environmental Assessment & Strategy and develop a EPA-Tribal Environmental Plan. Ashley is a Coos Tribal member (Miluk). She has a Bachelor’s of Science in Environmental Studies with a Fisheries and Wildlife minor. She is passionate about environmental conservation and loves to be outside. Both her heritage and love for nature define who she is. She enjoys hiking, camping, fishing, beading and singing- you may recognize her from the one of the many Tribal Holiday dinners where she has performed. She was born in Coos Bay but has lived in Klamath Falls most of her life. She is excited to be back on the Oregon coast with her husband, Richard, and daughter, Kaiə, and two sons, Talice and Tycen.

She is eager to become more involved with the Tribes and better our community and environment through thoughtfulness and action.



Join us for Culture Friday’s in Tribal Hall from 3:00 p.m. - 5:00 p.m.

Next Canoe Family Activity: Saturday, February 21, 2015

For more information call 541-297-0748



Drum Making 2014

Submitted by Doug Barrett, Prevention Activities Coordinator

The drum making class promptly started at 9:00 a.m. with Greywolf (Clifford Latta), our drum making instructor, talking about how the frames were put together and what he and his crew did to prepare the hides. He also gave instructions on what we were going to do, and how we were going to put these wonderful drums together. Unfortunately, due to a recent illness, Greywolf came in with only 24 frames completed. Fortunately, I was able to help fill the gap by bringing in 5 old round frames. The Tribe did order 50 frames, and there will be a few more classes for those folks who did not get to make one at the Fall Harvest activity. Be sure to watch for future class announcements in the Newsletter, and on the Tribe's website at www.ctclusi.org.

Thank you, Brenda Brainard, for the opening blessing before we began pulling drums. After the blessing, we passed out the frames, heads and lacing. That's when the magic began! The Tribal Hall was bustling as the drums came together. Greywolf's daughter, crew and I started tightening the laces to stretch the deer and elk hide drum heads.

During the drum making, I handed out information on the effects of Marijuana, spoke about living a healthy lifestyle, and talked about the Canoe Journey and the positive affect it can have on Tribal communities.

We did re-lace a few drums. I pulled too tight on 3 drums and broke the center circle of rawhide — I contend there were flaws in those circles! All 3 drums were from one family, but we were able to replace the circles and re-lace the drums. At the end of class, our hands were sore but our spirits were high. I believe 29 drums were put together that day.

After all the drums were tight and completed, we walked the short distance to the Community Center to the Fall Harvest Dinner to enjoy a meal and other activities together.

Thanks again to all who participated.



Tribal Christmas *photo booth...*



*Christmas
2014*



Education Department

Submitted by Tracy Blue, Education Specialist

The CTCLUSI Education Department will be upgrading the library over the next 6 months. We are adding new titles, including hard to find Native-Themed subjects, business and entrepreneur titles and even DVD's covering many topics. Most library resources are available to check out. The library will be upgrading some technology, including computers and electronic readers. We will be able to access webinars, off-site meetings and online education or workshops on a large screen TV.

Please remember:

We are always looking for Tribal Member Youth to come to our Wednesday After-School Program. Please see the flyer included in this issue. 1st through 12th grade students can get assistance with home-work, papers, test preparation and mentoring/ counseling. In addition, there are many fun activities and projects we do, including many cultural and traditional and some that are just plain fun!

This year, 2015, The Education Department is going to start regular workshops featuring topics on life skills, culture, and education. Sessions will be for K-12 Tribal members and family. You'll find more information, as it becomes available, in upcoming editions of The Voice of CLUSI Tribal newsletter, online at www.ctclusi.org and by following the CTCLUSI Education Department on Facebook. You can also call the Education Department at (541) 888-1314 for more information.
We'll see you there!

Education Department After School Survey

Submit your answers by e-mail to be entered in a raffle to win one of two \$40 gift cards!

Please return survey to Tracy Blue in the Education Department via e-mail: tblue@ctclusi.org

Your survey will give you a chance (one per family) to win one of two gift cards from Walmart (\$40 value). We will notify the 2 winners by e-mail, and post the announcement on the CTCLUSI Education Facebook page. Good luck and Thanks.

What is your E-MAIL ADDRESS: _____

CTCLUSI AFTER SCHOOL SURVEY

1. Do you attend Coos Bay/North Bend AFTER SCHOOL PROGRAM on Wednesdays?

- Very often
- Often
- Not very often
- Not at all

2. If you do NOT attend ANY after school program, WHY NOT?

_____ (One brief sentence is fine)

3. Would you attend an AFTER SCHOOL PROGRAM if had more kids and things to do? YES _____ NO _____?

What would you like to do? (Mark as many as you want)

- Sports
- ART
- Cultural Activities
- Tutoring
- Field Trips
- All of the above

AFTER SCHOOL PROGRAM

COOS BAY/NORTH BEND 2014-2015

AN INVITATION TO:

Tribal Member Youth 1st-12th grades

WEDNESDAYS 3:00 PM TO 5:00 PM

TRIBAL HALL—COOS BAY, OREGON

Mentoring and Tutoring available!

TRANSPORTATION PROVIDED—PICK UP AFTER SCHOOL, VAN HOME AT 5:00

Please sign up first!



- ♦ GET HELP WITH SCHOOLWORK
- ♦ TEST PREPARATION AND TUTORING
- ♦ MENTORING
- ♦ WORKSHOPS
- ♦ CULTURAL ACTIVITIES AND TRIPS

Make crafts and other fun things!

CTCLUSI EDUCATION DEPARTMENT

Angela Bowen—Education Director
Tracy Blue-Education Specialist
Karen Porter-Education Assistant
541.888.1315 or 541.888.1314



Attention Higher Education Students

Scholarships and Grants will help you reach your academic goals and reduce financial burden. Check out some of these websites for applications!

http://scholarshipamerica.org/open_scholarships.php

<http://www.scholarshipsandgrants.us/>


<https://scholarships.uncf.org/Program/Details/2bfd8f53-40aa-4705-9f8b-d92d972e59df>

<http://www.aigcs.org/scholarships/undergraduate-scholarships/>

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/minority-scholarships/>

<http://www.thecommunityfund.com/hatfield-fellowship>

Check with the Education Department about our own Tribal scholarship opportunities!
541-888-1314



Prevention Activity Bowling & Beading

Prevention Topic: Under Age Drinking, Living a Balanced Life & Respect
All Tribal Members and the Families of the
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
are eligible to attend.

*Please choose from one of the three locations and dates below,
then R.S.V.P. by the date indicated.*

FLORENCE

Saturday, January 3, 2015
Meet at the Windward Inn,
3757 Hwy 101
10:00 AM to Noon
for Beading & Necklace Making.

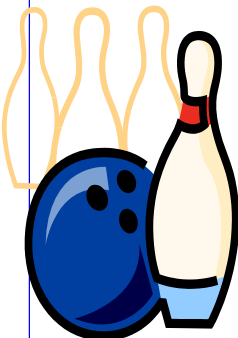

For Bowling at Holiday Bowl
101 & 27th St.
12:00 PM to 2:00 PM
*Please R.S.V.P. by Friday,
January 2nd.*

COOS BAY

Saturday, January 17, 2015
Meet at North Bend Lanes,
1225 Virginia St.
11:00 AM to 1:00 PM

Meet at Tribal Hall,
338 Wallace
For Beading & Necklace Making
1:30 PM to 3:30 PM
*Please R.S.V.P. by Friday,
January 16th.*

RSVP to DeeDee at:
541-997-6685 or
1-866-313-9913



SPRINGFIELD

Saturday, January 10, 2015
Meet at the Springfield Office
1126, # 3 Gateway loop
10:30 AM to 12:30 PM
For Beading & Necklace Making.

For Bowling at Emerald Lanes
140 Oakway Rd.
12:30 PM to 2:30 PM
*Please R.S.V.P. by Friday,
January 19th.*

We will be providing:
Bowling, Shoe Rentals and
Snacks!
Beads and Necklace Making
Supplies!

Sponsored by:
Confederated Tribes of Coos, Lower
Umpqua & Siuslaw Indians
Prevention Program,
Family Services,



SAVE-THE-DATE SPRING BREAK CAMP MARCH 23-27, 2015

Location to be determined

Registration packets will be available February 16, 2015

Applications must be returned by **5:00 PM March 4, 2015**

LATE APPLICATIONS WILL NOT BE ACCEPTED

FOR MORE INFORMATION CONTACT: DEEDEE PLAEP @ (541) 997-6685



Call for Counselors



SPRING BREAK CAMP

Location to be Determined — March 23-27, 2015

- Are you a positive role model?
- Do you enjoy working with others in a team environment?
- Do you enjoy working with Tribal Youth and Staff?


**Then Sign Up and be a Counselor (ages 18+) or
Counselor-In-Training (ages 16+)**

(Must be CTCLUSI Tribal Member, CTCLUSI Spouse or Domestic Partner
or applicant with longstanding relationship with the Tribe and are in
Tribal Families.)

HOW TO APPLY

Complete the online application:
Website: www.ctclusi.org. (Tribal Members, please log in or register to access job posting to apply.)
If you have any questions, please call Pam Hickson at 541-902-6504

Applications Accepted: January 5, 2015—January 19, 2015



Spring Break Camp 2015 March 23 – 27 2015

Program and Application information
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

WHAT IS Spring Break Camp Counselor or Counselor in Training?
This position is responsible for providing assistance and support to the Camp Director for the Tribal Youth Camp. Position is responsible for assisting the Camp Director in carrying out activities during the youth camp as well as providing direction for the youth campers.

WHO IS ELIGIBLE TO APPLY?
To be eligible to participate in the 2015 Spring Break Camp:

- Meet minimum requirements as outlined in the job description
- Must be CTCLUSI Tribal Member, CTCLUSI Spouse or Domestic Partner or applicant with longstanding relationship with the Tribe and/ or are in Tribal Families.

WHAT IS THE PROCESS OF SELECTION?
The Recruitment Specialist for Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians will review submitted applications for completeness and administer the evaluation process. All qualified applicants will be forwarded to the Camp Director for review. The following criteria are considered during the selection process: presentation of application, and involvement in the Native community. An appointed committee conducts a final review of the application and makes an official selection of awarded applicants.

WHEN IS THE APPLICATION DEADLINE?
Applicants being accepted January 5, 2015 – January 19, 2015
Completed applications must be **received ONLINE by 5pm on Friday, January 19, 2015**
For questions, contact:
Pam Hickson, Recruitment Specialist
5647 Hwy 126
Florence, Oregon 97439
Phone: 541-902-6504
Website: www.ctclusi.org (Tribal Members, please log in or register to access job posting)

WHEN WILL YOU BE NOTIFIED IF YOU ARE SELECTED?
All qualified applicants will be notified the week of February 13, 2015 by Human Resources.

WHAT ARE THE EMPLOYMENT REQUIREMENTS?
Spring Break Camp Counselors must meet the following award requirements.

- Complete ONLINE Application by the specified deadline
- Must be interviewed and selected by the appointed committee.
- Pass pre-employment drug test
- Pass background information and obtain fingerprints through Tribal Police Department

WHO DO I CONTACT IF I HAVE QUESTIONS?
Vicki Faciane, Health & Human Services Director
Health Services Department for CTCLUSI
Phone: (541) 888-9577
Email: vfaciane@ctclusi.org

Pam Hickson, Recruitment Specialist
Human Resources Department
Phone: (541) 902-6504
Email: phickson@ctclusihr.org

Deadline to apply – January 19, 2015

2014 CTCLUSI Biggest Loser Challenge Program Results Revealed!

Submitted by Sara Long, RN, Diabetes Coordinator

The 2014 Biggest Loser Challenge Program was very successful with a combined total loss of 280.7 pounds! The program lasted 16 weeks, and there were 28 participants. The ending results revealed some impressive numbers and facts. The detail that stands out the most is the fact that those who had family members also participating in the program, were those who did best. For example, the first place male and female winners were a married couple: Joe and Brenda Brainard. They worked together and supported each other through the program. Their hard work paid off, each winning \$1,000. Joe lost an astonishing 19.68% of his body weight, and Brenda lost an astounding 17.37% of her body weight. Second place male winner James Evarts and third place female winner Tammy Evarts, another married couple, did exceedingly well supporting each other through the program. James lost a fantastic 12.45% of his body



Biggest Loser Challenge Winners Pictured Left to Right: Joe Brainard, Teresa Gagner, Brenda Brainard, James Evarts, and Tammy Evarts. Not Pictured: Scott Ingersoll.

"...those who had family members also participating in the program, were those who did best."

weight, and Tammy lost an incredible 12.92%. Last, but certainly not least, there was another supportive family group involved in the winning. Second place female winner Teresa Gagner,

together with her husband and son, joined the program and it really paid off! Teresa lost an amazing 14.16% of her body weight. So, as you can see, having a good support system in your own weight loss plan can make all the difference in being successful or not. The male and female second place winners won \$200. The male 3rd place winner was Scott Ingersoll with a loss of 5.99% of his BMI. Third place male and female winners won \$40; doubling the return of their \$20 joining fee. Other honorable mentions in this year's results are: Peggy Hopkins 5.81%, Karen Porter 5.28%, Doug Barrett 5.16%, Conrad Gagner 5.14%, Kysha Bossley 4.2%,

decreasing your blood pressure, helping your body to utilize blood sugar and insulin, decreasing your risk of cancer, heart disease and diabetes. Congratulations to all of the 28 participants for choosing to enroll in the program. Knowing there needs to be a change

and attempting to work on it is a great first step! This year has been a record year with the combined weight loss of 280.7 pounds. Thank you to all the staff that assisted in the weigh-ins this year, we could not have done it without you. I

found a great online resource for you to go to for really interesting and fun material to read on health and wellness information at <http://extension.oregonstate.edu/coos/fcd>. Good luck on your 2015 New Year's Healthy Resolutions!



First Place Winners Joe and Brenda Brainard announced that their combined winnings of \$2,000 will go to the Indian Education Natives Program in Eugene, OR.

Tribe Welcomes Tina Dresser, Tribal Court Clerk II-Peacegiving Court Support

Submitted by Diane Whitson, Tribal Court Clerk

The Tribal Court is excited to announce that Tina Dresser is now working in the Court Clerk II-Peacegiving Court Support position. Tina comes to us from Lane Community College where she worked for the last eleven years. One of her favorite things about her job at the college was working with the Native American Student Association where she volunteered with the Pow Wows. She does traditional Native American dance, enjoys crocheting, motorcycles, reading and loves to be outside, whether it is on the beach or in the mountains. Both her heritage and love for nature defines who she is. You may recognize her from the one of the Pow Wows where she has performed. She was born in Eugene and has lived there most of her life. She is excited to be on the Oregon coast with her daughter, Sequora.

She is eager to become more involved with the Tribal Court Outreach and encourage awareness among the community.

Please stop by Tribal Court and introduce yourself to her in her new position for the Tribes.

Tina's contact information:
1245 Fulton Ave
Coos Bay, Oregon
541-888-1316
tdresser@ctclusi.org



PEACEGIVING

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

All Peacegiving or Peacegiving Court issues are confidential.



Photo by: Jesse Davis

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

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

Elders Corner

Don't lose sleep over Aging!!
Many elders toss and turn all night and wake up in the morning feeling exhausted. That is because our sleep architecture changes as we age. Sleep architecture is the way the brain's sleep cycle is structured, and it includes both rapid eye movement (REM) sleep and non REM sleep. The deepest levels of sleep are considered the most beneficial, but as we age, our brain spends less time in deep stage sleep.



The ABCs of QUALITY ZZZs:

Optimize your restorative sleep with the following tips:

- Avoid Caffeine after lunch
- Avoid alcohol after dinner
- Exercise at least 30 minutes every morning or early afternoon
- Keep your bedroom cool, dark and quiet
- Avoid any kind of screen--TV, tablet, smartphone, etc., ONE hour before bedtime
- Consider adjusting your sleep schedule. Your circadian rhythm can also change with age, making you feel sleepy earlier or later than it used to.



If you have sleep disturbances such as snoring or getting sleepy during the day, you might have *obstructive sleep apnea*.

If you have strong urges to move your legs when resting or have jerking movements in your legs while resting or asleep, you might have *restless leg syndrome*.

If you sleep walk or sleep talk or vividly recall dreams that wake you up, you might have *REM behavior disorder*.

Sleep disorders can increase your risk of more serious conditions, including heart disease and stroke. Check your symptoms with your Doctor or Medical care provider.



Pulsebeat, Your Health Your Life, Mackenzie Willamette Medical Center, Winter Health Guide clip art: clipartpanda.com (smiley exercise); clipartbest.com (coffee cup); culinary schools.org (martini); canstockphoto.com (tv screen); pixgood.com (zzz); supervision-clipart-sleep.gif (snoring sleeper)

Submitted by Brenda Brainard

Save the Date
Elders Honor Day
March 20 & 21, 2015
Three Rivers Casino & Hotel

Welcome New Tribal Elder
Frances Schreiber

Elders Committee Meetings
Tribal Hall at Noon
January 8, 2015
February 12, 2015
March 12, 2015
For Conference Call information
please contact
Iliana Montiel at (541) 888-7526



PLEASE JOIN US FOR GOOD FOOD AND FUN WITH OTHER
TRIBAL FAMILIES.
ALL TRIBAL FAMILIES WELCOME TO ATTEND.
NO TRANSPORTATION IS PROVIDED.

TRIBAL FAMILY GATHERING
TUESDAY, JANUARY 20, 2015
AT
THE COMMUNITY CENTER IN COOS BAY
6:00 PM—8:00 PM



PLEASE CONTACT SCOTT INGERSOLL TO R.S.V.P.
541-888-7533 OR TOLL FREE 1-888-280-0726
BY JANUARY 15TH

SPEAKER:
STACEY HOWARD WITH THE DREAM SAVER'S PROGRAM.

SPONSORED BY: HEALTH & HUMAN SERVICES DIVISION — DIABETES GRANT



THE VOICE OF CLUSI

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

-Morgan Gaines

Contact Morgan Gaines by e-mail at
mgaines@ctclusi.org or phone (541) 888-7536

Tribal Youth Visit with Santa at Annual Holiday Gathering...



2014



Winter Fire Safety Tips

Submitted By the Housing Department

Oregon experiences more fires during the winter months than any other time. Taking simple precautions can prevent most fires. Follow the safety tips below to help ensure your family’s safety.

Portable Heaters

Give heaters space. Put at least 36 inches of empty space between the heater and everything else, like furniture, curtains, papers and people. Vacuum and clean the dust and lint from all heaters. Check the cord on portable electric heaters, if the cord gets hot, frayed or cracked have the heater serviced. Never use extension cords with portable electric heaters. Turn off portable heaters when family members leave the house or are sleeping. An adult should always be present when a space heater is used around children. Make sure your portable electric heater is UL approved and has a tip-over shut off function.

Woodstove and Fireplace Safety

Have a certified chimney sweep clean and inspect your chimney and fireplace for creosote build-up, cracks, crumbling bricks and obstructions. To prevent flue fires, burn dry, well-seasoned wood. Burn small, hot fires and don’t burn trash. Always use a fireplace screen made of sturdy metal or heat-tempered glass to prevent sparks from escaping.

Alternative Heat Sources

Kerosene heaters are not approved for use in homes in Oregon. Kerosene heaters can emit poisonous fumes. Barbecues, charcoal grills and camp stoves are for outdoor use only. These items can produce carbon monoxide which is odorless and colorless and a build-up of carbon monoxide can be deadly.

Propane

If using a propane fueled heater, make sure it is designed for indoor use, propane is highly flammable. Read all of the manufacturer’s instructions and make sure it is properly vented. Do not use propane barbecues (or any other type of barbecue) indoors. If you smell gas, do not operate any switches, appliances or thermostats (a spark from one of these could ignite the gas). Get everyone outside and away from the building. Shut off the gas supply and call your propane supplier from a neighbor’s phone.

Smoke Alarms and Home Escape Plans

Working smoke alarms alert you to a fire and more than double your chances of surviving a fire. In a fire, minutes could mean the difference between life and death. Test and vacuum your smoke alarms each month to make sure they are working. Smoke alarms ten years old or older need to be replaced with new units. When the smoke alarm sounds, get out fast! Plan your escape. Know two ways out of every room. Once out, stay out! Practice your escape plan with your whole family at least twice a year.

Additional Fire Safety information can be viewed on the Oregon Office of State Fire Marshal or the National Fire Protection Association websites.

Remember; **FIRE SAFETY STARTS WITH YOU**

*Come Learn about the Dream Savers Program
at the upcoming Tribal Family Gathering
Tuesday, January 20, 2015
6:00 p.m. - 8:00 p.m.
Tribal Community Center
338 Wallace St,
Coos Bay, Oregon
RSVP to Scott Ingersoll
541-888-7533 or Toll Free 1-888-280-0726
See you there!*

ARE YOU TAKING ADVANTAGE OF AVAILABLE EDUCATION TAX CREDITS?

Submitted by Katherine Q Jones, Chief Financial Officer

The data is clear: college graduates have lower unemployment rates and earn higher wages than people without a college education. But the data is also clear about the cost of a college education: college is expensive. The Tribe helps with education expenses by providing an annual education stipend of up to \$6825 for students in 2- and 4-year colleges, but that doesn’t come close to covering the cost of higher education. The IRS has several education tax credits to give parents a helping hand, but navigating those tax credits is tedious at best and confusing at worst. Here are two education tax credits worth investigating.

The American Opportunity Credit provides a maximum credit of \$2,500 for qualified education expenses per student for the first four years of college. If you meet the income thresholds and are paying for yourself, your spouse, and/or one or more children to attend college, you can receive a credit of 100% of the first \$2,000 of qualified education expenses and 25% of the next \$2,000 of qualified education expenses for each person attending college. Let’s say that after the education stipend that the Tribe provides, you still had to pay \$6,000 of tuition, books, and supplies for your child to attend college in 2014. You could possibly claim the following amounts on your 2014 tax return:

First \$2,000 @ 100% = \$2,000
Next \$2,000 @ 25% = \$ 500

Based on your particular tax situation, you could receive as much as 40% of that amount as a refund on your tax return.

There are a number of limitations on applying for this credit, such as the student must be pursuing an undergraduate degree or other recognized education credential and must be enrolled at least half time. Also, your modified adjusted gross income must be less than \$90,000 if you are filing single, head of household or qualifying widow(er) or less than \$180,000 if you are married filing jointly.

The Lifetime Learning Credit is another education tax credit available to taxpayers who pay qualified education expenses for themselves or their dependents. This credit is available whether the student is pursuing an undergraduate degree, a graduate degree, technical school or trade school. It can also be used for courses to acquire or improve job skills! This credit can be claimed even if you or your child is only taking one class. This tax credit is limited to the amount of tax you owe, so you won’t receive a refund, but you can use it to lower the amount of tax you owe!

The limitations on the Lifetime Learning Credit include income thresholds of \$64,000 if you file as single, head of household, or qualifying widow(er) and \$128,000 if you are married filing jointly. The credit is limited to \$2,000 per tax return, no matter how many students in your family are attending college.

You can choose which credit to use, but you can only use one per child. If you have 2 kids in college, you could choose to apply the American Opportunity Credit to both or the American Opportunity Credit to one kid and the Lifetime Learning Credit to the other.

This is just a quick overview of the education tax credits. If you think you might qualify for one or both of them, see your tax preparer. College is expensive, and we can use all the help we can get!

This information is not intended to be tax advice. Please see a professional tax preparer familiar with your tax situation to determine if this information is applicable to you.

Staying Focused During the Job Search

Don't Knock the Idea of a Routine--or a Bit of Exercise

Submitted by Mike Smith, Training and Development Specialist, Department of Human Resources

Whether you're a first-time job seeker or someone who's been looking and looking, everyone can hit a wall of frustration, loss of focus, and even resignation during a prolonged job search.

If you've suffered a few setbacks (you were one of two final candidates, or at the end of the process they decided not to fill the position due to budget, etc.) it can be hard to keep at it with all of the energy, enthusiasm, and zest necessary to come across as a great candidate. If you're living this reality, I'd like to offer some ways to help you recharge, stay focused, and get that job.

Letting go of rejection

First of all, please stop beating yourself up. Sometimes there are obvious reasons why we don't get a job (wrong skill set, experience, culture fit), and other times we'll just never know why. Yes, it's frustrating. But when we continually focus on what didn't work and hit replay over and over, it literally sucks emotional and creative energy from us that we could be using to think about the next opportunity.

Did you make a misstep during the interview or feel like you didn't successfully convey the things you feel make you stand out? By all means, learn from the experience and keep practicing. But remember, focus on practicing for the next opportunity, not dwelling on the past one.

Routines and rituals

Set a time-frame for job search efforts each day. If possible, try sticking to the same time-frame every day. For example, you are actively working on your job search from 9:00 to 12:00 each day. When you have a start and a finish, you'd be amazed how efficient you are.

The ideal work/rest ratio is 90 to 120 minutes to power away on something and then take a short break. Why? When we restore ourselves with either a drink of water, healthy snack, a quick walk, or some deep breathing, we recharge and are able to improve our focus and clarity for our next time chunk.


I'm a big fan of time-chunks, because when we spend entire days on the same task, our productivity slowly diminishes over time, making us less efficient. We also become tired, unfocused and are often listless by the end of the day. Which brings me to...

The power of exercise, networking, and socializing

A job search can seem like a marathon, so let's take that analogy and extend it to the physical realm. If you're not taking care of yourself, you will burn out on all levels. Not just physically, but mentally as well. Exercise is great for getting and staying fit, but the effects of a workout also supercharge our brains and make us feel more energetic and happier. Endorphins are a good thing. If gyms are not high on your priority list, try other forms of movement like martial arts, yoga, or dance. Or just take a walk.

Often, we can isolate ourselves when looking for a job. We feel like we need to be searching constantly, which can sometimes mean being surgically attached to our computers and smart phones. Remember how each day you set a time frame on your job search efforts? That means that you have time to get out, network, and socialize. Maybe this means having a cup of coffee with someone in a field you're interested in, taking a class, or volunteering. Yes, you could potentially meet someone who might be able to help with your job efforts, but on a deeper level you will be recharging yourself, which ultimately means more energy for your mind, body--and job search.

Content reprinted from "Staying Focused During the Job Search" by Shelley Huber, posted on www.jobs.aol.com, 12/8/2014




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