

The Voice of CLUSI



May 2016

Issue 5

Volume 17

www.ctclusi.org

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

Tribal Member Volunteers to Aid Refugee Efforts in Greece



Kris Krossman carries life jackets from the beach in Lesvos, Greece
Contributed photo by the CK Team Lesvos Refugee

Contributed by Morgan Gaines, Communications Specialist

Miluk Coos Tribal member Kris Krossman recently reached out to share his experience as a volunteer in Greece during the migration of refugees coming from Syria, Afghanistan, Iraq, Iran, Morocco, Pakistan and many more nations.

"I would really like to reach out to you and our Tribe to share my story. I am currently working for a non-governmental organization (NGO) in Lesvos, Greece. We are the only land support, search and rescue team in our zone and deal with up to hundreds of refugees a day, from all over the world. I am a trained EMT and am the only ground based medic in my zone of operations. An average day for me includes assisting 40 to 100 refugees from various countries, often times I have to triage and treat people in a very low resource environment."

Story continues of page 5 - See Kris Krossman

Tribal Council Visits Capitol to Move Tribal Land Bill HR 2791 Forward

Contributed by Council member Doc Slyter

Tribal Council consisting of Chief Warren Brainard, Chairman Mark Ingersoll, Council Member Doc Slyter, Council Member Beaver Bowen, Administrator Alexis Barry and Pete Shepherd flew to Washington, D.C. April 3rd – 8th.

The purpose of this trip was to move forward the Tribal Land Bill HR 2791 - Coos, Lower Umpqua, and Siuslaw Ancestral Lands.

While in D.C. we attended previously scheduled meetings with the Advisory Council on Historic Preservation, various Senators and staff from the State of Oregon, Bureau of Indian Affairs, National Congress of American Indians, BLM Directors, and Office of Self Governance.

Since our Tribes' existence 10,000 years ago, we have demonstrated courage, patience, endurance and alertness. The status of our Tribe today, is due to the hard work of our current Tribal Members, as well as our Ancestors.

Remember Chief Dalloose Jackson's Power Dream song says it all:

Hli'in hel hantl tuuwitinye
(We're Not Going To Fall Down)



Pictured left to right: Alexis Barry, Chief Warren Brainard, Beaver Bowen, and Chairman Mark Ingersoll. Photograph courtesy of Council member Doc Slyter

Save the Date

Cedar Bark Gathering
May 14, 2016

Student Recognition Dinner
June 18, 2016

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



During a ceremony held on February 28, 2016 the Tribe was awarded a certificate of appreciation in recognition of our contributions in supporting Vets Helping Vets. Visit www.vetshelpingbetshq.com to learn more about Vets Helping Vets

In observance of Memorial Day, Gregory Point will be open to Tribal members on Monday, May 30th. The gate will be unlocked from Dawn to Dusk, please swing the gate closed behind you during your visit to prevent the general public from entering.

Post: 5/1/16 thru 5/16/16

****** FIFTEEN (15) DAY NOTICE ****
NOTICE OF VACANCY
CTCLUSI 5-2-7(a)(3)**

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians' Gaming Commission is established pursuant to CLUSITC 5-2-7. The purpose of the Gaming Commission is to regulate Class II and Class III gaming on the Confederated Tribes' Indian Land. The Commission consists of three (3) members appointed by a majority vote of the Tribal Council.

A vacancy will occur on May 30, 2016, when a current commission member's term expires. Vacancies shall be filled within sixty (60) days by the Commission with the approval of Tribal Council. The vacant position is for a person with accounting experience. CTCLUSI 5-2-7(a)(3) The term of this position is three years.

Pursuant to CLUSITC 5-2-7(c), when a vacancy occurs, notice of such vacancy shall be published and posted for at least fifteen (15) days. The notice shall identify the qualifications, if any, specific to the vacancy and request interested parties to file a statement with the Commission reflecting their qualifications and interest in serving as a Commission member.

Qualifications for the Posted Vacancy:

Minimum qualifications for membership on the Gaming Commission are as follows:

- Must be at least twenty-one (21) years of age;
- May not be employed in or own any interest in or gamble in a gaming operation authorized by the Tribes; and
- May not participate in the management of the Three Rivers Casino;
- May not hold an elected or management position with the Confederated Tribes;

Specific qualifications for the vacant Commissioner position are as follows:

- Must be a person with at least ten (10) years of accounting experience, or a person with a bachelor's degree in accounting or related field and at least five (5) years of accounting experience.

Each applicant for Commission membership shall be subject to a background investigation (CTCLUSI 5-2-12) and drug testing (CTCLUSI 5-2-15). The duties of the Commission are enumerated at CTCLUSI 5-2-7(i)(1)-(13).

Interested parties may file a statement of interest with the Commission reflecting their qualifications and interest in serving as a Commission member to Bradley Kneaper, Chief Law Enforcement Officer for the Gaming Commission, at the following address:

5647 Hwy 126 Suite 100
Florence, OR 97439

You may also fax your statement to 541-997-7293, or email at bkneaper@ctclusi-gc.com.

6. Upon termination of the notice period, the Commission shall develop selection procedures which are designed to promote appointment of the most qualified person.

This notice of vacancy shall be posted at all Tribal offices.

CTCLUSI Resolutions

RESOLUTION NO.: 16-017

Date of Passage: March 30, 2016

Subject (title): Approval for Submission of National Park Service FY 2016 Historic Preservation Fund Grant Application

Explanation: Tribal Council approved the submission of the National Park Service FY 2016 Historic Preservation Fund Grant Application for a project entitled: "Ntlaxam (I am speaking): Documenting Oral Fishing History and Culture."

RESOLUTION NO.: 16-018

Date of Passage: March 30, 2016

Subject (title): Approval of Service Order Under the Data Networking Service Agreement

Explanation: Tribal Council approved the Service Order with Charter Fiberlink OR-CCVII, LLC, to provide data networking services to the Tribes' government offices, the two casinos and the Windward Inn.

RESOLUTION NO.: 16-019

Date of Passage: March 30, 2016

Subject (title): Approval of Service Order Under the Business Internet, Video and Music Service Agreement

Explanation: Tribal Council approved the Service Order with Falcon Cable Systems Company II, L.P., to provide business internet, video and music services to the Tribes' government offices.

Indian-Themed Mascots in the Local Community

Contributed by Morgan Gaines, Communications Specialist

The Oregon State Board of Education adopted a rule in 2013 banning all schools from using any Indian-themed mascot effective July 1, 2017. Our Tribe supported that rule in hopes of eliminating the bias, prejudice, misinformation and undermining of education experience that often result from such mascots. This support was based not only on the view and beliefs of Tribal members but on recommendations by groups like the United States Commission on Civil Rights, the Society of Native American Psychologists, and the American Psychological Association.

The Oregon Legislature subsequently compelled the Board of Education to create a limited exception to the Board's complete ban on Indian-themed mascots. The exception adopted by the Board in January of 2016 allows a school district to enter into an agreement with the Native American Tribe in its area to allow continued use of the mascot, but it applies only to a mascot that "represents, is associated with or is significant to the Tribe." The exception does not apply to generic mascots, such as "Braves", when the mascot does not have a close connection to the local Tribe.

Our Tribe is the Tribe whose connection to the Reedsport, Oregon School District, is relevant under this rule. The "Braves" mascot does not represent and is not associated with or significant to the Tribe so therefore, under the current rule, does not allow the school district to enter into agreement with the Tribe to continue use of the mascot.

Tribal Chairman Mark Ingersoll said "We appreciate the Reedsport school official's willingness to meet with the Tribal Council...to discuss this issue. We strongly support the school's efforts to provide the best possible education for all kids, and we will continue to work with them to achieve that goal."

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

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.

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.

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.

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.

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



Tribal Council

- Warren Brainard, Chief**
Tribal Chief
541-297-1655 (cell)
wbrainard@ctclusi.org
- Doc Slyter**
Position #1 Council
541-808-7625 (cell)
dslyter@ctclusi.org
- Beaver Bowen**
Position #2 Council
541-290-4531 (cell)
bbowen@ctclusi.org
- Mark Ingersoll, Chairman**
Position #3 Council
541-290-4610 (cell)
mingersoll@ctclusi.org

May 5th - Elders Luncheon, Memo’s Mexican Restaurant, Springfield 11:30 a.m.

May 6th – CTCLUSI Student Internships application deadline

May 7th – Ladies Tea Party, Tribal Hall, 11:00 a.m.

May 7th – Tall Ships Reconciliation Ceremony, 9:00 a.m. at Coos Bay Boardwalk

May 9th - TRC Summer Employment Applications Due

May 11th – 13th – Elders Halibut Fishing Trip, Newport

May 14th – Cedar Bark Gathering, Florence Outreach Office 10:00 a.m.

May 15th – Council Meeting, Community Center, Coos Bay, 10:00 a.m.

May 17th – Tribal Family Gathering, TRCR Florence

May 21st – South Slough Estuary Botanical Walk 9:00 a.m.

May 30th – Tribal Offices will be closed in Observance of Memorial Day

June 2nd – Elders Luncheon, TRCR, Florence 11:30 a.m.

June 3rd – 5th – Healing of the Canoe Program workshop


June 17th – 19th – Healing of the Canoe Program workshop

June 18th – Student Recognition Dinner, Community Center 4:00 p.m.

June 20th – Summer Solstice

June 20th – July 1st – Summer School, ages 5 -18 or grades K - 12

July 8th – 10th – Healing of the Canoe Program workshop



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

Purchased/Referred Care (FKA Contract Health Services)
Sharon Arnold - PRC Specialist
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-800-227-0392
Fax 541-888-5388
sarnold@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. Sarah Rodgers
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
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
tribalcct@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
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

- Tara Bowen**
Position #4 Council
541-808-7394
tbowen@ctclusi.org
- Teresa Spangler, Vice Chair**
Position #5 Council
541-808-4828 (cell)
tspangler@ctclusi.org
- Arron McNutt**
Position #6 Council
541-297-1183 (cell)
amcnutt@ctclusi.org
- Council Meeting**
May 15, 2016
10:00 a.m.
Community Center
338 Wallace Street, Coos Bay,
Oregon 97420

- Agenda:
1. Call to Order
 2. Invocation
 3. Approval of Minutes as needed
 4. Tribal Council Reports
 5. Tribal Administrator Report
 6. Chief Financial Officer Report
 7. Old Business
 8. New Business
 9. Other
 10. Good of the Tribes
 11. Executive Session as needed
- Council meeting video available to view at www.ctclusi.org

Exercise and Diabetes

FIT for LIFE UPDATE

Contributed by Traci Stefanek, CHR/Diabetes Coordinator

Exercise can be difficult for some people to start or get into. Don't get discouraged if you are having trouble getting started. Here are some helpful tips to get motivated, stay motivated, become healthy and to help stop Diabetes.

Write it Down: Make a list of fun activities to do, you have lots of options. Try something new: get a gym membership, do yoga, go on a nearby hiking trail, go swimming, a different sport, try dancing, anything that will get your heart rate up. Even the at home 30-day challenges and DVD videos can be fun.

Talk to Your Doctor: You just want to make sure everything is okay, especially if you have diabetes. The doctor can tell you if you are ready for physical activity and if you need changes with any Insulin intake. Ask your doctor if you should take your blood sugar before physical activity and definitely after; that way you will know if you should have a snack handy. Adjust as needed.

Snacks: Always carry a snack and water or healthy sports drink with you. It is better to be safe than sorry, especially when it comes to having Diabetes.

Baby Steps: Take it easy at first. If you are not a very active person start with 10 minutes a day of any physical activity. Gradually work up to 30 to 60 minutes a day. It can improve your blood sugar control. Lift weights at least twice a week, do some cardio, do some resistance training. Just make sure you ease into it. Patience and Consistency are key.

Healthy Habits: Make healthy eating, exercising, drinking your water and taking your medications a daily routine — it makes for healthy habits and helps keep your blood sugar stay consistent.

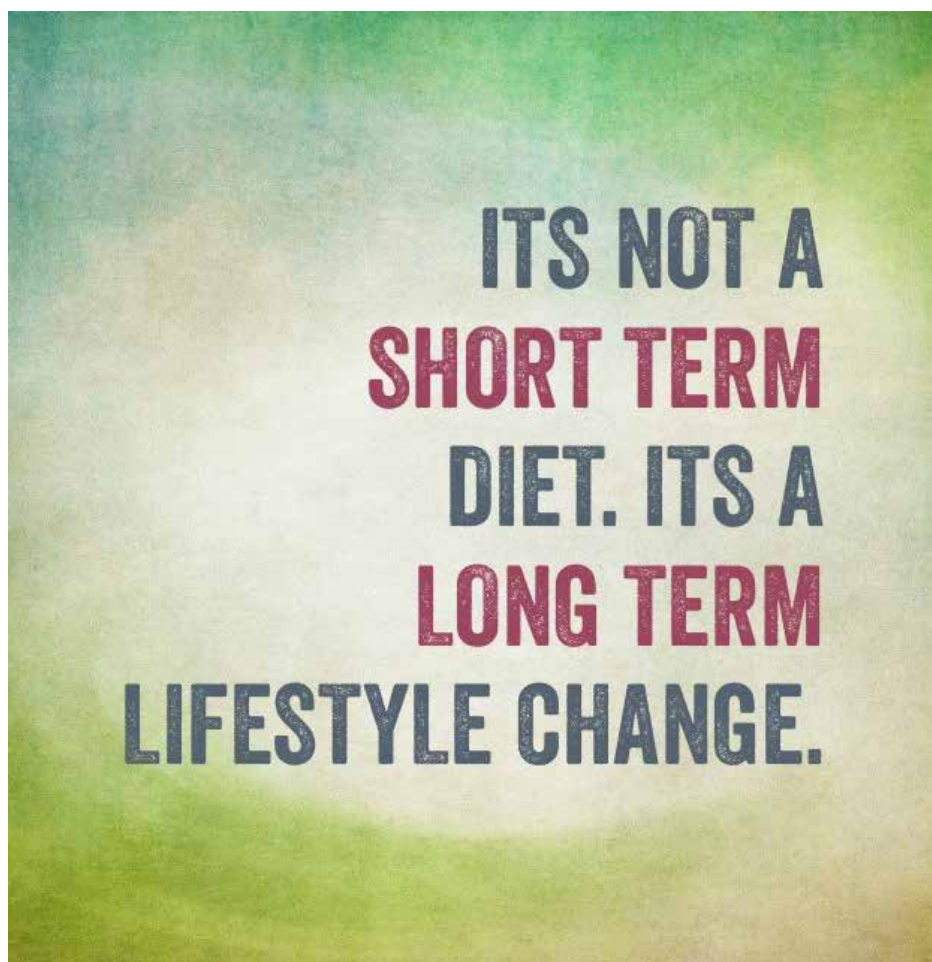
Make it Known: Tell your friends and family that you're getting ready to make some life changes, find someone that will do it with you! Make sure that they know you have Diabetes and what to do if your blood sugar drops or gets too high! It is also way more fun to have a partner in crime!

Take Care of Your Feet! Make sure that you are wearing a comfortable athletic shoe that fits your feet, and that it is the right type of shoe for the activity that you are doing. Check and clean your feet daily — it is very important to your health. If you find anything out of the ordinary, call your doctor immediately!

Make sure that you are getting plenty of water — before, during and after any physical activity!

If you are feeling sore from the physical activity, don't worry, that is normal and although it depends on what you are doing, with daily exercise it will eventually not feel sore. If you feel any sudden pain that does not feel normal, stop what you are doing immediately, you may be doing too much too soon! If the pain persists call your doctor.

These daily changes are a great start. Make smart decisions, take it slow and be consistent and you will see positive changes!



Our first group in the Fit for Life Challenge has started and the participants are really a great motivated group. They are doing such a great job at meeting goals and milestones. It's all about being positive and being there for them. Losing weight is not as easy as people might think. It's about knowing your limits, your willpower, making the time for yourself, and knowing that YOU can make the changes for a healthy lifestyle. I can't wait to see how this group feels at the end of this challenge. I am so very excited for all of them!

Stay tuned for more in the upcoming newsletters. I will be starting another Fit for Life Challenge in July so look for that in the June Newsletter.



Egg Muffins Recipe

A great way to have a Snack or a fast Breakfast! You could even add 1 cup of ground sausage to the mix. I hope you enjoy! Makes 12 muffins. Serving size is 2 muffins.

Ingredients:

3 Cups – Your Choice of Veggie (Peppers, Spinach, Kale, Mushrooms, Onions)
 12 Eggs
 ½ tsp – Sea Salt
 ¼ tsp – Garlic Powder
 ¼ tsp – Pepper
 ½ Cup – Feta or Mozzarella Cheese

Directions:

Mix all ingredients together.
 You can use olive oil to coat the muffin pan or use muffin liners. Preheat oven to 350 degrees.
 Spoon the mixture so that it is only ½ full into the muffin pan and bake for 25 minutes.

Kris Krossman...story continued from cover page

While Kris could have donated monetary relief to the organization he decided to go a step further and traveled to Lesvos, Greece in late February. He has been there all this time, self-funded, and had planned to stay through April. After being there and seeing the need Kris has decided to extend his stay through June or July to provide as much extra needed support as possible. "I could certainly just donate money to a relief organization, but they desperately need volunteers on the ground to help distribute supplies and assist the relief workers. While the people of Lesvos have been amazingly generous in their volunteer efforts, they are short-handed (and frankly overwhelmed) and need help...As someone not tied to a specific job or schedule, I have the luxury of time to give. I have watched for months as the largest refugee crisis in Europe since WW2 has overwhelmed the Greek Islands beyond the capacity of the local Greek communities to handle. Yet they continue to assist the men, women, and children desperate enough to risk their lives crossing the sea from Turkey. I can no longer sit back and do nothing, so I am going to help, as I feel I am being called to do, and trust the funds necessary to make an impact will be possible."

Kris is the only medically trained EMT volunteer in his zone. He and the Coordination Kleio (CK) Team Lesvos help the people flooding into Greece on the last leg of their journey, which is possibly the most difficult and dangerous. Their travel can often exacerbate any pre-existing conditions they have. Many times people come to shore overloaded in these rafts and dinghies, leading to the smallest people, often children, getting pushed to the bottom of these boats. Kris treats lots of broken bones as well due to these and other conditions that people are traveling in. Another huge issue and concern are the overabundance of poor quality life jackets being sold to people. Counterfeit life jackets are being sold in Turkey, and Kris's team actively travel to these shops, through donations, and gives them real life jackets to sell instead, because most drownings are avoidable if people have the proper lifesaving equipment.

Through all the hardship, Kris has still managed to see the good that can come of such harrowing times. The local community gives more than most, "all the people come together and provide donations...This is a human issue, we're all the same people. Not a lot of people think about it or recognize that, they think we're divided by lines and barriers and social boundaries. Even I've been narrow minded in that sense at times but being here really changes how I see these issues."

Through our conversation Kris reminded me how our



Kris Krossman (pictured second in from the right) with some of his fellow CK Team Lesvos Refugees members and their new ambulance to help aid in medical transports
Contributed photo by the CK Team Lesvos Refugees

preconceived notions about the issues these refugees are facing can be misleading. It's easy to make assumptions about a group of people or the issues they face but Kris is seeing first hand that these issues are human issues that we all can be affected by. "A lot of the people that we meet are minority groups where they come from, they are the people that are persecuted on the regular. Iraq, Pakistan, Syria, and Afghanistan people are traditionally granted asylum regularly but we've been seeing people from all over Africa, the Middle East, and even from the Dominican Republic traveling all this way." It's important not to lose sight of the bigger picture. These are people just like us that need help, and if our roles were reversed we would certainly hope that they would be the ones helping us.

I asked Kris what he and his team are doing to provide self-care, on an emotional level, to process some of the things that they are seeing and dealing with every day. He shared that simply talking with one another and with the people coming in everyday has been of large benefit to everyone. The CK Team Lesvos Refugee that Kris works with often coordinates with other teams such as Sea Watch, another volunteer organization that they conduct sea rescues with. The comradery with fellow volunteers and the refugees as well helps to keep the team grounded. "Communication has been a huge part of our interaction with not only the refugees but with each other. My team and I have become best friends. We all have absolutely become emotional at some time. So we communicate about it and try not to repress it. We have meetings where we debrief every other day...talking about my experience helps me get things off my chest, which is why I wanted to reach out to you and the Tribe."

Currently Kris is self-funded, which means he is paying out of his own pocket to be in Greece to volunteer his time in aiding these efforts. He has recently been offered a position with a group called Borderline Europe who will provide him with shelter, and he is looking for opportunities to work with Doctors without Borders should the chance arise. If you would like to donate to help fund Kris's volunteer expenses for basic accommodations on the island, food, and local bus transport, you can donate to his Go Fund Me account by visiting <https://www.gofundme.com/Refugee-Aid-Volunt>. At the end of his time volunteering, any and all remaining funds will be donated directly to the relief organizations on the ground in Lesvos, Greece.

If you want to follow Kris's team and read current stories on their experience you can follow them on Facebook by searching for the Non-Profit Organization, CK Team Lesvos Refugees.

How Can We Help?

Support Kris by contributing to his Go Fund Me account by visiting <https://www.gofundme.com/Refugee-Aid-Volunt>

Support the CK Team Lesvos Refugees by contributing to their Go Fund Me account by visiting <https://www.gofundme.com/lesvosrefugeehelp>

Follow the CK Team Lesvos Refugees by liking their page on Facebook or visiting <http://www.refugeeslesvos.com/>

Two is Too Late: Have Your Child See the Dentist or Dental Hygienist Sooner

Contributed by Shannon M. Schritter, BS, RDH

As much as we, the dental profession, try to eradicate decay, it's still present in our community. A combination of a high carbohydrate diet, sugary drinks including juice, acidic sodas (most of them), street drug use, prescription drugs and taking multiple prescription drugs (most cause dry mouth), health disorders, and lack of home care all contribute to the fact that cavities will always be with us. Despite the daily challenges, there are some things you can do to help prevent getting a cavity, and you can start by helping your own children get to the dentist when he or she has their first tooth.

As a parent, you anxiously await the day your little one gets his or her first tooth. But why do so many people do nothing about it once the tooth comes in? Even before the tooth appears you should be wiping your child's gums off with a wash cloth after every feeding, and once that first tooth appears it needs to be brushed twice a day. Your child's first dental visit needs to occur sometime between six months of age and one year old. The first six months of tooth eruption are critical. Even though we all know a child this small will not open and close on command, this first appointment is critical in order for the parent to learn and understand how to best take care of the erupting teeth, what to expect as far as erupting patterns, what to look for in case you think there is decay starting, best practices as far as pacifiers, sippy cups, and snacks, putting the child to sleep, and any other questions you might have. We are usually able to place fluoride varnish as well at this first appointment, which helps prevent decay (very important since little ones are typically not too cooperative with having their teeth brushed, and let's be honest, how many of us really brush our kids' teeth twice a day?) If you wait until your child is two years old for their first visit, he or she already has all 20 baby teeth present, and we frequently see damage (cavities) due to improper bottle or sippy cup use or other causes because the primary caregiver did not

know how to best keep this from happening. Too often I hear "I didn't know that" when a quick 20-minute appointment when the child was 6 months old could have prevented decay from happening.

Another important reason for having your child visit the dentist or dental hygienist at such a young age is to get them comfortable with the dental team and all the strange sounds and tools we use to keep teeth healthy. The more "happy visits" they have with us

at a young age, the more apt they are to grow up with strong teeth, good habits, and a positive attitude about dental care. The days are long gone that visits to the dentist were "scary." We no longer use wheels and pulleys to operate our equipment. We don't recommend a shot of whiskey before an extraction. You are never tied to the chair, and you don't only have to come in when something hurts. Preventative dentistry has changed all of this. Regular (six month) visits, along with good home care habits and fluoride for prevention, can mean that your child will never have a cavity. I know I want that for my child, and you can make that happen for yours. Schedule your kids (and yourself) today for a routine checkup at the CTCLUSI Dental Clinic. We love to see you smile! (541) 888-6433

"The first six months of tooth eruption are critical. Even though we all know a child this small will not open and close on command, this first appointment is critical in order for the parent to learn and understand how to best take care of the erupting teeth, what to expect as far as erupting patterns, what to look for in case you think there is decay starting, best practices as far as pacifiers, sippy cups, and snacks, putting the child to sleep, and any other questions you might have."

Call the clinic
today to make
your dental
appointment!
541-888-6433



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)



Dental Clinic Hours

Clinic Hours:
Open 8:00 a.m.
Close 5:00 p.m.

The clinic will be closed on
Fridays during Odd Months
(January, March, May, July,
September, November)

The clinic will be closed on
Mondays during Even Months
(February, April, June,
August, October, December)

Call the Dental Clinic today
to schedule your appointment
(541) 888-6433

Purchased/Referred Care (PRC) Services Updates

Contributed by Vicki Faciane, Health & Human Services Director

Annual renewal applications for PRC services were due in December 2015 for Calendar Year 2016. As of this date we still haven't received applications from some Tribal members. We'll be sending letters in April to those from whom we haven't received a renewal application. If you get a letter please respond promptly to ensure you can continue to get Purchase Orders from PRC. If you don't respond by the date requested, your PRC benefits will be suspended and you'll only be eligible for direct services at an IHS or Tribal 638 clinic or hospital.

On January 31, 2016, the Grand Ronde closed their mail-order pharmacy. If you haven't transferred your prescriptions to a local pharmacy yet, you must do so immediately. If you have any issues with your pharmacy benefits, please call PRC at (541) 888-4873. Please remember the following:

- PRC can't reimburse Tribal members for out-of-pocket expenses; if a pharmacy is asking for a co-pay call PRC.
- You must use alternate resources first before using PRC, including but not limited to private insurance, Oregon Health Plan, Children's Health Insurance Plan, Medicare and Veteran's benefits.
- PRC doesn't pay for OTC (over the counter) medications or vitamins. You can obtain certain OTCs (such as cold medicines, multi-vitamins, and fever suppression medicines) at any of our three office locations in Coos Bay, Florence, or Springfield. OTC medications are only available for PRC-eligible Tribal members.

We're looking for a replacement program for the Grand Ronde mail-order pharmacy but the process will take several months to complete and implement. I will provide updates on this in future newsletters.

Other Updates:

If you are receiving bills from your medical provider please call PRC to check that the provider has sent the bill to us. Some Tribal members have been receiving bills from providers who have not been billing us. If we do not get the bill and the Explanation of

Benefits, we cannot pay the provider. Once it goes to collections, PRC cannot pay the bill and you will be responsible for it.

If you're a Tribal member living in the five counties and are on Medicare, you're eligible for reimbursement for your Medicare Part B and Part D premiums. You must provide PRC with a copy of your Medicare card(s) and a copy of your Part B and/or Part D Benefits Statement. To continue to receive reimbursement you must send PRC your Benefits Statement each year. Also remember, if you will be turning 65 in 2016 you need to apply for Medicare 90 days before your birthday. If you need help with Medicare call the staff in PRC.

Finally, if you're eligible for OHP, Medicare, or other alternate resources, you're required to use that resource before you can use PRC. This is an IHS regulation and CTCLUSI PRC is required to enforce this. If your income falls within the guidelines for the alternate resource, you must submit an application and provide either the acceptance or denial letter to PRC.

If you're accepted for the Oregon Health Plan (OHP), you're required to use OHP providers unless you use an IHS or Tribal clinic. This includes dental care and urgent care centers. As an American Indian, you can be on an open card or you can join a coordinated care organization (CCO) for your care. There are pros and cons to each option. Even if you choose to join a CCO, though, you can still receive services at an IHS/Tribal clinic (such as the Coquille Health Center and the CTCLUSI Dental Clinic), usually at no cost to you. If you're on OHP, when you call PRC for a Purchase Order (PO) the staff will ask if the provider is an OHP provider. If not, you'll be directed to select an OHP provider. PRC won't issue POs for non-OHP providers unless there isn't an OHP provider within 50 miles of your location.

Once you become eligible for OHP, you must continue to maintain it unless you become ineligible. If you refuse to apply for OHP when eligible, or if you allow your OHP to expire because you do not reapply when required, you will not be eligible for PRC benefits.

If you have any questions about your PRC benefits please call the PRC staff at (541) 888-4873. In addition to issuing POs and answering your questions, the PRC staff are trained to assist you with applications for OHP and Medicare and with navigation on the Marketplace to purchase insurance from the healthcare exchange.

Tribe Welcomes New Domestic Violence Program Coordinator/Caseworker

Contributed by Vicki Faciane, Health and Human Services Director

The Health and Human Services Department has hired a new Domestic Violence Program Coordinator/Caseworker. Rebecca Ambrose came to us in mid-March from Curry Community Health in Gold Beach, OR, where she was working as an Addictions Prevention Coordinator and Qualified Mental Health Associate (QMHA). Rebecca has over ten years' experience working in Human Services, Family Advocacy and Domestic Violence programs in western and southwestern Oregon. She is a Western Oregon University graduate with a Bachelor of Arts degree in Community Crime Prevention and minor degree in Legal Studies. Tribal members are welcome to contact Rebecca by calling her office phone at (541) 888-1309 or cell phone at (541) 252-0511. Rebecca can also be reached by email at rambrose@ctclusi.org.



Rebecca Ambrose
Domestic Violence Program Coordinator/
Caseworker

Did You Know?

Free Eye Exams in North Bend / Coos Bay

If you are an established patient at the Coquille Indian Tribe Community Health Center you are eligible to get a free eye exam at Cheslock Optical. On the third Tuesday of every month Cheslock Optical has Native Eye Day. Patients of the Coquille clinic get a free eye exam; if you're uninsured you also receive 20% off the cost of equipment. You must be an established patient of the clinic. You can call (541) 888-9494 for more information or to schedule your eye exam.

The Healing of the Canoe Program

Contributed by Anne Niblett, Healing of the Canoe Program Assistant

Culture is who we are, it's the way our heart shows up in the world; how we live, whom we talk to, the language we speak, the clothes we wear, how we go about our daily lives. Our culture says a lot about us as human beings.

So what is Tribal culture? What does it mean to be a CTCLUSI Tribal member and live in this modern world, yet still hold to the values and traditions of our ancestors that made them such a dynamic, intelligent people?

Recently CTCLUSI received a generous grant to incorporate a new program into the Tribe that will help answer some of these cultural questions, especially for our Tribal youth.

Long before the first European immigrants arrived, the CTCLUSI people had a rich culture and kinship with each other and the land that allowed them to grow and prosper for thousands of years. Despite the genocide and loss that occurred later, the CTCLUSI survived and their heritage was passed on to their children. The years of loss took their toll though, and served to weaken Tribal identity. Even still, some Tribal members feel out of touch with their Indian ancestry. This is a common problem in Indian country today that has affected many Tribes.

Several years ago, the University of Washington Alcohol and Drug Abuse Institute teamed up with the Suquamish and Port Gamble S'Klallam Tribes in Washington to develop a program to help Tribal youth. They believed that if Indian children knew their Tribal identity and were strong in the knowledge of their cultural practices, it would serve to keep them from engaging in harmful activities and help them stand strong against addictions to drugs and alcohol.

The result of this joint venture, was a curriculum using the metaphor of the Canoe Journey – an annual event that numerous Tribes in the Pacific Northwest participate in to celebrate Indian culture and bless our waterways – to teach Tribal youth about the journey of life and how to effectively navigate it's obstacles. The curriculum was called, The Healing of the Canoe Program.

Thanks to the diligent efforts of several key staff members, a CTAS grant was acquired that will allow the CTCLUSI the opportunity to utilize this curriculum and start a Healing of the Canoe (HOC) Program here in our community. The HOC Program will not only seek to strengthen existing Tribal programs, but emphasize reaching out to the community at large and partnering with public agencies for the benefit of all our children.

Anne Niblett, of Sioux and Miluk Coos descent, and a Coquille Tribal member, was recently hired to begin serving our tribal youth and the CTCLUSI family. Anne was born in Coos Bay and moved back to the area 3 and ½ years ago with her five children. She attended SWOCC and received her AA degree with an emphasis in Cultural Anthropology. She has a passion for service, Tribal culture, and helping facilitate healing in

people's lives. She feels honored to be partnered with her Tribal cousins and the Healing of the Canoe Program.

Look for upcoming programs with the Healing of the Canoe curriculum in the near future and please join us in lending your support where you can!

Save the Dates!

All tribal youth and parents, the Healing of the Canoe (HOC) Program is having its inaugural kickoff event for the year. This is for all Tribal youth age 14 -24. Three, 3 –day workshops are planned with a canoe trip to follow. More details upcoming!

June 3 – 5 weekend workshop

June 17 – 19 weekend workshop

July 8 -10 weekend workshop

End of July – canoe trip and honoring ceremony

This will be a joint venture with the Coquille Tribal youth. Mark your calendars and expect more information coming in the mail soon!

For more information please contact
Anne Niblett at (541) 888-7514



Anne Niblett and her five children Noah, Charis, Canyon, Josiah, and Enoch Niblett

Botanical Walk in South Slough

Contributed by Mark Petrie, Cultural Assistant

Please join the Tribes and Anders Hansen on a botanical walk at the South Slough National Estuarine Research Reserve on May 21st. The walk is part of South Slough's education outreach program, a program that helps fund school field trips into the research reserve. The botanical walk is offered to the public at a small fee of \$15 and will be centered on the uses of plants for both food and medicine. We will be meeting at the South Slough Interpretive Center (IC) at 9:00 am to begin hiking. The hike will last 3-4 hours. After the hike we will meet up back at the IC for a sampling of nature's bounty.

Call Mark Petrie for more information (541)297-3681

South Slough NERR
61907 Seven Devils Road
P.O. Box 5417 Charleston, OR 97420

Summer Solstice

Save the Date

June 20th – Tribal Hall, Plankhouse & Community Center in Coos Bay

**Call Mark Petrie at (541)297-3681 or
Jesse Beers at (541)297-0748
if you have any questions.**

Spring Break Camp 2016

Contributed by Doug Barrett, Prevention Coordinator/Family Services/Health & Human Services Division

The week of March 21-25 we had our annual Spring Break Camp. This year we took our youth to the Oregon 4-H Conference and Education Center west of Salem. It is nestled in a beautiful Sequoia grove on top of a hill. The camp features several cabins, a large dining and activities hall, a gym facility, a campfire arena and a large recreational field.

Day One: We arrived in mid-afternoon on Monday and we did a short orientation of the facility. A staff from the Thrive program did a pre-test of our youth's knowledge of Healing of the Canoe Curriculum (HOC). Then campers, counselors and adults went to their cabins to put their gear away. After a great dinner provided by the 4-H staff, we went to the gym to make Clacker sticks. After everyone had made one, we did free time with shinny, beading, basketball and whatever they wanted to do. Some cabins worked on skits as well. We cleaned up and headed back to the cabins for talking circles.

Day Two: We started every morning by drumming and singing everyone to the dining hall for breakfast. After cleaning up, we went to the John Grey Building, (the gym) for more HOC. This was an awesome curriculum taught by Jesse Beers. Everyone was participating and enjoying the stories. Next was free time with all the activities again. We did make necklaces and earrings for the Canoe Journey. We had a great lunch back down at Clark Hall, the mess hall and meeting room. After cleaning up we went back up to the gym for an awesome presentation from Amanda Craig and Ashley Russell from DNR, (Department of Natural Resources). Then DNR took the kids on a nature hike, gathering samples to put into a press for each camper and counselor to take home. Then back to some more of the HOC program. Next was free time with more skit practice and necklace making. Back down the hill to set up for dinner. Each day one cabin would set up for meal times and another would clean up after. We had a great dinner and cleaned up again. We went back up to the gym for skits and activity stations. It was great to sit and watch everyone performing their well thought out skits. Then we did activity stations with some cabins practicing skits, songs and drumming. All the cabins went back down to the cabins for showers, talking circles and lights out.

Day Three: After a hearty breakfast Wednesday morning, we went to McMinnville to the Evergreen Aviation and Space Museum. We saw an awesome collection of history, airplanes, and space vehicles. This facility is the home of the famous Spruce Goose. This plane is constructed of wood – 1% is spruce and the remainder is birch. We spent the morning exploring the Air Museum and Space Museum in two different buildings. We ate lunch at the Air Museum. The afternoon was spent having fun and getting wet at the Wings and Waves Water Park. This park is on the same grounds as the Aviation



Tribal youth pose for a quick group picture outside of the Evergreen Aviation and Space Museum during Spring Break Camp 2016.

and Space Museums. It features several large slides, a wave pool, and many other activities. The four largest slides start from inside a 747 mounted on the roof of the building. Each slide is unique with a different twist and lots of fun. Everyone had a great time. After another awesome dinner back at camp, we all gathered in the John Grey Gym for more HOC curriculum followed by basketball, beading, and having fun. We also played a few rounds of Sweep the Plank House. Again, all the cabins went back down to the cabins for showers, talking circles and lights out.

Day Four: We started this morning again by drumming and singing everyone to the dining hall for breakfast. After cleaning up, we went to the John Grey Building, (the gym) for more HOC. Another great day of HOC training and participation by everyone. Next was our Culture activity stations. We made more necklaces and earrings for the Canoe Journey. We had a great lunch back down at Clark Hall, the mess hall and meeting room. After cleaning up we went to our Native Olympic stations for bow and arrows, atlatl and shinny. Then back to some more of the HOC program. Next was free time with more skit practice and necklaces made. Back down the hill to set up for dinner. After another great dinner we went back up to the gym for skits. After the amazing skits were done, one of our councilors suggested we all do an impromptu talent show. It was really amazing to watch each one get up and sing, dance and show us their talents.



Drug and Alcohol Prevention Coordinator Doug Barrett talks to Tribal youth at Spring Break Camp about Healthy Living

Then we did activity stations and practiced songs and drumming. All the cabins went back down to the cabins for showers, talking circles and lights out.

Day Five: The final day was a chance to sleep in a little bit. After a late breakfast we loaded the vehicles for the drive home. Megan from Thrive came back to issue the post test for the HOC Curriculum. Before getting on the road we had a couple more rounds of Sweep the Plank House. These five days of camp were filled with education, culture and loads of fun activities.

We have many thanks for all of the people who made this camp possible, but especially we want to thank the 4-H Center's staff for the use of their awesome facilities and for all of the great food they provided. We also want to thank our staff and counselors who kept our youth safe and helped them have a good time. Finally, thanks to all of the Tribal youth who participated in camp. Everyone had a great time!

This Month...be on the Lookout for Camas

Contributed by Ashley Russell, Water Protection Specialist

Plant description: Camas, is in the family Liliaceae, the lily family. At the onset of spring, grass like leaves emerge from a deep rooted bulb followed by wide star-shaped flowers, ranging from pale purple to deep blue or white, seated on a stout stem up to 2 feet tall, depending on the species. Also part of the lily family and found in our ancestral territory are chocolate lily, harvest brodiaea, tiger lily, western lily (endangered), and fawn lily.

Food: The showy purple-to-blue flower is not only a site to behold, but the brilliant perennial also produces a delicious, edible bulb that has been compared to a mash up of a potato and baked pear. Camas bulbs were one of the most important traditional plant foods of our peoples and were cared for by selectively harvesting and burning off competing vegetation. Occasional transplants and other techniques were also employed to ensure their prosperous return.

Upon gathering, camas were cooked in earth ovens for a full day. Bulbs that were not promptly eaten were peeled and pressed into 'cakes' for storage in grass-lined baskets through winter. It is said that these camas cakes were somewhat reminiscent of cheese, as far as the consistency goes.

Fall is the best time to harvest camas as they are the most flavorful. Unfortunately, death camas, which is deadly (hence the name), often grows alongside camas and the bulbs of either are very difficult to differentiate. For this reason, bulbs were often gathered in late spring to early summer, right after the blooms died backed.

Other: Raw camas bulbs were also rubbed on baskets to make them water tight.

Reference:
Ethnobotany of
the Coos, Lower
Umpqua &
Siuslaw; Plants
used for food,
medicine, clothing
and tools. Patricia
Whereat Phillips

Hanis: *qe'me*
Miluk: *qem*
**Siuslaw &
Lower Umpqua:** *auchiisii*

Scientific name:
Camassia Spp.



Camas photo from
the CTCLUSI 2016
Calendar

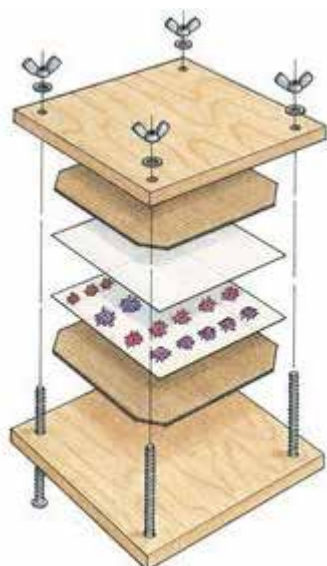
Photograph taken
by Lower Umpqua
Tribal member
Morgan Gaines

Natural Resources Does Plant Identification at Camp

Contributed by Amanda Craig, Air & Water Protection Specialist

This year the Tribes' Spring Break camp was held at the 4-H camp just outside of Salem, OR. The Department of Natural Resources (DNR) traveled up to the camp for one day to host a Botany activity with the campers. The youth were shown a presentation about Non-point source pollution and its effects on the native plant species of our Ancestral areas. The presence of invasive plant species in our area, which compete with native species for resources, was also discussed. After the presentation and a small question-and-answer session, the campers were taken on a guided nature-walk. The youth were armed with scavenger hunt worksheets for identification of the flora throughout the 4-H camp trails. Salmon berry, wild violets, licorice fern, sword fern, red cedar and Indian plum were abundant throughout the camp's trails. The campers enthusiastically picked some of their favorite leaves and flowers to be pressed in small homemade flower presses. The presses were made of plywood, recycled newspapers and cardboard for the activity by DNR with the help of the Maintenance Department. The campers pressed all of their newly identified leaves and flowers, and then personalized their flower presses with decorations to take home. It was amazing to see how many plants they were able to easily identify, some of which even the common person may not have known. Great work campers!

At right is a diagram of how to make a flower/plant press.



Supplies needed to make:

- 2 6x6 pieces of plywood
- (Whatever size you'd like, just make sure they are both the same dimensions)
- Several pieces of card board cut to the same dimensions as the wood
- Several pieces of newspaper cut to the same dimensions as the wood
- 4 long screws
- 4 wingnuts
- 4 washers
- Drill a hole in each corner of the pieces of plywood, large enough for the screws to fit through.
- Assembly like diagram.

How to use a flower Press:

- Select the flower, leaf, petal, etc., that you would like to press
- Remove excess moisture from the plants with a paper towel
- Place plants in between two pieces of newspaper, in-between two pieces of cardboard
- Repeat for as many sets as you can in your press
- Close press and tighten wingnuts
- Leave undisturbed for 5-10 days, the larger or thicker the plant the more time needed
- Remove from press when flattened and dry

SIUSLAW & LOWER UMPQUA

Flower: **chaxaa**
Grass: **tsahauya**
Leaf: **tl'tip**

HANIS COOS

Fern: **hik'wotimhl**
Flower: **pkiisawas**
Leaf, grass: **hlinik'**

Warmer Winter Temperatures Impact Salal Viability

Contributed by John Schaefer, Water Protection Specialist and Biologist

You may have recently noticed large patches of salal (*Gaultheria shallon*) with bleached white or silvery leaves. This is especially noticeable along Highway 101 between Reedsport and Florence, but the problem is widespread. This damage is alarming as salal berries are an important First Food for our people. Large amounts of berries were mashed, often with crabapples, and then dried and pressed into cakes for winter use.

The bleaching damage isn't from roadside herbicide spraying, a coating of road dust or an exotic fungus. The culprits are tiny insects called greenhouse thrips (*Heliethrips haemorrhoidalis*). As the common name suggests, it is predominately associated with greenhouses in temperate climates. Originally from South America, it has been a greenhouse pest in Europe and the United States for over 100 years. In Southern California it is a significant outdoor pest of avocados and ornamental shrubs and trees.

Greenhouse thrips attack the undersides of salal leaves and



Pictured above is an example of the damage that the thrips are doing to the salal. The salal appear to have bleached white or silvery leaves once the thrips attack the undersides of the leaves



Pictured above is a thrips shown to scale on the head of a penny
Photographs courtesy of John Schaefer

reproduce quickly during warm weather. As feeding progresses and the population increases, the upper surface of the leaves becomes ghostly pale. At the same time, the undersides of the leaves become covered with small excreted droplets of a reddish fluid that turns black over time. The damaged leaves tend to remain attached to the plant through the winter and drop off as they are replaced by new growth in the spring.

Since this pest is originally from a warm climate, it isn't considered cold hardy and should die off during winter freezes. Unfortunately, our recent mild winters and early spring weather do not appear to be harsh enough to prevent overwintering survival. DNR staff collected a sample of salal leaves at Sunset Bay on April 12th with at least 2 adult greenhouse thrips present. The affected plants are not dead and new spring leaves are emerging. It is unknown if the salal plants will continue to survive successive years of thrips damage. Greenhouse thrips are also known to damage rhododendrons, azaleas and ferns and may spread to those and other plants in the future.

Natural Resources Awarded Grant to Support Lamprey

Contributed by Margaret Corvi, Natural Resources Director

Lamprey are a culturally important species to the Tribe. We have heard from our Elders that the lamprey eels have been struggling; their presence in our waters is not what it used to be.

Taking to heart what our Elders have said, our Tribe, along with other Tribes, federal and state agencies, signed the 2012 Pacific Lamprey Conservation Agreement to support this important species. As a government we have been advocating for lamprey. The Natural Resources department hosted an identification workshop for Tribes, federal and state agencies, learning about the species and their life history. We have scouted for lamprey in nearby rivers to better understand what is happening in our local systems. We voice the importance of this species to our government counterparts at meetings and conferences. We now have a chance to give something back.

The Tribe recently received a grant from the United States Fish and Wildlife Service (USFWS) through the Tribal Wildlife Grant (TWG) to support lamprey. Country-wide TWG awards support over two dozen fish and wildlife conservation projects and promote wildlife and habitat,

- including Tribally culturally significant species. The mission of our project, the Tenmile Lakes Basin Lamprey Conversation Project, is to "return of vibrancy of lamprey populations in the Tenmile Lakes Basin on the Southern Oregon Coast." The Project isn't large, but it is a first step to caring for the lamprey. The one year project sets forth to:
- Develop a 30-year Lamprey Conservation Plan for the Tenmile Lakes Basin in collaboration with our partners, Oregon Department of Fish and Wildlife and Tenmile Lakes Basin Partnership
 - Complete a demonstration project on Eel Creek in the basin
 - Conduct an in-stream survey and document lamprey spawning habitat conditions and passage impediments
 - Mitigate in-stream lamprey passage impediments
 - Design, fabricate, and install a Lamprey Passage Structure at the Eel Creek Dam to allow for lamprey access to Eel Lake
 - Develop and test monitoring/reporting

protocols to provide baseline data on which future initiatives can be evaluated

This grant represents what we hope is the beginning of us giving back and taking care of lamprey. Lamprey support the health of our rivers and all that depend on the rivers. These eels supported our ancestors for generations and we hope they will someday, once again, support our future generations.

"Lamprey are a culturally important species to the Tribe. We have heard from our Elders that the lamprey eels have been struggling... This grant represents what we hope is the beginning of us giving back and taking care of lamprey."

Wisdom of the Elders Film Crew Visits Tribe

Contributed by Morgan Gaines, Communications Specialist

A Film crew from the Wisdom of the Elders (WOE) visited the Confederated Tribes on April 11th, 12th, & 13th to film interviews with Tribal Elders and some Tribal activities to include in an upcoming documentary about climate change, in particular climate change in relation to Tribal peoples and communities. Information about how to be a part of the WOE filming was published in the April 2016 edition of The Voice of CLUSI, and lead to a handful of Elders and Tribal community members sharing their experience with climate change and its effects on the environment in relation to traditional gathering and practices.

The Wisdom of the Elders, Inc. "was founded in 1993 by the late Martin High Bear, Lakota medicine man and spiritual leader, and Rose High Bear, Deg Hitan Dine, (Alaskan Athabascan)...[WOE] records and preserves traditional cultural values, oral history, prophesy and other messages of guidance from indigenous elders in order to regenerate the greatness of culture among today's and future generations of native peoples."

The WOE crew worked in large part with the Department of Natural Resources. Hanis Coos Tribal member and Air and Water Protection Specialist, Amanda Craig coordinated with director Rose High Bear and the WOE film crew on this project and will continue to work with them to receive the footage they gathered with the Tribe for our own uses.

On Monday, April 11th Tribal members gathered at Tribal Hall and worked on a number of traditional practices for the group to film. Among them were Mark Petrie making a lamprey eel gaff, Ashley Russell working on her beaded collars and cattail basket, Morgan Gaines working on a cedar basket weaving, Amanda Craig weaving spruce root, and Doug Barrett making ocean

spray needles for weaving tule mats. The film crew focused on the hands of the Tribal artisans as they worked and filmed the raw materials and some finished pieces.

Tuesday, April 12th, the crew was excited to film a canoe pull in the beautiful setting of Sunset Bay. Pullers gathered around 9:30 a.m. at Sunset Bay where they put in the cedar strip canoe Tyee E. Bowen. Among the pullers were Tribal members Amanda Craig, Ashley Russell, John Schaefer, and Mark Petrie from the Natural Resources and Culture Department; Doug Barrett and Andrew Brainard from the Health and Human Services Department, Anne Niblett from the Tribal Planning Department, and Tribal Council member Doc Slyter. Before the pull a bald eagle circled overhead which made the beautiful setting all the more special. After a blessing and smudge the pullers took the canoe into the bay, paddling over the waves rolling in, and also singing some of our Tribes songs.

To finish the day some of the pullers also went and gathered Labrador Tea. This traditional, delicious, and vitamin C filled tea will be available during the upcoming Natural Resources and Culture Department Open House on April 23rd for all to try.

Wednesday, April 13th, one of the WOE crew went along with the Department of Natural Resources on a water quality

sonde (data logger) swap in Coos Bay, capturing the hands on work that the Tribes do monitoring the water quality in the bay.

Check the Tribal website www.ctclusi.org and future editions of The Voice of CLUSI for possible updates on the WOE documentary.



WOE Crew member films Tribal members pulling canoe Tyee E. Bowen in Sunset Bay April 12, 2016



Above: John Schaefer at Sunset Bay after pulling the canoe in Sunset Bay



Above: Courtney Krossman gathers Labrador Tea

Above right: Pullers paddle Tyee E. Bowen at Sunset Bay

At Right: Andrew Brainard, Doc Slyter, Rose High Bear, and Anne Niblett enjoy the day at the beach filming the canoe pull for the Wisdom of the Elders documentary



Elders Corner

Elders Luncheon

THURSDAY, MAY 5th, 2016
at 11:30 a.m.

MEMOS MEXICAN RESTAURANT
737 Main Street, Springfield OR 97477



R.S.V.P. by May 2nd, 2016
Please contact Andrew Brainard,
Elders Coordinator/ CHR, at (541) 888-7533
LIMITED TRANSPORTATION IS PROVIDED.



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

Elders Luncheon

THURSDAY, June 2, 2016
at 11:30 a.m.

Three Rivers Casino & Resort
5647 OR- 126 Florence, OR 97439



R.S.V.P. by May 31st , 2016
Please contact Andrew Brainard,
Elders Coordinator/ CHR, at (541) 888-7533
LIMITED TRANSPORTATION IS PROVIDED.



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

Welcome New Tribal Elders

Barry Mitchell & Carla Dunlap

Save the Date

Stern Wheeler/ Hood River Train Trip

August 26th - 28th

LADIES TEA PARTY

Saturday, May 7, 2016 at Tribal Hall


11:00 a.m. - 3:00 p.m.

Light refreshments will be served

Please RSVP to
Arleen Perkins at 541-888-5266

All ladies are invited

Event sponsored by Elders Committee



PEACEGIVING

Peacegiving is a traditional Restorative Justice option available to you for the resolution of conflict.

All Peacegiving or Peacegiving Court issues are confidential.





Photo By: Morgan Gaines

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

Peacegiving Court Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420
PHONE: (541) 888-1306 or (541) 888-1316
EMAIL: Peacegivingcourt@ctclusi.org Website: <http://ctclusi.org/peacegiving>



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence


Bartender ~ Beverage Server
Barista ~ Food Server Buffet ~ Buspersion ~ Host
Lead Cook ~ Line Cook ~ Prep Cook
Dish Machine Operator
Environmental Services Technician
Guest Room Attendant
Security Officer I
Special Events Team Member
Soft Count Team Member Dual Rate Lead
Table Games Dealer 1-8
Summer Employee (Florence or Coos Bay)

Blue Earth

No openings at this time

Tribal Government Offices

Special Events Employee
Planning Assistant/Grant Coordinator
Dental Health Aid Therapist
Culture Camp Counselor
Culture Camp Counselor in Training
Summer School Teacher
Student Intern



<http://ctclusi-int.atsondemand.com/>
Go to Job Opportunities on the website for full job posting and to Apply Online
Updated Daily
Or call Recruitment at 541-902-6504

Re-Teaching 4th Grade about Tribal Culture from the Tribal Perspective

Contributed by Mark Petrie, Cultural Assistant

For the last 5 years I have had the great pleasure of teaching about our coastal ancestor's tool technology to 4th grade students from all over the State of Oregon. Each year, the Coos History Museum's Education Coordinator plans the 4th grade program with collaboration from Coos Bay and North Bend Indian Education coordinators, Coquille Indian Tribe staff, and CTCLUSI Cultural staff.

Through all of the planning and scheduling with as many Oregon schools as can participate, we ended up having nearly 1,500 students come through the program this year. The program starts in the classroom at the schools, where they learn about: names of the 9 federally recognized Tribes in Oregon, Tribal Logos, common stereotypes of Native Americans, inward reflection of differences about themselves and others, vocabulary related to their upcoming fieldtrip to the Coquille Community Plank House. Before or after the fieldtrip to the Plank House, most classes make a visit to the Coos History Museum in Coos Bay. At the new museum they see artifacts related to the program's content, learn of contributions made by the local Tribes, as well as meeting living history characters like Annie Miner Peterson and Coquille Thompson.

At the Coquille Community Plank House, we ready ourselves for the buses to arrive full of little people along with their teachers, parents and chaperones. The plank house portion of the program typically has 5 presenters, 2 of which are Jesse Beers and Mark Petrie from CTCLUSI and the rest being Coquille Tribal staff and Tribal members.

The program begins outside around a welcome fire where the groups are greeted and taught about the Potlatch tradition:

"Fortunately, things are getting better. Our children have the opportunity to learn about their heritage and culture today...and they will be proud to call themselves Tribal people!"

welcome and greetings, exchanging gifts, and food. The gifts being exchanged for this program will be knowledge and teachings from the presenters in turn for respect and attention from the students and guests. The groups are then led through the circular door of the plank house to sit inside on the benches as they learn about the house. Traditional Tools is the next presentation followed by Coastal Basketry, Canoe Culture, First Foods, and ending with a story of the Five Grizzly Bears. By this time, the plank house is filled with the smell of deliciously baked salmon for all the students and guests, ending the Potlatch protocol. The 2-hour plank house program is one of the more impactful and impressionable fieldtrips the 4th grade students will likely experience.

I have to mention an observation I had during one of the plank house presentations. A local school class of about 30 had a Coquille Tribal member in it, and this young girl knew a lot about her culture and traditions. I had heard her whisper little things to her friends about different events and ceremonies held at the plank house, and you could just tell how proud and confident she was. Her friends listened intently, visibly jealous of their friend, whom had such an awesome place that was part of her Tribe. I couldn't help but grin. This young girl was so proud of her Tribal heritage, and is not afraid to tell people or talk about it. In the past, and even today, Tribal members, ours included, are not proud to say they're part of a Tribe. In the recent past, some were beaten, harassed and treated adversely just for being a Tribal person. Fortunately, things are getting better. Our children have the opportunity to learn about their heritage and culture today, like this young Coquille girl, and they will be proud to call themselves Tribal people!



Please join us for dinner, fun and friendship
with Tribal families

Tribal Family Gathering Dinner

Tuesday, May 17, 2016

at

The Three Rivers Casino and Hotel

Buffet Meeting Room

5647 Highway 126 Florence, Oregon

Doors Open 5:30 pm Dinner 6:00 pm

Dinner to be Catered by Three Rivers Casino and Hotel

Please R.S.V.P Doug Morrison or Dee Dee Plaep @ (541) 997-6685

No transportation available

Sponsored by: Health & Human Services Division

IHS Diabetes Grant

Cedar Bark Gathering

Saturday, May 14, 2016

**We will leave the Florence Office, 3757 Hwy 101
at the old Windward Inn, at 10:00 am.**

We plan to return around 4:00 pm.

Lunch and drinks will be provided.

This is an enjoyable event for Tribal Members

R.S.V.P. to Mark Petrie

541-888-9577

or Doug:

541-888-7512 or 541-297-2130

no later than

Tuesday, May 10th, 2016



Co-Sponsored by:

Confederated Tribes of Coos, Lower
Umpqua & Siuslaw Indians
Health & Human Services Division
Prevention Activity Program
and Heritage Resource Stewardship.



**We are Gathering to
process cedar bark.
These pictures
are of Folded Bark
Containers handmade by
David Brainard.**



**No transportation provided
to the Florence office.**

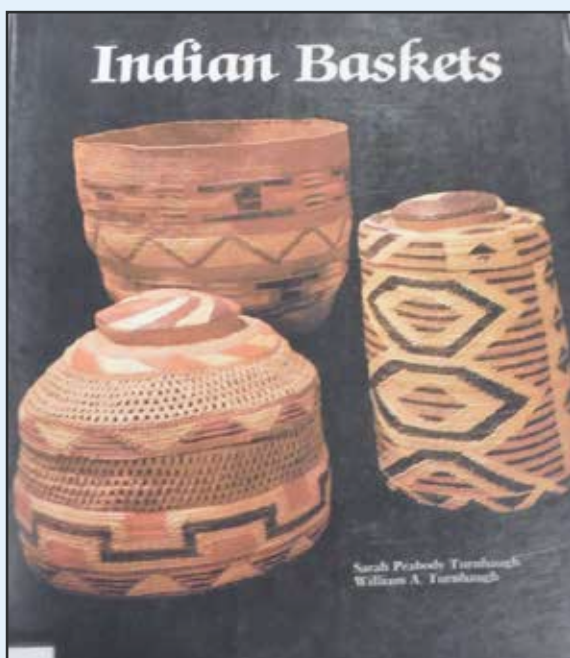
**We will provide transportation from
Florence to the gathering site, due to lack
of parking space on the mountain.**

EDUCATION CORNER

Now is the time to think about gathering materials to make your baskets. Everyone is welcome to join the annual cedar bark gathering on May 14th. Collect your own materials for use in making a basket

The May **"BOOK OF THE MONTH"** is:

Indian Baskets



By: *Sarah Peabody Turnbaugh*
William A. Turnbaugh

In this book you will discover many basket techniques, learn about various raw materials, forms and decoration with information on Native lifeways. This book is located in the Non-Fiction section of your Tribal Library under the Call Number 746.41 TUR and is available for checkout.

SIGN UP for SUMMER SCHOOL

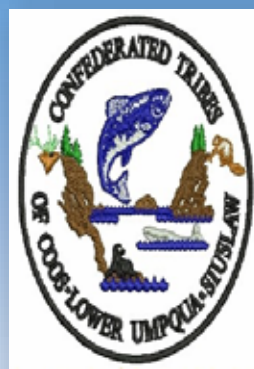
Dates: June 20th - July 1st

Times: 8:00 a.m. - 3:00 p.m.

Open to all students ages 5 -18 or Grades K-12

This includes Tribal children, staff children, Tribal children from other Tribes, Step, Foster, and Adopted Children in Tribal families.

Contact the Education Department to sign up!



CTCLUSI Student Internships

The CTCLUSI Student Intern is a paid internship with the goal to assist current College Students in supplementing their work and education experience based work experience along with their needs, desires and interests.

Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) in any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

Online Applications will be taken starting April 1, 2016.

Tribal Members will need to www.ctclusi.org to apply. Go to Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is May 6, 2016.

For Additional Information, Contact

Stephanie Watkins at 541-902-6502 or Pam Hickson at 541-902-6504



STUDENT RECOGNITION DINNER 2016



WHERE: CTCLUSI COMMUNITY CENTER
338 WALLACE AVE.
COOS BAY, OR 97420

WHEN: SATURDAY JUNE 18TH
TIME: 4:00 P.M. TO 7:00 P.M.

RSVP: EDUCATION DEPARTMENT 1-541-888-9577
KAREN PORTER/EDUCATION ASSISTANT 1-541-888-1315



There will be a raffle... Come Join Us! You might just win a prize!

Tutoring Services

The Education Department has tutoring services available for students k to 12 in the five county service area.

Please contact us any time and we will do our best to assist you.

CONTACT INFORMATION:

Angela Bowen/Education Director abowen@ctclusi.org 1-541-888-9577

MAILING:

CTCLUSI EDUCATION DEPARTMENT
1245 FULTON AVE.
COOS BAY, OR 97420
FAX: 1-541-888-2853

Personal Growth Success Requires an Efficient System

Contributed by Mike Smith, Training and Development Specialist

Do you allow your life to be shaped simply by what happens to you? Many people float through life, waiting for what comes to them, reacting to the events that fall their way. Unfortunately, when most people look back on their lives they realize they should have been more pro-active in shaping the outcome of their lives.

How much time, effort, and planning do you put into your personal growth? In reality, most people invest their energy into what will give them the most immediate reward – planning a vacation, weekend, or party, buying a boat, car, or clothing. But what about planning your life and who you want to become? Planning your life is about finding yourself, knowing who you are, and then customizing a plan for growth. German Bell, a noted behavioral scientist, did a study of retired, successful executives; he asked them what they would do differently if they had the opportunity. The response that ranked far ahead of the rest was this: I should have taken charge of my life and set my goals earlier.

We do not get a rehearsal in life; we must make the best decisions we can in the moment. But life can become complicated, throwing us off course. And when you realize your life becomes the culmination of all of your daily decisions, you can start to grasp the importance of investing your time into developing a master plan for who you want to become. When we know where we are going, it is easier to make the multitude of daily decisions that impact our lives.

The best strategy is to develop a system. What is a system? A system is a process for achieving a goal based on specific, orderly, repeatable practices. Efficient systems will leverage your time, money, and abilities. Consider the following “system developing ideas” expressed by John Maxwell in his book, *The 15 Invaluable Laws of Growth*:

1) Effective systems focus on the big picture. You may be busy but to be truly effective you must know where you want to go; you must have the end in mind. It is not enough to just be busy; you must be targeted on the areas of your life that are essential to your personal growth. To be successful in growing yourself, you must have the big picture in mind. What is your big picture? Your big picture is the areas you desire to grow to achieve your purpose. Consider the themes in your life that are important to you and where you would like to improve. For example, your spiritual life, your primary relationship, more meaningful friendships,

maintaining your health, hobbies, a skill to advance your career, facing fears that are holding you back, or perhaps a new attitude toward failing experiences. Once you have determined a few themes of where you would like to improve, you are ready to develop the systems to advance yourself in those areas.

2) Make use of priorities. Every efficient system focuses your attention toward what is the best use of your time right now. Make it a habit to write down your priorities for each day. A priority based system will help you not to get lost in the daily clutter of life but rather help to refocus your mind on what is important; focusing on priorities will aid you in moving forward toward your life goals.

3) Measure your progress. When you have written goals for improvement, it allows you to measure your progress. Reviewing your goals and actions periodically allow you to evaluate your progress, judge results, diagnose problems, and create new actions steps for moving forward.


4) Every effective system must include action steps. What value does a written plan of your personal growth goals provide without the written action steps to get you where you want to go? Ask yourself, “what are you going to do now to accomplish your goals?” Planning is important, but it is not enough; it is the action steps that get you there. People who develop written action steps within their systems are almost always more successful than people who don’t.

5) An organized system utilizes time efficiencies. Time is what life is made of; how you spend your time every day will determine who you become. An organized system gives you power over how you spend your time, moving you closer toward your personal growth goals. When you know your purpose and priorities, and you have planned your daily actions, you have clarity of thought that strengthens everything you do. Use systems to organize how well you use your time.


6) Effective systems promote consistency. You will never change your life until you change something you do daily. So the secret of your success will always be found in how favorably you have changed your daily habits. As a result, any system you develop must promote day in and day out consistency.

Your Department of Human Resources is committed to aiding you in your personal career growth areas and developing our Tribal workforce. Please contact us to find out what resources may be available to add to your success.

Content taken from “Personal Growth: To Succeed Requires an Efficient System”, published March 28, 2016, www.personalgrowthapproach.com



THREE RIVERS
CASINO RESORT
FLORENCE & COOS BAY



Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
Three Rivers Casino & Hotel
5647 HWY 126, Florence Oregon 97439 (541) 902-6504

2016 THREE RIVERS CASINO RESORT SUMMER EMPLOYMENT APPLICATION INFORMATION LETTER

WHAT IS THE TRC & H SUMMER EMPLOYMENT PROGRAM?
Three Rivers Casino Resort is delivering a paid Summer Employment Program beginning June 13, 2016 to August 19, 2016 for CTCLUSI Tribal Members. Three Rivers Casino Resort in Florence, Oregon and is offering this employment opportunity as an integral part of its long-term strategy of providing the highest quality of career and employment opportunities to all CTCLUSI Tribal Members. Three Rivers Casino Resort provides work experience in a range of Guest Service professions and support services including Hotel, Finance, Casino Marketing, Human Resources, Food & Beverage, and Informational Technology.

WHO IS ELIGIBLE TO APPLY?
To be eligible to participate in the TRC & H Summer Employment program, you must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians.

WHAT IS THE PROCESS OF SELECTION?
The Director of Human Resources and the Recruitment Specialist for Three Rivers Casino Resort review submitted applications for completeness and administer the evaluation process. The following criteria are considered during the selection process: academic merit, presentation of application, and involvement in the Native community. An appointed committee conducts a final review of the application evaluations and makes an official selection of awarded applicants.

WHEN IS THE APPLICATION DEADLINE?
Applications are being received ONLINE **March 7, 2016 through May 9, 2016**. Completed application must be received online by **4pm on Monday: May 9, 2016** at www.ctclusi.org. Go to Job Opportunities and click on the CTCLUSI Tribal Member link.

WHEN WILL YOU BE NOTIFIED IF YOU ARE SELECTED?
Interviews and hiring decisions will be complete Monday – June 6, 2016

WHAT ARE THE EMPLOYMENT REQUIREMENTS?
TRC & H Summer Employment recipients must meet the following award requirements. All rights to the Three Rivers Casino Resort Summer Employment program are waived if the requirements are not met.

- Submit an online application at www.ctclusi.org (log in or register to see job announcement)
- Pass pre-employment drug test.
- Obtain Gaming License from CTCLUSI Gaming Commission.
- Actively participate in the TRC & H Summer Employment.
- Adhere to current Three Rivers Casino Resort policies as outlined in Team Member Handbook.

WHO DO I CONTACT IF I HAVE QUESTIONS?

Stephanie Watkins, Director of Human Resources Phone: (541) 902-6502 Email: swatkins@ctclusihr.org	Pam Hickson, Recruitment Specialist Phone: (541) 902-6504 Email: phickson@ctclusihr.org
--	---

Online Applications: March 7, 2016 - May 9, 2016



THREE RIVERS
CASINO RESORT

MAY 20 • 21 • 22

RHODY FESTIVAL WEEKEND

DON'T MISS US AT THE BIG PARADE ON SUNDAY AT NOON!



Supremes & Drifters

LIVE IN CONCERT!
SATURDAY, MAY 21 AT 7PM
SUNDAY, MAY 22 AT 3PM & 8PM
TICKETS: \$14.99 & \$19.99



Blue Bills

BUMP IN THE ROAD
LIVE ON STAGE!
FRIDAY & SATURDAY
MAY 20 - 21 9PM - 12:30AM



EVENTS AT BLUE BILLS

OREGON
BREWERY TOUR
SATURDAY, MAY 21
OAKSHIRE BREWING



Let it Ride

MOTORCYCLE SHOW
SATURDAY, MAY 21 1PM - 3PM
POKER RUN - 9AM - 2PM
\$1,000.00 HIGH HAND PRIZE

Official Oregon State BBQ Championship

FIRE IT UP!

BBQ COOK OFF!

Sunday, June 5

In the Casino's Event Center • FREE guest admission

Things are luckier here! • FLORENCE • COOS BAY • 877-374-8377 • THREERIVERSCASINO.COM