

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

Culture Camp 2015



Campers with the Elders at Culture Camp. Pictured from left to right, back row: Nicole Mendoza, Iliana Montiel, Stephanie Marusich, Brad Kneaper, Kailyn Brainard, Michael Romine, Alex Ford, Conor Gagner, Ashley Russell, Melissa Reeves, Eagle Roy, Patty Whereat-Phillips, Zakary Pace, Jesse Beers, Morgan Gaines. Middle row: Scott McNutt, Orion Petrie, Charlie Dollins, Mikel Dollins, Beaver Bowen, Tara Bowen, Doc Slyter, Debbie Slyter, Julie Belcher, Debra Fisher, Eddie Helms, Carolyn Slyter, Linda Dart, Dan Dart, Doug Barrett. Front row: Garret Hutchinson, Dylan Brainard, Taylor Lowrey, Kari Herrin, Haley Pace, Jaid McNutt, Marion Norton, Alhana McNutt, Kendall Norton, Morgan Phillips, Korbin Hemingway, Issaq Ekman, Cougar Roy

More culture camp photos can be seen on pages 8, 9, 10, and 11

Campers Work with DNR to Remove Invasive Species

Submitted by John Schaefer, Water Protection Specialist and Biologist

The Department of Natural Resources (DNR) hosted an invasive species removal and fishing activity during this summer's Culture Camp at Camp Easter Seals on Tenmile lake. After a brief description of the activity and the impacts of invasive species, DNR staff assisted campers in the removal of invasive warm-water fish. The activity was intended to raise awareness of the invasive fish populations of the lake as well as provide a fun harvesting opportunity.

The warm-water fish were caught using handmade bamboo fishing poles using worms and salmon eggs for bait. The event was very successful with hundreds of yellow perch and dozens of bluegill removed from the lake in a short time. Several of the campers commented that these were the first fish they had ever caught. Equally as exciting, a few campers caught over twenty fish! After the fishing portion of the activity, the larger fish were filleted and fried so everyone had an opportunity to sample their catch. All of the fried fish were quickly eaten. Although they are introduced and considered invasive locally, yellow perch are a popular sport fish, prized by both recreational anglers and commercial fishermen



Scott McNutt shows us the fish he caught at culture camp

Yellow perch and bluegill filled the bucket as the youth fished with DNR to remove invasive species



This story continues on page 11

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

Save the Dates

Restoration Day & Celebration
October 17, 2015

Fall Harvest and Drum Making
November 14, 2015

Tribal Council Business

As reported at the September 13, 2015 Regular Tribal Council Meeting

Chief Warren Brainard:

Aug 9 Tribal Council Regular Meeting
Aug 11 Oregon Department of Transportation (ODOT) Meeting
Aug 13 Elders Day at Culture Camp
Aug 13 Court Hearing observation in Coquille
Aug 17 Enrollment Meeting
Aug 18 Nine Tribes Meeting; Family Dinner in Florence
Aug 19 Veterans Day Parade Meeting in Springfield, Oregon
Aug 20 Meeting for Color Guard for Welcome Home for Vets sponsored by Roseburg Health Care Center
Aug 24 Tribal Council Business Meeting
Aug 26-27 Oregon Coastal Economic Caucus at Grand Ronde
Aug 30 Color Guard at the EMMS Game in Eugene
Sept 3 Executive Work Session
Sept 4 University of Oregon Meeting with Native American Advisory Council (NAAC)
Sept 8 State Consultation with Governors staff in Salem; Oregon Energy Council Meeting
Sept 9 Administration Staff BBQ; Coos Historical Museum Opening with a Canoe Pull to meet Governor Kate Brown
Sept 10 Lunch and Dinner with Northwest Portland Area Indian Health Board

Doc Slyter:

Not Present

Beaver Bowen:

Aug 9 Tribal Council Regular Meeting
Aug 13 Elders Day at Culture Camp
Aug 24 Tribal Council Business Meeting
Aug 26-27 Oregon Coastal Economic Caucus at Grand Ronde
Sept 3 Executive Work Session
Sept 8 State Consultation with Governors staff in Salem; Oregon Energy Council Meeting
Sept 9 Coos Historical Museum Opening with a Canoe Pull to meet Governor Kate Brown
Sept 10 Dinner with Northwest Portland Area Indian Health Board
Gaming Faculty Operations Review Board (GFORB)

Teresa Spangler, Vice - Chairman:

Not Present

Arron McNutt:

Aug 9 Tribal Council Regular Meeting
Aug 20 Jordan Cove Meeting
Aug 24 Business Council Meeting

Tara Bowen:

Aug 9 Tribal Council Regular Meeting
Aug 13 Elders Day at Culture Camp
Aug 20 Jordan Cove Meeting
Aug 24 Tribal Council Business Meeting
Aug 26-27 Oregon Coastal Economic Caucus at Grand Ronde
Sept 3 Executive Work Session
Sept 8 State Consultation with Governors staff in Salem; Oregon Energy Council Meeting
Sept 9 Tribal Government Staff BBQ
Sept 10 Dinner with Northwest Portland Area Indian Health Board

Mark Ingersoll, Chairman:

Aug 9 Tribal Council Meeting
Aug 12 Blue Earth Services & Technology (BEST) Board Meeting
Aug 19 Legislative Commission on Indian Services Meeting in Salem, Oregon
Aug 24 Tribal Council Business Meeting
Aug 25 Meet with President of the University of Oregon and five of the nine Tribes' Chairpersons with Native American Advisory Council (NAAC)
Aug 26 Oregon Coastal Economic Caucus at Grand Ronde
Sept 3 Executive Work Session
Sept 10 Dinner with Northwest Portland Area Indian Health Board

CTCLUSI Resolutions

RESOLUTION NO.: 15-053

Date of Passage: September 13, 2015
Subject (title): Approval of Intergovernmental Agreement for the Restriping of a Portion of Ocean Boulevard in Coos Bay, Oregon
Explanation: Tribal Council approved an Intergovernmental Agreement with the City of Coos Bay for the restriping of a portion of Ocean Boulevard in Coos Bay, Oregon.

RESOLUTION NO.: 15-054

Date of Passage: September 13, 2015
Subject (title): Approving Ordinance #071B Repealing Ordinance No. 071A – Employee Benefits Committee (CLUSITC Chapter 7-7)
Explanation: Tribal Council approved Ordinance No. 071B Repealing Ordinance No. 071A – Employee Benefits Committee (CLUSITC Chapter 7-7) for first reading because the functions that have been performed by the Employee Benefits Committee are not advisory, but executive and because Tribal Council intends to adopt a new Tribal Code chapter to establish a Tribal Benefits Board. This item will be posted for a twenty-eight (28) day comment period.

RESOLUTION NO.: 15-055

Date of Passage: September 13, 2015
Subject (title): Approving CLUSITC Chapter 9-3 (Tribal Benefits Board) for First Reading
Explanation: Tribal Council approved CLUSITC Chapter 9-3 (Tribal Benefits Board) for first reading to strengthen the Tribes’ ability to administer or amend current benefit plans, to evaluate and implement any further plans for the benefit of the Tribes’ employees or members, and to make such other policy decisions or recommendations to Tribal Council as may be appropriate. This item will be posted for a twenty-eight (28) day comment period.

Bill H.R. 2791 Passes and Moves to Senate

The Western Oregon Tribal Fairness Act, H.R. 2791 sponsored by Oregon's Representative Peter DeFazio passed the U.S. House of Representative on Wednesday, September 16, 2015 and is now headed for the Senate. This bill would provide land in trust to the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians and comprise of 14, 804 acres broken up into several tracts scattered in the coast range between Tioga in Southern Coos County and the Triangle Lake area near Eugene. The Tribe requested the tracts in a 2013 proposal. This bill would also provide land in trust to the Cow Creek Band of Umpqua Indians, upwards of 17,000 acres near Canyonville, Oregon. It would also allow the Coquille Indian Tribe to expand their sovereignty over the Coquille Forest, freeing them of the obligation to manage their forest by the rules of the Northwest Forest Plan.

NOTICE OF PROPOSED CODE AMENDMENT

The following proposed Code amendment was passed for first reading by Tribal Council on September 13, 2015

TITLE:

CLUSITC Chapter 9-3 (Tribal Benefits Board)

DATE OF THE TRIBAL COUNCIL MEETING AT WHICH THE PROPOSED CODE AMENDMENT IS EXPECTED TO BE CONSIDERED FOR FINAL PASSAGE:

November 8, 2015

The notice of the proposed amendment shall be published in the Tribal Newsletter and the text of the amendment will be posted for public comment for twenty-eight (28) days in the Administration Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino (Office of the Gaming Commission). Written comments should be sent to the Tribal Council in care of Jeannie McNeil, Administration Office, 1245 Fulton Avenue, Coos Bay OR 97420 or email: jmcneil@ctclusi.org.

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NOTICE OF PROPOSED CODE AMENDMENT

The following proposed Code amendment was passed for first reading by Tribal Council on September 13, 2015

TITLE:

Ordinance #071B Repealing Ordinance No. 071A - Employee Benefits Committee (CLUSITC Chapter 7-7)

DATE OF THE TRIBAL COUNCIL MEETING AT WHICH THE PROPOSED CODE AMENDMENT IS EXPECTED TO BE CONSIDERED FOR FINAL PASSAGE:

November 8, 2015

The notice of the proposed amendment shall be published in the Tribal Newsletter and the text of the amendment will be posted for public comment for twenty-eight (28) days in the Administration Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino (Office of the Gaming Commission). Written comments should be sent to the Tribal Council in care of Jeannie McNeil, Administration Office, 1245 Fulton Avenue, Coos Bay OR 97420 or email: jmcneil@ctclusi.org.

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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 Veterans at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at jlawrence@ctclusi.org for new requirements needed to be honored.

US FOREST SERVICE NORTHWEST FOREST PASSES

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Warren Brainard, Chief

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

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

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

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

Tara Bowen
Position #4 Council
541-808-7394
tbowen@ctclusi.org

Teresa Spangler, Vice Chair
Position #5 Council
541-808-4828 (cell)
tspangler@ctclusi.org

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

General Council Meeting
October 11, 2015
Windward Inn, Florence
Outreach Office 10:00 a.m.

- 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

October 1st – Elders lunch @ 11:30 Ciccarelli’s
October 3rd- Corn Maze Prevention Activity – Coos Bay 10 a.m.
October 8th – Elders Committee Meeting – TH@12
October 10th – Corn Maze Prevention Activity – Eugene 11 a.m.
October 11th – General Council Meeting – Windward Inn, Florence 10 a.m.
October 14th – Coos Head (CHAMP) Meeting – Community Center 6:00 p.m.
October 16th - Culture Coalition Meeting - Florence 2p.m.
October 17th – Amandas Trail Hike and Restoration Celebration – Three Rivers Casino Florence
October 19th – All Tribal Offices Closed in Observance of Restoration
October 20th – 22nd – Peacegiver Community Training – Community Center
October 21st – Tribal Family Gathering – Community Center 6 p.m.
October 23rd – Family Fun Fitness Fair-Community Center 10 a.m.
October 24th – Pink & Blue Celebration Community Center 10am

October 24th – Biggest Loser Celebration-Community Center 10a.m.
October 31st - Halloween
November 2nd – Halloween Candy Buy Back – Dental clinic 4 – 6 p.m.
November 5th- 6th – Elders Overnight to Seven Feathers Casino
November 5th – Elders Committee Meeting – 7 Feathers (7:30 pm-9:00pm)
November 7th – Siixai, Ix, Tlguus Fry Bread Feed- Tribal Hall 11 a.m.
November 8th – Council Meeting – Community Center 10 a.m.
November 11th - All Tribal Offices will be Closed in Observance of Veterans Day
November 13th – Family Fun Fitness Fair-Three Rivers Casino Florence 10 a.m.
November 14th – Drum Making Class, Tribal Hall 9 a.m. – 1:00 p.m.
November 14th - Fall Harvest, Community Center 1 p.m. – 3:30 p.m.
November 26th - All Tribal Offices will be Closed for Thanksgiving Day



THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

<p>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</p>	<p>Contract Health Services Sharon Arnold - Contract Health 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</p>	<p>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</p>	<p>Florence Outreach Office Physical: 3757 Hwy. 101 Mailing: P.O. Box 2000 Florence, OR 97439 Phone 541-997-6685 Toll Free 1-866-313-9913 Fax 541-997-1715</p>
<p>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</p>	<p>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</p>	<p>Tribal Court J.D. Williams Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 tribalct@ctclusi.org</p>	<p>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</p>
<p>Department of Human Resources Stephanie Watkins - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 888-723-3270 swatkins@ctclusihr.org</p>	<p>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</p>	<p>Cultural Department Jesse Beers - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org</p>	<p>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</p>
<p>Tribal Housing Department Linda Malcomb - Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-1310 Fax 541-888-2853 lmalcomb@ctclusi.org</p>	<p>Tribal Dental Clinic Dr. Sarah Rodgers 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-6433 Toll free 1-877-688-6433 Fax 541-888-7505</p>	<p>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</p>	<p>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</p>

Tribe Paddles for Grand Opening of the Coos History Museum

Submitted by Mark Petrie, Cultural Assistant

Wednesday, September 9th was the grand opening of the new building for the Coos Historical and Maritime Museum. Governor Kate Brown held a ribbon cutting ceremony and was greeted by our very own Tyee E. Bowen canoe and crew, as well as Ponto canoe and Coquille crew. After receiving our gifts, our crew sang a song, and Tribal Council person and tribal flutist Doc Slyter played a song by flute in the canoe. Chief Warren Brainard and Tribal Council person Beaver Bowen were among the 12 people in our canoe. It was an easy two and half mile round trip by water. Thanks go out to all pullers and skipper Doug Barrett.



Council member Doc Slyter is shown standing and playing the flute for the museum opening. He is pictured amongst our Tribal member pullers in our Tyee E. Bowen canoe. To the left is the Coquille crew in their canoe Ponto



Members of the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians in Tyee E. Bowen canoe



Elder Carolyn Slyter is pictured above with Oregon State Governor Kate Brown

Save the Date

Coos Head Area Master Plan (CHAMP) Meeting
October 14th, 2015
Tribal Community Center
6:00 P.M.

A Tribal public meeting regarding CHAMP will be held October 14th at 6 p.m. at the Tribal Community Center. Valuable feedback provided by Tribal members at the September 13th CHAMP meeting is being incorporated into an updated draft concept map and all suggested revisions will be discussed at the next CHAMP meeting. Items to be discussed include the proposed Tribal Use and Cooperative Resource Use area, proposed Residential/Park area, proposed Bal'diyaka Master Plan area, proposed Amphitheatre/Camp area at the cove and other draft land use concepts. We will also be discussing land use plans for areas adjacent to Coos Head to include Tunnel Point and Bastendorff Beach. Planning for the use of these sacred lands is a critical part of creating a sustainable, economically feasible plan that meets the needs of all our Tribal members. Please join us in creating a collaborative plan for the good of the Tribes.

Tribal Family Birth Announcement



Justus Rowyn Davies

Justus Rowyn Davies was born on August 21, 2015 at 8:40 p.m. She was 20" 8lb 3oz. Justus is born to Hanis Coos Tribal members Delilah and Josh Davies, the younger sister to Journey, Sailee and Jordan Davies.

Welcome baby Justus!

Fall Harvest Dinner Drum Making (Tribal Hall)

Saturday November 14, 2015



Drum Making 9:00 to 1:00 Tribal Hall sponsored by Family Services, Prevention, Cultural and Education. Greywolf will be instructing how to make and use a hand drum.

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

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

DRUM MAKING RSVP: DeeDee @ 541-997-6685 1-866-313-9913 by 11/11/15.

Traditional Thanksgiving dinner at 1:00 p.m.

Approximate meal time

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

Come enjoy the afternoon and dinner with family and friends.

RSVP to 541-888-9577 or toll free 1-888-280-0726



CTCLUSI / TRC Softball Team



Submitted by Shannon M. Schritter, BS, RDH

This year, Three Rivers Casino Resort and the Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw Indians sponsored our first ever adult co-ed softball team! Employees, their spouses, and Tribal members were encouraged to participate, with any other open spots on the team going to community members. This not only helped to advertise the new casino and the tribe, but helped to integrate our wonderful establishment and tribe into the community. It was a great outlet after a long day at work! The team was named “T’ii”, which is a Tribal word for “bear”, and this became our cheer after every winning game. We had 5 winning games out of 16 this season! Not bad for a new team! We would like to thank the following people who participated this year:

Employees and Tribal Members:

- Amanda Craig, Tribal member, Department of Natural Resources
- Ashley Russell, Tribal member, on-call employee
- Courtney Krossman, Tribal member, Intern with the Department of Natural Resources
- Jarod Walton, Maintenance
- Jeff Stump, Tribal Planner
- Mark Ingersoll, Tribal member, Chairman on Tribal Council
- Shannon Schritter, Registered Dental Hygienist
- Stacy Scott, Tribal Historic Preservation Officer
- Tom Latta, Director of IT and Maintenance
- Tyrell Walton, Maintenance

Employee/Tribal Spouses:

- Jacob Schritter, Employee Spouse
- Richard Russell, Tribal spouse

Community Members:

- | | |
|--------------|-------------|
| • Kassie R. | • Mike |
| • Armando R. | • Amanda T. |
| • Timi R. | • Katie D. |
| • Dave M. | • Nikki M. |
| • Grant M. | • Taylor F. |

In addition, a few members of the team chose to participate in a softball tournament that took place on Saturday, August 8. You had to pay to play, and the buy-in was \$15. Since we didn’t have enough interest to make up a full team, we had to pull players from other teams who also didn’t have enough team members to make a full team. We were named the “Scabs,” and the team included Shannon, Jake, Timi, Armando, and Amanda T. from the CTCLUSI/TRCR group. We won that tournament undefeated!! I would also like to personally thank a few employees that came to quite a few games this year as spectators. The following people helped cheer us on whether we won or lost:

- Linda Malcomb, Director of Housing
- Dr. June Sisson, temporary dentist at the CTCLUSI Dental Clinic
- Dr. Roger Dixon, on-call dentist at the CTCLUSI Dental Clinic
- Tami Foster, Family Services
- Morgan Gaines, Tribal member, Communications Specialist
- Andrew Brainard, Tribal member, Marketing Assistant at TRCR

It was great to see some familiar faces in the stands and feel the support from fellow employees! I hope I didn’t miss anyone! Good job this season, and we hope to see you all again next year!!



Frank Brainard gifts Tribe with image of Chief Joseph

A photograph of two men standing behind a table. The man on the left, Frank Brainard, is wearing a red shirt and holding a large, framed portrait of Chief Joseph. The man on the right is wearing a blue cap and a white shirt. The portrait is of Chief Joseph in traditional regalia.

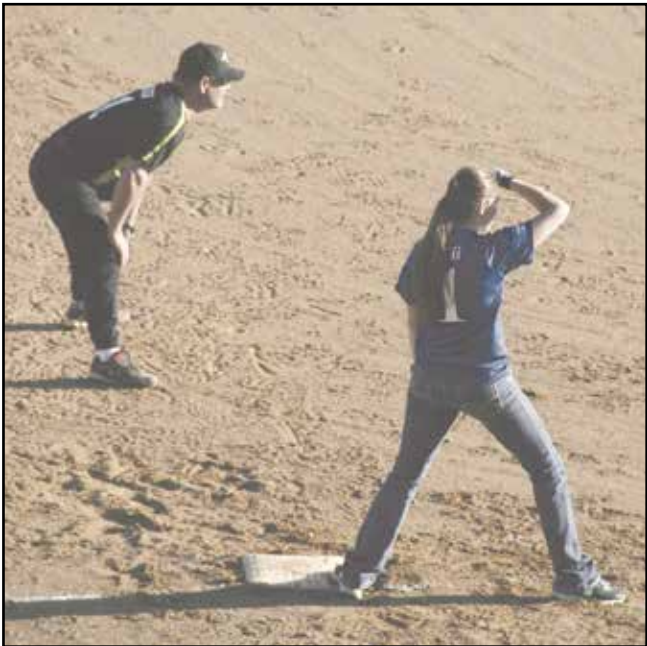
Pictured above is Chief Warren Brainard with Frank Brainard. Franks’s daughter found this piece and aquired it for Frank, and he then made the decision to gift this to the Tribe. Chief Brainard will hang this gift at the Tribal Government offices.



Pictured above left: Jeff Stump takes a swing at home plate. Above the CTCLUSI team T’ii high fives the other team at the end of a great game. Pictured below: Tribal member Ashley Russell prepares to steal home.



Pictured left to right: Kassie, Armando, Shannon, Jake, Amanda, Dave, Katie, Richard, Mike, and Timi



CTCLUSI Dental Clinic has a New Dentist

Submitted by Vicki Faciane,
CTCLUSI Health & Human Services
Director

The CTCLUSI Dental Clinic is excited to announce that a new dentist has joined our Team. Dr. Sarah Ann Rodgers is a member of the Quapaw Tribe in Oklahoma and she grew up in Madras, Oregon. Before becoming a dentist, she spent 5 years as a dental hygienist. The following paragraphs are from Dr. Rodgers:



Dr. Sarah Rodgers

"I enjoy making a difference in people's lives, whether it is helping an anxious patient feel more comfortable, taking them out of pain or giving them their smile back. My goal is to provide a caring, comfortable dental environment. I'm from central Oregon, and there's nothing I enjoy more than being back in this beautiful state. I love hiking, cooking, gardening, reading and having pet chickens, which makes Oregon the perfect fit.

Before dental school I went to the University of Hawai'i, where I completed a degree in dental hygiene. I found being my patients advocate and helping them conquer their dental anxiety so rewarding, that I had to go back to school so I could do more. I chose Western University of Health Sciences for my dental education based on their philosophy of treating all people, both patients and students in a humane manner. My educational background in humanism led me to the dental philosophy that the doctor patient relationship is a partnership, not a dictatorship."

Dental Health Aide Therapists – the Newest Members of the Dental Team

Submitted by Vicki Faciane,
CTCLUSI Health & Human Services Director

We're all familiar with the team of professionals who provide our dental care: a receptionist makes appointments for us, the dental assistants take x-rays and impressions and assist the dentist with procedures, and the dental hygienist performs a periodontal exam, cleans our teeth and teaches us about better oral care. This team is led by the dentist. Soon we'll be adding Dental Health Aide Therapists (DHATs) to our dental team.

While the use of DHATs is a relatively new concept in the United States – they've been practicing in Alaska for 11 years – DHATs have been widely used in other countries for more than 80 years. The Alaska Native Tribal Health Consortium introduced DHATs to Alaska in an initiative to improve access to dental care for 40,000 Native Alaskans living in rural communities. Many of these communities now have regular access to dental care for the first time.

DHATs in Alaska are **recruited from their communities** and go back to serve their communities. DHAT training includes:

- One year of comprehensive and rigorous coursework
- 3,000 hours of clinical training
- 400 hour dentist-supervised preceptorship
- Mastery of 46 procedures in 2 years. Dentists learn 500+ procedures in 4 years of dental school

By the time they begin practicing, mid-level dental providers have **as much clinical experience** in the procedures they are certified to perform as a dental school graduate.

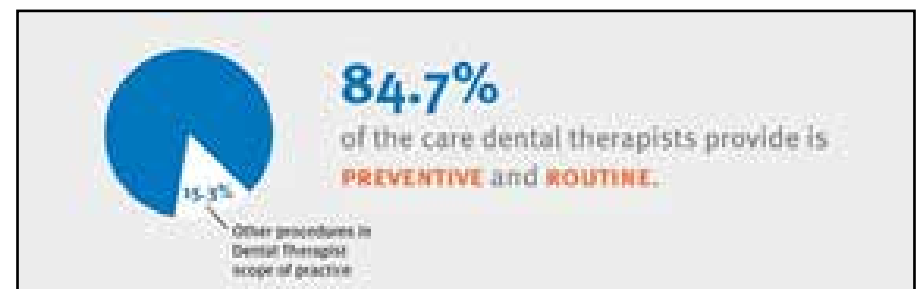
With more untreated tooth decay and periodontal disease than any other population group, the state of oral health among American Indians and Alaska Natives (AI/ ANs) is simply unacceptable. Especially for children, too many live in pain, miss school and, in extreme cases, risk life-threatening infections because there are not enough dentists where they live or because they cannot afford dental care.

The current dental workforce is inadequate. Indian Country has, on average, about half the dentist-to-population ratio of the national average, and about one-fifth of the dental positions within the Indian Health Service (IHS) are vacant.

DHATs help Tribal communities provide reliable and culturally competent care. DHATs:

- Help expand access to consistent, routine, high quality oral health care;
- Allow Tribal dental clinics to create a more efficient and effective oral health team that brings care where it is needed most; and
- Establish cost effective solutions to oral health challenges in Tribal communities.

CTCLUSI is sponsoring a DHAT – Naomi Petrie – in the Dentex program. She is currently in her first year of training in Anchorage, Alaska. She will be in Alaska for two years (the second year will be in Bethel) and then she will return to Coos Bay to join our dental team. We will be providing updates on her progress periodically in this newsletter.



BIGGEST LOSER CHALLENGE CELEBRATION

OCTOBER 24, 2015

This event is going to be held during the Pink & Blue Health and Wellness Celebration. Please come and join us as for fun, prizes and to cheer on the Biggest Loser's and their Success!! Hope to see you their!



SATURDAY
OCTOBER 24, 2015

**10:00 AM TO
3:00 PM**

**TRIBAL
COMMUNITY
CENTER**

338 WALLACE AVE.
COOS BAY OREGON
97420

**HEALTHY
WEIGHT-LOSS
GOALS
CONTROL**

PRIZES

RSVP

TO

Traci Stefanek

tstefanek@ctclusi.org

541-744-1334

541-808-8684

Oil Pulling In Dentistry

Submitted by Shannon M. Schritter, BS, RDH

Have you ever heard of oil pulling? It's a fad that has started in recent years that involves swishing a tablespoon of oil in your mouth for anywhere from 1-2 minutes to up to 20 minutes. Many claim this practice draws out toxins in your body, whitens teeth, repairs bone, and heals cavities. But what is the science behind it, and how does it really affect your dental health?

Recently several studies have been done to see if these claims are real, since that would be a major breakthrough in dental care in this century. I only researched scientific articles, and did not look at research that was done to promote any one product or research that may have been skewed for branding purposes. What I found was very interesting.

"A 2008 study by Asokan et al. found that a standard mouthwash containing chlorhexidine reduced *Streptococcus mutans* (a significant contributor to tooth decay) in plaque at all four time points measured (24 hours, 48 hours, 1 week and 2 weeks) and in the saliva in the latter three time points. The oil pulling group had reduced *S. mutans* only in plaque at one and two weeks. So the standard therapy, chlorhexidine, was superior to oil pulling in reducing *S. mutans*."

(<https://www.sciencebasedmedicine.org/oil-pulling-your-leg/>) (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3131773/>)

"However, this study did not look at whether the *S. mutans* reduction provided the clinical benefit of reducing cavities" (<http://www.ada.org/en/science-research/science-in-the-news/the-practice-of-oil-pulling>). What this is telling us is that they compared oil pulling to a standard, proven mouthwash in the dental field, chlorhexidine, and while the oil pulling

did provide some antimicrobial effects, it was not as long-term or as effective as the mouthwash. So there is some benefit to reduce bacteria in the mouth with oil pulling, but nothing very significant.

There was no scientific evidence to back up the claims of repairing bone, healing cavities, drawing out toxins in your body, etc. The American Dental Association had this to say about it:

"Current reports on the potential health benefits of oil pulling have clear limitations. Existing studies are unreliable for

a number of reasons, including the misinterpretation of results due to small sample size, confounders, absence of negative controls, lack of demographic information, and lack of blinding. To date, scientific studies have not provided the necessary clinical evidence to demonstrate that oil pulling reduces the incidence of dental caries, whitens teeth or improves oral health and well-being . . .

Based on the lack of currently available evidence, oil pulling is not recommended as a supplementary oral hygiene practice, and certainly not as a replacement for standard, time-tested oral health behaviors and modalities.

The ADA recommends that patients follow a standard oral hygiene regimen that includes twice-daily tooth brushing with fluoride toothpaste and cleaning between teeth once a day with floss or another interdental cleaner, using ADA-Accepted products. Brushing with fluoride toothpaste and cleaning between teeth help prevent cavities and keep gums healthy." (<http://www.ada.org/en/science-research/>

[science-in-the-news/the-practice-of-oil-pulling](#)).

So there you have it. Oil pulling is not a replacement for brushing and flossing, and although it may play a very small part in reducing bacteria in your mouth for a short time, you are better off with investing in some mouth wash. If you've been slacking on your oral home care lately, be sure to make an appointment with the CTCLUSI Dental Clinic today! We're here Monday-Friday, from 8am to 5pm.



Commercial Tobacco Cessation:

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

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

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

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

Quit Tips

Stay Free – Remove all tobacco, ashtrays, lighters and matches out of the house and vehicles.

Stay Hydrated – Make sure you have plenty of water, juice, gum and snacks.

Stay Active – From walking to swimming to going to the gym will help you to feel better.

Stay Busy – Create a plan to stay busy with house projects or get out of the house.

Stay Positive – Find fun activities that improve your mood!

Stay connected – Find a buddy to support you. Support is key!

Stay Traditional – Keep Tobacco Sacred.

Remember, the urge to smoke will pass in one to three minutes.

Submitted By: Heidi Helms, Tribal Tobacco Coordinator



HALLOWEEN CANDY
BUY-BACK 2015!!

Bring your extra Halloween
candy in to the CTCLUSI
Dental Clinic on

Monday, Nov. 2
from 4-6pm

Get \$5 in Movie Bucks for up
to 5 pounds of candy!!

Open to all clinic patients and their immediate family 14 and
under. Wear your costume one more time!! All participants
will have their name entered for a grand prize of an **ELECTRIC
TOOTHBRUSH!!** Hurry!! Movie Bucks are limited to the first
100 kids to arrive! Hope to see you there!!!

English to Hanis

Colors

Black = Q'le'es

White = Xqas

Grey = Xqaiyam

Brown = Mi'la

Green/blue = K'isilis

Yellow = K'sawos

Yellow/Orange = Waqadii

Red = Hlkwilt

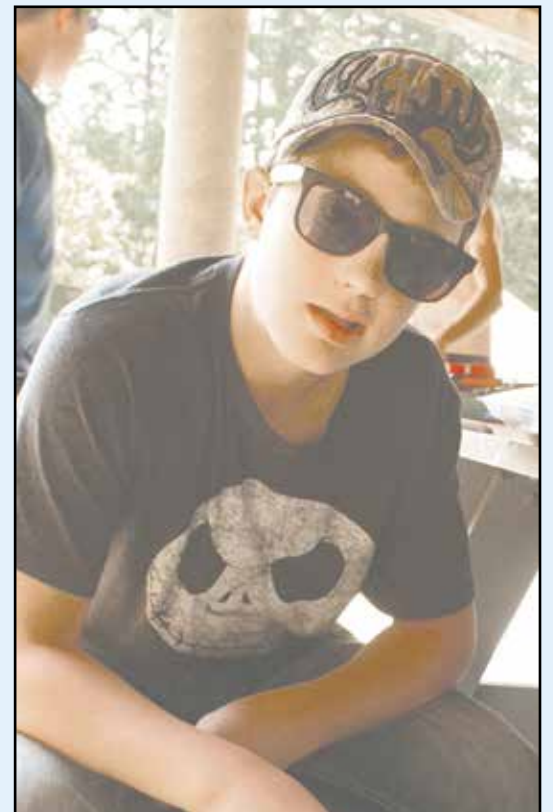
Each month we will have a list of words to
encourage learning the Hanis Coos language.

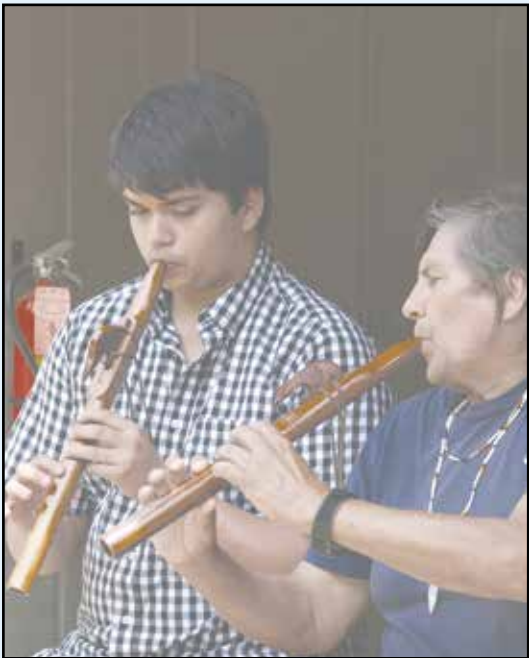
Visit Hanis.org and request a login today!

Contact the Culture Department for more info at
(541)888-1318.

Thank you

Culture Camp 2015





AFTER SCHOOL PROGRAM:

- **CHIFIN NATIVE YOUTH CENTER – SPRINGFIELD**
1084 G. ST.
SPRINGFIELD, OR.
- **CONTACT ANGELA BOWEN** 541-888-1317 abowen@ctclusi.org
- **EVERY TUESDAY 3:00 TO 5:00 BEGINS 9/15/2015**

- **TRIBAL HALL – COOS BAY**
338 WALLACE AVE.
COOS BAY, OR
- **CONTACT ANGELA BOWEN** 541-888-1317 abowen@ctclusi.org
- **EVERY TUESDAY 3:00 TO 5:00 BEGINS 9/16/2015**

Siixai, Ix, Tlguus



- The purpose of the canoe family is to
- Promote cultural Alcohol and Drug free events through a membership organization of canoe families that are dedicated to youth mentorship and preserving cultural values.
 - Sponsor and organize local cultural appropriate drug and alcohol free events.
 - Develop and maintain a cohesive non-profit organization so that the canoe families are supported in our area.
 - To promote health, fitness and wellbriety in the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw service areas.

Come join us for a Free Community Event

Fry Bread Feed
Saturday, November 7th
at 11:00 a.m.

Tribal Hall, 338 Wallace, Coos Bay, OR.
Everyone is Welcome!

A Counselors View of Culture Camp

Submitted by Ashley Russell, Camp Counselor

Culture Camp this year was nothing short of phenomenal, and I feel so blessed to have been a camp counselor this year. Our new camp, the site of the old Camp Easter Seals, proved to be very accommodating. The day before the campers were to arrive, the camp's staff traveled by pontoon boat to set up tents and organize the week's ensuing activities, which were to include pekuuwii (shinny), beading, swimming, traditional songs and dance, stick game, flint knapping, tule weaving, clacker sticks, and atlatl.

We greeted the campers as they began to arrive by pontoon the next day with the Canoe Song gifted to the Tribes by Rainbow Bird. After all the campers arrived, we introduced them to one another and divided them into clans. They were then encouraged to name their clans and make clan necklaces. After all of the clans began to get settled and acquainted with one another, they introduced themselves and how their clans formed through skits later that evening.

On Wednesday, we were visited by the Tribes' Dental Clinic staff, who shared valuable information relating to how cavities form and how to take proper care of our teeth. The Department of Natural Resources also visited us that same day and taught us about the various non-native invasive fish species in Ten Mile Lake and how they affect native fish populations. They also aided us in catching these non-native fishes. I must say, our campers are naturals when it comes to catching fish. DNR also showed the campers how to clean and filet the fish and fried them up for the campers to enjoy. Later Wednesday evening, Michael Romine and Conor Gagner presented a slide show presentation teaching our campers about our newly forming youth council. Jesse Beers and Mark Petrie also touched on canoe culture and the importance of canoe journey to our Tribes.

Thursday morning the Elders arrived by pontoon boat. We greeted them with the Canoe Song as they began to walk up the ramp and our campers presented them with beautiful jewelry

"It was rewarding to see how much they had grown and were using their newly discovered talents and abilities, whether it was singing, beading, throwing atlatl, or storytelling."

pieces that they had made. After lunch, Deedee Plaep led the afternoon's activities that proved to be a big hit with campers and elders alike. Out of all of the amazingly fun activities that afternoon, my favorite was leap frog and my least favorite was the ice block shirt retrieval. I think I am safe in saying that our campers' favorite activity was retrieving gummy worms from whipped cream filled bowls.

Friday was culture day. Patty Whereat-Phillips taught our campers how to introduce themselves in Hanis Coos as well as native plant identification and Jesse Beers led the talking circle. Later that day, I led our campers in traditional song and dance. Throughout the week, I taught them a few traditional songs as well as Chinuk WaWa songs that were gifted to our Tribes by the Confederated Tribes of the Grande Ronde. They were encouraged to remember them and sing them before every meal. The clan that sang the best/ loudest was the first to eat during meal time after elders and guests. It was so exciting to hear how well they remembered the songs and how competitive our campers were when it came to singing. Campers do amazing things when they are hungry.

Our last day, we reminisced over breakfast. It was rewarding to see how much they had grown and were using their newly discovered talents and abilities, whether it was singing, beading, throwing atlatl, or storytelling. Our youth learned so much about their culture and had fun doing it. I so enjoyed the short time I was able to spend with them and get to know them, and I hope I will be able to participate next year. Our youth are our future and it is looking bright!



From left to right: camp counselors Melissa Reeves and Ashley Russell



Pictured above:
Conor Gagner,
Family Service
Intern
and
Kailyn Brainard,
Tribal Police Intern



Pictured at right:
camp counselors
Eagle Roy and
Zakary Pace

Culture Camp 2015

Submitted by Mark Petire, Cultural Assistant & Camp Cook's Assistant

Camp Easter Seal wasn't in its best shape, but it was wonderful to have our annual culture camp there this year. My role at camp this year was cook's assistant to Joey Barton, as well as counselor to the older boys' clan, the *Pelel* clan! (Black bear). I have to say we had a great group of staff and counselors who made the week a fun and exciting camp for all of the campers. Jesse Beers was the director of camp, who worked tirelessly and selflessly for everyone at camp. We could tell he gave all of his energy and more at the end of the week, and we greatly appreciated his dedication and his *hiis hiayach* (good heart).

In the kitchen was where I spent most of my time. Preparing breakfast, lunch, snack and dinner each day for everyone was daunting, but I enjoy the task because I love to cook. Joey Barton, Scott Ingersoll and I were the main kitchen staff, but we had help from many others at camp; especially Chief of Police Brad Kneaper and his two interns Michael Romine and Kailyn Brainard. Thank you to all who lent a hand!

As a counselor I had the great pleasure of taking part in the clan skits. Each clan was charged with coming up with a play or story to show and tell the whole camp. This was one my most memorable activities of the camp because you really got to see the creativity and personalities of the campers.

Luuwii (thank you) to all who contributed to our annual culture camp that gives our tribe the opportunity to bond as a tribe of families and learn about our culture and heritage. Our ancestors have always supported one another to achieve the tasks they set forth; be it building a village, carving a canoe to weaving a basket. A task that is important to me, and many others, is to continue to build a healthy tribal community who can communicate and work as a cohesive unit to give our youth and future generations a more encompassing vision for the environment they live in. *Luuwii estis!*

Campers Work with DNR to Remove Invasive Species ...continued from cover



Taylor Lowrey and Haley Pace hold up the perch they caught



Above: Korbin Hemingway and Charlie Dollins fish off the dock.



Above Right: John Schaefer cleans the perch caught that day.



At Right: Kendall Norton enjoy fishing

for their delicious, mild flavor. Historically, Tenmile Lake supported a cold-water fishery with large populations of Tribal first foods fish such as cutthroat trout, salmon, steelhead and lamprey. Over time the watershed has been altered by logging, farming, stream channeling and the introduction of invasive fish species including yellow perch and bluegill. These activities and the non-native species introductions have significantly reduced the cold-water fishery. The warm-water fish the kids removed from the lake will no longer be able to compete for food or eat the young of our native fish populations. DNR hopes to keep up this activity in upcoming camps for the benefit of the campers, lake and the fish.

Dental Clinic’s Visit to Culture Camp

Submitted by Shannon M. Schritter, BS, RDH
On Wednesday of culture camp this year, the dental clinic was fortunate enough to be able to visit the campers! Jayme Smith, dental assistant, and Shannon Schritter, dental hygienist had a fun day planned for the youth at culture camp, but little did we know how much fun we would have as well! Our day started with a nice pontoon boat ride with our chauffer, Scott Ingersoll, and lovely tour guide, Iliana Montiel. The smell of algae was everywhere, but we were not deterred!
After a quick tour of the camp, we took the group of older kids and taught them the basics of brushing, flossing, mouth guards, sealants, the differences in the dental team members, cavity bugs, and healthy foods. Then we played Dental Jeopardy, which is very similar to actual Jeopardy like you see on TV, but a LOT more fun! Next was a dental relay race. The first station was to help the kids learn about brushing their teeth for two whole minutes. If you’ve ever sat and done that with a timer, it’s a lot longer than you think, and probably a lot longer than you are currently spending brushing your teeth! After the time ran out, the campers would run to tag their teammate at the next station, which was a dental trivia table. This was the easiest



Jaid McNutt, Kendall Norton, and Charlie Dollins run through the finish line at the end of the relay

station for most of the campers, since the trivia was the same questions that were used in the Jeopardy game. The next station was a flossing station, and to simulate flossing we had Duplo’s (they are like extra big Legos), packed with Playdough between the spaces. The campers had to use yarn (extra big floss!) to quickly floss the Playdough out from in between the spaces on the Duplo’s. When the dental representative at the table said it had been flossed effectively, the camper was able to run to the next station and tag their teammate, who again was anxiously



Shannon Schritter helps the youth do a puzzle during the dental relay game

waiting at another trivia table. If the camper answered the question correctly, he or she then ran on to the last station, where all the campers could work together on putting a dental puzzle together. Once completed, they dashed for the finish line!! It was so much fun that each group did the relay race twice!
We were able to rest and tour more of the camp and then it was time for lunch. Shannon may or may not have gone fishing with the other group of campers that was still down on the dock. But if she did, she may have caught the biggest fish of the day, which was later enjoyed at a fish fry! We were treated to grilled cheese sandwiches, tomato bisque soup with gorgonzola, green salad, and lots of fruit!! It was delicious!! We want to thank Joe Barton, our wonderful chef and whomever else helped him that day! After lunch we took the group of younger campers and played Dental Jeopardy and played our dental relay race twice again! Our activities were a great success and seemed to be enjoyed by all! We hope the campers were able to take home a little bit of dental knowledge, along with the goodie bags of toothbrush, floss, and toothpaste we left for every camper that day. We finished up the afternoon with Jayme soaking in some sun, and Shannon getting to participate in a shinny game out on the field. We packed up the pontoon, bid goodbye to all our friends at culture camp, and then rode the pontoon back to the dock. It was a great finish to a very fun day. Thanks for having us, and we hope to do it again next year!



Issaq Ekman, Korbin Hemingway, Garret Hutchinson, & Morgan Phillips do a puzzle



Kari Herrin, Taylor Lowrey, Haley Pace, Mikel Dollins, and Alhana McNutt ring the bell for Dental Jeopardy

Coos County Veteran Services

Coos County Veteran Services is here to serve Veterans of Coos County. Many Veterans are not aware of the benefits available due to service connected disabilities, or pension available for disabled war-time Veterans and their dependents.

Barye Dellinger is the new Coos County Veteran Service Officer. She started serving Coos County Veterans on August 3, 2015 after working for Douglas County in the same capacity for over five years. She looks forward to bringing expertise about the VA claims system to Coos County Veteran Tribal members and their families. The Veteran Services Department has office hours at the Oregon Coast Community Action (ORCCA) building, 1855 Thomas Avenue, Coos Bay on Wednesdays and Thursdays each week. Office hours are also available at the Coquille Veterans Services Department, 217 North Adams, Coquille on Mondays and Tuesdays each week. Please call 541-396-7590 to schedule an appointment to talk about benefits you earned because of your service.



Tribal Elder

Eliese Jo Swigert Walks On



Eliese Jo Swigert, 80, passed away August 23, 2015 at her home surrounded by family. Eliese was born September 3, 1934 in Florence, Oregon to Paul and Margaret Benasco.

On January 1, 1955 Eliese married Richard Swigert. Earlier this year the two celebrated 60 wonderful years of marriage this past January.

Eliese is survived by her husband, Richard. Also surviving are: three sons and daughter-in-laws, Allen (Butch) and Kathy, Michael and Lorraine, and Joe and Shana; seven grandchildren, Paul, Ashley, Allison, Joseph, Aaron, Andrea, and Cory; and four great-grandchildren.

The family will have a celebration of life at a later date.

We Want to Hear Your Voice...

Submitted by Nicole Mendoza, R.N., and HHSD Intern

Our Community Health Representatives (CHR's) are starting to plan Tribal Family Dinners, we are requesting suggestions on topics for speakers, presentations, and education. Please contact us if you have an idea!

Some ideas include:

- Health Topics- November is American Diabetes Month.
- Self Care.
- Financial Planning (Locate local resources/programs)
- Food- Healthy Diets, Diet trends. (Dietician)
- Exercise Techniques-Personal Trainer/guest speaker
- Going to College, Higher Education and Financial Aid
- Tribal Career/Workforce development

We have many upcoming health events in Coos Bay this month! 1st Our Tribal Family Dinner will be held Wednesday October 21st. With special guest speakers hosting a talk on our Tribal Court Systems (12-2pm).

2nd Friday October 23rd is the Family Fun Fitness Fair, hosted by Three Rivers Casino (10-3pm)

3rd Saturday October 24th in honor of National Breast Cancer Awareness Month, we are hosting the Pink & Blue Health and Wellness Celebration alongside our Biggest Loser Challenge Celebration (10-3pm).

All three events are hosted at the Coos Bay Community Center: 338 Wallace St. Coos Bay, Oregon 97420. For information please call Traci (541) 744-1334, or Nicole (541) 888-7309.



PLEASE JOIN US FOR GOOD FOOD AND FUN WITH OTHER
TRIBAL FAMILIES.

ALL TRIBAL FAMILIES WELCOME TO ATTEND.

NO TRANSPORTATION IS PROVIDED.

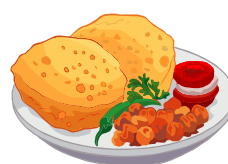
TRIBAL FAMILY GATHERING

WEDNESDAY, OCTOBER 21, 2015

AT

COMMUNITY CENTER IN COOS BAY

6:00 PM—8:00 PM



PLEASE CONTACT SCOTT INGERSOLL TO R.S.V.P. **By OCTOBER**

19TH

541-888-7533 OR TOLL FREE 1-888-280-0726

SPEAKER:

SPEAKER FROM TRIBAL COURT.

SPONSORED BY: HEALTH & HUMAN SERVICES DIVISION — DIABETES GRANT

Elders Corner

Elder’s Choo Choo All The Way Up The Coast

Submitted by Iliana Montiel, Assistant Health Director

On September 1st, the Elders headed out bright and early towards their Coastal excursion. I was greeted by some very patient, but hungry Elders as we were all meeting up at The Tillamook Cheese Factory for lunch. Unfortunately, we knew we were supposed to be there, but apparently the folks at the cheese factory didn’t get the message. After a little chaos, my high anxiety and “Duncan”, the tour guide, we finally were able to sit at the café and enjoy some lunch. Lunch was tasty and they did give us free vouchers for some delicious Tillamook ice cream. After our bellies were full and we were a bit more relaxed, we headed off to a little tour on how the cheese is made and distributed. They also had cheese samples (more eats) on our tour. From there it was off to the air museum. So much history was in this enormous building. They had a movie room, old helicopters, airplanes, military cars and so much more. You could even go inside some of them, where it was much easier to get in, than to get out. As the museum got ready to close for the night, we headed to Garibaldi to check in to The Garibaldi House. What a beautiful hotel this was. Tish, CEO of the hotel, welcomed all us and had appetizers waiting in the lobby for us, including homemade Cioppino. After everyone was checked in, we visited in their beautiful lobby and nibbled on some of the appetizers, then it was off to dinner. Since we arrived pretty late and all was exhausted — it was nighty nighty.

The next morning everyone was able to relax and sleep in. The hotel had an amazing hot buffet breakfast available until 10 AM. Several Elders took advantage of the rest, while others ventured out in the little quaint town. Some found antique shops, while others found good coffee and donuts. The train ride was a lot of fun. You could sit in the covered area or in the open cars. We were spread throughout the train. It was very scenic along the river as people who lived nearby would come out and wave to the people on the train. The train dropped us off in Rockaway Beach. There we had a great lunch at the Offshore Grill – just homemade good food. We had about an hour after lunch to venture out before the train came to pick us up. There were several little coffee shops, gifts shops, glass blown galleries along the streets. The sun graciously shined for us all day as we headed back to Garibaldi to jump in vehicles and head to The Tillamook Pioneer Museum. This was truly an amazing museum with our own spokesman Gary, who enlightened us with history. Our final stop of the evening was a catered dinner at KOKO’s, which is a golf course in Tillamook. The restaurant was beautiful, with a breathtaking view of the patio, waterfall and the grounds. They had closed for our event, so we had the whole place to ourselves, which was good, especially when I was trying to round everyone up and found 8 ladies taking pics in the restroom — a beautiful black marble counter top had caught everyone’s attention. It was the sink, but no one could figure where the water was going. Then it was time to head back to our home away from home. Again, appetizers and cucumber water in the lobby for everyone. It was an early evening so some ventured out for a stroll, some headed to their rooms, while about 9 of us stayed in the lobby and just told stories and laughed. This for me was the most enjoyable part of the trip. To listen to family stories, some tribal history and just get to know something about someone I hadn’t yet heard.

On our final day, we went to our last museum – The Garibaldi Museum. They welcomed us there with coffee and donuts, the same ones Doc Slyter kept raving about. They were delicious! At the museum, they broke us up into three groups. One group started with a movie on the history, one group headed upstairs and one on the main floor. As we headed for home, we stopped for lunch at Hidden Acres Botanical Café. What an amazing place and it was probably my favorite. It’s a nursery that has a café right in the middle. The food was delicious and the staff very warm and gracious. They even talked Doc into playing a couple of songs on his flute. From there it was time to head home. However, the laughs didn’t stop there. Oh, what fun the full bus ride was. From Donna McNutt renaming everyone – Charlie, Little Turd and Hot Lips to DeeDee’s rest stop torture – I mean stretches. But that’s all I can say. I was told “what happens on the bus, stays on the bus.” A very big thank you to my helpers, Dee Dee Plaep and Traci Stefanek. Hope everyone enjoyed it as much as I did and here’s to the next gathering.

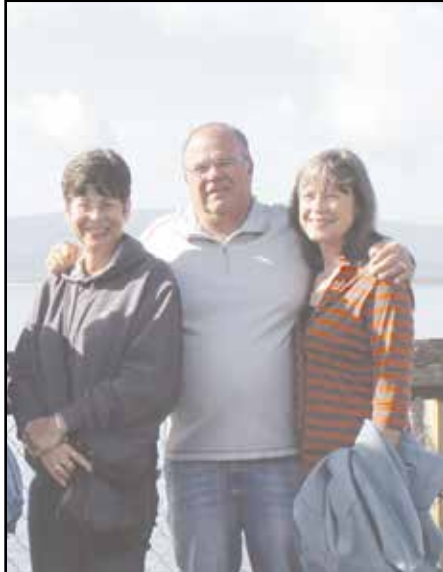
LAST ELDER’S TRIP OF THE YEAR
– DON’T MISS OUT.

Seven Feathers Casino Resort
Overnight trip - November 5th.

Call Iliana at 541-888-7526 for
more details & to RSVP.

Must RSVP by: Oct 23rd

Welcome New Elder
Kevin Thomas



Welcome back Donna Hockema as the Tribal Government & Finance Support

Submitted by Morgan Gaines, Communications Specialist



Donna Hockema

The Tribe is glad to welcome back Donna Hockema in the position of Tribal Government and Finance Support. Donna covered the front reception area for the Tribe for three months, during which time she applied for the full time position she is now filling. In her new role she will be assisting with payroll, accounts receivable, accounts payable, and other various finance projects. She will also be aiding Tribal Government by providing back up for the front desk, assisting administration on various projects, and much more.

With her, Donna brings many years of knowledge and experience in office administration assistance. Having taken a number of small business management courses through Southwestern Oregon Community College and spent numerous years in this field she more than has the skills to fill the position.

Donna's family is rooted in Native culture so she is especially glad to be working for our Tribe and feels a connection to our culture. When she was working up at the front office Donna read some of our texts to learn more about the Tribe. She greatly enjoyed reading *Our Culture and History* by Don Whereat. "I am very impressed with what the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians have accomplished. I am glad to be back and have this opportunity to be involved with the Tribe."

Outside of work, Donna enjoys spending time with her daughter. Together they explore the outdoors hiking, kayaking, and traveling. She is also a big Seattle Seahawks fan and enjoys watching the games.

Welcome back Donna!

Tribe Welcomes Starla Brown as new Contract Health Specialist

Submitted by Morgan Gaines, Communications Specialist



Starla Brown

Filling the role as Contract Health Specialist, the Tribe welcomes Starla Brown. Starla is a Coquille Tribal member and has a background and experience in the medical billing field. She has her Medical Assistance Certificate of Completion through the US Career Institute. And having spent four years already working in the field she brings with her many skills, as well as a love for what she does.

Starla is also incredibly happy to be working for a Tribe again. Helping Tribal people is one of the most important things in her life and career. "This is what feeds my soul, my passion is helping people" she said about being a part of this community and working with Tribal members.

She is a very family oriented person. Outside of work she loves playing board games with her family, especially the younger generations. She loves to kayak and spend time outdoors. Learning more about her family and culture is also a passion of hers including going to Tribal events.

Starla is also expecting to welcome a new Coquille Tribal member into the world in early January. She looks forward to being able to bring him or her into such a warm and welcoming community of Tribal people with such a beautiful and rich culture.

Please help us in welcoming Starla to the Health Department.



Prevention Activity



Please Choose one Activity

Saturday, October 3rd, 2015

You can follow us from The Tribal offices at 9:30 am.

We will meet at Mahaffy Ranch for Prevention Education, corn maze, hay rides and pumpkin patch from 10:00 am. to 12:00 pm. After that we will travel to Abby's Pizza from 12:30 pm—2:30 pm

OR

Saturday, October 10th, 2015

We will meet at Putter's Pizza for Prevention Education,

Food and Games from 11am—1 pm

After that we will travel to Lone Pine Farms to explore their Corn Maze from 2:00—4:00 p.m.

Please come and join us for some great FUN the whole family can enjoy!

No Transportation will be provided.

Mahaffy Ranch
10362 Hwy 241
Coos Bay
541-269-3900

Putter's Pizza
1156 Hwy. 99 N.
Eugene
541-688-8901



Abby's Pizza
997 S 1st St.
Coos Bay
541-267-5839

Lone Pine Farms
91909 River Rd.
Junction City
541-688-4389

Prevention Topic: Living a Healthy Lifestyle & HOC (Healing of the Canoe)

All CTCLUSI families are eligible to attend.

Each family unit must be accompanied by an adult over the age of 18.

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



R.S.V.P. to: Dee Dee
at 541-997-6685 or
Toll-free at 866-313-9913
or Doug at 541-297-2130
Before
Thursday October 1st, 2015 for
Mahaffey Fun Farm
OR
Thursday, October 8th, 2015 for
Lone Pine Farms

Vendors, such as:

- ♥ CTCLUSI Dental Clinic, Florence Outreach, Police and Nature Resources - air quality
- ♥ Dream Savers - helping people triple their savings through the IDA course
- ♥ OSU Extension Family & Community Health
- ♥ Ocean Dunes Golf Links
- ♥ Cascade Centers -- offering employee assistance programs
- ♥ Massage Therapist
- ♥ DiabetOmics ... biometric health screening information
- ♥ Three Rivers Casino Resort -- Food Samples Door prizes throughout the event.

Vendors such as:

- ♥ CTCLUSI Dental Clinic, Florence Outreach, Police and Nature Resources - air quality
- ♥ Ocean Dunes Golf Links
- ♥ Cascade Centers ~ offering employee assistance programs
- ♥ DiabetOmics ... biometric health screening information
- ♥ Food Services of America ~ Food Samples
- ♥ Three Rivers Casino Resort - cooking demonstrations
- ♥ Cabela's ~ gear up for the season
- ♥ Coastal Fitness & Aquatic Center Door prizes throughout the event.

Flu Season is Almost Here...Steps You Can Take to Prevent It

Submitted by Nicole Mendoza, R.N., and HHSD Intern

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

Signs and symptoms of flu include...

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

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

Preventing the flu...

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

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



Short Patient Health Questionnaire (PHQ-2)

Over the past two weeks, how often have you been bothered by any of the following problems?	
Little interest or pleasure in doing things?	0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day
Feeling down, depressed, or hopeless	0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day
Total point score:	

If you Scored 1 or more you may be experiencing depression, if you have any questions or would like resources please contact family services at (541) 888-6169 or 1-800-618-6827. Coquille Nurse Helpline: FONEMED 24 Hour nurse line: 1-855-354-9014, free 24 hour medical advice help line where Registered Nurses are available to answer medical questions.

PEACEGIVER COMMUNITY TRAINING EVENT

October 20-22, 2015

CTCLUSI Community Center, 338 Wallace Street, Coos Bay, OR 97420



Judge David D. Raasch
Stockbridge-Munsee Band of
Mohican Indians

PLUS
KEYNOTE DINNER
PRESENTATION
COMMUNITY DINNER
Wednesday 6 p.m.
CLUSI Community Hall

RSVP Please:
tribalct@ctclusi.org



Judge Ernest H. St. Germaine
Lac du Flambeau Ojibwe

CALLING ALL PEACEGIVERS, PEACEMAKERS, PEACEKEEPERS.

The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians is hosting a training, October 20-22, 2015. This training is provided to you at no cost. Please **SAVE THE DATES** for this training.

Agenda available soon

For more information call CTCLUSI Tribal Court at (541) 888-1306

There will be a Room block at the Red Lion Inn, Coos Bay, OR at a reduced rate.

CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

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See you there!



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Doors open at
10:00 am and ends
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By
October 16, 2015

What Are Your Weaknesses?

Submitted by Mike Smith, Training and Development Specialist

Let's be honest...everybody hates this question. Nevertheless, you can still answer it clearly and correctly.

Interviewing someone for a job is not as easy as it looks. First, as the interviewer, you're tasked with finding the person who will not only do the job well but also fit in well with the other employees. You have to assess abstract qualities that can't be found on a résumé. Because you have to repeat the process for every potential employee, you end up asking question after question to applicant after applicant.

Still, interviewers need to be told something: "What is your biggest weakness?" is not a good question. It just isn't.

Now, job seekers have to understand that interviewers want to find some way to distinguish one applicant from another. Asking questions that are seemingly impossible to answer is one way to see who can think creatively. The question is an admirable way to achieve this. However, this question isn't the same as asking, "Name three difficult situations and how you've overcome them." That question asks you to think critically about your performance, talents and problem-solving skills. Asking you to identify your weakest professional trait is like asking, "Why should I choose someone else for this job?"

Yet, it's a staple that you should assume will come up in every interview. Rather than tell the interviewer, "Well, that's a dumb question and I refuse to answer it," you do have a legitimate ways to respond and look better for it. And no, stating that your biggest flaw is being a perfectionist is not an acceptable answer, either.

Honesty, with a twist

"What are your three strengths and three weaknesses?'... is a classic, but not too many people know how to answer this," says Kenneth C. Wisniewski, founder and CEO of WebiMax, an online marketing company specializing in search engine optimization. "As an interviewer, we want to hear strengths that describe initiative, motivation and dedication. The best way to respond is to include these attributes into specific 'personal statements.'

Similarly, weaknesses should be positioned as a strength that can benefit the employer.

"I like to hear applicants state an exaggerated strength, and put an interesting twist on it. An example of this is, 'My initiative is so strong, that sometimes I take on too many projects at a time.'"

This answer leads with a strength that employers want -- initiative -- and still acknowledges that you're not perfect. In fact, you can overextend yourself. Although you might consider this acknowledgement too honest, it works because it proves you're being honest. Plus, employers are still requiring workers to "do more with less," so you show that you are prepared to multitask.

Honesty, with progress

When you consider what your weaknesses are, think about how you have attempted to overcome them. No one is perfect, so pretending that you had a weakness and then eliminated it entirely will come across as insincere. Debra Davenport, author of "Career Shuffle," believes citing examples are the best approach.

"My preferred response for this question is to tell the truth without damaging the applicant's image -- and in a manner that doesn't make the candidate come across like they've been coached by a Hollywood PR person," Davenport explains. "Many candidates are on to this question and so have developed fluff answers such as, 'My co-workers have told me that I sometimes take my work too seriously,' or 'I can never seem to leave the office at 5:00 -- I guess I just love my work too much!'"

Employers aren't buying it, she says.

"A better response might be, 'I've had some challenges with work-life balance in the past and I realize that a life out of balance isn't good for me, my family or my employer. I've taken the time to learn better time and project management, and I'm also committed to my overall wellness. I eat right, exercise and maintain healthy boundaries for myself.'"

The answer adds some dimension to the question, and proves you've thought beyond the answer. You've actually changed your

behavior to address the situation, even if you haven't completely overcome the weakness.

"[It] lets the employer know that this candidate is emotionally mature, self-directed and takes care of himself or herself ... and possesses a high internal locus of control -- a very positive attribute."

Put yourself in the interviewer's shoes


However you decide to answer, Debra Yergen, author of "Creating Job Security Resource Guide," recommends job seekers imagine themselves sitting on the other side of the desk.

"If you were doing the hiring, what would you be looking for? What would be your motivation for asking certain questions? Who would you be trying to weed out? If you can empathize with the interviewer, you can better understand what they want and need, and then frame your qualifications to meeting their needs for the position you seek."

Once you consider what the goal of the question is and figure out what your honest answer is, you'll be able to give the best possible answer to a tricky question.

Content used from "How are you supposed to answer 'What are your weaknesses?'" by Anthony Balderrama

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Department of Human Resources

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Three Rivers Casino Resort ~ Florence

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- Food Server ~ Host ~ Bussperson
- Line Cook
- Dish Machine Operator
- Guest Room Attendant
- Lead Front Desk Clerk
- Security Officer I
- Special Events Team Member
- Slot/Keno/Bingo Attendant
- Table Games Dealer

Three Rivers Casino Resort ~ Coos Bay


- EGM Technician
- Cage Cashier Dual Rate Main Banker
- Security Officer I Dual Rate

Blue Earth

No openings at this time

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