



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

Tribal Council Votes to Use American Rescue Plan Act Funding for General Welfare Assistance to Tribal Households



Coos Bay, Ore., October 19, 2021—The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Tribal Council are pleased to inform you, the General Council membership, that we will be able to provide General Welfare assistance to households. We know that the onset of COVID -19 has been difficult for us all and we hope that this assistance will help ease some of the financial burden that living through a global pandemic has brought. We have worked closely with the Tribal Government staff and with the Tribes Legal Counsel to create a program using the funds we have received from The American Rescue Plan Act (ARPA) Fiscal Recovery Funding. This funding is quite different than the Cares Act funding we received and were able to use to aid Tribal households previously. Eligible uses for funds from ARPA can be to build infrastructure and programs. General Council membership input will be vital in determining the planning for these funds. Please be sure to fill out the Community Input Survey online at www.ctclusi.org in addition to filling out the current Tribal Member Emergency COVID-19 General Welfare Assistance American Rescue Plan (ARPA) application.

The American Rescue Plan Act granted a total of \$31.2 billion to Indian Country, including the agencies that serve Tribal nations. The bill was signed on March 11, 2021 and directed the U.S. Treasury to distribute \$20 billion directly to Tribal

governments through the Coronavirus State Fiscal Recovery Fund. The legislation gave broad discretion to the Treasury by stating that, \$1 billion is to be allocated equally among eligible Tribal governments and \$19 billion is to be allocated to Tribal governments in a manner determined by the Secretary of the Treasury.

The Treasury released their [distribution plan](#) on May 10, 2021, and it consists of:

- \$1 billion to be equally distributed among [eligible Tribal governments](#).
- \$12.35 billion to be distributed based on Tribal self-certified enrollment data.
- \$6.54 billion to be distributed based on 2019 Tribal employment data.

The Treasury states in its distribution plan that funding was distributed in two payments. The first payment will equally divide \$1 billion, and the second payment distributed funds based on enrollment and employment data. Our Tribe, CTCLUSI has now received both allocated amounts from the required data submitted.

The Treasury also released its rules regarding the ARPA funding. Generally, the rule states that ARPA funding may be used to address several areas. The rule states that Tribes have

- American Rescue Plan Act continued on page 4

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

Attention: Important Deadline!

Deadline to apply for
ARPA General Welfare Assistance

November 30, 2021

Visit www.ctclusi.org to fill out your
application and community survey online today!

Activity of Elected Tribal Council Members from September 12, 2021 - October 10, 2021

Chief Doc Slyter:
9/12 Budget Meeting
9/12 Tribal Council Meeting
9/13 CFO -Casino
9/13 Vaccine Policy Meeting
9/13 Gregory Point - Tribal Member Memorial
9/14 2022 Budget Meeting-Zoom
9/15 Admin Office - Paperwork
9/16 Elakha Alliance Meeting
9/16 Oregon Tribes Policies
9/16 Leader's Circle
9/16 Special Meeting - NOAA Grant
9/17 US ACE on-site at North Spit
9/20 Cleaning Second Fish Allotment at Tribal Hall
9/21 Oregon Tribal Gaming Alliance
9/21 Zoom-Logic Model System for Native Learning Center
9/21 Zoom - Oregon vs Monsanto Litigation
9/22 National Association of State Trust Land Conference
9/22 Lakeside Water Task Force Meeting
9/23 CEDS (Comprehensive Economic Development Strategy) Kick off Mtg
9/23 Leader's Circle
9/27 Oregon Water Resources Dept Mtg
9/28 2nd - 2022 Budget Meeting
9/29 Admin Office - Paperwork
9/29 GFORB
9/29 Business Meeting
9/30 NEPA - Council on Environmental Quality
10/4 DEQ Rule making w/ Director Michael Whitman
10/6 LCIS
10/7 Leader's Circle
Tribal emails and phone calls
Total Hours: 97.75

Debbie Bossley, Tribal Chair:
September – October In Office 19 days
09/12 Budget Meeting / Tribal Council Regular Meeting
09/16 Special Meeting / Leaders Circle
09/17 United States Army Corp of Engineers North Spit Visit
09/21 Oregon Tribal Gaming Alliance
09/22 National Association of State Trust Lands
09/23 Leaders Circle
09/29 GFORB / Tribal Council Business Meeting
10/07 Mark Johnston Meeting / Leaders Circle
Total Hours: 110

Julie Siestreem, Vice Chair:
09/12 Budget Meeting / Tribal Council Regular Meeting
09/13 BOEM Meeting
09/14 Budget Meeting
09/16 9 Tribes Meeting
09/17 USACE North Splint on site Visit
09/21 Oregon Tribal Gaming Alliance
09/23 CTCLUSI CEDS Project Kick Off Meeting / Leaders Circle
09/29 GFORB / Tribal Council Business Meeting
10/04 DEQ Rulemaking Meeting
10/05 SOS Meeting
10/07 Leaders Circle
Total Hours: 41

Iliana Montiel:
09/12 Budget Hearing / Tribal Council Regular Meeting
09/16 Leader's Circle
09/20 Swearing in Police Office Shawn Fleming on Zoom
09/23 Leader's Circle
09/28 Budget Meeting
09/29 GFORB / Tribal Council Business Meeting
10/07 Leader's Circle
Reading & responding to emails.
Total Hours: 33

Josh Davies:
09/12 Budget Hearing, Tribal Council Regular Meeting
09/13 IGA Stakeholder Briefing
09/15 OIEA Board Orientation and Board Meeting
09/16 White House IGA weekly briefing call, Oregon Tribes Meeting, Leaders Circle Meeting
09/22 Sapsik'wala Tribal Advisory Council Meeting
09/23 Office of Management and Budget Tribal Consultation
White House IGA weekly briefing call / Leaders Circle Meeting
09/24 Meeting with ELD
09/27 Government to Government Consultation Meeting Regarding Oregon Water Resources Department 2021 Rulemaking Actions
09/28 Indigenous Perspectives in Environmental Education Curriculum /Gathering of NW Elders, Knowledge Holders & Culture Keepers - Fall 2021 /

TSPC Commission Meeting
09/29 Gathering of NW Elders, Knowledge Holders & Culture Keepers - Fall 2021 / GFORB / Tribal Council Business Meeting
09/30 White House weekly briefing call
10/04 DEQ Rulemaking w/Richard Whitman
10/06 LCIS Meeting
10/07 Leaders Circle Meeting
10/10 Trial Council Regular Meeting / General Council Meeting
Total Hours: 81.5

Doug Barrett:
09/12 Budget Meeting / Tribal Council Regular
09/16 Leaders Circle
09/23 Leaders Circle
09/29 GFORB / Tribal Council Business Meeting
10/10 Tribal Council Meeting / General Council Meeting
Total Hours: 31 & Emails

Enna Helms:
09/12 Tribal Budget Meeting; Tribal Council Meeting
09/14 1st 2022 Budget Meeting
09/15 Webinar: Traditional Knowledge - Federal Agencies' Considerations
09/16 Oregon Tribes Meeting; Tribal Leaders Circle Meeting
09/17 United States Army Corp of Engineers On-Site Meeting Coos Bay North Spit
09/21 Oregon vs Monsanto Litigation-Tribal Expertise
09/23 CLUSI CEDS Project Kickoff; Tribal Leaders Circle Meeting
09/27 Government to-Government Consultation Meeting re Oregon Water Resources Department Rule making (conclusion to meeting)
09/28 Second Tribal Budget Meeting
09/29 Tribal Council Business Meeting
10/07 Tribal Leaders Circle Meeting
Total Hours: 45 Hours (Not including time spent on emails; phone calls; readings)

Upcoming Meetings:

Secong Budget Hearing - November 14, 2021
Meeting starts at 9:00 a.m.

Tribal Council Meeting - November 14, 2021
Meeting starts at 10:00 a.m.


To attend these meetings through zoom please login to the Citizen Portal at www.ctclusi.org and click the Council Meetings box


Need help registering for an account online?
Contact Morgan Gaines, Communications Specialist at 541-888-7536 or mgaines@ctclusi.org

Did you know that more than 97% of people hospitalized with #COVID19 are unvaccinated? Getting a COVID-19 #vaccine is an effective way to protect yourself and your family from dangerous symptoms of the virus. Everyone 12 and up is eligible to receive a vaccine – get yours today! Read more at: <https://www.npr.org>

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

97% of people hospitalized with COVID-19 are unvaccinated.



**GET VACCINATED TODAY.**

SOURCE: NPR, JULY 2021

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. Veterans are honored 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 Eugene Outreach offices.
Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year. The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

Doc Slyter, Chief

Tribal Chief
541-808-7625 (cell)
dslyter@ctclusi.org

Enna Helms

Position #1 Council
541-297-7538 (cell)
enna.helms@ctclusi.org

Debbie Bossley, Chair

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

Julie Siestreem,

Vice-Chair
Position #3 Council
541-294-6055
jsiestreem@ctclusi.org

Josh Davies

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

Iliana Montiel

Position #5 Council
541-217-4613(cell)
iliana.montiel@ctclusi.org

Doug Barrett

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

Council Meeting

November 14, 2021

10:00 a.m.

To practice safe social distancing guidelines, this meeting will be streamed online. Please login to the citizen portal of www.ctclusi.org and click Council Meetings for the zoom link to this meeting.

Agenda:

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

Upcoming Events

November 14th – Second Budget Hearing zoom 9:00 a.m.

November 14th – Regular Council Meeting zoom 10:00 a.m.

November 30th – Deadline to Apply for American Rescue Plan Act (Program) General Welfare Assistance
(visit www.ctclusi.org to apply)

November 30th – Healthy Families Workshop:
Budgeting 5:30 p.m.
(see page 17 for flyer)

December 12th – Regular Council Meeting 10:00 a.m.

December 21st – Winter Solstice

December 21st – Healthy Families Workshop:
Preparing for a New Year 6:00 p.m.
(see page 17 for flyer)

Important Information about
Upcoming Tribal Council Elections
in April 2022

Election Day: April 10, 2022

You Must Be Registered to Vote

Tribal Member Voters, please make sure you have a voter signature card on file. Visit www.ctclusi.org and login to the citizen portal to print and submit and voter signature card. For more information or questions, please call the Election Clerk at 541-888-9577.

You must be registered to vote for any official Tribal elections.



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 Christine Sylvester at csylvester@ctclusi.org. All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

Government Office
Carol Jacobs-Kosht,
Interim Chief Executive Officer
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7527
carol.jacobs-kosht@ctclusi.org

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

Department of Human Resources
Jennifer Silva, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-7508
Toll Free: 1-888-280-0726
Fax: 541-897-9881
jsilva@ctclusihr.org

Tribal Housing Department
Josh Stevens, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7546
Fax 541-435-0492
jstevens@ctclusi.org

Purchased/Referred Care
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-800-227-0392
Fax 541-888-5388
prc@ctclusi.org

Education Department
Josh Davies, Education Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-1314
Cell: 541-297-4105
Toll free 1-888-280-0726
jdavies@ctclusi.org

Family Support Services
Iliana Montiel, Interim Director
2110 Newmark Avenue
Coos Bay, OR 97420
Phone 541-888-7526
Toll Free 1-888-280-0726
Fax 541-888-5388
imontiel@ctclusi.org

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

Elders Activities
Iliana Montiel, Interim Director
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7526
Fax 541-888-7526
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
tribalcourt@ctclusi.org

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

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

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

Tribal Gaming Commission
Rusty Bossley,
Executive Director of the Gaming Commission
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-2830
Fax 541-997-7293
rbossley@ctclusi.org

Tribal Police
Brian Dubray,
Chief Law Enforcement Officer
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-6011
Fax 541-902-6507
bdubray@ctclusi.org

Department of Natural Resources
Roselynn Lwenya, Ph.D.
Director of Natural Resources
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll Free 1-888-280-0726
Fax 541-888-2853
rlwenya@ctclusi.org

American Rescue Plan Act Funding...continued from cover page

broad flexibility to determine how spending can be used to meet the needs of their communities. A portion of this can be used as cash assistance to its members for economic impacts on households and individuals. "This is the Tribal Councils first priority for these newly received funds. To offer tribal members General Welfare assistance for the devastating effects of COVID -19 including the new Delta variant. All of Council is aware that the pandemic continues to impact so many of our people's lives and the communities where they live" said Tribal Council Chair, Debbie Bossley.

On October 14, 2021 Tribal Council held a Special Meeting to approve General Welfare Assistance Program with ARPA funding for the membership. Enough funds were allocated by the Council to assist every eligible enrolled adult member and every eligible enrolled child, to be funded to their custodial parent, or legal guardian. Currently there are 1292 enrolled members of CTCLUSI. **Applications are required to receive this assistance.** Every adult Tribal member was mailed applications and instructions to apply for this General Welfare Assistance from the ARPA Funding October 19, 2021 to the last known address we have on file in the Enrollment database. **We are urging membership to apply online at www.ctclusi.org**

To be eligible to receive this assistance first you must be a living enrolled member as of October 17, 2021. Secondly, during the period of March 3, 2021 and December 31, 2021 have experienced or anticipate to experience negative economic impacts due to the COVID -19 crisis in at least one area of hardship or need such as, food, rent, mortgage, utilities, counseling, legal aid to prevent eviction, homelessness, burial costs, home repairs, weatherization, internet access, distance learning, negative economic impacts of loss of income, job loss or reduced work, any health related costs, quarantine expenses, cleaning supplies or any other expense related to the negative economic impacts to your household due to the pandemic.

Pending applications in the Enrollment Department will need to have their applications completed and approved by the Enrollment Committee by November 9, 2021 to be eligible.

How to apply for ARPA General Welfare Assistance

A paper application and survey was mailed to every adult Tribal member with instructions.

To streamline the process we highly encourage you to apply ONLINE.

Application & Survey are on the homepage of www.ctclusi.org

Visit www.ctclusi.org and click the application link button on the homepage to fill out your application online or type <https://laserfiche.ctclusi.org/Forms/ARPA-Assistance> into your web browser.

Please be sure to also fill out the Community Input Survey

APPLICATION DEADLINE:
November 30, 2021
by 5:00pm, PST (Pacific Standard Time).

DISTRIBUTIONS:

Applications received and approved by October 29, 2021 will be mailed by November 5, 2021.

Applications received and approved by November 12, 2021 will be mailed by November 19, 2021

Applications received and approved by November 30, 2021 (DEADLINE) will be mailed by December 10, 2021.

ALL CHECKS WILL BE SENT VIA USPS
Holiday season may delay delivery

TRIBAL MEMBERS NEEDING ASSISTANCE COMPLETING A FORM MAY CALL TRIBAL GOVERNMENT AT 541-888-9577 or 1-888-280-0726

ENROLLMENT DEPARTMENT NEWS

Request a New Tribal Identification Card Online!

Visit www.ctclusi.org and click the Tribal Enrollment tab from the dropdown Government Tab options.

Or sign in to the Citizen Portal and click on the Admin Request Forms box.

Fill out the new form online, upload a new photo and your card be mailed to you in 7-10 days.

Questions?

Contact the Enrollment Office
Jeannie McNeil, Enrollment Clerk at 541-888-7506
jmcneil@ctclusi.org

Tribal Government Website Information

Be sure to check the Tribal website www.ctclusi.org for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

Visit <https://ctclusi.org/health-alert-notifications> for more information and links to the CDC concerning the Covid-19 Pandemic.

If you are a Tribal member who needs assistance getting signed up for full access to the Citizen Portal on www.ctclusi.org please e-mail mgaines@ctclusi.org or call (541) 808-7918.

Positive COVID-19 Results and CTCLUSI Resources

Contributed by CTCLUSI Health Department

COVID-19 cases in Oregon are higher than they have ever been since the beginning of the pandemic. On August 13, the Oregon Health Authority (OHA) reported 733 hospitalized COVID-19 positive patients, the single highest daily count since OHA began reporting hospitalization trend data. This total represented a more than seven-fold increase from the 99 hospitalized COVID-19 patients reported on July 9.

Are you a CTCLUSI Tribal member that has an active COVID-19 positive test? CTCLUSI has resources for members in the five-county service area (Curry, Coos, Lincoln, Lane, and Douglas). Resources are provided to those with proof of a recent COVID-19 test, and are actively in quarantine/isolation. Resources include, yet are limited to food, electrolytes, cleaning supplies, over the counter medications (we have a pre-approved list), and personal protective equipment. These resources are provided to

help keep contagious Tribal members home for the 14-day quarantine period. This is an effort to help our Tribal members and help prevent the spread of COVID-19 in our community.

How to get a COVID-19 Quarantine/Isolation Kit:

1. Send photo proof via email or text photo proof to your local Community Health Aid (CHA), or Community Health Nurse. The test must be completed at a pharmacy or health care facility. Over the counter tests are not valid.
2. A CHA will review the COVID-19 kit checklist with the COVID-19 positive Tribal member.

a. **Armando Martinez:**

- i. Email: amartinez@ctclusi.org
- ii. Phone Number: 541-435-7228
- iii. Cell Phone: 541-999-4151

b. **Doug Morrison:**

- i. Email: dmorrison@ctclusi.org
- ii. Phone Number: 541-997-6685 x 7701
- iii. Cell Phone: 541-297-2391

c. **Kimmy Bixby:**

- i. Email: kbixby@ctclusi.org
- ii. Phone Number: 541-744-1334 X 7165
- iii. Cell Phone: 541-808-8684

d. **Kristy Petrie:**

- i. Email: kpetrie@ctclusi.org
- ii. Phone Number: 541-888-7521
- iii. Cell Phone: 541-294-8391

BLUE EARTH BOARD MEMBERS NEEDED

If you are an Enrolled member of CTCLUSI and are interested in becoming a Blue Earth Board Member please submit a Letter of Interest and Resume, including any business experience and/or qualifications to

Christine Sylvester
1245 Fulton Ave.
Coos Bay, Oregon 97420
or email csylvester@ctclusi.org
or call (541)888-7532

LIHEAP

Low Income Home Energy Assistance Program

PROGRAM UPDATE!

Eligible households **no longer** need to reside within the Tribe’s five county service delivery area to be eligible; however, households must reside within the State of Oregon. The Health and Human Services Division continues offering Heating or Cooling assistance for qualifying **low income households**. To receive assistance contact the Health and Human Services Division or fill out an application on the CLUSI website at <https://laserfiche.ctclusi.org/Forms/LIHEAP>.

To qualify, your annual and household gross income must be at or below the following income limits:

1 Person Family	\$27,805
2 Person Family	\$36,361
3 Person Family	\$44,916
4 Person Family	\$53,472
5 Person Family	\$62,028
6 Person Family	\$70,583



In order for your application to be processed and determine qualification **you must provide:**

Proof of Income (Pay Stub)	Social Security Card
Copy of your utility bill	SSI or SSDI Statement of Benefits
Tribal Enrollment Card	Child Support Statement
Oregon Trail Card	Current Oregon Health Plan Card

No appointment is necessary as Tribal Households can fill out the application online at <https://laserfiche.ctclusi.org/Forms/LIHEAP> , or you contact a Health and Human Services staff member to assist you at 541-888-6169. If you have any questions regarding the LIHEAP program, please contact Shayne Platz at 541-297-3450.

CELEBRATE AUTUMN THROUGH
TRIBAL CARE PACKAGE KITS

Fall Harvest Household Kits

While the Covid-19 pandemic may still be
limiting our ability to gather together we are
still thinking of you and your families.
In lieu of gathering we are sending out Fall
Harvest kits to Tribal households.

Fall Harvest kits are limited so they will be
available on a first come first served basis
while supplies last.

Thank you for your understanding
that supplies are limited. These kits
are provided by a number of
departments at Tribal Government
and funded by their department
grants and resources.

Apply online at www.ctclusi.org

For more information please call the Culture Department at 541-888-7511

Scan the QR code below to listen to
Invocation for Rain, a story told by
William Smith (Alsea/Siuslaw) in 1911
about what people did when it was
so cold the rivers froze up. Recorded
by Patty Whereat-Phillips in the
Sha'yuushtl'a uhl Quuiich
language.



Sha'yuushtl'a uhl Quuiich
Invocation for Rain

Watch Previously Recorded Virtual Cultural Activities Online

Visit the Tribal website at www.ctclusi.org and
login. In the new Citizen Portal you will find a tab
for Virtual Culture Zoom classes.
The Zoom link to live classes will be posted here as
well as all the previously recorded zoom classes.
Did you miss any February classes? You can still
go watch and enjoy online!

Contact Ashley Russell at
arussell@ctclusi.org for materials while
supplies last.

Need help registering for the website?
Contact Morgan Gaines
mgaines@ctclusi.org
(541) 808-7918

Crow and Thunderbird

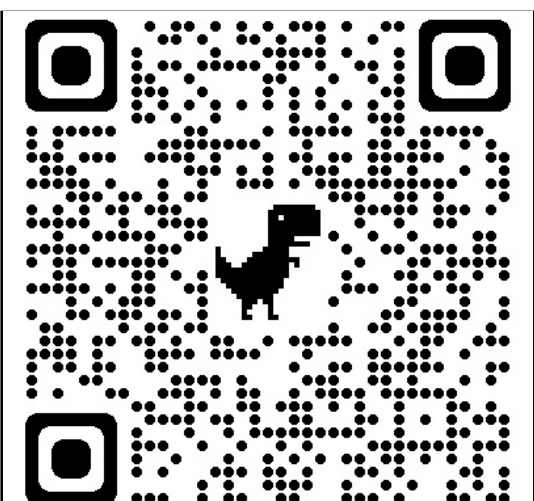
*Listen and Learn a
Traditional Story in Your
Tribal Language*

Tribal Linguist Patty Whereat-Phillips has created video's of the Crow and Thunderbird story in our Traditional Languages of Hanis, Miluk, and Sha'yuushtl'a uhl Quuiich.

While we patiently wait until we can gather again we have the opportunity to keep the oral storytelling tradition going through online opportunities such as these. Using your smart phone, scan the QR codes below to see the corresponding video online. Or you can also visit www.ctclusi.org to view the video links.



Hanis
Crow and Thunderbird Story



Miluk
Crow and Thunderbird Story



Sha'yuushtl'a uhl Quuiich
Crow and Thunderbird Story

Call for Input on Naming Tribal Forest Tracts

Contributed by Patty Phillips and Enna Helms

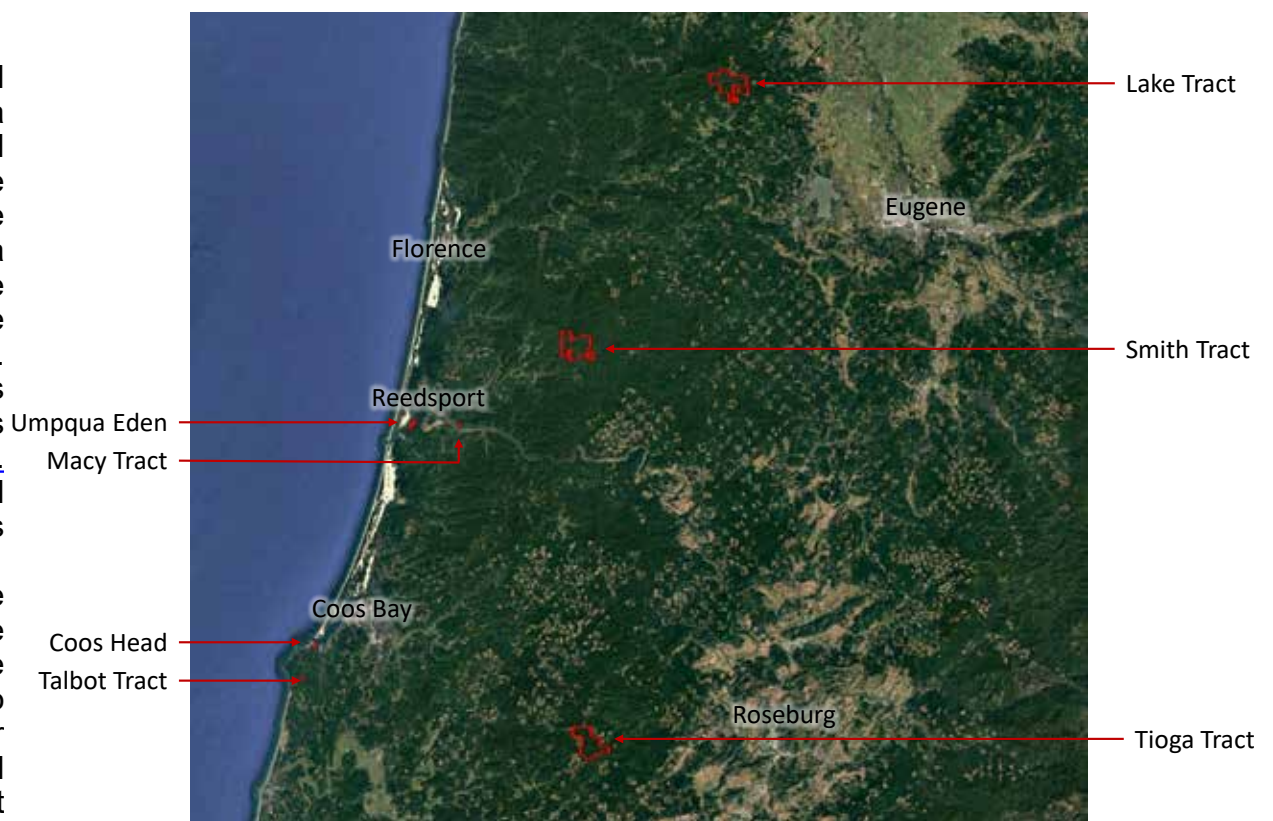
On February 14, 2021, the Tribal Council approved a resolution establishing a General Names Protocol to facilitate and encourage a community process in the reclamation of names using one of our three languages; Miluk, Hanis and Sha'yuusht'a ut Quuiich. You can find the name change form and protocol on the top of the page at <https://ctclusi.org/languageprivate/>. Tribal members may provide suggestions regarding these tracts to Patty Phillips or Enna Helms at language@ctclusi.org or by phone at (541) 297-7538. All names suggested will remain anonymous throughout this process.

Language Staff met with the Language Committee regarding the names of the various forestry tracts proposed in the forest plan and it was recommended to initiate a name change process on all or some of the Tribal Forest Tracts. The Tribal Council approved this recommendation at an open session during the last Regular Council meeting.

As we dialog around each place name being initiated, we prioritize names based on the ownership and language of those lands. We consult with historical information and family stories and work to establish our names for land acknowledgment of our places for our people and bring recognition in this world. Many of the proposed names brought up in this article were suggested based on a landmark or geographical feature nearby. It is thought that when we go to suggest names through the Geographical Names Board at the State, we may want to consider saving these names for the actual geographical places rather than the tracts that are nearby them. Perhaps more thought to names that reflect the tract itself will create more dialog and suggested names for input.

The Tribal Forest Tract lands were returned to the Tribe 3-4 years ago. On Solstice, December 21st of 2017 the Western Oregon Tribal Fairness Act was passed by Congress and it was signed into law on January 8th, 2018. On August 8th, 2018 the lands were transferred into trust to the Tribe. Since, the Tribe has worked diligently to provide information out to membership on where these tracts are located and how to access them including a link to an app you can download called "Avenza" for more information follow this link: <https://ctclusi.org/forestry-management-private/> and lets you know when you are on Tribal tract land vs lands of current ownership of other entities like BLM or private.

"Upper Lake Tract," is upstream of Triangle Lake and Hult Pond, which was a log storage pond for the former Hult Mill which was located partially on the Upper Lake Tract. This tract has also been referred to as "pkiitii" which means "lake" in the sha'yuusht'a ut quuiich language. The pond is not located on the tract but is surrounded by Tribal lands. The pond is currently managed by the BLM. The BLM might remove the dam and drain the pond due to maintenance and safety issues with the dam. Some people have thought that perhaps a different name could be chosen



for this tract. Some suggestions so far include adding the word for east (qaiqx), or upstream (tqauwii). A September 2020 newsletter article provides more background information on the Upper Lake Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2020/09/FINAL-revised-September-2020-for-web.pdf>.

"Lower Smith Tract," is the largest contiguous tract located just to the north of Smith River Falls. The Falls was an important upriver fishing site for the Quuiich "Lower Umpqua" people and appears in the legend of "Butterball Duck's Grandson", where the grandson meets a mysterious bird that transforms into a woman. This tract has been called huunat'a (the word for 'waterfall'). A suggested addition to the name that came out of language committee discussions is chacha qiiuuchunii, meaning bird-woman. Another suggestion was something to do with salmonberries, tlux, which are plentiful on this tract. An October 2020 newsletter article provides more background information on the Lower Smith Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2020/09/FINAL-October-2020-for-web.pdf>.

"Tioga Tract," referred to the eastern Coos county, which is a name used for some local place names but is actually from the Mohawk language (teyókę, meaning fork or junction in that language). One proposed name is "Tokeat," a name that appears once in the 1931 land claims trial transcripts. James Buchanan, a Hanis elder, said it was the name of the eastern boundary of the Coos. The court clerk was not a linguist, and the name does seem similar to Jogiiyat, the name for Blue Ridge Mountain (which is between Sumner and Fairview) and is some distance to the northwest of this forest tract. In a 1942 interview, Lottie Evanoff thought Buchanan's "Tokeat" sounded like Jogiiyat. A November 2020 newsletter article provides more background information on the Tioga Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2020/10/FINAL-November-2020-for-web.pdf>.

for-web.pdf.

"Umpqua Eden," is a special place on the Umpqua River. It was the site of a village, pronounced in the sha'yuusht'a ut quuiich language as Tkimya. The committee has discussed keeping Tkimya as the name for this tract. A March 2021 newsletter article provides more background information on Umpqua Eden. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2021/02/FINAL-March-2021-for-web.pdf>.

"Macey, or Macy Tract," is on the Umpqua river and the name is connected to one of the allotments of one of the Maceys. A February 2021 newsletter article provides more background information on the Macy Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2021/01/FINAL-February-2021-for-web.pdf>.

"Coos Head Tract," has been referred to as "xitlaxaldich" which is actually the name for the nearby Tunnel Point. The name means "dim light, becoming daylight" place. Unfortunately, the traditional name of Coos Head was not recorded. There has not been much discussion yet on alternate names to give this tract. A January 2021 newsletter article provides more background information on the Coos Head Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2021/01/FINAL-January-2021-for-web.pdf>.

"Talbot Tract," located in the hills above South Slough, is connected to an allotment to one of the Talbot family, children of ch'eghesta (also known as Chavesta, Jane, or Tennenpah) a South Slough Miluk woman and a white man named Madison Talbot. A December 2020 newsletter article provides more background information on the Talbot Tract. It can be accessed online at <https://ctclusi.org/wp-content/uploads/2020/12/FINAL-December-2020-for-web.pdf>.

gele, luuwii, hiis, iisha, masii. Many thanks to all involved in reclaiming the old names or renaming of our places, canoes, through building on our connections and relationships to the places, people, and language.

Tribal Government Welcomes New Staff

*Tammy Bolling,
Administrative Assistant II - Front Office*

I am Tammy Bolling, I am so excited to be working for CTCLUSI. I have been a member of both the Local and Tribal Community for over 30 years. I am the mother of Tribal Member Adam Bolling currently in Clinton Utah. I have two daughters Abbi and Lilli, both Native descendants as well. I maintain a wonderful loving relationship with my step daughters, Tribal Members Ashley Russell and Tiffany Bolling.

I look forward to welcoming and assisting Tribal Members and staff in my new roll in the front office of Tribal Government.



*Beth Hager,
Archive & Technical Assistant*

Hello, my name is Beth Hager and I was born in Ukiah, California. In 2008, after several years working in San Francisco, my husband and I packed up and moved to Days Creek, Oregon. Once we were in Oregon, we started visiting the Oregon Coast on a regular basis. In 2017 we decided to make Bandon our full time home.

We have 2 great kids and 8 wonderful grandkids that all live in Santa Rosa, Ca. When I am not working, I love to go camping, crabbing, fishing and just spending time with my family.

I am excited to be the new Archive & Technical Assistant here at CTCLUSI and look forward to learning more about the history and culture of the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians.



Officer Fleming Joins CTCLUSI Tribal Police

Contributed by Brian Dubray, Chief of Police

Officer Shawn Fleming grew up and graduated high school in the south-central valley of California. He moved to the Coos Bay area in 2006 at the age of 19. Shawn's wife Samantha was one of the first people he met and befriended when he moved here. They started dating in 2012 and were married in 2019. Shawn and Samantha have 2 boys, Braxton (7) & Colt (5).

In his free time, Shawn enjoys spending time with his family. He enjoys watching Marvel superhero movies and playing Xbox with his boys.

The Fleming's enjoy riding their Razor in the dunes and in the mountains.

In 2010 Shawn started at The Mill Casino and worked Security for 7 years.

In 2014, Shawn was awarded the EMS Officer of the Year. In 2014, Officer Fleming was hired at the North Bend Police Department as a Reserve Officer. In 2017, he was hired as a full-time Police Officer at North Bend Police Department where he has worked until joining the Tribal Police Department.

Officer Fleming will begin a Field Training process with both Officer Olson and Chief of Police Dubray to ensure his understanding and compliance with Tribal Police Department policies and procedures. The Field Training process will also cover a multitude of topics including firearms proficiency and safety, proper use of force, vehicle operations, ethics and more.

Once Mr. Fleming has completed the Field Training



Officer Shawn Fleming



Pictured left to right: Chief of Police Brian Dubray, Officer Shawn Fleming, and Officer Mike Olson

process, he will be released onto his own and will allow us to expand our hours of coverage for the Tribe. Mr. Fleming will be based out of the Coos Bay office, but he will also help cover other areas of operation as needed.

Throughout the hiring process, Mr. Fleming displayed and demonstrated a positive attitude of service, which is so important towards supporting the Tribal Police department's mission of community service and problem-oriented policing.

Are You in Need of Childcare?

If you reside in the five-county service area contact the Childcare Development Fund (CCDF) Program today to see if you qualify for assistance.

Contact Meagan Davenport at mdavenport@ctclusi.org

Need A Ride?

If you are in the five county service area and need public transportation assistance, please call Kathy Perkins at 541-888-9577 ext. 7550 or email kperkins@ctclusi.org. If you are in Coos County, CCAT services are FREE for all CTCLUSI Tribal Members. This includes all of the public services, other than their demand response/ Dial-a-Ride.

“In the Loop” with the Circles of Healing Program

Creating a Separation Plan and Preparedness Kit

Byline: StrongHearts Native Helpline

It has been a long time coming, but you’ve made up your mind. It’s time to escape a life of domestic and sexual violence and leave an abusive partner. You’re scared and for good reason. Danger increases when leaving an abusive partner because they often lash out to regain control over their partner. It is imperative that you carefully navigate the following process.

You are the best judge of your own safety. Consider a safety plan — a personalized, practical plan that includes ways to remain safe while in an abusive relationship, planning to leave or after you leave. Safety plans can be continuously updated, even if you return to a partner that is abusive.

Separation Plan

A separation plan can help you to safely leave an abusive partner. A preparedness kit contains documents, clothing and comfort items needed to stay away from home for an extended period of time. Once you complete your separation plan and preparedness kit, be sure to keep any documentation of them in an accessible but secure location and/or consider storing them with a trusted friend, family member or advocate.

The Escape Route

The important first step to creating a separation plan is being mindful of your surroundings and to plan an escape route from any room in the home. You may also want to identify alternate routes to the grocery store, school and/or work. Practice using escape routes regularly. When tensions are starting to escalate, plan to do the following:

- Try to be in a room close to an exit and/or plan an escape route from any room in the home.
- Look for potential exits through windows and practice using them.
- Stay away from the kitchen where the abuser has access to weapons.
- Stay away from bathrooms, closets, or small spaces where the abuser can trap you.
- If the violence escalates, call for help! Call 911, a close relative, friend or neighbor.

Assemble a Preparedness Kit

When assembling a preparedness kit, pack a bag with a change of clothes for you (and your children) and include comfort items. Store the preparedness kit outside of the home either with a trusted neighbor, friend or relative or keep it in a secret location

where you can safely retrieve it. Important documents can be included or stored separately.

Important documents include:

- Identification
 - Tribe-issued enrollment card
 - Driver’s License or State ID
 - School ID(s)
 - Passport(s)
 - Social security card(s)
 - Birth certificate(s)
- Health insurance card(s)
- Copy of Protection/Restraining Order
- Marriage, divorce and custody papers
- Vehicle registration and insurance
- Lease or rental agreements

Important items include:

- A change of clothes for you (and your child)
- An extra cell phone and/or cell phone charger
- Extra set of house and car keys
- Medication (e.g., asthma inhaler, insulin, Epi-Pen)
- Cash or ATM card
- Personal items such as your medicines, smudge and sentimental items
- Comfort items such as a favorite stuffed animal, blankets and baby supplies (formula, diapers, and wipes).

There Is Hope

There is hope in planning to leave an abusive relationship. You can escape violence. You can call for help. StrongHearts advocates are available 24/7 to support all victim-survivors of domestic and sexual violence regardless of relationship status, gender identity or sexual

preference. To speak with an advocate: Call or Text 1-844 672-8483 or chat online at strongheartshelpline.org

Other resources include: National Domestic Violence Hotline: Call 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY). Domestic Abuse Helpline for Men and Women: Call 1-888-7HELPLINE (1-888-743-5754). The National Teen Dating Abuse Helpline: Call 1-866-331-9474 or 1-866-331-8453 (TTY).

Preparedness kit adapted from information from The National Domestic Violence Hotline.

To speak with an advocate: Call or Text 1-844 672-8483 or chat online at strongheartshelpline.org



Domestic Violence Resources:

National Domestic Violence Hotline:

Call 1-800-799-SAFE (7233)
or 1-800-787-3224 (TTY).

Domestic Abuse Helpline for Men & Women:

Call 1-888-7HELPLINE (1-888-743-5754).

The National Teen Dating Abuse Helpline:

Call 1-866-331-9474 or 1-866-331-8453 (TTY).

Smokers up to 80% more likely to be admitted to hospital with Covid, study says

Contributed by Mark Petrie, Tobacco Prevention & Education Program Coordinator

A study, which pooled observational and genetic data on smoking and Covid-19 to strengthen the evidence base, contradicts research published at the start of the pandemic suggesting that smoking might help to protect against the virus. This was later retracted after it was discovered that some of the paper’s authors had financial links to the tobacco industry.

Other studies on whether smoking is associated with a greater likelihood of more severe Covid-19 infection have produced inconsistent results.

One problem is that most of these studies have been observational, making it difficult to establish whether smoking is the cause of any increased risk, or whether something else is to blame, such as smokers being more likely to come from a lower socioeconomic background.

Dr. Ashley Clift at the University of Oxford and colleagues drew on GP health records, Covid-19 test results, hospital admissions data and death certificates to identify associations between smoking and Covid-19 severity from January to August 2020 in 421,469 participants of the UK Biobank study – all of whom had also previously had their genetic makeup analyzed.

Compared with those who had never smoked, current smokers were 80% more likely to be admitted to hospital and significantly more likely to die from Covid-19 if they became infected.

To investigate, Clift and his team used a technique called Mendelian randomization, which uses genetic variants as proxies for a particular risk factor – in this case genetic variants that contribute to whether someone is more likely to smoke or to smoke heavily – to obtain further evidence for a causal relationship.

Even though the contribution of each of these variants is small and it is not necessarily understood why they increase a person’s

chances of being a smoker, they avoid many of the limitations of observational studies and thereby help to give a clearer picture of whether there is a biological link between smoking and Covid-19.

“The study adds to our confidence that tobacco smoking does not protect against Covid-19, as their Mendelian randomization analyses are less susceptible to confounding than previous observational studies,” wrote Dr Anthony Lavery and Prof Christopher Millett of Imperial College London in a linked editorial published in the journal Thorax.

The Mendelian randomization analysis also supported the link between smoking and worse Covid-19 outcomes, finding that a genetic predisposition to smoking was associated with a 45% higher risk of infection and a 60% higher risk of hospital admission for Covid-19.

A genetic predisposition to heavy smoking was associated with a more than doubling in the risk of infection; a fivefold increase in the risk of hospital admission; and a tenfold increase in the risk of death from the virus, the team found.

Clift said: “Our results strongly suggest that smoking is related to your risk of getting severe Covid, and just as smoking affects your risk of heart disease, different cancers, and all those other conditions we know smoking is linked to, it appears that it’s the same for Covid. So now might be as good a time as any to quit cigarettes and quit smoking.”

URL Address for the article: <https://www.theguardian.com/society/2021/sep/27/smokers-much-more-likely-to-be-admitted-to-hospital-with-covid-19-study-suggests>

URL Address for the Study: <https://thorax.bmj.com/content/early/2021/09/12/thoraxjnl-2021-217080>

Frequently Asked Questions

Q: How much does the Native Quit Line service cost?

A: The service is free of charge.

Q: How often can I use the Native Quit Line?

A: You will have seven (7) sessions with a Quit Coach and unlimited calls to the Native Quit Line for more support. You can re-enroll for free if you need help again in the future.

Q: How old do you have to be to use the Native Quit Line?

A: This program is for those 18 years or older. For youth under 18, the general Oregon Quit Line provides support for young people ages 13 to 17 years old.

Q: What medications does the Native Quit Line use to help people quit commercial tobacco?

A: The Quit Line uses nicotine gum and the nicotine patch. These are safe and proven to help people quit commercial tobacco. When combined with Native Quit Line services and support, your chances of success increase even further.

You can also visit the Native Quit Line website to see more Frequently Asked Questions.

Call the Native Quit Line at 1-800-QUIT-NOW



In Partnership With



NPAIHB
Indian Leadership for Indian Health



Health
Authority

NativeQuitLine.com

ARE YOU READY TO QUIT?



"Tobacco is a sacred plant to our tribe and other tribes along the coast. We are bringing that tradition and awareness of the plant back to our people."
-Mark Petrie,
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians

If you need help to quit commercial tobacco call the Native Quit Line at 1-800-QUIT-NOW

When you are ready to quit, the Native Quit Line is here to help you. This is a free service. We have dedicated Quit Coaches who will respect your indigenous values and traditions.



Did You Know?

Commercial Tobacco Industry Harms
Native Communities in Oregon

Byline: <https://smokefreeoregon.com/the-challenge/targeted-communities/>

For many tribal communities, traditional tobacco is a sacred plant used for healing, prayer and celebration. Colonizers stole it, mixed in deadly additives, and market commercial tobacco back to tribal communities to create addiction.

The tobacco industry harms tribes and Native communities in Oregon. It steals cultural imagery and misrepresents sacred traditions to sell its products. Sovereign Tribal Nations are not subject to state and local smoke-free laws and other protections. The commercial tobacco industry sees these Nations as open opportunities to maximize profits through promotions, events and giveaways.

In Oregon, 30 percent of American Indians smoke compared to 18 percent of non-Hispanic whites.

In Oregon, Native-led organizations and the state’s nine federally recognized tribes have united to fight back. They are using their tribal culture to prevent commercial tobacco use and fight tobacco industry tactics. The Native Quit Line offers culturally-specific help for American Indian and Alaska Native peoples to quit tobacco.

Combat tobacco industry targeting; find out what’s going on in your community.



Above left photo by Morgan Gaines. Above right photo of tobacco flower by John Schaefer

daha (Hanis Coos), **dahai** (Miluk Coos), **čryusan** (Sha’yuushtl’a uhl Quuiich), Tobacco



Pictured above: John Schaefer and tobacco planted in the garden at Tribal Hall, photo by Morgan Gaines

HOW TO GET STARTED

- 1. Call 1-800-QUIT-NOW. Press seven (7) for the Native Quit Line.
- 2. Talk to a Quit Coach to register, get free medication and have your first session.
- 3. You and your Quit Coach will set a quit date, develop a plan just for you and schedule six more coaching sessions.
- 4. In addition to the coaching sessions, you can call anytime to get more support. The general Quit Line is open *24 hours a day* and coaches will always be there to talk with you.

QUITTING IS A JOURNEY

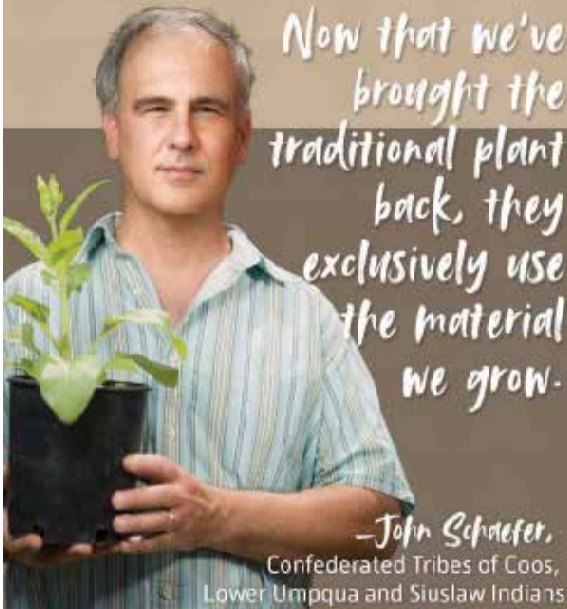
Be around longer for your family and your Tribe. Get help to quit commercial tobacco.

Quitting protects your family and community. Set a healthy example for young people. Save money that you can spend on yourself and the people you love.

Start—or keep up—your journey to quit commercial tobacco, whether you smoke, chew or vape. Even if you’ve tried before, you can still quit. You don’t have to quit alone. When you’re ready to try again, the Native Quit Line is here to help.

WHAT YOU GET...
AT NO COST TO YOU

- 12 weeks of medication proven to help people quit, like patches and gum
- 7 scheduled phone calls with a Quit Coach
- Supportive texts with tips and reminders, and personalized email messages
- As many calls to the Native Quit Line as you want, whenever you need extra support outside of your scheduled calls
- A printed Quit Guide with facts about commercial tobacco use, benefits of quitting, and motivational tips




—John Schaefer,
Confederated Tribes of Coos,
Lower Umpqua and Siuslaw Indians

Help protect our Tribal community. Resist commercial tobacco and the tobacco industry.

To get involved with creating a commercial tobacco-free community, call your local Tribal Tobacco Prevention Coordinator at 541-888-9577.



Native Food for Life Online - Virtual Potluck Recipe Card



White Tepary Bean Soup

Marc Anderson

Serves 8

Ingredients

- 1 pound (2 cups) white tepary beans
- 1 medium onion, chopped
- 2 cloves garlic, pressed or chopped
- 3 carrots, chopped
- 4 celery stalks, chopped
- 2 bell peppers, chopped
- 1 potato, chopped

- 1 jalapeno pepper, chopped
- 1 tablespoon ground cumin
- Water (see below)
- 2 cups cooked cholla buds (optional)

Directions

Soak beans for at least 8 hours.


Place rinsed beans in a large soup pot and cover them with 4 inches of water. Bring to a boil, skimming off foam from water surface. Cover, reduce heat to low, and simmer for 3 hours.

Add remaining ingredients and stir gently. Add more water if needed. Bring to a simmer, cover, and cook on low heat for 40 minutes.

Notes


- Allow 10 minutes after pressing/chopping garlic before heating (maximizes its health benefits).
- Cannellini beans work well as a substitute in this soup.
- Use 4 cups of rinsed and drained canned beans in place of 2 cups dried beans.
- You can use cooked asparagus tips and lemon juice as a garnish before serving.

Adapted from: <https://eatfresh.org/recipe/main-dish-soups/white-tepary-bean-soup>



PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

Native Food for Life Online - Virtual Potluck Recipe Card



Simple Posole

Michele Pinkham

(shared with me by a Diné cook; all ingredients are approximate and to taste)

6 servings

Ingredients

- 4 cups vegetable stock or 4 cups water
- 2 cloves garlic
- 2 large yellow onions
- 3 25-ounce cans hominy
- 2 medium yellow squash
- 2 medium zucchini
- Rosemary

- Chili powder
- Leaf oregano
- Cumin

Optional:

- Package of fresh mushrooms
- 3 fresh tomatoes
- 4 fresh carrots


Directions

Chop garlic and onions and add to vegetable stock or water in a large pot.

Let simmer while preparing other vegetables. Chop rest of vegetables to desired size and add to stock. Add desired amount of rosemary, chili powder, oregano, and cumin.

Let simmer for an additional 20 minutes.

Garnish with your choice of lime, cilantro, avocado, shredded cabbage, and sliced radishes. Serve hot.



PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

Kale and Potato Soup

Contributed by Kristy Petrie and Armando Martinez, Diabetes Team - Tarrah Oliver, Navajo Nation, Arizona

Ingredients:

Onion, chopped

Garlic, chopped

Carrot, chopped

Celery, chopped

Herbs


Potatoes, peeled and chopped

Kale

Vegetable broth

Directions:

Adjust portions to your preferred serving size and preference. Sauté the onions, garlic, carrots, and celery in water. Add these to an Instant Pot and cook them with the herbs, potatoes, kale, and vegetable broth. Set it to manual for 15 minutes and let it natural release. After it's done, blend half of the soup in a blender for creaminess. Pour back into soup.



Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Kimmy Bixby of Community Health Services with information for an article to be published in a future edition of The Voice of CLUSI newsletter. Many thanks go out to our Elders for all that they have done for our Tribal community. We hope to use this opportunity to highlight a few of your many accomplishments. **Thank you Elders!**

Contributed by Kimmy Bixby, Community Health Aide



Vicki Faciane

Bucket List:

- Get back to Alaska or some other northern latitudes area to photograph the Northern Lights during the next Solar Maximum.
- Travel cross-country in our RV to visit family in Louisiana, Georgia, and Virginia.
- See the Galapagos Islands and photograph the wildlife there.

Favorite Hobbies:

- Travel in our RV in support of my other two hobbies.
- Landscape and wildlife photography.
- Genealogy.

Favorite Saying:

“Do. Or do not. There is no try.” – Yoda in Star Wars.

Victoria (Vicki) Faciane

Hanis Coos

- Descended from Ixu'mta (Hanis Coos 4x great grandmother), Caroline Evans (3x great-grandmother), Susie Evans Nate (2x great-grandmother), Dora Evelyn Goodman (great-grandmother), Florence Mae Davis (grandmother), and Wanda Louise Hughes (mother).
- Parents: John and Wanda Williford; Husband: Kerwin Faciane; Children: Cori Kelly, Ashley Faciane, and John Faciane & spouse Geng Yan. Granddaughter: Samantha Michelle Kelly. And 4 Chihuahuas: Guapo, Rita, Nico, and Chloe.

Proudest Accomplishments:

- Raising our children to be strong and independent adults.
- Working in healthcare for more than 45 years – first as a Respiratory Therapist and most recently as the CTCLUSI Director of Health & Human Services. I have built my career around helping others.
- Currently working for our Native American/Woman-Owned Small Business – Native American Technology Corporation as Vice President and Chief Operating Officer.



Chief Doc Slyter

Bucket List:

- Continuing to stay active.
- Playing more flute.
- Learning more of the tribal language.

Favorite Saying:

“If you’re not at the table you’re probably on the menu.”

Chief Doc Slyter

Hanis Coos

- Brother of Debbie Bossley, Father of Tyler & Scott, Husband to Debbie Slyter, and Son to the Late Carolyn Slyter.

Proudest Accomplishments:

- Having two sons.
- Marrying his wife.
- Moving the Tribe forward in a positive way.

Favorite Hobbies:

- Playing flute.
- Spending time in the tribal Plankhouse.
- Spending time at Gregory Point.



Smoky Pumpkin Hummus

Contributed by Kristy Petrie and Armando Martinez, Diabetes Team - www.myrecipes.com

Though pumpkin-flavored dishes are usually sweet, this recipe combines pumpkin purée and chickpeas for a smoky, savory hummus that's perfect for fall entertaining. Serve it in a wide bowl so there's plenty of room for the generous toppings.

Total: 25 mins

Yield: Makes 4 cups (12 servings)
(serving size: 1/4 cup)

Ingredients

- | | |
|--|---|
| 1 can (15 oz.) chickpeas (garbanzos), drained and rinsed | 2 tablespoons olive oil |
| 1 can (15 oz.) unsweetened pumpkin Purée | 2 teaspoons kosher salt |
| 2 garlic cloves, | ½ cup hulled roasted pumpkin seeds (pepitas) |
| ¼ cup tahini (sesame paste) | ¼ cup crumbled feta cheese |
| 2 tablespoons adobo sauce (from chipotle chiles canned in adobo) | Lavash or pita bread, cut into triangles and toasted* |
| About 1/4 cup lemon juice | Persian cucumbers, quartered lengthwise |

Directions

- Step 1
In a food processor, whirl chickpeas, pumpkin, garlic, tahini, adobo sauce, 1/4 cup lemon juice, the olive oil, and salt until smooth, scraping down bowl as needed. Add more lemon juice and salt to taste.
- Step 2
Transfer hummus to a wide, shallow bowl. Drizzle with chili oil, then sprinkle with pumpkin seeds and feta cheese. Serve with lavash and cucumbers.*Put triangles on a baking sheet, brush lightly with olive oil, and sprinkle with salt. Bake in a 350° oven until light golden, about 10 minutes.



Nutrition Facts Per Serving: 136 calories; calories from fat 61%; protein 4.7g; fat 9.3g; saturated fat 1.5g; carbohydrates 11g; fiber 3.2g; sodium 943mg; cholesterol 0.5mg.

We are located at
1245 Fulton Ave., Coos Bay, OR 97420

News from Indian Country

Amicus Briefs Filed to Uphold the Indian Child Welfare Act and Support Indian Children and Families in Brackeen v. Haaland (formerly Brackeen v. Bernhardt)

(Portland, Ore., October 12, 2021)—On Friday, 180 tribal nations and 35 Native organizations, 25 states and the District of Columbia, and Casey Family Programs and 10 child welfare and adoption organizations filed briefs to protect the Indian Child Welfare Act (ICWA) before the United States Supreme Court. These three amicus briefs were filed in support of the United States and tribal intervenors’ petitions asking the United States Supreme Court to review the Fifth Circuit Court of Appeals’ decision in Brackeen v. Haaland, a case challenging the constitutionality of ICWA.

The briefs provide important context for the Court’s decision, expected by early to mid-January, about whether to review the lower court’s ruling. The Tribal Amicus Brief focuses on the Indian child welfare crisis that led Congress to enact ICWA. The States’ Brief describes how ICWA has become a critical tool for protecting Indian children and fostering state-tribal collaboration. And the Casey Family Programs Brief highlights how ICWA exemplifies child welfare best practices and leads to better outcomes for Indian children.

The Protect ICWA Campaign advocates to uphold ICWA and its critical protections for Indian children and families who are in state court child custody proceedings. For more than 40 years, ICWA has helped tens of thousands of Indian children and families by

supporting the role of tribal governments in determining the best interests of Indian children and keeping Indian children connected to their family, community, and culture whenever possible.

Copies of all of the petitions and amicus briefs can be found on the Tribal Supreme Court Project website.

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Protect ICWA Campaign

The Protect ICWA Campaign (the Campaign) was established by four national Native organizations: the National Indian Child Welfare Association, the National Congress of American Indians, the Association on American Indian Affairs, and the Native American Rights Fund. Together, the Campaign works to serve and support Native children, youth, and families through upholding the Indian Child Welfare Act. The Campaign works to inform policy, legal, and communications strategies with the mission to uphold and protect ICWA.

Media Contact

Sarah Kastelic
skastelic@nicwa.org

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

HISTORICAL TRAUMA & GRIEF

In addition to the loss from COVID-19, Native people grieve other historical trauma and loss, including the loss of children in boarding and residential schools.

It is important to acknowledge this grief and find support if needed.



Art by Jordie Joyner

To reach additional support, contact:

The Indian Residential School Survivors Society
1 (800) 721-0066
Crisis Line: 1 (866) 925-4419

National Suicide Prevention Lifeline
1 (800) 273-8255

Crisis Text Line
Text HOME to 741741



Protect our Elders. Stay home. Save lives.



“Not too long ago, our communities endured new diseases such as small pox and other infections. We protected ourselves and our people to the best of our abilities. We must do this again in response to the newest coronavirus.

Please consider staying home, washing your hands often, and wearing a mask when around other people if you must go out. If you think you may be experiencing fever, cough, shortness of breath or other concerning symptoms, call your health clinic provider for advice.”

– Beverly Hunter, Chukchansi/Mono/Member of Table Mountain Rancheria and Chairwoman of the Committee for Traditional Indian Health

#PrayerWarriorsforAll

California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources:
<https://crihb.org/prevention-and-education/public-health/>



Free and Reduced Price Meal Income Guidelines Announced for 2021-22 School Year

NEWS RELEASE

October 8, 2021
Media Contact: Marc Siegel, marc.siegel@state.or.us

(Salem, Ore.) – Each year, the Oregon Department of Education (ODE) announces income guidelines that allow students to qualify for free or reduced price meals. The guidelines are determined by U.S. Department of Agriculture (USDA) and are the same for schools operating the National School Lunch and School Breakfast Programs. Schools that do not offer these programs may offer the Special Milk Program, which includes free milk to eligible students using the below guidelines. Under these federal programs, qualifying students receive meals or milk without charge or may pay a reduced price of no more than 40 cents for lunch. However, the Oregon Legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch, so for the 2021-22 school year, breakfast and lunch will be accessible at no charge to students who qualify for reduced price meals.

Household Income Guidelines

Participants may qualify for free meals if the household income falls at or below the limits on this chart:

Free Meals

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
-1-	16,744	1,396	698	644	322
-2-	22,646	1,888	944	871	436
-3-	28,548	2,379	1,190	1,098	549
-4-	34,450	2,871	1,436	1,325	663
-5-	40,352	3,363	1,682	1,552	776
-6-	46,254	3,855	1,928	1,779	890
-7-	52,156	4,347	2,174	2,006	1,003
-8-	58,058	4,839	2,420	2,233	1,117
For each additional family member add	5,902	492	246	227	114

Participants may qualify for reduced price meals if the household income falls at or below the limits on this chart:

Reduced Price Meals

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
-1-	23,828	1,986	993	917	459
-2-	32,227	2,686	1,343	1,240	620
-3-	40,626	3,386	1,693	1,563	782
-4-	49,025	4,086	2,043	1,886	943
-5-	57,424	4,786	2,393	2,209	1,105
-6-	65,823	5,486	2,743	2,532	1,266
-7-	74,222	6,186	3,093	2,855	1,428
-8-	82,621	6,886	3,443	3,178	1,589
For each additional family member add	8,399	700	350	324	162

Children in households receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF) or Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals. Households receiving SNAP or TANF benefits will be directly certified to receive free meal or milk benefits by a letter from their school advising them of their eligibility for free meal or milk benefits. Schools will accept the DHS notice/certification letter from students as proof of eligibility for free meals or milk. No other application or verification of eligibility is required for students directly certified. When known, the household will be notified of any child’s eligibility for free meals if the individual child is receiving educational support through migrant education, homeless or runaway education, Head Start or is in foster care. Households notified of their children’s eligibility must contact the school if the household chooses to decline the free meal benefits. Households not directly certified may complete a confidential application for free or reduced price meals or free milk. An official at the school will

review the confidential application and determine eligibility. Children in eligible households may receive meal benefits regardless of immigration status. Applications may be submitted anytime during the year. Information provided on an application may be verified at any time during the school year. An application cannot be approved unless it contains the following information:

- A SNAP or TANF case number for each child or an indication that the household is receiving FDPIR and the signature of an adult household member, or
- The names of all household members, the amount and source of income received by each household member in the prior month, the signature of an adult household member and the last four digits of the social security number of the adult household member who signs the application (or a statement that the person has no social security number).

Formal Appeals

Parents or guardians dissatisfied with the ruling of the school official who determines eligibility may discuss the decision with the official. Parents wishing to make a formal appeal may make a written or oral request to the school’s hearings officer (contact the school for the name, address, and phone number of the officer) for a hearing on the decision.

[A secure web-based version of the National School Lunch/School](#)

[Breakfast Programs Household Application for Free or Reduced Price Meals is available statewide for Households to apply for meal benefits.](#) All applications are reviewed by the appropriate sponsor/school district nutrition office for approval. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than

English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Tribal Member Receives Exceptional Award for Dentalium Necklace at Oregon State Fair

Contributed by Ashley Russell

Tribal Member Kaia Russell (12) just recently completed her 3rd year in the 4-H Program. When most people hear 4-H, what comes to mind is most likely steer, swine, and/or sheep showmanship and auctioneering, but the 4-H program is so much more than that. There are so many projects youth can participate in ranging from archery to expressive arts, and everything in between.

This summer, Kaia competed in Poultry Showmanship at the Coos County Fair and submitted a variety of static projects. Most of her projects ranked well, but most notably was her Dentalium Necklace, which earned her a champion ribbon in Original Art Wearable Accessory in juniors. She also received a champion ribbon for her blackberry fruit leather and junior poultry showman.

Kaia went on to compete at the Oregon State Fair, where her Dentalium Necklace received an Exceptional Award. Congratulations Kaia on your accomplishments.

If you would like to learn more about the 4-H program, please visit: <https://extension.oregonstate.edu/4h>



Free Monthly Workshops!

Sign up for Healthy Family Workshops!

Sign up monthly to learn from experts and guest speakers about an array of topics including:

1. Budgeting! Build Strong Budgeting Skills for Individuals and Families
Tuesday, November 30, 2021 5:30-6:30pm
2. Preparing for a New Year: Setting and Achieving Personal & Family Goals
Tuesday, December 21, 2021 6-7pm

These workshops are free for Tribal households! You may sign up for one or all of them. Whether you want to learn something new, get motivated, stay motivated or set goals for yourself, these workshops are an excellent way to engage with experts on a variety of topics.

We encourage health and wellness for the entire Tribal community.
To RSVP Contact Carol Ann Young 541-435-7159



Sponsored by CTCLUSI Health & Human Services Division

Calling All Tribal Members

The Culture and Natural Resources Department is seeking Tribal Members raised between 1954 and 1984 (pre-restoration) that are interested in being interviewed to capture their oral histories.

Interviews can take place virtually over zoom or in person. For the protection of our Tribal membership and staff, in person interviews will follow the Social Distancing Guidelines as recommended by the CDC.

A small incentive will also be provided as a thank you.

For more information and/or to sign up, please contact:

Courtney Krossman (541) 888-7547
or ckrossman@ctclusi.org
or **Jesse Beers @ (541) 297-0748** or
jbeers@ctclusi.org
or **Ashley Russell (541) 888-7511** or
arussell@ctclusi.org

We Need You Here: Resources for Suicide Prevention

Are you or someone you know in Neep of Help?

Emergency resources
911

Crisis services
24/7 Crisis Hotline: National Suicide
Prevention Lifeline Network
www.suicidepreventionlifeline.org
1-800-273-TALK (8255) (Veterans, press 1)

Crisis Text Line
Text TALK to 741-741 to text with a trained
crisis counselor from the Crisis Text Line for
free, 24/7

Veterans Crisis Line
Send a text to 838255

Vets4Warriors
1-855-838-8255

SAMHSA Treatment Referral Hotline
(Substance Abuse)
1-800-662-HELP (4357)

RAINN National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474

The Trevor Project
1-866-488-7386

Also visit your:

Primary care provider
Local psychiatric hospital
Local walk-in clinic
Local emergency department
Local urgent care center

Information found online at
<https://afsp.org/suicide-prevention-resources>

Depression and suicide affect people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk. If you're struggling, the Lifeline is available to help, 24/7.

How To Take Care Of Yourself

If you are struggling, there are ways to cope right now. You can also call the Lifeline at any time -- we're free, confidential, and 24/7.

Talk to someone: Silence isn't strength. Don't keep suicidal feelings to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline.

Make a safety plan: Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

Build your support network: Having a sense of belonging to one's culture, or a strong tribal/spiritual bond can be helpful. Discuss problems with family or friends — feeling connected to others can create positive emotional health.

Find an activity you enjoy: Taking care of yourself is an important part of your recovery. Your "self-care" activities can be anything that makes you feel good about yourself.

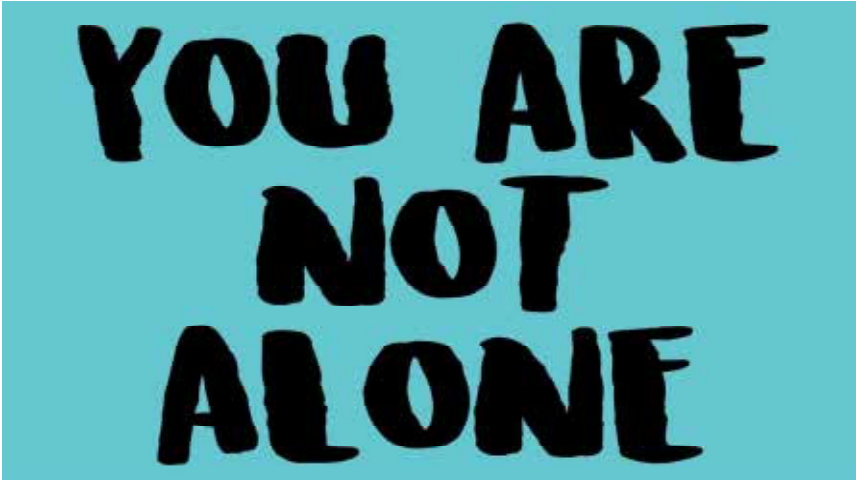
How To Help

Know the facts: Complex, interrelated factors contribute to suicide among AI/AN people. Risk factors include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues.

Ask and listen: Be an active part of your loved ones' support systems and check in with them often. If a they show any warning signs for suicide, be direct. Tell them it's OK to talk about suicidal feelings. Practice active listening techniques and let them talk without judgment.

Get them help and take care of yourself: Don't be afraid to get your loved one the help they might need. Helping a loved one through a crisis is never easy. You might want to talk about your feelings with another friend or a counselor. The Lifeline is always here to talk or chat.

Information from:
<https://suicidepreventionlifeline.org/help-yourself/native-americans/>



Careers START HERE CURRENT JOB OPPORTUNITIES

Three Rivers Casino Resort (Florence)

Director – Food & Beverage ~ Supervisor - Food & Beverage
Bartender ~ Barback ~ **Cocktail Beverage Server**
Food & Beverage Lead ~ Buspersion
Food Court Runner/Dining Room Attendant
Food Court Cashier/Barista~ Food Court Outlet Lead Cook
Line Cook TDR Staff ~ Night Cook/Cleaner ~ Dish Machine Operator
Hotel Front Desk/PBX Clerk ~ Guest Room/Laundry Attendant
Supervisor – RV Park/Guest Services Attendant
RV Park/Guest Services Attendant
Supervisor – Table Games ~ Table Games Dealer
Slot/Keno/Bing Attendant ~ **Casino Service Host**
Environmental Services Technician 1
Database Marketing Coordinator ~ Special Events Team Member
Players Services Representative ~ Soft Count Team Member
Accounts Receivable/Accounts Payable Clerk ~ Purchasing Clerk
Information Technology Technician II ~ **Security Officer 1**

Three Rivers Casino Resort (Coos Bay)

Security Officer 1
Environmental Services Technician 1
Bartender/Server Lead ~ Bartender/Server
Line Cook
Electronic Gaming Machine Team Member Lead
Electronic Gaming Machine Team Member
Player Services Team Member
Soft Count Team Member

(jobs updated daily)
RED means not actively interviewing, offer pending
Updated 10/20/2021



Apply online at threeriverscasino.com/careers
or call us today at 541.902.6648

KNOW THE WARNING SIGNS

- Thinking or talking about hurting or killing yourself
- Self-destructive or risky behavior such as drug and alcohol abuse
- Erratic behavior
- Hopelessness
- Feeling like there's no way out
- Anxiety, sleeplessness, mood swings
- Withdrawing from family and friends
- Expressing feelings of guilt or shame
- Neglecting personal welfare, deteriorating physical appearance

TO GIVE HELP OR GET HELP

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

www.npihb.org

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Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others, and avoid crowds.



Wash hands often.



www.cdc.gov/coronavirus/vaccines



CTCLUSI is expanding the Childcare Development Fund (CCDF) program.

For a limited time the income guidelines will be suspended allowing families, whose head of household is working 10-40 verifiable hours a week, that reside in the five-county service area to qualify.

Contact Meagan Davenport at mdavenport@ctclusi.org



Sponsored by the CCDF Program, per funding availability



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS TRIBAL GOVERNMENT

1245 Fulton Avenue - Coos Bay, OR 97420
Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853

October 1, 2021

Media Contact:
Debbie Bossley, Tribal Council Chair

FOR IMMEDIATE RELEASE: The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians' Tribal Council vote to give emergency funds to all Tribal Government and Enterprise employees.

Florence, Ore. -- The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians is pleased to announce the Tribal Council met September 29, 2021 and voted unanimously to approve Emergency COVID -19 Assistance to all qualified current full and part time employees of CTCLUSI Tribal Government and all Tribal Enterprises, this includes Three Rivers Casino Florence and Coos Bay, Ocean Dunes Golf Links, and Blue Earth.

The Tribal Council has determined, it is imperative to provide general welfare assistance on an emergency basis to Eligible Citizens experiencing financial needs resulting from this national pandemic incurred between March 1, 2020 and October 1, 2021 including, but not limited to, increased costs of living expenses such as food, housing, utilities, medical and other anticipated and unanticipated living expenses and income losses.

Tribal Council Chair, Debbie Bossley said, "COVID-19 has affected our Tribal community much longer than imagined. Tribal Council recognizes that it has had some devastating effects on many of us. We are honored to have the resources to offer assistance to staff and their families during this difficult time."

This is to provide emergency economic assistance to Eligible Citizens, who have experienced financial hardships during the COVID-19 Pandemic, utilizing CARES Act funding in the amount of \$1,000.00 for each approved eligible applicant.

About the Confederated Tribes of the Coos, Lower Umpqua, & Siuslaw Indians
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians is a federally recognized Tribe made up of 3 tribes (4 Bands): 2 bands of Coos Tribes: Hanis Coos (Coos Proper), Miluk Coos; Lower Umpqua Tribe; and Siuslaw Tribe. The Tribes trace their ancestry back to the aboriginal inhabitants of the South-Central coast of Oregon. The Tribes employs more than 600 employees through its government and enterprise functions. For more information, visit ctclusi.org.

*****Please note this press release is regarding the left over CARES Act funding to help assist Tribal Government Employees after last years CARES Act distributions to Tribal Membership.**

The current assistance to Tribal members is from the new American Rescue Plan Act (ARPA) funding. Apply for ARPA assistance at www.ctclusi.org

Fun STARTS HERE

SATURDAYS

\$5,000

CASH PARTY

WIN \$1,000

FIVE WINNERS EVERY SATURDAY

DRAWINGS EVERY HALF HOUR
from 7PM-9PM

EARN ENTRIES DAILY. ONE ENTRY FOR EVERY 25 POINTS EARNED.

MUST ACTIVATE YOUR ENTRIES BY SWIPING AT THE KIOSK FROM 6PM TO 8:45PM
ON SATURDAYS TO BE ELIGIBLE FOR GRAND PRIZE DRAWINGS.

THURSDAYS

SNOW BALL CASH

Win up to

\$500

6PM-9PM

Drawings Every 30 Minutes

ONE ENTRY FOR EVERY 25 SAME-DAY POINTS EARNED

SEVEN WINNERS EVERY WEEK

Café 1297

Weekly SPECIALS

11AM-9PM

MONDAY CHEF SALAD \$11

TUESDAY SPAGHETTI & MEATBALLS \$11

WEDNESDAY GRILLED LIVER & ONIONS \$10

THURSDAY OPEN-FACED ROAST BEEF SANDWICH \$12

FRIDAY & SATURDAY PRIME RIB
Served from 4pm-9pm