



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

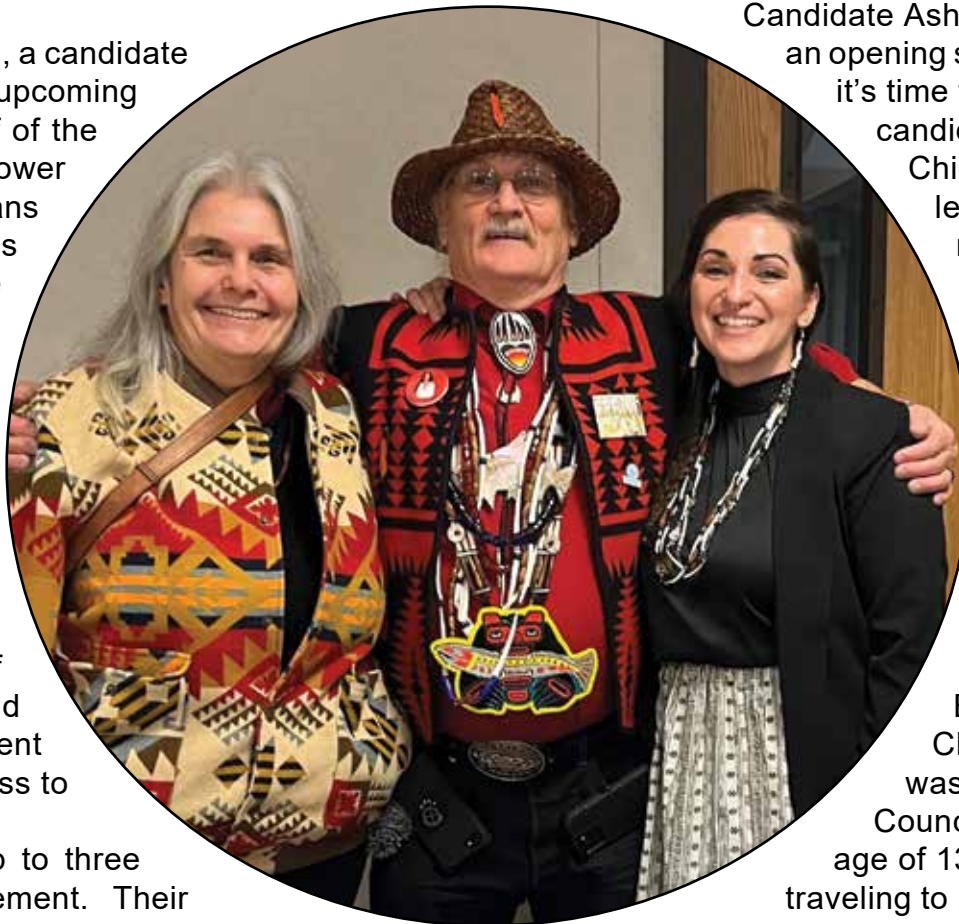
Special Election for Tribal Chief Candidate Forum

COOS BAY, Ore. -

On Saturday, January 20, 2024, a candidate forum was held for the upcoming Special Election for Tribal Chief of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI). All three candidates for Chief participated in the forum held at the CTCLUSI Community Center in Coos Bay, Oregon. A Zoom link was provided on the Tribal Government website for Tribal membership to attend virtually.

The Special Election for Tribal Chief Forum was well attended with participants in person and online. Members of the Election Board hosted and moderated the forum in alignment with their pre-determined process to offer fairness to each candidate.

Each candidate was given up to three minutes for an opening statement. Their names were drawn at random prior to the event to determine the order in which they were given for opening and closing remarks.



Tribal Chief Candidates
Pictured from left to right:
Beaver Bowen, Doug Barrett and Ashley Russell

Candidate Ashely Russell was the first to make an opening statement. Russell shared, "I think it's time for a female Chief...I know all the candidates here would be an amazing Chief. I know that I'm a natural born leader and I always step up when needed. I've worked for the Tribe for nine years in Culture and Natural Resources and I know a lot of the environmental issues that we have and can advocate for them. I work with a lot of the agencies that currently hold our lands and am advocating for the return of our hunting and fishing rights."

The next candidate to give their opening remarks was Beaver Bowen. "My dad was Chief [Chief Edgar Bowen] when I was born. I started attending Tribal Council meetings with my dad at the age of 13. When I was young...we started traveling to Native Gatherings, where my dad met with many Tribal people...I started drumming and dancing around the age of 15, that was a constant thing and I just fell in love with it." Beaver went on

Story continues on page 5

2024 New Years Day Peace Hike

The 13th Annual New Year's Day Peace Hike was a powerful and poignant tribute to our Chief. It had the largest attendance of over 300 people with Tribal Council members and many more Tribal members in attendance. Chief was part of the inception of the Peace Hike and generously shared with the Yachats community his flute compositions on his flute, his mentorship, and served as the vital bridge to previously divided Peoples. The Peace Hike planning committee has decided that every year we will recognize and honor Chief Slyter for the gifts of peace and reconciliation he has given.



Photos courtesy of Joanne Kittel and Marybeth Selby



- Joanne Kittel, Honorary Tribal Member and dear friend to Chief Slyter and CTCLUSI

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

Save the Date:

Tribal Chief Election Day
February 11, 2024

Polling Place: Tribal Hall
12:00 p.m. to 4:00 p.m.

Activity of Elected Tribal Council Members from December 10, 2023 - January 14, 2024

<u>Chair, Brad Kneaper</u>		<u>Vice Chair, Doug Barrett</u>		<u>Julie Siestroom</u>	
12/10/23	Regular Tribal Council meeting	12/09/23	Tribal Holiday Party	12/10/23	Tribal Council General
12/14/23	Meet with CEO and Legal regarding Board discussion and status	12/10/23	Tribal Council Meeting		Council Regular monthly meeting-Florence TRC
12/18/23	Blue Earth Federal Corporation (BEFC) Budget Presentation, Gaming Operational Review Board (GFORB) Three Rivers Casino Budget Review, Special Tribal Council Meeting (Canceled due to lack of quorum)	12/13/23	Lane Act Monthly Meeting	12/12/23	4j IPC
		12/14/23	Peace Giving Court	12/13/23	CTCLUSI Education OTELA Grant Task Force
		12/14/23	Cultural Monitoring Training	12/13/23	4jNATIVES PROGRAM
		12/14/23	Elakaha Alliance Board Meeting	12/15/23	Peace Hike Planning mtg.
		12/18/23	Culture Committee Meeting	12/19/23	Education Committee mtg.
		12/18/23	Blue Earth Board Budget Meeting	12/27/23	GFORB mtg. Florence TRC
		12/18/23	GFORB TRC Budget Review	12/27/23	Tribal Council Business Mtg. Florence TRC
		12/18/23	Tribal Council Special Meeting	01/04/24	Leaders Circle mtg. Forestry Plan Workshop Colin Beck, Ashley Russell
12/27/23	Blue Earth Budget second review, Gaming Operational Review Board Meeting, Tribal Business Council Meeting	12/19/23	CTCLUSI / BLM Hult Dam EIS Meeting		
		12/20/23	MHA / LADPC Monthly Meeting	01/09/24	4j IPC
		12/21/23	Peace Giving Court	01/10/24	DELIC TAC mtg.
01/03/24	In person meeting with Senator Dick Anderson and CEO at Coos Bay Gov Offices, Meet with new physicians for Three Rivers Health Center	12/27/23	GFORB Meeting	01/10/24	4j NATIVES PROGRAM
		12/27/23	Tribal Council Business Meeting	01/14/24	Tribal Council General Council Regular monthly meeting (ZOOM only due to inclement weather travel safety hazards)
		12/29/23	Tolowa Feather Dance (Smith River, CA.)		
01/04/24	Leader's Circle: Elliot State Forest Update; Tribal Forest Plan Workshop	01/04/24	Leaders Circle		Meetings, emails, phone calls, texts
		01/05/24	Sha'yuushtl'a Language Class		Total hours: 130
01/09/24	Meet (ZOOM) with Oregon Department of Fish and Wildlife on Co-Management Agreement draft wildlife regulations, Phone Conference Call with a Tribal Member and CEO about concerns regarding a new Development near Qaxas Tribal Housing	01/11/24	NW TOR consortium meeting		<u>Iliana Montiel</u>
		01/11/24	Culture Committee Meeting	12/10/23	Tribal Council Regular Meeting
		01/12/24	Task Force on Alcohol Pricing, Addiction & Prevention Services meeting	12/18/23	GFORB TRC Budget Review Special Meeting
		01/13/24	Oregon Anglers Alliance meeting	12/27/23	GFORB/ Tribal Council Business Meeting
		01/14/24	Tribal Council Regular Meeting	01/04/24	Leaders Circle reading & responding to emails.
		Total Hours:	121hrs. & emails		Total Hours for the Month: 30
01/10/24	Discussion (ZOOM) with CEO and Executive Assistant regarding Contacts with the City of North Bend on the Qaxas concerns by a Tribal Member	<u>Teresa Spangler</u>		<u>Enna Helms</u>	
		12/10/23	Regular Council Meeting	12/10/23	Travel to Coos Bay for Tribal Council Regular Meeting
		12/18/23	Blue Earth Board Budget presentation, GFORB and Casino budget presentation	12/27/23	Tribal Council Business Executive Meeting
01/12/24	Meeting (ZOOM) with CEO, Legal regarding next steps on Gaming Operational Review Board; Qaxas concerns	12/18/23	Special Meeting (cancelled due to not having a quorum)	01/01/24	Travel to Yachats for the Annual Peace Hike & Commemoration of our Chief
		12/27/23	Business Council Meeting		
		01/04/24	Leaders Circle	01/04/24	Tribal Council Leaders Circle Zoom Meeting for a Elliot State Forest Discussion &
		E-mails and Phone Calls:			
Total Hours:	147	Total Hours:	60.5		

Dragonfly art designed by Morgan Gaines

Please login to the citizen portal of www.ctclusi.org and click Council Meetings for the zoom link to this meeting.

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 Miller, 541-888-7506 or jmiller@ctclusi.org
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 Jeannie Miller at 541-888-7506 or at email jmiller@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: 541-888-7538 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES
The full meeting video is available at www.ctclusi.org If you are an enrolled member of CTCLUSI and would like to receive typed copies of the Tribal Council Meeting minutes please submit a written request to Jeannie Miller at 1245 Fulton Ave. Coos Bay OR 97420 or jmiller@ctclusi.org Please include the meeting date requested, your name, current address, and Tribal Roll number for verification.

CTCLUSI Departments, Services & Offices

Government Office Lee Ann Wander Chief Executive Officer 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 lwander@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	Elders Activities Iliana Montiel, Assistant Director 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Toll Free 1-888-280-0726 imontiel@ctclusi.org	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
Health Services Division John Reeves III, Health Administrator 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Toll free 1-888-280-0726 Fax 541-888-5388 jreeves@ctclusi.org	Education Department Jemiah Wassman, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1314 Toll free 1-888-280-0726 jwassman@ctclusi.org	Tribal Court Karen Costello, Chief Judge 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 tribalct@ctclusi.org	Tribal Police Brian Dubray, Police Chief 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bdubray@ctclusi.org
Department of Human Resources Stephanie McNutt, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 541-897-9881 smcnutt@ctclusi.org	Social Services Department Kelly Bradley, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7526 Toll Free 1-888-280-0726 Fax 541-888-5388 kbradley@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	Department of Culture and Natural Resources Matthew Schwoebel, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 Fax 541-888-2853 mschwoebel@ctclusi.org
Tribal Housing Department Jamie Meyers, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-435-7150 Fax 541-435-0492 jmeyers@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	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	Department of Culture and Natural Resources Jesse Beers, Cultural Stewardship Manager 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-1319 Fax 541-888-2853 jbeers@ctclusi.org

Tribal Committee Members

Budget Committee 1. Martin Harris 2. Wendy Garcia 3. Margaret Corvi 4. Stephanie Watkins, Chair stephaniewatkins1360@gmail.com 5. Teresa Spangler 6. Allen (Butch) Swigert 7. Roseanna Perry	Elders Committee 1. Arleen Perkins, Chair 2. VACANT 3. Warren (Tom) Brainard 4. VACANT 5. Martin Harris 6. Allen (Butch) Swigert 7. Brad Kneaper	Language Committee 1. Jennifer L. Conway-Portillo 2. Tammy Evarts 3. Jade Fong 4. VACANT 5. Jamie Biesanz, Chair jamiebiesanz@gmail.com 6. Jesse Beers 7. Ayuthea Cisneros	Are you a Tribal member who would like to learn more about a Tribal Committee, or are interested in being on a committee? Reach out to a Committee Chair person or a Tribal Government Staff member. Committee Chairs are noted at left with current sitting members of the committee at the time of publication of this paper. For questions, please contact Jeannie Miller, 541-888-7506 or jmiller@ctclusi.org The Tribe maintains 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. Letters of interest remain on file for one full year. Members can serve on up to three committees simultaneously.
Culture Committee 1. Earla Kirk 2. Doug Barrett 3. Jennifer L. Conway-Portillo 4. Nicole Romine 5. Michael Brainard 6. Patrica Whereat-Phillips, Chair pphillips@ctclusi.org	Enrollment Committee 1. Warren T. Brainard 2. Patricia Whereat-Phillips 3. Skip Brainard 4. Vicki Faciane, Chair vicki.faciane@gmail.com 5. Teresa Spangler	Election Board 1. VACANT 2. Michael Brainard, Chair qaxas19@gmail.com 3. Teresa Gagner 4. Mark Petrie 5. Josh Davies 6. Pauline Benson 7. Ashley Russell	
Education Committee 1. Michelle Brix 2. Julie Siestreem 3. Wendy Garcia 4. Ashley Russell, Chair arussell@ctclusi.org 5. Michael Brainard	Housing Committee 1. Wendy Garcia, Vice Chair 2. Danny Krossman, Chair dkrossman33@gmail.com 3. Enna Helms 4. Allen Swigert 5. Tyler Slyter		



Tribal Council

Tribal Chief
Chief Election Day is
February 11, 2024

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

Brad Kneaper, Chair
Position #2 Council
541-808-5178 (cell)
brad.kneaper@ctclusi.org

Julie Siestreem
Position #3 Council
541-294-6055
jsiestreem@ctclusi.org

Teresa Spangler
Position #4 Council
541-294-3972
tspangler@ctclusi.org

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

Doug Barrett,
Vice-Chair
Position #6 Council
541-297-2130 (cell)
doug.barrett@ctclusi.org

Council Meeting
February 11, 2024
10:00 a.m.

Coos Bay Community Center
338 Wallace Ave.
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



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, Communications Specialist
mgaines@ctclusi.org or 541-888-7536

Upcoming Events

Turn to page 19 of this publication for a monthly calendar of upcoming events or visit the Events Calendar on the tribal website at <https://ctclusi.org/events/>

Tribal Council Corner

I hope everyone made it through the freezing weather we recently have gone through, and is (hopefully) winding down as I write this. I would like to provide a couple of updates that may be of interest to our people.

First, to talk about the Co-Management Agreement with the Oregon Department of Fish and Wildlife. We met with ODFW to go over our draft hunting and fishing regulations. We discussed and agreed on some refinements which were made to the regulations. They will need to be reviewed and approved by Council and the state. We are looking at how to issue tags that will be workable and a method to report back to the tribe when an animal is taken. The License will be your Tribal Enrollment card. Tags will be issued by the tribe. We will keep you posted on our progress.

Meetings with Blue Earth Federal Corporation have been ongoing. New board members have been appointed and they are working on a new business plan and economic development project planning.

As of Sunday January 14 2024, the Gaming Facility Operational Review Board (GFORB) board is fully formed. We have some great people on this board with a wide range or pertinent experience. This will allow Council to be removed from the board. I want to take a minute to recognize the work that this and previous councils

have done to help Three Rivers Casino Florence and Coos Bay become a great economic resource for our Tribe. GFORB is now a separate board from Council. There is now one Council Position on the board per the code, and is an unpaid position on the Board.

The Three Rivers Health Center is going well. I know that the CEO, Health Administrator and Assistant Health Director and staff are working very hard and intensely on this. The tentative opening date will likely be early to late summer. While the process is going very well, there is still a lot of work to do.

The Tribal Forest Plan is nearing completion. We have had one workshop with the Forestry Department and have a second one scheduled this Thursday. Once it is complete on our end, it will go to BIA for their review and approval.

One final note, as of today (January 16, 2024) the Coos Bay Administration Offices are closed for the week due to a high number of illnesses, resulting in an approximately 25% of the work force being out sick. The offices will be closed at least until the beginning of next week, January 22, 2024. I hope that the worst of this will be over by the time you read this. I am also hoping that everyone who is suffering from the various illnesses recover quickly with mild symptoms.



Chairman Brad Kneaper

There are a lot of projects in many different areas going on right now, too many to mention in this article. However, there should be a better list of these projects and other information in the Annual Report that will come out in the spring.

I hope that everyone has a great new year and I hope to see as many of you at the various tribal events and gatherings as can make it. Be safe everyone.

2024 Special Election for Chief

**February 11, 2024 Tribal Hall Polling Place
338 Wallace Ave Coos Bay, Oregon
Polling Hours 12:00 pm to 4:00pm**



Candidates for Chief in the 2024 Special Election

(listed in the order they declared)

**Ashley Russell – 12-13-2023
Doug Barrett – 12-14-2023
Beaver Bowen -12-15-2023**

SPECIAL ELECTION for CHIEF: SUNDAY, FEBRUARY 11, 2024

Ballots were mailed to the last known address the Enrollment Department has on file to all registered voters on **JANUARY 19, 2024.**

**Please contact Jeannie Miller for Election related questions
541-888-7506 or jmiller@ctclusi.org**

**Lose food you purchased with SNAP
due to the winter storm?**



**Oregon Department
of Human Services**

You may be able get replacement benefits.

Did you have to throw away food you purchased using your SNAP benefits due to a power outage or other damage from winter storms? You may be able to get replacement benefits! Reach out to us within 10 days of the loss by phone (800-699-9075), email (oregon.benefits@odhsoha.oregon.gov), or visit your local office to get the process started. You can also send a written request by mail to ONE Customer Service Center, PO Box 14015, Salem, OR 97309.

Special Election for Tribal Chief Candidate Forum...continued from cover story

to share a lot of her background, “I helped get letters of restoration...helped take the Indian census door to door...was a Native American tutor, worked at Indian Education and 4-H camps...and I spent eight years on Tribal Council.”

Doug Barrett, was the final candidate to give his opening statement. He also is the current Vice Chair of Tribal Council, “I’ve worked for the Tribe for the past 24 years [Doug retired in February 2023]. A great opportunity for me to learn and participate in ceremonies and activities, I would like to continue to work on the progress that Chief started; our salmon, lamprey... we need to protect our waters, our lands and ecosystems. This is a full-time job I’ve learned from being on Council. Listen to our Elders, be sure they’re taken care of, hope to keep our education for all youth and adults a priority. Language will always continue to be a priority, our treatment and prevention efforts going... help with the search for murdered and missing indigenous women (MMIW), I’d like to start that back up. It’d be an honor to be your next Chief and move us forward into the future in a positive way. Please get out and vote.”

Following opening statements, questions were presented to candidates by participants in person, online, or previously submitted questions were read by the Election Board member and Forum moderator Mark Petrie. Other members of the Election Board present and assisting with the forum include Michael Brainard, Nicole Romine, Kathy Perkins, and Tes

Gagner. Council forums are not a debate for candidates. Rather, forums provide an opportunity for Tribal membership to ask participating candidates questions. Each candidate was allowed two minutes to answer each question and the order in which they answered questions was rotated to offer fairness to each candidate. A total of 13 questions were answered in the two hours allotted for the forum.

Election board Michael Brainard thanked the candidates for coming in and answering questions from the Tribal community. He reminded everyone in attendance that the forums are optional for candidates to participate in and thanks all three of them for attending.

In closing, each candidate was given a three-minute time slot to offer closing remarks or make a final statement regarding their candidacy.

Candidate Ashley Russell took the majority of her closing time to clarify some of her answers from the questions throughout the forum. In that time she also stated, “I envision the Chief’s position being a person of and for the people, that why we elect the Chief. The Chief listens to what the people need and tries to implement that to the best of their abilities and I’m committed to doing that.”

Candidate Beaver Bowen continued to share her background list from her opening statement. Bowen went on in her closing to share, “I’d like to see a spiritual camp...a teaching of Native American ways. I’d like to see us advance some of our ceremonies, like the coming of age ceremony...I also

think that...it’s important to have classes on intertribal powwow etiquette. I think it’s important that when we go to other people’s events that we know, that we are aware of the meaning of the drum, the eagle feather, the dances, the elders. I think all these things are things we need to be teaching our children because it is what Native American people do; teaching the love and respect for the Earth. I also feel that it’s very important that we start a new ceremony...for the Solstice, and make that an important ceremony.”

In his closing statement, Candidate Doug Barrett shared “I’d like to thank all of our past and present Council members for all the work they’ve done. I’d like to than all of our ancestors that fight the fight for us to keep us all alive. My passion is to protect and repair our ecosystems, lands, waters, oceans. I have no personal agenda. The Chief listens to everyone. I will work hard and full time, to the best of my ability...I thank you again for your vote and consideration.”

The forum was recorded over Zoom and will be available to view online in the Citizen Portal of the Tribal website at <https://ctclusi.org/elections-private/>

Absentee ballots were mailed, to the last known address Enrollment has on file, to 633 registered voters. If you are unable to cast your vote of Tribal Chief in person, please be sure to follow the direction printed in your absentee ballot mailing. Absentee ballots must be received by February 10th to be counted on Election Day, February 11, 2024. The polling place, CTCLUSI Tribal Hall, will be open on Sunday, February 11th from 12:00 p.m. to 4:00 p.m. to cast your vote in person.

2024 Annual New Years Day Peace Hike...continued from cover story



Thank you to Joanne Kittel, Shelly Shrock, Mindy Parsons, and MaryBeth Selby for providing the above photographs. Thank you to all of you and to the members of CTCLUSI Tribal Council, Tribal members, View the Future, the Yachats Trails Committee and all those who came together to make this a memorable event for all. We look forward to seeing you next year.

60-Day Public Comment Period Opens for Review of CTCLUSI's 2024 Integrated Solid Waste Management Plan

Contributed by Janet Niessner, Environmental Scientist

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI) Department of Culture and Natural Resources welcomes public review of the Tribe's new 2024 Integrated Solid Waste Management Plan (ISWMP). The Integrated Solid Waste Management Plan (ISWMP) was prepared to guide and support CTCLUSI in maintaining and improving environmental quality through proper management of solid waste. It is designed to provide a strategic approach that will allow the Tribes to answer three basic questions about solid waste management: (1) Where are we now? (2) Where do we want to go? (3) How do we get there?

The ISWMP contains information needed to answer the first question. The Strategic Implementation Plan is a critical part of the ISWMP providing the structure, framework, and guidance for the Tribes to answer the second and third questions.

The ISWMP builds on the previous ISWMP which the Tribes developed in 2013, and considers changes in the Tribes' population, land base, facilities, and enterprises. It considers changes in Oregon state laws and policies and changes in available waste management options and costs associated with solid waste collection, handling, and disposal.

The Strategic Implementation Plan contained in Appendix F of this ISWMP provides a relatively simple and useful roadmap that will guide the Tribes during the next five years (2024 – 2028) as they endeavor to implement initiatives to support the accomplishment of the Tribes' solid waste management goals.

The objective of this ISWMP is to maintain and improve Tribal environmental quality through proper management of solid waste. To support the Tribes' efforts to achieve this objective, this ISWMP does the following:

1. Describes current waste management practices.
2. Identifies needs, challenges, and opportunities for improvement.
3. Recommends approaches to address needs and challenges to reduce waste management costs and environmental impacts.

This ISWMP addresses three major categories of solid waste generators:

1. Tribal residents (in Tribally managed housing and private housing)
2. Tribal facilities (administrative offices, services, and infrastructure)
3. Tribal enterprises (casinos, golf course, and planned future developments)

The ISWMP includes quantitative estimates of the types and quantity of waste being generated. The estimates are based on waste stream composition studies conducted by Oregon Department of Environmental Quality. Food waste, paper, and plastic are the largest categories of waste generated by households and commercial businesses. The waste streams from Tribal administrative offices and services are different in some respects but are probably similar in composition.

Currently, the Tribes are paying multiple waste disposal companies to manage waste from facilities and Tribal housing. The cost of waste management at the casinos, golf course, RV park, and for individual Tribal members living outside Tribal housing areas are separate from the costs being paid by the Tribes. Waste management costs for garbage disposal represent the largest

percentage of total waste management costs; therefore, diverting a portion of this waste stream away from landfill to recycling or composting facilities could substantially reduce costs.

This ISWMP also provides projections of future solid waste quantities and costs, which are anticipated to increase if active measures are not taken to reduce waste generation and divert solid waste away from disposal and into recycling and composting. If per capita waste generation rates remain close to current rates, CTCLUSI should expect its total residential waste generation and associated disposal costs to increase by 25 percent in 10 years.

Conclusions and recommendations are provided in Section 9 and identify alternatives for waste management aimed at reducing waste management costs and adverse environmental impacts. The Strategic Implementation Plan for the next five years (2024-2028) is provided in Appendix F.

Both the 2013 and 2024 ISWMPs are posted on the CTCLUSI website, navigating to the Tribal Integrated Waste Management tab at <https://ctclusi.org/departments-of-natural-resources-culture/>. The public comment period for

review of the 2024 Integrated Solid Waste Management Plan is open for 60 days, closing on Friday, March 15th. To submit comments or questions, please contact Janet Niessner, environmental scientist, at jniessner@ctclusi.org, or call 541-888-1304.

The objective of this The Integrated Solid Waste Management Plan (ISWMP) is to maintain and improve Tribal environmental quality through proper management of solid waste.

 **HAPPY** 
Valentine's day 

**Tribal Parents and Employee
Youth drop off activity**

**4:00pm-8:00pm
Tribal Community Center**

**338 Wallace St,
Coos Bay, OR 97420**

**Dinner Provided
and Activities**

**R.S.V.P. required
by February 9th!**

541-294-9341

**Families that R.S.V.P will receive a \$50
gift card for Dinner**

Ages 4+
Potty Trained

Glass Float Hunt & Prevention Activity

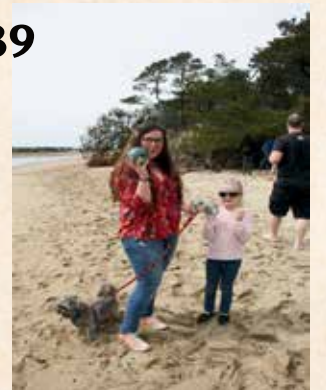
11:00am - 4:00pm

Saturday,

March 2nd, 2024

Meet at Abby's Pizza

**1374 Oregon Coast Highway, U.S. 101,
Florence, OR 97439**



**RSVP to 541-435-7155
BY February 16th, 2024**

**Drug, Alcohol and Commercial
Tobacco Free Event.**

THE CONFEDERATED TRIBES OF COOS,
LOWER UMPQUA, AND SIUSLAW
INDIANS WELCOMES YOU TO:

SAVE THE DATES
MARCH 25-29, 2024

SPRING BREAK CAMP

IT'S TIME FOR ANOTHER YEAR OF FUN AND HANDS-ON LEARNING
TOGETHER FOR 4Y/O-HS SENIORS!

TEMPORARY JOB OPPORTUNITIES OPEN FOR MARCH 2024

COUNSELORS & COUNSELORS IN TRAINING

SEEKING ADULTS OVER 18
YEARS OLD TO SUPERVISE
COUNSELORS IN TRAINING AND
YOUTH DURING WINTER CAMP
IN MARCH 2024.

SEEKING YOUNG ADULTS AGE
15-17 YEARS OLD TO AID
COUNSELORS SUPERVISING
YOUTH DURING WINTER CAMP
2024.

ALL ROLES MUST BE ABLE TO PASS A BACKGROUND CHECK.

CONTACT HUMAN RESOURCES OR
JWASSMAN@CTCLUSI.ORG
CTCLUSI EDUCATION DEPARTMENT

ADULT CAMP CHAPERONES

SEEKING ADULTS OVER 18 YEARS
OLD TO:

- HELP ENSURE YOUTH SAFETY
- HELP YOUTH NAVIGATE CAMP
- AID WITH TRANSPORTATION
AND/OR ACTIVITY LOGISTICS
- PROVIDE SUPERVISION
- PROVIDE SUPPORT TO CAMP
DIRECTOR

Coos Bay at Community Center
Friday, February 17th
5:00pm Doors open
5:30pm Dinner
6:30pm Storytelling

5th
annual



basaq' / hechit' / haṭk' (WINTER STORYTELLING!)

Join us for a traditional meal and winter
storytelling!

Coos Bay RSVP line: (541) 435-7155



Hosted by the Cultural Coalition

Sponsored by the Oregon Cultural Trust and Coos, Lower
Umpqua and Siuslaw Indians

BAY AREA FARMERS & ARTISANS MARKET – WINTER MARKET

Enjoy this Winter Market Wednesday's in November to
April at the Historic Flora Building on the waterfront.
You'll find local coffee, honey, seasonal fruits and
vegetables and much, much more.
Wednesday, 10 a.m. – 2 p.m.

If you are in Coos Bay/North Bend and are interested
in a ride to the Winter Market,
give Kathy a call @ 541-888-9577 ext. 7550

THE VOICE OF CLUSI

If you or anyone in your 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!

Visit www.ctclusi.org/events to view the online
event calendar

Morgan Gaines,
Communications Specialist
Office: (541) 888-7536
Cell: (541) 808-7918
Email: mgaines@ctclusi.org



Virtual Language Classes

10 Week sessions Winter 2024



January 2nd through March 8th

Tuesdays, 4:00-6:00 pm: **miluk**

Wednesdays, 4:00-6:00 pm: **hanis**

Fridays, 10:00 am-12:00 pm:
sha'yuushtṭ'a uṭ quuiich

Please sign up with Enna Helms at
language@ctclusi.org, or by phone at (541) 297-7538

Language kits!

Language kits have been crafted to support and empower language
learning in the home; each kit will be designed based on your
primary language preference; miluk, hanis, quuiich or sha'yuushtṭ'a.

Language kits offer immersive resources, games, recipes and unique
swag - all dedicated to nurturing language nests within the home

<https://laserfiche.ctclusi.org/Forms/Language-Kit-Request>

Limited materials available. We are distributing 1 language kit per
Tribal household on a first-come, first serve basis.



Draft Forest Management Plan Available for Review and Comment

Contributed by Colin Beck, Director of Forest Management

The Department of Forest Management has developed a Draft Forest Management Plan (FMP), which is now available for review and comment by Tribal Members. The FMP will guide the planning and implementation of management activities on the Tribal Forest. The Draft FMP was developed with input from Tribal Membership, the Forest Planning Advisory Committee, Tribal staff, and Tribal Council. Copies of the Draft FMP and its appendices are available to review in-person at the Coos Bay Administrative Office, Florence Outreach Office, and Eugene Outreach Office. The FMP appendices include a Tribal Riparian Management Plan, a Wildland Fire Management Plan, and an Environmental Assessment. Because the FMP and its appendices contain sensitive and confidential Tribal information, these documents can only be reviewed in-person and cannot be copied or removed from the Tribal offices.

Comments can be emailed to cbeck@ctclusi.org, mailed to the Coos Bay Administrative Office, or hand delivered to the front desk at any of the Tribal offices. If you have any questions regarding this review and comment period please contact Holley Carroll, Forestry Program Coordinator, at hcarroll@ctclusi.org or (541) 888-7533.



Photo: A Douglas-fir stand with an understory of hemlock, sword fern, salal, huckleberry, blackcap raspberries, and trailing blackberry on the Upper Lake Creek Tract of the Tribal Forest.

Tribal Tobacco Prevention Program



This year we have grown our
Nicotiana quadrivalvis var. *multivalvis*
(Columbian Tobacco)

Seeds and dried Tobacco available



If you need Traditional Tobacco
please reach out to

Nicole Romine

541-294-9341 or nromine@ctclusi.org

POLLS CLOSE FEB 28, 2024

WAITE RANCH RENAMING

OPEN TO ALL TRIBAL MEMBERS - PLEASE CHOOSE:

təmuuwii tʰaʰai (sq)
"Coming together place"

tʰilməs ants manaʰmuu (sq)
"Our youth saved the canoe entering place"

haich iktʰatʰuu (sq)
"Heart of the River"

piiuʰaʰmuu hiis (sq)
"Great Salmon Fishing Spot"

wiʰii chiinaʰmuu (h)
"Returning Salmon Place"



THE CONFEDERATED TRIBES OF COOS, LOWER UMPQUA, AND SIUSLAW INDIANS LANGUAGE COMMITTEE APPRECIATES YOUR VOTE AS WE APPROACH NAMING THIS IMPORTANT LOCATION.

Caring Messages



Sometimes all it takes is a thoughtful text to brighten your day and shift your perspective. We all need a little more joy in our lives, and We R Native wants to help spread the love.

Simply text “CARING” to 65664 to receive two texts per week with funny videos, songs, and messages designed to improve your mood and remind you of just how awesome you are!

The best part about being Native, is that we have each other’s backs. Consider signing up to get an extra boost from relatives and relations who care.

Caring Messages is a text intervention developed and administered by THRIVE, the suicide prevention project at the Northwest Portland Area Indian Health Board.

Source: <https://www.wernative.org/my-mind/getting-help/caring-messages>

*Msg & Data Rates May Apply.
Text STOP to opt out. No purchase necessary.
Expect 4 msgs/mo. Terms and Conditions*

Tribal Owned BUSINESS

Are you a CTCLUSI Tribal member who owns their own business?

Do you have licensing or accreditation?

Are you a licensed contractor?

Do you provided a business service?

CTCLUSI is looking to put together a list of all Tribal member owned businesses or services.

Contact us today to add your information to a list of Tribal Business.

Contact
Jeannie McNeil
541-888-9577
jmcneil@ctclusi.org

www.ctclusi.org

Oregon Origins Project II: Seven Wonders

February 9, 2024 | 7 p.m.
Florence Events Center
FREE | Donations will benefit the Oregon Dunes Restoration Collaborative
OregonOrigins.org

Join composer Matthew Packwood and a string quartet for a performance of Oregon Origins: Seven Wonders, a musical journey through Oregon’s wild places — from Steens Mountain to the Oregon Dunes, and many stops in between. Following the performance, geologist Ian Madin will give a multimedia presentation on the breathtaking locations that inspired the work and we’ll welcome the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians for a special presentation.

Presenting sponsor

Venue sponsor

Supporting sponsor

\$10,000 scholarship

Tsagaglalal (She Who Watches) Scholarship

pronounced sha-glal

Renewable scholarship for Native American, Alaskan Native, and Hawaiian Native non-graduating students pursuing a degree in Art or Architecture at Portland State University

The Tsagaglalal (She Who Watches) Scholarship was established in 2022 in honor of Lillian Pitt (Warm Springs/Wasco/Yakama) who has helped shape our state through her work as an artist, mentor, and advocate.

The Architecture Foundation of Oregon encourages Native American, Alaskan Native, and Hawaiian Native students pursuing a degree in Art or Architecture at Portland State University to apply for this renewable, multi-year award. AFO Scholarship recipients are expected to attend an event in Spring of their awarding year where they will be presented with their awards.

Eligibility

- Identify as Native American, Alaskan Native, and/or Hawaiian Native
- Undergraduate or graduate student currently enrolled at Portland State University; or must be starting at Portland State University by Fall 2024 (Students graduating in 2024 are not eligible)
- Pursuing a degree through the School of Art + Design or the School of Architecture
- Enrollment status = Full-Time or 3/4 Time at Portland State University for the 2024-25 school year – Fall, Winter, and Spring terms
- No minimum GPA requirement

Questions?
Contact Candice Agahan
candice@af-oregon.org
503-542-3823

Apply by February 25

www.af-oregon.org/scholarships

afo
architecture foundation of oregon

Seeds of Success Community Fellows 2023

Forestry and Ethnobotany Research Intensive Field School



**Oregon State
University**



Overview

Seeds of Success is a Pacific Northwest ethnobotany native plant seed collection and Tribal conservation corps ecocultural restoration pilot project. This program helps advance Tribal co-management of public lands and awareness of how Indigenous Knowledge can help increase ecological resiliency and sustainability of natural resources.

The program is funded by the Bureau of Land Management (BLM), administered by Oregon State University's College of Forestry and locally implemented by the Confederated Tribes of Coos Lower, Umpqua and Siuslaw Indians (CTCLUSI). A prominent objective of the Seeds of Success program is engaging and uplifting Indigenous students in experiential learning supported through paid internships.

Community Fellows Field School

The Community Fellows intensive field school is a portion of the Seeds of Success program that focuses on introducing high school age youth to environmental science, data collection skills and career paths.

In 2023, six indigenous youth ages 14-18, participated as Community Fellows in the two-week intensive internship. Youth were trained and mentored by OSU College of Forestry graduate

students who are taking part in the larger Seeds of Success program. One of these graduate students, Ashley Russell, an enrolled member of CTCLUSI, also serving as the Tribe's Assistant Director of Natural Resources, led the field work for the Community Fellows pilot year, along with Colin Beck, CTCLUSI's Forest Lands Manager.

Youth, families, elders, program leaders and advisors convened on June 25th at the field school base camp, on Tribal lands in the Coast Range for the inauguration of the Seeds of Success Community Fellows field school.

The intensive program ran until July 8th with 3 days off and 8.5 days of combined training, set-up and data collection at a variety of forest field sites on CTCLUSI-owned land. The remote base camp was composed of a mobile kitchen and bathroom / shower facilities, tent camping and a campfire meeting area. Healthy meals were served, including a salmon bake, and in the evenings, participants were guided in making traditional crafts using native plant materials and listened to stories shared by Tribe members. The intensive program closed with another ceremonial meal and group discussion. All meals, field gear, equipment and transportation will be provided by the grant.

During the Community Fellows field days, College of Forestry graduate students, senior instructors and mentors worked closely with youth using a holistic approach. Science topics and training included:

- introduction to forest ecology
- the fundamentals of monitoring in ecology, and
- rapid assessment methods for botany and silviculture using professional grade data collection tools.

Monitoring methods follow the National Seed Strategy and Plant Conservation and Restoration Program (PCRP) and Seeds of Success (SOS) protocols to establish Forest Inventory and Analysis plots and to collect seeds in 200m radius surrounding those plots. Long-term monitoring will help ensure a stable and economical supply of native plant materials for restoration and rehabilitation efforts on public and tribal lands. The field crew established monitoring plots and transects to record plant species presence over time on CTCLUSI ownership.

"The fusing together of Western science and Indigenous Knowledge led to some profoundly meaningful experiences in the field."

Dr. Cristina Eisenberg



Taking a break while setting up a transect line for vegetation monitoring.



Forestry and Ethnobotany Research
Intensive Field School



Participants also received a deep immersion in:

- CTCLUSI culture,
- Indigenous Knowledge, and
- culturally-informed science.

Some youth participants were less accustomed to outdoor activities and being away from home. Many carry a spectrum of trauma issues, and for some, just staying present with the new outdoor setting and team work expectations was challenging. By the end of the program, however, everyone expressed appreciation for the experience. Comments during a closing circle on the last day were themed around gratitude for spending time on the Tribe’s lands, and gaining a new interest in the outdoors.

Community Fellows interns were registered in the OSU administrative system to receive payments. These youth will be invited to participate again in 2024, along with others, with the goal of instilling self-empowerment and demonstrating a clear pathway to post-secondary education and careers in natural resources conservation.

Seeds of Success Leaders

The program is led by OSU’s College of Forestry with Dr. Cristina Eisenberg, Associate Dean for Inclusive Excellence and Maybelle Clark Macdonald Director of Tribal Initiatives, and the College of Forestry Dean, Thomas DeLuca, is a co-Principal Investigator. Dr. Eisenberg is developing similar partnerships with other Western Oregon Tribal Nations. Local project planning and implementation is being led by CTCLUSI’s Ashley Russell, Colin Beck and Jemiah Wassman with support from Dr. Eisenberg.

For more information contact:

Dr. Cristina Eisenberg
cristina.eisenberg@oregonstate.edu

Ashley Russell arussell@ctclusi.org

Photo credit: Colin Beck



Forest soil sampling pit.



The group paused to acknowledge and honor the ancestors upon finding an unexpected patch of native sweetgrass (*Hierochloa odorata*), previously thought to be absent from that area.

Food for Our Tribal Elders

Contributed by Barbara Black, CHA & Tribal Navigator, Doug Morrison, CHA and Kimmy Bixby, CHA

CTCLUSI Tribal Elders, within our 5-county area, received a surprisingly large amount of food in the month of December. As part of the “Home Delivered Meal Grant,” we were able to create 100 cooler bags full of nonperishable dry food items for delivery.

The Community Health Aids (CHA), and a help from two other special ladies, were in high-gear making food boxes. It started by receiving 7 pallets of food from Fred Meyer. All items were broken down into sections at the Florence Outreach conference room. This amazing amount of work took three days to accomplish.

Day 1: The pick-up. (photos at right)

Day 2: The assembly. (row of photos with red insulated bags)

Day 3: The delivery. (Elders Terri and Maxine; food box recipients)

Each cooler was loaded with different items from oatmeal, beans, canned vegetables, and fruit, soups, a 5 lb. bag of potatoes, stuffing, instant potatoes, rice, condiments (ketchup, mayonnaise, mustard), marshmallows, and so much more.

After completion, we figured that we had moved 2.5 tons of dry food. Each bag weighed a whopping 50.6 pounds. What a heavy load!

In addition to the food boxes, 93 Tribal Elders were also able to pick up and receive a Christmas dinner from their local Fred Meyer or Safeway. Thank you all for the support of our Elders.



Tips for Managing Blood Sugar

Did you know ?

Living well with diabetes is possible!
There are things you can do to help you stay healthy.

1

Choose water instead of sugary drinks.

2

Make healthy food choices.
Use your plate as a guide.

- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.

3

Do something active every day.

- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4

Find healthy ways to reduce stress.
Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.

- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.

MY NATIVE PLATE

Fruit

Vegetables

Grain/Starch

Protein

Water

Ask your medical provider if the following is right for you:

Checking blood sugar

Taking medicines

Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
07/2019

Take a picture with your cell phone.
Look at the picture later as a reminder!

Pictured above left to right:
Tribal Elders Terri and Maxine received their food delivery

Save the Date: Elders Luncheon

February, 8th

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

11:30 a.m. – 1:00 p.m.

R.S.V.P to Doug Morrison at (541) 997-6685

Elders Committee Meeting
directly following luncheon
1:00 p.m. – 2:00 p.m.

Elders Corner



The Confederated Tribes of
Coos, Lower Umpqua & Siuslaw Indians
&
The Coquille Indian Tribe
wish to invite you to the

25th Annual Tribal Elders Honor Day

March 15th & 16th, 2024
at the Three Rivers Casino Resort
(5647 Hwy. 126, Florence, OR 97439)

Limited transportation is available from the Coos Bay and Eugene Offices.
Please inquire when registering.

*Lunch and Dinner will be provided on Friday
Breakfast will be provided on Saturday*

*For those traveling more than 120 miles one way, you may
request a room for Thursday the 14th, Please inquire when
registering.*

Please RSVP to Doug Morrison (541) 997-6685 By February 29th

For additional information or should you have any questions, please contact:
Doug Morrison at (541) 997-6685

All guests must be over 55, with the exception of spouses, caregivers & staff.

Elders Pension and Tribal Elders’ Supplemental Security Income
Program Application Now Required

CTCLUSI Tribal Elders,

A letter was mailed out in December to inform you that the Enrollment Department will now be managing the application process for the Tribal Elders benefit. The current funding for each Tribal Elder at age 65 and beyond is \$500.00 per month. Tribal Code Chapter 5-10 defines this program in two categories. One way is as an Elders Pension, another way its defined as Supplemental Security Income Program.

Due to the requirements of Tribal Code Chapter 5-10 Tribal Elders Pension and Tribal Elders Supplemental Security Income Program an application was mailed out for you to complete and return.

Enrolled members who turn 65 years of age, can begin to receive this benefit the first month following their 65th birthday.

Once you complete your application, your checks will be mailed to the address you provide. There is an option for direct deposit, we ask that you reach out to the Finance Department for this process.

An application is also available online on the Tribal website at www.ctclusi.org or by typing the following into your web browser <https://laserfiche.ctclusi.org/Forms/Elder-Supplemental-Security-Income>

Thank you in advance for your assistance in this new application process.

Please contact the Enrollment Department if you have any questions by calling Debbie Bossley, Enrollment Specialist at 541-888-7538 or emailing dbossley@ctclusi.org

Establishing Healthy Boundaries with Your Significant Other

Contributed by Dennita Antonellis-John, Public Health Improvement Coordinator

Whether you’re at the start of a new relationship or in the middle of a long-term relationship, healthy boundaries are key. In this article, you will find information about establishing boundaries with your partner, along with tips for respecting your own and your partner’s boundaries.

Personal Boundaries

Personal boundaries are the limits and rules you set for yourself. Setting boundaries in a relationship, helps you clearly understand each other’s do’s and don’ts. This is an important part of maintaining a happy relationship.

Clear Communication is Important

Everyone has their own ideas about what makes a good relationship. Also, everyone has different personal boundaries. However, if you do not agree with your partner, but you want to show them that their thoughts and feelings are valid, you could say:

- “From my perspective, I feel...”
- “I understand where you’re coming from, but I think...”
- “I know you feel differently about this, but I am not sure if I agree with you on...”

Clear communication and learning how to speak to each other in a kind way (even when you might disagree) is important for understanding each other’s wants and needs. But keep in mind, that healthy communication must be a two-way street, where both partners are equally committed.

CTCLUSI Circles of Healing

If you are experiencing issues related to domestic violence, sexual assault, dating violence, stalking, or human trafficking, the Circles of Healing program is here to help. We offer confidential advocacy, safety planning, support groups, and other support services.

For more infomation, please call an advocate
541-808-8152

Ask for Consent

No matter if you are just starting out as a couple or you’re in a long-term relationship, consent is always an important part of respecting personal boundaries. Consent occurs when one person agrees to a certain activity, which could be kissing, hugging, or being touched. Consent helps everyone feel safe and respected. If you’re not sure if your partner consents to doing a certain activity, stop and ask. Here are some responses that do NOT equal consent:

- “I don’t know”
- “I’m not sure”
- “I want to, but...”
- If they are unconscious or under the influence of drugs or alcohol
- If they are visibly hesitant or uncomfortable

There are times when it’s hard to interpret consent, which is why you should always ask. If the answer is not a clear “yes,” then the activity is NOT consensual. Press the

pause button on whatever you are doing and talk about it.

Be Open and Honest

Being open and honest with your partner can lead to a stronger relationship. Discussing boundaries can also give you better insight into yourself and what you need out of a relationship, as well as to how you can help your partner feel more comfortable, safe, and valued.

To learn more info about establishing boundaries and dating, visit <https://www.wernative.org/>

For more information on signs of teen dating violence visit <https://www.teendvmonth.org/>.

Source: Establishing healthy boundaries with your significant other. We R Native. (2023, December 7). Retrieved from <https://www.wernative.org/articles/establishing-healthy-boundaries-with-your-significant-other>



STRONGHEARTS

Native Helpline

You have a right to a relationship free from physical, emotional and spiritual abuse.

As a culturally-appropriate domestic, dating and sexual violence helpline for Native Americans, *we understand.*

Trust. Speak. Heal.

StrongHeartsHelpline.org

1-844-7NATIVE (1-844-762-8483)

If you answered yes to any of these questions, you might be in an unhealthy or abusive relationship. Call, text or chat online for free, confidential and anonymous support 24/7.

Does your partner:

- Keep you from your Native culture and spirituality?
- Call you degrading names?
- Frequently insult or criticize you?
- Act extremely jealous or possessive?
- Humiliate and shame you?
- Isolate you from relatives or friends?
- Not let you have access to finances?
- Physically harm you or force you to have sex?

This project is supported by Grant Number 90EV0459–01-01 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Seasonal Affective Disorder (SAD): More Than the Winter Blues

What is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Learn about signs and symptoms of depression.

Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

Winter-pattern SAD should not be confused with “holiday blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression

associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

How is SAD treated?

Treatments are available to help people with SAD. They fall into four main categories that can be used alone or in combination:

- Light therapy
- Psychotherapy
- Antidepressant medication
- Vitamin D

Light therapy and vitamin D are treatments for winter-pattern SAD, whereas psychotherapy and antidepressants are used to treat depression in general, including winter- and summer-pattern SAD. There are no treatments specific to summer-pattern SAD.

Talk to a health care provider about the potential benefits and risks of different treatment options and which treatment is best for you.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org .

Source: National Institute of Mental Health (NIMH)
<https://www.nimh.nih.gov/>

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.



National Institute
of Mental Health

[nimh.nih.gov/sad](https://www.nimh.nih.gov/sad)
NIMH Identification No. OM 22-4320

We are connected. We need you here.

American Indian and Alaska Native communities have always represented unity and resilience. We must continue this tradition, and our connections can help our generations thrive. Each one of us is a gift, and our stories are shared across generations.


If you or someone you know has been showing signs of suicide, please get help. Contact a trusted adult, spiritual advisor, healer, elder, health professional, or the Suicide & Crisis Lifeline at **988**, or text **NATIVE** to **741741** for free 24/7 support.

To learn more, visit www.wernative.org or 988Lifeline.org.



This poster was developed, in part under grant number 5M082108 from SAMHSA. The views, opinions, and content of the publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such.





988 SUICIDE & CRISIS LIFELINE

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

WARNING SIGNS

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, please seek help by calling or texting the 988 Suicide & Crisis Lifeline at 988 or chat online at 988lifeline.org/chat.

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing their use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

To learn more about how to help someone in crisis, check out the 5 #BeThe1To steps.
<https://www.bethe1to.com/>

LIHEAP

Low Income Home Energy Assistance Program

Fall is here and Winter is approaching! The Coos, Lower Umpqua, & Siuslaw Indians Social Services Department continues offering Heating or Cooling assistance for qualifying **low income households**. **In addition to meeting the income guidelines, you must reside in the State of Oregon and must be an Enrolled CTCLUSI Tribal member or have an enrolled CTCLUSI Child in your care.** To receive assistance contact the Social Services Division or fill out an application on the CTCLUSI website at <https://laserfiche.ctclusi.org/Forms/LIHEAP>.


To qualify, your household gross income needs to be at or below the following income limits:

1 Person Family	\$33,426
2 Person Family	\$43,711
3 Person Family	\$53,996
4 Person Family	\$64,281
5 Person Family	\$74,565
6 Person Family	\$84,850

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> . If you have any questions or need assistance filling out an application, please contact Carol Ann Young , Social Services Worker at 541-435-7159 .



Resolution Summaries

RESOLUTION NO.: 24-001
Date of Passage: January 14, 2024
Subject (title): Approval of Local Assistance and Tribal Consistency Fund\Grant (LATCF)
Explanation: Tribal Council approves this funding allocation to a better suited funding source and repays back ARAP Review Loss Fund. **Vote 5-0-0**

RESOLUTION NO.: 24-002
Date of Passage: January 14, 2024
Subject (title): Approval of Canoe Binding Budget with Additional Expenses Required
Explanation: Tribal Council approves the request for additional needed funding for a building project located near the Florence Outreach Office for the storage of Tribal canoes. **Vote 5-0-0**

RESOLUTION NO.: 24-003
Date of Passage: January 14, 2024
Subject (title): Gaming Operational Review Board Appointments
Explanation: Tribal Council approves the newest two members of the GFORB, and has this board now fully established members include, Iliana Montiel – Council Representative; Jerry West – Executive Gaming Management; Brian McClatchey – Legal; Brad Brainard – At Large; Mark

Petrie – At Large . **Vote 5-0-0**

RESOLUTION NO.: 24-004
Date of Passage: January 22, 2024
Subject (title): New Beginnings for Tribal Students in Oregon 2024-2027
Explanation: Tribal Council approves this MOU with Oregon State University and Southwest Oregon Community College. **Vote 5-0-0**

RESOLUTION NO.: 24-005
Date of Passage: January 14, 2024
Subject (title): Contract for Desiree Acosta
Explanation: Tribal Council approves contract presented by the Education Department to assist in 2024 projects. **Vote 5-0-0**

RESOLUTION NO.: 24-006
Date of Passage: January 14, 2024
Subject (title): Enrollment New Members
Explanation: Tribal Council approves the recommendation of the Enrollment Committee for final approval of the following people to become members of the Tribe: Bristol Otilie Debate; Adeline Rose Cuthbertson; Lucas James Cuthbertson; Malighia Renee Thorn; Aliee

Lousie Barrett; Layne Walker Krossman. **Vote 5-0-0**

RESOLUTION NO.: 24-007
Date of Passage: January 14, 2024
Subject (title): Enrollment Name Changes
Explanation: Tribal Council approves approved name change for enrolled members as submitted and approved by the Enrollment Committee for final approval. **Vote 5-0-0**

RESOLUTION NO.: 24-007
Date of Passage: January 14, 2024
Subject (title): Active to Historic – Enrollment
Explanation: Tribal Council approves the names of the following to be removed from the active roll and names to be placed on the historic role in the Tribal Hall – Jesse Aaron Michael; Warren Willard McNutt; Donald “Doc” Roe Slyter. **Vote 5-0-0**

In this public paper, some Resolution titles and explanation will not be displayed or minimal details due to confidentiality.

Why RSVP For Tribal Events?

Tribal Department staff who plan events and activities for the benefit of Tribal Member need membership to “please reply” when asked to RSVP when wanting to attend Tribal events. This ensures the right amount of supplies and food and beverages to meet the needs of those in attendance. Thank you in advance for making future events as successful as possible by always calling to RSVP when asked.

**RSVP for events by calling
1-541-435-7155**



**Oregon State University**





Environmental Leadership for Youth
INDIGENOUS YOUTH CAMP
at Oregon State University

SAVE THE DATE

AUGUST 11 - 16, 2024

INVITING NATIVE AMERICAN YOUTH ENTERING 9TH - 12TH GRADE IN OREGON.

- NATURAL SCIENCES
- STEPS TO COLLEGE ACCESS AND FINANCIAL AID
- ENVIRONMENTAL CAREERS
- FIELD TRIPS:
 - CANOE PADDLE
 - SNORKELING
 - CHALLENGE COURSE
 - HATFIELD MARINE SCIENCE CENTER
- COMPLETION AWARD \$\$



Registration opens in spring. More info at <https://ely.oregonstate.edu/indigenous-youth-program/>

WITH CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS



PEACEGIVING

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

All Peacegiving issues are confidential.



Photo by Morgan Gaines

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

Peacegiving Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420

PHONE: (541) 888-1306 or (541) 888-1316

EMAIL: Peacegiving@ctclusi.org

Website: <https://ctclusi.org/tribalcourtpeacegiving>

WELLNESS COURT

Are you in trouble with the law?
Are you suffering with drugs, alcohol or addiction?
Are you ready to make a change?
What does true Wellness look like for you?
A life without drugs or alcohol is possible for you.
Make the choice for a better life.



Confidential

Contact Tribal Wellness Court.
(541) 888-1307



NEED A RIDE?

Contributed by Kathy Perkins, Tribal Transportation Coordinator

The Tribal Transportation Department aims to provide necessary transit services for accessing shopping, employment, education, health care, and social/recreational opportunities to all CTCLUSI members and their eligible family members currently lacking reliable transportation.

Transportation options that may be provided directly include door-to-door rides with a 72-hr advance notice and bus passes for the Rhody Express and LTD routes. In addition to services

provided directly from the Transportation Department, CCAT services are available free of charge by presenting your Tribal ID card to the CCAT driver at the time of service.

For more information or to access these services, please contact Kathy Perkins, Tribal Transportation Coordinator, at 541-888-9577 ext. 7550.

Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

Department of Human Resources

Current Openings as of 1/16/2024

Tribal Government Offices Job Opportunities

- Accounts Payable Specialist– Coos Bay
- Administrative Assistant II – Dental – Coos Bay
- Circles of Healing Outreach Advocate – Coos Bay
- Circles of Healing Transitional Services Specialist - Eugene
- Advanced Practice Provider – Psychiatric – Coos Bay
- Case Manager/ICWA – Coos Bay
- Benefits & Training Specialist– Coos Bay
- Dental Hygienist – Full Time – Coos Bay
- Dental Assistant I. – Coos Bay
- Forester – Coos Bay
- Gaming Inspector – Florence
- Housing Assistant – Coos Bay
- Physician – Coos Bay
- Physician – Family Medicine – Coos Bay
- Tribal Response Program Specialist – Coos Bay
- Psychologist – Coos Bay
- Surveillance Agent I. – Florence
- Special Events – On Call – Varies on assignment
- Purchased Referred Care Specialist – Coos Bay

Please visit Job Opportunities on the Tribes website for full job descriptions and benefits available. You may also apply for any position online. <http://ctclusi.org/jobs>

Updated Frequently

Please email questions to recruitment@ctclusihr.org



CLUSI YOUTH COUNCIL

Are you 14-24 years old?

What do you think our Youth Council should do for the community?

Would you like to attend camps, summits, conferences and trainings that can better both you and your tribe?

Are you interested in community service?

Are you interested in helping out anyway you can?

Would you like to keep updated about Youth Council in general?

youthcouncil@ctclusi.org



UPCOMING EVENTS

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 miluk language class 4pm-6pm	31 hanis language class 4pm-6pm	1	2 sha'yuushtta ut quuiich language class 10am-12pm	3
4	5	6 miluk language class 4pm-6pm	7 hanis language class 4pm-6pm	8 Elders Luncheon Three Rivers Casino Resort/ Elder Mtng.	9 sha'yuushtta ut quuiich language class 10am-12pm	10
Special Election Day 11 Tribal Chief Regular Council Meeting 10:00 a.m.	12	13 miluk language class 4pm-6pm	14 Valentine's Day Youth Drop Off Activity - Community Center	15	16 sha'yuushtta ut quuiich language class 10am-12pm	17 Winter Stoytelling Community Center
18	19 President's Day Office Closed	20 miluk language class 4pm-6pm	21 hanis language class 4pm-6pm	22	23 sha'yuushtta ut quuiich language class 10am-12pm	24
25	26	27 miluk language class 4pm-6pm	Waite Ranch 28 Renaming Poll Closes hanis language class 4pm-6pm	29	1 sha'yuushtta ut quuiich language class 10am-12pm	2
3	4	5 miluk language class 4pm-6pm	6 hanis language class 4pm-6pm	7	8 sha'yuushtta ut quuiich language class 10am-12pm	9

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27 miluk language class 4pm-6pm	28 hanis language class 4pm-6pm	29	1 sha'yuushtta ut quuiich language class 10am-12pm	2 Glass Float Hunt & Prevention Activity Florence, Oregon
3	4	5 miluk language class 4pm-6pm	6 hanis language class 4pm-6pm	7	8 sha'yuushtta ut quuiich language class 10am-12pm	9
10 Regular Council Meeting 10:00 a.m.	11	12	13	14	15 25th Annual Tribal Three Rivers	16 Elders Honor Day Casino Resort
17	18	19	20	21	22	23
24	25	26	27 Spring Break Camp	28	29	30
31	1	2	3	4	5	6

Hiis Haiyach – with a good heart



Three Rivers Casino Announces Gennifer Norton’s Promotion to Food and Beverage Director, Enhancing Guest Experience

January 17, 2024
Media Contact:
Rich Colton, Director of Marketing
rcolton@threeriverscasino.com

FOR IMMEDIATE RELEASE - Three Rivers Casino Announces Gennifer Norton’s Promotion to Food and Beverage Director, Enhancing Guest Experience

FLORENCE, Ore. – Three Rivers Casino Resort is excited to announce the appointment of Gennifer Norton as the Food and Beverage Director. Norton will help enhance operations, uphold exceptional customer service standards and contribute to the ongoing success of Three Rivers Casino Resort.

“I’m excited about implementing new training processes and fostering a great interaction with our guests. It’s not just about serving; it’s about spotlighting the guest experience, embracing creativity and staying at the forefront of this dynamic industry,” said Norton.

Norton’s wealth of experience in team leadership, conflict resolution, compliance, audits, finance, and her deep knowledge of food and beverage products make her a vital asset to our team. Norton will work closely with the chefs to create enticing menus and drinks while also staying active in the community by participating in food-related events for the casino.

“It’s not just a job; it’s a place where I’ve raised my entire family. This is a charming small coastal town, and Three Rivers has provided me with opportunities to thrive and progress in my career,” said Norton.



Gennifer Norton, TRCR Food and Beverage Director

Three Rivers Casino Resort

Owned and operated by the Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw Indians, Three Rivers Casino Resort has strong ties to the surrounding community along the Central Oregon Coast. As one of the largest employers in the area, Three Rivers provides resources and opportunities for both tribal and non-tribal members of the region. In addition to providing local jobs, Three Rivers sponsors local arts programs for both professional and children’s theater and donates to dozens of local and regional nonprofit organizations. It has become a pillar of community support; the philanthropic spirit of Three Rivers Casino is felt deeply on the Central Oregon Coast and statewide.

For more information, visit threeriverscasino.com.



MONDAYS 6PM-9PM
Win up to \$250 in Free Play.
Hot Seat Drawings every 20 minutes.
10 Winners every Monday.



TUESDAYS 7PM-9PM
Drawings every 30 minutes to win a Designer Bag. PLUS, a cash prize up to \$250! One entry for every 50 same-day points earned on Tuesdays.



WEDNESDAYS 7PM-9PM
Drawings every 30 minutes to spin the wheel. Progressive Jackpot starts at \$1,000 and increases \$10 for every attempt. One entry for every 50 same-day points earned on Wednesdays.

SATURDAYS | 7PM-9PM



\$1,000 DRAWINGS
DRAWINGS EVERY 30 MINUTES
One entry for every 100 points earned daily.



February Weekly Specials

Monday - Thursday
served from 11am-10pm

Friday - Sunday
served from 4pm-10pm

MONDAY - SEAFOOD MELT \$20
TUESDAY - GOUDA CHICKEN \$20
WEDNESDAY - FOGHORN LEGHORN \$20
THURSDAY - OPORK VERDE WET BURRITO \$20
FRIDAY - PRIME RIB \$30
SATURDAY - CAPTAIN'S FEAST \$25
SUNDAY - CHEF'S CHOICE



COOS BAY

541-808-9204 | THREERIVERSCASINO.COM