The Voice of CLUSI



May 2024

Issue 5
Volume 25
www.ctclusi.org

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

Float Hunt Prevention Activity: Fun for All Ages!



Florence, Ore. – Tribal Families gathered together over Easter weekend to participate in a Prevention Program activity of finding glass floats on the Oregon coast. Tribal Tobacco Prevention Program Assistant Nicole Romine planned a fun filled event that began with meeting at the Abby's Pizza located in Florence, Oregon. Families gathered for a lunch and prevention presentation.

Chief Doug Barrett gave an opening invocation after Nicole welcomed everyone in attendance and pointed out a number of flyer resources for them to pick up before the day was over. Chief of Police, Brian Dubray was then introduced to give a informational discussion on the lifesaving properties of Naloxone (Narcan) and how to administer it effectively.

Anyone can be affected by accidental overdose. Even some prescription drugs can cause an overdose if not taken as prescribed, or if ingested by someone for whom the drug was not intended. Please be sure to thoroughly read labels of narcotic medications and ask your doctor any questions you may have about its use.

If you encounter someone who you suspect is experiencing an overdose, here are the steps you can take to help them:

- 1. Check for breathing and try to wake the person up (sternum rub or calling out to them).
- 2. Call 911
- 3. Start rescue breathing one breath every five seconds for 30 seconds.
- 4. Administer naloxone (Narcan) if available.
- 5. Stay with the person and prop them up on their side (in the recovery position).

These important steps could help save a life. For more information visit https://hivalliance.org/education/harm-reduction/ or contact the CTCLUSI Tribal Police by calling 541-997-6011. Narcan kits are available through Tribal Police should you want to carry one. Contact Tribal Police to schedule a time to pick up a kit at one of the Tribal Offices.

After the prevention lunch everyone headed towards the meet up spot at the North Jetty Beach. Tribal staff and Chief Doug Barrett headed to the Jetty early to hide beautiful glass floats for all to find. They even hid Easter eggs for Tribal youth to hunt for as we all made our way down the beach in search of the beautiful glass treasures.

Tribal members helped clean up the Jetty and safely gathered trash as we explored the beach and hillside for the hidden floats. Roughly 30 floats of differing shapes, sizes, and colors were tucked away behind beach grass, driftwood and sand. Tribal youth had tons of fun finding all the extra hidden Easter eggs filled with goodies from the Culture and Natural Resources Department. It was great to have such a big turn out on such a wonderful sunny day on the coast

Thank you to all the staff and volunteers who helped make this event such a blast. Thank you to all the Tribal families and friends who gathered together. And thank you to Nicole Romine of the Prevention Program for organizing this year's Float Hunt.

Turn to page 10 for more photos from this event

Save the Date:

Summer Solstice June 20, 2024

Presorted Standard U.S. Postage PAID Eugene, OR Permit #481

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

Tribal Council Business

Activity of Elected Tribal Council Members from March 10, 2024 - April 14, 2024

Chief Doug Barrett

03/10 Tribal Council Regular Meeting 03/11-03/13 Governor's Conference on Tourism – Took Lottie

03/13 9-Tribes Meeting in Canyonville with Cow Creek – Took Lottie

03/14 Governor's Task Force on Alcohol Pricing and Addiction services, **Culture Committee Meeting**

03/15 Elders Honor Day Event

03/16 Elders Honor Day Breakfast, Siletz Round Dance & Feather Dance Ceremony on Beach

03/17 Meeting with Megan Gerber for Don Wilbur's estate for Wetlands

03/18 Cap – X Projects Review

03/19 CTCLUSI / BLM Hult Dam EIS, Pre Camp Planning Meeting

03/20 MHA / LADPC, Early Learning Task

03/21 BOEM pre meeting – BOEM / Tribal Consultation – Leaders Circle, Elakah Alliance Board

03/22 Spring Break Camp Orientation 03/25-03/29 Spring Break Camp at West

Winds in Otis 03/27 GFORB Meeting / Tribal Council **Business Meeting**

03/30 Glass Float Hunt and Easter Egg Hunt

04/01 Oregon Tribes Meeting

04/02 Oregon Tribes - ODHS Directors Convening

04/03 Climate Change Vulnerability Assessment Workshops, SB 770 Health & Human Services Cluster Meeting

04/04 Governor Task Force on Alcohol Pricing and Addiction services, **Leaders Circle Meeting**

04/06 LCC Pow Wow

04/08 Siuslaw School Teachers WREN meeting on Land Acknowledgement

04/10 Lane ACT Meeting

04/11 Governor's Task Force on Alcohol Pricing and Addiction service. Culture Committee Meeting

04/12 Code 10 – 9 Discussion

04/13 Oregon Anglers Alliance Meeting

04/14 Tribal Council Meeting / General Council Meeting

Total Hours: 174hrs. & emails

Chair Brad Kneaper

03/10 Regular Tribal Council Meeting 03/15 Elder's Honor Day Hosted at Three

Rivers Casino

03/16 Elder's Honor day Breakfast

03/18 Meeting (ZOOM) with GFORB,

Council and TRC Management for\ 2024 Capitol Expenditures and Projects update

03/21 BOEM Consultation Pre-Meeting, BOEM Consultation, Leader's Circle: Elliot State Forest Habitat Conservation Plan (HCP) discussion with US Forest Service; Presentation from State Congressional Candidate; Discussion of Tribal Water Leadership Program with **ATNI** Representative

03/27 Gaming Operational Review Board, **Tribal Council Business Meeting**

04/01 Nine Oregon Tribes Meeting at the Mill Casino

04/03 SB 770 Health and Human Services Cluster Meeting at Mill Casino hosted by CTCLUSI

04/04 Leader's Circle (ZOOM Only): North Bend School District presentation in request of Letter of Support for Grant Application

Total Hours: 147

Teresa Spangler

03/10 Regular Council Meeting

03/15 Elders Honor Day

03/16 Elders Honor Day Breakfast

03/18 GFORB and Council and TRC Management to update on the **Capitol Projects**

03/21 BOEM pre - meeting and consultation with BOEM, Leaders\ Circle Meeting

03/27 Business Council Meeting

04/01 Nine Tribes meeting at the Mill Casino

04/03 SB 770 Health and Human Services Cluster Meeting

04/04 Leaders Circle Meeting with the North Bend School District

E-mails and Phone Calls:

Total Hours: 83

Debbie Bossley

03/10 Tribal Council regular meeting 03/21 Pre BOEM-meeting, BOEM

Consultation meeting, Leaders Circle

03/27 GFORB & Business mtg

01/01 Nine Tribes mtg at the Mill Casino

04/04 Leaders Circle

100 miles for business mtg.

Total Hours: 23

<u>Julie Siestreem</u>

03/10 Tribal Council Regular Monthly Meeting

03/11 Home Visiting System Coordination

Committee Meeting

03/12 4j IPC Meeting

03/16 4j NATIVES Program Culture Night

03/15 Elders Honor Day Three Rivers Casino & Resort Events Center

03/18 BOEM Passive Acoustic Monitoring Meeting, CAP X Project Review. GFORG, Tribal Council and, Staff Meeting

03/19 Education Committee Meeting

03/20 Early Learning Task Force Meeting

03/21 BOEM Pre-Meeting, BOEM Consultation Meeting, Tribal Council Leaders Circle

03/27 GFORB Meeting, Tribal Council **Business Meeting**

04/01 Nine Tribes Meeting Mill Casino Meeting

04/02 DELC Director Paulina Whitehat, OTELA Liaison Dana Castano, Education Director Jemiah\ Wassman-Tribal Hall Meeting

04/03 Elders and Families Potluck Lunch Tribal Hall

04/04 Government to Government DOC Religious Services Meeting, Tribal Council Leaders Circle

04/09 4j IPC Meeting

04/10 4i NATIVES Program Culture Night

04/14 Tribal Council Regular Council Monthly Meeting, General Council Meeting meetings, events, phone calls, texts,

emails, research, driving Total Hours: 130

Enna Helms

03/10 Regular Tribal Council Meeting 03/15 Meeting with City of Coos Bay Manager regarding the 150th Coos Bay Celebration; Attended the **Elders Honor Day**

03/18 Cap X Project Review

03/19 Meeting with Elakha Alliance re: Letter of Support for the America the Beautiful Challenge Grant Application for Sea Otter Reintroduction

03/20 Sesquicentennial Birthday Celebration Planning Committee Meeting - Coos Bay City Hall **Council Chambers**

03/21 BOEM Pre Meeting; CTCLUSI Tribal Council/BOEM Consultation; Tribal Council Leaders Circle Meeting; 03/27 Tribal Council Business Meeting

04/04 Leaders Circle Meeting

Total Hours: 90

<u>Iliana Montiel</u>

03/10 Tribal Council Regular Meeting 03/27 GFORB/ Tribal Council Business Meeting

04/03 Hosted/attended SB 770 Meeting 04/04 Leaders Circle

reading & responding to emails.

Total Hours: 30

Notice of Upcoming Tribal Council Meeting

Saturday, May 11, 2024

Eugene Outreach Office 135 Silver Lane, Suite 200, Eugene, OR 97401

Meeting time: 10:00 a.m.

Can You Find Me?

In this edition of The Voice of CLUSI there is a hidden image of a FLICKER FEATHER exactly like the one pictured at right. It could be any size and on any page, but will look exactly like the one shown here.

If you find it, email mgaines@ctclusi.org to have your name entered into a prize drawing. In your email you must include your name, age, address (for mailing purposes) and contact phone number. In your email you must also let us know what page and where on the page you spotted the FLICKER FEATHER hiding!

Must email by May15th to be included in the raffle drawing. Winners will be notified by phone or email and their name will appear in an upcoming edition of the Voice of CLUSI paper. Prizes will vary and are provided by different CTCLUSI Government departments.



The Trilium from the April 2024 edition of The Voice of CLUSI was located on page 11 hidden in the top left photograph in the Culture reVITALization section.

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



Tribal Council

Doug Barrett, Chief

541-297-2130 (cell) doug.barrett@ctclusi.org

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, Vice Chair

Position #4 Council 541-294-3972

Iliana Montiel

tspangler@ctclusi.org

Position #5 Council

541-217-4613(cell) iliana.montiel@ctclusi.org

Debbie Bossley Position #6 Council

541-808-5580(cell) debbie.bossley@ctclusi.org

Council Meeting Saturday, May 11, 2024 10:00 a.m.

Eugene Outreach Office 135 Silver Lane, Suite 200

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

the zoom link to this meeting.

Agenda:

- Call to Order 1.
- 2. Invocation
- 3. Approval of Minutes as needed
 - **Tribal Council Reports**
- Tribal Chief Executive Officer Report
- Chief Financial Officer Report
- Old Business 7.
- 8. **New Business**
- 9. Other
- Good of the Tribes
- 11. Executive Session as needed

Council meeting video available to view at www.ctclusi.org

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

Brian Dubray, Chief Operating Officer Phone 541-888-9577 bdubray@ctclusi.org

Health Services Division

John Reeves III, Health Administrator 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7515 Fax 541-888-5388 jreeves@ctclusi.org

Department of Human Resources

Stephanie McNutt, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Fax: 541-897-9881 smcnutt@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

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

Jemiah Wassman, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1314 Toll free 1-888-280-0726 jwassman@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

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, Assistant Director 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Toll Free 1-888-280-0726 imontiel@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

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

Department of Culture and Natural Resources

Ashley Russell, Interim Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-9577 Toll Free 1-888-280-0726 Fax 541-888-2853 arussell@ctclusi.org

Department of Culture and **Natural Resources**

Jesse Beers, Cultural Stewardship Manager 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-997-6685 Fax 541-888-2853 jbeers@ctclusi.org

Tribal Committee Members

Budget Committee

- 1. Martin Harris
- 2. VACANT
- 3. Margaret Corvi

4. Stephanie Watkins, Chair stephaniewatkins1360@gmail.

- 5. Teresa Spangler
- 6. Allen (Butch) Swigert
- 7. Roseanna Perry

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

- **Education Committee** 1. Michelle Brix
- 2. Julie Siestreem
- 3. VACANT
- 4. Ashley Russell, Chair arussell@ctclusi.org
- 5. Michael Brainard

Elders Committee

- 1. Arleen Perkins, Chair
- 2. Eddie Helms
- 3. Warren (Tom) Brainard 4. Laura Fortin
- 5. Martin Harris 6. Allen (Butch) Swigert 7. Brad Kneaper

Enrollment Committee

- 1. Warren T. Brainard
- 2. Patricia Whereat-Phillips
- 3. Skip Brainard 4. Vicki Faciane, Chair
- vicki.faciane@gmail.com 5. Teresa Spangler

Housing Committee

- 1. VACANT
- 2. Danny Krossman, Chair dkrossman33@gmail.com
- 3. Enna Helms
- 4. Allen Swigert 5. Tyler Slyter

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

Election Board

- 1. VACANT
- 2 Michael Brainard Chair
- qaxas19@gmail.com 3. Teresa Gagner
- 4. Mark Petrie
- 5. Kathy Perkins 6. Pauline Benson 7. Ashley Russell

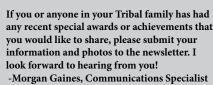
Are you a Tribal member who would like to learn more about a Tribal Committee, or are interested in being on a committee? Reach out to a Committee Chair person or a Tribal Government Staff member.

Committee Chairs are noted at left with current sitting members of the committee at the time of publication of this

For questions, please contact Jeannie Miller, 541-888-7506 or imiller@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.

THE VOICE OF CLUSI



mgaines@ctclusi.org or 541-888-7536

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/

Upcoming Events

Tribal Council Corner

Constitutional Amendment Process Update Information Coming by Mail to All Enrolled Members of CTCLUSI in 2024

Due to Tribal Council vacancy there has been delays in the process. We are going to begin efforts again to provide membership with information about suggested amendments to our Constitution. Some reasons amendments are needed is due to changes to the Bureau of Indian Affairs (BIA) requirements over the years and language that is affecting our Enrollment process.

The Tribes Constitution, first drafted after the Restoration Act of 1984, finally passed by Tribal vote in 1987 and has never been previously amended. Any changes to this document require a vote with an election of the General Council for the approval of any Constitutional amendments. This election is a Federal Election that will solely be conducted by the BIA for the Tribe in accordance with Federal Regulations. This is called a Secretarial Election. It does not involve the Tribal Election Board.

What the BIA will do: Once the BIA receives the Tribe's proposed amendments, that has been created by Tribal Member input gathered in 2023, the BIA will review all the areas of proposed changes to ensure that they are legally sufficient and, if so, will accept them for the election process to begin.

The BIA will send out a "Notice of the Secretarial Election", to include the date and location of the polling place of this event, to all those enrolled members 18 years of age and older. A Secretarial Election Board will be established by Resolution and managed by the BIA.

The BIA will then send out a special registration packets; as all <u>Enrolled Tribal Members will need to register with the BIA to participate</u> in the Secretarial Election. Finally, the BIA will

send out ballots for this election. The ballot sent to registered voters (registered with the BIA) will contain a separate voting area for each proposed amendment, allowing each voter to vote yes or no to each individual proposed amendment.

The Secretarial Election Board will establish a place to tabulate votes and the BIA will facilitate the tabulation and certify the results. correspondence from BIA will be sent to the last known address on file with the Tribe. We encourage membership to be sure that the Enrollment



Chairman Brad Kneaper

Department has all memberships updated mailing address information. An area on the Tribes website will be created for Constitutional Amendment Process Information, and will be updated as needed.

Resolution Summaries

RESOLUTION NO.:24-042
Date of Passage: March 27, 2024
Subject (title): Tribal Vocational
Rehabilitation Program Grant
Application

Explanation: Tribal Council approves this grant application under the American Indian Vocational Rehabilitation Service

Program. Vote 7-0-0

RESOLUTION NO.:24-043
Date of Passage: March 27, 2024
Subject (title): Tribal Owned Housing
Repairs

Explanation: Tribal Council approves the request for estimate budget and contingency for needed repairs for homes that are Tribally owned, not HUD.

Vote 6-0-0

RESOLUTION NO.:24-044
Date of Passage: March 27, 2024
Subject (title): 2023 Abbreviated Annual
Performance Report Submission IHBG
-APR

Explanation: Tribal Council approves the submission of the Annual Performance Report (APR) to the Department of Housing and Urban Development (HUD) . **Vote 7-0-0**

RESOLUTION NO.:24-045
Date of Passage: March 27, 2024
Subject (title): 2023 Abbreviated Annual
Performance Report Submission IHBG CARES

Explanation: Tribal Council approves the submission of the Annual Performance Report (APR) to the Department of Housing and Urban Development (HUD). **Vote 7-0-0**

RESOLUTION NO.:24-046
Date of Passage: March 27, 2024
Subject (title): Integrated Public
Alert and Warning Systems
Memorandum of Agreement

Explanation: Tribal Council approves this MOA to sign up for the services provided by Integrated Public Alert and Warning Systems (IPAWS) to establish guidelines to issue public alerts and warnings with in our organization. **Vote 7-0-0**

RESOLUTION NO.:24-047
Date of Passage: March 27, 2024
Subject (title): Gaming Order
Explanation: Tribal Council approves
this equipment order for Three Rivers
Casino, Coos Bay and Florence.
Vote 6-0-1

RESOLUTION NO.:24-048
Date of Passage: March 27, 2024
Subject (title): Gaming Order
Explanation: Tribal Council approves
this equipment order for Three Rivers
Casino, Coos Bay and Florence.
Vote 6-0-1

RESOLUTION NO.:24-049

Date of Passage: March 27, 2024 Subject (title): Employment Agreement,

Three Rivers Health Center

Explanation: Tribal Council approves agreement for staff of Three Rivers Health

Center. Vote 6-0-1

RESOLUTION NO.:24-050
Date of Passage: March 27, 2024

Subject (title): Employment Agreement,

Three Rivers Health Center

Explanation: Tribal Council approves agreement for staff of Three Rivers Health

Center. Vote 6-0-1

RESOLUTION NO.:24-051
Date of Passage: March 27, 2024

Subject (title): Coos Head Area Master

Plan Revocation

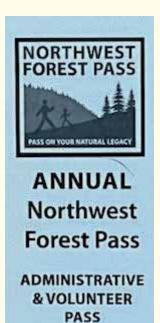
Explanation: Tribal Council approves reassessment of previous feasibility of future uses to Coos Head property and to rescind and repeal the previous plan established in 2018. **Vote 7-0-0**

RESOLUTION NO.:24-052
Date of Passage: March 27, 2024
Subject (title): Electric Contract
Explanation: Tribal Council approves this contract from funding awarded from
Oregon Department of Energy involving solar energy. Vote 7-0-0

Don't forget to get your Annual Northwest Forest Pass!

Each of our 3 offices have these available for Tribal Members to pick up at the front desk.

Our current stock expires in November, so get them now before time runs out on them!





As we begin planning for our 40th Restoration we are seeking any historic family photos Tribal membership are willing to share.

We ask that all submission please be sent to enrollment@ctclusi.org with your family name so it can be properly represented.



NOTICE OF CODE ESTABLISHMENT

The following new proposed Code was passed for First Reading by Tribal Council on: April 14, 2024

TITLE: 3 – OFFENSES

Chapter 3-4 Hunting, Fishing, Trapping and Gathering Code

The Tribal Council has approved the draft language to establish Chapter 3-4 Hunting, Fishing, Trapping and Gathering for First Reading; and

CLUSITC Chapter 3-4, In accordance with the Memorandum of Agreement between the Tribe and the Oregon Department of Fish and Wildlife dated September 20, 2003, Article II of the Tribal Constitution, and the Special Election vote held on October 22, 2022, the Tribal Council has the authority, desires to and does hereby establish this Hunting, Fishing Trapping and Gathering Code for the following purpose:

- (1) Pursuant to Article II of the Constitution of the Confederated Tribes of Coos Lower Umpqua and Siuslaw Indians ("CTCLUSI" or "Tribe"), the Membership of the Tribe has enacted the following Chapter of the Tribal Code to regulate hunting, fishing, trapping, and gathering activities; and
- (2) The Tribal membership recognizes that natural resources are cultural resources, and that the sustainable harvest of those natural resources by Tribal Members is essential to maintaining the Tribe's customs and traditions.; and
- (3) The purpose of this Chapter is to effectuate the Tribe's tradition, practiced since time immemorial, of stewardship and sustainable harvest practices to ensure a harvestable abundance of natural resources into perpetuity.

Tribal Council hereby approves the establishment of Chapter 3-4 Hunting, Fishing, Trapping and Gathering Code and hereby approves for first reading draft be posting for a twenty-eight (28) day period. Draft language as set out in the attached **Exhibit A** (deleted text is red and stricken and new text is blue and underlined),

<u>DATE OF THE TRIBAL COUNCIL MEETING AT WHICH THE PROPOSED CODE IS EXPECTED TO</u>
BE CONSIDERED FOR SECOND READING FINAL PASSAGE:

<u>June 9, 2023</u>

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

Seeds of Success Community Fellows Field School Internship

July 8th - 19th, 2024

Contributed by the Culture & Natural Resources Department

Community Fellows interns will learn and implement a two-eyed seeing approach to create forests more resilient to climate change and learn how Indigenous Knowledge can help inform conservation and management on the CTCLUSI forest lands. Interns will work in the woods, collect seeds of native plants, and learn about ethnobotany, soil science, pollinator ecology, wildlife, forestry and ecocultural restoration while gaining employment skills in the outdoors.

During the 8-hour daytime sessions interns will be trained by CTCLUSI leaders and Oregon State University graduate students, collect data using science protocols and tools, and learn about forest ecology.

In the evenings there will be group activities such as traditional crafting using indigenous materials, storytelling, games. Interns will camp during the work week, with the weekend off to go home. All meals will be nutritious and delicious, and private shower and bathroom facilities will be at the campsite.

Internship participants will work alongside OSU College of Forestry faculty and researchers as well as CTCLUSI Natural Resources and Forestry staff, performing research related to the restoration of culturally important plants on the Tribes' Lake Tract. Meals, transportation, and all work supplies will be provided. This will be an immersive experience, with participants camping at the Tribes' Deadwood Property. A stipend will also be paid to participants after program completion.

Community Fellows intern requirements and INSTRUCTIONS expectations:

- Ages 14 − 19
- Tribal family member or has a relationship with CTCLUSI
- Must remain on site with the group 24 hours per day during the week.
- Cooperate as a respectful team member and ask for help as needed.
- Must have the ability to walk long distances on brushy, uneven terrain.
- Interns will be required to register an account with Oregon State University (free) in order to be paid. An email address will be required. This is all done on-line and instructions will be provided.

For more information contact:

Ashley Russell, Interim Director of Culture and Natural Resources, (541) 888-7511 (office), arussell@ctclusi.org

Colin Beck, Director of Forest Management, (541) 261-3420 (cell), cbeck@ctclusi.org

Holley Carroll, Forestry Program Coordinator, (541) 888-7533 (office), hcarroll@ctclusi.org

To be considered for a Community Fellows internship position, please answer these questions:

- 1. Name, age and tribal connection.
- 2. Describe your strengths. What are you good at that might be useful in a team
- 3. What do you hope to bring back or learn from this internship?
- 4. Anything else you think we should know about you.

Options for submitting your responses:

Written option: in 250-500 words, send your written response in an email to fieldschool@ ctclusi.org OR deliver a printed copy with your name and contact info to the CTCLUSI main office.

Video option: make a simple video of yourself, at least 1 – 3 minutes long, responding to the questions above and email to fieldschool@ ctclusi.org

Want to make extra money this summer?

LOGISTICS COORDINATOR **NEEDED FOR**

Seeds of Success Field Camp

\$25 per hour / 8 week position

- Term: June 3rd to July 26th
- Logistical Coordinator- set up and prep for 2 week camp
- Must be able to pass background and fingerprinting to become an On-Call employee for CTCLUSI
- Must have a valid Oregon Driver's License
- Must be at least 25 years old for company auto insurance
- Assist Forestry Program Coordinator with contract set up as needed
- Move supplies from Coos Bay to Deadwood property
- Assist maintenance crew with setup of food cart at Deadwood property
- Meet contractors at deadwood property (shower/bathroom setup)
- Stay on-site at Deadwood property camp for duration of camp (July 7th to July 20th)
- Assist in preparation of meals (cold "continental-style" breakfast; DIY lunch (sandwich materials); hot dinner)
- Must have Food Handler's Card or ability to complete online course in first two weeks of assignment
- Assist with procurement and transport of groceries and supplies leading up to
- Make grocery and supplies runs as needed during field camp
- Assist with arts, crafts, and activities during evening at camp
- Expect about 20 people at camp

For more information and complete job description, call or email

Holley Carroll, Forestry Program Coordinator for the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians.

(541)888-7533 or hcarroll@ctclusi.org



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

de



CATHERING TRIP FOR ROOTS & BARK



May 18 - 19th (Cedar Bark, Roots)

May 25 - 26th (Cedar/Maple Bark, Roots, Tule)

June 1 - 2nd (Maple Bark, Roots, Tule)

Gathering trips are subject to change based on the location and season. For the most upto-date information on gathering trips, please RSVP by emailing or calling us. We'll add your name to a direct outreach call, as well we will send a reminder text message with confirmed details of each gathering trip 3 days in advance.

Snacks and lunch will be provided.



RSVP for detailed information

Contact: Enna Helms ehelms@ctclusi.org or Call: (541) 297-7538

JOIN A TRIBAL COMMITTEE!

We are accepting Letters of Interest for Tribal Committees. We have had some recent vacancies. Tribal Committees cover several areas of the Tribe and work with various departments. Below is a list of Committees you may be interested in becoming a member of:

Culture Committee - Budget Committee
Education Committee - Elders Committee Enrollment Committee - Language Committee
- Housing Committee Election Board

If interested, please fill out a "Letter of Interest Form" located on Tribes Website.

These Letters of Interest remain on file for (1) one year.

Please visit the Citizen Portal of the Tribal Government website at www.ctclusi.org/tribal-committees/ for more information.

For more information or if you have any questions

Jeannie Miller, Administrative Support Manager

1245 Fulton Ave. Coos Bay, Oregon 97420 Phone: 541-888-7506 Email: jmiller@ctclusi.org THE CENTER
FOR THE
PREVENTION
OF ABUSE
AND
NEGLECT

FREE
TRANSPORTATION
AVAILABLE UPON
REQUEST
(MINORS NEED
GUARDIAN
CONSENT)

1630 COLUMBIA ST, EUGENE, OR 97403, USA

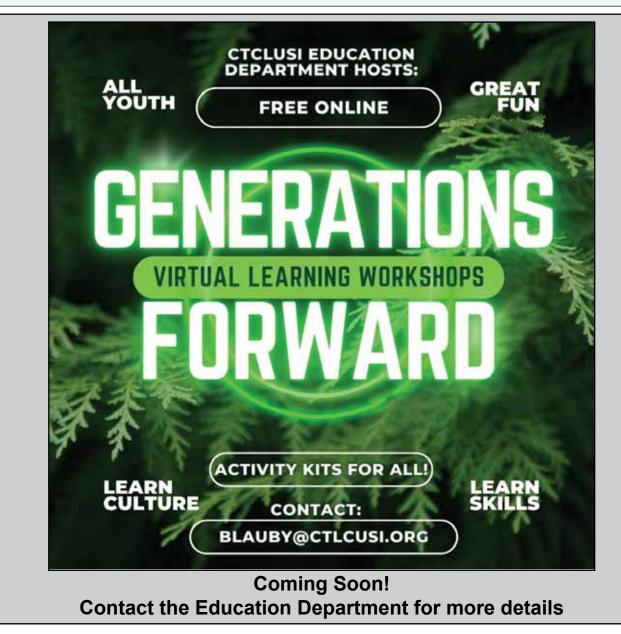
WE WANT TO HEAR FROM LANE COUNTY INDIGENOUS YOUTH ABOUT HOW TO PREVENT CHILD MALTREATMENT

AGES 14 - 19 A PAID
OPPORTUNITY
TO MAKE A
DIFFERENCE IN
YOUR
COMMUNITY

MANY NATIONS LONGHOUSE MAY 15TH 6:00-7:30 PM



FOR MORE INFORMATION, CONTACT LSCHLUT2@UOREGON.EDU



These Important Steps Could Help Save a Life

For more information visit https:// hivalliance.org/educate/harmreduction/ or contact CTCLUSI Tribal Police

by calling 541-997-6011.

If someone is overdosing:

(1) Check for breathing and try to wake the person up (sternum rub or calling out to them)



(2) Call 911!



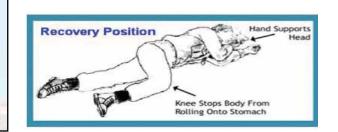
(3) Start rescue breathing – one breath every five seconds for 30 seconds



(4) Administer naloxone (Narcan) if available



(5) Stay with the person and prop them up on their side (in the recovery position)



dai (Hello), Tribal Families!

Summer Youth Opportunities

&

Wellness Warrior Camp Grand Ronde, OR June 24–27, 2024 (Ages 12–18)





United National Indian Tribal Youth
(UNITY) National Conference
Portland, OR
June 29- July 5th, 2024 (Ages 14-24)

Deadline to Submit Letter of Interest
June 7th (Spots are limited)

Please provide a paragraph about what cultural practices mean to you and how commercial tobacco has affected your life or the lives of those around you. Please submit to Nicole Romine nromine@ctclusi.org

Please Contact Nicole Romine for more information 541-294-9341 OR nromine@ctclusi.org

Youth are welcome to attend <u>both conferences</u> if they are in <u>both age groups!</u>

All expenses paid



At Three Rivers Health Center, we provide what we call "multidimensional care." That means that we embrace the diverse needs of your **BODY**, **MIND**, and **SPIRIT**. At Three Rivers Health Center, you are more than a patient—here you are seen, heard, and deeply valued!

WE LOOK FORWARD TO SERVING YOU

Pratip K. Nag, MD, PhD • Alfredo Velez, MD
Mary Williard, DDS • Kelli Bosak, LCSW
Cassandre Cressall, PMHNP-BC • Makenna Davis, MSW, CSWA
Laura Franklin, MN, FNP-BC • Sean Huling, MSW, MBA
Vanessa Mohrbacher, DNP, FNP-C, CWS • Paul C. Vitt, DO

MEDICAL

Our team of experienced healthcare professionals provide comprehensive primary care for all ages.

- · Recognizing and preventing illnesses
- Chronic disease management
- Providing acute care

BEHAVIORAL

Our behavioral health team provides a safe and welcoming environment to support your mental health.

- Psychiatric and counseling services
- For individuals, families, and groups
- · Psychiatric therapies, medications, and more

Opening first to CTCLUSI members at 150 S Wall Street, Coos Bay, OR 97420



PHARMACY

Our pharmacy focuses on convenience and affordability, allowing you to access medications easily.

- · Local delivery, mail order, and express drive-up
- \$5 generic program for cash payers
- Weight loss, immunizations, ED treatment, and more

DENTAL

The CTCLUSI dental clinic is now part of Three Rivers Health Center, where your smile is our mission.

- · Preventative, pediatric, and general dental care
- Cleanings, fillings, crowns, bridges, and dentures
- Specialty services including root canals and extractions

ENROLL TODAY



Visit us online http://threerivers.health

or give us a call (541) 435-7200

SAVE THE DATE

Grand Opening Celebration Saturday, June 1, 2024

Opening for appointments in late May.

Float Hunt Prevention Activity 2024











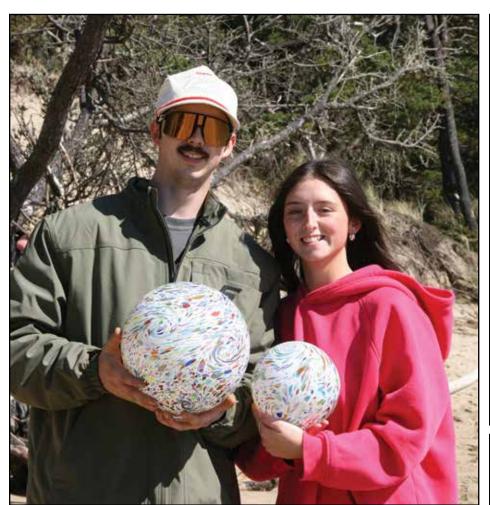






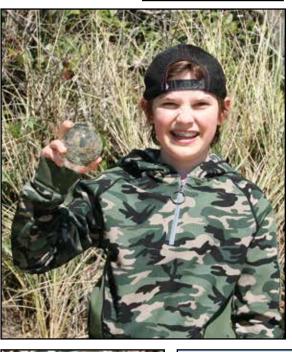


Float Hunt Prevention Activity 2024



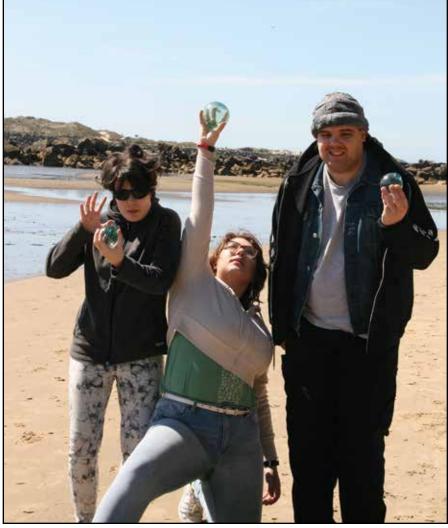












Tribal Elder Walks On

~ Marie Lynn Bouman ~

Marie Lynn Bouman surrendered her soul to God at her home in Phoenix, Oregon on March 21, 2024. She was 62. She had been journeying with what was diagnosed initially as cervical cancer for the last six years. Especially in these years she dove deep into the culture and history of our tribe.

She is survived by her two older brothers, Sonny Bouman and Steve Bouman, and her younger sister Johanna Bouman, of the Miluk Coos tribe:

Her mother was Abbie Bouman. Her grandfather was Roy Brainard. Her greatgrandmother was Abigale Elliott (Grandma Abbie).

Her greatgreatgrandmother was Francis Talbot (Grandma Mom).

Her greatgreatgrandmother was Cha-Vesta, sister of Tarheel who lived most of their childhood before the white man came.

Marie is also survived by Aunt Flossie (Florence Garcia), Uncle Tom (Warren Thomas Brainard), Aunt Mick (Madeline Knowlton) and Uncle David (Chief David Brainard).

Marie was a gymnast, a sensitive Cancer, a sister, a sannyasin, a radiant sunflower, a gardener, a dancer, a dance teacher, a daimista, a vedic astrologer, a mentor, a Madrinha, a craniosacral therapist, a force to be reckoned with, a truth seeker and truth teller and talk





walker. She had the firmeza de um touro. She swam further out into the ocean than almost anyone would ever dare, alone, all the time

Never to be treated lightly, she deeply touched the lives of hundreds of people all around the planet. Marie was very, very well respected and loved.

Her mind was acute and more than intact to the end. She handled all of her affairs and tied them all up in a bow shortly before she took her last breath. She was complete and she left us whole.

Tribal Artisans Wanted for Cultural Displays

The Curation and Cultural Programs are reaching out to all Tribal Families to seek artisans to create cultural works of art, including bead work and jewelry, weaving, cedar works, painting, wood working and carving or historic family photographs. Your contributions will be featured in various displays in many Government properties, such as Three Rivers Health Center, CTCLUSI's True History Gallery Lagauwiiyat'as, and the Administration Offices located in Coos Bay, Florence and Eugene.

The focus of these displays has multiple purposes. The Tribe wants to feature the contemporary culture of our Tribe, as well as illuminate and celebrate the skills of our Tribal members. Visitors, including Tribal families, staff and members of our communities will be able to view the art and rich cultural displays and hopefully learn and appreciate CTCLUSI origins, history, and continued artistry.

Interested artists should submit their project ideas to Tribal Historic Preservation Office, thpo@ctclusi.org, and a workgroup of cultural knowledge holders will evaluate project ideas based on various factors and display needs.

All selected artists will be offered fair and consistent compensation for their submissions. Donations or loans of pieces of work will also be accepted with agreements available.

Your submission of artistic work or photographs will be displayed with acknowledgements of you and any other relevant information.

Submit project ideas to Tribal Historic Preservation Office thpo@ctclusi.org

Announcement:

May Council Meeting Date and Location

May's Regular Tribal Council Meeting will be held on

Saturday, May 11, 2024 at 10 a.m.

due to Mother's Day falling on Sunday.

The Council Meeting will be held at the

Eugene Outreach Office

135 Silver Lane, Suite 200, Eugene, OR 97401

Want to know what the air quality is like at your home? Interested in the CTCLUSI Community Citizen Science Air Quality Monitoring Project?

Scan the QR code below to find out more and sign-up.

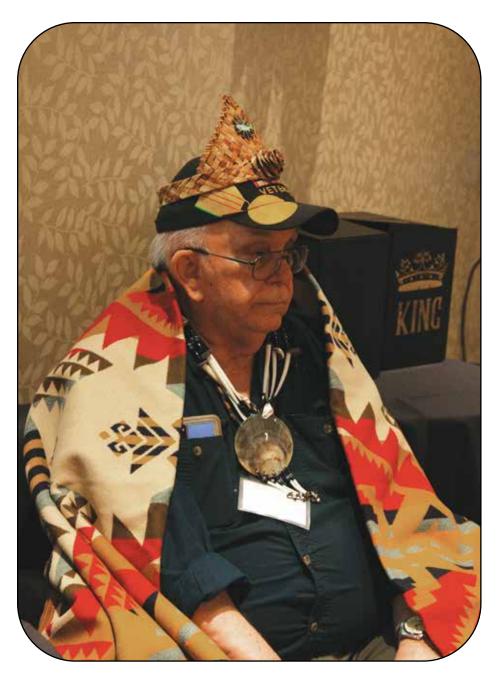




Elders Corner

What's up, Elders?

Submitted by Kimmy Bixby, Community Health Representative



Frank Brainard

Coos Tribal Elder (and Veteran) Frank Brainard recently attended Elders Honor Day with his wife, Janet, at Three Rivers Casino. It was a beautiful sunny day for a nice drive from Springfield to Florence. When they arrived at the Casino, they headed for the events center after a fun little bit of gambling. They were happily greeted by CTCLUSI Staff before making their way to their lovely decorated table to greet their family and friends, including his brother, Chief Warren Brainard and his wife Marjene, sister Maxine Marlow and her husband Gary, sister Nellie Zimmer and her son Todd, with his wife Mindy, among many familiar faces.

As the evening went on, Frank was soon surprised to find out that he had been entered into the drawing to be King for the evening! When they called his name, he happily went up on stage to take his place at the "throne" and receive his gift, with a beautifully hand-crafted cedar crown atop his head. By his side sat the Elder Queen from the Grand Ronde Tribe, Phyllis Brown.

That evening our King enjoyed a lovely dinner with many Tribal Elders all across Oregon and Washington, followed by a comfortable overnight stay at the Best Western Hotel.

Thank you for coming, Frank and Janet!

44444

THE SHIP

Elders Survey Results
2024 Top 5 Choices

- 1. Sternwheeler Dinner Cruise along the Columbia
 Gorge
- 2. Railroad Train Rides Mt Hood
- 3. Jerry's Rogue Jet Boats Gold Beach
- 4. Overnight Trip to Three Rivers Casino Resort
- 5. Overnight Trip to Seven Feathers Casino Resort

CONTROLERATED TRIBLES

Dates to be Announced!

Confederated Tribes of the Coos<mark>, Lower Umpqua & Si</mark>uslaw Indians Health Services D<mark>ivision</mark> Elders Activities <mark>Progr</mark>am

ELDERS LUNCHEON

CTCLUSI TRIBAL COMMUNITY CENTER

338 Wallace St, Coos Bay, OR 97420

THURSDAY, MAY 09, 2024 11:30 am - 1:00 pm

RSVP BY MONDAY, APRIL 29, 2024 (541) 435-7155 or toll free 1 (888) 365-7155

There will be an Elders Committee Meeting at 1:00 pm following the luncheon.

LIMITED TRANSPORTATION IS PROVIDED



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

May 5th is National Day of Awareness of Missing and Murdered Indigenous Women and Girls: A Call to Action

Contributed by Joe Gammon, Circles of Healing Program Coordinator

As the National Day of Awareness of Missing and Murdered Indigenous Women and Girls approaches, it serves as a solemn reminder of the ongoing crisis facing Indigenous communities across the United States, Canada and Mexico. This day, observed on May 5th, is a time to honor the lives of those who have been lost, to support grieving families, and to raise awareness about the systemic issues that contribute to this epidemic.

The statistics are staggering and heartbreaking. Indigenous women and girls are disproportionately affected by violence, with homicide rates being as much as ten times higher than the national average in some communities. Furthermore, many cases of missing and murdered Indigenous women and girls go unreported or unresolved, highlighting a profound lack of attention and resources dedicated to addressing this crisis.

The National Day of Awareness of Missing and Murdered Indigenous Women and Girls is not only a day of remembrance but also a call to action. It is a call for governments, law enforcement agencies, and policymakers to take concrete steps to address the root causes of this crisis and to ensure that Indigenous women and girls are afforded the same protections and

rights as all other citizens.

This includes:

1. *Improving Data Collection and Reporting:* Governments must collect accurate data on missing and murdered Indigenous women and girls to better understand the scope of the issue and to inform policy responses.



The National Day of Awareness of Missing and Murdered Indigenous Women and Girls is not only a day of remembrance but also a call to action.

- 2. Increasing Resources for Law Enforcement and Victim Services: Adequate funding and resources must be allocated to law enforcement agencies and victim services organizations to improve investigations, support survivors, and provide healing services to affected communities.
- 3. Strengthening Tribal Jurisdiction and Sovereignty: Tribal nations must be

empowered to address violence within their own communities by strengthening tribal law enforcement, enhancing tribal court systems, and removing jurisdictional barriers that hinder accountability.

4. Raising Awareness and Challenging Stereotypes: Education and awareness initiatives are essential to challenging

stereotypes that contribute to the victimization of Indigenous women and girls. It is crucial to promote cultural sensitivity and understanding within law enforcement agencies and the broader community.

5. **Supporting Indigenous Led Solutions:** Indigenous communities must be central to the development and implementation of solutions

to this crisis. Their voices and expertise are essential to creating effective, culturally responsive strategies for prevention, intervention, and healing.

On this National Day of Awareness, let us honor the lives of missing and murdered Indigenous women and girls by committing ourselves to action. Together, we can create a future where every Indigenous woman and girl is valued, respected, and safe.

Volunteer for Elder Peer Support with Victims

Contributed by Joe Gammon, Circles of Healing Program Coordinator

In the landscape of Native American communities, significance of elder peer support for survivors of domestic violence is profound. It embodies cultural wisdom, resilience, and a profound connection to ancestral heritage. Despite the challenges faced by Indigenous communities, the presence of elder support stands as a beacon of hope and healing. This article delves into the importance of elder peer support within Native American communities for those affected by domestic violence.

Native American cultures hold elders in high regard, recognizing them as carriers of wisdom and tradition. In many tribal communities, elders serve as pillars of strength, offering guidance, storytelling, and support to individuals facing hardships. Their role extends beyond familial

boundaries, encompassing the entire community. This cultural reverence for elders provides a unique framework for addressing issues such as domestic violence.

Domestic violence within Native American communities is a complex issue with deep-rooted historical and socio-economic factors. Historical trauma, colonization, systemic injustices, and limited access to resources have contributed to the prevalence of domestic violence. Survivors often face barriers in seeking help, including fear of stigma, lack of culturally appropriate services, and mistrust of mainstream institutions. Elder peer support serves as a culturally sensitive and community-based approach to addressing domestic violence. Elders, with their lived experiences and cultural knowledge, offer a safe space for survivors to heal and seek



Enna Helms, Tribal Council member and Tribal Linguist Assistant stands before the Elders with Joe Gammon, Circles of Healing Program Coordinator during the Elders Luncheon held at the Eugene Outreach office on April 11, 2024.

guidance. Their presence reinforces the interconnectedness of the community and validates survivors' experiences within a cultural framework.

- 1. Cultural Guidance: Elders provide cultural guidance rooted in traditional values and teachings. Their wisdom helps survivors navigate the complexities of healing while staying connected to their cultural identity.
- 2. Inter-generational Healing: Elder peer support fosters intergenerational healing by bridging the gap between elders and younger generations. Through storytelling and cultural practices, elders transmit resilience and strength to future generations, breaking the cycle of violence.
- 3. Community Resilience: Elders play a pivotal role in building

community resilience against domestic violence. By fostering a sense of belonging and solidarity, they create a supportive environment where survivors feel empowered to seek help and speak out against abuse.

4. Advocacy and Education: Elders advocate for systemic changes within tribal communities and collaborate with service providers to ensure culturally relevant support for survivors. They also educate younger generations about healthy relationships and respectful behavior, laying the foundation for a violence-free future.

In the journey towards healing from domestic violence, the presence of elder peer support within Native American communities is indispensable. It represents a harmonious blend of cultural traditions.

May is Healthy Vision Month

Contributed by Dennita Antonellis-John, Public Health Improvement Coordinator

What is diabetic retinopathy?

Diabetic retinopathy is an eye condition that can cause vision loss and blindness in people who have diabetes. It affects blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye).

If you have diabetes, it's important to get a comprehensive dilated eye exam at least once a year. Diabetic retinopathy may not have any symptoms at first — but finding it early can help you take steps to protect your vision.

Managing your diabetes — by staying physically active, eating healthy, and taking your medicine — can also help you prevent or delay vision loss.

What are the symptoms of diabetic retinopathy?

The early stages of diabetic retinopathy usually don't have any symptoms. Some people notice changes in their vision, like trouble reading or seeing faraway objects. These changes may come and go.

In later stages of the disease, blood vessels in the retina start to bleed into the vitreous (gel-like fluid that fills your eye). If this happens, you may see dark, floating spots or streaks that look like cobwebs. Sometimes, the spots clear up on their own — but it's important to get treatment right away. Without treatment, scars can form in the back of the eye. Blood vessels may also start to bleed again, or the bleeding may get worse.

What other problems can diabetic retinopathy cause?

Diabetic retinopathy can lead to other serious eye conditions:

- Diabetic macular edema (DME). Over time, about 1 in 15 people with diabetes will develop DME. DME happens when blood vessels in the retina leak fluid into the macula (a part of the retina needed for sharp, central vision). This causes blurry vision.
- Neovascular glaucoma. Diabetic retinopathy can cause abnormal blood vessels to grow out of the retina and block fluid from draining out of the eye. This causes a type of glaucoma (a group of eye diseases that can cause vision loss and blindness).
- Retinal detachment. Diabetic retinopathy can cause scars to form in the back of your eye. When the scars pull your retina away from the back of your eye, it's called tractional retinal detachment.

Am I at risk for diabetic retinopathy?

Anyone with any kind of diabetes can get diabetic retinopathy — including people with type 1, type 2, and gestational diabetes (a type of diabetes that can develop during pregnancy).

Your risk increases the longer you have diabetes. Over time, more than half of people with diabetes will develop diabetic retinopathy. The good news is that you can lower your risk of developing diabetic retinopathy by controlling your diabetes.

Women with diabetes who become pregnant — or women who develop gestational diabetes — are at high risk for getting diabetic retinopathy. If you have diabetes and are pregnant, have a comprehensive dilated eye exam as soon as possible. Ask your doctor if you'll need additional eye exams during your pregnancy.

What causes diabetic retinopathy?

Diabetic retinopathy is caused by high blood sugar due to diabetes. Over time, having too much sugar in your blood can damage your retina — the part of your eye that detects light and sends signals to your brain through a nerve in the back of your eye (optic nerve).

Diabetes damages blood vessels all over the body. The damage to your eyes starts when the sugar in your blood causes changes to the tiny blood vessels that go to your retina. These changes make it harder for the blood to flow, leading to blocked blood vessels that leak fluid or bleed. To make up for these blocked blood vessels, your eyes then grow new blood vessels that don't work well. These new blood vessels can leak or bleed easily.

How will my eye doctor check for diabetic retinopathy?

Eye doctors can check for diabetic retinopathy as part of a dilated eye exam. The exam is simple and painless — your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for diabetic retinopathy and other eye problems.

If you have diabetes, it's very important to get regular eye exams. If you do develop diabetic retinopathy, early treatment can stop the damage and prevent blindness.

If your eye doctor thinks you may have severe diabetic retinopathy or DME, they may do a test called a fluorescein angiogram. This test lets the doctor see pictures of the blood vessels in your retina.

What can I do to prevent diabetic retinopathy?

Managing your diabetes is the best way to lower your risk of diabetic retinopathy. That means keeping your blood sugar levels in a healthy range. You can do this by getting regular physical activity, eating healthy, and carefully following your doctor's instructions for your insulin or other diabetes medicines.

To make sure your diabetes treatment plan is working, you'll need a special lab test called an A1C test. This test shows your average blood sugar level over the past 3 months. You can work with your doctor to set a personal A1C goal. Meeting your A1C goal can help prevent or manage diabetic retinopathy.

Having high blood pressure or high cholesterol along with diabetes increases your risk for diabetic retinopathy. So, controlling your blood pressure and cholesterol can also help lower your risk of vision loss.

What's the treatment for diabetic retinopathy and DME?

In the early stages of diabetic retinopathy, your eye doctor will probably just keep track of how your eyes are doing. Some people with diabetic retinopathy may need a comprehensive dilated eye exam as often as every 2 to 4 months.

In later stages, it's important to start treatment right away — especially if you have changes in your vision. While it won't undo any damage to your vision, treatment can stop your vision from getting worse. It's also important to take steps to control your diabetes, blood pressure, and cholesterol.

- Injections. Medicines called anti-VEGF drugs can slow down or reverse diabetic retinopathy. Other medicines, called corticosteroids, can also help.
- Laser treatment. To reduce swelling in your retina, eye doctors can use lasers to make the blood vessels shrink and stop leaking.
- Eye surgery. If your retina is bleeding a lot or you have a lot of scars in your eye, your eye doctor may recommend a type of surgery called a vitrectomy.

Source: To find other resources, visit the National Eye Institute at www.nei.nih.gov or the National Eye Health Education Program (NEHEP) Diabetic Eye Disease Education program website at https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/diabetic-eye-disease-resources



THE VOICE OF CLUSI MONTHLY TRIBAL PAPER

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.

Hook 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



2024 GRADUATES

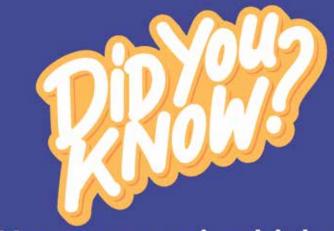
WE NEED SOME INFO FROM YOU WE CAN CELEBRATE YOUI



PLEASE COMPLET THE HIGHER ED SURVEY: 部



https://www.surveymonkey.com/r/2024CTCLUSIHigherEdSurvey



You can receive higher education credits when you take Language Classes with CTCLUSI?

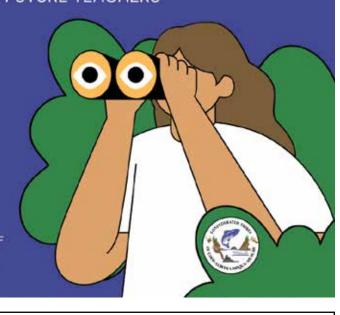
For more information email Enna Helms, **Culture & Linguistics Associate** ehelms@ctclusi.org

NOW INTERNSHIP OGRAM 13-18

CULTUVATING FUTURE TEACHERS

The Grow Your Own Future Teachers Program is an incentivized 12-week mentorship program in the process of supporting Native high school and undergraduate students in Oregon to achieve college success, cultivate eacher identities, and empower Indigenous youth to become the next generation's leaders in education

SEND YOUR LETTER OF INTEREST TO: EHELMS@CTCLUSI.ORG



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'yuusht\forall'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.



For any assistance with this form please contact Enna Helms at (541) 297-7538 or email at language@ctclusi.org

Virtual Language Classes

10 Week sessions Spring 2024



April 2nd through June 7th

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

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

Fridays, 10:00 am-12:00 pm:

sha'yuusht\'a u\ quuiich

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

LIHEAP

Low Income Home Energy Assistance Program

Winter is Here! 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 <u>you must provide:</u>

Proof of Income (Pay Stub)

Copy of your utility bill SSI or SSDI Statement of Benefits

Tribal Enrollment Card

Ilment Card Child Support Statement

Oregon Trail Card

Current Oregon Health Plan Card

Social Security 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.









Positive Indian Parenting

Come Doin Us! April 23 thru May 28th 2024

Offered via Zoom and "In Person" with Dinner Provided (Eugene area Location TBD). RSVP Today!

This Six-Week Series covers topics Honoring Traditional Parenting Practices. The sessions include: Traditional Parenting, Traditional Behavior Management, Lessons of Mother Nature, Lessons of the Storyteller, Praise in Traditional Parenting, Lessons of the Cradleboard, Choices in Indian Parenting and Harmony in Child Rearing.

Sessions will be Starting April 23, 2024 thru May 28, 2024 (Tuesdays). Childcare provided and Dinner will be served at 5:30pm. Sessions begin at 6:15 pm

Contact Shayne Platz, CLUSI Social Services to RSVP 541-297-3450

Brought to you by the Social Service Departments of the Confederated Tribes of Coos, Lower Umpqua, & Siuslaw Indians, Confederated Tribes of Siletz Indians, Cow Creek Band Of Umpqua Tribe of Indians & The Klamath Tribes







Environmental Leadership for Youth

at Oregon State University AUGUST 11 - 16, 2024

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

- NATURAL SCIENCES
- STEPS TO COLLEGE ACCESS AND FINANCIAL AID
- STAY IN THE DORMS
- ENVIRONMENTAL CAREERS
- FIELD TRIPS:
 - CANOE PADDLE
 - FRESHWATER SNORKELING
 - CHALLENGE COURSE
 - HATFIELD MARINE SCIENCE CENTER
 - AND MORE
- \$500 COMPLETION AWARD

Registration at https://laserfiche.ctclusi.org/Forms/New-Beginnings-Tribal-Student-OSU-SOCC-Overnight-Camp-2024

More info at https://ely.oregonstate.edu/indigenous-youth-program/

WITH CONFEDERATED TRIBES OF COOS, LOWER UMPQUA AND SIUSLAW INDIANS (CTCLUSI)

Contacts: OSU Coordinator, Bessie Joyce (541) 743 6106 bessiejoyce4@gmail.com or CTCLUSI Education Director Jemiah Wassman (541) 888-9577

How to Help

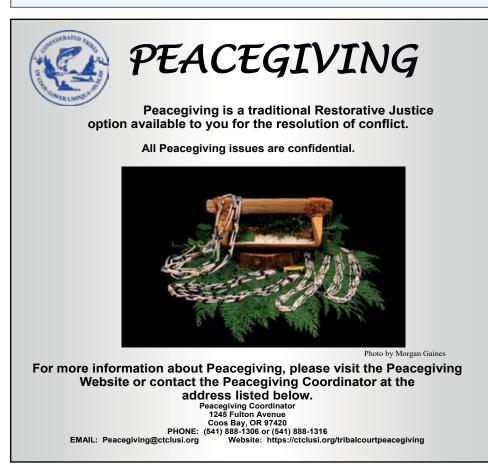
Know the facts. Complex, interrelated factors contribute to suicide among Native American, Indian, Indigenous, and Alaska Natives. Members of these communities have experienced trauma from wars, loss of land, genocide, and forced removal from ancestral lands.

Ask and listen. Be an active part of your loved ones' support systems and check in with them often. If 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. Research local resources. Don't be afraid to get your loved one the help they might need. Support them in identifying others to talk to that may understand how they feel – family members, friends, co-workers, and community or spiritual leaders. The 988 Lifeline is always here to talk or chat, both for support in a time of crisis and to support friends and loved ones.

https://988lifeline.org/

988 SUICIDE & CRISIS LIFELINE



Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

Department of Human Resources

Current Openings as of 4/18/2024

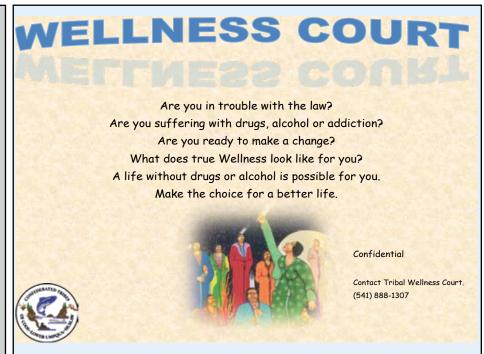
Tribal Government Offices Job Opportunities

- Administrative Assistant II Dental Coos Bay
- Benefits & Training Specialist Coos Bay
- Circles of Healing Outreach Advocate Eugene
- Circles of Healing Transitional Services Specialist Eugene
- Clinic Coordinator Coos Bay
- Community Health Representative/Elders Activities Coordinator – Coos Bay
- Cultural Stewardship Associate Coos Bay
- Dental Assistant I. Coos Bay
- Gaming Inspector Florence
- Human Resources Specialist Coos Bay
- Laboratory Manager Coos Bay
- Lead Forester Coos Bay
- Licensed Clinical Social Worker / Licensed Mental Health Therapist – Coos Bay
- Maintenance Worker II Housing Coos Bay
- Medical Assistant Behavioral Health Coos Bay
- Medical Assistant Primary Care (Phlebotomy preferred) Coos Bay
- Medical Assistant Primary Care (Phlebotomy required) Coos Bay
- Social Services Program Assistant Coos Bay
- Special Events Employee Varies upon assignment
- Surveillance Agent I Graveyard Florence
- Wastewater Plant & Water Systems Tech I. Florence

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



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



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

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 miluk language class 4pm-6pm Positive Indian Parenting 6pm	1 hanis language class 4pm-6pm	2	3 sha'yuusht l a u l quuiich language class 10am-12pm	4
5 MMIW Day of Awareness	6	7 miluk language class 4pm-6pm Positive Indian Parenting 6pm	8 hanis language class 4pm-6pm	PElders Luncheon Coos Bay Community Center 11:30 a.m. Elders Committee Meeting following lunch	10 sha'yuusht+a u+ quuiich language class 10am-12pm	11 Regular Council Meeting 10:00 a.m. Moved per resolution
12 Mother's Day	13	14 miluk language class 4pm-6pm Positive Indian Parenting 6pm	15 hanis language class 4pm-6pm	16	17 sha'yuushtta ut quuiich language class 10am-12pm	18 Cedar Bark/ Root Gathering
19 Cedar Bark/ Root Gathering	20	21 miluk language class 4pm-6pm Positive Indian Parenting 6pm	22 hanis language class 4pm-6pm	23	24 sha'yuushtŧa uŧ quuiich language class 10am-12pm	25 Cedar/ Maple Bark/ Root/ Tule Gathering
26 Cedar/ Maple Bark/ Root/ Tule Gathering	27	28 miluk language class 4pm-6pm Positive Indian Parenting 6pm	29 Business Council Meeting 6:00 p.m. hanis language class 4pm-6pm	30	31 sha'yuushtła uł quuiich language class 10am-12pm	1 Maple Bark/ Root/ Tule/Sedge Gathering
2 Maple Bark/ Root/ Tule/Sedge Gathering	3	4 miluk language class 4pm-6pm	5 hanis language class 4pm-6pm	6	7 sha'yuusht l a u l quuiich language class 10am-12pm	8

JUNE 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28 miluk language class 4pm-6pm	29 hanis language class 4pm-6pm	30	31 sha'yuushtta ut quuiich language class 10am-12pm	1 Three Rivers Health Center Grand Opening
2 Maple Bark/ Root/ Tule/Sedge Gathering	3	4 miluk language class 4pm-6pm	5 hanis language class 4pm-6pm	6	7 sha'yuusht l a u l quuiich language class 10am-12pm	8
9 Regular Council Meeting 10:00am	10	11	12	13	14	15
16	17	18	19	20 Summer Solstice	21 Deadline for Salmon Ceremony T-Shirt Design Contest	22
23	24	25 Wellness Warrior Cam	26 p, Grand Ronde, Orego Business Council Meeting 6:00 p.m.	27	28	29 UNITY ———
30	1	2 UNITY Conferer	3 ce, Portland, Oregon –	4	5	6



MONDAYS 6PM-9PM

Win up tp \$250 in Free Play. Hot Seat Drawings every 20 minutes. 10 Winners every Monday.



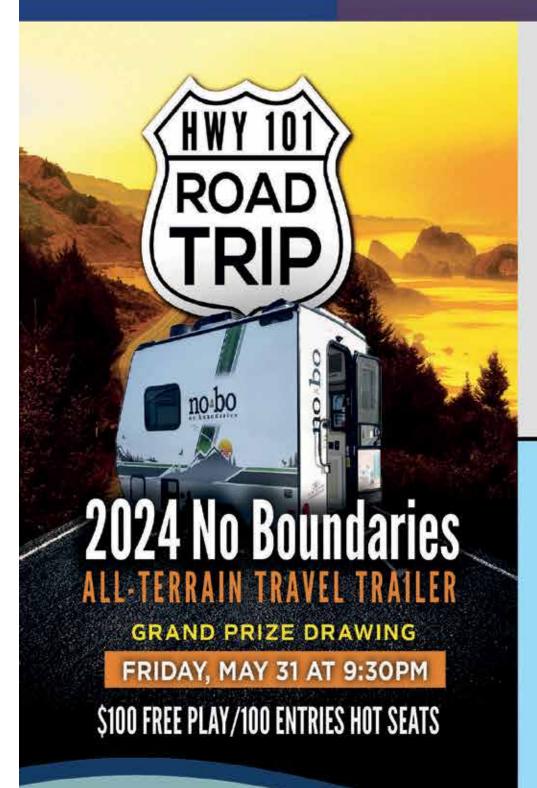
TUESDAYS 7PM-9PM

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 play Keep Fishin' or Cut Bait and win up to \$2,500! Receive one entry for every 50 same-day points earned.





Monday - Thursday served from 11am-10pm Friday - Sunday served from 4pm-10pm

MONDAY - CHICKEN ARTICHOKE LASAGNA \$20

TUESDAY - CHICKEN A LA KING \$20

WEDNESDAY - SWISS STEAK \$20

THURSDAY - COD PARMESAN \$25

FRIDAY - SLOW-ROASTED PRIME RIB \$30

SATURDAY - BBQ PLATTER \$35

SUNDAY - CHEF'S CHOICE

Café 1297

Sunday, May 12

MOTHER'S DAY

Brunch

Scotch Eggs Benedict \$18 served from 9am-4pm

Sausage-wrapped hardboiled egg, breaded and fried. Served on top of a toasted buttermilk biscuit smothered in sausage gravy.

Garnished with fresh chives and a yogurt fruit cup.



COOS BAY