The Voice of CLUSI

December 2019

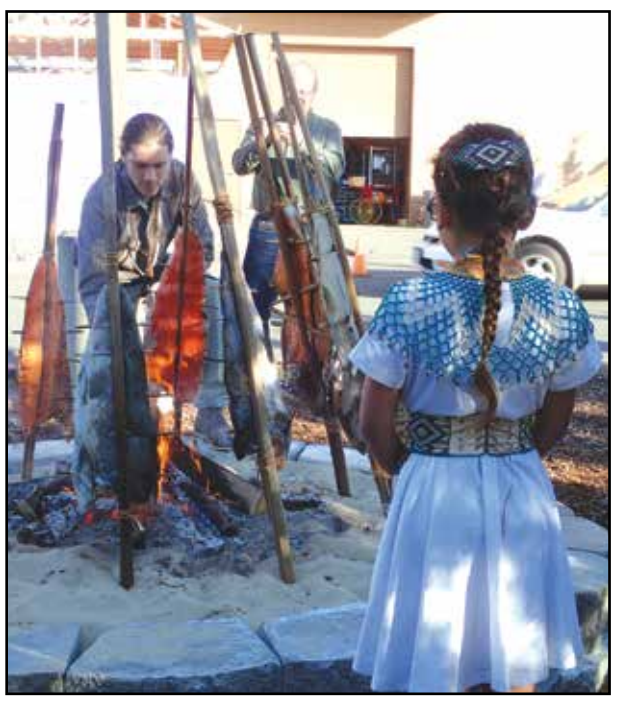
Issue 12

Volume 20

www.ctclusi.org

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

xintmiis txain' (Sharing Our Path)





Vice-Chairman Mark Petrie cooking salmon for the Sharing Our Path summit while Zhade Beers looks on (pictured left). Pictured right, Tribal members gathering to sing a song to close out the summit. Joining them are Council member Doug Barrett and Chairman Doc Slyter.

Contributed by Morgan Gaines, Communications Specialist

Young Siulsaw Tribal member Zhade Beers opened the Sharing Our Path Conference by singing the Fire Song by Rainbow Bird on Thursday, November 7, 2019. The event center of The Three Rives Casino Resort was filled with community partners who had all been encouraged to come learn about The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians through this summit hosted by the CTCLUSI Department of Natural Resources and Culture.

Government and State agencies as well as Educational Institutions were invited to attend. Agencies such as The National Oceanic and Atmospheric Administration (NOAA), local County Commissioners, City Mayors, Watershed Councils, State Historic Preservation Officers, Oregon Department of Transportation (ODOT), Oregon Department of Fish and Wildlife (ODFW), Bureau of Land Management (BLM), the Natural Resource Conservation Service (NRCS), to name a few, had representation at the event.

Following an opening prayer and welcome by Culture Stewardship Manager Jesse Beers and Council Member Doug Barrett, Jesse opened the summit with a summary of Tribal history. "This year we added some educators to our roster because we have Senate Bill 13 coming up, being implemented, that's going to be state wide curriculum that's going to be taught about our local history, Tribal history. It's been a long time coming but it's not just our history…this is your history and how it affected us… When people think Tribal history, they really think 1850's on…we don't define our history by contact."

He went on to discuss Aboriginal Title and treaty negotiations including the Coast Treaty of 1855, which was never ratified by Congress. During the reservation years and relocations of Tribes between 1856-1875 over 50% of the people died from starvation, exposure, and disease. He talked about the struggle of our ancestors who finally formed a government of our own in 1916 to try to get either payment for their lands, the return of lands, or something to help our Tribal people move forward. Then in 1954 the Termination Act was passed, "Termination was when there were Tribal members getting letters saying the federal government no longer recognizes you as a Tribal Nation…There was tears and there was laughter. Tears because it was a sad thing happening to them, and laughter because the federal government can't tell us who we are and we remain diligent." Finally, the Tribes federal recognition was restored in 1984.

This history is important for these organizations to know in order to understand the resilience of the Tribe and the importance of the work we are doing today.

Tribal Chairman Doc Slyter then gave an overview of Tribal Government and the importance of our government-to-government relations. "One of the first things that happened after Restoration was getting a Constitution approved by our General Council, our people. One of the first things in that Constitution

Story continues on page 10 and 11

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

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Coming 2020

CTCLUSI Dental Clinic
Ribbon Cutting Ceremony and Open House to Celebrate the Dental Clinic Expansion

Check future edtions of The VOICE of CLUSI for more details as they become available.

Tribal Council Business

As Reported at the November 10, 2019 Regular Tribal Council Meeting

Chief Warren Brainard:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 18 Traveled to Salem to Discuss Climate Change, House Bill 2020
Oct 19 Restoration at Three Rivers Casino Resort
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 24 Tribal Council Workshop
Oct 28 Budget/Program Presentation Meeting
Oct 30 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting

Doc Slyter, Chairman:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 18 Traveled to Salem to Discuss Climate Change, House Bill 2020
Oct 19 Amanda Trial Hike; Restoration at Three Rivers Casino Resort
Oct 20 High Rollers Conference
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 24 Tribal Council Workshop
Oct 28 Budget/Program Presentation Meeting
Oct 30 Tribal Council Business Meeting
Nov 5 Investment Committee Meeting
Nov 6 Trip to Coquille, Jordan Cove Conference canaled
Nov 7 Sharing Our Path Conference

Debbie Bossley:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 19 Restoration at Three Rivers Casino Resort
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 24 Tribal Council Workshop
Oct 26 Budget/Program Presentation Meeting
Oct 27 Senior Fair at Pony Village
Oct 28 Investment Meeting (Canceled)
Oct 30 Tribal Council Business Meeting
Oct 31 Paperwork at Government; Halloween Party at Community Center
Nov 6 All Staff Meeting for Tribal Government
Nov 7 Sharing Our Path Conference

Iliana Montiel:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 19 Restoration at Three Rivers Casino Resort
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 24 Tribal Council Workshop
Oct 26 Budget/Program Presentation Meeting
Oct 30 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Oct 31 Halloween Party at Community Center
Nov 5 Investment Committee Meeting
Nov 7 Elders Lunch; Elders Committee Meeting

Josh Davies:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 16 Housing Committee Meeting
Oct 17 Observed our Tribes Restoration
Oct 19 Restoration at Three Rivers Casino Resort
Oct 24 Tribal Council Workshop
Oct 26 Budget/Program Presentation Meeting
Oct 30 Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Oct 31 Halloween Party at the Community Center

Doug Barrett:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 19 Restoration at Three Rivers Casino Resort
Oct 20 VIP Event
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 23 Elliott Forest DSL / OSU Public Hearing
Oct 24 Hunting, Fishing and Gathering Committee Meeting; Tribal Council Workshop
Oct 30 Tribal Council Business Meeting
Oct 31 Halloween Party at the Community Center
Nov 7 Sharing Our Path Conference

Mark Petrie, Vice-Chair:
Oct 13 Regular Tribal Council Meeting; General Council Meeting; Talking Circle
Oct 14 -15 DNR Interviews
Oct 17 Observed our Tribes Restoration
Oct 18 Traveled to Salem to Discuss Climate Change, House Bill 2020
Oct 19 Amanda Trial Hike; Restoration at Three Rivers Casino Resort
Oct 22 Meet and Greet at Three Rivers Casino Resort
Oct 23 Elliott Forest DSL / OSU Public Hearing
Oct 24 Hunting, Fishing and Gathering Committee Meeting; Leaders Circle Meeting
Oct 25 Local Leaders Meeting DSL/OSU Consultation
Oct 26 Budget/Program Presentation Meeting
Oct 29 Gave Presentation in Portland on Quit Line Campaign
Oct 30 Sharing Our Path Call; Gaming Facilities Review Board (GFORB); Tribal Council Business Meeting
Oct 31 Halloween Party at the Community Center
Nov 1 Gave Traditional Tools Presentation at North Bend School
Nov 4 Gave Traditional Tools Presentation at SWOCC
Nov 5 Storytelling for youth at SWOCC; Off Shore Webinar on Wind; Investment Committee Meeting
Nov 6 All Staff Meeting for Tribal Government
Nov 7 Sharing Our Path Conference
Nov 9 Craft Fair Pony Village Mall

Upcoming Council Meeting
December 8, 2019 - 10:00 a.m.
Tribal Community Center

Resolution Summaries

RESOLUTION NO.: 19-074
Date of Passage: July 14, 2019
Subject (title): Memorandum of Agreement with McKenzie River Trust, CTCLUSI and the Siuslaw Watershed Council for the Waite Ranch Tidal Wetlands Restoration Project Approval.
Explanation: The Tribal Council approves this agreement for the purpose to share resources and carry out education, stewardship, and natural resource conservation activities. **Vote 6-0-0**

RESOLUTION NO.: 19-075
Date of Passage: July 14, 2019
Subject (title): Enrollment of New Members
Explanation: The Tribal Council approves the following for Enrollment into the Tribe: Jonathan David Donaldson, Nicholas Andrew Donaldson, Seraphine Lee Bates, Vaelin Samuel Loyal Trost, Aspen Christopher Bolling and Amber Rae Woehlert . **Vote 6-0-0**

RESOLUTION NO.: 19-076
Date of Passage: July 14, 2019
Subject (title): Enrollment Name Change
Explanation: The Tribal Council approves the name change of a Tribal Member by marriage. **Vote 6-0-0**

RESOLUTION NO.: 19-077
Date of Passage: July 14, 2019
Subject (title): Enrollment Active to Historic
Explanation: The Tribal Council approves the names of the following members to be placed on the historic wall at Tribal Hall: John Robert Perry Jr. and Richard Wayne Steinmuller. **Vote 6-0-0**

RESOLUTION NO.: 19-081
Date of Passage: July 31, 2019
Subject (title): Victims of Crime Act (VOCA) Grant Expenditure Authorization
Explanation: The Tribal Council approves the purchase of vehicle for this program as outlined in the grant to be used for specific purposes as also identified in the grant. **Vote 7-0-0**

RESOLUTION NO.: 19-082
Date of Passage: July 31, 2019
Subject (title): Support of Northwest Portland Area Indian Health Board (NPAIHB) Contracting of Shares to Support Environmental Health Services in the Portland Area
Explanation: The Tribal Council approves this Resolution. **Vote 7-0-0**

RESOLUTION NO.: 19-083
Date of Passage: July 31, 2019
Subject (title): Henry Schein Dental Clinic Equipment Orders and Tribal Council Approval
Explanation: The Tribal Council approves the purchase of dental equipment for the dental expansion that wa already outlined in the project costs. **Vote 7-0-0**

RESOLUTION NO.: 19-084
Date of Passage: July 31, 2019
Subject (title): Gaming Equipment Change Order
Explanation: The Tribal Council approves this agreement for Three Rivers Casino and Hotel.
Vote 7-0-0

RESOLUTION NO.: 19-085
Date of Passage: July 31, 2019
Subject (title): Interactive Subscription Agreement
Explanation: The Tribal Council approves this agreement for Three Rivers Casino and Hotel.
Vote 7-0-0

RESOLUTION NO.: 19-086
Date of Passage: July 31, 2019
Subject (title): Gaming Equipment Change Order
Explanation: The Tribal Council approves this agreement for Three Rivers Casino and Hotel.
Vote 7-0-0

RESOLUTION NO.: 19-087
Date of Passage: July 31, 2019
Subject (title): Gaming Equipment Sale Order
Explanation: The Tribal Council approves this agreement for Three Rivers Casino and Hotel.
Vote 7-0-0

RESOLUTION NO.: 19-088
Date of Passage: July 31, 2019
Subject (title): Gaming Equipment Order
Explanation: The Tribal Council approves this agreement for Three Rivers Casino and Hotel.
Vote 7-0-0

In this public paper, some titles and explanation may not display details due to confidentiality.

Information

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

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

ATTENTION VETERANS AND FAMILIES
Veterans we need your help. Native American Medal of Honor Medallions are awarded to Veterans at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at jlawrence@ctclusi.org for new requirements needed to be honored.

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

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

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

Upcoming Events

December 1st – Three Rivers Foundation open for Grant Applications
December 5th – Elders Luncheon, TRC Event Center, Florence, 11:30 a.m.
December 5th – Parenting Workshop, Tribal Hall, 5:30 p.m.
December 8th – Regular Tribal Council Meeting, Community Center Coos Bay, 10:00 a.m.
December 14th – Tribal Family Holiday Celebration, TRC Event Center, Florence 3:00 p.m.
December 16th – Annual PRC Application period begins
December 19th – Winter Solstice Activities, Tribal Hall 4:30 p.m. – 10:00 p.m.
December 20th – Winter Solstice Activities, Tribal Hall 1:00 p.m. – 10:00 p.m.
December 21st – Winter Solstice Day, Activities all day Tribal Hall
December 21st – Winter Solstice Tribal Family Gathering Dinner, Community Center, 6:00 p.m.
December 22nd – Winter Solstice Ceremonial Fire closing at 12:00 a.m.
December 23rd – FSBHS sponsored Winter Break gift making, Tribal Hall, 1:00 p.m. – 4:00 p.m.
December 25th – Christmas Day, All Tribal Offices will be closed
December 26th – FSBHS sponsored Winter Break gift making, Tribal Hall, 1:00 p.m. – 4:00 p.m.
December 30th – FSBHS sponsored Shore Acres trip, contact Kevin Gowrylow for details (541) 435-7217
December 31st – Three Rivers Foundation grant cycle 2019 closed
January 1st – New Year's Day, All Tribal Offices will be closed
January 2nd – Elders Luncheon, Community Center, 11:30 a.m.
January 2nd – FSBHS sponsored Winter Break gift making, Tribal Hall, 1:00 p.m. – 4:00 p.m.
January 25th – Eddie Helms 80th Birthday Celebration, family invites Tribal membership to Tribal Hall, 11:00 a.m.

THE VOICE OF CLUSI

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

Join a Committee

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

CTCLUSI Departments, Services & Offices

Government Office
Alexis Barry
Chief Executive Officer
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll free 1-888-280-0726
Fax 541-888-2853
abarry@ctclusi.org

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

Department of Human Resources
Stephanie Watkins - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-7508
Toll Free: 1-888-280-0726
Fax: 888-723-3270
swatkins@ctclusihr.org

Tribal Housing Department
Linda Malcomb - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1310
Fax 541-435-0492
lmalcomb@ctclusi.org

Purchased/Referred Care (FKA Contract Health Services)
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-4873
Toll free 1-800-227-0392
Fax 541-888-5388
sarnold@ctclusi.org

Education Department
Karen Porter, Education Dept
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-9577
Toll free 1-888-280-0726
Fax 541-888-2853
education@ctclusi.org

Family Services
Earl Boots, Director
2110 Newmark Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837
eboots@ctclusi.org

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

Elders Activities
Iliana Montiel
Assistant Director of Health Services
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7526
Fax 541-888-5388
Toll Free 1-888-280-0726
imontiel@ctclusi.org

Tribal Court
J.D. Williams
Chief Judge
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll Free 1-888-280-0726
tribalct@ctclusi.org

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

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

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

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

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

Department of Natural Resources
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577
Toll Free 1-888-280-0726
Fax 541-888-2853

Tribal Council

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

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

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

Mark Petrie, Vice-Chair
Position #3 Council
541-297-3681(cell)
mark.petrie@ctclusi.org

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

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

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

Council Meeting

December 8, 2019
Community Center
338 Wallace Street, Coos Bay, Oregon 97420
10:00 a.m.

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

Public Notice of Upcoming Election
CHIEF POSITION

Incumbent: Chief Warren A. Brainard

ELECTION DATE: SUNDAY, APRIL 12, 2020

7-3-21 Election of Tribal Council and Tribal Chief Term of Office/Election Date
(a) Article VIII, Section 3, of the Tribal Constitution provides:
(2) The Tribal Chief shall be elected for a ten (10) year term.

7-3-22 Public Notice of Upcoming Elections
(a) The Election Board must publish in the Tribal Newsletter and post at the Tribes' Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and in the office of the Gaming Commission, a notice of upcoming regular Tribal Council elections. This shall be done no later than one hundred twenty (120) days prior to the scheduled date of a regular Tribal Council election.

7-3-23 Candidate Eligibility
According to the Tribal Constitution (Article VIII, Section 4(a)), in order to be eligible for election to a Tribal Council position, candidates shall meet the following qualifications:

(a) Be a duly enrolled member of the Confederated Tribes;
(b) Be at least twenty-one (21) years of age; and
(c) Never have been previously removed from office for good cause after the date the Tribal Constitution was ratified. (May 23, 1987).

7-3-24 Candidacy Procedures
(a) Statements of Candidacy: Candidates shall file statements of candidacy no later than thirty (30) days before the scheduled date of the election and shall stipulate which position he/she is filing for. **7-3-24 (a)(3)…**once a person has filed for a position, he will not be allowed to change positions or to withdraw and refile for the same election.

The deadline for filing for the 2020 Election will be Friday, March 13, 2020 by 5:00 p.m.

7-3-24(b) Public Notices and Position Statements
(b)(3)..Candidates will be given the opportunity to present a Position Statement for inclusion in the February, March **or** April Tribal Newsletter. The statement must be submitted before the paper's deadline and shall be no longer than one (1) sheet of 8-1/2" x 11" paper printed on both sides, capable of being copied on a black and white copier.

The deadline will be Friday, March 13, 2020 by 5:00 p.m. for a position statement to be included in the official mailed out ballot

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections.
Contact me with any questions. Jeannie McNeil jmcneil@ctclusi.org 541-888-7506

Candidate Forums will be held March 14 & 15, 2020 (Time and Location to be announced)

COMMITTEE MEMBERS NEEDED

Chapter 7-5 GENERAL COMMITTEE CODE 7-5-1; General Policy; Committees are established to assist the Tribal Council in carrying out its responsibilities, to provide quality services to the Tribal membership and to develop, maintain and protect the assets and interests of the Tribes.
Tribal Committee appointments are made by Tribal Council and are for a four (4) year term. Tribal Code allows for you to be on no more than three (3) committees at a time and you may only server two (2) terms, unless special consideration is necessary. You must compete a Letter of Interest Form to be considered by the Tribal Council. There are current vacancies on the following committees:

Culture Committee **Investment Committee**
Housing Committee **Education Committee**
Budget Committee **Health Committee**
Election Board

Deadline for next Tribal Council Appointment: December 16, 2019

Letters of Interest forms can be found on the Tribes' website: www.ctclusi.org or requested through any Tribal Government Office located in Coos Bay, Florence and Springfield. Questions? If you would like to know any further details, please contact:
Go to www.ctclusi.org to fill out a Letter of Interest to Join a Tribal Committee…or type https://laserfiche.ctclusi.org/Forms/LetterofInterest into your web browser.

Submit your letter of interest to Jeannie McNeil at jmcneil@ctclusi.org

Tribal Family Holiday Celebration 2019

Three Rivers Casino Resort Event Center

Saturday December 14, 2019

Doors open at 3:00 pm.
Families with attendees under 21 will need to enter at the SW Event Center entrance
Santa will visit after the Holiday Meal
Each child attending will receive a filled stocking from Santa.
RSVP Line: 541-435-7155 or toll free 1-888-365-7155
please include children's name & age
RSVP by December 4, 2019, we need to know for stockings and Other Holiday planning.

TRANSPORTATION WILL NOT BE PROVIDED
THIS IS A DRUG & ALCOHOL FREE EVENT

Hotel rooms are available on a first-come, first-serve basis at a discounted price of $79.99
For room reservations call 1-877-374-8377
You must reserve your hotel room by November 30, 2019 for this discount.

For more information, please contact Jan Lawrence @ 541-888-7538 or Christine Sylvester at 541-888-7532

What Does Payer of Last Resort Mean (and Other Questions about PRC)?

Contributed by Vicki Faciane, Director of Health Services

This month, our annual Purchased/Referred Care (PRC) registration begins. Therefore, we decided to publish a list of the questions people frequently ask about the program.

1. **What is PRC?** The Indian Health Service (IHS) provides health services to American Indians and Alaska Natives (AI/AN) through a combination of direct services (provided at IHS and Tribal hospitals and clinics) and through purchased services provided by non-IHS providers. These services are purchased from private health care providers when: 1) no IHS or Tribal direct-care facility exists; 2) the existing direct-care facility is incapable of providing the level of care/specialty care that is needed; 3) the direct-care facility's staffing resources are exceeded by the level of need; or 4) as a supplement to alternate resources.

2. **What is the PRC Service Delivery Area (PRCSDA)?** Under our Restoration Act, Congress designated five counties in Oregon as our PRCSDA. These counties are Coos, Curry, Douglas, Lane, and Lincoln. We can only provide PRC services to enrolled Tribal members living in these five counties. Although the PRC program cannot provide PRC to Tribal members living outside the PRCSDA, we may be able to help you enroll in alternate resources and/or obtain insurance from the Marketplace.

3. **Why do you tell me that PRC is not insurance?** The Purchased/Referred Care program is not an entitlement program, an insurance program, or an established benefit program (which all have specific definitions and their own sets of regulations). PRC payments are intended to help pay for health care when no other source of health care payment is available. PRC also supplements alternative resources after they have been utilized. PRC payments are based on clearly defined guidelines and eligibility criteria. Level of care is subject to the availability of funds. The U.S. Congress determines annual funding of the program each year. Depending upon expenditures throughout the year, there is no guarantee that funds will always be available, especially towards the end of the year.

4. **What does it mean when you tell me PRC is the "payer of last resort?**" This means that the PRC program does not pay a bill until all other payers (i.e., insurance companies, entitlement programs, etc.) have paid. Under federal regulation, PRC cannot pay when there is an available alternate resource. If you have an alternate resource(s), such as Medicare, Medicaid, insurance, or other sources of payment, you must use that **before** PRC can pay. If there is anything left to pay after all other payers have paid, PRC will pick up the remaining amount, if it is for a covered service.

5. **What are Alternate Resources?** An alternate resource is any other health care funding for which you may be eligible and for which you do not have to use your own financial resources. Alternate resources include, but are not limited to: Medicare (Parts A, B, and D); Medicaid/Oregon Health Plan; Veterans benefits; Private Insurance; school insurance; auto and homeowner's insurance; workmen's compensation; and other state/federal assistance programs.

6. **Why do I have to enroll in Alternate Resources?** In order to be eligible for the PRC program, federal regulation (42 CFR, Ch 1, Subpt 36.23F) requires you to apply for an alternate resource if there is a reason to believe you may be eligible for the alternate resource. Use of alternate resources provides benefits not only to the Tribe, but to you as well. These insurance and entitlement programs allow us to stretch our limited PRC dollars farther, which means we will not run out of money before the end of the year. The use of alternate resources enables the Tribe to provide more and better health care for the Coos, Lower Umpqua, and Siuslaw people.

7. **Why do I have to get a Purchase Order (PO) before I can see a doctor or get treatment?** The PRC benefit is a limited benefit; healthcare services are provided based on Priority Levels of Care. There are five levels of care but the program is able to pay for only the top three levels: 1) emergent or acutely urgent care; 2) preventive care; and 3) primary/secondary care. Our funding is not adequate to pay for chronic tertiary care services (Level 4) and we cannot pay for excluded services (Level 5). To ensure the healthcare services you are seeking will be covered by PRC, you must first get a PO. You are asked to call for a PO at least 48 hours before your appointment – if you call the day of the appointment, you may not be able to reach a staff member to get your PO number. The only exception is emergency treatment. If you need emergency treatment, you have 72 hours after the treatment to notify PRC. ***Note:*** *if you do not call for a PO, payment to the provider may be denied and you will be responsible for the entire bill.*

8. **What do I need to do if I am having surgery?** Unless your surgery is an emergency, your doctor must send a Prior Authorization request to PRC **before** you schedule your surgery. PRC will review the Prior Authorization and then send either an approval or denial back to your doctor. If you have alternate resources, the doctor must get Authorization from the other resource/insurance as well. PRC only pays after the alternate resource has paid. Prior authorization is also required before you have major dental work done.

9. **Why do you ask so many questions when I call for a PO?** As explained in #5, above, PRC is a limited resource. We need to be certain that we have the correct information when we issue a PO and that the service/treatment is covered. However, a PO does not guarantee that PRC will pay for your visit. It is important that you give us accurate information so that you do not get a denial from us. We need to know the name of the provider you will be seeing, the date of the appointment, and the reason for the visit. For example, the PRC program cannot pay for certain types of services because they are excluded (Level 5). If we issue you a PO for an excluded service, but you did not tell us what the visit was for, we will deny payment when we receive the claim and you will be responsible to the provider for that payment.

We hope this list of questions and answers has given you a better understanding of the PRC program. If you have more questions, please call any of our PRC staff – Nancy Spray, Sharon Arnold, and Holley Abrica – at (541) 888-4873 or toll-free at 1 (800) 227-0392.

Annual PRC Application Period
When: December 16, 2019 to January 31, 2020

The CTCLUSI PRC Department will begin accepting applications for the FY 2020 PRC program on December 16, 2019. Letters with instructions on how to submit an application will be mailed to PRC-eligible Tribal members in early December. Be looking for your letter in the mail. The envelope will have a red stamp in the lower left corner to notify you it is from PRC.

Like last year, we encourage everyone to complete the application on-line. However, if you need assistance or if you would prefer a paper application, please call the PRC Department at (541) 888-4873 or toll-free at 1 (800) 227-0392.

Please act promptly—applications must be received by January 31, 2020.

This Month...be on the Lookout for Shellfish Closures

Contributed by Ashley Russell, Water Protection Specialist

For the past few months, the Culture and Natural Resources Department has been partnering with the Oregon Department of Fisheries and Wildlife to examine phytoplankton population densities in the waters off of Bastendorf Beach. Phytoplankton provide food for a myriad of oceanic and fresh water animals, including snails, clams, crabs, jellyfish, shrimp, and whales.

Cyanobacteria are a type of phytoplankton and are known to produce toxins that are harmful to shellfish and also mammals that depend on them for food, including humans. Cyanobacteria species that are most common in our area are known as Pseudo-nitzschia spp. and can release a neurotoxin called domoic acid.

Domoic acid accumulates in shellfish and cannot be neutralized by freezing or cooking. Domoic Acid, upon ingestion or within 24 hours, can cause abdominal cramps, nausea, vomiting, and diarrhea. In severe cases, neurological symptoms can occur within 48 hours after consumption, which include headache, dizziness, confusion, motor weakness, seizures, short-term memory loss, cardiac arrhythmia, and coma.

So if you are craving butter clams, crabs, mussels, etc. and plan to harvest your own for that upcoming holiday party or dinner, be sure to visit the Oregon Department of Agriculture's Recreational Shellfish Biotoxin Closure website before you harvest:

http://www.oregon.gov/ODA/programs/FoodSafety/Shellfish/Pages/ShellfishClosures.aspx or call the Shellfish Safety Hotline: 1-800-448-2474

Learn more about HABs at: healthoregon.org/hab or call 1-877-290-6767

Luckily, commercial shellfish is always tested for domoic acid prior to being sold in the marketplace. So if there is a shellfish closure occurring where you planned to harvest, you can always rest assured that if you do have to resort to purchasing those delectable dungeness crabs for that cheesy hot crab dip, they will be safe to eat.

Cheesy Hot Crab Dip

Contributed by Ashley Russell from https://www.fromvalerieskitchen.com/cheesy-hot-crab-dip/



Ingredients:

- 8 oz package cream cheese, softened
- ½ cup mayo
- ½ cup sour cream
- 1 cup shredded cheese (sharp)
- 1 tablespoon grated white onion (optional)
- 2 (6 ounce) cans lump crab meat or 1 ½ cups fresh crab meat (approx. 2 crabs)
- 1 teaspoon all purpose seasoning (or favorite seasonings)
- ½ tsp Worcestershire
- ½ lemon juiced
- 2 tablespoons parsley
- pepper to taste
- tobasco to taste

Instuctions:

Preheat oven to 350 degrees F.
Mix cream cheese, mayo, and sour cream in a medium mixing bowl. Stir until creamy.
Add remaining ingredients and stir again until well combined. Transfer to a small baking dish.
Bake in oven for 25 to 30 minutes or until bubbling and browned.
Enjoy with chips, baguette slices, or crackers.



Progress being made on the Forest Management Plan

Contributed by Steve Andringa, Forest Lands Manager



Throughout the 2019 year, much has been accomplished in the development of the CTCLUSI Forest Management Plan focusing on the 14,742 acres of forest lands conveyed to the Tribe in January 2018 under the Western Oregon Tribal Fairness Act. Recent developments include two new forestry staff added to the Cultural and Natural Resources Department and the formation of the Ad-Hoc Forest Planning Advisory Committee, an 8 person tribal member group who provides advice and guidance in the development of the Plan Numerous field trip visits were organized by the forestry staff to visit Coos Head, Macy, Umpqua Eden, Upper Lake, Smith River and the Tioga tracts. Representatives who attended these field trips included Tribal Council, Tribal Police, Administration, Cultural and Natural Resources Staff and the Forest Advisory Committee members. In addition, two site visits were made to Siletz and Coquille to view their forestry program. Additional field trips were made with the Tribal natural resources staff to scout for water testing sites, reconnaissance for any issues or concerns, and installation of game cameras for monitoring purposes.

We have also established a strong presence by engaging dozens of partners from federal, state and local governments, private industry, and non-profit organizations who share an interest in the CTCLUSI forest lands. Our key partner, the Bureau of Indian Affairs, has continued to support CTCLUSI forestry by providing a level of funding for projects such as the Management Plan and continues to be available for technical services.

The gathering of timber stand data is a large undertaking and will continue well into next year. Three independent contractors are being used to collect, compile and assist in analyzing the forestry inventory data so vital for the development of a Forest Management Plan. We have established the Forestry website available to tribal members which includes information about the planning process, maps of the various land tracts, photos and other relevant information. Keep your eye out for some new drone footage that will be included on the Forestry website.

Although the CTCLUSI Forest Management Plan is only an outline at this point, more like a fancy table of contents with bullet points of thoughts and ideas, it is a starting point. Much more will be developed in the next year. Look soon for a Survey that will be mailed to the membership seeking your input on how you will utilize your lands, and also look for tribal public meetings next spring and summer as we share with you the progress on the Plan.

Winter Solstice Celebration

Please join us in ceremony and celebration of the longest night of the year! This year's winter solstice celebration will include language classes and cultural activities, such as working on regalia, feather wand construction, weaving, beading, and gift making. Festivities will take place at Tribal Hall and begin Thursday, December 19th @ 4:30pm and end December 22nd with a potluck breakfast. Tribal Families are welcome to come and go throughout the celebration as they wish. Each meal will be potluck except for the Tribal Family Gathering Dinner, which is being provided courtesy of the Health Services Department in the Community Center on December 21st beginning at 6:00pm. There will also be a sweat right before the Tribal Family Gathering Dinner on December 21st beginning at 2:00pm.

Please RSVP for the Tribal Family Gathering Dinner on December 21st at 6:00pm through the Tribe's RSVP Line by December 13th: 541-435-7155 or 1-888-365-7155.

Winter Solstice Celebration Schedule:

Thursday 12/19:

4:30-6:00pm- Cultural Activities & Language Classes:

4:30pm – Siuslaw
5:00pm – Hanis
5:30pm – Miluk

6:00pm- Potluck Dinner & Storytelling

7:00-10:00pm- Dancing & Cultural Activities

Friday 12/20:

1:00-6:00pm- Cultural Activities

4:30-6:00pm- Language Classes:

4:30pm – Siuslaw
5:00pm – Hanis
5:30pm – Miluk

6:00pm- Potluck Dinner & Storytelling

7:00-10:00pm- Dancing & Cultural Activities

Saturday 12/21:

12:00am- Ceremonial Fire Opening

9:00am- Potluck Breakfast

10:00am-1:00pm- Cultural Activities & Language Classes:

10:00am –Siuslaw
10:30am – Hanis
11:00am – Miluk

1:00pm Potluck Lunch

2:00-5:30pm- Cultural Activities & Sweat

6:00pm- Tribal Family Gathering & Storytelling

7:00-10:00pm- Gifting Circle; Dancing; Cultural Activities

Sunday 12/22:

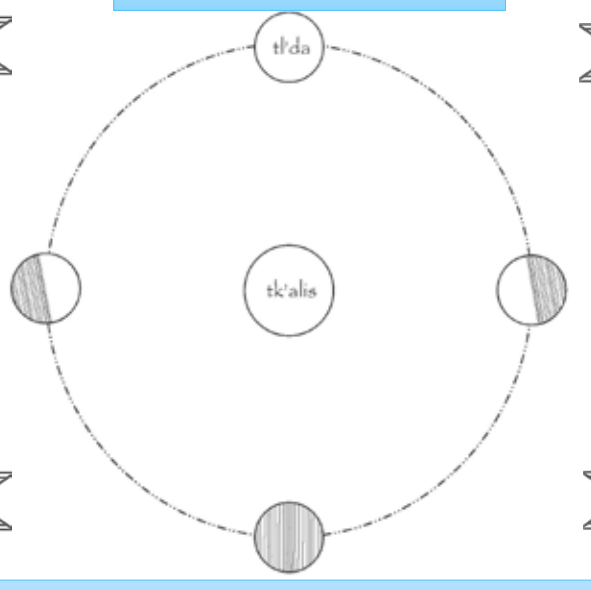
12:00am- Ceremonial Fire Closing

9:00am- Potluck Breakfast

Winter Solstice
Tribal Family Gathering Dinner

Tribal Community Center

338 Wallace, Coos Bay OR 97420



December 21st

Catered Dinner 6–7:30pm

Please RSVP by
Friday, December 13
541.435.7155
or toll free 1.888.365.7155

Dinner Sponsored by the HSD Diabetes Program

Peacegivers and Court Staff Attend Tribal Healing to Wellness Enhancement Training

Contributed by Tribal Court

This past September, Court staff and three Peacegivers attended the Tribal Healing to Wellness Enhancement Training hosted by Agua Caliente Tribe in Palm Springs, California.

Enna Helms, Peacegiver, wrote the following account of her experience: It was an honor to be a participant in the 2019 Healing to Wellness Court Conference. I was reminded of and learned many things during the conference! I'd like to say that it's important to acknowledge that conflict can be a good thing, if you get caught, it could prevent you from going further down that path and it could save lives.

When working in the Tribal Court system, it is believed that moving away from the blame-shame model is important especially in a Healing to Wellness Court. It's encouraged to draw on the strengths that each individual inherits, to look at needs like housing, etc., so environments are at their best, and to connect people to language and culture whatever their curiosity and interests.

Restorative practices is not a program, not forced on anyone, and every practice is unique to each individual. The practice gives voice to the person harmed, rather than rule breaking. Goal setting involves removing the adversial approach (blame-shame-deficits) and focuses with a team approach, pulling towards and recognizing strengths and assets to help build positive relationships with self.

Restorative justice and practices keep relationships alive, free, open, and constructive and it starts with self. When you restore health within yourself you are blessed with strength and a feeling of well-being and belonging. It creates and enhances the potential for relationships with others and rebuilding old relationships. Importantly, restorative practices stay in the tribal community, with the participant and their support, reflecting the values of family and safety.

Having a solution-oriented approach, a vision, and what healthy looks like is a great way to create a map to wellness for any age. Mapping out your journey with details helps to direct your path and get to the core of what's happening.

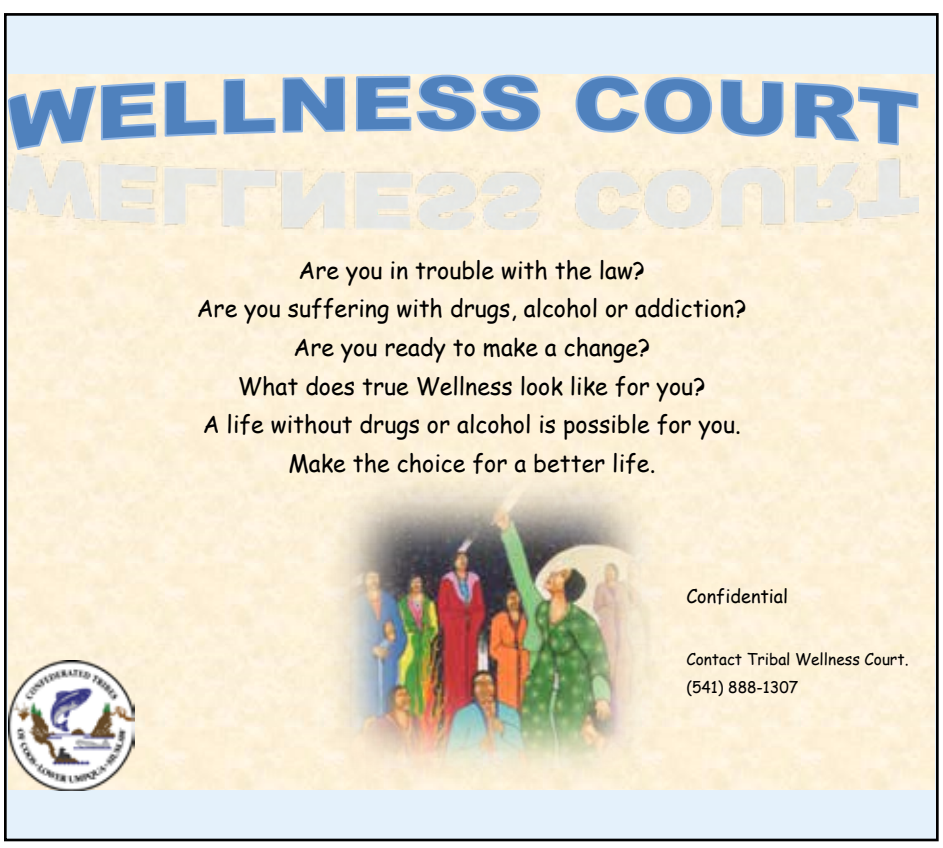
Participants who graduate from the Healing to Wellness Court are active in their community, publish articles, go to college, gain employment, have healthy children, unite with their family, and many, many other benefits.

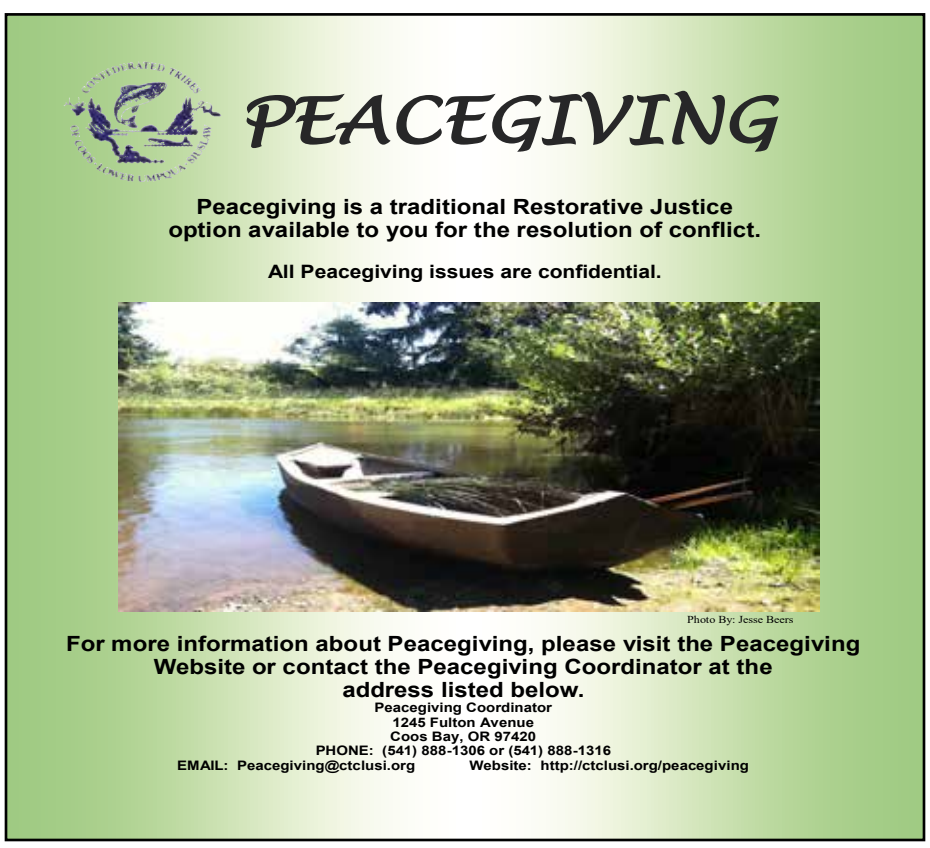
Being a Peacegiver has given me opportunities to connect with fellow tribal members that I wouldn't otherwise have known and that connection grows to feel more like a lifelong friend or auntie to them. I feel honored to be nominated by my community for this role, and I hope you know that you can always reach out to me for anything whether as a Peacegiver for the Tribal Court or for anything in general. There is no end-point to healing and wellness, but a process that all work on one day at a time for our whole life.



Pictured left to right: Peacegivers Enna Helms, Laura Fortin, Tribal Court Administrator Diane Whitson, and Peacegiver Mark Petrie

Training opportunities are available for Peacegivers and staff who work with the Tribal Court. Please contact Tribal Court Staff for more details.





"In the Loop" with the Circles of Healing Program

Self-care through the Holidays (part 2)

Contributed by
Jamie Broady, Circles of Healing Outreach Advocate

During the busy holidays, at least for me, time seems to speed up. This can create anxiety for some or a sense of not being fully present in the moment. Also, tensions can rise at family holiday gatherings. One helpful technique to alleviate anxiety is called grounding.

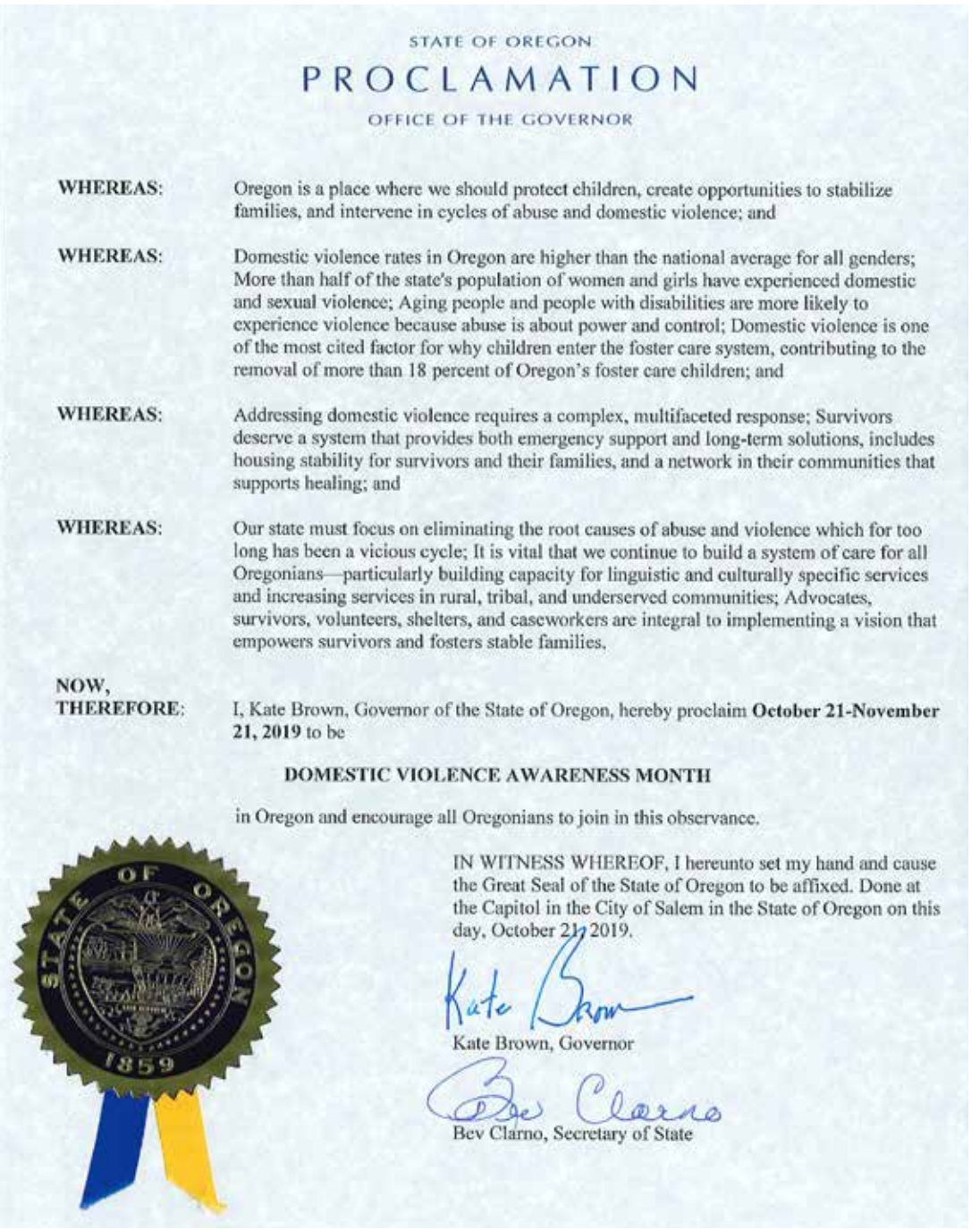
For times when you're in a safe environment and are feeling anxious, stressed, or distracted this is a good grounding technique: For each one of your senses, locate and observe 1-3 things: What do you hear? What do you see? What do you smell? What do you feel? What do you sense? This is a sensory grounding practice that can be used anywhere, anytime, and tends to have a calming effect and to bring you back to the present moment. Practicing your breath work (try sky breath, which is a 4 count in-breath and 6 count out breath, OR, try deep, even, regular breaths) while you do this exercise is even better! This grounding exercise can be practiced anywhere and anytime.

For an example, recently I was on a forest hike on my favorite local trail and was having trouble keeping my mind on the trail and in the present. Rather than enjoying the sights and sounds of the forest, my mind had been running over my to-do list and my schedule for the rest of the day, a Sunday. Eventually, I paused near my favorite large leaf maple tree on the wooden bridge to take it all in—The smell of damp earth and pine, the sound of water beginning to trickle and flow once again beneath the bridge, the golden light streaming through the countless shades of green and golden leaves. The rustling of a creature—a chipmunk, or a snake, in the ivy and ferns along the steep slope below the trail. A woodpecker teaching her babies how to find their food. The feel of the moss on the trunk of a large leaf maple tree. And above and among the tree tops, two sharp-shinned hawks circling and gliding with their short rounded wings and long tail. After this, I felt more present, more centered, and more able to enjoy what was around me.

The Circles of Healing Program provides advocacy, prevention, and supportive services for those who have recently experienced or are experiencing domestic violence, intimate partner violence, dating violence, sexual assault, human trafficking, or stalking. For more information or to connect with a confidential Advocate for prevention and supportive services in either Coos County or Lane County, **please call 541-888-1309**.

Governor Kate Brown Signs Proclamation for Domestic Violence Awareness Month

Circle of Healing Advocates Melissa Smith and Jamie Broady were honored to attend the Domestic Violence Awareness Month (DVAM) proclamation at the Governor's office in Salem last month. 50 domestic violence prevention and intervention advocates were in attendance for the proclamation and signing.



STATE OF OREGON

PROCLAMATION

OFFICE OF THE GOVERNOR

WHEREAS: Oregon is a place where we should protect children, create opportunities to stabilize families, and intervene in cycles of abuse and domestic violence; and

WHEREAS: Domestic violence rates in Oregon are higher than the national average for all genders; More than half of the state's population of women and girls have experienced domestic and sexual violence; Aging people and people with disabilities are more likely to experience violence because abuse is about power and control; Domestic violence is one of the most cited factor for why children enter the foster care system, contributing to the removal of more than 18 percent of Oregon's foster care children; and

WHEREAS: Addressing domestic violence requires a complex, multifaceted response; Survivors deserve a system that provides both emergency support and long-term solutions, includes housing stability for survivors and their families, and a network in their communities that supports healing; and

WHEREAS: Our state must focus on eliminating the root causes of abuse and violence which for too long has been a vicious cycle; It is vital that we continue to build a system of care for all Oregonians—particularly building capacity for linguistic and culturally specific services and increasing services in rural, tribal, and underserved communities; Advocates, survivors, volunteers, shelters, and caseworkers are integral to implementing a vision that empowers survivors and fosters stable families.

NOW, THEREFORE: I, Kate Brown, Governor of the State of Oregon, hereby proclaim **October 21-November 21, 2019** to be

DOMESTIC VIOLENCE AWARENESS MONTH

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, October 21, 2019.

Kate Brown

Kate Brown, Governor

Bev Clarno

Bev Clarno, Secretary of State

Part of a poem:
Once for each thing. Just once; no more.
And we too, just once. And never again.
But to have been this once, completely,
even if only once: to have been at one with the earth,
seems beyond undoing.
- Rainer Maria Rilke, from the 9th elegy

"The Opposite of Colonization is Collaboration"



"The Ancestors" by Shilo George, Southern Cheyenne and Araphao

Contributed by Jamie Broady, Circles of Healing Outreach Advocate

For Native Heritage Celebration Month, Circles of Healing Program Coordinator Melinda Radford, and Circles of Healing Outreach Advocates Melissa Smith and Jamie Broady, attended and participated in the 3rd Annual Native Heritage Celebration event hosted by DHS in Portland, Oregon. This event is held in honor of Native heritage and Native American state and tribal employees and serves as a way for all state and tribal government employees to acknowledge, observe, and celebrate Native heritage and to learn more about historical trauma. The importance of trauma informed planning within all organizations and the importance of cultural healing was a theme highlighted throughout the event. Doug Barrett led everyone in attendance in a closing circle Round dance with his drum and the Friendship song by Ashley Russell.

xintmiis txain' (Sharing our Path) *continued from cover page...*

was to rebuild our Tribal ways." Chairman Slyter went on to explain how our Tribal Council is elected by the Tribal membership and the different parts of our government such as the Gaming Commission, Tribal Court System, Tribal Committees, and the numerous departments within the Tribal Government Administration. Understanding our Tribal Government will help agencies as we try to build good relations and work together with one another. "We try to look to the seventh generations, so if we can help to make things better in the community, it's not only good for the Tribe it's good for everybody…that's what we're trying to do here."

After a short morning break, the summit reconvened together with Tribal Linguist, Patty Whereat-Phillips, sharing a brief synopsis of Tribal language and ethnography. The similarities and differences of Tribal language tell a story of our relationships with our land and neighboring Tribes. Language also really tells a story about people, how we describe things, especially place; it shows what was truly important about a culture and the people's relationship to the land. Joining her in this conversation was Enna Helms, who spoke about the Tribe's highlights for the year in the language work and weaving language back into our everyday culture. Enna acknowledged our Tribal Elders who have passed our language down to future generations, as well as stressed the importance of keeping this knowledge alive and shared within our community.

Chairman Slyter again took the stage to continue the discussion of language in how music is a universal language to all peoples, something that connects us to one another. The three oldest instruments across the world are drums, rattles, and whistles (which developed into flutes). To demonstrate the amazing connection of music across cultures he invited to the stage Florence Mayor, Joe Henry and a volunteer, Lane County Planning Director Jeff Spencer. Mayor Henry was handed a drum, Director Spencer a rattle, and Chairman Slyter held his flute while encouraging them to start up a steady beat. The three of them together then played a song. "That was the three oldest instruments played together…all our relatives that came up with those," shared Chairman Slyter before he continued to play a few more songs with the various flutes he had brought to share before and after the lunch break.

Cultural Resources Protection Assistant, Courtney Krossman, began the afternoon session with a discussion about our Tribal cultural resources. Emphasizing the difference between consultation and coordination, Courtney went on to discuss both the state and federal laws protecting cultural resources. These laws helps to protect sites of historical or cultural significance. For example the Native American Graves Protection and Repatriation Act (NAGPRA) requires consultation with Native American lineal descendants, Indian Tribes, and Native Hawaiian organizations with respect to the treatment, repatriation, and disposition of ancestral remains, funerary objects, sacred objects, and objects of cultural patrimony. It also provides greater protection for ancestral remains on Federal and Tribal Lands."

> *"We try to look to the seventh generations, so if we can help to make things better in the community, it's not only good for the Tribe it's good for everybody…that's what we're trying to do here."*
>
> *-Chairman Doc Slyter*



Evening Storytelling with Patty Whereat-Phillips

Q'alya ta kukwis shichidii me (Jordan Cove and the Bay of the Coos People) is a great example of the importance of these laws. "Our culture developed over thousands of years of living in a place. Thousands of years of observing, learning, and sustainably thriving in a place. A Traditional Cultural Property (TCP) designation recognizes the cultural significance and identity of a living community within that place. It recognizes the connection to this place and the resources that have been and still are used. It recognizes the value that it has to our Tribe and our culture and resources; additionally, it is a tool for protecting certain features important to our unique identity for future generations."

Archaeological Consultant Reg Pullen followed up with other examples of projects in the Tribes ancestral lands where these laws have protected sites and artifacts, ensuring their survival for future generations to continue to have a connection with their homelands. These artifacts tell the story of our people, and their protection is a huge priority.

Not only are our historical artifacts important to protect, but so are all the environmental resources. Tribal Biologist and Interim Director of DNR, John Schaefer and Water Protection Specialist,



Pictured left to right, back row: Vice-Chair Mark Petrie, Raquel Helms, Isa Helms, Ashley Russell, Adrienne Kirk, Courtney Krossman, Council member Doug Barrett, Ramil Beers. Front row: Zhade Beers and Kaiə Russell

xintmiis txain' (Sharing our Path) *continued from cover page...*

Ashley Russell shared the stage to talk about ethnobotany and resource stewardship. Together they highlighted rare and common culturally significant species, including ones that the Tribe has begun cultivating. Some of these include wapato, huckleberries, and traditional tobacco.

To protect some of the environmental resources that are so precious to the Tribe, you need to have stewardship of the lands where they occur. Tribal Forester Steve Andringa spoke next about Tribal lands and forest management. With the passing of the Western Oregon Tribal Fairness Act early January of 2018, 14,742 acres of land was returned to the Tribe. We can finally have some say as to the management of our own lands. "Tribes have managed their lands for millennia, so this Traditional Ecological Knowledge (TEK) is not new to these lands in particular…the relationship between Tribal culture and identity is synonymous with their land," shared Steve during his presentation.

Closing out the summit was former Director of Natural Resources, Margaret Corvi. Tying together the entire day's presentations, Margaret reinforced the reasons for hosting the day's summit. "What is really important to come out of the discussion today, is just that we can't be left out of the decision making. Any decision making that impacts our resources, we should be at the table, we shouldn't be dismissed…We need our voices, we need your voices with us to protect all of these resources."

> ***"What is really important to come out of the discussion today, is just that we can't be left out of the decision making. Any decision making that impacts our resources, we should be at the table, we shouldn't be dismissed…We need our voices, we need your voices with us to protect all of these resources."***
>
> ***-Margaret Corvi***

Going back to the TCP, Margaret shared with the Government and State agencies in the room, "this is the heart of the Coos People. You can't move the bay, you can't move the heart of the people where all these villages where…I want you to leave today thinking about what it feels like to always be on Tribal land, because you are…wherever you are, you are on Tribal land where traditional practices were happening."

This summit was set up to really display the importance of partnerships with all agencies in the room including those not in attendance. By working together, we can insure the survival and hopeful future abundance of all of these resources for the next seven generations.

Participants were invited to stay for an evening of storytelling with Patty Whereat-Phillips following the summit. Everyone who attended this public portion of the event were delighted in the telling of a number of Tribal stories. Words cannot describe how delightful it is to hear Patty regale us with these amazing oral traditions. A heartfelt thank you to Patty for traveling to be at this year's summit. Her storytelling is always a real delight.

Special thanks to Tribal Council for your support of the Department of Natural Resources and Culture in hosting this important summit, sharing our path, and to Vice-Chairman Mark Petrie and Adrienne Kirk for the traditional salmon bake.

An extra special thank you to the Tribal youth Kaiə Russell, Zhade Beers, Ramil Beers, Isa Helms, and Raquel Helms, for your hard work. These amazing youth headed a cultural tea station, weaving display, regalia display, and traditional tools display during the summit. And thank you to all the members of the DNR and Culture for your continued hard work in protecting our culture and resources.



Chairman Doc Slyter plays his flute alongside Florence Mayor Joe Henry on drum and Lane County Planning Director Jeff Spencer playing a rattle



Tribal member Adrienne Kirk and Vice-Chair Mark Petrie tended to the fire pit and cook salmon on cedar stakes for the Sharing Our Path summit



Ramil Beers answered participants questions at the traditional tools table



Zhade Beers and Kaiə Russell have fun helping participants make traditional teas



Isa and Raquel Helms stationed at the weaving table

Flu Season is Almost Here…

Contributed by Vicki Faciane, CTCLUSI Director of Health Services

As I write this year's article on influenza (flu) in early November, it is hard to imagine we are already in flu season, with all of the beautiful (though somewhat cool) weather we have been having for the past couple of weeks. According to information from the Centers for Disease Control (CDC) at www.CDC.gov/flu, US flu activity is currently low. By the time this article appears in the newsletter, though, numbers of flu cases will likely be on the rise.

The information (below) is what we published for the last few years, since the advice is timeless and the recommendations have not changed. Again, thanks go to Tribal member Nicole Mendoza, FNP, for her contribution, as part of this is from an article she wrote for us a couple of years ago.

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

Signs and symptoms of flu include:

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

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

Sometimes influenza can lead to more serious complications, especially in Elders, very young children, and anyone with a chronic illness or with a compromised immune system. The flu and the common cold have similar symptoms and it is sometimes difficult to tell the difference. People with colds are more likely to have a runny or stuffy nose, unlike the flu. Generally, flu is worse than the common cold and symptoms are more intense. Most of the time the best treatment for the flu is rest and supportive care, but in some instances influenza can become an emergency situation. Seek medical attention immediately if you, or someone you are caring for, is experiencing any of the following:

- Difficulty breathing or shortness of breath
- Purple discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worsened cough

Anti-viral medicines may prevent or lesson the severity of some or all of the symptoms, but you must start taking them within 72 hours of the onset of illness. For most people it is impractical to treat with anti-virals due to the high cost of the medicine; however, in some instances it is highly recommended, particularly in people who are at high risk of serious flu complications.

So, how can you prevent the flu?

It is recommended that everyone 6 months of age and older get an annual flu shot. The vaccine is also available in a nasal spray – talk to your healthcare practitioner about which form is best for you. It is especially important to be vaccinated if you, someone you live with, or someone you care for is at high risk of complications from the flu.

You may get a mild reaction after vaccination, such as soreness, headaches, and fever, but you cannot get influenza from the shot since it contains a dead version of the virus. If someone tells you they got the flu from a flu shot, it is probable they had already been exposed to flu at the time of vaccination but weren't having symptoms yet. Also, it takes approximately 2-4 weeks after vaccination to get maximum immunity, so you can still be exposed to and contract influenza in the first week or two after vaccination. That is why it is essential to be vaccinated early in the season, before flu is widespread. Finally, although flu shots are considered to be very safe, in rare instances a person may have a severe complication from a flu shot. If you have ever had an allergic reaction to a flu shot, you need to talk to your doctor about alternatives.

Vaccination is one way to protect yourself from the flu, but there are other simple ways to stay well this flu season (excerpted from: http://www.flu.gov/symptoms-treatment/symptoms/index.html, January 14, 2014):

Take Precautions – Stop the Spread of Germs

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

If you have more questions about influenza you can go to www.flu.gov or talk to your healthcare provider.

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



Come and Celebrate
Eddie Helms 80th Birthday!
Saturday, January 25, 2020
Tribal Hall
11:00 am to 2:00 pm

Information provided by Enna Helms

Elders Corner

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



Lisa Hudson

Lisa Hudson

Coos

Immediate Family:
Daughter of Claudette Lum. Sister to Ricky, Diane, and Teri. Mother to Carly Hudson and Kirsten Hudson. Grandmother to Hudson Casillas (seen in picture).

Proudest Accomplishments:
• Becoming a dental hygienist through the Oregon Institute of Technology, and working 30 years at the same dental office.
• Being happily married for 34 years.

Bucket List:
• Going on a zipline.
• Attend major tennis matches.
• Explore more of Oregon.
• Travel the country and visit famous monuments and parks.
• Meditate for five minutes every day.
• Lose five pounds.

Favorite Hobbies:
• Playing tennis on the USTA team.
• Sewing.
• Cooking (making soups).
• Hiking.
• Doing Yoga.

Favorite Sayings:
"Before you act: Listen.
"Before you react: Think.
"Before you spend: Earn.
"Before you criticize Wait.
"Before you pray: Forgive.
"Before you quit: Try."



Stanley McNutt

Stanley McNutt

Coos

Immediate Family:
Son of Lawrence and Hazel McNutt. Brother to Linn McNutt and Arlene Perkins. Second cousin to Doc Slyter. Father to Damon, Jordan and Brett. Husband to Bev McNutt and Stepfather to Bonnie.

Proudest Accomplishments:
• Working as a successful electrician for the past 33 years in Portland. He thanks the Tribes for helping him get started with his career.
• His children.
• Time he spent helping out with the Tribes.

Bucket List:
• Travel and tour Africa, Europe and Japan.
• Visit relatives.
• Retire in the next couple of years.

Favorite Hobbies:
• Riding his motorcycle.
• Fishing.
• Hunting.
• Visiting monuments and sightseeing around the country.

Favorite Sayings:
"Don't ever get behind anything that you can't live with if the circumstances ever change."
-Generalized quote by Chief Edgar Bowen.

Welcom New Tribal Elder Anita Beauchemin

Elders Luncheon

THURSDAY, January 2, 2020
at 11:30 a.m.
CTCLUSI TRIBAL COMMUNITY CENTER



R.S.V.P. by December 27, 2019

541-435-7155 or toll-free 1-888-365-7155

LIMITED TRANSPORTATION IS PROVIDED.

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



There will be a gift exchange for those who wish to participate. Please mark your gift for male or female.



Please RSVP by Monday, December 2, 2019.

Please call the RSVP line at 541-435-7155 or toll free at 1-888-365-7155.

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

It's Flu Season Again — Time to get Your Flu Shot!



If you live in the 5-county PRC Service Delivery Area and are eligible for Purchased/Referred Care (PRC), you can get a flu shot at your local pharmacy.

Show them your OptumRx Pharmacy Card and they will bill the cost to your insurance and/or PRC.

For more information call:

Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians
Purchased/Referred Care
(541) 888-4873 or
toll-free at 1-800-227-0392

Save the Date

24th Annual Elders Honor Day
March 20th and 21st, 2020
The Mill Casino

Following Elders Honor Day there will be an Oregon Tribes Fashion Show & Luncheon Saturday, March 21st from 11:30 a.m. to 3:00p.m. at the Mill Casino

This event is separate from Elders Honor Day and will be open to the public. The cost is $20 to attend for Tribal Members & $25 for general public. Transportation will not be provided to this event.

For more information go to www.coquilletribe.org

Attention Native Artists:

To learn more about participating, e-mail DennieHunter@coquilletribe.org

Posted: December 1, 2019

NOTICE OF PROPOSED CODE AMENDMENT

The following proposed Code Amendment was passed for First Reading by Tribal Council on November 10, 2019.

TITLE: 7 Enrollment, Committees, Elections and Referendums
Chapter 7-8 Gaming Facility Operational Review Board (GFORB)

The Tribal Council wishes to amend CLUSITC Chapter 7-8 (Gaming Facility Operational Review Board) to update the duties and responsibilities of the Gaming Facility Operational Review Board ("GFORB") to provide clarity, ensure better oversight of the Tribe's Gaming Business and Gaming Assets, and address Tribal Council concerns. Revisions also include grammar and consistency corrections. The amended Chapter 7-8 is attached hereto as required by CLUSITC Chapter 1, Section 1-7-2, in both redline and clean formats.

These amendments include the creation of new sections, changes to existing sections, reformatting/renumbering, and grammar and consistency corrections. Amendments to existing sections include changes to GFORB Membership criteria and supervisory responsibilities, among other.

Please go to www.ctclusi.org/publicnotices to see the full proposed code amendment.

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

January 12, 2020

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 McNeil, CTCLUSI, 1245 Fulton Avenue, Coos Bay OR 97420 or email: jmcneil@ctclusi.org.

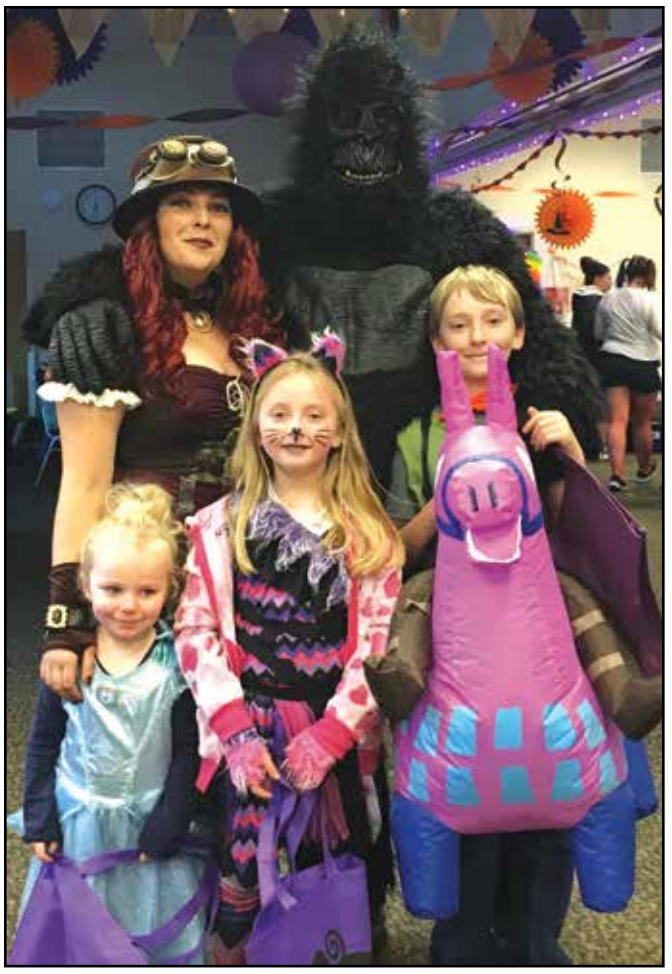


FSBHS Halloween Party 2019

Contributed by Meagan Davenport, Family Services Program Assistant

On Oct 31st, 2019 CTCLUSI Family Support Services hosted a Halloween Party at the Community Center. It was quite the frightful night! Filled with fishing for prizes, a Frankenstein beanbag toss, pictures with Charlie Brown's gang at the Great Pumpkin Orchard, a Caramel Apple station and a Cake Walk! Families came dressed in their spookiest, and all had fun! Keep a lookout in the newsletter for the next Family Support Services Holiday Party!















BUS JAM
K-DOCK 92.9
& BYKES FOR TYKES
TOY REGISTRATION

If you would like to see if your family qualifies for K-Dock Bus Jam and Bykes for Tykes for the Holiday Season feel free to contact Meagan Davenport FSBHS at 541-888-1311

before

Wednesday, December 11, 2019

and I can assist you in filling out the application online!

Honoring Tribal Veterans

Jeff Fong, Coos Tribal Veteran

Branch: • US Marine Corps 1972-76
Vietnam Era Veteran
• US Army Reserves 1977-97
Desert Shield/Storm Era
Retired with 24 years of Military Service as an E-7 Gunnery Sergeant.

Awards: Nation Defense Service Ribbon
(served during Vietnam Era).

Update: • Volunteer and Chairman, Veteran-Run Health Advocacy Council ("Mental" dropped from name; Veterans are not 'Mental').
• Volunteer as the "Veteran's Benefits Coach" at the Veterans Resource Center (veterans connect@the library)

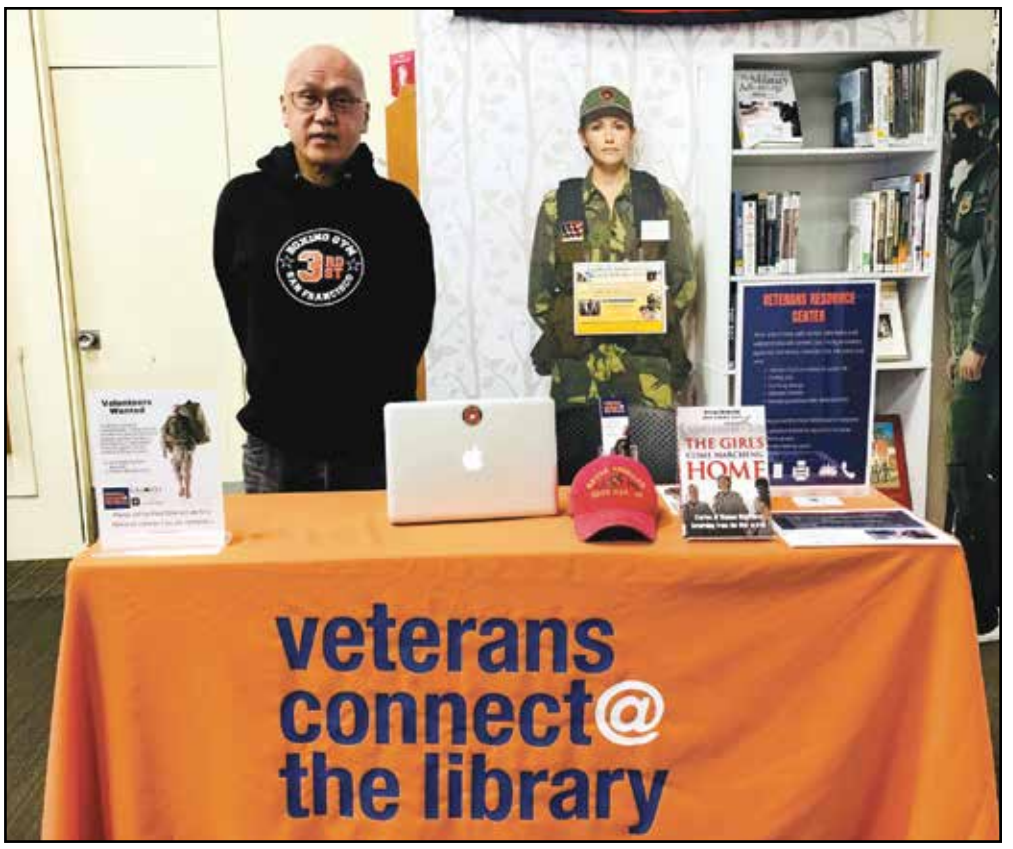
Jeff sent in the pictures at right with the following information about them:

During monthly meetings at the VRHAC we gather and investigate patient complaints and/or suggestions and bring them up to the Staff at the VA Medical Center, San Francisco for their action.

At the VRC, where I volunteer 4 hours per week, I answer questions about Veterans Benefits and their entitlement. I answer questions from Korean War Vets to Afghanistan War Vets (or inquiries from their surviving spouse).

Jeff is currently employed as an Electronic Technician* for the U.S. Postal Service for the past 42+ years and I am scheduled to retire on June 1, 2020.

(*AA Degree/Study awarded under the Military G.I. Education Bill)





Call to Tribal Veterans:

Share with us which branch you served in, your honors or awards, and an update of what you are currently doing, for a possible feature in The Voice of CLUSI. Send information to Morgan Gaines, Communications Specialist by e-mailing mgaines@ctclusi.org



Tribal Member Achievement: Adam Petrie

During his Special Olympics Swim Meet on Sunday, October 27, 2019 in Corvallis, Oregon, Tribal member Adam Petrie placed
Gold in 25 Back,
Bronze in 50 Freestyle,
and Silver in 4x25 Medley.

Way to Go, Adam!



TRIBAL LINGUISTS PILOT NEW SOFTWARE AIMED TO RESTORE INDIGENOUS LANGUAGES

Contributed by Patricia Phillips, Tribal Linguist and Enna Helms, Linguistic Associate



At the Smithsonian archives it used to be that you searched by a printed catalog, but since the 1990s more and more records are searchable by computer, and today much of the catalog is not only searchable online but some of the materials are also accessible for viewing online. To search language materials at the Smithsonian you can now find them on the Smithsonian's Native language and culture page/catalog: http://collections.si.edu/search/gallery.htm?og=native-americans. The push for acquiring language materials began in 1998 when Patty took a trip with the SWORP (southwestern Oregon research project) team. In 2017, during the National Breath of Life 1.0 conference, Patty and Enna revisited the Smithsonian to acquire better scans of the materials. Today, the push is to organize materials, create a searchable database and community archive to enhance language efforts. In July of 2019, we were accepted into the National Breath of Life 2.0 conference held in Oxford, Ohio in which we were trained on how to develop and use ILDA, an online archival tool for developing a searchable database while acting as a community archive with direct links to language materials.

The Miami Tribe of Oklahoma and Miami University in Oxford, OH began a special partnership in 1972, since the university was named after the tribe when it was founded nearly two centuries ago. Out of that relationship grew the Myaamia Center, and Darryl Baldin and other Miami Tribal members began working on language programs. With assistance from the computer science department they built their own digital archive for the Miami-Illinois language that is known as MIDA (Miami-Illinois Digital Archive). They then wanted to expand the digital archive to other tribes, and began training others to see if the MIDA platform could work for other tribes. The platform is now known as ILDA (indigenous language digital archive) and is being expanded with the support of NEH federal funding. ILDA can hold images of original documents, sound recordings, or video associated with each word. It can be a powerful research tool for analysis. ILDA will be a game changer, allowing linguists to create a grammar for Miluk, refine grammars for both Hanis and Siuslaw and create dictionaries, accessible by smart phones or computers, which is very useful to language learners.



SWORP research at the National Archives and the National Anthropological Archives of the Smithsonian Institution, 1998. L-R JoAllyn Archambault (Smithsonian), David Lewis (Grand Ronde), Denni Hockema (Coquille), Mike Pilgrim (National Archives), Robert Kentta (Siletz), Patricia Whereat (CLUS) and Mark Tveskov (Anthropologist)

The first pilot was the Nuu-we-ya group, which is working on SW Oregon Athabaskan. The group is made up of Siletz tribal members Carson Viles, Jerome Viles and Jaeci Hall, Lower Rogue. They began their pilot in 2017, as Athabaskan languages are complex and quite different from Miami and other Algonquian languages, they made a good test case to refine ILDA. This July in Oxford Ohio, five new groups were brought in for training for ILDA: Wisconsin Oneida, Menominee, Northern Paiute, Nisenan (Northern California) and ourselves for Miluk, Hanis and Siuslaw/Lower Umpqua.

We are really excited to get ILDA up and running. There are written language materials that go back as far as 1856. There are sound recordings from today back to the 1930s. If we put all the Miluk, Hanis, and Quuiich, Siuslaw words into the archive, it's searchable to look for patterns. By getting a better understanding of the grammar we can build new words and create modern words for the dictionary. As an example, say in Hanis we wanted to create a word for 'refrigerator' (there was not one recorded). We could look at existing vocabulary and coin a word. Perhaps using the word for 'cold' (qaina-), a causes-it-to-happen suffix (-iiyat) and then make it a noun (-s): qainiiyatis [it-makes-it-cold]. This is just one possible use for research and making words.

In the next year, language efforts will be going towards developing ILDA, building some curriculum for camps, summer school, after school activities, and various events throughout the year, and engaging with tribal community members to assist in language activities. We thank the Tribal Council for lending their support and being instrumental towards bringing back our languages.

PRC will begin accepting applications for 2020 on December 16th

More information will be mailed to all eligible Tribal Members soon, so watch your mailbox.

Watch for this in your mailbox!

IMPORTANT!

PURCHASED/REFERRED CARE ANNUAL UPDATE INFORMATION TIME SENSITIVE

Posted December 1, 2019

ENROLLMENT COMMITTEE'S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

The Enrollment Committee recommends that the enrollment of the Applicants listed below should be approved. Besides publication in the Tribal Newsletter, according to CLUSITC 7-1-36(i), this information will be posted in the Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino for twenty-eight (28) days from the date listed above.

Jack Dillon Barton	**Brooks Aron Zimmer**
Parent: Jonathan Barton	Parent: Ryan Zimmer
Lineal Descendant: George Barton	Lineal Descendant: Emil Brainard
Tribe: Coos	Tribe: Coos
Tierney Kaden Little Feather Perry	
Parent: Tiereney Perry	
Lineal Descendant: Frank Perry	
Tribe: Lower Umpqua	

In accordance with CLUSITC 7-1-37(a), Tribal Members shall have the right to protest the recommendation of the Committee approving an application and must file a written, signed protest with the Committee stating their reasons for believing that an Applicant(s) is not entitled to enrollment. The protest must be filed with the Committee within twenty-eight (28) days after notice of the proposed enrollment is posted as described in CLUSITC 7-1-36(i).

Weight Loss and Diabetes

Contributed by Armando Martinez, CHA - Information from the Alaska Native Tribal Health Consortium

If a person with diabetes is overweight, losing a small amount of weight can make a big difference. Losing even a few pounds by exercising and eating healthy can reduce your risk of complications and improve your blood sugar control

Losing Weight Takes Three Steps:

1.Take an Honest Inventory of Your Current Lifestyle Habits:

Food

Write down everything you eat for three or more days. There are several free computer apps that will help you figure out how many calories you are eating. Your dietitian can also do this for you. The key is to learn when and how much you are really eating.

Activity

Do you get exercise beyond your daily living activity? Daily living activity is the activity everyone does as part of a typical day: light cleaning, cooking, child care, etc… Daily living activity is important, but are you doing any moderate activity that makes your heart beat faster, or creates a light sweat? Record how much moderate activity you are getting each day.

Sleep

Are you getting enough sleep? Getting enough rest is an important part of losing weight. People who do not get enough sleep are more likely to be overweight. Pay attention to how many hours you are getting.

Stress

Does life feel out of control? Stress can increase blood sugar and make it harder to lose weight.

2.Review and Compare Your Information:

Is the amount of calories you are taking in keeping you from losing weight? Can you identify a time of day that is a problem for you? Talk to your dietitian about how many calories you should be taking in to lose weight. How do you compare? How much moderate activity are you getting compared to the 30-60 minutes that are recommended? You can start slow and work your way up! Are you running on 5 hours of sleep a night? If you are getting less than 7 hours of sleep a night, you are not getting enough! Are you feeling very stressed? What changes can you make in your life to feel more in control and relaxed? Meditation and exercises are two ways to help reduce the effects of stress.

3.Make a Plan:

Pick one or two things you want to work on. Make a goal. Be very specific. What **EXACTLY** do you want to do? For example: I would like to increase my activity. My goal for this is: I will walk on my lunch break for 30 minutes on Monday, Wednesday and Friday of this week. I will walk at a pace that leaves me a little sweaty when I'm done. Your dietitian and diabetes educator are here to help you with this process. There isn't one way to lose weight that works best for everyone. Finding out where you need help and choosing goals that make sense to you, will help you be successful. You are in charge of managing your diabetes. You can take action to help prevent complications. We are here to help you meet your goals; let us know how we can help you. Come prepared to your diabetes visit by bringing your blood sugar meter or blood sugar logs, your medicines, and a list of questions or topics that are on your mind.

Cranberry Cabbage Slaw

Contributed by Armando Martinez, CHA
Source: Splenda https://diabeticgourmet.com/

Ingredients:

- 1 cup halved cranberries
- 1/4 cup Splenda No Calorie Sweetener, Granulated
- 2 oranges, peeled and thinly sliced
- 1 red onion, thinly sliced
- 4 cups shredded cabbage
- 1 large apple - peeled, cored and chopped
- 1/4 cup fat-free mayonnaise

Directions:

1. In a small bowl, toss together the cranberries and Splenda Granulated Sweetener. Cover and refrigerate.
2. In a large bowl, toss together the oranges, onion, cabbage, apple and mayonnaise until evenly coated. When ready to serve add cranberry mixture and toss again.

Yield: 10 servings
Serving Size: 1 cup slaw

Nutritional Information Per Serving:
Calories: 50
Fiber: 3 grams
Sodium: 50 milligrams
Protein: 1 grams
Carbohydrates: 13 grams
Sugars: 8 grams



Bread Pudding with Raisins

Contributed by Armando Martinez, CHA
Source: The New Family Cookbook for People with Diabeteshttps://diabeticgourmet.com/



Ingredients:

- 3 slices day-old white bread, cubed
- 1/2 cup raisins
- 2 cups fat-free milk
- 2 large eggs, slightly beaten, or 1/2 cup egg substitute
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon salt

Directions:

1. Preheat the oven to 350 degrees F. Prepare a 1-1/2 quart baking dish with non-stick pan spray.
2. Mix the bread cubes and raisins in the prepared dish.
3. Combine the remaining ingredients in a medium bowl; pour the mixture over the bread and raisins; stir to blend.
4. Set the filled baking dish in a shallow pan on the middle rack of the oven. Pour hot water into the shallow pan to a depth of 1 inch around the baking dish. This creates a water bath to cook the pudding slowly.
5. Bake 45 to 55 minutes, or until a knife inserted in the pudding comes out clean. Remove the pan from the water bath and serve warm or chilled.

Recipe Yield: Makes 3 cups (6 servings)

Nutritional Information Per Serving:

Calories: 139
Fat: 2 grams
Fiber: 1 gram
Sodium: 229 milligrams
Cholesterol: 72 milligrams
Protein: 6 grams
Carbohydrates: 24 grams
Sugars: 16 grams

Diabetic Exchanges: 1-1/2 Other Carbohydrate 1/2 Fat

It is important for you to claim your Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians ancestry on the upcoming 2020 Census

The 2020 Census is in part responsible for grant and federal funding to American Indian and Alaskan Native Tribes. In order to accurately reflect our enrollment numbers, you must fill out the entire Tribes name on your census forms.



The 2020 Census is for our family.

Stretching across the United States, we are one family. Your voice matters, and your community matters.

Every 10 years, the United States counts everyone living in the country. Our community is depending on your participation, including our keiki and kupuna. Census data informs decisions about critical funding to help our families flourish. That includes funding for things like:

- Supplemental Nutrition Assistance Program (SNAP)
- Health clinics
- Special education
- Housing assistance
- Public transportation
- Water and waste disposal systems for communities

Beginning in mid-March 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail. The form asks a handful of basic questions. From May – July 2020, census takers from your community will visit households that have not yet responded, and they can assist you in completing your form. Your personal information is confidential, is protected by law, and can never be used to identify you.

For more information, visit:
2020CENSUS.GOV

Shape your future
START HERE >

United States Census 2020

D-OP-NP-EN-129

United States Department of Commerce
U.S. Census Bureau
Team Y&R

TeamY&R | United States Census 2020

For Immediate Release

Census Bureau Outlines 2020 Census Plans to Count American Indians and Alaska Natives

November 18, 2019 – On November 14, leaders from the U.S. Census Bureau briefed media outlets that serve the American Indian and Alaska Native (AIAN) community on the status of the 2020 Census, describing the efforts underway for all people to be accurately counted and the opportunity for individuals to apply for temporary jobs supporting the operation.

The U.S. Constitution mandates that a census of the population be conducted every 10 years. Census Bureau population statistics inform how billions of dollars in federal funds are allocated for critical public services like healthcare clinics, schools and education, and roads and bridges. The 2020 Census will also determine how many seats each state gets in Congress and guide the drawing of local political boundaries.

"We have been working closely with tribal governments for years on the best way to accomplish our goal of counting everyone in the 2020 Census," said Dee Alexander, Tribal Affairs Coordinator for the Census Bureau.

Denver Regional Director of the Census Bureau Cathy L. Lacy provided an update on the recruiting for the 2020 Census operation emphasizing the importance of hiring census workers to work in the communities in which they live. "We are offering competitive pay, flexible schedules, and the opportunity for individuals to make a difference in their own communities for the next ten years," Lacy said. Individuals interested in working on the 2020 Census should visit www.2020census.gov/jobs.

Most households will receive an invitation to participate at their household in mid-March 2020, but remote Alaska communities and some tribes will be enumerated in person by census takers hired locally. The remote Alaska operation will begin in January 2020.

Census Bureau tribal specialists have worked with tribal leaders to discuss the questionnaire and how individuals could best share their tribal identity. Kathleen Styles, Chief, Decennial Communications and Stakeholder Relations for the Census Bureau, provided an overview of the 2020 Census questionnaire. She explained that people who identify as American Indian or Alaska Native may mark the American Indian or Alaska Native checkbox and enter the name of their enrolled or principal tribe(s) in the write-in area. Individuals will be able to report multiple races and/or tribes. Many tribal leaders will likely give guidance to their members on how to identify the tribe name.

Lacy also underscored that census responses are confidential and protected by law. "We do not share your information with law enforcement agencies or immigration officials," she said.

G&G Advertising President and Creative Director Michael Gray explained the research process and insights that culminated in the campaign platform for the AIAN community, "Shape our Future. START HERE." Gray described plans for paid media advertisements and PSAs to reach the AIAN community and highlighted several AIAN organizations that have stepped forward as partners to educate the public. "We are relying heavily on trusted voices in the community to help ensure everyone understands what is at stake in the 2020 Census," he said.

This is the third decennial census to include a dedicated advertising and communications operation. In the 2000 and 2010 censuses, the Census Bureau also used advertising, partnership, and communications campaigns to increase awareness and participation in the count. Higher self-response rates increase the accuracy of the census and save taxpayer money by lowering census follow-up costs for nonresponding households.

# # #

Are you planning to MOVE?



Please update your information with the Enrollment Office with any contact changes. New address, phone numbers or email addresses.

We want to send Tribal Members important information about:

Tribal Services – Elections – Activities -

Tribes' General Information

Enrollment Office: 541-888-7506 or by email jmcneil@ctclusi.org

Tribal Members can change their contact info online by visiting www.ctclusi.org , **Tribal Government** tab, then **Tribal Enrollment** from the drop down, then Change of Address Form link.

Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence
F&B Shift Manager ~ F&B Supervisor
Bartender Lead ~ Bartender
Cocktail Beverage Server ~ Busperson
Food Court Runner/Dining Room Attendant
Food Court Cashier/Barista
Blue Bills Food Server
Tournade Chef ~Bonfire Chef ~ Line Cook
Food Court Outlet Cook
Director of MIS
Hotel Front Desk Lead
Guest Room/Laundry Attendant
Special Events Team Member
Slot/Keno/Bingo Attendant ~ Table Games Dealer
Environmental Services Technician 1

Blue Earth
Limited Energy Technician Class B Apprentice, Closes 12/4/2019

Three Rivers Casino Resort ~ Coos Bay
Environmental Services Technician

Tribal Government Offices
Coos Bay
Certified Alcohol & Drug Counselor II
Family Support Services Program Assist
Circles of Healing Transitional Services Specialist
Realty Program Coordinator ~ Assistant Planner
Special Events Employee, Assignment Varies

http://ctclusi-int.atsondemand.com/
Go to **Job Opportunities** on the website for full job posting and to Apply Online
Updated Daily
Or call Recruitment at **541-902-3821**

Fun STARTS HERE

SATURDAYS
$20,000 Cash Party
$250 HOT SEATS
EVERY 20 MINUTES from 6:30PM-9:30PM
$2,500
GRAND PRIZE DRAWING at 10PM
Must be actively playing with a players club card to be eligible for hot seats. Must be a hot seat winner to qualify for the Grand Prize Drawing.

NYE 2019 Celebration
DECEMBER 31ST

CAFE 1297 DINNER SPECIAL
Creamy Roasted Red Pepper Chicken Alfredo
11am-9pm

MUSIC BY DJ AL
9pm-12:30am

$250 CASH HOT SEATS
Every 20 minutes | 7pm-10pm

$500 CASH HOT SEATS
Every 20 minutes | 10:20pm-12:20am

Café 1297

WEDNESDAY, DECEMBER 25TH • 11AM-9PM
CHRISTMAS Dinner - $14
Carved Smoked Applewood Ham with Yukon Gold Roasted Garlic Mashed Potatoes, Savory Herb Dressing, Pan Roasted Turkey Gravy, Green Beans Almondine, a Dinner roll and Pumpkin Pie

WEDNESDAY, JANUARY 1ST • 11AM-9PM
NEW YEAR'S DAY Special - $13
Home style Beef Pot Roast
Slow Roasted Beef Chuck Roast with House Seasonings, and Creamy Mashed Potatoes, Mushroom & Pearl Onion Brown Gravy, Baby Carrots and Dinner roll

THREE RIVERS CASINO
COOS BAY
541-808-9204 | THREERIVERSCASINO.COM

THREE RIVERS FOUNDATION

INVESTING IN OUR LOCAL COMMUNITIES

The Confederated Tribes of
Coos, Lower Umpqua and Siuslaw Indians
are accepting applications for
Grants to charitable organizations
December 1 - 31, 2019.

Non-Profit organizations are encouraged
to visit the Foundation website
for more information.

ThreeRiversFoundation.org

