The Voice of CLUSI

March 2025

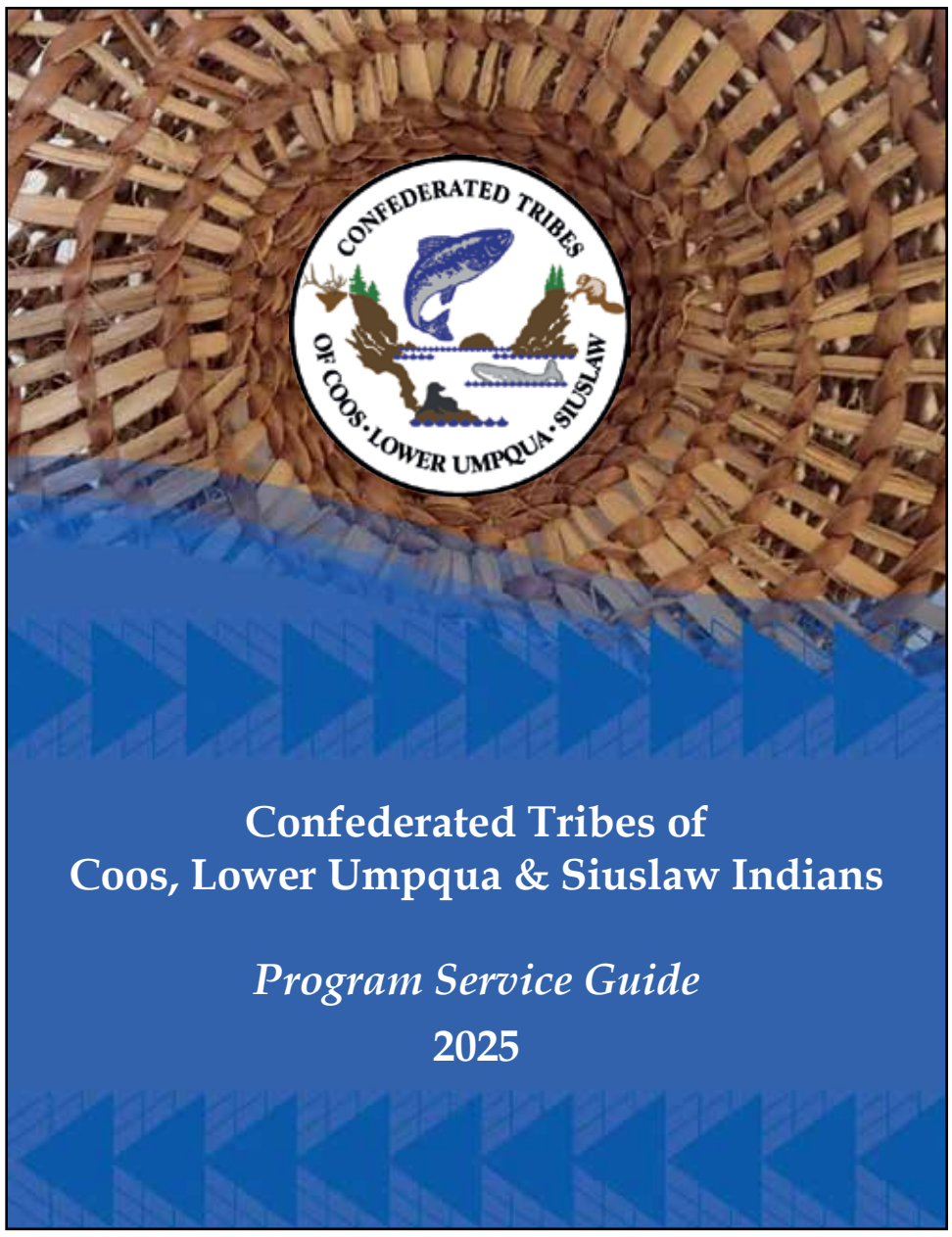
Issue 3

Volume 26

www.ctclusi.org

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

CTCLUSI Program Service Guide Coming Soon!



The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians Tribal Government has put together an annual Program Service Guide. The goal of this guide is to help Tribal Citizens and community members learn of the various services and programs provided by each Tribal Government Department. Each department was tasked with providing a list of their direct service programs, eligibility requirements, and information on how to request services.

The information collected has been compiled into a single booklet that we hope to update and release yearly. Be on the lookout for your 2025 Program Service Guide coming directly to your mailbox this March!

A version of the guide will also be made available on www.ctclusi.org

hoohoolii camp March 24 - 28, 2025



Upcoming Events - Save the Dates:

I Can Bead That!
March 5th - Tribal Hall

First Canoe Pull of 2025
Saturday, March 8th - Munsel Lake

Equinox Overnight
March 20th & 21st

More Information about these events and more can be found in this publication of The Voice of CLUSI

-Looking for Tribal Artisans-

Roots and Visions Exhibit - Coos Art's Museum

Tribal Artist Submission Application Required

Turn to page 8 to learn more

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

Presorted Standard
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Eugene, OR
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Tribal Council Business

Activity of Elected Tribal Council Members from January 12, 2025 - February 9, 2025

Chief Doug Barrett
01/12 Tribal Council Meeting
01/12-01/16 Ocean Alliance Summit in Quinalt Beach Resort
01/15 MHA/LADPC Monthly meeting
01/17 Spring Break Camp Planning meeting
01/21 ATNI Offshore Wind Taskforce Meeting
01/22 Data Canoe Program Planning Meeting
01/23 Leaders Circle
01/26-01/30 ATNI 2025 Winter Convention
01/27 Oregon Kelp Alliance Meeting
01/28 NARA NW Board Meeting, Monitoring and Modeling the Interaction between eelgrass and Water Quality
01/29 GFORB and Tribal Council Business Meeting
01/30 Cultural Items Task Force Kickoff Meeting
01/31 Spring Break Planning Meeting, Special Meeting
02/06 Leaders Circle
02/09 Tribal Council Regular Meeting
Total Hours: 122

Brad Kneaper, Chairman
** Due to a family emergency, I was out off and on for the period of January 22 through January 28, and covered by the Vice Chair

01/12 Regular Tribal Council Meeting
01/13 Governor Kotek Reception Following Joint Session at Governor's Mansion
01/14 Trip to Medford (Oregon) to Coquille Medford Casino
01/24 Munsel Creek Floodplain Updates – FEMA and Lane County
01/29 Gaming Operational Review Board (GFORB), Tribal Council Business Meeting
01/31 Special Council Meeting
02/06 Leader's Circle: Offshore Wind Research Project; Portland State University President and Staff regarding MOU develop; Casino Projects; Culture Coalition discussion; NCAI Representation
Total Hours: 138

Teresa Spangler, Vice Chair
01/12 Regular Council meeting
01/13 Governor Kotek reception at Mahonia Hall in Salem
01/14 Trip to Medford
01/23 Special meeting, Meeting with Legal, Leaders Circle
01/29 Business Council
01/31 Special Meeting
Total Hours: 68.5

Julie Siestreem
01/12 Tribal Council, General Council Regular Monthly meeting
01/14 DELC HV Committee meeting Rebecca Brown
01/16 DELC Outdoor Nature Based Child Care Rulemaking Advisory Committee RAC Carol Petersen
01/21 Education Committee meeting Jemiah Wassman
01/23 Tribal Council Leaders Circle
01/24 DELC Outdoor Nature Based Child Care Rulemaking Advisory Committee RAC Carol Petersen
01/25 Eddie Helms 85th Birthday Ceremony Community Center Coos Bay
01/28 Education Department Early Learning Task Force Jemiah Wassman
01/29 GFORB monthly meeting Three Rivers Casino Florence, Tribal Council/General Council monthly Business meeting Three Rivers Casino Florence
01/31 DELC Outdoor Nature Based Child Care Rulemaking Advisory Committee RAC Carol Petersen, Tribal Council Special Meeting
02/05 Elders Potluck Tribal Hall
02/06 Tribal Council Leaders Circle
02/07 DELC Outdoor Nature Based Child Care Rulemaking Advisory Committee RAC Carol Petersen
02/09 Tribal Council, General Council Regular Monthly meeting
Total Hours: 130

Debbie Bossley
01/23 Leaders Circle & Special Meeting
01/29 Business Meeting
01/31 Special Meeting
02/06 Leaders Circle
02/09 Circle Meeting
Total Hours: 40

Iliana Montiel
01/12 Tribal Council Regular Meeting
01/13 – 01/16 NPAIHB Quarterly Board Meeting – Portland
01/18 CTCLUSI Holiday staff party
01/23 Leaders Circle
01/29 GFORB / Tribal Council Business Meeting
02/06 Leaders Circle
Total Hours: 45

Enna Helms
Report unavailable at time of printing of this publication

Upcoming Regular Tribal Council Meeting Dates:

March 9, 2025 - Coos Bay
April 13, 2025 - Coos Bay
May 10, 2025 - Eugene (TBD)

Meetings begin at 10:00 a.m. pst

Zoom link provided on the Citizen Portal of www.ctclusi.org

Solar Panel Installation in Tribal Government Parking Lot



Tribal Council Member Julie Siestreem shared these photographs of the installation of solar panels currently happening at the main CTCLUSI Tribal Government parking lot in Coos Bay, Oregon.



Information

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

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

ATTENTION VETERANS AND FAMILIES
Veterans we need your help. Veterans are honored at the Salmon Ceremony each year. Please contact Jeannie Miller at 541-888-7506 or at email jmiller@ctclusi.org for new requirements needed to be honored.

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

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

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

CTCLUSI Departments, Services & Offices

Government Office
Lee Ann Wander
Chief Executive Officer
lwander@ctclusi.org

Brian Dubray,
Chief Operating Officer
bdubray@ctclusi.org

Tyler Slyter,
Chief Operation Officer
tslyter@ctclusi.org

1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-9577

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

Dept. of Human Resources
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-7508
Fax: 541-897-9881
recruitment@ctclusihr.org

Health Services Division
Davon Smith, Chief Operating Officer of Health Operations
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7515
Fax 541-888-5388
dsmith@ctclusi.org

Community Health
Diann Weaver, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone: 541-888-7502
dweaver@ctclusi.org

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

Three Rivers Health Center
150 S Wall Street
Coos Bay, OR 97420
Phone (541) 435-7200
info@threerivers.health

Three Rivers Pharmacy
150 S Wall Street
Coos Bay, OR 97420
Phone: (541) 435-7234
Fax: (541) 435-7233

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

Department of Culture and Natural Resources
Ashley Russell, Director
Phone 541-888-9577
arussell@ctclusi.org

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

Social Services Department
Kelly Bradley, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-7526
Toll Free 1-888-280-0726
Fax 541-888-5388
kbradley@ctclusi.org

Tribal Housing Department
Jamie Meyers, Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-435-7150
Fax 541-435-0492
jmeyers@ctclusi.org

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

Elders Activities
Barbara Black
1245 Fulton Ave.
Coos Bay, OR 97420
Phone 541-888-7532

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

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

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

Tribal Committee Members

Budget Committee
1. Martin Harris
2. VACANT
3. Margaret Corvi
4. Stephanie Watkins
5. Kerry Brainard
6. Sarah Marcial
7. Roseanna Perry

Culture Committee
1. Earla Kirk
2. VACANT
3. Alyssa Lydick
4. Nicole Romine
5. Mike Brainard
6. Patricia Whereat-Phillips
Chief Doug Barrett

Education Committee
1. Michelle Brix
2. Julie Siestreem
3. Nicole Romine
4. Ashley Russell
5. Mike Brainard

Elders Committee
1. Arleen Perkins
2. Stephanie Watkins
3. Warren T. Brainard
4. Eddie Helms
5. Laura Fortin
6. VACANT
7. Brad Kneaper

Enrollment Committee
1. Warren T. Brainard
2. Patricia Whereat-Phillips
3. Skip Brainard
4. Vicki Faciane
5. Teresa Spangler

Housing Committee
1. VACANT
2. Dan Krossman
3. Enna Helms
4. Tyler Slyter
5. Holiday Maine

Language Committee
1. Nicole Mendoza
2. Tammy Evarts
3. Ashley Vandevort
4. Jade Fong
5. Jamie Biesanz
6. Jesse Beers
7. Ayuthea Cisneros

Election Board
1. Nicole Romine
2. Mike Brainard
3. Tes Gagner
4. Mark Petrie
5. Kathy Perkins
6. VACANT
7. Ashley Russell

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

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

For questions, please contact Jeannie Miller, 541-888-7506 or enrollment@ctclusi.org

The Tribe maintains a list of those interested so that when a committee vacancy occurs we can fill it as soon as possible, so please contact us whether there is a vacancy or not. Letters of interest remain on file for one full year. Members can serve on up to three committees simultaneously.

THE VOICE OF CLUSI

If you or anyone in your Tribal family has had any recent special awards or achievements that you would like to share, please submit your information and photos to the newsletter. I look forward to hearing from you!
-Morgan Gaines, Communications Specialist
mgaines@ctclusi.org or 541-888-7536

Upcoming Events

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

Tribal Council

Doug Barrett, Chief
541-297-2130 (cell)
doug.barrett@ctclusi.org

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

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

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

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

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

Debbie Bossley
Position #6 Council
541-808-5580(cell)
debbie.bossley@ctclusi.org

Council Meeting

March 9, 2025
10:00 a.m.
Coos Bay Community Center
338 Wallace Ave.
Please login to the citizen portal of www.ctclusi.org and click Council Meetings for the zoom link to this meeting.

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

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

Resolution Summaries

RESOLUTION NO.:25-001
Date of Passage: January 12, 2025
Subject (title): 2025-2026 Intergovernmental Agreement with Oregon Health Authority
Explanation: Tribal Council approves this agreement to provide funding to the Tribe for the operation of community mental health, addiction treatment, recovery, prevention and problem gaming programs.
Vote 7-0-0

RESOLUTION NO.:25-002
Date of Passage: January 12, 2025
Subject (title): Application to NOAA for FY20 Marine Debris interceptions Technologies under the Bipartisan Infrastructure Law Application Resources
Explanation: Tribal Council approves the submission of this grant funding for the Department of Natural Resources and Culture. **Vote 7-0-0**

RESOLUTION NO.:25-003
Date of Passage: January 12, 2025
Subject (title): CTCLUSI Statewide Transportation Improvement Fund Plan (STIF)
Explanation: Tribal Council approves this funding plan. **Vote 7-0-0**

RESOLUTION NO.:25-004
Date of Passage: January 12, 2025
Subject (title): Enrollment – New Members
Explanation: Tribal Council approves the follow: Asteraea Ember Bolling, Liliana Zoelle Hemandez-Carnation, Lucky W. Lydick, Sunny Lee Romine, Elise Wanda Stuck, Creighton Mark Fung, Liam Joseph Lawrence to be enrolled members of the Tribe. **Vote 7-0-0**

RESOLUTION NO.:25-005
Date of Passage: January 12, 2025
Subject (title): Enrollment Name Changes and Corrections to the Roll
Explanation: Tribal Council approves one name change of an enrolled member.
Vote 7-0-0

RESOLUTION NO.:25-006
Date of Passage: January 12, 2025
Subject (title): Enrollment Active to Historic
Explanation: Tribal Council approves the following members move from the active roll and placed on the historic roll of the Tribe: Julie A Riggs, Dianna Lynne Dowdy, Sheila Marie Clark. **Vote 7-0-0**

RESOLUTION NO.:25-007
Date of Passage: January 12, 2025
Subject (title): Professional Services Contract
Explanation: Tribal Council approves this contract for Language classes and programing for the Tribe. **6-0-1**

RESOLUTION NO.:25-008
Date of Passage: January 12, 2025
Subject (title): Health Care Contract
Explanation: Tribal Council approves this Contract for Three Rivers Health Clinic.
Vote 5-1-1

RESOLUTION NO.:25-009
Date of Passage: January 29, 2025
Subject (title): Hult Reservoir and Damn Safety Project Memorandum of Agreement (MOA)and Tribal Council Approval Thereof
Explanation: Tribal Council approves this MOA between the Tribe and Bureau of Land Management and Oregon State Historic Preservation Office. **Vote 7-0-0**

RESOLUTION NO.:25-009A
Date of Passage: January 23, 2025
Subject (title): Rescind Resolution 25-008
Explanation: Tribal Council approves this action. Vote **5-0-1**

RESOLUTION NO.:25-010
Date of Passage: January 29, 2025
Subject (title): Continuation of Services for BEFC
Explanation: Tribal Council approves providing support to BEFC. Vote **7-0-0**

RESOLUTION NO.:25-011
Date of Passage: January 29, 2025
Subject (title): Pacific Source Health Plans Agreement
Explanation: Tribal Council approves the agreement for the Dental Clinic.
Vote **6-0-1**

RESOLUTION NO.:25-012
Date of Passage: January 29, 2025
Subject (title): Pacific Power Contract
Explanation: Tribal Council approves this contract to support the solar project at 1245 Fulton Ave Coos Bay Oregon. Vote **6-1-0**

RESOLUTION NO.:25-013
Date of Passage: January 29, 2025
Subject (title): Supervision of Executive Director of Gaming Commission
Explanation: Tribal Council approves the change of the supervision to be under Tribal Government CEO. Vote **6-0-1**

RESOLUTION NO.:25-014
Date of Passage: January 29, 2025
Subject (title): Personal Service Contract
Explanation: Tribal Council approves this contract to support Laserfich software.
Vote **7-0-0**

RESOLUTION NO.:25-015
Date of Passage: January 29, 2025
Subject (title): Master Equipment Lease
Explanation: Tribal Council approves this lease for Three Rivers Casino. Vote **6-0-1**

RESOLUTION NO.:25-016
Date of Passage: January 29, 2025
Subject (title): Pay Com Payroll and Human Resources Agreement
Explanation: Tribal Council approves program purchase for Three Rivers Casino.
Vote 6-0-1

RESOLUTION NO.:25-017
Date of Passage: January 29, 2025
Subject (title): Machine Order
Explanation: Tribal Council approves this machine order for Three Rivers Casino.
Vote 6-0-1

RESOLUTION NO.:25-018
Date of Passage: January 29, 2025
Subject (title): Machine Order
Explanation: Tribal Council approves this machine order for Three Rivers Casino.
Vote 6-0-1

RESOLUTION NO.:25-019
Date of Passage: January 29, 2025
Subject (title): Machine Order
Explanation: Tribal Council approves this machine order for Three Rivers Casino.
Vote 6-0-1

RESOLUTION NO.:25-020
Date of Passage: January 29, 2025
Subject (title): Machine Order
Explanation: Tribal Council approves this machine order for Three Rivers Casino.
Vote 6-0-1

RESOLUTION NO.:25-021
Date of Passage: January 29, 2025
Subject (title): Contract Approval
Explanation: Tribal Council approves this contract for hotel remodel for Three Rivers Casino. **Vote 5-1-1**

RESOLUTION NO.:25-022
Date of Passage: January 29, 2025
Subject (title): Human Resources Consolidation
Explanation: Tribal Council approves the consolidation of Human Resources Management for Tribal Government and Three Rivers Casino, under the supervision of Tribal Government. **Vote 7-0-0**

RESOLUTION NO.:25-023
Date of Passage: January 29, 2025
Subject (title): Appointment of Tribal Benefits Board
Explanation: Tribal Council appoints and reaffirms the following the Benefits Board: Teresa Spangler, Cindy Castro, Don Moos, Carmen Cole, Shelby Erickson and Iliana Montiel. **Vote 5-0-2**

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

Tribal Member Aubrey Skinner Walks-On
July 12, 1971 - January 12, 2025

Aubrey Skinner loved the outdoors, especially hunting and fishing.
He was a precision welder and metal fabricator.
He is survived by his mother Deborah Perry, father Denny Winston Skinner, and Daughter Laura Elizabeth Skinner, many aunts, uncles and cousins.

Posted March 1 ,2025

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.

Tribal Member: Max Colicchie Snead	**Tribal Member: Marley Joe Snead**
Parent: Rachael Lee (Wymer) Snead	Parent: Rachael Lee (Wymer) Snead
Lineal Descendant: Ida (Helms) Gwinn	Lineal Descendant: Ida (Helms) Gwinn
Tribe: Coos	Tribe: Coos
Tribal Member: Madelyn Kay Karnes	**Tribal Member: Lainey Rose Walton**
Parent: Christina Marie Miller	Parent: Courtney Leigh Amelia Krossman
Lineal Descendant: John R Perry Sr 1940 Roll	Lineal Descendant: Tennapah Jane Talbot Allt #135
Tribe: Lower Umpqua	Tribe:Coos

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).

THE VOICE OF CLUSI TRIBAL PAPER



If you or anyone in your family has had any recent special awards or achievements that you would like to share, please submit your information and photos to the newsletter.

I look forward to hearing from you!

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

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

Hidden Image Search:

Can You Find Me?

In this edition of The Voice of CLUSI there is a hidden image of a **SALAL Leaf exactly like the one pictured below**.
It could be any size and on any page, but will look exactly like the one shown here.
If you find it, email mgaines@ctclusi.org to have your name entered into a prize drawing. **In your email you must include your name, age, address (for mailing purposes) and contact phone number.**
In your email you must also let us know what page and where on the page you spotted the Salal hiding!
Must email by MARCH 14th to be included in the raffle drawing.
Winners will be notified by phone or email and their name will appear in an upcoming edition of the Voice of CLUSI paper. Prizes will vary and are provided by different CTCLUSI Government departments.



February Hidden Dragonfly
Adult Winner: Jessica Olson
Youth Winner: Liam Petrie

The Dragonfly was hidden on page 11, hidden in the trees in the photo of Alycia Cossey outside of Tribal Hall.



FIRST CANOE PULL

March 8th

@ munsel lake Florence, OR

10 am - 2 pm

RSVP BY 3/3/25

- Canoeing
- dahai, daha, chiiyusan planting
- Labrador Tea Gathering

We will be meeting at the Florence Outreach (3757 HWY. 101, Florence, OR 97438) office where we will be making a sack lunch to take with us.

please bring a water bottle

OPEN TO TRIBAL MEMBERS AND FAMILIES

Contact Alycia Cossey
541-294-1237

ATTENTION
CTCLUSI & COMMUNITY YOUTH
CANOE + S.T.E.A.M. PROGRAM

(Science, technology, engineering, arts, and mathmatics)

COMING SOON!

If you are a tribal member or within a tribal household and between 11-24 years old, you are invited to join in to learn about culture, water, and science! All while having FUN!



Parents/Guardians please contact Mark Petrie at mpetrie@ctclusi.org for more information!

CAMP HOOHOOLII
SPRING BREAK 2025



MARCH 24 - 28, 2025



Spring Break Camp 2025 is an in-person, overnight camp for any Tribal Youth, CTCLUSI Youth, and Staff Youth 8-18 years old.

This year, camp is being held from March 24th (Drop off day) through March 28th (Pick up Day).

Camp Cleawox, Florence, Oregon.

Deadline to sign up for camp is March 14th!

Scan QR Code to fill out your application online



2025 Youth Event
Save-the-Dates

- **AFTER SCHOOL - COOS BAY ONLY**
  - DURING THE SCHOOL YEAR
- **SPRING BREAK**
  - MARCH 24-28
- **FRESH AIR CAMP**
  - JULY
- **STUDENT RECOGNITION EVENT**
  - AUGUST
- **BACK TO SCHOOL EVENT**
  - AUGUST
- **EDUCATION DEPARTMENT OPEN HOUSE**
  - SEPTEMBER
- **...AND MORE! STAY TUNED BY SCANNING THE QR CODE!**

QUESTIONS?

PLEASE CONTACT:
EDUCATION@CTCLUSI.ORG

INTERESTED?

https://bit.ly/CTCLUSIYouthEvents

SAVE THE DATE

Seeds of Success Community Fellows Field School June 22 - July 3, 2025

The Seeds of Success Community Fellows program is getting ready for the 3rd annual Field School to run June 22 – July 3, 2025. Applications for the two-week intensive internship will open soon for youth ages 14 – 24. Interns will work in the forest, reconnecting with the lands of their ancestors and reestablishing a reciprocal relationship with those lands. Interns will learn culturally significant plants, how to identify them and their uses, soil science, pollinator ecology, forestry, and about ecocultural restoration while gaining employment skills in the outdoors.

Interns will work alongside CTCLUSI Natural Resources and Culture and Forest Management staff as well as Oregon State University's College of Forestry faculty researchers, graduate students, and interns, performing research related to the ecocultural restoration of the Tribe's Lake Tract located in Horton, OR. Stipends, meals, transportation, and all work supplies will be provided.

CONFEDERATED TRIBES OF COOS, LOWER UMPQUA, AND SIUSLAW INDIANS

SPRING EQUINOX

OVERNIGHT CAMP

sweats, language games, plankhouse, food



Let us come together to celebrate The Spring Equinox

March 20th
1pm - Women's Sweat
5pm - Dinner & Language Games
(1 pm - 8 pm plankhouse open)
March 21st
9:00 am - Light Breakfast
10:00 am - Men's Sweat
(8 am - 1 pm plankhouse open)

March 20th & 21st
Tribal Hall
For Tribal Members and Families

Contact Alycia Cossey
Outdoor Camping Available around Tribal Hall
RSVP by March 10th
541-294-1237

SAVE THE DATE

Indigenous Youth Camp at OSU

The 4th annual Indigenous Youth Camp at OSU will be held August 10th – 15th, 2025. Registration will be open soon. This camp, designed in partnership with OSU and CTCLUSI, is open to all Native American youth entering 9th -12th grades and living in Oregon. Campers will receive a stipend award for completing the camp. The camp is based at the OSU campus in Corvallis where youth stay in dorms and take lots of fun field trips to sites in western Oregon. Youth learn about environmental science, Indigenous Knowledge and tools for accessing college education. Several CTCLUSI members serve as camp staff.





TIME: 10 AM - 2 PM

Come participate in our potlatch culture and learn how to make a hairpipe bone necklace.

***All necklaces made will be added to a cash of gifts that our tribal government can gift.**

DATE LOCATIONS

MARCH 5TH — **Tribal Hall: *open to Tribal Member/Households***

This event is combined with the Elder's Potluck, please bring a dish to share with the meal.

MARCH 19TH — **Florence outreach: *Open to Tribal members/households & CTCLUSI Staff***

Lunch is provided

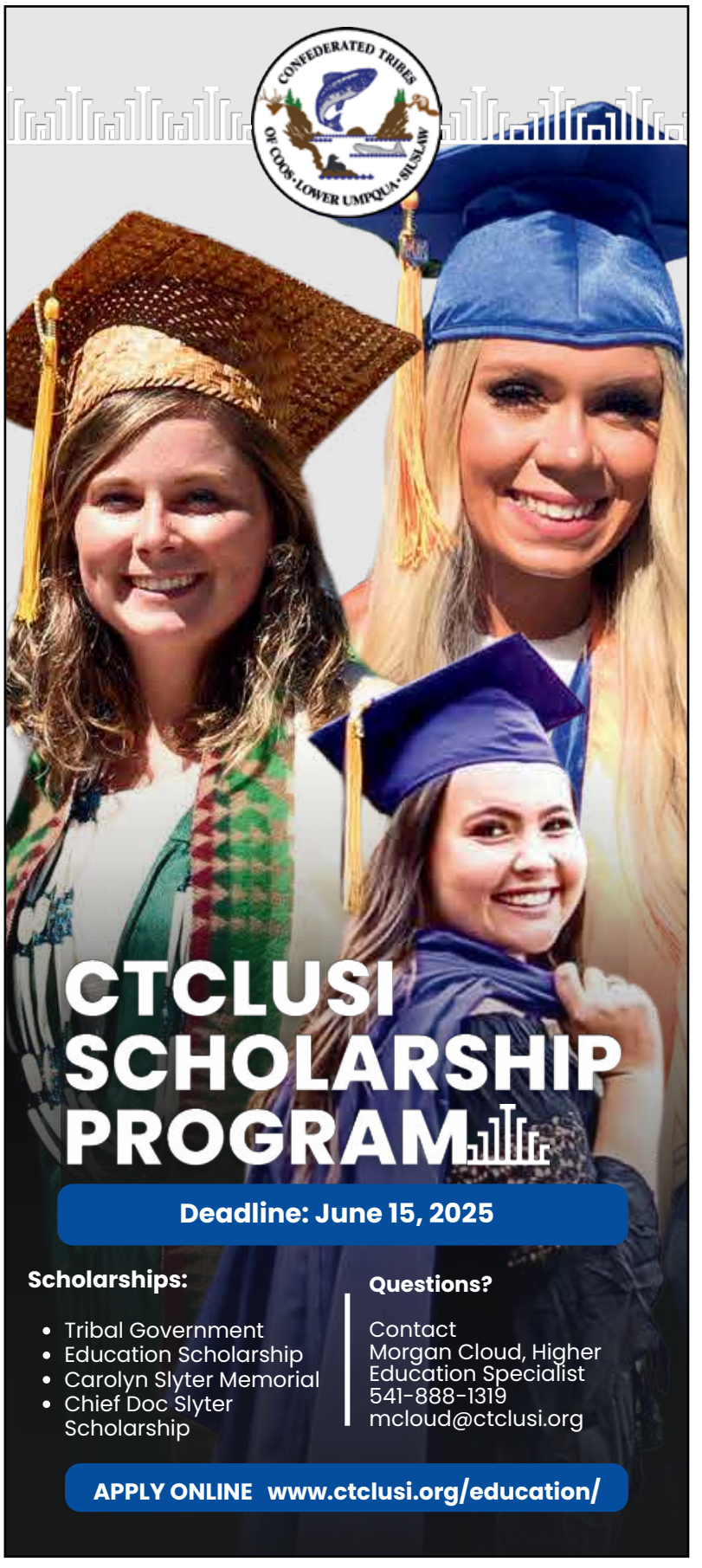
APRIL 9TH — **Tribal Hall: *open to Tribal Member/Households***

This event is combined with the Elder's Potluck, please bring a dish to share with the meal.

APRIL 23RD — **Eugene Outreach: *Open to Tribal Members/Households & CTCLUSI Staff***

Lunch is povided

RSVP — ***Please Call or email Alycia Cossey to RSVP acossey@ctclusi.org 541-294-1237***



LOOKING FOR TRIBAL ARTISANS

ROOTS AND VISIONS EXHIBIT- COOS ART'S MUSEUM

EXHIBIT DATE OPENING 10/24/25

We are looking for tribal artisans who wish to participate in having their art displayed at this upcoming exhibit.

If you are interested, please scan the QR Code for more details and to fill out the Tribal Artist Submission Application.

The Culture Committee will be reviewing all submissions on April 21st.

Why RSVP for Tribal Events?

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



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

Invitation for Vendors or Artisans to Submit Products or Services

January 31, 2025

Subject: Invitation for Vendors or Artisans to Submit Products or Services

Dear Vendor or Artisan,

Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI) is seeking qualified vendors to provide products or services in support of our CTCLUSI projects or programs. The purpose of this invitation is to create a preferred vendor list. We invite you to submit proposals detailing how your products or services meet our various program requirements.

Scope of Work:

Please provide a detailed description of the products or services you provide, include any specific features, requirements, or technical specifications.

Submission Requirements:

Interested vendors must submit the following:

1. A detailed proposal of products or services including pricing, timelines, and deliverables.
2. A company or individual profile with relevant experience and references.
3. Any credentials, warranties, or compliance documentation, if applicable.
4. Terms and conditions for the proposed product or service.

Deadline for Submission:
Proposals are accepted throughout the year for qualified vendor's products or services. Vendor or Artisan must have submitted proposals prior to the selection of the product or service posted, to be considered. The proposal will be considered for all requests after it's submission.

Evaluation Criteria:

Proposals will be evaluated based on:

- Quality and compliance with our requirements.
- Cost-effectiveness.
- Vendor qualifications and experience.
- Delivery timelines.

Submission Instructions:

Please submit your proposals via mail or email to:

Norbert A. Johnson, MBA, MHEd, RRT
Procurement Manager
1245 Fulton Ave
Coos Bay, Or 97420
njohnson@ctclusi.org

Suicide Prevention: How to Help

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

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

Get them help and take care of yourself. Research local resources. Don't be afraid to get your loved one the help they might need. Support them in identifying others to talk to that may understand how they feel – family members, friends, co-workers, and community or spiritual leaders.

The 988 Lifeline is always here to talk or chat, both for support in a time of crisis and to support friends and loved ones.

https://988lifeline.org/

988 SUICIDE & CRISIS LIFELINE

Citizen Portal www.ctclusi.org

Do you need assistance with registering or re-gaining access to the Citizen Portal of the Tribal Government website?
I'm here to help! Contact me directly with any Tribal website access issues that you have.
The Citizen Portal contains the links to the monthly Tribal Council meeting Zoom links, culturally significant information and more!

Also be sure to check out the online Events Calendar for upcoming activities!

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

Caring Messages

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

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

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

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



Siuslaw Tribal Youth Zhade Beers Accepted into Prestigous Ballet Company Summer Intensive

Zhade Beers is a Siuslaw and Lower Umpqua tribal member, who started dancing at the age of 3 years old. When she was younger, Z was a very quiet and reserved (she still sometimes is). The first 2 months of classes she sat at the edge of the dance floor and only watched--too shy to participate. It wasn't until the next round of classes, with the comfort of consistency and familiar faces, did she gain the courage to try the steps for herself.

Fast-forward 10 years later and Zhade has grown into an accomplished performer. She found connection and belonging through music, theater, and dance. Dance became her passion and what she enjoys most. As tribal people, any of you reading this understands dance and its deep significance in indigenous culture. From this Tribe's Feather dance, to the Sinulog dance from her Cebu tribe in the Philippines, and the Bata Dance in Nigeria, dance culture runs deep in her veins. It's who she is. Zhade feels dance like we breathe air. It is a truly beautiful thing when something becomes a part of a person like that, and it has been quite inspiring watching it happen with her over these years.

We know dance is culture and that dance is art and expression that has been around probably since time immemorial; but dance can also be athletic and competitive. Most people don't think about sports outside of the traditional athletics offered in schools. People train their whole lives and dedicate their time to dance in the same way other athletes do with other sports. Being a dancer requires incredible core and leg strength, balance, and coordination. Zhade often jokes that it just as hard if not harder to do her sport, except she doesn't get to sweat, show any effort on her face, and most of the time she has to smile the whole time!

Since 2022 at age 10, Z really ramped up her dance training. She has consistently trained 4-5 days per week in many styles including contemporary, lyrical, tap, hip hop (which is her favorite style of dance), and of course, ballet. She also was on a competitive dance team for the last three years. During the busy season she is dancing at 3 different studios each specializing in different disciplines. She also participated in a three week intensive at Eugene Ballet last summer. Ballet is her most technical style of dance, and her dedication earned her the accomplishment of going en pointe at the age of 11. Her skills and advancement often makes it hard to find adequate instruction for her locally.

This February, Z auditioned for three summer intensives: Oregon Ballet Theatre (OBT), Pacific Northwest Ballet in Seattle, and Ballet West in Utah. She wanted to audition for the experience because her goal was to attend these intensives when she is in high school and wanted to know what to expect when she auditioned "for real." She was accepted into OBT and Ballet West, which was a surprise, an honor, and a testament to her skill.

Ballet summer intensives are rigorous, short-term training programs designed for ballet students to improve their technique, artistry, and overall dance skills. These programs are held at professional ballet schools or academies. They range from a few weeks to a couple of months and are for serious dancers, like Z, looking to advance their training. With auditions held across the US, these are difficult programs to get accepted into as they favor students that already attend these academies as regular students or have attended their intensives in years prior. These ballet intensives are the best way she can get top instruction at top academies with the limited access we have in rural Oregon. If we lived closer, we might be able to enroll her at a dance academy like this one, but since we don't, summer programs are the access point for this level of instruction for dancers like her.

At this intensive, she will be dancing 6 days a week, Monday thru Saturday including a two-hour technique class, a one hour additional ballet class (such as pointe, pas de deux, variations, or repertoire) and a one hour class of a different dance genre (jazz, modern, contemporary, character, flamenco, Irish) each day. In addition, every level has a cross training class (such as Pilates, yoga, conditioning, or a seminar) each day.

We are excited for this opportunity for Z to dance at this prestigious ballet company this summer and are raising funds to send her to Utah. She will be representing her amazing Filipina and Nigerian self, and will be the only Siuslaw native to have ever danced there. She wants to make herself, her family, and her tribe proud. If you would like to help her realize this goal, there is a Go Fund Me account set up under "Zhade's Ballet West Summer Intensive Fund" or the direct URL is https://gofund.me/fc8d2f43. Funds raised will go towards tuition, her housing and meal plan, travel expenses, and needed attire (you have no idea how many pointe shoes ballerinas go through).

***information and photographs provided by Maree Beers**









Integrated Behavioral Health at Three Rivers Health Center

The term behavioral health encompasses many aspects of individual and community well-being. While physical health and medicine focus on the normal functioning of the body, behavioral health pays attention to the emotions and behaviors that affect your daily life. This includes mental health, substance use problems, life stressors, and stress-related physical symptoms. The field of behavioral health thinks not only about how an individual or family's mindset impacts their well-being, but also about their lifestyle, habits, culture, contextual factors (such as socioeconomic and political environment, climate and environmental health, and connection with land, history, and language), and its linkage with the body and spirit.

As the Behavioral Health Director of Three Rivers Health Center (TRHC), I seek ways to improve access and delivery of behavioral health services that uphold the values and mission of TRHC and CTCLUSI. I came to work at TRHC because of its commitment to providing multidimensional care for the mind-body-spirit, and CTCLUSI's dedication to promoting the health of individuals, communities, and future generations. At TRHC, we recognize the complexity of health issues and systems in which healthcare is provided that tribal members and other indigenous communities face. As TRHC grows its services, I am happy to introduce one of our services whose goals include increasing access and addressing health across multiple dimensions. This type of care is called Integrated Behavioral Health.

I have been passionate about integrated behavioral health since my early days as a clinical social worker working in an urban federally qualified health center in Chicago. I love working in integrated healthcare environments, such as primary care, due to the ability to provide timely-access (often same-day appointments), reduce stigma associated with mental illness and addiction, and deliver care that is meaningful to a patient's life and relationships. Through a team-based approach, integrated behavioral health providers partner with medical teams to prioritize a collaborative relationship with patients and families that is holistic, culturally relevant, and relational.

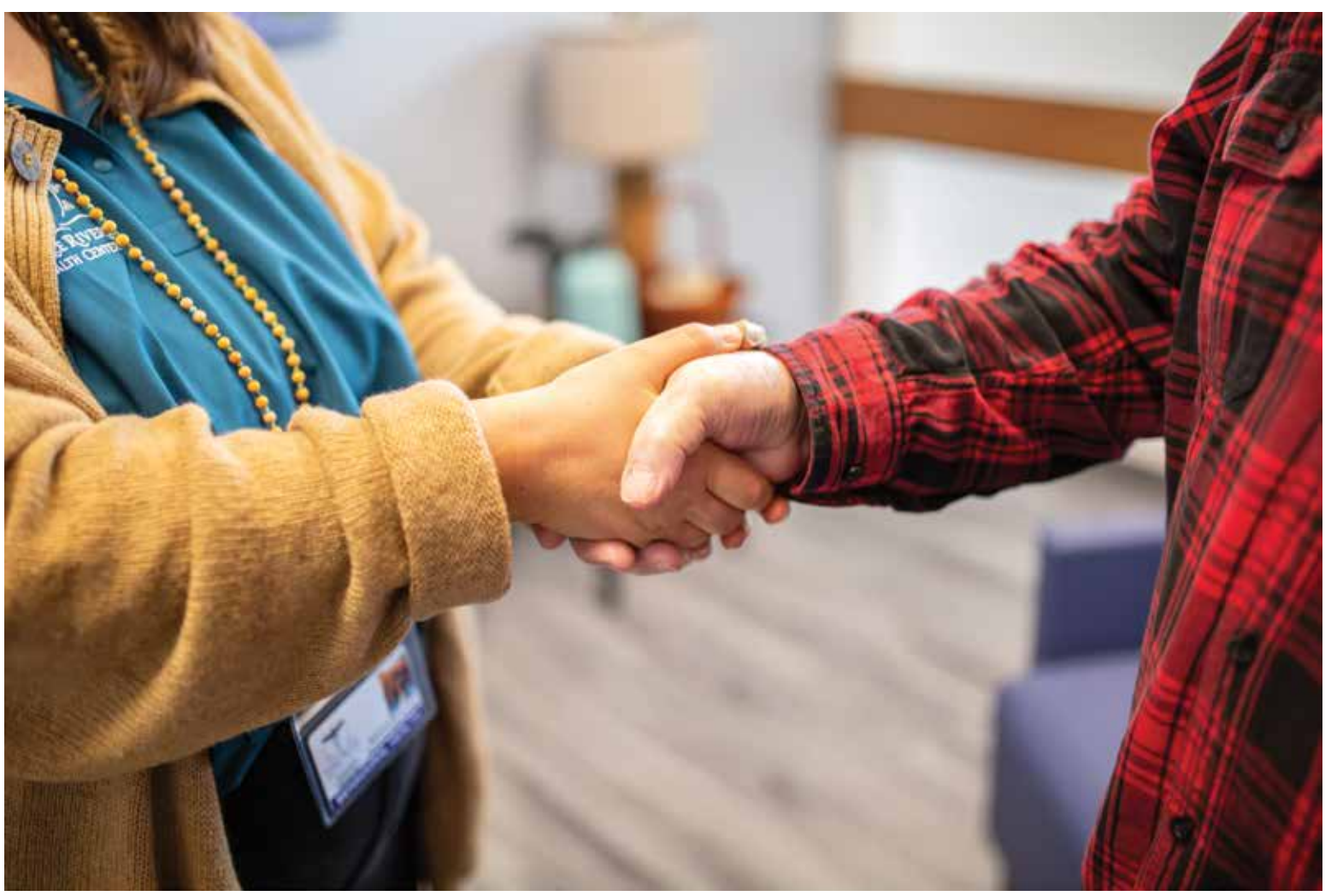
At TRHC, we recognize the complexity of health issues and systems in which healthcare is provided that tribal members and other indigenous communities face.

Integrated behavioral health is a progressive model of care where behavioral health providers are members of the primary care medical team and use focused, holistic interventions from culturally and trauma-informed perspectives. Integrated care is a popular model utilized at many healthcare centers, including many tribal health clinics, IHS clinics, and urban Indian health centers. Behavioral health providers in primary care can help with any range of simple and complicated problems for patients of all ages, including managing serious health conditions, sleep problems, smoking cessation, chronic diseases and pain, relationship problems, depression and anxiety, grief, parenting issues, and much more. When behavioral health partners with medical, dental, pharmacy, and other specialty providers, patients' health tends to get better, their strengths and resilience are enhanced, and they're more satisfied with their care. This model of care is just one of the behavioral health services we proudly provide at TRHC.

We hope that patients of TRHC will find this team-based approach to care both satisfying and helpful for making them feel better in their daily lives. If you receive medical services at TRHC, you may meet one of our Integrated Behavioral Health providers during your visit. To access our team, you can talk with any member of the TRHC care team. If you do not receive care at TRHC, you may have access to Integrated Behavioral Health at your primary care provider's office or you can call us at 541-435-7200 to ask for more information. We look forward to meeting you!

Kelli Bosak, LCSW



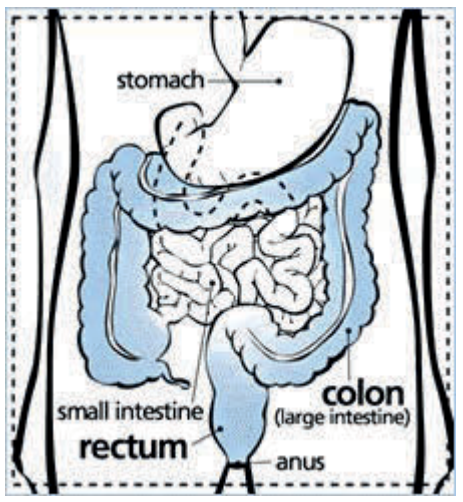


March is Colorectal Cancer Awareness Month

Contributed by CTCLUSI Community Health

Overview
If you're aged 45 to 75, get tested regularly for colorectal cancer. A special test (called a screening test) can help prevent colorectal cancer or find it early, when it may be easier to treat. You may need to get tested before age 45 if colorectal cancer runs in your family. Talk with your doctor and ask about your risk for colorectal cancer.

What is colorectal cancer?
Colorectal cancer is a cancer that develops in the colon or the rectum. The colon is the longest part of the large intestine. The rectum is the bottom part of the large intestine. Like all cancers, colorectal cancer can spread to other parts of your body.



Am I at risk for colorectal cancer?
The risk of developing colorectal cancer increases as you get older. That's why screening is recommended for everyone ages 45 to 75.

Other risk factors are:
- Having certain types of polyps (growths) inside the colon
- Having a personal or family history of colorectal cancer
- Smoking cigarettes
- Being overweight or having obesity
- Not getting enough physical activity
- Drinking too much alcohol
- Having certain health conditions, like Crohn's disease, that cause chronic (long-term) inflammation (ongoing irritation) of the small intestine and colon

How do I decide which test to take?
There are different ways to test for colorectal cancer. Your doctor can help you decide which test you would prefer. Before you talk with your doctor about which test to get, it can be helpful to think about your values and preferences. Answer these questions to find out which test you would prefer — then share the results with your doctor. Together, you and your doctor can make a screening plan that's right for you.

What are the different kinds of tests?
Several different kinds of tests can be used to screen for colorectal cancer. The main types are:
- Stool-based tests
- Tests that look directly inside the colon and rectum

Stool tests are done at home. You collect a stool (poop) sample and send it to a lab for testing. Then the lab sends the results to your doctor. Tests that look directly at your colon and rectum — like a colonoscopy — happen in a doctor's office or hospital. For these tests, you need to take a laxative to clean out your bowels before the appointment. You'll get anesthesia before the test, and you'll need someone to drive you home after the test. Your doctor will tell you how to get ready for your test, including if you need to avoid certain foods beforehand.

Does it hurt to get a colonoscopy?
Preparing for a colonoscopy can be unpleasant, but most people agree that the benefits to their health outweigh any discomfort. And getting anesthesia means you won't have any pain or feel uncomfortable during the test.

How often should I get screened for colorectal cancer?
How often you need to get screened will depend on:
- Your risk for colorectal cancer
- Which screening test you choose

Take control — act early
If you start getting screened at age 45, you have a good chance of preventing colorectal cancer or finding it when it can be treated more easily.
- If your doctor finds polyps inside your colon during the test, they can remove the polyps before they turn into cancer
- If your doctor finds cancer during the test, you can take steps to get treatment right away

Get Tested
The best way to prevent colorectal cancer — or find it early — is to get tested starting at age 45. Talk with your doctor about getting screened.

Source: The Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, U.S. Department of Health and Human Services. (n.d.). Get tested for colorectal cancer. Retrieved from https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-tested-colorectal-cancer#the-basics-tab

Tribal Elder Eddie Helms Celebrates 85th Birthday







Tribal Elder Eddie Helms celebrated his 85th birthday surrounded by family and friends. It was a wonderful day in the Tribal Community Center with everyone gathered together to celebrate a beloved Elder within the community.

Photos sent in by Tribal Council Member Julie Siestreem

Elders Corner

Supplemental Security Income Program for Elders 65+

Enrolled CTCLUSI citizens who turn 65 years of age, can begin to receive an Elders Pension through the Supplemental Security Income Program.

An application form is required. The form can be found on the Tribal Government website or using this web address ***https://laserfiche.ctclusi.org/Forms/Elder-Supplemental-Security-Income***

Need assistance filling out your application or have questions about the program? Contact the Enrollment Department today at 541-435-7178.

Elders Potluck Luncheon

Hosted by Tribal Elder
Eddie Helms

First Wednesday of the month at

Tribal Hall
338 Wallace Ave., Coos Bay, OR

Bring a dish to share

12 (noon) - 2 p.m.

OPPORTUNITIES FOR ELDERS

Are you a CTCLUSI Tribal Elder interested in learning something new?

The CTCLUSI Education department can help cover the costs and help arrange classes for you—whether at a local college, community center, or online.

WANT TO SHARE YOUR WISDOM?

We're also seeking Elders to tutor and inspire younger students!

Please Contact Morgan Cloud at mcloud@ctclusi.org today to learn more!

Elders Honor Day 2025

March 21 & 22, 2025

Hosted by
the Coquille Indian Tribe

SAVE THE DATE
THE COQUILLE INDIAN TRIBE
OREGON TRIBAL ELDERS HONOR DAY

WILL BE HELD MARCH 21 & 22, 2025
AT THE MILL CASINO & HOTEL
(Registration forms and agenda will be coming soon)

There will be no charges for Tribal Elders for any of the activities, All other guests with the exception of legal spouses and caregivers will be charged for meals.

Rooms are blocked under Elders Honor Day at
The Mill Casino.
Rooms are $150 + Tax.
To reserve please call 541-756-8800 X 3

ALL GUESTS MUST BE OVER 55 YEARS OLD WITH EXCEPTION OF LEGAL SPOUSES, CAREGIVERS AND STAFF.

Lodging will be paid for by the CTCLUSI Elders Program for the night of Friday, March 21, 2025 only.

No Transportation will be provided.

All guests must be over 55 years old with exception of legal spouses and caregivers.

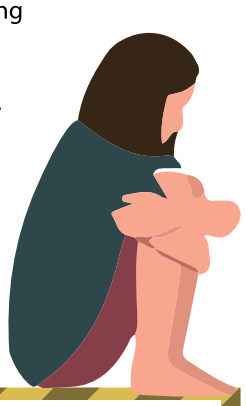
Please contact Barbara Black at 541-888-7520 for lodging reservations.

March is National Traumatic Brain Injury Awareness Month

What might I notice that could be a sign my brain was hurt?

- Felt funny or something seemed different or off
- Don't remember what happened
- Felt dazed and confused, like your head was in a fog, or worried you were losing it
- Couldn't see right or saw stars and spots
- Felt dizzy or clumsy or had problems with balance
- Had headaches, pain in your face and neck, or bruising or swelling
- Felt agitated or restless and couldn't calm down
- Had problems with sleeping—too much, too little, or bad sleep

These symptoms generally get better with time, though not always.



What should I do if I was recently hurt in the head?

- **Stay with someone safe for at least 3 days** to watch for signs you need medical care.
- **See a doctor if you can**, especially if you or someone else is worried about something.

Get Medical Care if You Have:

- A headache that does not go away or gets worse
- One pupil (eye) is larger than the other
- Trouble remembering what happened
- Extreme drowsiness or difficulty waking up
- Slurred speech, numbness, or decreased coordination
- Repeated vomiting or nausea
- Been shaking or twitching
- Unusual behavior, confusion, restlessness, or agitation
- Peed or pooped unintentionally
- Lost consciousness, passed out, or were knocked out

If it's **hard** or **painful** to **breathe**, **swallow**, or **talk**.

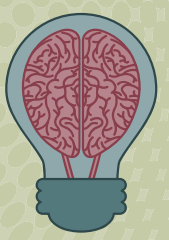
Common Troubles after a Head Injury

These are ***not*** signs you are stupid or crazy

Physical	Emotions	Thinking
Headaches	Worries and fears	Remembering things
Sleeping Problems	Panic attacks	Understanding things
Sensitive to light or noise	Flashbacks	Paying attention or focus
Dizziness	Sadness	Following directions
Balance Problems	Depression	Getting things started
Fatigue	Hopelessness	Figuring out what to do next
Seizures	Anger or rage	Organizing things
	Irritable	Controlling your emotions or reactions

Can brain injuries heal?

You are amazing, and so is your brain. Your brain can heal, and brain injuries can get better, especially when they get identified early. There are many different ways professionals treat brain injuries, but who will help you depends on how you were affected by your head injury. If your vision is off, you will see someone different than if you are having seizures, or if you are having thinking problems such as paying attention or focusing.



What helps my brain get better after it was hurt?

Get good sleep	Don't do anything that makes you feel worse	Don't use screens for a few days, the light and stimulation can hurt your brain
Take it easy and rest your brain and body	Plan ahead	Expect things to take extra time
Take breaks	Do important things in the morning, because your brain is fresher	Try to avoid your head being hurt again

You Are STRONG

To talk with someone about domestic violence:

Call the National Hotline at **1-800-799-7233** to find your nearest program.

Your local program:

Circles of Healing
Confidential Advocate:
541-294-8624 or 541-808-8152

To learn more about head injuries caused by domestic violence go to **www.odvn.org/brain-injury**

Ohio Domestic Violence Network ODVN | care | The Center on Partner-Inflicted Brain Injury

This publication was supported by grant number 2019-VOCA-132133375 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Ohio Attorney General's Office. Victims of federal crimes will be served.

MARCH IS SELF-HARM AWARENESS MONTH

Contributed by CTCLUSI Circles of Healing Program

Self-harm means hurting yourself on purpose. Also known as self-injury, self-harm is a symptom of extreme emotional distress. Individuals, in particular teens, engage in different types of self-harm that can be hard to identify

RISK FACTORS AND WARNING SIGNS OF SELF-HARM

Self-harm usually begins in adolescence, around the ages of 13 and 14, when emotions are more volatile and teens are facing increased peer pressure, loneliness, and conflicts with parents and other authority figures.

Some factors that may increase the risk of self-harm include:

- Having friends who self-injure
- Life issues such as trauma, abuse, unstable family environment, social isolation, and confusion about personal identity
- Mental health issues
- Drug/alcohol use

WHEN A FRIEND OR LOVED ONE SELF-HARMS

If you're worried a friend or loved one might be hurting themselves, ask them how they're doing and be prepared to listen to the answer, even if it makes you uncomfortable. This may be a hard subject to understand. One of the best things is to tell them that while you may not fully understand, you'll be there to help. Don't dismiss emotions or try to turn it into a joke.

Although you might feel like you are betraying a confidence, self-injury is too big a problem to ignore. Here are some ways to help:

- Consult your pediatrician or other health care provider who can provide an initial evaluation or a referral to a mental health professional. Express your concern, but don't yell at your child or make threats or accusations.
- Suggest talking to another trusted adult, a teacher, counselor, or medical or mental health professional.
- Gently express your concern and encourage the person to seek medical and mental health treatment.

If you have questions or concerns and would like to speak to a confidential advocate, the Circles of Healing team is here for you

Monday- Friday 8:00 AM to 5:00 PM.

Coos Bay Advocate Abbigail Thomas: 541-294-8624

Eugene Advocate Jennifer Emerson: 541-808-8152

WE CAN USE NATURE TO HELP US FEEL CALMER, CENTERED & CONNECTED

Look Up at the Sky
What color is the sky? Do you see the shapes of clouds or do you see stars and the moon?

See Trees & Flowers
Do you see the trees or flowers? How high is the tree growing? Notice the colors that you see.

Listen to Sounds Outside
Do you feel vibrations, hear noises like birds chirping or some other sound? Maybe cars driving by or the wind blowing?

Plant Your Feet on the Ground
The earth beneath you holds you up. Let yourself feel the ground beneath your feet. We are connected to others.

Feel the Warm Sunshine
Do you notice if you sense a warm feeling from the sunshine or is it cold outside? Might you feel a breeze?

Breathe in the Fresh Air
As you breathe in—use your nose to see what you can smell outside. Do you notice different kinds of smells?



This publication was supported by grant number 2021-VOCA-134194037 awarded by the Office of Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Ohio Attorney General's Office.

Ohio Domestic Violence Network ODVN

Setting Healthy Boundaries in Relationships

Contributed by: Amanda Galer, LCSW, Behavioral Health Department Three Rivers Health Center

Love is blind! We've all heard this at some point, often from a caring relative or friend, who is trying to gently tell us that we are avoiding the truth of a relationship. It's hard to hear these words. To believe that someone we love so much and, perhaps, who professes to love us just the same, would ever do anything that might hurt us. Maybe we also see the signs, but we chose to ignore them, especially if the outcome could be losing the person we love the most.

Love can be blinding, no matter what type the love relationship may be. No parent wants to think their beautiful child could ever do the naughty things they might be accused of as they grow up. Just as no child wants to imagine their parent would have ever made any major mistakes in their life. Perhaps we give too much of ourselves to those around us. In the case of romantic relationships, it happens more often than we wish to think, and if not addressed sooner than later, can lead to a breakdown of the relationship over time.

So why do we allow ourselves to be blindsided by our loved ones?

Perhaps it is because we long to be loved by others. We think that if we give enough to others, they will love us more, or will never abandon us. We may see signs that our partner is less than perfect in their relationship with us, but we don't want to "rock the boat", dismissing our experiences as overthinking a situation. Maybe we did try to address the situation, but our partner dismisses our concerns, telling us we are just being paranoid. However, avoiding setting healthy boundaries in our relationships only ensures future conflict, and dooms the relationship to failure.

Think of your relationship as a business partnership.

There is no easy answer on how to approach this type of situation, but a helpful hint would be to think of your loving relationships just as you would a business partnership. Each member of the business brings to the table special skills and talents that make the business work. On no specific day is it ever a 50/50 relationship, with each partner doing exactly half of the work of the company. But if everyone works together, the business will grow and flourish.

In a company, partners sometimes have to work with other businesses to accomplish a common goal. By using the scenario of a business partnership to consider your relationship circumstances, you are better able to think objectively about the situation in order to set more healthy boundaries. This change in thinking only works because the 'love' aspect of the relationship is removed, allowing partners to refocus on respect and trust.

Consider these questions:

- Would it ever be appropriate for your partner to keep you in the dark as to any details of negotiations and/or communications with other businesses/individuals?
- Would it ever be appropriate for your partner to hide any benefits they have received for the business you have worked so hard together on building, or if your partner didn't share any of these benefits with you, even if you are aware of them?
- Would you ever tolerate your business partner depending on you to do all the hard work, while they are off enjoying the assets and/or free time you have given them by doing all their work?

To then begin to develop healthy boundaries, you must communicate your concerns to your partner. Rather than accusing them of doing something wrong in the relationship, focus on your emotions related to your experience of what they have done, such as;

"I've been feeling very overwhelmed by all the housework we have to do around here, and I was wondering if we could work together to figure out how to make it more manageable for both of us?"

Another approach might be;

"I've been feeling really lonely lately when you come home so late from work. Can we try to schedule some time later this week to reconnect?"

Opening up the dialogue in a way that involves your partner, rather than accusing them, will leave them less defensive and more open to hearing what you have to say.

No relationship is ever perfect. No relationship will ever by 50/50. However, if each partner works together to set healthy boundaries that promote trust, respect and partnership, the relationship will have a healthy foundation that will cause it to grow and flourish for many years to come.

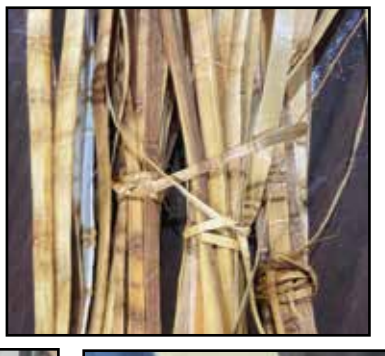
Cedar Processing Activity in Florence

Tribal community members gathered together in Florence, Oregon the weekend of February 1st and 2nd to process cedar bark. The process cedar from this event was split and stripped in preparation for weaving use.

Be sure to check the calendar on page 19 of this publication for dates of future events and activities or visit www.ctclusi.org/events/

We hope to see you at the next one!

***Photographs provided by Tribal Council member Julie Siestreem**











CTCLUSI RENTAL ASST.

This program assists low income Tribal Families maintain a rental home such as an apartment, house, duplex, or other approved rental unit by paying a portion of the rent directly to a private landlord and/or property management company. This program is only available in the State of Oregon.

Student rental assistance is also available to full time college students who are enrolled with CTCLUSI's Education Department and who meet the program criteria. Student Rental Assistance is available throughout the United States.

Waitlists are utilized if funding is unavailable at time of application.

FULL-TIME COLLEGE STUDENTS *INQUIRE NOW!*

FIRST COME - FIRST SERVE

STATEWIDE TENANT BASED ASSISTANCE

CTCLUSI HOUSING DEPT.

1320 Neese St.
Coos Bay, OR 97420
(541)-888-1310

Monday-Friday

8am-5pm

Child Care Development Fund (CCDF Program)

Childcare services birth to 5 years old can receive full-time childcare services.
Students Kindergarten up to 12 years old can receive before and/or after school care.
Services during school hours are not qualified for students Kindergarten up to 12 years old.

Eligibility:

- Must be a CTCLUSI enrolled tribal member.
- There is no income requirement to participate, and no co-pays.
- Participants need to reside within the 5-County Service Area
- Parent/guardian must show proof of employment, and/or enrollment in college or other programs.
- Participants must fill out a Parent and Provider applications which can be found on the Tribe's website.
- Provider can be a licensed Childcare Center, Licensed In-Home Childcare, or a Family Provider (grandparent, great-grandparent, aunt, uncle, sibling living in separate housing) with a cleared background check and current Pediatric CPR/1st Aid certification.

Contact:
Brandy Lauby
email: blauby@ctclusi.org
or call: 541-888-1314

Waste, Marine Debris, & Recycling

Tribal Government and Tribal Housing waste is collected by Les County Sanitary in Coos county, and Central Coast Disposal, in Lane County. Tribal members living on Tribal lands are encouraged to take their recycling t appropriate recycling facilities, such as transfer stations.

Coos County: Beaver Hill Disposal Site and West Coast Recycling and Transfer Station.
Douglas County: Roseburg, Glide, Reedsport, Canyonville, Myrtle Creek, Yoncalla, Glendale, Camas Valley, Elkton, and Tiller.
Lane County: Cottage Grove, Creswell, Florence, London, Low Pass, Mapleton, Marcola, McKenzie Bridge, Oakridge, Rattlesnake, Sharps Creek, Swisshome, Veneta, Vida, and Walton.

Discover what a recycling facility near you will accept.



Marine Debris Technology Survey

Where do you see trash?







HANDS-ON AFTER SCHOOL PROGRAM

3:30PM - 5:30 PM
TUESDAYS & THURSDAYS
STARTING OCTOBER
TRIBAL HALL, COOS BAY





COMBINING ADVENTURE WITH CULTURALLY-BASED LEARNING

WE OFFER THESE TRADITIONAL SKILL BUILDING ACTIVITIES:

- WEAVING
- GATHERING
- DRUM MAKING
- CLAM DIGGING
- HIDE SCRAPING
- KAYAKING
- ATLATL
- SHINNY
- BEADING
- MUCH MORE!

WANT TO GET INVOLVED?

PARENTS OF TRIBAL YOUTH PLEASE CONTACT:

- BRANDY LAUBY
- BLAUBY@CTCLUSI.ORG
- 541-888-1314

JOIN A TRIBAL COMMITTEE !

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

- Culture Committee

- Budget Committee

- Education Committee

- Elders Committee

- Enrollment Committee

- Language Committee

- Housing Committee

- Election Board

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

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

Please visit the Citizen Portal of the Tribal Government website at

www.ctclusi.org/tribal-committees/ for more information.

For more information or if you have any questions contact:

Jeannie Miller, Administrative Support Manager

1245 Fulton Ave. Coos Bay, Oregon 97420
Phone: 541-888-7506
Email: jmiller@ctclusi.org

Posted on Website: March 1, 2025

Posted in March 2025 Newsletter

NOTICE OF CODE ESTABLISHMENT

The following new proposed Code was passed for First Reading by Tribal Council on:

February 9, 2025

TITLE: 4 – DOMESTIC RELATIONS

Chapter 4-9 GUARDIANSHIP MINORS

The Tribal Council has approved the draft language to establish Chapter 4-9 Guardianship – Minors for First Reading; and

CLUSITC Chapter 4-9 : The Tribal Council declares that it is the policy of the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians (Tribes) to assure the future of the Tribes by establishing this chapter to protect the best interests of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians' children, to preserve the stability of the family and to protect the Tribes, its customs and culture. It is further the policy of the Tribes that guardianship is an acceptable and sometimes preferable placement to adoption or long-term foster care:

(1.) Provide for the welfare, care and protection of children; Protect the best interestss of children by preserving the unity of the family and to achieve the purposes of this act in a family environment whenever possible;

(2.) Protect and strengthen the cultural ties and ethnic identity of tribal children in general to the maximum extent possible; Secure to each child removed from his or her home the care, guidance, and control as nearly equivalent as practicable to that which the child should have been given by his parent or custodian to help him or her develop into a well-adjusted, responsible adult;

(3.) Protect from and prevent child abuse, neglect and abandonment; Provide judicial and other procedures through which the provisions of this Code are executed and enforced, and in which the parties are assured a fair hearing and their civil and legal rights are recognized.

Tribal Council hereby approves the establishment of Chapter 4-9 Guardianship and hereby approves for First Reading draft be posting for a twenty-eight (28) day period. Draft language as set out in the attached **Exhibit A** (deleted text is red and ~~stricken~~ and new text is blue and underlined),

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

April 13, 2025

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

Don't Miss Out

Update Your Contact Information

Is your contact information up-to-date?

Please contact the Enrollment Department today with your current contact information.

It is important that your information is current and accurate so that you do not miss out on updates regarding Tribal benefits, programs, invitations to events, and Tribal Election Ballots.

Forms are also available online to update your contact information, request new Tribal ID cards, change of name requests and more.

Visit ***https://ctclusi.org/enrollment/*** to fill out these forms online. Contact Enrollment by calling 541-435-7178 or email enrollment@ctclusi.org

Confederated Tribes of
Coos, Lower Umpqua and Siuslaw Indians

Department of Human Resources

Current Openings as of 02/13/25

Tribal Government Offices Job Opportunities

- *Assistant Director of Natural Resources & Culture – Coos Bay*
- *Circles of Healing Transitional Services Specialist – Coos Bay*
- *Clinic Scheduler – Three Rivers Health Center – Coos Bay*
- *Cultural Resources Protection Technician I – Coos Bay*
- *Dental Assistant I. – Coos Bay*
- *Dental Therapist – Coos Bay*
- *Events Coordinator – Coos Bay*
- *Gaming Inspector - Florence*
- *Laboratory Technician I. – Coos Bay*
- *Medical Assistant – Primary Care – Three Rivers Health Center – Coos Bay*
- *Medical Director – Three Rivers Health Center*
- *Ocean Fishing Deckhand: On-Call*
- *Special Events – On Call – Varies on Assignment*
- *Surveillance Agent I. – Various Shifts*
- *Surveillance Agent II. – Various Shifts*
- *Tribal Youth Engagement Specialist*

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

Updated Frequently

Tribal Members please log in to the Citizen Porrtal to access any CTCLUSI Tribal Member Job Opportunities

Please email questions to ***recruitment@ctclusihr.org***

PEACEGIVING

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

All Peacegiving issues are confidential.



Photo by Morgan Gaines

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

Peacegiving Coordinator
1245 Fulton Avenue
Coos Bay, OR 97420
PHONE: (541) 888-1306 or (541) 888-1316
EMAIL: Peacegiving@ctclusi.org Website: https://ctclusi.org/tribalcourtpeacegiving

WELLNESS COURT

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



Confidential

Contact Tribal Wellness Court.
(541) 888-1307

Free 4-Week (On-Line) Fitness Workshops
Low Impact Workouts Led by Certified Instructors

March 2025
Tuesdays & Thursdays
6-7pm

On-Line Zoom Event
All Ages!

BE FIT BE STRONGER
ESTD 2025

No equipment Necessary

FITNESS *Club*

In the Spirit of Prevention and Healthy Life Style
RSVP 541-744-1334 to Obtain Link to Attend
Sponsored by the CLUSI Social Services Department

Tribal Tobacco Prevention Program



This year we have grown our
Nicotiana quadrivalvis var. multivalvis
(Columbian Tobacco)
Seeds and dried Tobacco available



If you need Traditional Tobacco please reach out to Nicole Romine 541-294-9341 or nromine@ctclusi.org

Upcoming Events

RSVP for events by calling

1-541-435-7155

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
2	3	4 Online Fitness Workshop 6:00 pm	5 I Can Bead That Tribal Hall 10am Elders Potluck Tribal Hall	6 Online Fitness Workshop 6:00 pm	7	8 First Canoe Pull Medicine Gathering Munsel Lake
9 Regular Council Meeting 10:00am	10	11 Online Fitness Workshop 6:00 pm	12	13 Online Fitness Workshop 6:00 pm	14	15
16	17	18 Online Fitness Workshop 6:00 pm	19 I Can Bead That Florence Outreach10am	20 Online Fitness Workshop 6pm Equinox Overnight Women's Sweat Language Games	21 Tribal Court Edu Series: Session IV. Tribal Hall, Noon Equinox Overnight Men's Sweat Coquille Elders Honor Day Mill Casino, Coos Bay	22 Coquille Elders Honor Day Mill Casino, Coos Bay
23 30	24 31	25 Spring Break Camp Online Fitness Workshop 6:00 pm	26 Business Council Meeting 6:00 p.m.	27 Online Fitness Workshop 6:00 pm	28	29

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 Elders Potluck Tribal Hall	3	4	5
6	7	8	9 I Can Bead That Tribal Hall 10am	10	11	12 Invasive Species Removal/ Tobacco Planting- T ribal Hall 10am
13 Regular Council Meeting 10:00am	14	15	16	17	18	19 Earth Day John Topits Park
20	21 Deadline Roots & Vision Exhibit Application Due	22	23 I Can Bead That Eugene Outreach 10am	24	25	26 Canoe Pull
27	28	29	30 Business Council Meeting 6:00 p.m.	1	2	3

Hiis Haiyach – with a good heart

ATTENTION TRIBAL ARTISANS

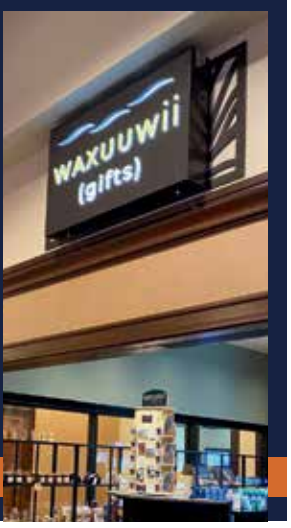
WAXUUWII (GIFTS) IS OPEN!

Three Rivers Casino and Resort in Florence Oregon has re-opened its Gift Shop doors! CTCLUSI Tribal Artisans are encouraged to contact us for an opportunity to sell their work at waxuuwii (gifts) at Three Rivers Casino Resort in Florence, Oregon

Contact Us

541-999-7938

tspangler@threeriverscasino.com





MONDAYS 6PM-9PM

$50 Cash Hot Seats every 20 minutes



TUESDAYS 7PM-9PM

Drawings every 30 minutes to win a Designer Bag. PLUS, win a cash prize up to $500! One entry for every 100 same-day points earned on Tuesdays.



WEDNESDAYS 6PM-9PM

Spin the wheel and win up to $1,500! Drawings every 30 minutes. One enry for every 100 same-day points earned.

ARISTOCRAT GAMING

MARCH MONEY MADNESS

SATURDAYS

7PM

$2,500 CASH

9PM

$5,000 CASH

ONE ENTRY FOR EVERY 100 SAME-DAY POINTS EARNED ON SATURDAY

Café 1297

Monday - Thursday served from 11am-10pm

Friday - Sunday served from 4pm-10pm

March Weekly Features

MONDAY - **MEDLEY STEW $20**

Bacon, beef, chicken and sausage in a rich demi-glace sauce with bell peppers, onions, mushrooms, carrots and red-skinned potatoes. Accompanied by hasselback, three-cheese garlic butter baguettes.

TUESDAY - **CAJUN SHRIMP FLORENTINE $20**

Sauteed shrimp and scallions in a rich alfredo sauce with tri-colored bell peppers, diced tomatoes and fresh spinach. Served over bucatini pasta with garlic bread.

WEDNESDAY - **CHICKEN PARMESAN $20**

Herb-crusted chicken breast and zesty, house-made marinara sauce topped with mozzarella and provolone cheeses. Served over herb-buttered pasta with a green salad.

THURSDAY - **TACO PIZZA $20**

Refried beans, season ground beef, black olives, diced tomatoes, crisp romaine, fresh cilantro and red onions. Finished with hatch sauce.

FRIDAY - **SLOW-ROASTED PRIME RIB $35**

Slow-roasted, choice prime rib served with a choice of baked potato or mashed potatoes with brown gravy. Served with the vegetable du jour, au jus and a dinner roll.

SATURDAY - **SHEPHERD'S PIE $20**

Seasoned ground beef, peas and carrots topped with mashed potatoes and served with a green salad.

SUNDAY - **CHEF'S CHOICE**

See server for details

Café 1297

ST. PATRICK'S DAY

Special

MONDAY, MARCH 17

SERVED 4PM-9PM

Corned Beef and Cabbage

Traditionally prepared corned beef & cabbage served with rosemary red potatoes, baby carrots and a dinner roll.

$30

THREE RIVERS CASINO

COOS BAY

541-808-9204 | THREERIVERSCASINO.COM