

The Voice of CLUSI



April 2020
Issue 4
Volume 21
www.ctclusi.org

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

HEALTH ALERT

Election Process Change Due to Declaration of Emergency

Due to recent concerns regarding the COVID-19 Pandemic, all Tribal events where large gatherings of people occur have been cancelled.

Tribal Council held a Special Meeting on March 19, 2020 and passed Resolution 20-019 Declaring State of Emergency due to COVID-19 Pandemic. Read the full resolution on page 5 of this edition of The Voice of CLUSI newspaper for details.

At the March 19, 2020 Special Meeting, Tribal Council also passed Resolution 20-020 to amend Chapter 7-3 Elections to restrict the April 12, 2020, Tribal Chief Election to **mail ballot only**. This resolution affects only the current election as it is a temporary emergency amendment of Tribal Code Chapter 7-3.

During this 2020 Chief Election, the Tribal Hall polling location will be closed.

**This Election will be done by mail only.
Do not drop ballots off at Tribal offices.**

All ballots must be mailed in the envelope provided in the ballots and be received no later than Saturday, April 11, 2020.

The Election Board will work with Isler CPA to certify the results on Saturday, April 11, 2020, and the results will be announced at the Regular Council Meeting on April 12, 2020.

The polling location at Tribal Hall will not be open on Sunday, April 12, 2020.

Also in this Edition of The VOICE of CLUSI:

**Information from the
CTCLUSI Health
Department about
COVID-19**

Featured on page 10 & 11

Resolution 20-019

Featured on page 5

Three Rivers Foundation Mark Eighth Round of Giving with Luncheon Gala



Three Rivers Foundation Board photograph by Morgan Gaines.
Standing: Pat Farr, Bob Main, Mark Petrie, Doug Barrett, Faye Stewart.
Seated: Chief Warren Brainard, Stephanie Watkins.
Not Pictures: Tom Grove, Jay Bozievich

Florence, OR— February 27, 2020 marked the 2019/2020 annual gifting luncheon of the Three Rivers Foundation held at the Three Rivers Casino Resort in Florence. The Three Rivers Foundation, established by the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians as the giving arm of its Three Rivers Casino Resort, announced gifts to 46 deserving nonprofit organizations in the Tribe's service district areas.

During this gifting cycle, the Foundation received over 140 grant proposals from non-profits located in Coos, Curry, Douglas, Lane, and Lincoln counties, as well as many communities throughout Oregon. Of those proposals, the following were awarded grant dollars:

Coos County:

Bear Cupboard; Coquille, OR
Boys & Girls Club of Southwestern Oregon; Coos Bay, OR
Charleston Fishing Families; Coos Bay, OR
Coos Art Museum; Coos Bay, OR
Coos Bay Coast League; Coos Bay, OR
Coos County Sheriff's Office SAR Program; Coquille, OR
Coquille Indian Tribe; North Bend, OR
Confederated Tribes of Coos, Lower Umpqua Siuslaw Indians; Coos Bay, OR
Dolphin Players Club; Coos Bay, OR
Southwestern Oregon Veterans Outreach; North Bend, OR
The Nancy Devereux Center; Coos Bay, OR

Curry County:

Cedar Valley North Bank RFPD; Gold Beach, OR
Chetco Historical Memorial Project; Brookings, OR
Curry Citizens for Land Access; Gold Beach, OR
The Gold Beach Senior Center; Gold Beach, OR

Story continues on page 19

Save the Date:

**Tribal Election Day
April 12, 2020**

All ballots must be mailed and received no later than Saturday, April 11, 2020.

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

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

Chairman's Corner: An Important Message to Membership

Keeping our Tribal members, Tribal families, staff, and partners safe is a top priority of your Tribal Council. As the situation surrounding novel coronavirus / COVID-19 continues to evolve, I want to reassure everyone that we on the Tribal Council are committed to taking necessary actions to prevent the spread of this virus into our Tribal community and to protect the health of everyone, especially those who are most vulnerable to this disease.

Our CEO, Alexis Barry, has assembled a team at Tribal Government to monitor the situation and make recommendations to the Council. These recommendations are based on the best and most current information available to us. The team is also monitoring the activities of our state and local community partners to assure that we get new information as it becomes available.

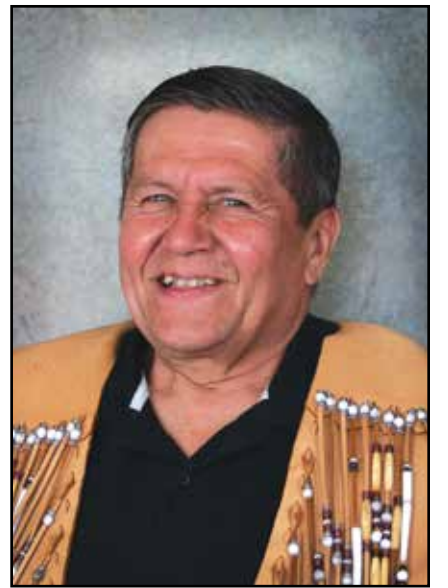
It was with an abundance of caution that we made the difficult decision to cancel all Tribal events for March and April. We hope to continue activities and events in May, but this will depend on the situation at that time. We know the value of bringing our Tribal members together to celebrate and to share with each other, so we do not make these decisions lightly. We have also decided to close our Dental Clinic for 30 days beginning March 16, 2020. We felt this was necessary to protect the health of our patients and our staff. We plan to reopen the clinic on April 14, 2020; however, we will reassess the situation before reopening.

The single best thing we can all do, after protecting ourselves with frequent handwashing and proper etiquette when sick, is

to practice social distancing. Social distancing means staying away from others in order to avoid catching or spreading a virus. In this newsletter, our Health Department is going to provide you with several articles and flyers on how to protect yourself and what to do if you or someone in your family contracts this illness. The information we are providing for you comes from the Centers for Disease Control (CDC) and the Oregon Health Authority (OHA). We are committed to providing you with the best information for your health and well-being. I know

there is a lot of misinformation being shared right now, especially on social media, which is leading to a lot of unnecessary fear for many. Please make sure that you are getting your information from a reliable source, such as the CDC or OHA. Your healthcare practitioner is also a good resource for questions on COVID-19.

We hope for the continued health of all of our Tribal Families.



-Chairman Doc Slyter

Turn to page 10 and 11 for more information about COVID-19 from the Tribal Health Services Department



ATTENTION - TAKE NOTE:

As a precautionary measure and for the wellbeing of all, while concerns remain with the COVID-19 (Coronavirus), the following CTCLUSI events have been cancelled:

HEALTH SERVICES DIVISION (HSD) EVENTS:

April 2: Elders Luncheon in Eugene

April 12: Tribal Family Gathering Lunch Coos Bay that was scheduled following the Council meeting

The Dental Clinic will be closed until at least April 14

(please check the website or call the clinic for an estimated reopening date)

FAMILY SUPPORT AND BEHAVIORAL HEALTH SERVICES (FSBHS) EVENTS:

April 8: Circles of Healing (COH) Class

April 9: Parenting Workshop

April 20: Circles of Healing (COH) Class

April 16: Parenting Workshop

April 23: Parenting Workshop

April 30: Parenting Workshop

CULTURE AND DEPARTMENT OF NATURAL RESOURCES (DNR)

April 11: Canoe Pull and Clam Dig Coos Bay

April 17: Weaving Workshop Eugene

April 18: Weaving Workshop Eugene

April 24: Weaving Workshop Coos Bay

April 25: Weaving Workshop Coos Bay

WE ARE CONTINUING TO MONITOR THE CORONAVIRUS SITUATION. PLEASE WATCH THE TRIBAL NEWSLETTER AND TRIBAL WEBSITE FOR FUTURE EVENTS.

THANK YOU FOR YOUR UNDERSTANDING

2020 Tribal Chief Election Candidate

The Tribal Members listed below have decided to run for the position of Tribal Chief. They have officially submitted their Statement of Candidacy on the date listed by their name.

Doc Slyter

2/13/2020

Tribal Chief Candidate Position Statements are available to read online at
www.ctclusi.org/elections

Election Day
April 12, 2020
Mail in Ballots Only

Due to recent concerns over the COVID-19 Pandemic, all Tribal events where large gatherings of people occur have been cancelled.

Tribal Code Chapter 7-3 Elections has been temporarily amended through Resolution 20-020 to restrict the April 12, 2020, Tribal Chief Election to mail ballot only.

All ballots must be mailed in the envelope provided in the ballots and be received no later than Saturday, April 11, 2020.

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections or contact Jeannie McNeil at jmcneil@ctclusi.org or (541) 888-7506.

Information

QUESTIONS OR SUGGESTIONS?

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

COMMITTEE INTEREST LIST

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

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. Veterans are honored at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at jlawrence@ctclusi.org for new requirements needed to be honored.

US FOREST SERVICE NORTHWEST FOREST PASSES

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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



Tribal Council

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

April 12, 2020
Community Center
338 Wallace Street, Coos Bay, OR 97420
10:00 a.m.
General Council 1:00 p.m.
Due to health concerns, all meetings subject to cancellation

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

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

Upcoming Events

Government Offices Closed Until April 3rd

For Immediate Release

March 17, 2020

In the interest of the health of our Tribal members, staff and the greater community the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians will be closing government offices effective 5:00 PM tonight (March 17th) until April 3rd.

The Tribe will maintain a small group of essential services staff who will continue to provide services to those most vulnerable in our Tribal Community. The Tribal Council will continue to monitor and evaluate the situation on an ongoing basis, and respond as necessary.

For additional information, please contact Alexis Barry, CEO at 541-888-7527

Doc Slyter, Chairman

Due to health concerns, all events and meetings are subject to cancellation.

April 6th - Tribal Office could re-open

April 11th - Deadline to have mailed in Tribal Chief Election Ballot

April 12th - Tribal Council Regular Meeting 10 a.m.

April 12th - General Council Meeting 1 p.m.

April 12th - Tribal Chief Election Day

April 14th - Tribal Dental Clinic could re-open

May 8th - Deadline to apply for Student Summer Internship Opportunities

May 29th - Deadline for CTCLUSI Scholarships: Carolyn Slyter Scholarship Fund and the Grace Brainard Scholarship Fund

Please check www.ctclusi.org for more information

For the most up to date information about Coronavirus visit the Centers For Disease Control (CDC) website at www.cdc.gov



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 Support and Behavioral Health Services
2110 Newmark Avenue
Coos Bay, OR 97420
Phone 541-888-1311
Toll Free 1-800-618-6827
Fax 541-888-1837

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
tribalcourt@ctclusi.org

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

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

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

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

Tribal Council Business

Activity of Elected Tribal Council Members from February 9th – March 7th 2020

Chief Warren Brainard:
Feb 9 Tribal Council Regular Meeting 6.5 hours
Feb 13 Culture Committee Meeting 2hrs
Feb 15 Salem to Meeting
Feb 22 Chewmawa to Dedication
Feb 25 Investment Committee Meeting
Feb 26 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB) Meeting with Alexis Barry and Doc Slyter
Feb 27 Three Rivers Foundation Grant Luncheon 5 hrs/ Attended Nunsense at Little Theater on the Bay / Tribal Council Leaders Circle 3 hrs
Feb 28 Meeting with Alexis Barry
Mar 4 Legislative Commission on Indian Services, Salem State Capital Building
Mar 5 Tribal Government Day at the State Capital/ Leaders Circle 3 Hours
Mar 6 Forestry Workshop 4 Hours

Doc Slyter:
Feb 9 Tribal Council Regular Meeting 6.5 hrs
Feb 10 Office Paperwork 2 hrs
Feb 12 Tribal Sweat
Feb 11 Breakfast (Red Road to Wellbriety) Office 3 hrs
Feb 13 Hales Center SWOCC Brent Florendo 1 hr
Feb 15 1st Annual Storytelling Tribal Event
Feb 20 Flutes Ocean Ridge /Tribal Council Leader’s Circle 3 hrs
Feb 24 Meeting with Tribal Council Chairman Klamath Tribe, Don Gentry
Feb 25 Investment Committee Meeting
Feb 26 Tribal Council Business Meeting; Gaming Facility Operational Review Board (GFORB) Meeting with Alexis Barry and Warren Brainard
Feb 27 Three Rivers Foundation Grant Luncheon 5 Hours
Feb 28 Meeting with Alexis Barry
Mar 4 Legislative Commission on Indian Services, Salem State Capital Building 6 Hours
Mar 5 Tribal Government Day at the State Capital 3 Hours/ Leaders Circle 3 Hours
Mar 6 Forestry Workshop 4 Hours

Debbie Bossley:
Feb 9 Tribal Council Regular Meeting 6.5 Hours
Feb 12 Checked in Circles of Healing Class at Tribal Hall .5 hrs
Feb 14 Enrollment Committee Meeting 1 hrs
Feb 20 Tribal Council Leader’s Circle 3 hrs
Feb 25 Investment Committee Meeting 2.5 hrs
Feb 26 Tribal Council Business Meeting 3 hrs
Feb 27 Three Rivers Foundation Luncheon 5 hrs
Mar 5 Tribal Council Leaders Circle 3 hrs
Mar 6 Forestry Workshop 4 hrs

Iliana Montiel:
Feb 9 Tribal Council Regular Meeting 6.5hrs
Feb 20 CCD Business Development Corporation Meeting in Coos Bay 3hrs / Tribal Council Leader’s Circle 3hrs
Feb 25 Investment Committee Meeting
Feb 26 Gaming Facility Operational Review Board (GFORB) Meeting; Tribal Council Business Meeting 4hrs
Feb 27 Three Rivers Foundation Luncheon Grant Luncheon 5hrs / Attended Nunsense at Little Theater on the Bay
Mar 5 Tribal Council Leader’s Circle 3hrs

Josh Davies:
Feb 9 Tribal Council Regular Meeting 6.5hrs
Feb 11 Missed Education Meeting due to State Basketball Playoffs for Bandon Boys
Feb 12 Follow up with Education Meeting from day prior
Feb 15 1st Annual Storytelling Tribal Event , Made Frybread
Feb 20 Tribal Council Leader’s Circle 3hrs
Feb 25 Investment Committee Meeting 2.5hrs
Feb 26 Missed GFORB and Business Meeting Attended ODE Community Forum in Bandon for Attendance/SSA Grant
Feb 28 Attended Grandfathers 90th Birthday in San Diego CA
Mar 5 Tribal Council Leaders Circle 3 hrs
Mar 7 Visited Umatilla Cultural Museum

Doug Barrett:
Feb 9 Tribal Council Meeting 6 hrs
Feb 12 Tribal Sweat
Feb 13 Culture Committee Meeting 2hrs
Feb 20 Tribal Council Leader’s Circle 3hrs
Feb 26 Gaming Facility Operational Review Board (GFORB) Meeting /Tribal Council Business Meeting 4hrs
Feb 27 Three Rivers Foundation Grant Luncheon 5hrs
Feb 29 Munsel Lake Canoe Pull
Mar 5 Tribal Council Leaders Circle 3 hrs

Mark Petrie, Vice-Chair:
Feb 9 Tribal Council Regular Meeting 6.5hrs
Feb 10 Healthy Families and Lifestyles Workshop: traditional food presentation 2 hrs
Feb 11 Education Committee Meeting 2.5 hrs
Feb 13 Oregon Coast Energy Alliance Network meeting2 hrs/Culture Committee 2 hrs
Feb 18 Three Rivers Foundation meeting 30 min
Feb 20 Tribal Council Leader’s Circle 3 hrs
Feb 25 Investment Committee Meeting 2.5 hrs
Feb 26 BOEM Webinar OSW 2 hrs/Tribal Council Business meeting 4 hrs
Feb 27 Three Rivers Foundation Luncheon Grant Presentation 4 hrs
Feb 29 Munsel Lake Canoe Pull
Mar 4 Legislative Commission on Indian Services, Salem State Capital Building 6 hrs
Mar 5 Tribal Government Day at the State Capital 3 Hours / Tribal Council Leaders Circle 3 hrs
Mar 6 Forestry Silviculture Workshop 4.5 hrs

Election Day - April 12, 2020
Mail Ballots Only

Please contact Jeannie McNeil if you have not recieved your ballot by mail.
(541) 888-7506

Resolution Summaries

RESOLUTION NO.: 20-001
Date of Passage: January 12, 2020
Subject (title): Affiliated tribes of Northwest Indians ATNI Membership Delegate and Alternate(s) Appointment Amendments for Membership Year 2020-2021
Explanation: The Tribal Council appointed Doc Slyter as the Delegate due to being Chairman and all other Council members as alternates. **Vote 7-0-0**

RESOLUTION NO.: 20-002
Date of Passage: January 12, 2020
Subject (title): National Congress of American Indians (NCAI) Membership Delegate and Alternate(s) for Membership Year 200-2021
Explanation: The Tribal Council appointed Doc Slyter as the Delegate due to being Chairman and all other Council members as alternates. **Vote 7-0-0**

RESOLUTION NO.: 20-003
Date of Passage: January 12, 2020
Subject (title): Culture Committee Appointment
Explanation: The Tribal Council appointed Mark Petrie to the Culture Committee. **Vote 6-0-1**

RESOLUTION NO.: 20-004
Date of Passage: January 12, 2020
Subject (title): Forest Roads Administration of Rights of Way Valid Existing Rights Signature Matrix
Explanation: The Tribal Council approves the following required reciprocal rights agreement for land management. **Vote 7-0-0**


RESOLUTION NO.: 20-005
Date of Passage: January 12, 2020
Subject (title): Hazard Mitigation Plan Update
Explanation: The Tribal Council approves selection of a company, following the RFP process to update the Tribal Hazard Mitigation Plan. **Vote 7-0-0**

RESOLUTION NO.: 20-007
Date of Passage: January 12, 2020
Subject (title): Authorization to Submit application for ICDBG Grant
Explanation: The Tribal Council approves this grant application. **Vote 7-0-0**

RESOLUTION NO.: 20-008
Date of Passage: January 29, 2020
Subject (title): Client Services Agreement for Pension Plan
Explanation: The Tribal Council approves the agreement. **Vote 7-0-0**

RESOLUTION NO.: 20-009
Date of Passage: January 29, 2020
Subject (title): Amendment to CLUSITC Chapter 7-8 and Tribal Council final Approval thereof
Explanation: The Tribal Council approves amendments after posted period required receiving no comments from General Membership. **Vote 7-0-0**

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



**CONFEDERATED TRIBES OF
COOS, LOWER UMPQUA AND SIUSLAW INDIANS**
TRIBAL GOVERNMENT
1245 Fulton Avenue - Coos Bay, OR 97420
Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853

RESOLUTION NO: 20-019
Date of Passage: March 19, 2020
Subject (title): Declaring State of Emergency due to COVID-19 Pandemic.

WHEREAS: Under Article VI, Section 2 of the Constitution of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians of Oregon ("Constitution"), the Tribal Council is authorized to exercise all legislative and executive authority of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians ("Tribe" or "CTCLUSI"); and

WHEREAS: Under Article VI, Section 4 of the Constitution, all final decisions of Tribal Council shall be embodied in ordinances or resolutions; and

WHEREAS: On February 19, 2020, the Oregon Health Authority identified the first presumptive case of the 2019 novel coronavirus ("COVID-19") in the State of Oregon in Washington County, Oregon;

WHEREAS: The Oregon Health Authority has since that time worked to identify, contact, and test others in Oregon potentially exposed to COVID-19 in coordination with the United States Centers for Disease Control and Prevention ("CDC"); and

WHEREAS: COVID-19, a respiratory disease that can result in serious illness or death, is caused by the SARS-CoV-2 virus, which is a new strain of coronavirus that had not been previously identified in humans and can easily spread from person to person; and

WHEREAS: COVID-19, poses a higher risk to our elders and our community members who have underlying health conditions; and

WHEREAS: The CDC identifies the potential public health threat posed by COVID-19 both globally and in the United States as "high", and has advised that person-to-person spread of COVID-19 will continue to occur globally, including within the United States; and

WHEREAS: On March 8, 2020, Oregon State Governor Kate Brown declared a state of emergency surrounding the COVID-19 outbreak in Oregon; and

Page 1 of 4

RESOLUTION NO: 20-019
Date of Passage: March 19, 2020
Subject (title): Declaring State of Emergency due to COVID-19 Pandemic.

WHEREAS: On March 11, 2020, the WHO declared the COVID-19 outbreak a pandemic; and

WHEREAS: On March 13, 2020, the President of the United States of America Donald Trump declared the COVID-19 outbreak in the United States to constitute a national emergency; and

WHEREAS: The Oregon Health Authority has confirmed localized person-to-person spread of COVID-19 in Oregon State, significantly increasing the risk of exposure and infection to Oregon State's general public and creating an extreme public health risk that may spread quickly; and

WHEREAS: The worldwide outbreak of COVID-19 and the effects of its extreme risk of person to-person transmission throughout the United States, Oregon State, and CTCLUSI aboriginal homelands significantly impacts the life and health of our Tribal people and the Tribal economy, and is a public disaster that affects life, health, property or the public peace;

THEREFORE, BE IT RESOLVED, on behalf of the Tribe, the Tribal Council declares a state of emergency due to the threat posed by COVID-19;

BE IT FURTHER RESOLVED, that the Tribal Council Chairman is hereby authorized to execute any and all documents, and take any and all actions, necessary to facilitate the Tribe's access to, and participation in, tribal, state and federal emergency and disaster relief efforts;


BE IT FURTHER RESOLVED, that the Tribal Government Chief Executive Officer is hereby designated as the Tribe's Emergency Program Manager/Emergency Operations Plan Manager ("EPM") under applicable tribal, state and federal law, and she may delegate such authority as appropriate;

BE IT FURTHER RESOLVED, that the EPM is hereby authorized to activate the Tribe's Emergency Response Team ("ERT"), which shall be comprised of appropriate Tribal Employees, including but not limited to the EPM, the Chief of Police, the Tribal Government CFO, the CEO for the Tribe's gaming operations, and the Director of Health Services;

BE IT FURTHER RESOLVED, that the Tribal Government is hereby designated as the Tribe's Emergency Management Agency ("EMA"), pursuant to ORS 401.305, and shall perform emergency program management functions within the Tribe's territorial jurisdiction, and may perform such functions outside the Tribe's territory, consistent with any mutual aid or cooperative assistance agreement or as requested and authorized by the county or city in whose territorial limits the emergency functions are performed;

Page 2 of 4

For the most up to date information about Coronavirus visit the Centers For Disease Control (CDC) website at www.cdc.gov



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COOS, LOWER UMPQUA AND SIUSLAW INDIANS**
TRIBAL GOVERNMENT
1245 Fulton Avenue - Coos Bay, OR 97420
Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853

RESOLUTION NO: 20-019
Date of Passage: March 19, 2020
Subject (title): Declaring State of Emergency due to COVID-19 Pandemic.

BE IT FURTHER RESOLVED, that the EPM, ERT and EMA shall proceed to implement the Tribe's Pandemic Influenza Preparation Plan;

BE IT FURTHER RESOLVED, that, the EPM, in consultation with the ERT and Tribal Council, is hereby authorized to modify or deviate from the Plan as appropriate under the circumstances;

BE IT FURTHER RESOLVED, that the ERT shall meet regularly with the EPM to facilitate best use of the Tribe's resources, including but not limited to use of EMA resources to best protect the Tribe, its members, and local communities located within CTCLUSI ancestral lands;

BE IT FURTHER RESOLVED, that the EPM, in consultation with the ERT and the Tribal Council, is hereby authorized to take all actions necessary to protect the Tribe, its members, and local communities located within CTCLUSI ancestral lands, subject to applicable tribal, state and federal law;

BE IT FURTHER RESOLVED, that the EPM shall regularly brief the Tribal Council on the EMA's efforts to abate this emergency;

BE IT FURTHER RESOLVED, that, after the date of this Resolution, Tribal Council must approve, by documented voice vote, initiation of, or modification to, complete or partial shutdowns of governmental, enterprise or gaming operations, the terms and conditions of which must be in writing;

BE IT FURTHER RESOLVED, a copy of this resolution shall be provided to the Governor and to the Bureau of Indian Affairs; and

BE IT FINALLY RESOLVED, that this state of emergency, and the actions authorized by this Resolution, shall remain in effect until lifted by Tribal Council Resolution.

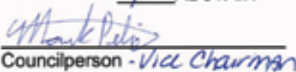
(CERTIFICATON ON FOLLOWING PAGE)


Page 3 of 4

RESOLUTION NO: 20-019
Date of Passage: March 19, 2020
Subject (title): Declaring State of Emergency due to COVID-19 Pandemic.

CERTIFICATION: On March 19, 2020, this Resolution was approved at a Tribal Council Meeting held this date, and the vote was:

7 FOR
0 AGAINST
0 ABSTAIN


Councilperson - Vice Chairman


Councilperson

CONFEDERATED TRIBES OF COOS,
LOWER UMPQUA & SIUSLAW INDIANS

Councilperson

Page 4 of 4

Fitness Program Reimbursements and Chore Services Requests Temporarily Suspended

Due to the office closure for the coronavirus pandemic, we are unable to process Fitness Program reimbursements and Chore Services requests.

Once the office reopens, we will process requests in the order in which they were received. *We apologize for any inconvenience.*

łe' łəx (Medicine) of the Month: Turkey Tail

Contributed by Ashley Russell, Water Protection Specialist

Parts of Plant Used: Mushroom Fruiting Body

Herbal Actions:

Turkey Tail is antiviral, antioxidant, and immune-stimulating. It is especially helpful for those who experience frequent upper respiratory infections or have a less than average immune system. It is also beneficial for anyone who wants to boost their immune system. This shelf fungus is also antitumor and is used as a foundational herb in alternative cancer therapy and prevention. Turkey tail is best taken as a decoction (extraction) or added to broths.



Photograph courtesy of Ashley Russell

Hanis and Miluk: Gwæsk'wis; also word for echo

Scientific Name: *Trametes versicolor*

Practicing Culture from Home

Contributed by Jesse Beers, Cultural Stewardship Manager



Photograph by Morgan Gaines

On my schedule for today I was supposed to be teaching a couple groups of 35 kids each about our Canoe Culture, connection to the water and the Salmon, Potlatch Traditions, and Traditional Storytelling. This is part of our annual 4th grade program featured in another short article in this newsletter. As we cancel activities to help delay and hopefully prevent the spread of COVID-19 I am reminded of the waves of diseases that our people have encountered in the past and the wealth of knowledge that was lost because of them.

The unfortunate side effect of Culture Activity closures is just this, a hiccup in the passing down of knowledge from one Tribal Member to another. Fortunately you can, as always, practice your culture from home and even learn more about it. Over the past several years many people have worked very hard to update our website and on the private, Tribal Member side of the website there are many resources that I think go underutilized. With kids and some adults home, what a perfect opportunity to get online and learn more about your history, culture, and heritage.

Under the Culture tab there is general historical information, a digital copy of the "Our Culture and History," book, videos produced by Sara Siestreem and other Tribal Members on the entire process of gathering materials and weaving baskets. As well as notes on Basketry by Melville Jacobs and basket designs drawn by Patty Whereat-Phillips. There is also a wealth of other Cultural Education, Language Resources, Tribal Stories, and canoe journey videos available on the website. Morgan Gaines our Communication specialist has done an amazing job of putting these in easy to find places for you to enjoy and learn from, please utilize them and if you have any other deeper culture questions or you're not finding what you're looking for please reach out at jbeers@ctclusi.org.



Upcoming Cultural Events Postponed

Currently, all April Tribal activities and events have been cancelled or postponed. The Culture and Natural Resource Department will try to reschedule events as soon as possible.

Please check the tribal website www.ctclusi.org and upcoming editions of The Voice of CLUSI newsletter for future event dates.

Please contact Jesse Beers (541) 297-0748 or Ashley Russell (541) 808-4455 for more information.

At this time, we are not listing dates for gathering maple bark on our tsuunata "Lower Smith River" lands or elsewhere, due to the COVID-19 response. Please look for updates in the May newsletter.

Meanwhile, you may contact Enna Helms at 541-297-7538 or Enna.helms@ctclusi.org if you have interest in or want information regarding days and times of gathering materials. Thank you.

Thank you for your patience and understanding.

Pacific Herring in Coos Bay

Contributed by John Schaefer, Water Protection Specialist & Biologist

Large schools of Pacific herring arrived in Coos Bay to spawn this spring. John Schaefer (Tribal Biologist) and Stacy Scott (Tribal Historic Preservation Officer) were able to take advantage of a spawning event when alerted the previous day to a feeding frenzy of sea lions, seals and sea birds in the lower bay. Herring jigs and a nylon cast net were used to good effect to catch approximately 120 herring for smoking and pickling by Ashley Russell (Tribal Water Protection Specialist).

Traditionally, herring were harvested from a canoe with a wooden herring rake or dip net. The scales were removed with moss before smoking and drying. To gather eggs, hemlock boughs were placed in spawning areas and later recovered to collect the attached eggs for drying.

An important first food, Pacific herring are a small silver fish with large scales that can grow up to 18 inches long. Herring are frequently offshore in large schools but can be caught in the bay during spawning. They are an important food source for salmon and are a popular bait for salmon anglers. Rich in protein, iodine, omega-3, and omega-6 fatty acids, Pacific herring is delicious to eat and may be grilled, baked, fried, smoked, or preserved by pickling. The edible eggs are also gathered from their attachment to seaweeds.

Coos Bay is one of four Oregon estuaries, including Tillamook, Umpqua and Yaquina, favored by herring for spawning. The ideal spawning location has rocks, eelgrass, kelp, and seaweed to hold the eggs in place. In Coos Bay, large concentrations of herring spawn at Fossil Point. There are usually two pulses of spawning activity, roughly around Valentine’s Day and Saint Patrick’s Day. There are scientific studies that suggest herring return to the spawning grounds from which they hatched, increasing the importance of protecting the Fossil Point spawning area for future generations.



Stacy Scott reels in a herring during spawning event



Herring caught in a net durring spawning



Cleaned raw herring



Herring eggs on seaweed



What catching herring with a Herring Rake would look like pictured above



Freshly pickled herring

Sun Shines for Pullers During First Canoe Event of the Year

The forecast was rain and possible thunderstorms. I came into the office early, expecting to have to call people and possibly cancel the first canoe pull of the year. But, as often happens for our canoeing events, the weather cleared up and it was a beautiful day to be out on the water.

We started at the Florence Outreach Office with a short talk on COVID-19 prevention and personal hygiene. After washing our hands, we all made ourselves sandwiches and packed up to go pull. We call it pulling and not paddling because when you are in the canoe, you lean forward and utilize your whole body to pull the water with the paddle. This way, on a long journey, you are not wearing out specific areas of your body, such as your arms, as quickly.

We decided to pull on Munsel Lake for our first canoe pull of the decade. We chose Munsel because it's an easy pull for our first pull of the year, and we also wanted to encourage people that may have not pulled before or do not pull often. I think we succeeded in this as we had a few people join us that had not pulled before or regularly. While on Munsel, we went and checked on our Tribe's property; talked about the importance of the property; and even made a small campfire out of very damp wood to enjoy our lunch around. After putting our fire out, we got back out on the lake and had a round, with adult steersmen, of a youth pull. The youth did very well in the canoe. On my way home, my son talked to me about how he really liked pulling in the canoe and how good it felt to be lead pull. I agreed. Whenever I get the opportunity to be in the dug-out canoes pulling on our waters, I feel strong and a sense of healing.

Thanks go out to all that came to pull and spend time in the canoe and also our support boat captain, John Schaefer. In the future, I hope to see even more of you out on the water with us. At this time, we have a hold on all culture events due to concerns over COVID-19. But, as always, I encourage all Tribal Members to practice their Culture at home or, more preferably, in the woods. If you have any questions on this event, future events, canoe culture, or culture in general, please do not hesitate to contact me at jbeers@ctclusi.org.



Photographs by John Schaefer



4th Grade Program Interrupted by Closure, Still Able to Share Great Cultural Awareness

Every year during the month of March, the Tribe collaborates with our sister tribe, the Ko'kwel Tribe, and the Coos History Museum to teach 4th graders from across the region about the ancient tradition of potlatch. In the Ko'kwel's plankhouse, we teach these exuberant future stewards about what it means to be salmon people in addition to the traditional tools we use, baskets and weaving, canoe culture, and traditional storytelling. One of the activities that is offered during the program, shows the youth how to make a basket, out of themselves. At the end of the program, the students are offered some salmon and are taught to save the bones so that we may return them to the waters from whence they came and honor the salmon that sacrificed themselves so that we may live on.

Normally this program lasts two to three weeks and serves over 900 fourth graders from our area. Unfortunately, this year after three days, the program was cut short due to COVID-19 concerns. It is agreed that this was the right thing to do, but it does come with a price as these fourth graders will possibly miss out on the experience of hearing about living culture from living tribal members. Hopefully, we can not only continue this program next year as it has run for about 14 years or so, but also, senate bill 13 curriculum will help close this gap.

At this time, we are closing many of our Educational and Culture Programs due to COVID-19 concerns. If you have any questions or concerns please feel free to contact our Tribe.



Photographs provided by Jesse Beers and Ashley Russell

Above: students work together to weave themselves into a basket.

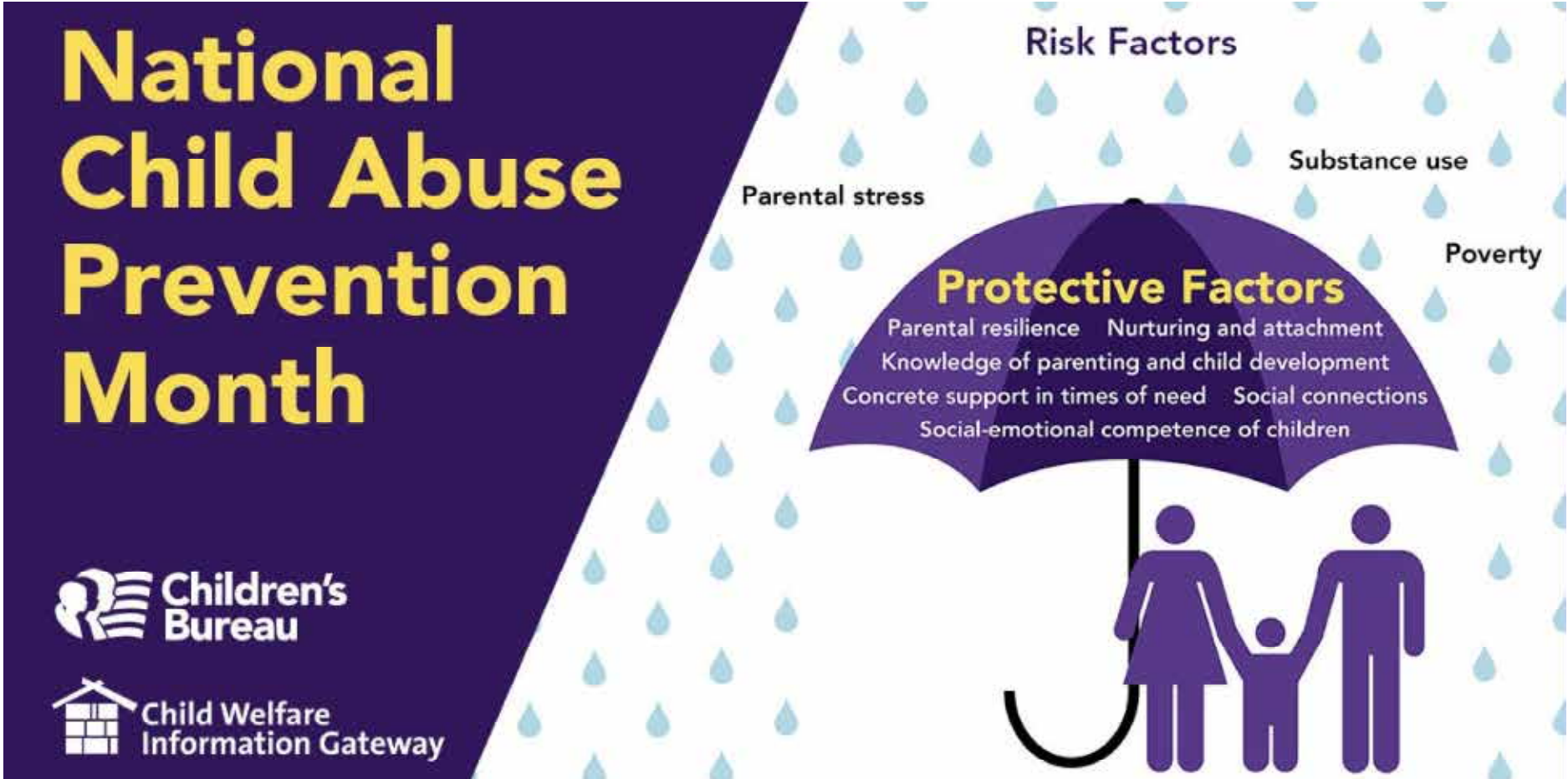
At right: Traditional basket and tools on display for the students



“In the Loop” with the Circles of Healing Program

April is Child Abuse Prevention Month

Contributed by Jamie Broady, Circles of Healing Outreach Advocate



Protective Factors

Our children are sacred. This month and throughout the year, CTCLUSI Circles of Healing Program encourages all individuals and community organizations to play a role in making our community a safe and happy place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect by creating strong and thriving children, youth, and families in our communities. Research shows that protective factors are present in healthy families. Protective factors are conditions or attributes of individuals, families, communities, or the larger society that mitigate risk and promote healthy development and wellbeing. Promoting the following protective factors is one of the most effective ways to reduce the risk of child abuse and neglect:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional competence of children

April is a time to celebrate the important role that communities play in protecting children and strengthening families. Everyone’s participation is critical. Focusing on ways to connect with families is the best thing our community can do to strengthen families and prevent child abuse and neglect. Focusing on strengthening trust and healthy bonding within your family is one important way to prevent abuse from strangers or known acquaintances. Be sure to teach your child who they can trust and how to find help when needed. For example, if your child is lost somewhere in a public place, they need to know how to find a safe stranger to ask for help from. Encourage them to trust their own intuition, practice healthy boundaries, and to say No to anything they’re uncomfortable with.

Healing from Trauma

Healing from trauma helps prevent future trauma. One of the biggest risk factors for future trauma is past trauma. If your family and/or child(ren) have experienced recent or past trauma, Try the following to help your child(ren) heal:

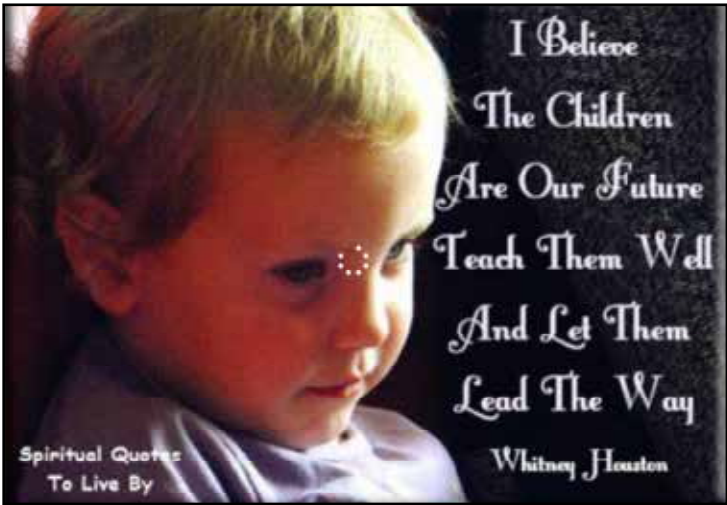
- Help your child feel safe. Stay calm and keep a regular routine for meals, play time, and bedtime. Prepare children in advance for any changes or new experiences.
- Encourage (don’t force) children to talk about their feelings. Tell children it is normal to have many feelings after a trauma. Listen to their stories, take their reactions seriously, correct any misinformation about the traumatic event, and reassure them that what happened was not their fault.
- Provide extra attention, comfort, and encouragement. Spending time together as a family may help children feel safe. Younger children may want extra hugs or cuddling. Follow their lead and be patient if they seem needy.
- Teach children to relax. Encourage them to practice slow breathing, listen to calming music, or say positive things (“That was scary, but I’m safe now”).
- Be aware of your own response to trauma. Parents’ history of trauma and feelings about their child’s experience can influence how they cope. Seek support if you need it.
- Remember that everyone heals differently from trauma. Respecting each child’s own course of recovery is important.
- Find help when needed. If your child’s problems last more than a few weeks, or if they get worse rather than better, ask for help. Find a mental health professional who knows proven strategies to help children cope with trauma. For more information, contact CarolAnn Young with Family Support and Behavioral Health Services at 541-435-7159 or visit <https://findtreatment.samhsa.gov/>.

Remember that with patience and support, families can heal and recover from trauma.

If you have suffered domestic or intimate partner violence that is threatening you and/or the wellbeing of your child(ren), please reach out to Circles of Healing Program at CTCLUSI. We have confidential advocates here to help you and your family on your journey to safety, healing, and wellness. 541-888-1309

Resources:

<https://www.childwelfare.gov/topics/preventing/preventionmonth/>



What You Should Know about Novel Coronavirus (COVID-19)

What is COVID-19 and How Do I Protect Myself?

By now, you have all heard about the new coronavirus, COVID-19, and how fast it is spreading in this country. A lot of information is being pushed out from multiple sources, and it can be hard to figure out what is true and what is not. The most reliable sources for information on this illness are the Centers for Disease Control (CDC) and the World Health Organization (WHO). Do not use social media to educate yourself, as a lot of the information there is either misleading or outright wrong.

Coronaviruses are not a new class of virus. They are part of a large family of viruses that cause illnesses ranging from the common cold to more severe diseases. This one is called a novel virus because it is a strain that has not been seen in humans before now. It is thought that it originally passed from animals to humans. Now, though, it is spreading through person-to-person contact. Although scientists are still studying this strain, we do know enough about how viruses are spread to recommend some common-sense precautions you can take to protect yourself and help prevent the spread of illness.

Eventually we will have a vaccine (about a year to eighteen months), but you can follow these recommendations from the CDC now ([https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html)

[treatment.html](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html)):

- Avoid close contact (within 6 feet) with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue and throw the tissue in a lined trash can.
- Clean and disinfect frequently touched surfaces and objects using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always use soap and water if your hands are visibly dirty.
- Facemasks are not recommended to prevent well people from getting a respiratory illness. Facemasks should be saved for healthcare personnel and for those who are in close contact taking care of someone who is ill.

Additional recommendations:

- Avoid non-essential travel to high-risk areas. See the CDC or State Department websites for specific Travel Advisories.

- People over 50 who have certain chronic conditions (heart disease, diabetes, and lung disease) appear to be more vulnerable to this virus; people in this group may be more likely to be sicker and to suffer serious consequences of the illness. If you are in this group, you should avoid large gatherings of people and you should not travel unnecessarily.
- **Influenza is still present in many communities. If you have not yet had your flu shot, it is not too late. Call your healthcare provider or go to your local pharmacy to get your flu shot.** Although it will not protect you from the coronavirus, it will provide you with protection from the seasonal flu.
- Avoid locations where large crowds are likely to be present, such as concerts, games, weddings, etc. If you must go out into the public, be sure to wash your hands frequently and maintain a minimum of 6 feet distance from other people.

If we all listen to the experts and follow their advice, we can slow and possibly stop the spread of this virus. The situation is changing rapidly so be sure to listen to your local news for updates and new advice as it comes out.

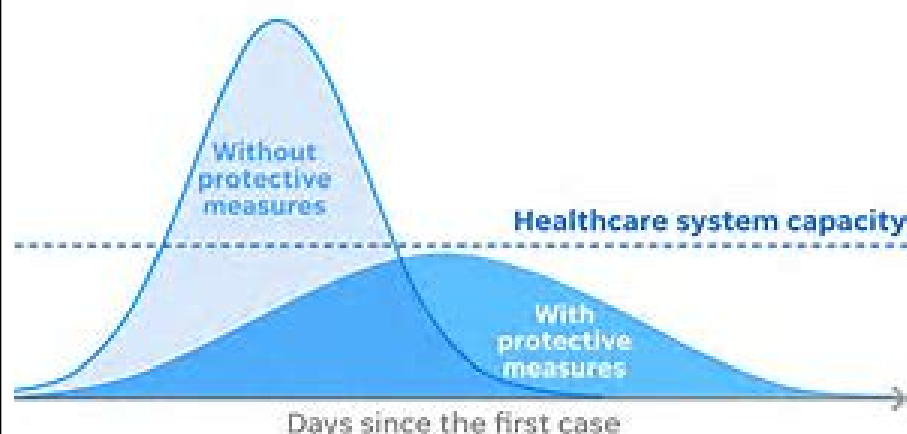
What is Social Distancing?

In mid-March, public health experts and government officials began asking people to “hunker-down” and “shelter-in-place” as much as possible. Mayors and governors closed public schools in many areas across the country. Large events were canceled or postponed. A lot of people have been asking why this is necessary.

This is a public health concept known as social distancing. In simple terms, social distancing means staying away from other people in order to avoid catching or spreading a disease or illness. Basically, it means staying away from crowds. If you think of other illnesses that spread widely in a population, such as the 1918 Spanish Flu, a common factor for how far and how fast it spread was crowding. The 1918 influenza epidemic spread faster in cities where there were more people in close contact. There were no anti-virals or vaccines for influenza back then. The single best thing public officials did to stop the spread of that flu was to implement social distancing policies.

We have not developed a vaccine for COVID-19, nor have we yet identified an effective treatment other than supportive care for symptoms. Once again, social distancing will be the single most important step we can take to slow the spread of the virus while our scientists work on a vaccine and treatment. Slowing spread also helps to keep our healthcare system from being overwhelmed by the disease. This graph shows how social distancing can help:

So, what does social distancing mean exactly? It is not the same as self-quarantine or isolation. These are two other practices that



are important to stopping the spread of the virus, but they both deal with restricting movement to within a specified area, such as the home or in a hospital room. Social distancing is more of a behavior change in which the entire community participates. It means things like closing schools and keeping children home to protect them and other family members from contracting the disease. It also means canceling or postponing large events, like we have already seen happening.

But it also means taking personal steps to help prevent the spread of the virus in your community. Your habits, when also practiced by everyone in the community, can help slow spread in your area. Recommendations for social distancing include the following:

- Stay at home as much as possible, especially if you are at higher risk for serious illness from catching the virus.
- Make sure you have a 2-week supply of essential food items, household supplies, and medications.
- Have a friend or family member shop for you or make arrangements for the grocery store or pharmacy deliver to your door, if available.
- Do not go to weddings, graduations, or other public events, especially if there are known or suspected cases of the virus in your community.
- If you must go to work, maintain a minimum of 6 feet between yourself and co-workers, clients, etc. Clean your frequently touched surfaces at least daily and wash your hands with soap and water often. Talk to your supervisor to see if work-from-home options, such as telecommuting and video conferencing, are available to you.
- Consider canceling or postponing routine, non-emergent medical and dental appointments. If you cannot cancel or reschedule, ask if there are telehealth options available for your appointment.

Finally, social distancing does not have to mean social isolation. Keep in frequent contact with friends and neighbors using available technologies such as telephones, e-mail, and video calls (i.e., Skype, FaceTime, etc.). In scary times like these, it can be easy for people to feel alone and afraid. Make sure to check regularly with Elders and others who live alone to ensure they have the support they need.

What You Should Know about Novel Coronavirus (COVID-19)

What You Should Do if You or a Family Member Get Sick with COVID-19

Contributed by Vicki Faciane, CTCLUSI Director of Health Services

On March 12, 2020, the World Health Organization declared a pandemic for the novel coronavirus 2019 or COVID-19. The following day, President Trump declared a national emergency. On March 15, as this is being written, the number of cases in the U.S. have risen to over 3,100 and there have been at least 62 deaths. By the time you read this, it will likely be much higher. The advice in this article is taken from the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Call your doctor immediately if you develop symptoms and have been in close contact with a person known to have the illness or have recently traveled from an area with widespread or ongoing community spread of the disease.

Reported illnesses from COVID-19 have ranged from mild symptoms to severe illness and death for confirmed cases. The following symptoms may appear 2-14 days after exposure: fever, cough, and/or shortness of breath.

To prevent the spread of illness to people in your home and your community, follow the steps below if you are sick (or suspect you are infected) with the virus that causes COVID-19.

Stay Home Except to get Medical Care

- If you are mildly ill with the virus that causes COVID-19, isolate yourself at home. You should restrict activities outside your home, except to get medical care.
- Do not go to work, school, or public areas.
- Avoid using public transportation, ridesharing, or taxis.

Separate Yourself from other People and Animals in Your Home

- Stay in a specific room and away from others in your home. Use a separate bathroom, if available.
- Limit contact with pets and animals, just as you limit contact with other people in your home. If possible, someone else in the home should care for the animals.

Call Ahead before Visiting Your Doctor

- If you have a medical appointment, call your healthcare provider and tell them you may have COVID-19. This will allow them to take steps to keep other people from getting infected or exposed.

Wear a Facemask if You are Sick

- You should wear a facemask when you are around other people/pets and before you enter a healthcare provider's office.
- If you are caring for someone who is sick and unable to wear a mask (i.e., because they have trouble breathing), then you should not stay in the same room with them and you should wear a facemask if you enter the room they are in.

Cover Your Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, then throw used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds. You may use a hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Clean your Hands Often.

Avoid Sharing Personal Household Items

- Do not share dishes, drinking cups, eating utensils, towels, or bedding with other people/pets in your home.
- These items should be washed thoroughly with soap and water after use.

Clean all "High-Touch" Surfaces Everyday

- High-tough surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, television remotes, keyboards, tablets, and bedside tables.
- Disinfect any areas that may have bodily fluids on them.
- Use a household cleaning spray or wipe according to label instructions. You may need to wear gloves and use only in a well-ventilated area.

Finally, if you are sick with COVID-19, monitor your symptoms. Seek prompt medical attention if your symptoms are worsening (such as difficulty breathing). Call your doctor to tell them you may have the virus before seeking medical care and put a facemask on before entering the facility.

For the most up to date information about Coronavirus visit the Centers For Disease Control (CDC) website at www.cdc.gov

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Wash your hands often with soap and water for at least 20 seconds.

Stay home when you are sick, except to get medical care.

Avoid touching your eyes, nose, and mouth.

For more information: www.cdc.gov/COVID19

CS314915-A

ATTENTION CTCLUSI DENTAL PATIENTS

The Dental Clinic will be CLOSED until April 14, 2020.

The clinic will be closed to minimize the risk to the health of our patients and our staff with possible exposure to COVID-19.

At this time, we are not aware of other dental clinic closures so we will be able to refer our patients to other providers in town for dental emergencies.

Follow the CDC guidelines to learn how to protect yourself:

- Wash your hands often. Wash your hands with soap and water for at least 20 seconds. If soap and water is not available, use an alcohol-based hand sanitizer. Do not touch your face, mouth, or eyes, especially after touching surfaces which may be contaminated.
- Avoid close contact with people who are sick. Put distance between yourself and others when coronavirus is spreading in your community. People with the virus may not be exhibiting symptoms.
- Cover coughs and sneezes. Cough or sneeze into a tissue then throw the tissue away immediately.
- Wear a facemask in public only if you are sick. Facemasks are not necessary for people who are well unless you are caring for someone who is sick. Facemasks are in short supply and should be saved for healthcare providers.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If a surface is dirty, use detergent or soap and water first then disinfect.

*If you have any questions you can call
Vicki Faciane, CTCLUSI Health Director
at 541-888-7515 or 541-888-9577*

*Call the Dental Clinic to reschedule your
appointment at 541-888-6433*



Wake Up and Walk for Brain Fitness

Contributed by Armando Martinez,
CHA and Diabetes Article by Miriam
E. Tucker / www.diabetesforecast.org

A morning walk could help your brain stay fit along with your body. In a study, 67 overweight or obese older adults (ages 55 to 80) who didn't exercise regularly completed three tasks on randomly selected days: uninterrupted sitting for eight hours, moderate-intensity walking for 30 minutes after breakfast followed by sitting, or a 30-minute morning walk plus sitting interrupted every 30 minutes by three minutes of light walking. The participants took brain tests four times each day. On the days they exercised, they scored better on the brain tests than they did on their sedentary day. After the morning exercise, scores improved for decision-making skills. When morning exercise was combined with periodic breaks from sitting, memory scores improved. Bottom line: Your brain works better when physical activity is part of your routine.

Source: British Journal of Sports
Medicine,
published online April 29, 2019

**The April 2nd Elders
Luncheon has been
cancelled. Thank you
for your patience and
understanding.**

Tribal Elder George Barton Recognized by CCD Business Development



Tribal Elder George Barton served as a board member of the CCD Business Development since 2012. He retired from his position on February 21, 2020. He was recognized for his service with a plaque and card.

Exercise Can Help Seniors Prevent Falls

Contributed by Armando Martinez, CHA and Diabetes
Article by Miriam E. Tucker / www.diabetesforecast.org

About 1 in 4 adults ages 65 and older experience a fall, and about a third of those require medical treatment. To combat the problem, a task force that advises doctors reviewed previously published studies to see what actions older adults can take to avoid falling. Exercise came out on top.

Most of the studies involved group exercise, but supervised individual exercise and physical therapy also appeared helpful. The American Diabetes Association's 2018 Standards of Medical Care in Diabetes recommends at least 150 minutes per week of moderate-intensity or 75 minutes per week of vigorous-intensity aerobic exercise, as well as twice-weekly muscle strengthening, for all adults. For older adults, it also recommends balance training two to three times per week.



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



Carmen Thompson

Favorite Hobbies:

- Sewing
- Camping
- Traveling

Bucket List:

- Travel across the United States in an RV and see everything.
- Go to Niagara Falls.
- Live long past 80.

Favorite Sayings:

“Pretty is as Pretty does.”

Carmen Thompson

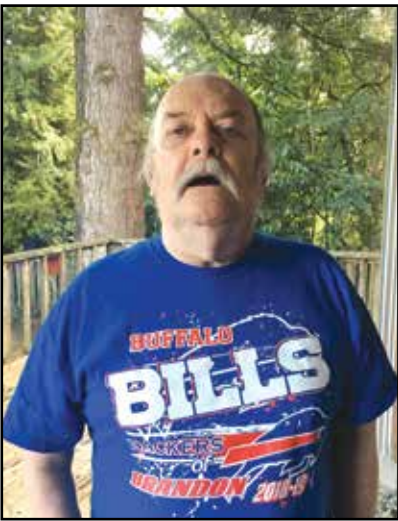
Coos

Immediate Family:

- Immediate family includes daughters Michelle Low and Shawndra West, son Kevin Thomas, and grandchildren Brianne, Kelsey, Brittany, Timothy and Dustin. She is also blessed with 8 beautiful great-grandchildren. Carmen’s great-great grandparents were George W. “Kentuck” Thomas and Caroline Thomas.

Proudest Accomplishments:

- Her children, grandchildren and great-grandchildren.
- Being part of Jehovah’s Witness and having the opportunity to travel to Warwick, NY.
- Being Native American and proud of her ancestry.
- Visiting family in the Dominican Republic and learning a lot during her stay there.



Jesse Joe Slossen, III

Favorite Hobbies:

- Watching Football games.
- Watching Hockey games.
- Watching Baseball games.

Bucket List:

- Visit Hawaii
- Visit Alaska

Jesse Joe Slossen, III

Lower Umpqua

Immediate Family:

- Immediate family includes brothers Nick Slossen and Mike Slossen, sister Anita Slossen, father Jesse Joe Slossen, Jr., and mother Colleene Slossen. He also has many close cousins, including Elaine Allison, Riley Lott, Jr., Ernest Lott, Leon Lott, James Lott, Sr., Kathy Price, and several 2nd and 3rd cousins.

Proudest Accomplishments:

- Graduated High School.
- Bought his first home in Arizona.
- Ran a business in Sweethome and Harrisburg with his Uncle Jerry.

Favorite Sayings:

“Be Prepared.”

Keeping the home safe

Encourage your family members to...

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

What every American and community can do now to decrease the spread of the coronavirus

1st Annual HECHIT' Winter Storytelling Event Enjoyed by All

Contributed by the Culture Coalition

The Culture Coalition hosted an evening of delicious food, lively music and winter storytelling on February 15, 2020. The first storytelling event was held with the intention of keeping it an annual affair! Thank you to Tribal Council Chairman, Doc Slyter for sharing his music, Tribal Councilman Josh Davies and his wife Delilah Baldwin-Davies for preparing yummy Indian tacos and platters of other enticing foods, and Tribal Elder, Eddie Helms for spoiling us with tasty desserts. We are grateful to our special guest Patty Whereat Phillips for sharing and connecting hechit' ("myth" stories) stories from our people. We are grateful for the energy that Patty has put forward into translating these old stories and bringing them to life through her interpretations and oral storytelling techniques. We held an open mic for anyone to volunteer a story of the past or present, and two volunteers came forward - hands up to Pam Stoebsler and Jesse Beers! Thanks for being an inspiration to us all. Journey Baldwin voluntarily took photos of the evening. Thanks J! A special raffle was held for all attendees of framed art prints and small baskets (tautau) made of tso'kwonhl (sedge) donated by Tribal Artists; Pam Stoebsler and Enna Helms.



Photographs by
Journey Baldwin



Culture Coalition Seeks New Member



The Culture Coalition is currently seeking a member to appoint to our Coalition. We have a small annual budget that is used towards strengthening the tribes culture and arts.

Please submit a letter of interest to Enna Helms at hhelms@ctclusi.org or contact me at 541-297-7538.

Pictured above left to right: Mary Lou Hunter, Patty Whereat, Enna Helms, Eddie Helms, and Pam Stoebsler.

Language Committee Update!

Contributed by Enna Helms, Linguist Associate

dai, niishanax,

Last year at the Tribes' Restoration Celebration, a short survey was put out on the tables asking Tribal members of their interest in language revitalization. Many surveys were received. Thank you to everyone who provided some input around language. With your interests and involvement we can create movement around language and in return help to reinforce our identities as Miluk, Hanis, Quuiich and Sha'yushtl'a people.

It's humbling and healing to receive input around language and in that, it has inherently created a need for a language committee. A language committee will be a vessel that will act as a place we can all go to share our thoughts and ideas around language collectively and build momentum within the community. In retrospect, sharing the responsibility of language revitalization efforts will be vital to sustaining those efforts. The Tribe is in the process of creating a language committee with the goal of reading a resolution to the Tribal Council at the regular April council meeting: Sunday, April 12th, 2020. A follow up article is intended for the May newsletter. Stay tuned.

For more information and updates you may contact Enna Helms at 541-297-7538 or email enna.helms@ctclusi.org or Patty Phillips at miluk.language@gmail.com.
gele, luuwii, niishanax

Algonquin Wild Green Salad

Contributed by Armando Martinez, CHA and Diabetes Coordinator.
Recipe by: Ponca Tribe of Nebraska

Ingredients:
1 cup Wild Onions or Leeks, well chopped
4 cups Watercress
1 ½ cups Dandelion Leaves

Dressing:
⅓ cup Sunflower Seed Oil
⅓ cup Cider Vinegar
3 tbsp Maple Syrup
¾ tsp Salt
¼ tsp Black Pepper

Directions:

1. Toss together the salad ingredients.
2. Combine the dressing ingredients and mix well. Toss the salad in the dressing and serve.



Most people think of those pesky yellow flowers that pop up in their lawns as weeds, but dandelions were actually once treasured by those in America, including several Native American tribes. Various tribes considered dandelions to be a prized edible, a gastrointestinal aid, a cleansing alternative and a healing dressing for wounds. They also believed that tea made from dandelion leaves was a potent medical wellness tonic. They would boil dandelions in water to treat kidney, skin and stomach problems as well as heartburn and swelling. Some tribes, such as the Cherokee and Iroquois' even chewed the dandelion root to relieve tooth pain. Today, modern herbalists use dandelion leaves as a diuretic and to stimulate appetite and ease digestion. Dandelions can be used in a variety of recipes. Dandelions greens can be eaten raw with salads, sautéed in a bit of olive oil, added to soups or boiled in a tea. The key to harvesting the leaves is to get them before the buds have blossomed (after that they are too bitter). Dandelion leaves are a good source of potassium, vitamin A and vitamin C. The flowers and roots of dandelions are also edible.



CTCLUSI Summer Student Internships

The CTCLUSI Student Intern is a paid internship with the goal to assist current College Students in supplementing their work and education experience based work experience along with their needs, desires and interests.

Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) OR recent graduate (within 6 months) in/from any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college's registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

Online Applications will be taken starting March 9, 2020.

Tribal Members will need to www.ctclusi.org to apply. Go to Tribal Government/Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is May 8, 2020 at 10am

FOR ADDITIONAL INFORMATION OR OTHER OPPORTUNITIES, PLEASE CONTACT

STEPHANIE WATKINS AT 541-999-1360 OR PAM HICKSON AT 541-902-3821

Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms



AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT 5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



CS315466-A 03/11/2020

For more information: www.cdc.gov/COVID19

Diabetes and Mental Health

Contributed by Armando Martinez, CHA and Diabetes. Article by Katy Walker, LCSW, Laura Hieronymus, DNP, MEd, RN, MLDE, BC-ADM, CDE, FAADE

Having diabetes can cause stress. Think about the times you've experienced stress in relationship to your diabetes. Between checking blood glucose levels, monitoring food intake, taking your medication and making healthy choices, the sheer thought can become overwhelming. Stress affects the "fight or flight" hormones in your body. When you have diabetes, the stress hormones, adrenaline, cortisol, and norepinephrine, can contribute to high blood glucose levels. Additionally, feeling this type of stress may make it harder for you to take care of yourself. Some stress is unavoidable, but you can learn to handle stress so it doesn't get the best of you.

Ongoing stress can also leave you more vulnerable to developing negative coping strategies (such as denial) and increases the likelihood of mental health issues. Individuals with diabetes are 50 percent more likely to suffer from depression or anxiety and are also at higher risk for other mental health issues such as posttraumatic stress disorder (PTSD) and obsessive-compulsive disorder (OCD). Like staying healthy with diabetes, staying mentally fit is another important step for your overall well-being.

Risks for negative coping

To integrate mental fitness into your regular diabetes routine, you should have a basic knowledge of mental health issues and be aware of your own risk factors to be prepared to address those risks. Risk factors include:

- being easily annoyed;
- becoming tearful more often;
- thoughts you'd be better off dead;
- feeling overwhelmed, even by simple tasks;
- changes in weight or appetite;
- trouble sleeping;
- unexplained nausea;
- aches and pains;
- loss of interest in sex;
- feeling unsteady or weak;
- lightheadedness;
- feelings of guilt;
- anxious thoughts (often takes the form of "what if _____ happens?"); and
- worrying something horrible will happen.

It is important to keep in mind that we all have these feelings some times. They are only an issue if you recognize that you have several of these feelings on a consistent basis for more than two consecutive weeks.

Although everyone should be mindful of his or her own mental well-being, if you have a life-long illness such as diabetes, you need to stay in touch with your thoughts. If you have a history of depression or anxiety, symptoms may occur more often or be more severe. Additionally, you may be more likely to experience negative coping if you don't have a support system for your diabetes health. But these are all things you can manage...just like your diabetes.

Mental health check-in

Everyone should do "self check-ins" as a part of his or her regular routine. The check can be used to make sure you are still on the right track to living your best life. More importantly, it can point you in the right direction if something just feels "off" when there is no obvious explanation. Many different aspects add up to a person's overall well-being. Although physical health should certainly be included, your emotional, social and spiritual health is just as important. Take a look at these health questions and then ask yourself: is this something that I already do well or something I could focus more on to reach a healthier me?

Physical check-in

How often do you: Make a point to eat healthy meals? Get at least 30 minutes of exercise five times a week? Attend regular medical and dental appointments? Check your blood glucose levels? Take your diabetes medication(s) as prescribed? Make time to participate in physical activities that you enjoy (such as hiking or swimming)? Sleep at least seven to eight hours a night? Take time to appreciate your body and feel good about the way you look?

Emotional check-in

How often do you: Say "no" when someone asks you to do something that you prefer not to do? Spend time doing an activity or hobby that you enjoy? Take time away from your work or other obligations? Learn something new just because you find it interesting? Find a reason to laugh? Express your feelings to people you care about?

Social check-in

How often do you: Spend time with people that you enjoy being around? Take time to call friends and family that you don't see as often as you'd like? Have interesting conversations? Get to be physically intimate with your significant other? Spend time alone with your significant other? Meet new people?

Spiritual check-in

How often do you: Pray or meditate? Set aside time to spend in nature? Reflect on and count your blessings? Tell people you love how important they are to you? Spend time helping those less fortunate than yourself? Find the opportunity to participate in a cause that you believe in? Act in a way that matches your own values and moral beliefs?

Take inventory of the things you do well and praise yourself. Then focus on items that need improvement. No reason to stress out by making several changes at once — just start with one thing at a time. Plan a date night, take a couple days off work or make a grocery list of things you'll need for a healthy dinner. Small changes over time eventually make a big impact.

Healthy ways to deal: diabetes and mental health

Breathing exercises

Doing breathing exercises can be helpful for unwinding as well as dealing with short-term stress. Effective breathing is different than regular breathing because it helps slow down your nervous system. To do it, you breathe in through your nose. If your stomach gets puffy you know you are doing it right. After counting to four and filling your belly with air while breathing through your nose, hold it for four seconds. After another four seconds of holding your breath, blow it out. For the most effective results, blow out through your mouth as if you were blowing up a balloon — don't push it all out at once.

Hobbies

Hobbies that engage your body and mind (going for a hike, crafting, sewing, etc.) have been shown to improve overall happiness and health. You know how you've been thinking about hiking local trails in your area or finally taking that bike out from the back of the garage? Go for it. Not only will the activity be good for your diabetes management (because exercise can lower blood glucose levels), but it will help you deal with the stress of managing a life-long illness.

Support network

Sometimes, you just need to vent. So call a close friend or go on a walk with the family and let it all out. This same group can also encourage the healthy changes you make to manage your diabetes. So make sure to have a mental list of people on your "support team" who you can call just to chat or depend on for emotional support when you feeling overwhelmed.

The four "A"s of stress relief

- Avoid situations that stress you out by taking control of your environment
- Alter your perception and consider changes that improve your situation
- Accept the things that you cannot change and focus on the positive
- Adapt your standards and expectations to make situations less stressful

Counseling

Sometimes we need just a little more help outside our natural support system. And that's OK. A therapist or counselor can be useful in helping you identify your existing coping skills and learning new ones. Talk to your endocrinologist or primary-care provider to learn more about the benefits of counseling from a mental health professional. They can refer you to a mental health professional in your area who has knowledge of diabetes and the training necessary to offer counseling.

Conclusion

Make today the day you commit to your mental fitness. Start with a mental health check-in, and make plans to be your best you. Seek help when you need it. And above all, make yourself a priority — you owe it to your health.



- **People with diabetes who are infected with the coronavirus are more likely to develop severe coronavirus disease (COVID-19) and complications.**
 - They should be especially diligent to reduce risk of exposure, including hand washing, practicing social distancing, and staying home as much as possible.
- Managing diabetes can be more challenging during this time.
 - **Blood sugars:** activity restriction, changes in eating patterns, and illness can all affect blood sugars. Patients should monitor more closely and call their health care team if they are having problems.
 - **Medications:** patients should ensure they have sufficient medications and call their health care team if they need refills.
- To reduce the risk of coronavirus exposure, avoid going to the clinic unless necessary. Patients who develop mild symptoms should monitor their blood sugars, stay well hydrated, and call their health care team with concerns.
- For severe symptoms, seek medical care right away.

COVID-19 Updates on the [IHS Website](#)
Information is available from the Centers for Disease Control and Prevention (CDC) for [providers](#) and [patients](#)
<https://www.ihs.gov/coronavirus/>

Fitness Program Reimbursements and Chore Services Requests Temporarily Suspended

Due to the office closure for the coronavirus pandemic, we are unable to process Fitness Program reimbursements and Chore Services requests.

Once the office reopens, we will process requests in the order in which they were received.

We apologize for any inconvenience.

Qa'aich Housing In Florence

NOW AVAILABLE

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: <http://ctclusi.org/peacegiving>

The Housing Department is accepting applications for one and two bedroom units located in Florence Oregon on the Tribe's Hatch Tract property.

Qa'aich Development is HUD funded housing for low to moderate income families. For questions about income limit guidelines or other specific information please contact the Housing Department Office.

Preferences for Qa'aich Housing

1st Preference:

- Indian families who are enrolled members of the CTCLUSI and who are employed by CTCLUSI.

2nd Preference:

- Indian families who are enrolled members of other Indian tribes, and who are employed by CTCLUSI.

If you have any questions or want an application mailed to you please contact the Housing Department Office at 1245 Fulton Avenue, Coos Bay, OR or by calling 541-888-9577 or toll free 888-280-0726.

**applications may also be submitted from the CTCLUSI Website.*

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

Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort ~ Florence

Bartender
Director of Management Information Systems
Hotel Front Desk Lead
Front Desk/PBX Clerk
Guest Room/Laundry Attendant
Player Services Representative
Table Games Pit Manager
Table Games Dealer
Golf Course Outside Services Team Member

Blue Earth Services & Technology
No Openings

Tribal Government Offices
Director of Education, Coos Bay
Director of Family Support and Behavioral Health Services, Coos Bay
Assistant Planner, Coos Bay
Payroll Specialist, Coos Bay
Special Events Employee, Assignment Varies

Three Rivers Casino Resort ~ Coos Bay
Bartender/Server

<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**

Online Learning Resources for Youth at Home During School Closures

Contributed by Morgan Gaines, Communications Specialist

While schools are closed for some duration to help reduce the spread of novel coronavirus/ COVID-19, we can use some online learning tools and resources.

- Visit the Tribal member side of www.ctclusi.org for lots of resources on our own culture. If you do not have a log in or are having difficulties logging in, please e-mail me at mgaines@ctclusi.org I will be monitoring my e-mails even during our office closure and would be more than happy to help you navigate your login.
- According to CBC News, Indigenous educators are volunteering to teach short k-8 lessons online through Facebook. You can follow them by searching for [@ThinkIndigenousOnlineEd](https://www.facebook.com/ThinkIndigenousOnlineEd) on Facebook.
- National Park Service offers virtual tours of the beloved Yellowstone Park. Explore the beautiful canyons, hot springs, waterfalls, and Norris Geyser Basin while learning the history of the world's first national park. Go to www.nps.gov for more information.
- Travel to art museums around the world through Google Arts & Culture <https://artsandculture.google.com/partner?hl=en>
- Learn about the history of space travel and what it's like to live on a space station. Explore galaxies, hang out with NASA's top astronauts and read about future technology on NASA's extensive, educational website. There is also a kid's club for the little astronauts in training. Blast off into space at NASA.gov, or go to NASA.gov/kidsclub.

- Since 1946 Highlights for Children magazine has entertained children of all ages with stories, brainteasers, and the infamous hidden picture games. After adapting to the digital age, all of these popular activities can now be found on the Highlights website at highlightskids.com.
- PBS Kids offers hours of entertainment with tons of educational games, and videos. From a tablet or computer, children can create heroes, go fishing, build and race a go-kart, or learn and play with characters such as Clifford the Big Red Dog, Daniel Tiger, and Elmo. See all the games to choose from at www.pbskids.org.
- Keep the learning going with day-by-day projects to keep kids reading, thinking, and growing at www.scholastic.com/learnathome
- Learn a language online for free at duolingo.com
- Easily motivate 1st to 8th grade students to learn and practice math at prodigygame.com

There are even more great resources available to find online. Remember, social distancing is a temporary fact of life, including business and school closures. This pandemic may feel endless; we should remember that it won't be. While we don't know the specific timeline, the life changes we are currently experiencing aren't permanent. Practice self-care and be kind to one another, we're all in this together.

CAROLYN SLYTER SCHOLARSHIP FUND

AVAILABLE TO CTCLUSI TRIBAL
HIGH SCHOOL SENIORS AND
COLLEGE STUDENTS



TO APPLY FOR THIS SCHOLARSHIP
LOG ON TO:

<https://ctclusi.org/>
Education Department
<https://ctclusi.org/education-department-new-page>

Carolyn Slyter Scholarship Fund
Submissions Are Due By
Friday, May 29, 2020

For questions please contact
Karen Porter @ 541-888-1315 or
Email: kporter@ctclusi.org

GRACE BRAINARD SCHOLARSHIP FUND

AVAILABLE TO CTCLUSI TRIBAL
HIGH SCHOOL SENIORS AND
COLLEGE STUDENTS



TO APPLY FOR THIS SCHOLARSHIP
LOG ON TO:

<https://ctclusi.org/>
Education Department
<https://ctclusi.org/education-department-new-page>

Grace Brainard Scholarship Fund
Submissions Are Due By
Friday, May 29, 2020

For questions please contact
Karen Porter @ 541-888-1315 or
Email: kporter@ctclusi.org

Three Rivers Foundation continued from cover page...



- Douglas County:**
Camp Millennium; Roseburg, OR
Phoenix School of Roseburg; Roseburg, OR
South Douglas Food Bank; Riddle, OR
Umpqua Valley South Coast District of Oregon Music Teachers Association; Roseburg, OR
- Lane County:**
Boys & Girls Club of Emerald Valley; Eugene, OR
Boys & Girls Club of Western Lane County; Florence, OR
DevNW; Springfield, OR
Friends of Trees; Eugene, OR
Looking Glass Community Services; Eugene, OR
Memory Care Respite of Florence; Florence, OR
NAMI Lane County; Eugene, OR
Oregon Coast Emergency Repeater, Florence, OR
Oregon Trail Council Boy Scouts of America, Eugene, OR
Pearl Buck, INC.; Eugene, OR
Pleasant Hill Goshen Fire & Rescue; Eugene, OR
Pregnancy & Parenting Center; Florence, OR
Shelter Care; Eugene, OR
Siuslaw Regional Aquatic Center; Mapleton, OR
Siuslaw School District 97j; Florence, OR
Siuslaw Watershed Council; Mapleton, OR
South Lane Mental Health Services; Cottage Grove, OR
SquareOne Villages; Eugene, OR
Volunteers in Medicine Clinic; Springfield, OR
Willamette Leadership Academy; Springfield, OR
Willamette Family; Eugene, OR
- Lincoln County:**
Eddyville Charter School; Eddyville, OR
Oregon Coast Council for the Arts; Newport, OR
Oregon Coast Youth Symphony Festival Association; Newport, OR

- Other:**
Cascade Pacific Resource, Conservation & Development; Corvallis, OR
Confederated Tribes of Grand Ronde; Grand Ronde, OR

Tribal Council has requested we highlight some of these fine organizations in future newsletter publications. As we receive competed grant reports, we will ask Communications Specialist, Morgan Gaines to make room in the monthly Voice of CLUSI newsletter so we can show you the great work these organizations provide to our

communities.
Foundation Chairperson, Mark Petrie sited some stunning data from the 46 organizations the Trustees selected. Of those 46 organizations there were 707,823 volunteer hours and even more amazing is over 417,000 people were helped through these 46 organizations.
Our successes are a reflection of the commitment and passion of our dedicated leadership. Listed below are the current trustees who ensure that the Three Rivers Foundation continues to reflect the goals and commitment of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians to our local communities.

- Mark Petrie, Tribal Council Vice-Chair & Three Rivers Foundation Vice-Chair
Jay Bozievich, Lane County Commissioner, West Lane & Three Rivers Foundation Chair
Chief Warren Brainard, Chief of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians & Trustee
Pat Farr, Lane County Commissioner & Trustee
Doug Barrett, Tribal Council Member & Trustee
Tom Grove, Appointed by the Governor & Trustee
Bob Main, Coos County Commissioner & Trustee
Stephanie Watkins, Director of Human Resources for the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians & Trustee

****Due to a professional commitment Jay Bozievich was unable to attend so CTCLUSI welcomed past Vice Chair Faye Stewart to present to the worthy recipients.**
****Tom Grove was unable to attend last minute**

The Three Rivers Foundation supports innovative ideas, collaborative approaches and grassroots efforts in the following areas: education, health, public safety, problem gambling, the arts, the environment, cultural activities and historic preservation.

Government Offices Closed
Until April 3rd

For Immediate Release

March 17, 2020

In the interest of the health of our Tribal members, staff and the greater community the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians will be closing government offices effective 5:00 PM tonight (March 17th) until April 3rd.

The Tribe will maintain a small group of essential services staff who will continue to provide services to those most vulnerable in our Tribal Community. The Tribal Council will continue to monitor and evaluate the situation on an ongoing basis, and respond as necessary.

For additional information, please contact Alexis Barry, CEO at 541-888-7527

Doc Slyter, Chairman

2020 Tribal Chief Election Candidate

The Tribal Members listed below have decided to run for the position of Tribal Chief. They have officially submitted their Statement of Candidacy on the date listed by their name.

Doc Slyter 2/13/2020

Tribal Chief Candidate Position Statements are available to read online at www.ctclusi.org/elections

Election Day: April 12, 2020
Mail in Ballots Only

Due to recent concerns over the COVID-19 Pandemic, all Tribal events where large gatherings of people occur have been cancelled.

Tribal Code Chapter 7-3 Elections has been temporarily ammended through Resolution 20-020 to restrict the April 12, 2020, Tribal Chief Election to mail ballot only.

All ballots must be mailed in the envelope provided in the ballots and be received no later than Saturday, April 11, 2020.

For a complete Election Code please see www.ctclusi.org Tribal Code, Ch 7-3 Elections or contact Jeannie McNeil at jmcneil@ctclusi.org or (541) 888-7506.

On the 2020 Census The Tribal Member MUST list “Head of Household” as Native American and write: *Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, as your Tribe.*

The online census questions regarding race will look like what you see below.
To fill out the 2020 Census form online go to <https://my2020census.gov/>

United States
Census
2020

Address
Verification

Household
Questions

People Questions

Home > Sex > Age > Hispanic Origin > Race

What is Jane Doe's race? (Help)

Select one or more boxes AND enter origins. For this census, Hispanic origins are not races.

☐ White

Enter, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

☐ Black or African American

Enter, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

☒ American Indian or Alaska Native

Enter name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

Confederated Tribes of Coos, Lower Umpqua

Participating in the 2020 Census is simple. The Census form is short and asks a few basic questions about each person's sex, age, and race, and whether the house, apartment, or mobile home is owned or rented. The average time it should take a household to complete the form is only about ten minutes. Being counted means standing up and being visible for yourself, your family, and your tribal community. April 1, 2020 Census Day is observed nationwide.

To be accurately counted you must type in the whole Tribe:
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

Ways to take the 2020 census:

- By Mail:** Simply mail in the census questionnaire that was sent to your household.
- By Phone:** Call (844) 330-2020 to speak to a Census hotline representative.
- Online:** go to www.2020census.gov to fill out your census online.

Do you need help filling out your census?

Call Jeannie McNeil
at (541) 888-7506

Key 2020 Census Dates:

- March 12, 2020:**
Census notices are mailed or delivered to households and online Internet Self Response opens
- April 1, 2020:** Census Day
- July 31, 2020:**
Last day to participate in the 2020 Census
- December 31, 2020:**
Census Bureau delivers population counts to the President for apportionment of congressional seats