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Earlier designs of a removable trap box within the LPS either failed to capture lamprey or failed to retain them once captured. ODFW provided new designs and rebuilds of the trap box with the final iteration installed in early February. Lamprey retention was proven by placing two lamprey within the trap box with no escapees over 3 days. In addition, the USFWS generously installed a motion sensing camera system at the entrance of the LPS and a WiFi hotspot to alert us when lamprey enter the LPS.

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Looking Forward to Weaving Workshops in 2021

Dear Coos, Lower Umpqua, and Siuslaw people,

If you do not know me yet, I am Sara Siestreem (Hanis Coos). I am an artist and educator and I run our Tribal Weaving Program. I am writing to you today to let you know I am thinking of you and holding you close in my thoughts and prayers as we pass through these difficult times. I watch reports of our home community closely and am so proud of how safe you are all staying and how rapidly our tribal leaders moved to protect us. Please keep wearing your masks and practicing social distancing. Reports are still confirming these tactics are working in places affected before us.

I want to let you know that our Weaving Program will resume in 2021 when it is safe for us to gather in person again. In preparation for this, I am creating a cache of weaving materials for you and thinking hard on ways to meet your needs to connect with the earth, your culture and each other now when we need it more than ever.

First up, it is a great time to access some of the digital resources we created for you so you can practice your culture from wherever you live and within the safety of your own homes. There are weaving tutorials, a gathering handbook, and more.

Story continues on page 10, Weaving 2021

Also in this Edition: Lamprey Work Continues in the Tenmile Basin

Contributed by John Schaefer, Biologist and Water Protection Specialist

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Story continues on page 7

June 15, 2020

Tribal Government Office’s Tentative reopening

Social Distancing guidelines will be followed and required, please call ahead before visiting the office
Activity of Elected Tribal Council Members form April 10 – May 10, 2020. All meetings via teleconference or by video.

Debbie Bossley, Chair:
4-10-20 BIA Northwest phone conference 11:00am-12:00pm
4-14-20 Tribal Governance Alliance phone conference 10:00am-10:15am; Another phone conference 10:00am – 10:25am
4-16-20 Senator Merkley staff phone conference 12:30pm – 1:30pm; Leader Circle phone conference 5:15pm – 7:00pm
4-17-20 BIA Northwest phone conference 11:00am-12:00pm; Oregon State Governor phone conference 3:00pm-4:30pm
4-20-20 Senator Ron Wyden’s staff phone conference 1:00pm – 1:45pm; BIA Northwest phone conference 2:00pm – 2:30pm; Special Council Meeting – Swearing in of Tribal Chair and Chairperson 5:00pm – 6:00pm
4-21-20 ATNI – CARES Act update phone conference 9:00am – 9:30am
4-22-20 ERI – CD Covid 19 phone meeting conference 2:00pm – 2:45pm
4-23-20 ATNI/Leaders Circle phone conference 1:00pm – 1:15pm; Special Council Meeting 1:15pm – 2:00pm
4-24-20 BIA Northwest phone conference 9:00am-10:30am; BIA Northwest phone conference 11:10am-12:00pm; Oregon State Governor phone conference 3:00pm-4:00pm
4-26-20 Small Business Administration-PPE phone conference 2:00pm – 2:45pm
4-27-20 BIA Northwest phone conference 11:00am-12:00pm
4-28-20 Town Hall Congressional phone conference 9:00am-10:00am
4-29-20 ATNI phone conference 9:00am-11:00am; Congressman Peter DeFazio staff phone conference 2:00pm-3:00pm; Reopening Oregon phone conference 3:00pm-4:30pm
4-30-20 ATNI, President David  Fish phone conference 10:20am – 11:30am; Leader Circle phone conference 11:30am – 12:00pm; Oregon State Governor staff phone conference 1:30pm-3:00pm
5-1-20 BIA Northwest phone conference 11:00am-11:40pm; Oregon State Governor staff phone conference 3:00pm-4:15pm
5-2-20 Special Council meeting phone conference 10:00am – 1:15pm; Talking Circle phone conference 11:55am – 1:30pm
5-4-20 BIA Northwest phone conference 11:00am-11:35pm
5-5-20 ATNI phone conference 9:00am-10:00am; Leader Circle phone conference 5:45pm-6:30pm
5-6-20 HR Dept phone conference 3:30pm-4:30pm
5-7-20 Washington DC phone conference with Tyler Fish 10:00am – 11:00am; Leader Circle phone conference 11:15pm-7:00pm
5-8-20 BIA Northwest phone conference 11:00am-12:00pm; Oregon State Governor staff phone conference 2:00pm-2:45pm; Oregon State Governor Brown’s office phone conference 2:00pm-2:45pm
5-11-20 Oregon State Governor phone conference 3:00pm-3:30pm
Estimated hours for meetings, reading emails, phone calls and research – 90.

Josh Davies:
4-10-20 BIA Northwest – COVID – 19; State Tribal call re: COVID-19 response efforts
4-12-20 SBA, Tribal Election; BIA
4-13-20 BIA Northwest - COVID-19
4-14-20 Treasury/BSA Tribal Consultation regarding CARES Act PPP; Education Committee Meeting
4-16-20 Tribal Council Leaders Circle; Town Hall Meeting
4-18-20 FW; BIA – COVID-19; Tribal state call re: COVID-19 response efforts; USDA COVID update; WREN EAC Meeting
4-20-20 BIA Northwest - COVID-19; Special Tribal Council Meeting
4-21-20 WREN Coordination Body Meeting; ATNI
4-23-20 Tribal Council Leaders Circle; Special Meeting; Conference HS
4-24-20 9 Tribes Meeting; FW; BIA Northwest – COVID 19 (Teleconference); State tribal call re: COVID-19 response efforts; ODE COVID update; USDOA/BIDA Accession SBA PPP; ATNI
4-27-20 BIA Northwest – COVID 19
4-28-20 WREN Coordination Body Meeting; COVID – 19 Update; NCANI Congressional Town Hall
4-29-20 Tribal Council Leaders Circle; Tribe; Town Hall Meeting; Tribe call re: “Reopening Oregon” discussion; ATNI CARES Act Update; PPP Loan Application/Best Accounting Practices For Tribes During Disasters; Town Hall Meeting
4-30-20 Department of Treasury Carers Collaboration 3:30pm - 4:30pm; Tribal Council Leader’s Circle; Special Meeting v2; NCAI
5-1-20 BIA Northwest – COVID 19; State Tribal call re: COVID-19 response efforts; Coalitio, Congressional Legislate Meet Up for Entire Coast
5-3-20 Tribal Council Special Meeting
5-4-20 BIA Northwest – COVID-19
5-5-20 WREN Coordination Body Meeting; ATNI COVID-19 Response Video; TC Teleconference; COVID-19 Town Hall
5-7-20 Tribal Council Leaders Circle; Special Meeting; Indian Country COVID Update 9-20
5-8-20 BIA Northwest – COVID 19; Governor Brown Leadership Meeting; State tribal call re: COVID-19 response efforts; ODE Indian Education Meeting; Reopening Oregon: What Small Businesses and Startups Need to Know
5-10-20 Happy Mother’s Day
Estimated hours for meetings, reading emails, phone calls and research – 123.5

Iliana Montiel:
4-13-20 CHAP Board Advisory Zoom Meeting
4-14-20 Treasury/BSA Tribal Consultation re: CARES Act

Doug Barrett:
4-20-20 COVID-19 update with Treasury consultation call – SBA & PPP
4-12-20 Council Meeting Cancelled.
4-13-20 Department of Treasury Carers Act – Tribal Consultation of the PPP (Paycheck Protection Program)
4-14-20 Department of Treasury Carers Act – Tribal Consultation of the ERC (Employee Retention Credit)
4-15-20 White House Covid-19 briefing call
4-16-20 IIN Country Covid-19 Update Call; TC Leader’s Circle Call
4-17-20 State Tribal call re: Covid-19
4-20-20 Special Teams Council Meeting
4-22-20 White House State, Local, Tribal National Covid-19 Briefing Call
4-23-20 Indian Country Covid-19 Call; Special Tribal Council Meeting; Leader’s Circle
4-24-20 State Tribal call re: Covid-19 response efforts
4-29-20 Tribal Covid-19 Briefing Call w/ State, Local and Tribal Officials; Tribal-State video meeting re: Reopening Oregon
4-30-20 Indian Country Covid-19 update; TC Leader’s Call
5-1-20 State Tribal call re: Covid-19 response efforts 1 hour
5-3-20 Special Meeting teleconference
5-5-20 Tribal Council Teleconference
5-6-20 National Covid-19 Briefing call with State, Local and Tribal Officials
5-7-20 INS All Tribal and Urban Indian Organization Leaders Call; Indian Country Covid-19 Update; TC Leader’s Call; TC Special Meeting
5-8-20 Governor Brown Leadership Meeting; State Tribal call re: Covid-19 response efforts
5-10-20 Indian Country Covid-19 update; TC Leader’s Call
5-12-20 Indian Country Covid-19 Briefing Call with Federal, State & Tribes; State Tribal Call – Covid 19.
5-13-20 ATNI Tribal COVID-19 Call.
5-15-20 BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Suicide Prevention during the Pandemic.
5-20-20 NCAI – Congressional Town Hall Covid – 19; NCJTC webcast – Protections for Children & Families when Social Distancing.
5-29-20 National Covid – 19 briefing call – State, Tribal & Local officials; PPP Loan Application & Best Accountant.
2020 Tribal Energy Web; OYA Stakeholders – Corona Virus Update; State – Tribal – Reopening Oregon – Video meeting / discussion.
4-30-20 Tribal Government in Action.
5-1-20 Native Wellness Power Hour; Coastal Corral – legislative Meet up for the entire coast; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Native Wellness Power Hour.
5-3-20 Special Council meeting; Native Wellness Power Hour.
5-4-20 National Act weekly meetup – Covid – 19; Challenges & Opportunities for work environments; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Native Wellness Power Hour.
5-5-20 ATNI Act update call.
5-6-20 National Covid – 19 briefing call – State, Tribal & Local officials; OYA Stakeholders – Corona Virus Update.
7-5-20 Indian Country Covid – 19 call; Governors Reopening Video Conference; Tribal Councils Leaders Circle.
Total Estimated Hours of Council Work - 75 hours

Mark Petrie, Vice-Chair:
4-10-20 COVID BIA Call/COVID State Call
4-13-20 COVID BIA Call
4-14-20 Treasury Call/CLUSI Education Committee
4-16-20 OCEAN OSW Call/Lader’s Circle
4-17-20 COVID BIA Call/COVID State Call
4-20-20 COVID BIA Call/Special Council Meeting
4-22-20 COVID WH Call
4-23-20 OCEAN OSW Call/Lader’s Circle/Special Council Meeting.
4-24-20 Nine Tribes Call/COVID BIA Call/COVID State Call
4-26-20 COVID USDA & SBA Call
4-27-20 COVID BIA Call
4-28-20 Congressional Town hall call on COVID in Indian Country
4-29-20 Tribal Energy Webinar Series/Tribal-State Reopening Oregon discussion
4-30-20 Tribal Governments in Action Webinar/Leader’s Circle/Elliot State Forest Video

Conference/Special Council Meeting
5-1-20 COVID BIA Call/COVID State Call
5-3-20 Special Council Meeting
5-4-20 COVID BIA Call
5-5-20 Leader’s Circle
5-6-20 WH State, Local, Tribal Call/NAIPA/HRB Tobacco Prevention Webinar Series planning
5-7-20 OCEAN OSW Call/WA Indian Country COVID Update Call/Leader’s Circle/Special Council Meeting.
5-8-20 COVID BIA Call/COVID State Call
Total Estimated Hours of Council Work - 65 hours

THE VOICE OF CLUSI June 2020 Tribal Council Business
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 forest services

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 two 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 fire areas. Area maps available.

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

TRIBAL COUNCIL MINUTES

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

Upcoming Events

June 14th - Tribal Council meeting, 10:00 a.m.
To practice safe social distancing guidelines, this meeting will be streamed online. No in person attendance. Please log on to www.ctclusi.org/councilmeetingminutues for information on how to attend will be posted as soon as it becomes available. You may be required to register to receive a meeting link to attend.

June 15th - Tribal Government Office’s Tentative reopening
Social Distancing guidelines will be followed and required, please call ahead before visiting the office.

June 21st - Father’s Day
Council Corner

Although these past few months have been difficult, I hope you all are staying safe and well. Whether it’s not being able to work due to layoffs/furloughs, or having to work in uncomfortable working conditions, to worrying about how you’re going to make ends meet at the end of the week/month, please understand this crisis won’t continue forever. If you or someone you know is in need of help, reach out to our Family Support and Behavioral Health Services at 541-808-7688. They are here to assist our families, especially in the trying times we are experiencing now.

To the tribal families who have gone above and beyond to voluntarily provide assistance to our tribal communities out of the goodness of their hearts during this tough time, the Tribal Council sends a big gele/luuwii/hisaa (thank you) to you all. I love to see and hear about these stories. If you have received community support during this pandemic, we encourage you to write some words of appreciation about your positive experience and send it in to be published in our Tribal Newsletter. You can find a link to submit a Communication Form on https://ctclusi.org/communications. Positivity is the best kind of contagion that we all need right now to keep our people together.

A quick update on the Tribe’s COVID-19 response:

1. The Tribe recently secured Federal funding from the 2nd PPP (Paycheck Protection Program) offering. The PPP provides funding to pay employee wages while a business is in a recession due to the coronavirus pandemic. Our Tribe was informed by the SBA (Small Business Administration) and the U.S. Treasury that we were not eligible for the first PPP. Tribal Council disagreed with this ruling, and after letters to the SBA and the Secretary of the Treasury and numerous phone conferences, the Tribe was finally granted eligibility for the second funding of the PPP. A special thank you to Senator Ron Wyden, Senator Jeff Merkley and Representative Peter DeFazio for their support during this trying time of the coronavirus.

2. The Federal Treasury Department recently released 60% of the $8 billion from the Federal COVID-19 Relief Bill allocated to all the 574 recognized Native Tribes in the United States. The other 40% of these funds has been tied up in litigation due to the fact that the ANCs (Alaska Native Corporations) wants to be part of the distribution. We are still working out some of the Federal guidelines that are delaying implementation of the funds for essential Tribal member services; including Elder Stipends and College Student Stipends. Tribes throughout the U.S. are having similar issues with restricted use of these relief funds, due to the federal guidelines. We are doing all we can to find ways to fund these services that many of you rely on.

3. We are actively working with the Administration staff on creating a safe, science informed, reopening plan for the Casinos (which are our main source of revenue for the Tribal Government programs and services) and the Tribal Government Offices. We will be using phased reopening plans to ensure we are taking every precaution to keep everyone safe as we return to some sense of normalcy.

Chief Daloose’s dream power song has been on my mind often, in these recent months.

hlen hantl tuuwtiniiyiye – “We’re not going to fall down”

As you know, our people are no strangers to disease and disruption. We survived then, and we will survive this pandemic.

Resolution Summaries

RESOLUTION NO.: 20-019
Date of Passage: March 19, 2020
Subject (title): Declaring State of Emergence due to COVID – 19 Pandemic
Explanation: The Tribal Council approves to declare a state of emergency due to the threat posed by COVID-19 and authorized to execute any and all documents and take any and all action necessary to facilitate the Tribes access to and participation in tribal, state, and federal emergency and disaster relief efforts. Vote 7-0-0

RESOLUTION NO.: 20-020
Date of Passage: March 19, 2020
Subject (title): Temporary Emergency Amendment to the Tribal Code Chapter 7-3 Elections
Explanation: The Tribal Council approves due to the state of emergency and to protect its membership, the April 12 Election will be by mail only, the polling location will be closed. Due to time restrictions, this was done on an emergency basis and passed by unanimous vote. Vote 7-0-0

RESOLUTION NO.: 20-021
Date of Passage: April 3, 2020
Subject (title): Protection Application for Three Rivers Casino Florence and Coos Bay
Explanation: The Tribal Council approves the submission of application. Vote 7-0-0

RESOLUTION NO.: 20-022
Date of Passage: April 3, 2020
Subject (title): Stay Home, Stay Safe: Ordering Residents to Stay at Home and Requiring Social Distance Measures due to COVID -19 Pandemic.
Explanation: The Tribal Council has determined that for the protection of all membership, staff and visitors, all Tribal members, Tribal employees and residents of and visitors to the CTCLUSI reservation and trust lands should follow CDC Social Distancing guidelines. Vote 7-0-0

RESOLUTION NO.: 20-023
Date of Passage: April 9, 2020
Subject (title): Establishment of Language Committee
Explanation: The Tribal Council approves the request to establish this committee. Vote 7-0-0

RESOLUTION NO.: 20-024
Date of Passage: April 9, 2020
Subject (title): Eugene 4J School District, Title VII, NATIVES Program Support
Explanation: The Tribal Council approves to support the 2020-21 School year, program goals of the NATIVES Program. Vote 7-0-0

RESOLUTION NO.: 20-025
Date of Passage: April 9, 2020
Subject (title): Transfer Property from Blue Earth Service and Technology to CTCLUSI and place land into trust.
Explanation: The Tribal Council approve. Vote 7-0-0

RESOLUTION NO.: 20-026
Date of Passage: April 9, 2020
Subject (title): Fee to Trust Request
Explanation: The Tribal Council motioned and votes to Table Resolution. Vote 7-0-0

RESOLUTION NO.: 20-027
Date of Passage: April 9, 2020
Subject (title): Culture Committee Vacancy
Explanation: The Tribal Council appoints Scott Slyter to the Culture Committee. Vote 6-1-0

In this public paper, some Resolution titles and explanation will not be displayed or display minimal details due to confidentiality.
**Tribal Government Tentative Reopening June15th**

The Tribal Government Headquarters and outreach offices were closed March 18th in response to the COVID 19 Pandemic. During the closure, only essential staff were working to continue to maintain basic governmental services and emergency needs of the community. During the closure, staff have continued to monitor the situation in our 5-County service area.

With an abundance of caution, recognizing that Tribal communities are those most hard hit by the virus, we have decided to reopen tentatively on June 15th.

We are excited to see everyone, however you will see changes at all the government offices. We will be deep cleaning government offices. We will be asking all staff and visitors to wear masks. There may be other protective measures we may institute to protect both staff and community members.

Please be patient with us as we navigate through this challenging time. If you have questions please reach out to us.

Tentative Reopening June 15th

**QUARANTINE PHOTO CONTEST**

Deadline: Monday, June 22, 2020 by 5:00 pm

Top 3 winners photos will receive a prize and be featured in an upcoming edition of The Voice of CLUSI

**THEME: SUMMER SOLSTICE AND SELF CARE**

Show us how you’re celebrating the Summer Solstice at home and/or the self-care activities you’re doing during quarantine that are helping you through these difficult times.

Include with your photo entry your name, Tribal affiliation, contact information including email, phone number, and mailing address, and a brief description of your photo. 1 photo entry per person

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**ENROLLMENT APPLICANTS FOR TRIBAL MEMBERSHIP**

<table>
<thead>
<tr>
<th>Sherrill Lorraine Brainard</th>
<th>Justin Tyee McGuire</th>
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<tbody>
<tr>
<td>Parent: James W. Brainard</td>
<td>Parent: Christopher McGuire</td>
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<tr>
<td>Lineal Descendant: Abigail Brainard</td>
<td>Lineal Descendant: Anna Campbell</td>
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<tr>
<td>Tribe: Coos</td>
<td>Tribe: Lower Umpqua</td>
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<tr>
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<th>Zachary Daniel Schutz</th>
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<td>Parent: Sadie Boccard</td>
<td>Parent: Abigail Schutz</td>
</tr>
<tr>
<td>Lineal Descendant: Pamela Stoehsler</td>
<td>Lineal Descendant: Maxine Marlow</td>
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<tr>
<td>Tribe: Lower Umpqua</td>
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<th>Myla Lynn Brainard</th>
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<tr>
<td>Parent: Joshua Brainard</td>
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<tr>
<td>Lineal Descendant: Stephen P. Brainard</td>
</tr>
<tr>
<td>Tribe: Coos</td>
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</tbody>
</table>

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

Contributed by Ashley Russell, Water Protection Specialist

Parts of Plant Used: Leaves, Flowers, and Roots

Herbal Actions: Also known as field hops for reasons I will not discuss in this article, the use of this medicinal and ceremonial herb spans millennia. Yarrow is antimicrobial, anti-inflammatory, decongestant, and diaphoretic, which makes it great at alleviating colds and the flu. Because yarrow is also styptic (stops bleeding), anhemorrhagic, astringent, and vulnerary, the fresh or dried leaves of this feathery beauty are a useful first-aid/emergency herb when applied as a poultice for cuts and scrapes as well as muscle and joint pain and inflammation. Lastly, yarrow is a bitter and antispasmodic and can improve digestion if taken before a meal. Moreover, it is effective in easing stomach and menstrual cramps and intestinal flus.

Other Uses: The root of yarrow, when chewed, can help lessen teething/tooth pain and alleviate gum problems. Yarrow can also be bundled and burned as a smudge.

Precautions: Yarrow should not be used internally if you are pregnant as it is an emmenagogue, meaning that it stimulates/increases menstrual flow. It is still safe to use externally.

Scientific Name: Achillea millefolium

Learn Our Languages Online - make it fun and interactive!

Contributed by Tribal Linguists, Patricia Phillips and Enna Helms

Not long after quarantine began in mid-March, we began tossing around ideas on how to teach language online. During the month of June, we look forward to connecting tribal members to online language learning resources and to provide some background, history, and educational resources on our languages.

Here is a list of some options available for online language learning through the use of multiple platforms. We hope these options will help to increase user access and language visibility.

- **CTCLUSI.org**: The tribes website language page [https://ctclusi.org/language](https://ctclusi.org/language) will be used as a single hub for finding all of the language learning resources, curriculum, and additional online zoom links to class times and social media groups. This page will be updated regularly!

- **Zoom**: We will be utilizing Zoom at [https://zoom.us](https://zoom.us) to host online language classes. During the month of June we will try our best to accommodate a class time that works best with interested language learners. **Classes start the week of July 1st**.

We will be utilizing two social media outlets; Facebook and Instagram. You may follow one group or all three if you like!

- **Facebook**:
  - Facebook Group “Miluk tl’iis”:
    - [https://www.facebook.com/groups/miluktliis/](https://www.facebook.com/groups/miluktliis/)
  - Facebook Group “Hanis tl’ii’is”:
    - [https://www.facebook.com/groups/hanistliiiis/](https://www.facebook.com/groups/hanistliiiis/)
  - Facebook Group “Sha’yusht’a uhl Qu’uiiich wa’as”:
    - [https://www.facebook.com/groups/shayusustlauhlquiiichwaas/](https://www.facebook.com/groups/shayusustlauhlquiiichwaas/)

- **Instagram**: Follow Language through the instagram portal by searching ‘miluk_tl’iis’, ‘hanis_tl’ii’is’ and ‘shayusuhta_uhl_quuiich_waas’.

We want to acknowledge some language activist friends that we have met through our work. The inspiration for a Facebook community page came from the Wailaki language from the Round Valley reservation in California, Wailaki Kunnes Bakang Ishjii Naagai. Round Valley community members work with the local school district and post short videos to teach words and phrases. Searching facebook brings up numerous other pages dedicated to native languages, like Lakota, Cherokee and Diné.

This month is focused on connecting tribal members to online resources and starting the first week of July we will begin some language lessons. Stay tuned... These materials and resources will make learning new words and phrases fun! For questions, comments or input please contact us at Patty Phillips, Tribal Linguist, at [miluk.language@gmail.com](mailto:miluk.language@gmail.com) or (707) 812-0705 and Enna Helms, Tribal Linguist, at [enna.helms@ctclusi.org](mailto:enna.helms@ctclusi.org) or (541) 297-7538.

Good news, COVID-19 will not stop Summer Solstice!

Contributed by Jesse Beers, Cultural Stewardship Manager

During these uncertain times it is nice to be able to celebrate and hold ceremony on holidays such as Summer Solstice. These are holidays that will happen whether we recognize them or not, it is simply part of us living on this beautiful planet we call tl’da, tla’ai, or Earth. The Summer Solstice will soon be here, the longest day of the year. It is the time of year where we mark the transition towards shorter days, give thanks to the creator for the blessings of the ‘spring and the warmth of the sun. It is also time to start thinking of all the work and games that need to be done over the summer months and the hunts of the early fall.

While there is plenty of hardship out there and many are having difficulty with quarantine or being an essential worker there is also plenty to be thankful for. As an example I am very thankful that this has given us all a chance to observe the changes in our planet’s environment when we aren’t all travelling all the time. We are seeing, around the world; air is cleaner, water is cleaner, and wildlife is rebounding. As we sit down with our families, in front of a computer, or in the woods for this Summer Solstice I pray we learn these lessons deep and bring them with us in to a new normal that is better and more sustainable then the old normal.

Normally, many would be gathering in the Plankhouse in Coos Bay to play games, sing, dance, and have a ceremonial fire. As of yet, we are still not gathering due to the threat of the current pandemic, however, this does not have to stop your celebration. What a great opportunity to either continue or start the traditions with your family at home or with others over an online platform. Traditional game descriptions and songs are available online on our Hanis.org website. We are also working towards building more online learning opportunities of many more cultural aspects for the CTCLUSI website alongside the existing weaving tutorials. So enjoy the longer days to come, give thanks for the sun (when it arrives), learn the games, and learn the songs. Challenge others to a game online or at home amongst your quarantined roommates, whether it be Lamtlam (Kuukshuu), bones, or monopoly and have a happy Summer Solstice!

Photograph by Morgan Gaines

Check out page 5 for a Summer Solstice & Self-Care themed photo contest flyer
Lamprey Work Continues in the Tenmile Basin

migrants would give the most information on movement within the Tenmile basin before they eventually spawn and die. The drain pipe traps were placed in Tenmile creek around mid-March and so far we have only caught a single lamprey using this method. Unfortunately, the COVID-19 pandemic interrupted our work on March 18th and we had to cancel our popular lamprey capture and radio tagging events due to social distancing concerns and park closures. This means we aren’t getting the numbers of radio tagged lamprey that we planned to track over the summer. We were able to tag the single lamprey captured in the drain pipe trap with a minimal surgical team assisted by Richard Litt’s wife Kathy Litts. This lamprey was released lower in Tenmile Creek and was last tracked heading upstream towards Tenmile Lake.

In early May, we started getting reports of the LPS camera recording lamprey attempting to get into the trap box. Our very first successful capture with the LPS was on May 7th with an additional three lamprey captured over the next few days. Three of these lamprey were considered large enough to tolerate the surgical implantation of a radio tag and were then released into Eel lake. Also on May 7th, shoreline observations of Pacific lamprey spawning in Eel creek was noted. Traditional knowledge says that lamprey appear in the rivers when the eel flies are present. “Eel flies” are the large black flying ants that swarm in the warm days of spring, commonly known as carpenter ants. Richard noted and photographed a winged carpenter ant on May 8th.

Despite the difficulties of working during this pandemic, we will endeavor to safely continue our research of the Pacific lamprey in the Tenmile basin. Now that Tugman park has reopened and we have a few radio tagged lamprey in Eel lake, it will be important to track where they go and if they can successfully spawn after entering the lake.
Is your relationship based on power and control?

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman’s life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

Domestic Abuse Intervention Project  l  206 West Fourth Street  l  Duluth, Minnesota 55806  l  218/722-4134

NATIONAL DOMESTIC VIOLENCE HOTLINE  •  1.800.799.SAFE (7233)  •  WWW.THEHOTLINE.ORG

We know this is a challenging time for our Tribal Families. Please remember we are in this together. If you have additional needs or concerns about your ability to access or provide resources to your family during this time, please reach out to Family Support and Behavioral Health Services for resources and support.

Dawn Adams, Assistant Director of Family Support and Behavioral Health, 541-808-7699 or dadams@ctclusi.org

Mental Health and Coping During COVID-19

The Coronavirus disease (COVID-19) has caused additional hardships for many people. While everyone reacts differently to stressful situations, we encourage our Tribal community members to take care of themselves during this time, including taking care of your mental health.

Some ways to cope with stress may include:

- Taking breaks from watching, reading or listening to the news and other media
- Taking care of your physical health (ex. stretching, eating healthy, exercise)
- Make time to unwind
- Connect with others
- Beading, Singing, Dancing, Drumming, and other cultural activities

If you are experiencing depression and need someone to talk to immediately please contact the National Suicide Prevention Lifeline at 1-800-273-8255 or your local emergency care provider.

To connect to mental health resources, including in-person counseling services, telehealth, cultural healing and wellness materials and other resources, please contact CarolAnn Young at 541-435-5417 or cyoung@ctclusi.org.

VIOLENCE AGAINST NATIVE WOMEN: BATTERING

Information on this page provided by the Family Support and Behavioral Health Services Department

Produced and distributed by:

NATIONAL CENTER on Domestic and Sexual Violence Healing - responding - advocating - empowering

Produced and distributed by:

Domestic Abuse Intervention Project  l  206 West Fourth Street  l  Duluth, Minnesota 55806  l  218/722-4134

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NATIONAL DOMESTIC VIOLENCE HOTLINE  •  1.800.799.SAFE (7233)  •  WWW.THEHOTLINE.ORG
In the Loop” with the Circles of Healing Program

Resources for Survivors in times of COVID-19 Pandemic

Staying home doesn’t always mean staying safe. If you are experiencing domestic violence and need help, there are still a lot of resources out there for you. If you’re a recent survivor of domestic violence or sexual assault (DVSA) and still seeking stabilization, there is help available for you too. Below is a list of many of the resources available in our area, state, and nationwide for DVSA survivors. Due to generational trauma, complex trauma, and other factors, sometimes the survivor becomes the abuser or batterer. If you find yourself in self-injuring situations in which you become the abuser, there are resources for help that are included in this comprehensive list (see Batterers Intervention Programs and Resources). Survivors and victims of domestic violence, sexual assault, intimate partner violence, dating violence, stalking, and/or human trafficking are always invited to reach out to a Circles of Healing advocate who can help you connect to meaningful resources and services to help you on your path to safety, wellness, and healing. Our main program line is 541-888-1309. All of our services are trauma informed, safety and survivor centered, and confidential.

Other resources available to you now include:

Food Box and Food Pantry Resources
- SNAP Benefits: Now applying for SNAP benefits, if you do not already receive them, is simplified: Complete an online application at: https://apps.state.or.us/onlineApplication/ or call 1-855-626-2050
- Parenting Resources: For more information during times of COVID-19 tips and resources, see: www.families-first.org/ or connect w/ CTCLUSI Family Support and Behavioral Health Services 541-888-6169 ctclusi.org

Financial Resources
- Stimulus Checks: Below is the link to the new IRS portal that will allow you to see the status of your check. You are also encouraged to sign up for direct deposit with the IRS if you have not already done so. https://www.irs.gov/refunds/stonewaswv
- Checks: To apply for this funding, call 1-855-626-2050

More National Resources
- To understand more about COVID-19 and how to further protect yourself, you can see: National Indian Health Board https://www.nihib.org/covid-19/
Weaving 2021 continued from cover page...

articles, and some of my institutional research as well, all available for your use. These practices have always soothed and uplifted us, I hope that during these trying times, this practice will bring additional solace to you and your loved ones. You can find all these resources by logging onto the tribal website and typing Basketry into the search box at the top right-hand corner of the log in page.

If you are without weaving materials please feel free to substitute other things you may have around the house (yarn, wire, rope mop heads—but ask mom first). Don’t let anything get in your way, our people are great inventors and have always found a way to invent new forms in the face of adversity. There could be marvelous things to come from this we have never seen before and it may happen in your own kitchen, who knows? Please also reach out to me and I will work to connect you with natural materials in a “no contact” way. I want you to know that I am standing by to support you as you embark on this work, I am just a video chat, email message, or phone call away. I am on facebook too, so find me and put me to work!

Stay safe and know we are working to find ways to keep our hearts connected to one another.

Luuwii,
Sara siestreem (Hanis Coos)
sarasiestreem@hotmail.com
ATTENTION CLASS OF 2020

The closing of schools and universities across the nation due to the Covid 19 pandemic have left a lot of us sad that you’ll be missing your commencement ceremonies celebrating your academic accomplishments. We still want to celebrate you! Help us do that by sending us a photo of you, perhaps in the cap and gown you would have worn to your graduation, along with information of your degree or certificates and your plans moving forward. Submissions for the July 2020 newsletter are due by 5:00 p.m. on June 15th.

Send information to Morgan Caines at mcaines@ctclusi.org or by calling or texting 541-808-7918

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

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

Peacegiving Coordinator

PHONE: (541) 888-1306 or (541) 888-1316
EMAIL: Peacegiving@ctclusi.org Website: http://ctclusi.org/peacegiving

Educational Community Resources

During this time, we would like to highlight the resource that North Bend and Coos Bay school districts are offering K-12 students.

- The Coos Bay School district is currently offering take home packets and schedules, as well as an online learning option. This information can be found at cbd9.net < COVID-19 Resources, or cbd9.net< Student Portals

- The North Bend School district is currently offering distance learning for students.

This information can be found at nbend.k12.or.us

- South Coast ESD is offering online student resources at scesd.k12.or.us/online-student-resources/

If additional educational supplies are needed during this time or if you need assistance connecting your student to distance learning options please contact Kevin Gowrylow at 541-297-3479 or send an email to kgowrylow@ctclusi.org

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

Native Youth Wellness Warrior Camp 2020

From a place of love and care, the Native Wellness Institute has decided to cancel our annual Native Youth Wellness Warrior Camp that was to be held June 29 - July 2, 2020 in Grand Ronde, Oregon. The global pandemic has struck Indian Country in such a way that we have to be mindful of the safety of our loved ones. We are sad as this is such an amazing gathering of young people and the healing that happens is indescribable. However, we know that we will be back next year and the goodness will continue.

On June 29 and 30, 2020, NWI will offer a virtual Youth Wellness Warrior Camp. The details will be forthcoming.

If your tribe or youth program are interested in financially sponsoring a portion of the virtual Native Youth Wellness Warrior Camp, please contact us.

We wish you well, please stay safe.

Native Wellness Institute
**Dental Clinic Update**

Contributed by Vicki Faciane, Director of Health Services

Due to concerns over the safety of our patients and our staff, we closed the Dental clinic beginning on March 16. As I am writing this today, the clinic remains closed and we do not have a reopening date yet. Although Governor Brown has issued an Executive Order allowing dental clinics to reopen, we must ensure that we have appropriate PPE (personal protective equipment) and that we have policies in place to protect patients and staff when we begin seeing patients again. We are working on a plan for reopening and once we have a date, we will post it at [www.CTCLUSI.org](http://www.CTCLUSI.org). We will also call patients to begin rescheduling canceled appointments.

When the clinic reopens you will see some changes. Again, these changes are to ensure your safety and that of our staff. Here are a few of the changes you will notice:

- **Virtual Waiting Room.** Until we are past concerns about coronavirus transmission, we will not open our physical waiting room. You will be instructed to call us from your car when you arrive for your appointment. When you call, a staff member will ask you some screening questions. Then, while still in your car, a staff member will come to you to complete the screening process, which will include a temperature check and issue of a mask. You will continue to wait in your car until you are called to come into the building. Please put your mask on before entering the building. If anyone has accompanied you to your appointment, they will not be allowed to come into the building.

**Increased Usage of PPE (Personal Protection Equipment).** Staff will be wearing more PPE than usual. This is for your protection as well as theirs.

- **Staggering Appointments.** We will be staggering appointments so that we will not have patients arriving and leaving at the same time. Upon checking out of the clinic after your appointment, you may have to wait for a few minutes until the prior patient has left. We apologize for any inconvenience, but we do not want people standing in line at the window to make their next appointment.

- **Medicaid/CHIP/OHP Applications:** If your employment situation has changed, such as being laid off or fired, you and your family may have become eligible for health insurance through the Oregon Health Plan (OHP or Medicaid/CHIP). Our staff are all Certified Application Assistors who can help you enroll in this program during a short phone call. Please have your household income information available when you call us. **Note:** Under Federal law, if you are eligible for an alternate resource, such as Medicaid, you are required to apply for and to use that resource for eligible medical expenses before using PRC funding.

Your Purchased/Referred Care staff is here to assist you. For the above services, as well as for any other questions you may have, call (541) 888-4873 to leave a message. To get a call-back from our staff, you must leave your name and good phone number to call you.

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**Purchased/Referred Care Update**

Contributed by Vicki Faciane, Director of Health Services

The CTCLUSI Tribal Government offices have been closed to all but essential services since March 17, 2020. However, the Purchased/Referred Care staff continues to work from home to provide services to Tribal members living in the five-county service delivery area (Coos, Curry, Douglas, Lane, and Lincoln counties). PRC services continue to be available Monday through Friday from 8:00 AM until 5:00 PM. Here is a listing of the services available and how to access them:

- **Purchase Orders for Medical Services:** You must still call to get a purchase order (PO) for any medical/dental/mental health appointment, include telehealth. You must call the main number at (541) 888-4873 and leave a message with your name and phone number for call-back. Someone from PRC will return your call. They are checking voice mails several times a day. Make sure you leave your number because staff do not have access to Tribal member information from home. **Please remember: you need to call at least 72 hours ahead for a PO.**

- **Prescription Medications:** If you have a prescription that is being denied, have the pharmacist call PRC for assistance. Most pharmacy issues can be resolved the same day; however, some may take longer. Please do not wait until the last minute for refills. If there is a problem with a refill which might cause you to run out of your medication, we can authorize a limited refill (5-7 days) to give you time to work through the issue. **Note:** Do not pay for a pharmacy refill of an approved medication – we cannot reimburse you for your out-of-pocket expenses.

- **PRC Applications:** If you have not turned in your CY2020 PRC application, it is not too late. You can submit your application online. If you need assistance with this, call PRC and leave a message.

**Chair Yoga at Home**

CTCLUSI Circles of Healing Program is hosting a

1 Hour Chair Yoga Session via Zoom

*Taught by guest instructor Libby Cox from Two Birds Yoga Training*

**Wednesday, June 10th at 6:00 p.m.**

This course is for all levels and abilities!

To RSVP please call Jamie Broady at 541-435-8795

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*Contributed by Vicki Faciane, Director of Health Services*
**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**

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**Coos**

**Elders Spotlight of the Month**

**Claudette Lum**

Immediate Family:
- Daughter of Mabel and Bill Wong.
- Widow to Harry Lum.
- Sister to a total of ten siblings, two surviving — Bill Wong and Danielle Weaver.
- Great grandmother to Hudson, Abigail, and Wesley.
- Grandmother to Josh Cline, Sydney Lum, Cecilia Lum, Kirsten Casillas, Amanda Hordon, Carly Hudson, and Clayton Branco.
- Mother to Richard Lum, Lisa Hudson, Diane Cline, Teri Branco. Long-time friend of Horst Schwandt.

**Proudest Accomplishments:**
- Raising her family.
- Worked at Trader Vick’s Restaurant as Matre De for 57 years.
- Won the event Beta Breakers in San Francisco for 25 years.
- Precious relationships with her nieces and nephews.
- Hiked to the top of the Hollywood sign in Los Angeles at 80 years young.

**Favorite Sayings:**
- “And you know what…”

**Contributed by Kimmy Bixby, Community Health Aide**

**George Harper**

Immediate Family:
- Son of June Roberts and grandson of Margaret Perry. Brother of Pam Stoechsler.
- Husband to Alice Harper (Lakota Sioux).

**Proudest Accomplishments:**
- Graduated from OSU with a Bachelor of Forestry degree.
- Became a District Ranger in California on the Modoc and Klamath National Forests.

**Favorite Sayings:**
- “Don’t fix it if it ain’t broken.”

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**DEFINITIONS**

**Communities, families, and elders must take steps to protect elders:**

**What is Social Distancing?**
- Social distancing means remaining six feet away from other people and maintaining it if possible. People can practice social distancing with remaining connected to others through the phone and other forms of technology.

**What is Isolation?**
- Isolation means the separation of a person or group of people from others when possible. People can practice social distancing with remaining connected to others through the phone and other forms of technology.

**What is Quarantine?**
- Quarantine means the separation of a person or group of people from others who are potentially affected by a contagious disease. People cannot practice social distancing with remaining connected to others through the phone and other forms of technology.

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**Elder Mental Health During COVID-19**

**ADDRESS THE RISK**
- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for older adults. When older adults have feelings of isolation, they may be at risk for developing depression and anxiety. Mineralization and calcium may reduce the risk of developing depression in older adults. Risk factors include being older, having a chronic health condition, and social factors, including social isolation.

**MANAGE STRESS**
- Share facts about the COVID-19 outbreak, including symptoms, treatment, and effective strategies to reduce risk of infection in words older people can understand. Consider whether they have negative reactions when speaking about risk.
- Communicate instructions in clear, concise, and straightforward language. Information is difficult to understand when it is not clear, concise, and straightforward.
- Engage families with information and help them provide personal care services or electronic barriers.
- Contact older adults by telephone.
- Encourage older adults to call their families regularly and teach others how to use social video.

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**Ways to Support Elders with Medical Needs**

- Elders who experience cognitive impairment or early stages of dementia may be Putting older adults at risk of falling during the outbreak. The oldest may be at risk of falling during the outbreak.

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**Ways to Support Elders in Residential Care**

- Nursing home personnel are at the highest risk of being affected by COVID-19. If necessary, residents are at increased risk of serious illness.

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**Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.**

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**SAMHSAs Disaster Distress Hotline Toll-Free: 1-800-985-5990 (English and Spanish)**

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**Activities That Support Elder Well-being During Isolation or Quarantine**

- Play cards or do puzzles.
- Exercise, including stretching, walking, or dancing.
- Read books and magazines.
- Use the internet to search for online exercise or music classes.
- Use the internet to find local resources or groups.

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**Visit CDC.gov/coronavirus for additional information**
Talking to Kids about Coronavirus (COVID-19)

People everywhere are talking about coronavirus (COVID-19) on the news, social media, television commercials and more. Adults aren’t the only ones hearing about it, and just like adults, kids may be overwhelmed, stressed, and frightened about what they are hearing. Parents, family members, and other trusted adults can help them understand what they hear in a way that is honest, accurate, and reduces anxiety or fear.

Tips for talking with kids

Remain calm and reassuring. Kids hear not just what you say but how you say it. Use a calm voice and try not to seem worried.

Be available to listen and to talk. Schedule time each day to relax and connect with your children. Make sure they know they can come to you at any time they have questions. Talk together about fears, worries and other feelings. Encourage them to call or video chat with friends and family to check on others and stay connected.

Pay attention to what they see or hear on television, radio, or online. Limit what they watch. Point them to age-appropriate content so they don’t end up finding news shows or outlets that scare them or have incorrect information. Talk together about what they are hearing and correct any false information.

Watch for changes in behavior. This may mean that they are anxious or not coping well. They may have trouble sleeping, complaint of headaches or not feeling well; get cranky, be more clingy, or seem distracted. Keep reassuring them, talk to them about their feelings, and try to stick to your normal routines.

Provide facts. Give them honest, direct answers and facts that are appropriate for their age. Explain that some stories on the Internet and social media may be based on rumors and incorrect information.

Give them some control. Tell them what they can do to reduce their fears of germs and keep themselves and others safe.

• Stay home and away from people who are sick.
• Cough or sneeze into their elbow or a tissue, then throw the tissue into the trash.
• Wash hands with soap and water for at least 20 seconds, especially after coughing or sneezing, going to the bathroom, and before eating or making food.

Be a good role model. When you show empathy and support to those who are sick, they will too. Pay attention to your own healthy habits, technology use and mental health. Show them that taking a break and protecting your own mental health is important. Let your child know that it’s normal to feel worried and stressed out sometimes. Share with them how you deal with stress in a healthy way.

Getting the conversation started

Start by asking a child what they’ve already heard. Most children will have heard something, no matter their age.

Ask what questions they have. Keep the conversation direct and easy to understand. Answer their questions, but don’t offer more detail than they are interested in.

Follow your child’s lead. Some kids may want to ask lots of questions and talk every day about COVID-19. Others may not be interested in talking about it much at all. Both are ok.

It’s ok to say “I don’t know!” if your child asks about something you don’t know the answer. Find the answer together. Check CDC.gov/coronavirus for up-to-date, reliable information.

Keep checking in. Talk about current events and what they are hearing about, their questions, and their feelings. Help them think through stories they hear about. Ask questions like: What do you think about this story? Why do you think this happened?

Keep explanations age-appropriate. Balance simple, direct facts with reassurances that they are safe and will be taken care of, especially for younger children.

Older children may need more discussions and information. Help them identify facts from rumors.

For more information:
CDC.gov/coronavirus
healthychildren.org

GARLIC MUSHROOM QUINOA

Recipe from http://dammdelicious.net
Contributed by Armando Martinez, CHA and Diabetes Coordinator

INGREDIENTS:
• 1 cup quinoa
• 1 tablespoon olive oil
• 1 pound cremini mushrooms, thinly sliced
• 5 cloves garlic, minced
• 1/2 teaspoon dried thyme
• Kosher salt and freshly ground black pepper, to taste
• 2 tablespoons grated Parmesan

DIRECTIONS:
1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

Nutrition Information: (Per Serving)
1/8th Recipe
155 calories
5 g Fat
23 g Carbohydrate
7 g Protein

YIELD: 6 Serving
PREP TIME: 10 Minutes
COOK TIME: 25 Minutes
TOTAL TIME: 35 Minutes

Remote Work During COVID-19 Closure

Contributed by Tara Vreel, Family Support Services Program Assistant

Hello all, I hope you are doing well. I work in the Family Support and Behavioral Health Services Department. One of the tasks I complete is processing invoices for the Child Care and Development Fund (CCDF). If you have questions or concerns about child care or need to update your financial or contact information with us, please contact me, tvreel@ctclusi.org or (541) 808-7841.

I have also been attending meetings on zoom and involved in webinars in order to stay informed of changes with the State and CARES Act related to resources for our families during this time. If you have questions please feel free to reach out to me and we will work on getting through the resources together.

If you weren’t aware there are big changes with SNAP benefits and you may want to browse their website or call their offices and see what may be available to your household:
https://apps.state.or.us/onlineApplication/
Self Sufficiency SNAP DHS
1431 Airport Ln, North Bend, OR 97459
(541) 888-6155

If there are any other resources your household needs please feel free to contact me and I will do my best to work with you to get access to the resources needed for your family. Remember we are in this together. I hope you and yours are getting through this shutdown together. Keep yourselves well and strong.

Ginormous Fruit Salad Surprise

Recipe by http://www.hungry-girl.com/
Contributed by Armando Martinez, CHA and Diabetes Coordinator

Prep: 15 minutes  Chill: 1 hour or more

INGREDIENTS:
1/4 cup freshly squeezed orange juice
1 tsp. seasoned rice vinegar
1 tsp. granulated sugar
2 cups peeled and diced cucumber
1 cup blueberries
1 cup diced strawberries
1 large Fuji apple, chopped
Optional garnish: fresh mint

DIRECTIONS:
In a small bowl, combine orange juice, vinegar, and sugar. Stir until blended and set aside. Place cucumber, blueberries, strawberries, and apple in a large bowl. Top with the orange juice mixture and stir gently to coat. Cover and refrigerate for at least 1 hour (overnight is best). Stir gently just before serving. Garnish with mint, if using. Enjoy!

MAKES 6 SERVINGS:
1/6 of recipe, about 1 Cup:
0 g Fat
14 g Carbohydrate
0.5 g protein
Indoor Air Pollution and Health - Should you be Concerned about this?
Contributed by Roselynn Lwenya, Director Department of Natural Resources & Culture

What is Indoor Air Quality?
According to the Environmental Protection Agency, Indoor Air Quality refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants. Understanding and controlling common pollutants indoors can help reduce your risk of indoor health concerns. Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later. Some pollutants in the air are especially harmful for children, elderly people and those vulnerable. They may cause health problems such as sore eyes, burning in the nose and throat, headaches, fatigue, allergies, respiratory illnesses (such as asthma), cancer and other serious long-term conditions. Sometimes individual pollutants at high concentrations, such as carbon monoxide, cause death.

Why should we be Concerned about Indoor Air Quality?
• With the COVID-19 pandemic, we are spending most of our time indoors.
• Vulnerable populations spend even more time indoors.
• The air inside your home, offices, and other buildings can be more polluted and harmful to your health than the air outside.
• Many "new" pollutants are associated with modern living.

Primary Causes of Indoor Air Problems
• Indoor pollution sources that release gases or particles into the air.
• Inadequate ventilation.
• High temperature and humidity levels can also increase concentrations of some pollutants.

Pollutant Sources
It is not always easy to tell if your home has poor air quality. You may notice bad smells or see smoke, but you cannot see or smell other dangers like carbon monoxide and radon. Here are examples of pollutant sources:

1. Fuel-burning combustion appliances such as water heaters, gas stoves, clothes dryers and fire places.
2. Tobacco products – cigarette smoking etc.
3. Building materials and furnishings as diverse as:
   a. Deteriorated asbestos-containing insulation.
   b. Newly installed flooring, upholstery or carpet.
   c. Cabinetry or furniture made of certain pressed wood products.
4. Products for household cleaning and maintenance, personal care, sprays and air fresheners.
5. Central heating and cooling systems and humidification devices.
6. Excess moisture.
7. Outdoor sources such as:
   a. Radon
   b. Pesticides
   c. Outdoor air pollution.
8. Biological agents, such as pet dander, dust and mold. Pets can cause and trigger asthma.

Basic Ways for Improving Indoor Air Quality
• Source control - eliminate individual sources of pollution or to reduce their emissions.
• Improved ventilation.
• To increase the amount of outdoor air coming indoors.

Ten Things You Should Know about Mold
Contributed by the Natural Resources Department

Mold is a type of fungus. These small organisms can be black, white, orange, green, or purple and live almost anywhere indoors and outside. Molds thrive on moisture and reproduce through lightweight spores that travel through the air. You’re exposed to mold every day. They’re usually harmless in small amounts. But when they land on a damp spot in your home, they can start to grow. They release spores that you might breathe in. If you’re sensitive to mold and inhale a lot of spores, it could make you sick. Information is from https://www.webmd.com.

Here are ten things you should know about mold which are from the EPA website https://www.epa.gov/mold/ten-things-you-should-know-about-mold

1. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory complaints.

2. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

3. If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.

4. Fix the source of the water problem or leak to prevent mold growth.

5. Reduce indoor humidity (to 30-60%) to decrease mold growth by:
   • Venting bathrooms, dryers and other moisture-generating sources to the outside
   • Using air conditioners and dehumidifiers
   • Increasing ventilation
   • Using exhaust fans whenever cooking, dishwashing and cleaning

6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.

7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.

8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).

10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.
Managing Stress During COVID-19 (Coronavirus)

Stress during COVID-19 (Coronavirus)
The concept of stress is one that is common to us all. The stress caused by the virus that causes COVID-19 can be considerable. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation. Stress during this time can have a big impact on home life. It is normal to find that some things are out of control. But there are ways to bring down stress levels. To reduce stress, it is important to learn how to recognize the signs of stress and choose strategies for managing stress. For some people, the stress symptoms can be very distressing and cause strain on us mentally and physically. Socializing is a basic need in our lives, no matter how introverted or extroverted we may be. Without it we can become bored, unmotivated, depressed or anxious. We miss our friends and relatives outside of our homes.

Connect with others through a phone call or video chat! Share concerns and feelings with a friend or family member who can check in with them about their safety and support needs, and help them make plans for staying somewhere else if their situation becomes dangerous. The suggestions above are just a fraction of ideas you can choose from while self-quarantined during these strange times. If you need more ideas, visit usatoday.com and look up “100 things to do while stuck inside due to a pandemic”.

Support for those at risk of violence in the home
People who experience violence or abuse at home may be experiencing increased stress and danger during this period of social distancing and home isolation.

If someone is experiencing violence or abuse in their home, they are not alone. There are many resources available to help.

- The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.
- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.6283 (TDD) and through chat.
- The StrongHearts Native Helpline is 24/7, confidential and specific for Native communities: 800.656.HOPE (4673) and through chat.

We all can support those at risk by reaching out to loved ones, friends, neighbors, and coworkers to see if they have the care and support they need, and if they feel safe at home. If you suspect someone you know may be experiencing violence, abuse at home, consider reaching out to let them know you are available to talk. You can also call the free National Domestic Violence Hotline 24/7 at 1-800-799-7233.

For more information: www.CDC.gov/coronavirus

How to Make the Best of Your Time at Home

Contribution by Kimmy Bixby, CHA

“Stay home and save lives.” That’s what we’ve been hearing for the past few months and although it seems simple enough, it can cause strain on us mentally and physically. Socializing is a basic need in our lives, no matter how introverted or extroverted we may be. Without it we can become bored, unmotivated, depressed or anxious. We miss our friends and relatives outside of our homes. Luckily, with technology these days, we have many ways to communicate, including video chats such as FaceTime or Zoom. I know it’s a huge adjustment, but it really can help us by seeing the faces or hearing the voices of our loved ones. There are also many offices doing counseling sessions over the phone and through video chat, so if you ever need someone to talk to, please don’t hesitate.

If boredom creeps up on you, here are a few things you can do to keep yourself busy, engaged and/or moderately active:

• Gardening. Even if you have a small yard, getting your hands in the dirt can help tremendously with depression and anxiety. Do something simple like plant a flower or pull a few weeds. It will give you a great feeling of accomplishment and could even motivate you to do more. Don’t have a yard? You can use that old flower pot you’ve had lying around.

• Journaling. Writing down things that have been on your mind can help clear space for more creating thinking.

• Meditate. This helps promote emotional health and well-being, reduces depression/anxiety, lengthens attention span, enhances self-awareness, and can even possibly reduce age-related memory loss.

• Mindful breathing. This can be done along with meditation and have similar effects, including stress reduction and regulating your body’s reaction to fatigue. It also can lower your heart rate, blood pressure, improve diabetic symptoms, and better manage chronic pain.

• Walk around the house or walk in place. Get your joints moving and your blood flowing so you don’t get stiff and sore from sitting too much.

• Do some easy indoor exercises. Don’t overdo it, but try to make sure you’re working those muscles to keep up your strength and endurance. Try a few squats or use some hand weights or wrist-weights while moving around.

• Read that book you’ve been holding onto. Exercising your mind and staying sharp during this time is crucial. Do you have a good mystery or Sci-Fi book you’ve been wanting to read but haven’t had the time? Some may even want to look into the self-improvement or spiritual genres to help with encouragement and motivation. If you’re more hands-on, you can look into activity books such as adult coloring, Sudoku or crossword puzzles.

• Write a letter. Looking to do something you might not have done in quite a while? Write to a friend or relative and send it in the mail. Receiving letters these days is not so common anymore, and can be a nice surprise for someone when they open their mail box to a personalized letter. Sometimes it’s the tangible things that hold the most sentimental value to others.

• Start those small home projects you’ve been needing to get done. Clear out some of your old wardrobe and set it aside for a time to donate. Fix that leaky faucet. Reorganize your bedroom or office area. Purge the extra junk laying around. Rearrange furniture to change things up a bit — just don’t hurt yourself in the process.

• Take up a hobby, or pick up an old hobby, such as painting, knitting, crocheting, etc. Do a jigsaw puzzle — the more pieces the better.

• If you have kids, remember to have fun. Pull out a board game, play some music, as it can release mood-enhancing chemicals in your brain. Have a mini dance party in the living room with your kids, they will love it.

• Watch a funny movie and have a good laugh. They always say that laughter is the best medicine, so finding a good comedy can really help lighten the mood. Watch it with another member of your household if you want — laughing together is even better.

The suggestions above are just a fraction of ideas you can choose from while self-quarantined during these strange times. If you need more ideas, visit usatoday.com and look up “100 things to do while stuck inside due to a pandemic”.

Remember that you are not alone — we are all in this together and will come out stronger, and hopefully with a feeling of self-worth, gratitude and a new outlook on life.

Last but not least, take care of yourself. Have patience, be forgiving. Love one another and stay safe. We care about you.
Tips in bold are the most important steps for staying safe from COVID-19 in public.

For more information, visit CDC.gov/coronavirus.

### Before Leaving the Home
- Write down a shopping list on paper to avoid touching your phone in the store.
- Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- Go alone to the store to reduce risk to others in the home.
- Go when store is less crowded. Contact store about new hours, and if there are special times for seniors or other groups.

### Before Entering the Store
- Wear a mask or bandana, and make sure that it covers both the mouth and nose.
- Wipe down shopping cart or basket handles with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.

### When Inside the Store
- Do not touch your eyes, nose, or mouth.
- Keep a distance of 6 feet from others at all times, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- Cough or sneeze into a tissue or the inside of your elbow.
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.

### When Entering Home
- Remove shoes and leave outside.
- Wash your hands immediately upon returning home.
- Wipe down phone, wallet, debit card, and other objects touched while in store with disinfectant wipes or cleaning solution.
- Wipe down countertops with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- Wash hands again after unpacking food.
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

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**Effective May 1, 2020**
Source: CDC, FDA
Coronavirus (COVID-19) and Stigma

Viruses Don’t Discriminate, and Neither Should We

Stigma is a strong feeling of disapproval that is often based on unfair judgment or misinformation about a group of people or certain actions or activities. The stress, fear, and anxiety about a disease, like COVID-19, can lead to stigma toward people or places. Stigma happens by creating fear and anger. Stigmatized people are hurt emotionally and mentally, and may be rejected by others, denied healthcare, education, housing or employment, or even face physical violence. We can all do our parts to reduce stigma.

Coronavirus doesn’t recognize race, nationality, or ethnicity. Diseases can make anyone sick regardless of their race or ethnicity. COVID-19 started in China, but that’s just geography. Having Chinese ancestry (or any other ancestry) does not make a person more likely to get COVID-19. Likewise, being from a place where people have COVID-19 doesn’t mean the person has the disease.

Wearing a mask does not mean a person is ill.

We should not judge someone for wearing a mask/bandana or assume they are sick. People wear masks for a variety of reasons, including to avoid pollen and air pollution, for cultural and social reasons, or may be wearing the mask because they (or someone they care for) are at higher risk for getting sick, and they are trying to protect themselves. They may be a healthcare worker doing their best to keep everyone safe.

You can interrupt stigma. Start by sharing information that is true.

Know the facts and avoid spreading misinformation. Stay informed through trusted sources like the Centers for Disease Control and Prevention (CDC.gov), Indian Health Service (IHS.gov), Johns Hopkins University (JHU.edu), etc.

Show compassion and support for those most closely impacted.

Listen to, acknowledge, and, with their consent, share the stories of people experiencing stigma, along with a message that treating people this way is not acceptable in your community. Create learning opportunities for youth and others to identify and correct racist and misinformed ideas.

Speak up if you hear, see, or read false information or mistreatment of others.

Gently correct false information, and remind the speaker that speaking badly of others and treating mistreatment of others.

We’re all in this together.

Everyone can do their part to help slow the spread of coronavirus. There are things you can do to help keep yourself and others healthy. Stay home, wash hands often with soap and water for at least 20 seconds, avoid touching eyes, nose and mouth, and clean and sanitize commonly-touched items in the home frequently. When sick, stay away from others and cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.

For more information:
CDC.gov/coronavirus

Low Income Home Energy Assistance Program

The Family Support and Behavioral Health Department continues to offer Heating Assistance for qualifying households. To receive heating assistance contact the FSBH Department or fill out an application on the CTCLUSI website at https://ctclusi.org/family-services.able households must reside in the five county service area of Coos, Curry, Lincoln, Douglas, and Lane, and fall below 60% of the Limit Oregon State Median Income as listed below.

In order for your application to be processed and determine qualification you must provide:

Proof of Income (Pay Stub) Social Security Card
Copy of your utility bill OR SSI or SSDI Statement of Benefits
Tribal Enrollment Card Child Support Statement
Oregon Trail Card Current Oregon Health Plan Card

No appointment is necessary, Tribal Households can obtain and fill out the application on-line at https://ctclusi.org/family-services or contact a Family Support and Behavioral Health staff for assistance. If you have any questions regarding the LIHEAP program you can also contact Shayne Platz at 541-297-9500.

*Note that available funding can be subject to change.

Corrections and Clarification

I am happy to hear you are interested in hearing more about the issue of coronavirus and how it impacts our lives. I look forward to any questions you may have.

June 2020

Johns Hopkins APL
Center for American Indian Health

This publication was supported by Cooperative Agreement 90U35301-01-00, funded by the Indian Health Service.

June 2020

THE VOICE OF CLUSI

18
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.

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

Contact Information

Have you updated your new contact information and address yet?

This information will help the CTCLUSI staff contact you. Without this information, you may not be aware of the current services that many programs are offering during the COVID-19 pandemic.

To update your information please use the Change of Address Form on CTCLUSI.org < Tribal Enrollment

If you have trouble or would like assistance please call Devynne Krossman at 541-808-5146
Health & Safety Measures at Three Rivers Casino Resort

As we begin the process of reopening our facility, the safety of our staff, guests and community is our number one priority. Our commitment is to make Three Rivers Casinos cleaner and safer than ever. In order to accomplish this, we are making a number of changes to our operation that you will notice when visiting property. We feel these changes are necessary to offer appropriate levels of protection to everyone visiting our facility. We appreciate your patience as we move implement these processes and look forward to seeing all of our friends again soon!

Sincerely,
Daniel Condy, Chief Executive Officer

Effective May 22, 2020 & Until Further Notice

*Be advised, this information was posted 5/15/20 and may be subject to change after this publication has gone to print. Please check for current information on www.threeriverscasino.com

TRCR Florence Casino Facility

- Casino hours of operation will be 7am – 3am daily in Florence. These reduced hours will provide appropriate time for deep cleaning and sanitation at the end of each business day.
- Temperatures will be taken of each guest entering the casino using a touchless thermometer. Any person found to have a temperature in excess of 100.4 degrees will be asked to leave premises until their fever subsides.
- Protective face coverings must be worn by all team members and guests while inside the casino.
- Latex gloves are available to any guest upon request but are not required.
- Presentation of valid photo identification will be mandatory for all guests. You will be asked to lower your mask at the security check point to validate your photo ID.
- Roughly one third of our slot machines will be placed out of service and chairs will be removed to encourage responsible social distancing practices by our guests. Many of our machines have been repositioned to ensure we are offering as many of our most popular machines as possible. Both smoking and non-smoking areas of the casino are open for guests.
- Table games will be open from 10am to 1am, Sunday through Thursday; and 10am until 3am, Fridays and Saturday. Table games will have limited seating and are non-smoking.
- Poker is closed until further notice.
- Sanitizing stations have been placed throughout the property and we encourage frequent use by all guests.

Restaurants

- Blue Bills will be open daily from 7am to 10pm with limited, socially distanced seating.
- Riverside Food Court will be open daily from 7am to 10pm with limited, socially distanced seating.

RV Parking

- RV parking will be available with socially distanced spaces

Hotel

- The hotel will be operating at limited capacity to provide the safest environment possible for our guests.
- Early check in and late check out will not be permitted.
- Room amenities (coffee, water bottles, toiletries and extra pillows/blankets) will only be available by request from the hotel front desk.

TRC Coos Bay Casino Facility

- Casino hours of operation will be 7am – 2am. These reduced hours will provide appropriate time for deep cleaning and sanitation at the end of each business day.
- Temperatures will be taken of each guest entering the casino using a touchless thermometer. Any person found to have a temperature in excess of 100.4 degrees will be asked to leave premises until their fever subsides.
- Protective face coverings must be worn by all team members and guests while inside the casino.
- Latex gloves are available to any guest upon request but are not required.
- Presentation of valid photo identification will be mandatory for all guests. You will be asked to lower your mask at the security check point to validate your photo ID.
- Roughly one third of our slot machines will be placed out of service and chairs will be removed to encourage responsible social distancing practices by our guests. Many of our machines have been repositioned to ensure we are offering as many of our most popular machines as possible.
- Sanitizing stations have been placed throughout the property and we encourage frequent use by all guests.

Restaurants

- Café 1297 will be open daily from 7am to 10pm with limited, socially distanced seating.

Due to Covid-19, some of our positions may not be actively interviewing; however, we are accepting applications for these important jobs. Please visit the website (jobs updates daily) or contact Recruitment for additional information.

Department of Human Resources
Current Openings at CTCLUSI and All Other Tribal Entities

Three Rivers Casino Resort - Florence
Director Management Information Systems
Food & Beverage Supervisor
Bartender
Hotel Front Desk Lead
Hotel Front Desk/PBX Clerk
Guest Room/Laundry Attendant
Player Services Representative
Table Games Pit Manager
Table Games Dealer
Golf Course Golf Shop Assistant

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
Food & Beverage Supervisor
Bartender/Server
Security Officer

Updated Daily
Or call Recruitment at 541-999-7860

http://ctclusi-int.atsondemand.com/
Go to Job Opportunities on the website for full job posting and to Apply Online

Updated Daily