The Importance of Salmon Ceremony:
Remembering the Past While Looking to the Future

Due to the Novel Coronavirus (Covid-19) Pandemic, the Tribal Council of The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians made the difficult decision not to gather for the Annual Salmon Ceremony on the second Sunday of August. While this decision did not come lightly, it was made in the best interest of keeping our Tribal members, families, and staff safe during these uncertain times. One of the most effective ways of keeping the spread of the virus to a minimum is to reduce the number of people gathering and by maintaining social distancing.

While we are not coming together to celebrate and hold ceremony this year, the Tribal Council has planned to perform a small private ceremony in honor of the Salmon People and encourage us all to think about the importance of this great tradition and perhaps hold ceremony in our own ways with just those in our own households.

It is important to remember the reasons we gather for Salmon Ceremony (and look forward to celebrating 2021 together) to honor and respect the Salmon People in ceremony. Traditionally we came together as a people on the first catch to thank and honor the Salmon. It is important that we not forget that and we continue to thank them his haiyach (with a good heart).

The Salmon Ceremony has always been planned by the Tribal Chief. This year would have been newly elected Chief Doc Slyter’s first ceremony as Chief, with the honor of conducting the ceremony itself. “It saddens my heart that we are not able to gather this year for Salmon Ceremony, but that is why we will still cook one Salmon together to hold ceremony. Our Tribal members that come from all over for Salmon Ceremony will be missed, and we miss seeing all our local members. We are resilient and will come together again once it is safe to do so” shared Chief Slyter.

I asked Cultural Stewardship Manager, Jesse Beers to share his perspective on the importance of Salmon Ceremony each year. He said “Usually in late July I would either be getting back from Canoe Journey or some sort of Culture Camp activities and prepping for Salmon Ceremony. Salmon Ceremony for our Tribe happens the first Sunday of August why? Because it’s in our constitution. This Ceremony is not only a celebration of the Salmon but it is a Sacred Ceremony in which we honor and thank the Salmon People. I am usually one of the people with the honor of cooking the Salmon in one of the traditional ways, split cedar stakes. Cooking over a mix of green and cured alder. After cooking them in a traditional way, we save any remains and return them to the waters through Ceremony, song, and dance. Even if we aren’t able to gather though, the fish are still out there and many of us still fish, cook our fish in the traditional ways, and return the remains to the water with song and prayer. The ceremonies will go on even if we aren’t able to gather as a community for them.” Hold ceremony in your own homes, in your own ways until we can gather again. Our culture lives within each of us. ...

Contributed by Morgan Gaines, Communications Specialist

Tribal member gather for a friendship dance during the 2016 Salmon Ceremony at Baldich. Photograph by Morgan Gaines

Coronavirus Aide, Relief, and Economic Security (CARES) Act

In This Edition of The Voice of CLUSI:
Important CARES ACT Relief Fund Application information for Enrolled Tribal Members on Page 4

Deadline to Apply: August 28, 2020
Tribal Council Business

Activity of Elected Tribal Council Members from June 11, 2020 - July 12, 2020. All Meetings via teleconference or by video.

Doug Barrett:
6 - 14 Regular Council meeting
6 - 15 9-Tribes Conference call – Covid Relief Allocations
6 - 16 ATNI COVID Response Update
6 - 17 Webinar on Tribal Access to OEC Rural Digital Opportunity fund
6 - 18 OYA (Oregon Youth Authority) NAAC (Native American Advisory Committee) Call
6 - 18 Education Zoom Meeting with College Folks
6 - 18 TC Leaders Circle
6 - 19 9-Tribes zoom call for Covid – 19 response
6 - 22 The 2020 AFSP Virtual Event
6 - 23 ATNI Covid – 19 Response Video Conference
6 - 23 OHA virtual site visit #1, Pilot Project #100
6 - 24 Circle of Life Curriculum – Model 6: American & Alaska Native Healing
6 - 24 GOFBR & Tribal Business Circle
6 - 25 BIA Federal / Tribal coordination call
6 - 25 Let’s Talk. Getting the most out of Center for Tribes Services
6 - 25 TC Leaders Circle
6 - 26 State / Tribal Covid – 19 response efforts
6 - 29 Tribal Council Special Meeting – TC Leaders Circle
6 - 30 To webinar: Consumers & Native Medicare Covid-19 update
7 - 1 OYA Stakeholders Corona virus update
7 - 2 BIA Federal / Tribal Coordination call
7 - 3 Indian Country Covid – 19 update call
7 - 6 Budget Review Meeting – all day
7 - 6 Tribal Council Special Meeting & TC Leaders Circle
7 - 7 Go to webinar – LPHA & Tribes call
7 - 8 National Covid – 19 briefing call with State, Local & Tribal
7 - 8 BOEM Webinar
7 - 9 BIA Federal / Tribal coordination call
7 - 9 NW TRC Consortium Monthly Call
7 - 9 Building a trauma lens
7 - 9 Culture Committee Meeting
7 - 9 TC Leaders Circle
7 - 10 Senate Bill – 13 (SB-13) Update from Staff
7 - 10 9-Tribes Meeting
Total Council Work Hours: 118 Hours

Josh Davies:
6 - 15 9 Tribes call
6 - 16 ATNI COVID response video; OHA media call; Coos Bay City Council meeting Facebook Live
6 - 17 FCC Go meeting; Housing Committee meeting
6 - 18 Federal/State call; Gov. Brown press conference COVID call; FCC broadband; Wastewater meeting; Education Zoom; Tribal Council Leaders Circle 6/18
6 - 19 9 Tribes Meeting; Justice Preschool Graduation parade; ODE Zoom
6 - 22 Ten Mile Lake zoom meeting
6 - 24 Dental Pilot project #100 virtual site visit #3; Dental Pilot project #100 virtual site via #1; GOFBR; Tribal Business Meeting
6 - 25 Education Summit; Federal/Tribal Coordination Call (hosted by BIA) Tribal Council Leaders circle
6 - 26 State 9 Tribes COVID call
6 - 29 Special Tribal Council meeting; Tribal Council Leaders circle
7 - 1 Waste water discussion; Picked up budget materials; Governor Brown press conference
7 - 6 Federal/Tribal coordination call; COVID-19 Indian country update; Tribal council leaders circle; Budget review; Special Tribal Council meeting
7 - 9 Federal/Tribal Coordination call (hosted by BIA)
7 - 10 9 Tribes meeting with Governor
Total Estimated hours of Council Meeting – 110 Hours

Enna Helms:
6 - 14 Regular Tribal Council Meeting - Swear in
6 - 15 Affiliated Tribes of NW Indians Meeting re State Covid Funds
6 - 16 Affiliated Tribes of Northwest Indians (ATNI): COVID Response Update
6 - 17 Tribal Climate Change Network and Affiliated Tribes of NW Indians
6 - 18 Bureau of Indian Affairs re Covid Relief Funds and Covid-19 Updates.

Official Statement re Violence and Inequities, Zoom meeting with High Ed Students, Special Tribal Council Meeting, and Tribal Council’s Leaders Circle
6 - 19 OR 9-Tribes meeting to Discuss COVID response
6 - 23 ATNI COVID Response Updates and National Congress of American Indians Convened Tribal Leaders to Discuss Protecting Tribal Lands and Sacred Places
6 - 24 Tribal Council Business Meeting
6 - 25 BIA Northwest Region Tribal and Federal Coordination Call, Indigenous Speaker Series, Tribal Council Special Meeting, and Tribal Council’s Leaders Circle
6 - 29 Tribal Council Special Meeting and Indigenous Speakers Series
7 - 4 End of the Pipeline and Indigenous Speakers Series
7 - 1 Meeting with Tribal Attorney and Indigenous Speakers Series
7 - 2 White House Indian Country COVID Update Call; Leader’s Circle Meeting
7 - 6 Budget Workshop, Special Tribal Council Meeting - In Person, and Indigenous Speakers Series
7 - 7 Coos County Commission Meeting on Lakeside Water Quality Improvement

Upcoming Council Meeting - via Zoom
August 9, 2020
10:00 a.m.

Contact Morgan Gaines if you need assistance getting a Tribal website login by calling (541) 808-7918
Information

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 Administrative 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 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 Janie McNeil, 1245 Fulton Ave. Coos Bay, OR 97420.

Upcoming Events

August 9th - 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/councilmeetingminutes 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. Contact Morgan Gaines for assistance with Tribal website logins at (541) 808-7918.

August 28th - DEADLINE for COVID RELIEF FUNDS Application.
You will receive information in the mail early August or can apply online at www.ctclusi.org. Applications can not be accepted after August 28th.

The Tribal Government is currently experiencing some staff changes however; we want you to know that you can reach out to us if you have any questions or concerns. Acting Interim Chief Executive Officer Stephanie Watkins is happy to take your calls at (541) 999-1360.

Be sure to check the Tribal website www.ctclusi.org for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

If you are a Tribal member who needs assistance getting signed up for full access to www.ctclusi.org please e-mail mgaines@ctclusi.org or call (541) 808-7918.

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
The Tribe has received federal CARES Act, Title V, Coronavirus Relief Funds and has determined that it is necessary and appropriate to allocate a portion of those funds to its enrolled members to ease the current economic cost of living during the COVID-19 Pandemic. This emergency assistance is to be paid to members on a nontaxable basis in accordance with the requirements of the 2014 Federal Tribal General Welfare Exclusion Act, Public Law 113-168.

To remain in compliance with the CARES Act permitted uses, the Coronavirus Relief Funds for membership is to provide emergency general welfare assistance to our members that are directly impacted by the loss of income or suffering from other economic hardship caused by the COVID-19 pandemic. The emergency assistance is to cover the period between March 1, 2020 and July 31, 2020. The emergency assistance will be based on economic data and the Tribal members’ state of economic hardship from conditions of, but not exclusive to, unemployment or reduced employment, decrease in self-employment or business income, increased costs of living, increased costs for telework including looking for work and maintaining school work and associated costs from home, costs for utilities and food as current market prices have risen, and the economic uncertainty during the COVID-19 pandemic.

The Tribe will be sending out a mailing with more information about this emergency relief fund, along with an application form and instructions. This form will also be available on the Tribes website homepage at www.ctclusi.org.

It is vitally important that you complete the application no later than August 28, 2020. The Tribe will not be able to issue relief funds if applications are not completed and submitted by this date. Please fill out the application and return it as soon as you receive it in the mail or visit the Tribe’s website where the application will be posted as soon as it is available. Again, please note that the Application Deadline is absolutely no later than August 28, 2020.

Please be sure to update your contact information through the Enrollment Department. For more information and for assistance with updating your contact information please contact Enrollment Clerk, Jeannie McNeil at jmcneil@ctclusi.org or by calling (541) 888-7506.

RESOLUTION NO.: 20-037
Date of Passage: May 21, 2020
Subject (title): Tribal Transportation FY220 Referenced Funding Agreement Approval
Explanation: The Tribal Council approves this funding agreement for Tribal Transportation Improvement Program. Vote 6-0-0

RESOLUTION NO.: 20-038
Date of Passage: May 21, 2020
Subject (title): 2020 Infrastructure Contract
Explanation: The Tribal Council approves this agreement with Oregon Military Department Office of Emergency Management to reimburse the Tribe for costs and activities necessary for emergency protective measures taken to respond to the COVID-19 emergency. Vote 6-0-0

RESOLUTION NO.: 20-039
Date of Passage: May 21, 2020
Subject (title): Enrollment ICWA
Explanation: The Tribal Council approves this Resolution. Vote 4-1-1

RESOLUTION NO.: 20-040
Date of Passage: June 9, 2020
Subject (title): Appointment of Tribal Council Members by Majority Vote of Tribal Council
Explanation: The Tribal Council approves this Resolution to appoint Heidi (Enna) Helms as member of the Tribal Council. Vote 5-1-0

RESOLUTION NO.: 20-041
Date of Passage: June 9, 2020
Subject (title): Authorizing the Chair to Submit Comments to Governor Kate Brown Regarding Revision to Senate Bill 13 Education Curriculum
Explanation: The Tribal Council approves this Resolution. Vote 6-0-0

RESOLUTION NO.: 20-042
Date of Passage: June 18, 2020
Subject (title): Appointing Stephanie Watkins as Acting Executive Officer
Explanation: The Tribal Council approves this Resolution to appoint Stephanie Watkins as interim CEO. Vote 7-0-0

RESOLUTION NO.: 20-043
Date of Passage: June 18, 2020
Subject (title): Adopting COVID – 19 Elder Emergency Assistance Policy
Explanation: The Tribal Council approves this Resolution to address the high risk population and assist with increased costs directly related to the COVID-19 Pandemic. Vote 7-0-0

RESOLUTION NO.: 20-044
Date of Passage: June 24, 2020
Subject (title): United States Playing Card Company Supply Agreement
Explanation: The Tribal Council approves this agreement for Three Rivers Casino. Vote 7-0-0

RESOLUTION NO.: 20-045
Date of Passage: June 24, 2020
Subject (title): Kelly Imaging Systems Master Agreement and Tribal Council Approval
Explanation: The Tribal Council approves this agreement for Three Rivers Casino. Vote 7-0-0

RESOLUTION NO.: 20-046
Date of Passage: June 24, 2020
Subject (title): Scheduled Service Agreement with Train U. S. Inc.
Explanation: The Tribal Council approves this agreement for Three Rivers Casino. Vote 7-0-0

RESOLUTION NO.: 20-047
Date of Passage: June 24, 2020
Subject (title): Administration for Native Americas Grant Application
Explanation: The Tribal Council approves this agreement for this ANA Grant for Native Americans Language. Vote 7-0-0

RESOLUTION NO.: 20-048
Date of Passage: June 24, 2020
Subject (title): Language Committee Appointment
Explanation: The Tribal Council appoints the following Tribal members to the Language Committee: Megan Medina, Haley Lott, Alycia Cossey Journey Baldwin, Rachel Schaefer, Jamie Biesanz, Charlotte Kennedy, Mitch Harper. Vote 7-0-0
CTCLUSI Budget Hearing

Tribal Member input is sought on the construction of a Fiscal Budget for the 2021 Calendar Year

Pursuant to Tribal Code 7-10-3 (a), the Budget Committee seeks to hear from Tribal Members on items to be considered in preparation of the Tribal Budget for the 2021 Calendar Year.

The Hearing will be held via Zoom meeting before the start of the Regular Council Meeting.

To get the zoom link please login to www.ctclusi.org/councilmeetingminutes

September 13, 2020
9:00 a.m.

Second Budget Hearing will be held:
November 8, 2020
9:00 a.m.

Written comments may be submitted to the following address:

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
1245 Fulton Avenue, Coos Bay, OR 97420
Attn: Chief Financial Officer

Governor Kate Brown Announces New Requirements for Face Coverings, Limits on Social Get-Togethers to Slow the Spread of COVID-19

July 13, 2020
Effective July 15, face coverings to be required outdoors, social get-togethers indoors over 10 prohibited

Portland, OR—In response to the alarming rise in COVID-19 case counts across Oregon over the last several weeks, Governor Kate Brown today announced new requirements for face coverings and limits on social get-togethers. Effective Wednesday, July 15, Oregon’s face covering requirement will be expanded to apply to outdoor public spaces when six feet of distance cannot be maintained. In addition, indoor social get-togethers of more than 10 people will be prohibited.

The gathering limit applies only to indoor social get-togethers. This new rule does not change the operation of businesses or churches at this time.

Governor Brown noted that failure to comply with the new requirements would lead to more outbreaks of COVID-19 and more restrictive closures with greater impact on Oregon’s economies, communities, health care systems, and families.

“We need to do absolutely everything we can to reduce transmission in ways that do not require us to close down businesses again,” said Governor Brown. “The proof here will be in the numbers. Either people will adhere to this requirement and be a positive force for stopping COVID-19, or I will be forced to take more restrictive measures.”

“It all depends on you. Your choices determine our future.”

Governor Brown shared the following facts about COVID-19 in Oregon:

• Oregon reported more cases in the past week than in the entire month of May.
• The last time Oregon had less than 100 cases in a single day was more than a month ago.
• Half of all cases in Oregon are from people under the age of 40 and one third of all cases are from people under the age of 30.
• Currently, people in their 20s and 30s are the most likely group to get sick with COVID-19.
• Two Oregonians in their 30s have died from COVID-19.

A recording of the Governor’s press conference from Monday, July 13, is available here. (https://www.youtube.com/watch?v=pgqE_5yZaY&t=feature=youtu.be&app=desktop)

A full transcript of the Governor’s remarks from Monday, July 13, is available here. (https://drive.google.com/file/d/1oSXiOmCoEausewYbSAmkKE7_rZBoYv4/view)

Updated face covering and indoor social get-together guidance will be posted to coronavirus.oregon.gov (https://coronavirus.oregon.gov)

Fitness Program Suspended Until Further Notice

Submitted by Vicki Faciane,
Director of Health Services

In June, we sent a postcard to Tribal members who have used the Fitness Program to inform them of the decision to suspend the program until further notice. The majority of program funding comes from the General Fund and with the casinos closed for more than 2 months, we do not know at this time that there is enough money available for these reimbursements. This suspension also includes the Nike shoe program. We apologize for any inconvenience this has caused. We will restart the programs in the future when funding is available. We will put an announcement in the newsletter when the programs restart.

If you have any questions you can call me at (541) 888-7515 or by e-mail at vfaciane@ctclusi.org.
**Łe’ Łəx (Medicine) of the Month: Calendula**

**Contributed by Ashley Russell, Water Protection Specialist and Courtney Krossman, Archaeology/Nitlaxam Technician**

**Other Common Names:** Common Marigold or Scotch Marigold

**Parts of Plant Used:** Leaves and Flowers

**Description:** Also known as Pot Marigold, Calendula is a flowering perennial herb that produces a sunshiny, yellow, orange, and russet colored flowers. It has been used internally and topically for centuries to heal skin ailments, such as burns, sunburns, rashes, acne, wounds, stings, cold sores, etc…, and lifting the spirits.

**Herbal Actions:** Calendula supports the immune, lymphatic, and digestive systems as it is antibacterial, antifungal, and antiviral. It can be used to treat acute or chronic swollen lymph nodes that are the result of respiratory infections, localized infections, and tonsillitis. Calendula can also help ease heartburn and even peptic ulcers.

The main compounds in Calendula are triterpenoids, which contribute to the plant’s vulnerary (wound healing) and anti-inflammatory properties. The petals are loaded with antioxidant properties and carotenoids, such as flavoxanthin and auroxanthin.

**Edibility:** Calendula petals can be eaten raw or cooked and added to scrambled eggs, salads, and compound butters—among many other dishes. Fresh flower heads frozen in ice make a cheerful addition to any iced beverage. Whole, dried flowers can be added to soups, and bone broths for added immune support.

**Medicinal Preparations:** Whole flowers can be used in teas, infused oils, salves, lotions, compresses, poultices, sitz baths, etc…

**Propagation & Gathering:** This beauty isn’t native to our area, but it has become naturalized throughout much of North America and is super easy to grow. Sow the bizarre-looking seeds directly into fertile, well-drained garden soil in mid-spring. Germination typically takes five to fourteen days. Try to thin to about a foot apart as these plants enjoy stretching their leaves, especially in full sun. When the plant matures and begins to flower, pick the flowers every two to three days to prevent them from going to seed and prolong the flowering season. Pick the flowers in the peak of the day, when the flowers are the most perky. Flowers can either be used fresh or dried in an airy basket or screen in a well ventilated area, and stored for later use.

**Precautions:** Calendula 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.

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**CNR and Maintenance Department Staff will begin notifying and coordinating with interested Tribal Families beginning the week of August 3rd-7th. Garden beds will be delivered, assembled, and supported with traditional gardening tips, making these gardens available for the late autumn planting season of 2020 and spring planting season of 2021.**

For more information and to request a raised bed or patio planter, contact: **Jesse Beers @ 541-297-0748 or jbeers@ctclusi.org**

Garden beds are limited and available on a first come, first serve basis, so serious inquiries only, please.
Weather and Air Quality Information for Coos Bay, Oregon

The CTCLUSI weather station and air quality monitor has been in operation for many years, located behind the Department of Culture and Natural Resources building in Coos Bay. Recently, the program that displays weather data has changed, and it is now located on a new website called QREST. To see our current weather and air quality data, you can go directly to www.qrest.net and follow the map to Coos Bay, or find the direct link at: www.ctclusi.org/airqualityprogram

In fact, there are four other weather stations that have recently been activated around Coos County. These stations, operated by the Coos Watershed Association, measure wind speed, wind direction, current air temperature, daily maximum air temperature, relative humidity, barometric pressure, vapor pressure, solar radiation, and lightning strike count and distance. They are located at the South Fork Coos River, West Fork Millicoma River, East Fork Millicoma River, and the Willanch Tide Station. To see the live data, visit: www.cooswatershed.org/weather-data/

In addition, CTCLUSI staff has set up a Purple Air particulate monitor to monitor air quality. You can visit www.purpleair.com to see the complete map of purple air locations and find the CTCLUSI monitor.

The Oregon Department of Environmental Quality (ODEQ) has also deployed a similar device at the Marshfield High School downtown Coos Bay. The ODEQ data is available at https://oraqi.deq.state.or.us/home/map

Salmon Cleaning in the age of COVID

Contributed by Jesse Beers, Cultural Stewardship Manager

Doc Slyter has been coming and helping with the annual cleaning of the Salmon for years but being the newly-elected Chief it is now Chief Doc Slyter’s responsibility to make sure it gets done, pandemic or not. Chief Slyter gave us a good week and a half notice that the Salmon were going to be coming, which gave us plenty of time to get the Salmon cleaning station cleaned up. Maintenance was able to bring us an additional workstation in order to maintain proper social distancing. Yes, this year’s Salmon cleaning, as all things, had the addition of COVID-19 to take into consideration. We not only social distanced while cleaning but also wore masks the entire time. In other years we also reached out to Tribal Members who have expressed interest in helping clean Salmon but with COVID-19 cases on the rise in Oregon we decided it best to err on the side of caution and only reached out to Department of Cultural and Natural Resource Staff, Maintenance Staff, and Tribal Council. We ended up having plenty of help and were able to clean over 1100 pounds of fish in just a few hours. Sometimes cleaning the Salmon can make for a long day but it usually goes fast due to the humorous and respectful atmosphere. It’s always a good experience to be able to receive and clean the Salmon for our people. The following morning we took the Salmon Remains out on the water in Coos Bay and returned them with a song, a prayer, and a thanks to the Salmon People as it has been done for centuries. Thanks to the Chief, Council Members, and Staff who helped so much to accomplish this important annual task. May the Salmon People come back for all of our years to come and may we take good care of their waters so that they can do so.

Cedar Poles Available to Tribal Members

The Culture and Natural Resource Department have had some western red cedar poles given to us by the South Slough National Estuarine Research Reserve. If any Tribal Members have interest in these poles please reach out to Ashley Russell, Water Protection Specialist at (541) 888-7511, to coordinate a time to pick them up. They are around 8’-10” in diameter and 10’6”-11’7” in length.

tribal members Courtney Krossman (left) and Rachel Schaefer (right) hold up a couple of the Salmon they helped clean. Social distancing was observed amongst those who helped clean the allotment of Salmon.

Photograph by John Schaefer
Weaving Program Returning 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. As the summer keeps moving through the stages it is with a heavy heart we see the pandemic is not over. I am especially concerned about our people as we all grow tired of the restrictions and people from more dangerous places retreat to our communities to recreate. This puts us all at a greater risk. Please keep wearing your masks, gloves, and practicing social distancing. Reports confirm that these tactics were critical for stopping the virus all around the world. Let’s follow suit and stop this here at home too.

I want to let you know that our Weaving Program will resume in 2021 hopefully in person if it is safe for us to share space but if not, we will create new ways to connect through digital means. Outside of my service to your tribal people, I teach studio art, social justice, museum and tribal studies in universities. Over the 10 plus years of this work I have taught through video conferencing quite a bit. I helped Northwest Indian College create a video conference program to teach Tribal Museum Studies so tribal people could learn from their home communities and be ready for those opportunities wherever they may emerge. Through that work and the teaching I am doing now for PNCA I have gained a familiarity with the technology and know it to be a critical and possible way for us to continue to learn and connect. We lose and gain things with this, it will never replace in person gathering but it does help us out tremendously at times like this. Know that we are actively developing ways to meet your needs now and in the future. As you are probably also aware, there is a tremendous amount of n ati o na l upheaval around civil rights and the brutal oppression of Black people in this country. I want to express my love and support of our Black brothers and sisters on the land mass and especially for our Black tribal people and family members. You are sacred and beloved. We see you and stand with you, both in our hearts and on the land.

In easier and sunnier news, I am writing this to you while looking at another beloved family member, the Umpqua River up here in Elkton. The crows, buzzards, heron, and osprey are carrying on, the blue jay is busy taking all the hazel nuts to his nest and I am writing to you from a laptop. I think our ancestors would get a kick out of that. Elkton is the ancestral and contemporary homeland of our cousins the Cow Creek and our people, the Quuuich (Lower Umpqua). It is also the zone where many of our own tribal ancestors held summer camp, fished and shared ceremony. I learned to swim here and spent the better part of my early childhood here. Now it is where I come to process and gather your weaving materials as I have since the beginning of the weaving program in 2014. I had my first full dip of the summer yesterday and was blessed to see a two-foot salmon deep in the water. I think this bodes well for us getting on through this and emerging the other side as our ancestors always have. The gathering this time has been equally blessed. I was able to pick cattails for mats and more sedge for the edges. Traditionally, these mats were used in ceremonial feasts as well as funerary purposes. They are great starter weavings as well. It is with a joyful heart I gathered them, cleaned them in the river, bundled them to dry in the sun on the rocks and will hang them in to season on Grand Ronde land for you tomorrow on my way back up to Portland.

I want you to know that I am standing by to support you as you navigate these times. I am just an email, phone call, or face book chat away! Please reach out however and whenever you want. Stay safe and know we are working to find ways to keep our hearts connected to one another.

Luwii, Sara siestreem (Hanis Coos) sarasiestreem@hotmail.com

My grandma and your grandma sitting by the fire - by Sara Siestreem

Loving you from a safe social distance - by Sara Siestreem

I wear it for you, you wear it for me, we survive - by Sara Siestreem

Above: Your cattail getting ready to process
Below: Masks made by Laura VerMeulen(Tlingit)
In the Loop with the Circles of Healing Program

Contributed by Jamie Broady, Circles of Healing Outreach Advocate

Circles of Healing Program’s Zoom class offerings are now in full swing! So far, we’ve hosted two yoga classes in June and July taught by a nationally accredited yoga instructor from Two Birds Yoga Training. And by the time you read this, we will have hosted our first Zoom Healing through Traditions (and arts) workshop: Self-Compassion & Gratitude. One lucky participant from each class received a yoga mat or a journal and pen set in our Zoom participant drawings.

Throughout this Zoom platform, our series will continue to provide access to community, connection, and education around health and wellness topics; these courses are offered on 2nd and 4th Tuesdays, so please be on the lookout. These Zoom classes are open to all COH participants, Healing through Traditions Participants, and to all Tribal Community Members and Tribal Government employees who wish to attend. You needn’t download Zoom or start a Zoom account to access these classes as a browser link will also be provided to those who register to attend. This platform is a new way of doing things for many of us and we’re all on a learning curve, but we are excited about integrating these new technologies and increasing access to community connection.

Camera shy? To honor everyone’s own comfortability level and preference regarding use of video camera on Zoom, none of these live sessions are recorded and each participant can choose to opt-in to be seen (via camera) as with a typical group workshop setting, or to keep the camera function off. We would love to help anyone who wishes to attend and participate to navigate any potential barriers to access. If you have any trouble with access to the equipment or technology to participate in these classes, please reach out and we will do our best to help. If you need a safe place to access these Zoom classes, please reach out. For more information or to RSVP for upcoming Zoom classes, contact COH Advocate Jamie Broady at 541-435-8795.

If you ever need help or resources due to domestic violence, intimate partner violence, sexual assault, dating violence, stalking, and/or sex trafficking, reach out to any Circles of Healing Program Advocate at 541-888-1309.

Online Language Learning Begins!

Contributed by Tribal Linguists, Patricia Phillips and Enna Helms

Online language learning with “Word of the Day” began on July 1. You can join in any time to start following the lessons. There are several different places you can go online for the words and phrases.

Our theme is “Language in the Home.” July has focused on words for the different rooms and objects in the house for instance words for bedroom, kitchen, toilet, table, chair, etc. One way to keep words more visible in the house is to write the words in the language (like the word for door which in Miluk is binch; Hanis chille, Sha’yuushtlá & Quuiich tkuuma’ai) on a post it note or a piece of paper and put it on or near the object. Each day has a short video with a drawing of the item and the Native word for it.

Artist Pam Stoehsler, Quuiich Elder has provided the art for the month of July. Artist Tennepah Brainard, Miluk Coos has contributed images for the month of August! We would like to thank Pam Stoehsler, Tennepah Brainard, Raquel Helms, and Shirod Younker for their time in creating images for use in the upcoming language videos. We are looking for more Tribal Illustrators to complete simple images using any medium for the use of language program curriculum. Please let us know of your interest!

CTCLUSI.org: The tribe’s website language page 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!

Facebook:
- Facebook Group “Miluk tliis”: https://www.facebook.com/groups/miluktliis/
- Facebook Group “Hanis tl’ii’iiis”: https://www.facebook.com/groups/hanistliiiis/
- Facebook Group “Sha’yuushtla uhl Quuiich wa’as”: https://www.facebook.com/groups/shayuushtlauhlquuiichwaas/

Instagram:
- Follow Miluk language lessons at https://www.instagram.com/miluk_tliis/
- Follow Hanis language lessons at https://www.instagram.com/hanis_tliiis, and
- Follow Sha’yuushtla-Quuiich language lessons at https://www.instagram.com/shayuushtla_uhl_quuiich_waas/

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 or (707) 812-0705 and Enna Helms, Tribal Linguist, at ehelms@ctclusi.org or (541) 297-7538.
Salmon Ceremony has also been a time to honor our history. Once a village site for our Miluk ancestors, Baldich, also known as Chief’s Island and Gregory Point, has been a place of significance for our Tribe since time immemorial. In recent history the Tribe regained stewardship of the 24-acre property encompassing the island back from the U.S. Coast Guard in 2013. In 2018 we celebrated the signing of our Land Bill, seeing the return of over 14,000 acres of traditional territorial lands back into the stewardship of the Tribe. A ceremony for both of these momentous occasions happened at Baldich respectively. We continue to gather here because of how important this land was to our ancestors and how sacred it remains to us. The land and water are our lifeways, we have always been here and will continue to be stewards of this place we call home for generations to come.

We will come together again once the pandemic eases and it is safe to gather. Until then, we are together in spirit and we look forward to seeing you all soon.

Tribal members wear traditional beaded collars for the 2019 Salmon Ceremony.
Salmon Ceremony continued from cover article...

Dancers at the 2015 Salmon Ceremony

Clark Family at the 2016 Salmon Ceremony

Perry Family at the 2016 Salmon Ceremony

Jesse Beers Cooking Salmon at the 2018 Salmon Ceremony

Tribal Members talk about Canoe Journey at the 2018 Salmon Ceremony

Land Bill Signing Ceremony at Baldich 2018

Bolling/Norton Family at the 2016 Salmon Ceremony
Attention Tribal Veterans:

While we cannot gather for Salmon Ceremony this year and recognize our veterans in person, we would still like to extend an invitation to have your years of service honored.

Share with us which branch you served in, your honors or awards, and an update of what you are currently doing, for a possible feature in The Voice of CLUSI.

Send information to Morgan Gaines, Communications Specialist by e-mailing mgaines@ctclusi.org
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

Linda Hunt

Coos

Immediate Family:

Proudest Accomplishments:
• Completing her Bachelor’s Degree in Nursing with the help of the Tribes.
• Raising three fine children.

Favorite Sayings:
“Let go and let God.”

Welcome New Tribal Elders

Daniel Dollins & Kerry Brainard

Richard Ellefsen

Coos

Immediate Family:
• Loving husband of 62 years to Arlene Ellefsen, whom sadly passed away 4 years ago. Father to son Eric Ellefsen (Retired Navy), daughter Karen Ellefsen (Retired Psychologist), and daughter Wendy Glazier (Navy Veteran).

Proudest Accomplishments:
• He did 2 years at Santa Rosa Junior College, and graduated from San Jose State University in 1955.
• He got his Master’s Degree in Geography at Clarke University, and his PHD in Geography at Berkeley.
• He was Professor of Geography at San Jose State University for 40 years!
• He worked as a Contractor for the US Army, on Urban Terrain.

Favorite Sayings:
“Just do it!” – He used to say this to his students at San Jose State University.

Favorite Hobbies:
• Traveling the United States to see the Geography.
• Meeting new people.
• Watching his family grow.

Bucket List:
• He has been to so many places (over 60 countries!) and has done so many things; he just wants to enjoy the rest of his life with his family.
• He would be honored to contribute to our Tribe’s educational goals.

Favorite Hobbies:
• Gardening
• Sewing
• Reading
• Spending time with her family.

Bucket List:
• Spend more time with her husband and grandchildren.
• Travel and go camping.
• Go fishing with her Dad.
LIHEAP
Low Income Home Energy Assistance Program

The Family Support and Behavioral Health Department is currently offering Heating or Cooling Assistance during the summer months for qualifying households. To receive heating or cooling assistance, contact the FSBD Department or fill out an application on the CTCUSI website at https://ctclusi.org/family-services. Eligible households must reside in the five county service area of Coos, Curry, Lincoln, Douglas, and Jackson, and fall into 80% of the Estimated Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person Family</td>
<td>$24,480</td>
</tr>
<tr>
<td>2 Person Family</td>
<td>$32,108</td>
</tr>
<tr>
<td>3 Person Family</td>
<td>$39,656</td>
</tr>
<tr>
<td>4 Person Family</td>
<td>$48,210</td>
</tr>
<tr>
<td>5 Person Family</td>
<td>$56,764</td>
</tr>
<tr>
<td>6 Person Family</td>
<td>$65,317</td>
</tr>
</tbody>
</table>

In order for your application to be processed and determine qualification you must provide:
- Proof of Income (Pay Stubs)
- Social Security Card
- Copy of your utility bill
- SSII or SSII Statement of Benefits
- Tribal Enrollment Card
- Child Support Statement
- Oregon Trail Card
- Current Oregon Health Plan Card

No appointment is necessary as Tribal Households can obtain an application or fill out the application on-line at https://ctclusi.org/family-services or contact a Family Support and Behavioral Health staff to assist you. If you have any questions regarding the LIHEAP program you can also contact Shane Platz at 541-297-1650.

*Note that available funding can be subject to change.

Stay Cool!
Summer is coming!
We would like to remind everyone to:

- **Stay Cool**
  Wear lightweight, light-colored clothing
  Schedule outdoor activities carefully

- **Stay Hydrated**
  Drink plenty of fluids
  Stay away from sugary drinks

- **Stay Informed**
  Check for updates on weather
  Know the signs

LIHEAP Funds may be available to assist families that qualify with cooking agents.
Call Shane Platz in the Eugene Outreach Office (541) 744-1349 to find out more!

CTCLUSI Health and Family Services

Services Available to Tribal Families

CCDF- Child Care and Development Fund
You may qualify for assistance with daycare costs. If you’re needing daycare or had changes in income due to COVID, take the time to reach out.

LIHEAP- Low Income Home Energy Assistance Program
Contact FSBH to see if you may qualify for assistance. Welcome to give me a call and see about an appointment, COVID Distancing.

I have experience with additional resources as well so if you need help getting to something, please reach out!
Tara Vrell, Family Services and Behavioral Health Programs Assistant. Contact me at tvrell@ctclusi.org cell 541-808-7841.

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) 889-1307

PEACE GIVING

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
Corvallis, OR 97330
PHONE: (541) 889-5250 or (541) 990-1316
EMAIL: Peacegiving@ctclusi.org
Website: http://ctclusi.org/peacegiving
Keeping Your Teeth and Gums Healthy During COVID-19

Contributed by Bobbie Broman, Dental Hygienist

The CTCLUSI Dental team wants to remind you to eat healthy foods, brush, floss, and use other dental hygiene aids as recommended by your dental professional during this unprecedented time in dental history. Have we recommended special oral hygiene tools or products that you are running low on or are unable to find elsewhere? Good news! Your CTCLUSI Dental Clinic is now offering drive-up oral hygiene product pick up.

1. Choose the right sunscreen.
   Look for a broad-spectrum sunscreen, which will block both UVA and UVB rays, with an SPF of at least 30. “The higher the number, the better,” says Jeanette Graf, MD, assistant clinical professor of dermatology at the Mount Sinai School of Medicine. “If someone’s going to be outdoors for a long time, I recommend they go with at least SPF 50.”

2. Maximize coverage.
   The point of sunscreen is to cover your entire body — not just the parts you can easily reach. According to Graf, the average adult needs to apply at least a shot glass of sunscreen for full protection. Kids generally require half that amount. Some often-overlooked areas: the tops of the ears, the bottoms of the feet, under the arms, between toes (wash away lotion and dry thoroughly after you’re out of the sun), on the scalp where the hair parts, and over the scalp for those with thinning hair (consider spray sunscreen for easy application).

3. Reapply often.
   Reapply sunscreen every two hours and any time that you emerge from water.

4. Shade your eyes.
   Harmful UV rays can damage your eyesight, so wearing sunglasses is a must, especially if you have retinopathy or cataracts. Look for labels that say the lenses protect against 99 to 100 percent of UVA and UVB rays.

5. Tend to wounds.
   If you have foot ulcers or other wounds on your skin, don’t cover them with sunscreen. Instead, ensure the wounds are clean and cover them with a bandage. In addition to blocking harmful rays, the bandage will keep bacteria from entering the wound.

6. Check your feet.
   You’ve heard the warnings against going barefoot when blood glucose levels are high, nerve sensation is low, or circulation is poor. People without feeling in their feet can even get second-degree burns from standing in hot sand for too long. Each night, check your feet and treat any minor scrapes or blisters with antibiotic ointment such as Neosporin before covering with a bandage, says Suzanne Ghiloni, RN, BSN, CDE, a certified diabetes educator at the Joslin Diabetes Center. Contact your doctor if you have open or nonhealing wounds.

7. Anchor infusion sets.
   When using an insulin pump in hot, sticky weather, prepare the site for a new set with a skin-prep wipe that leaves behind a tacky residue for better adhesion. Consider using antiperspirant on the skin before inserting the infusion set. If those prep steps don’t help, ask your provider to recommend a stronger adhesive or a transparent dressing. Note: Don’t use a tacky skin-prep wipe or antiperspirant with a continuous glucose monitor sensor—it may affect the device’s accuracy.

8. Mind your meds.
   Certain antibiotics, heart medications, anti-inflammatories, and some blood pressure drugs may make your skin more sensitive to sunlight. Many sulfonylureas, used to treat type 2 diabetes, also increase sun sensitivity.

9. Treat sunburns immediately.
   “If the skin is peeling, it’s always good to keep lotions on it so it doesn’t crack and open up a spot for infections,” says Emmy Graber, MD, assistant professor of dermatology at Boston University School of Medicine and a dermatologist at Boston Medical Center. For pain relief, take an anti-inflammatory medication, then slather aloe over the burn.
How to Cope With Anxiety
7 Tips to Help Carry You Through Stressful Times

Contributed by Armando Martinez, CHA and Diabetes Coordinator. Article by Benjamin Page

Talk about a cruel irony: The new coronavirus (COVID-19) has ratcheted up stress levels, while simultaneously limiting access to many of our go-to antidotes — getting together with friends and exercising at the gym, for instance. But there’s still plenty you can do to de-stress and maintain a sense of calm. Try one (or all) of these tips.

Tip #1: Exercise indoors.
Staying active is one of the best ways to prevent and manage stress — no surprise. What is surprising: Plenty of workouts lend themselves to your living room. Tai Chi, for instance. Among the exercises recommended by the American Diabetes Association Standards of Medical Care in Diabetes to help maintain balance and flexibility, Tai Chi combines repetitive movement with deep breathing. The best part: It requires minimal space and no equipment. These Tai Chi moves are a good place to start.

Or combine stretching with muscle-strengthening by following a yoga routine. A review of studies published in 2016 in Journal of Diabetes Investigation found that yoga can help people with type 2 diabetes lower blood glucose and LDL (“bad”) cholesterol, while raising HDL (“good”) cholesterol. Sites like Do Yoga With Me and Daily Burn offer online yoga classes. Some are free; others are by subscription only, though they often include a free trial. If you’re just starting out, look for “beginner” or “gentle” classes to make sure you ease into it.

The gym may be closed, but you can still get in a strength-training session at home. If you have free weights, dumbbells, or resistance bands, you have the makings of a workout. No equipment? You can still get in some strength training using any of these household items:
- Gallon of water: In place of kettlebell
- Cans of soup or 16-ounce water bottles: Instead of free weights
- Tennis ball canisters: As a substitute for dumbbells when filled with rocks or sand
- Throw pillow: A makeshift squishy ball

If your usual workout class has been cancelled, try an exercise video. Or turn to YouTube, which has videos for virtually every type of exercise, all available for free. Seated exercises are great for between commercial breaks, and bed exercises provide a light workout for anyone with an injury or diabetes-related complication that affects mobility.

Tip #2: Try a new recipe.
A study published in 2017 in the journal Appetite suggests that positive food-related memories from childhood can help adults better manage stress. Take this opportunity to update an old family recipe. It may help you feel more connected, even though you’re apart from relatives.

Not that you have to stick to tradition. This is also the perfect time to experiment in the kitchen. Try that complicated recipe you’ve been putting off because it’s too time consuming, or get creative and see what you can you whip up using healthy ingredients.

Tip #3: Take a deep breath.
Using mindfulness tools such as meditation can help anyone de-stress. For people with diabetes, it can also improve blood glucose management.

It may take a few attempts to get the hang of it, and that’s OK. Here’s how to do it:
- Find a quiet spot and sit in a comfortable position. Do a quick check of how your body feels from head to toe (mindfulness experts call this a “body scan”). Are any muscles tight? If so, try to relax them.
- Move your attention to your breathing. Slowly count to four as you breathe in and again as you breathe out. Notice how your chest expands and contracts.
- If other thoughts creep in as you’re tracking your breathing — and they will — take note of them, but try not to react. Just direct your attention back to your breathing.

Tip #4: Host a virtual party.
Staying connected with friends and family is crucial, especially if you live alone. Luckily, there are lots of ways to do it virtually, thanks to videoconferencing apps such as FaceTime, Houseparty, Skype, and Zoom.

To make the most of your time together, prepare questions or discussion topics ahead of time. Give prompts such as, “What’s the funniest thing you saw online recently?” and then take turns answering. Other options: Ask guests dialing in to dress as their favorite fictional character; for smaller gatherings, organize a game night around online versions of Scattergories or Monopoly, or try one of the built-in games included on some videoconferencing apps.

Tip #5: Find comfort in the familiar.
If you feel like your days are beginning to blur together, maintaining a regular routine can help restore a sense of order. Be sure to wake up and go to bed at your usual time. If you’re working from home, shower and get dressed as if you’re still going into the office. Take a lunch break, then “clock out” at the end of the day. Keeping your everyday habits on a schedule can add structure and normalcy to your life during times of flux. Plus it’ll help you remember to take your medications and check your blood glucose as needed.

Tip #6: Laugh a little.
It may sound cliché, but it’s true: Laughter is the best medicine, even when the world doesn’t feel particularly funny. Not only can humor reduce stress and improve your mood, it also boosts your immune system. A study published in 2016 in The Gerontologist shows that laughing can help strengthen muscles when incorporated into workouts.

Take in some lighthearted fare, whether it’s a favorite TV show, movie, book, or comedy special. If you’re overwhelmed by options, revisit something—or someone—that made you laugh in the past. Call that friend who always cracks you up.

Tip #7: Get a good night’s rest.
Avoid the temptation to indulge your inner night owl. Lack of sleep takes a toll on both blood glucose management and mental health. If you’re having trouble dozing off at night, try a few of these tips:
- Plan to sleep and wake at consistent times every day.
- Open your shades as soon as you wake. The sunlight lets your body know it’s daytime and helps keep your circadian rhythms in line.
- Avoid caffeinated drinks after 2 p.m.
- Cut out liquids 90 minutes before bed to avoid midnight bathroom visits.
- Wear special glasses, called blue blockers, when reading your smartphone or iPad at night. They shield your eyes from blue light, which can keep you awake.
- Wear socks. Warm feet help you sleep.

Sources: American Diabetes Association; Appetite, published May 1, 2017; Kathy HoganBruen PhD, clinical psychologist and founder of the District Anxiety Center in Washington, D.C.; Mayo Clinic
Creative Native Call for Art – Submissions Open

For the 3rd year, the Center for Native American Youth (CNAY) is excited to launch the Creative Native Call for Art!

**ABOUT CREATIVE NATIVE**

Creative Native is a call for art that supports young Indigenous artists ages 5-24 years old by providing them an opportunity to receive national recognition, funding for art supplies, and award of $200. An artist between ages 15-24 will also be recognized as the grand prize winner and have their art featured on the cover CNAY’s 2020 State of Native Youth report. The cover artist will be flown to Washington, D.C. to participate in the report release event in November pending CNAY’s current operating status amid COVID-19. Please read the Contest Rules and Guidelines regarding contest prizes and COVID-19.

Elizabeth Morgan (Kiowa Apache) was recognized as our 2019 Grand Prize winner and attended our annual State of Native Youth Report release event in Washington, D.C. After being asked to reflect on her experience, Elizabeth shared, “since then, it has opened so many doors for me as far as my art career and future endeavors for schooling. It’s a great way to point you in the right direction and it’s scary at first because it was out of my comfort zone, but I encourage anyone to come out there and show what they can do.”

Creative Native also presents a new and exciting way to engage youth in the Generation Indigenous National Native Youth Network. The Gen-I initiative is focused on removing barriers that stand between Native American youth and opportunities to succeed. Artists who submit to the Creative Native Call for Art will have their submissions counted as their Gen-I Challenge activities and those over 14 will be recognized as Gen-I Ambassadors. As Ambassadors, the artists are invited to join our network of Native leaders and get continued access to exclusive leadership and advocacy opportunities.

**SUBMITTING YOUR ARTWORK**

Art submissions must be inspired by the prompt: Native youth are medicine. Where do you get your strength from? This year’s theme focuses on what strength and resilience mean to Native youth.

Submissions will be accepted electronically through the Creative Native Entry Form.

Examples of submissions are, but not limited to: paintings, poetry, drawings, photography, sculptures, beadwork, carvings, sewing, baskets, etc.

**Eligibility:**
- Self-identify as Indigenous;
- Be between the ages of 5 and 24 years old by the application deadline;
- Currently reside in the United States; and
- Submit a high-resolution image of art.

*To be eligible for the State of Native Youth report cover art, artists must be between the ages of 15-24 years old.

**Each artist may submit one art submission to the 2020 Call for Art. Artists may submit up to three (3) images of their artwork, displaying alternate angles and perspectives if needed.**

**SUBMISSION SPECIFICATIONS:**

- **ORIENTATION:** PORTRAIT
- **DIMENSIONS:** 8.5IN X 11IN
- **QUALITY:** 250 TO 300 PIXELS PER INCH (ppi)
- **Format options:** .png, .psd, .ai

For a front and back continuous cover page:
- **Orientation:** landscape
- **Dimensions:** 17IN X 11IN
- **Quality:** 250 to 300 pixels per inch (PPI)
- **Format options:** .png, .psd, .ai

Visit https://www.cnay.org/creative-native/ for a complete list of Rules & Guidelines and here to review our Frequently Asked Questions.

Submissions are due at 11:59 PM EST August 26, 2020.

If you have any questions, please contact Jennifer Peacock at jennifer.peacock@aspeninstitute.org

Information from www.cnay.org

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**Emotional Wellbeing During the COVID-19 Outbreak**

Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

**Coping Tips**

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at cdc.gov, your local healthcare provider, or your local 211 and 311 services, if available.
- The national Disaster Distress Helpline is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- If you’re experiencing emotional distress related to COVID-19, please call the National Suicide Prevention Lifeline at 1-800-273-8255.
- For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health’s Safe Space at vibrant.org/safespace.
- The National Domestic Violence Hotline has highly trained advocates available 24/7 to ensure services and continue to support survivors. Call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

Information found at www.cdc.gov

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**Family Support and Behavioral Health Department—Eugene Outreach**

Contributed by Shayne Platz, Lead Case Manager/ICWA

In July 2020, the Eugene Outreach Office started co-hosting live on-line Parenting Workshops. Attending virtual events is new for many of us. While many have begun to practice social distancing, this is hopefully a new way for parents and participants to relax, connect, laugh, and learn some valuable information about parenting. There will be more workshops sponsored by the Family Support Services and Behavioral Health Department in the upcoming months, so please be on the lookout for those. The Eugene outreach office also continues to offer Low Income Energy Assistance Program (LIHEAP), Circles of Healing program advocacy for survivors of Domestic Violence & Sexual Assault, Child Welfare services, Employment Services for Tribal members that are newly employed, and referrals for various services for those in our five-county service region. Our two main staff from the Family Support and Behavioral Health Department based in the Eugene Outreach office are Jamie Broady (Circles of Healing Outreach Advocate) and Shayne Platz (Lead Case Manager/ICWA). Jamie’s direct and confidential desk line is 541-435-7168 and Shayne’s contact number is 541-297-3450. Please feel free to reach out with any questions or for more information on any of our upcoming Zoom class offerings or other programs and services available.
The Supreme Court ruled Thursday that about half of the land in Oklahoma is within a Native American reservation as stated in treaties.

The court’s decision hinged on the question of whether the Creek reservation continued to exist after Oklahoma became a state.

“Today we are asked whether the land these treaties promised remains an Indian reservation for purposes of federal criminal law. Because Congress has not said otherwise, we hold the government to its word,” Justice Neil Gorsuch wrote in the majority opinion.

The decision was 5-4, with Justices Gorsuch, Sonia Sotomayor, Ruth Bader Ginsburg, Elena Kagan and Stephen Breyer in the minority, while Justices John Roberts, Brett Kavanaugh, Samuel Alito and Clarence Thomas dissented.

The ruling will have significant legal implications for eastern Oklahoma. Much of Tulsa, the state’s second-largest city, is located on Muscogee (Creek) land. The Muscogee (Creek) Nation cheered the court’s decision.

“The Supreme Court today kept the United States’ sacred promise to the Muscogee (Creek) Nation of a protected reservation,” the tribe said in a statement. “Today’s decision will allow the Nation to honor our ancestors by maintaining our established sovereignty and territorial boundaries.”

In a dissenting opinion, Roberts, the chief justice, wrote that the decision “will undermine numerous convictions obtained by the State, as well as the State’s ability to prosecute serious crimes committed in the future,” and “may destabilize the governance of vast swathes of Oklahoma.”

Kevin Washburn is dean of the law school at the University of Iowa, where he teaches a course on federal Indian law — “It’s basically 15 weeks of how the law in the United States has failed my people,” he said.

He served as assistant secretary of Indian affairs from 2012 to 2016, and he’s a citizen of the Chickasaw Nation of Oklahoma. He called the court’s ruling “a great decision.”

“For Indian people, their land is really important, and treaties are really important. They’re sacred. And this reaffirms the sacredness of those promises and those treaties.”

“Now and then there’s a great case that helps you keep the faith about the rule of law,” he said. “And this is one of those.”

The ruling has a number of significant consequences for criminal law in the relevant portion of Oklahoma.

The first is that going forward, certain major crimes committed within the boundaries of reservations must be prosecuted in federal court rather than state court, if a Native American is involved. So if a Native American is accused of a major crime in downtown Tulsa, the federal government rather than the state government will prosecute it. Less serious crimes involving Native Americans on American Indian land will be handled in tribal courts. This arrangement is already common in Western states like Arizona, New Mexico and Montana, said Washburn.

Then there’s the issue of past decisions — many of them are now considered wrongful convictions because the state lacked jurisdiction. A number of criminal defendants who have been convicted in the past will now have grounds to challenge their convictions, arguing that the state never had jurisdiction to try them.

The case before the court, McGirt v. Oklahoma, concerned Jimcy McGirt, an enrolled member of the Seminole Nation of Oklahoma who was convicted of sex crimes against a child on Creek land. In post-conviction proceedings, McGirt argued that the state lacked jurisdiction in the case and that he must be retried in federal court. The high court agreed.

The ruling will affect lands of the Muscogee and four other Oklahoma tribes with identical treaties. Civil court issues are also affected.

It’s important to note that the case concerned jurisdiction, not land ownership.

Ruling that these lands are in fact reservations “doesn’t mean the tribe owns all the land within the reservation, just like the county doesn’t own all the land within the county. In fact, it probably doesn’t own very much of that land,” Washburn explained. “That’s not what a reservation is these days.”

Washburn compares a reservation to a county — terms that describe jurisdictional boundaries.

Oklahoma Attorney General Mike Hunter released a joint statement with the Muscogee (Creek), Cherokee, Chickasaw, Choctaw and Seminole nations on Thursday, indicating that they “have made substantial progress toward an agreement to present to Congress and the U.S. Department of Justice addressing and resolving any significant jurisdictional issues.”

Ian Heath Gershengorn, an attorney at Jenner & Block, argued McGirt’s case before the Supreme Court. He said his team was thrilled with the result and had felt optimistic knowing that Gorsuch could prove to be the deciding vote.

Gorsuch joined with the court’s more liberal members in the decision. Prior to his appointment to the high court, Gorsuch was a judge on the 10th U.S. Circuit Court of Appeals, which frequently sees cases involving Native American lands.

“Justice Gorsuch has made very clear in his short time on the bench that he takes the text deeply seriously,” Gershengorn said. “And I think you saw that the core of his analysis today was a textual one. We felt like we had the right argument at the right time for the right justice.”

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Bureau of Indian Affairs orders pipeline company to pay $187 million for trespassing

The Bureau of Indian Affairs has ordered a pipeline company to pay $187 million for trespassing on the Fort Berthold Reservation in North Dakota, Buffalo’s Fire reports.

Teso High Plains Pipeline Company LLC failed to secure permission from the owners of land, Jodi Rave writes in the report. Most of the tracts are owned by individual Indians though some portions are also owned by the Mandan, Hidatsa and Anishina Nation.

“The BIA has determined that a pipeline owned and utilized by Andeavor/Tesoro Pipeline is encroaching on trust lands without an approved right of way, resulting in trespass,” Great Plains Regional Director Timothy LaPointe wrote in the July 2 determination, Rave reports.

Rave owns an undivided interest in two tracts of land being used by Tesoro’s oil pipeline. The company has been using the property without permission since June 2013, she wrote.

The BIA’s order requires payment within 30 days.
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

Be sure to check the Tribal website www.ctclusi.org for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

Visit https://ctclusi.org/health-alert-notifications for more information and links to the CDC concerning the Covid-19 Pandemic.

If you are a Tribal member who needs assistance getting signed up for full access to www.ctclusi.org please e-mail mgaines@ctclusi.org or call (541) 808-7918.
Water Crisis Returns To Warm Springs As Virus Cases Rise

Emily Cureton Follow OPB June 30, 2020 2 p.m. | Updated: July 6, 2020 10:06 a.m. | Warm Springs

A short drive from Portland, thousands of people, a rural health clinic, businesses and senior housing are without safe tap water, while some places don't have running water at all.

The story is familiar, especially for Warm Springs Emergency Manager Danny Martinez. He has scrambled to serve 3,200 people's basic needs on a moment's notice before, notably last summer when a similar water crisis gripped the area. Martinez wondered then where a fire might start, and how firefighters would put it out with no pressure in the reservation's water system.

But the boil notice issued last Thursday is different, Martinez said, because the situation is much worse. "It's reservation-wide. Right now, 60% of the reservation is in the category of low water pressure. And obviously, of a number of concerns, is COVID-19 and the lack of sanitation," Martinez said.

Some 19 cases of the virus have surfaced on the reservation in the last week, according to community radio station KWSO, which is owned by the Confederated Tribes of Warm Springs and provides public information on behalf of the tribes.

"A temporary fix that was made last year cannot keep up with the volume of water usage of the Agency area. A break near that repair occurred, causing a loss of water pressure to the system," KWSO reported Sunday, adding that repairs are expected by Friday this week.

But Martinez said he's planning emergency operations for weeks longer than that if needed, and repair timelines like this have been extended before.

Last summer, the main line break near Shitike Creek meant that parts of the reservation were under a boil water notice for more than three months. Now, there's at least a 22-mile stretch with emergency water needs, Martinez said.

"We are doing our best to provide drinking water," he said, but that's just the start of cascading consequences, like fire hydrants not functioning, and in some places, no pressure to run sinks, showers and toilets.

Over the weekend, his team of mostly volunteers reopened a drinking water distribution center out of an old school building. Martinez said he is working with the federal Bureau of Indian Affairs to get portable showers and bathrooms distributed as best he can.

Meanwhile, public utilities managers are pleading with tribal members to conserve whatever little water remains in the reservoirs. On Saturday, Warm Springs public utilities manager Travis Wells led an email to tribal members with an all-caps warning: "WE ARE IN A CRITICAL STATE OF EMERGENCY WITH THE AGENCY WATER SYSTEM!"

Wells admonished some community members for watering their lawns.

"As of this notice, we are barely maintaining levels in the reservoirs and with excessive misuse you create undue hardships for everybody," he wrote.

The water problems in Warm Springs go back many years, and don't come down to one pipe, or even one water system. The drinking water treatment plant dates back 40 years. Other infrastructure is out of date, but not as old as an 1855 treaty with the United States that formed the reservation, and what would become the state of Oregon. The United States gained around 10 million acres for just $200,000, in exchange promising certain government services to the Wasco and Warm Springs tribes.

Some 165 years later, tribal, federal and state leaders are negotiating again about who is accountable for basic services and costly infrastructure on the reservation. Those negotiations appear to have stalled after a funding summit hosted by the Environmental Protection Agency last year. Meanwhile, legislation sponsored by Oregon's Democratic senators has been sitting in a committee since it was introduced. The Warm Springs Tribal Council has turned to private foundations for help, and last year opened a fund to crowd source donations.

Warm Springs elder Arlita Rhoan said she doesn't trust what comes out of the tap, even when there isn't a boil notice in effect. She's long gotten her water from a natural spring more than 15 miles from her home.

"It's hard. I can't drink our own water. And so, what I'm drinking is bottled water, or we go to the spring," Rhoan said.

She was diagnosed with liver cancer in May, just as an outbreak of coronavirus struck the reservation. Her doctor told her to stay in as much as she can, in the home she shares with a husband, two grown sons and a 15-year-old granddaughter.

So far, the virus hasn't touched their lives, except for the fear and isolation, and now, the added stress of a boil water notice. As of Tuesday, her house was one of the lucky ones in that regard: They still had pressure for the plumbing.

But even as Rhoan described the sadness of the last few months, her laugh bubbled up.

"That's just me being myself," giggled the 82-year-old.

"People say, Arlita, how can you be happy when you have cancer?" I said, "I'm a believer, and the Lord is taking care of me, and giving me some joy. I need it. That's what helps you heal," she said.