

# The Voice of CLUSI



July 2020

Issue 7

Volume 21

[www.ctclusi.org](http://www.ctclusi.org)

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

## *Celebration of Culture: Circles of Healing Beaded Collar Project*



The photograph pictured above left shows some of the decorative dentalium details on a beaded collar by instructor Kristy Petrie, the collar in progress pictured above right is by Circles of Healing Coordinator Melinda Radford.

Contributed by Melinda Radford, Circles of Healing Coordinator

Cultural revitalization and preservation is an invaluable attribution to wellness, connection to one another and the healing process. It provides an opportunity for people to come together to learn and share ancestral knowledge, values, ceremony practices, language, connection to the land and of its life-sustaining resources. The Circles of Healing Program has been

providing monthly classes for women in our community for over 3 years with the focus being "Healing through Traditions" for the past year and a half. Some of the cultural classes that have been provided include abalone necklace making, dreamcatcher making, assembling smudge kits, and hosting a guided canvas painting class taught by Josie's Art Lab of Coos Bay.

Each of the Healing through Traditions classes is opened with a prayer and is accompanied by a shared meal, a cultural project and discussions surrounding the traditional cultural relevance of the materials utilized as well as the activity itself.

Each of these classes provides a space for women to gather, learn, share and connect with each other. Over time, our attendance has increased and many of our ladies have shared their appreciation for the opportunity to have a time when this wealth of cultural history can be celebrated. One of the classes that we were especially excited and honored to host was a beaded collar class. At the end of 2019 we began purchasing the needed supplies to begin this large-scale project. Beaded collars are one piece of adornment that make up the traditional regalia worn by the people of Coos, Lower Umpqua and Siuslaw Indians. The intricate and elaborate bead work of each collar reminds us of the time and hard work that goes into each piece.

The Circles of Healing program has hosted two beaded collar classes so far, the first in January of this year and the

Story continues on pages 8 & 9

**The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians has a proud history of promoting peace within our communities. As a Sovereign Nation, we stand in support of structural change that puts an end to systemic injustices, racism, violence and other inequities. We pull together to create change in ways that restore peace and promote health and wellness.**



– Tribal Council



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

***Due to Covid-19 the Tribe will not be holding it's Tribal Salmon Ceremony gathering in August.***

***However, Tribal council will still perform a ceremony to honor the salmon and encourage you to hold your own ceremonies at home.***



# Tribal Council Business

**Activity of Elected Tribal Council Members form May 11, 2020 - June 11, 2020. All Meetings via teleconference or by video.**

## Chief Doc Slyter:

5-11 BIA Northwest phone conference 11:00am-11:35am  
 5-13 Public Health Division/COVID-19 Morgan Cowling 2:00 – 3:00 pm; HR Dept phone conference 3:30 – 4:30 pm  
 5-14 Governor Brown's YouTube press briefing 10:00 – 10:45 am; Leader's Circle 5:15 – 8:30 pm  
 5-15 BIA Northwest phone conference Bryan Mercier 11:00 – 11:55 am; State Tribal Call 3:00 – 4:00 pm  
 5-19 ATNI Heroes At update 9:00 – 10:55; Tribal Leader's Discussion 3:00pm 4:15pm  
 5-20 Pacific NW Tribal Climate 10:00 – 11:00 am; HR Dept phone conference 3:20 – 4:20 pm  
 5-21 BIA Northwest phone conference 11:00am-11:50am ; Indian Country COVID-19 1:00 – 2:20pm; Oregon 9 Tribes Meeting 2:30 – 3:30; Coos Bay Casino opening walk through 4:45 – 5:15 pm (24 miles) ; Special Council Meeting phone conference 5:15 – 7:00pm ; Talking Circle 7:00 -8:45 pm  
 5-22 Coos Bay Casino opening (24 miles) 9:30 - 10:00am; Oregon State Governor Brown phone conference 3:27 – 4:00 pm  
 5-26 ATNI Heroes Act 9:00 -10:00 am  
 5-27 Nat'l Congress of American Indians 10:00 – 11:15 am; EPI/CD COVID-19 2:00 – 2:45 pm; HR Dept phone conference 3:30 – 4:20 pm; GFORB 4:45 – 6:00; Business Meeting 6:00 – 8:00am  
 5-28 Pembina presentation 5:00 – 6:45 pm  
 5-29 Oregon State Governor Brown's office phone conference 3:00 – 4:05 pm  
 6-1 NOAA Fisheries 12:00 – 1:00 pm  
 6-2 ATNI 9:00 – 11:00 am  
 6-3 Investment Committee meeting 5:30 – 6:30 pm  
 6-4 HR Dept phone conference 8:15 – 9:00 am; BIA Northwest phone conference 11:00am -12:00pm; Indian Country– Washington DC 1:00 – 2:00 pm; Leader's Circle 5:15 – 8:50 pm  
 6-9 ATNI 9:00 – 10:30am; HR Dept phone conference 11:30 – 12:00 pm; Special Council Meeting phone conference 4:00 – 5:00pm; Talking Circle 5:00 – 5:30pm  
 6-10 Children & Family Administration 10:00 am-10:30am; Talking Circle 6:00 – 8:45 pm  
 6-11 BIA Northwest phone conference 11:00am-11:40am ; Cultural Committee meeting 4:00 – 5:15 pm; Leader's Circle 5:15 – 9:00  
 6-12 Oregon State Governor Brown's office phone conference 3:00 – 4:00 pm  
Total Estimated Hours of Council Work –120 hours

## Debbie Bossley Tribal Chair:

5-11 BIA  
 5-13 ATNI  
 5-14 Indian County ; Leaders Circle  
 5-15 BIA; Governor & 9 Tribes Meeting  
 5-18 NCIA; Nofoa  
 5-19 OTGA; OHUS Consultation  
 5-21 ANA; Indian Country; 9 Tribes; Special Meeting  
 5-22 Governor & 9 Tribes Meeting  
 5-26 ATNI  
 5-28 Indian County; Jordan Cove  
 5-29 Speaker Pelosi; Governor & 9 Tribes  
 6-1 ATNI  
 6-2 ATNI; OTGA  
 6-3 Investment Meeting  
 6-4 Leaders Circle  
 6-9 ATNI; Special Meeting  
 6-10 Leaders Circle  
 6-11 Leaders Circle  
 6-12 Governor & 9 Tribes Meeting  
Total Estimated Hours of Council Work – 130

## Mark Petrie, Vice-Chair:

5- 11 COVID BIA Call/COVID State Call  
 5-12 Healthy Native Youth Presentation Prep Call/Education Committee Meeting  
 5- 14 Gov. Brown Address/WH Indian Country COVID-19 update/Leader's Circle  
 5-15 COVID BIA Call/COVID State Call  
 5- 18 NAFOA and NCAI/WH treasury call  
 5- 19 OCEAN Call/ Tribal Leaders Discussion: Key to Oregon Study  
 5- 20 COVID WH Call  
 5- 21 OCEAN OSW Call/9 Tribes Call/ Governors climate change EO/Special Council Meeting/Leader's Circle  
 5- 22 COVID State Call  
 5-26 ATNI Call  
 5- 27 WH Call/GFORB Meeting/TC Business Meeting  
 5- 28 HRA 2019 archaeological Presentation  
 5-29 Defending Treaty Rights in the time of COVID-19/ Speaker and House Rep Call with Tribal Leaders/COVID State Call  
 6-1 ATNI/NOAA Call

6- 2 ATNI Call/BOEM Prep call  
 6-3 National COVID WH Call/Investment Committee Meeting  
 6- 4 BOEM Task Force Meeting/ OHA Climate and Health webinar/Leader's Circle  
 6-5 Meeting With Admin CEO  
 6- 8 Healthy Native Youth Presentation Run Thru/Dental Pilot Project Advisory Committee Meeting:  
 #100/Senate Dental Therapy Work Group Meeting #2  
 6- 9 ATNI Call/ Census & Sovereignty Virtual Live/Special Council Meeting/Education Committee Meeting  
 6- 10 Healthy Native Youth Presentation/Leader's Circle  
 6- 11 OCEAN Core Call/Culture Committee Meeting/ Leader's Circle  
 6- 12 ODFW Furbearer Regulation Change Testimony/ Meeting with Admin CEO/COVID State Call  
Total Estimated Hours of Council Work -139

## Iliana Montiel:

5-11 BIA Northwest- COVID -19 Teleconference  
 5-12 COVID 19 Economic Impacts and Implications for Indian Country; NPAIHB COVID-19 Update; LPHA and Tribes Webinar  
 5-13 National COVID-19 Briefing Call with State, Local and Tribal Officials  
 5-14 Indian Country COVID-19 Update; Tribal Council Leaders Circle  
 5-15 State –Tribal Call COVID -19 Response Efforts  
 5-17 Tribal Council Regular Meeting  
 5-19 NPAIHB COVID -19 Update; LPHA and Tribes Call Webinar  
 5-20 National COVID-19 Briefing with State, Local and Tribal Officials  
 5-21 CCD Annual Membership & Board of Directors Meeting; Indian Country COVID-19 Update; Tribal Council Leaders Circle  
 5-22 State and Tribal COVID -19 Response Efforts  
 5-27 National COVID-19 Call with State, Local and Tribal Officials; Gaming Facility Operational Review Board; Tribal Council Business Meeting  
 5-28 Indian Country COVID-19 Update  
 5-29 State and Tribal COVID-19 Response Efforts  
 6-3 National COVID -19 Briefing Call with State, Local and Tribal Officials; CMS Seattle COVID-19 Update  
 6-4 Tribal Council Leaders Circle  
 6-5 NPAIHB Quarterly Board Meeting  
 6-9 NPAIHB COVID-19 Update  
 6-9 LPHA and Tribes Webinar; Tribal Council Special Meeting  
 6-14 Tribal Council Regular Meeting  
Total Estimated Hours of Council Work – 120 hours

## Josh Davies:

5-11 COVID BIA Call/COVID State Call/Governor's Reopening Framework  
 5-12 EAC/COvid-19 Economic Impacts and Implications for Indian Country/ATNI Covid-19 Response Video Conference/Education Committee Meeting  
 5-14 Gov. Brown Address/WH Indian Country COVID-19 update/Leader's Circle  
 5-15 COVID BIA Call/COVID State Call  
 5-18 NAFOA and NCAI/WH treasury call  
 5-19 EAC  
 5-20 COVID WH Call  
 5-21 Food Assistance Program/9 Tribes Call/ Governors climate change EO/Indian Country Covid019 Response Update/Special Council Meeting/Leader's Circle  
 5-22 COVID State Call  
 5-26 EAC/ATNI Call  
 5-27 WH Call/GFORB Meeting/TC Business Meeting  
 5-28 Consumer Protection For Native Americans in the Age of Covid-19  
 5-29 Speaker and House Rep Call with Tribal Leaders/ COVID State Call  
 6-1 ATNI/NOAA Call  
 6-2 EAC  
 6-3 Presidential Task force on Missing and Murdered American Indians and Alaskan Natives/National COVID WH Call  
 6-4 Leader's Circle  
 6-9 Special Tribal Council Meeting  
 6-10 ACT Tribal Consultations/Leader's Circle/Personnel Status update  
 6-11 ACT Tribal Consultation/Leader's Circle  
 6-12 CEO/COVID State Call  
Total Estimated Hours of Council Work – 122 hours

## Doug Barrett:

5-11 National Act weekly meetup – Covid – 1  
 5-11 BIA Northwest Covid-19 Briefing with Federal, State & Tribes.  
 5-12 Economic Impacts & Implications for Indian Country. / 5-12-20 Statewide ADPEP Call.  
 5-13 National Covid-19 briefing with State, Tribes and Local governments.  
 5-13 OYA (Oregon Youth Authority) Stakeholders call,

Covid – 19 Update  
 5-13 Native Wellness Power Hour with Dr. John Spence.  
 5-14 Indian Country Covid – 19 Conference call. /  
 5-14-20 Native Wellness Power Hour.  
 5-14 HPCDP- Prevention Coordinators AD Call.  
 5-14 GPRA – Data collection Training – SOR.  
 5-14 First Day.com Movie Preview.  
 5-15 BIA Northwest Covid-19 Briefing with Federal, State & Tribes.  
 5-15 State – Tribal Call – Covid – 19 response efforts.  
 5-17 Chinook Tribe and Canoe Family zoom hour with Tony Johnson and Family.  
 5-17 Native Wellness Power Hour.  
 5-18 NAFOA – NCAI & Treasury Covid – 19 call.  
 5-19 Sea Otters in Oregon Zoom call.  
 5-19 ATNI Heroes Act zoom call.  
 5-19 Key to Oregon – Community info session – Tribal Leaders discussion – OHA – OHSU  
 5-20 National Covid – 19 briefing call – State, Tribal & Local officials.  
 5-20 Tribal Climate Change Network PNW (Pacific North West).  
 5-20 Native Wellness Power Hour.  
 5-21 Food Assistance Program – CFAP. / 9-Tribes call. / Governors Climate change EO.  
 5-21 Indian Country Covid – 19 call. / 5-21-20 Special Council meeting / Leaders Circle.  
 5-22 Covid – 19 Update Forum by Deb Haaland & Tom Haaland.  
 5-22 Take a break with us – Northwest PTTC (Prevention Technology Transfer Center).  
 5-22 Covid – 19 Impact to Natural Resources Management call.  
 5-25 National ACT Weekly meet-up to offer Mutual Support & idea sharing during Covid - 19  
 5-25 National Covid – 19 briefing call – State, Tribal & Local officials.  
 5-26 Ramping up Telehealth Services during Covid – 19.  
 5-26 ATNI Covid – 19 Update with Consumer Stakeholders. / 5-26-20 Native Wellness Power Hour.  
 5-27 Tribal Governments in Action: Leveraging the CARES Act for Response & Recovery.  
 5-27 Native Wellness Power Hour.  
 5-27 GFORB Teleconference and Business Meeting.  
 5-28 May ADPC (Alcohol & Drug Policy Commission) Meeting.  
 5-28 Native Americans in the age of Covid – 19.  
 5-28 Covid – 19 update NIH Tribal consultation on Covid – 19 research.  
 5-28 Pembina Archeology investigations Presentation at Jordan Cove Terminal.  
 5-29 State – Tribal call re: Covid – 19 response efforts. / Defending Treaty Rights in the time of Covid-19.  
 6-1 ATNI – NOAA – Cares act Assistance: West Coast Tribal Sub-Allocation Process & next steps.  
 6-1 Equity Coalition Meeting.  
 6-3 ATNI Tribal Consultation & Listening Sessions.  
 6-3 Investment Committee Virtual meeting.  
 6-4 BOEM (Bureau of Ocean Energy Management) call.  
 6-4 Leader Circle Zoom Meeting.  
 6-8 Dental Pilot Project Advisory Committee meeting call.  
 6-8 Senate Dental Therapy Work Group Meeting call.  
 6-9 ATNI – Covid – 19 meeting call.  
 6-9 Special Tribal Council Meeting – Vote on Position # 1.  
 6-10 ACT Tribal Consultations – Day 1.  
 6-10 National Covid -19 briefing call – State Tribal & Local Officials.  
 6-10 Personnel Status update.  
 6-11 ACT Tribal Consultation –Day 2.  
 6-11 Culture Committee Zoom Meeting. 6-11-20 Leaders Circle zoom meeting.  
 6-12 State – Tribal call re: Covid – 19 response efforts.  
 6-14 Tribal Council Meeting in Person.  
Total Estimated Hours of Council Work - 136 hours

## Enna Helms

5-9 Appointed to the Tribal Council  
 5-10 Meetings with Tribal Council and Administrator  
 5-11 Leaders Circle  
 5-14 Regular Tribal Council Meeting – Swear in  
Total Estimated Hours of Council Work - 25 hours

Upcoming Council Meeting  
**Sunday, July 12, 2020**  
 10:00 a.m.

Log on to [www.ctclusi.org/councilmeetingminutes](http://www.ctclusi.org/councilmeetingminutes) for the zoom link

See page 5 for more information

# Information

## QUESTIONS OR SUGGESTIONS?

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

## COMMITTEE INTEREST LIST

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

## ATTENTION VETERANS AND FAMILIES

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

## US FOREST SERVICE NORTHWEST FOREST PASSES

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

## CHANGES?

Please let us know if you have a change in address, phone number, name or addition to your family. Changes should be submitted to Enrollment Dept., either online at [www.ctclusi.org/enrollment](http://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](http://www.ctclusi.org)  
If you would like to receive typed copies or an audio CD of the Tribal Council meeting minutes send a written request, including your current address to Jeannie McNeil, 1245 Fulton Ave. Coos Bay, OR 97420.



# Tribal Council

## Doc Slyter, Chief

Tribal Chief  
541-808-7625 (cell)  
[dslyter@ctclusi.org](mailto:dslyter@ctclusi.org)

## Enna Helms

Position #1 Council  
541-297-7538 (cell)  
[enna.helms@ctclusi.org](mailto:enna.helms@ctclusi.org)

## Debbie Bossley, Chair

Position #2 Council  
541-294-3972 (cell)  
[debbie.bossley@ctclusi.org](mailto:debbie.bossley@ctclusi.org)

## Mark Petrie, Vice-Chair

Position #3 Council  
541-297-3681 (cell)  
[mark.petrie@ctclusi.org](mailto:mark.petrie@ctclusi.org)

## Josh Davies

Position #4 Council  
541-294-4105  
[josh.davies@ctclusi.org](mailto:josh.davies@ctclusi.org)

## Iliana Montiel

Position #5 Council  
541-217-4613 (cell)  
[iliana.montiel@ctclusi.org](mailto:iliana.montiel@ctclusi.org)

## Doug Barrett

Position #6 Council  
541-297-2130 (cell)  
[doug.barrett@ctclusi.org](mailto:doug.barrett@ctclusi.org)

# Council Meeting

July 12, 2020  
10:00 a.m.

To practice safe social distancing guidelines, this meeting will be streamed online. Please log on to [www.ctclusi.org/councilmeeting-mintues](http://www.ctclusi.org/councilmeeting-mintues) for information on how to attend this online meeting

## Agenda:

1. Call to Order
  2. Invocation
  3. Approval of Minutes as needed
  4. Tribal Council Reports
  5. Tribal Chief Executive Officer Report
  6. Chief Financial Officer Report
  7. Old Business
  8. New Business
  9. Other
  10. Good of the Tribes
  11. Executive Session as needed
- Council meeting video available to view at [www.ctclusi.org](http://www.ctclusi.org)

# Upcoming Events

**July 3<sup>rd</sup>** - Independence Day Observed (All Tribal Offices Closed)

**July 4<sup>th</sup>** - Independence Day

**July 12<sup>th</sup>** - 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/councilmeetingmintues](http://www.ctclusi.org/councilmeetingmintues) 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.

Be sure to check the Tribal website [www.ctclusi.org](http://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](http://www.ctclusi.org) please e-mail [mgaines@ctclusi.org](mailto: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

## Join a Committee

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

# CTCLUSI Departments, Services & Offices

Government Office  
Stephanie Watkins  
Interim CEO & Director of Human Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-999-1360  
[swatkins@ctclusihr.org](mailto:swatkins@ctclusihr.org)

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

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

Tribal Housing Department  
Laura Fortin - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-7504  
Fax 541-435-0492  
[lfortin@ctclusi.org](mailto:lfortin@ctclusi.org)

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

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

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

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

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

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

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

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

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

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

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

Department of Natural Resources  
Roselynn Lwenya, Ph.D.  
Director of Natural Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
Fax 541-888-2853  
[rlwenya@ctclusi.org](mailto:rlwenya@ctclusi.org)



Council Corner

Daii,

In light of the civil unrest happening all throughout the world, the Tribe condemns acts of violence against any person, and we support the 1<sup>st</sup> Amendment Right to peacefully protest. The protests for ‘Black Lives Matter’ has prompted some positive outcomes. I recently received an email from Amy Amrhein, the Southern Oregon Field Representative for U.S. Senator Jeff Merkley. She stated that Senator Merkley is proposing a new legislation to create a national database of police misconduct called, “National Police Misconduct Database and Transparency in Hiring”. The goal of this new database would be to help facilitate more accountability of police officers across America and help ensure that police officers who have been removed from their jobs for misconduct cannot simply find a new job as a police officer in a different jurisdiction. To be clear, the Tribe very much supports our Tribal Police Department and have full confidence in their ability to protect and serve our people and communities with respect and civility.

On March 19, 2020 the Federal Energy Regulatory Commission (FERC) approved an order for the Jordan Cove Project to proceed. The order was granted authorization under sections 3 and 7 of the Natural Gas Act. The FERC Board is normally comprised of 5 members, however, at the time of the approval there were only 3 members serving on the Board. Members to this Board are appointed by the President of the United States, with the advice and consent of the Senate. On June 4, 2020 the Confederated Tribes of CLUSI filed a joint objection to the FERC commission regarding the Jordan Cove LNG Project to obtain a certification under section 401 of the Clean Water Act. LNG is expressing to FERC that the Department of Environmental Quality (DEQ) failed to act within one year on their 401-certification request so it should be waived.

I personally am very concerned and disappointed that FERC would take on these two matters for the LNG Project at this time when so much of the United States is on lockdown because of a National Public Health Emergency caused by COVID-19.

Since the United States, the State of Oregon and The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians have declared a State of Emergency due to COVID-19, the Tribal Council has made the difficult decision to cancel this year’s annual Salmon Ceremony which is held on the first Sunday of August. There will be an opportunity for Tribal Council **only** (no family members allowed) to cook one salmon. Following tribal traditions, the salmon bones will be returned to the ocean.



Chief Doc Slyter

Chief Doc Slyter

\*Next month’s newsletter will highlight the importance of the annual salmon ceremony.

Resolution Summaries

**RESOLUTION NO.:** 20-028  
**Date of Passage:** April 9, 2020  
**Subject (title):** Enrollment of New Members  
**Explanation:** The Tribal Council approves the Enrollment of the following new members: Christy Kay Reed, James Falcon Gabriel Hermesen, Rykuu Omer Reeves Thrasher, Yukerii Denise Thrasher Reeves, Kaydin Isaac Patterson, Zellia Mae Camancho, Zeppelyn Claudine Callantine , Miriam May Mitchell and Nikita Grigoryevich Zhelebovshiy. **Vote 7-0-0**

**RESOLUTION NO.:** 20-029  
**Date of Passage:** April 9, 2020  
**Subject (title):** Enrollment – Name Change  
**Explanation:** The Tribal Council approves the name changes of two Enrolled members. **Vote 7-0-0**

**RESOLUTION NO.:** 20-030  
**Date of Passage:** April 23, 2020  
**Subject (title):** Financial Matter  
**Explanation:** The Tribal Council approves this Resolution. **Vote 6-0-0**

**RESOLUTION NO.:** 20-031  
**Date of Passage:** May 7, 2020  
**Subject (title):** Financial Matter  
**Explanation:** The Tribal Council approves this Resolution. **Vote 6-0-0**

**RESOLUTION NO.:** 20-032  
**Date of Passage:** May 7, 2020  
**Subject (title):** Financial Matter  
**Explanation:** The Tribal Council approves this Resolution. **Vote 6-0-0**

**RESOLUTION NO.:** 20-033  
**Date of Passage:** May 7, 2020  
**Subject (title):** Financial Matter  
**Explanation:** The Tribal Council approves this Resolution. **Vote 6-0-0**

**RESOLUTION NO.:** 20-034  
**Date of Passage:** April 30, 2020  
**Subject (title):** Financial Matter  
**Explanation:** The Tribal Council approves this Resolution. **Vote 6-0-0**

**RESOLUTION NO.:**20-035  
**Date of Passage:** May 21, 2020  
**Subject (title):** 2020 Spirit Mountain Community Fund Application  
**Explanation:** The Tribal Council approves a required letter of inquiry and submission and request for funding for the Tribal Museum and Cultural Center at the Hollering Place. **Vote 6-0-0**

**RESOLUTION NO.:**20-036  
**Date of Passage:** May 21, 2020  
**Subject (title):** Authorization to Submit Application for ICDBG CARES Grant  
**Explanation:** The Tribal Council approves the submission and application for funding. **Vote 6-0-0**

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





**WE ARE CONNECTED.**

**we need you here.**

**World Suicide Prevention Day is September 10th.**

You are a gift from the creator.  
You will pass on our traditions.  
#WeNeedYouthere

I've been there. We will get through this together.  
#WeNeedYouthere

We know you are in pain. We can heal together.  
#WeNeedYouthere

My life matters. I am here for a reason. My story has just begun.

If you or someone you know has been showing signs of suicide, please get help. Contact a trusted adult, clergy member, spiritual advisor, healer, elder, health professional or the national suicide prevention crisis line at 1-800-273-TALK (8255) or text START to 741741 to chat via text. To learn more, visit [www.wernative.org](http://www.wernative.org) or [www.SuicidePreventionLifeLine.org](http://www.SuicidePreventionLifeLine.org).

#WSPD  
#suicideprevention

**THRIVE**  
[www.npslhbz.org](http://www.npslhbz.org)



łe’ łəx (Medicine) of the Month: Oregon Grape

Contributed by Ashley Russell, Water Protection Specialist

**Parts of Plant Used:** Leaves and Roots  
**Herbal Actions:** Also known as barberry, Oregon grape contains a yellow alkaloid known as berberine, which is found in the roots and leaves. Berberine is antimicrobial, antiviral, antifungal, antibiotic, and anti-inflammatory. Oregon grape is also a tonic bitter. When taken 20 minutes prior to eating, bitters aid in digestion by stimulating salivation and gastric secretions. Furthermore, Oregon grape is a hepatic (liver stimulant) and the tea, tincture, salve, and oil, helps cleanse skin abrasions and alleviate psoriasis, eczema, and acne symptoms-.  
**Other:** The roots of Oregon grape produce a bright yellow hue that is used to dye weaving/regalia materials.  
Traditionally, the leaves would also be placed in the corners of your house to ward off mice and rats. In fact, the Hanis translation for Oregon grape is “rat frightener” or “mouse frightener”.  
**Gathering:** Oregon grape leaves can be gathered starting in May through mid-fall. The roots and yellow stems can be gathered from midsummer to winter.



Photograph by Morgan Gaines

**Hanis:** miyăcæu aqálqsi, pəgwítłætł aq’álqsi  
**Scientific Name:** *Mahonia* spp.

Home Garden Beds Now Available to interested CTCLUSI Tribal Elders and Families



Pictured above: Tyen Russell, age 6, helping prepare his family’s raised bed.  
Photo Credit: Ashley Russell

The Culture and Natural Resources Department has secured funding through the Northwest Portland Area Indian Health Board (NPAIHB) to supply Tribal Elders and families within the 5 county service area (Lincoln, Lane, Douglas, Coos, and Curry counties) with raised beds (4’ x 8’ x 36” for Elders or 4’ x 8’ x 16” for families) or patio planters for those with limited space, soil, and seeds/bulbs.  
With these garden beds, Tribal families will be able to supply themselves with their own traditional foods and other healthy fruits and vegetables from the safety of their own backyards. It is, at this time, that we must stay at home and gather.

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 inquires only, please.



Mugwort, photo by Sara Siestreem



Tobacco, photo by Sara Siestreem



## Weaving Program Updates

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 re-open. I urge you to keep wearing your masks and practicing social distancing. Because people will be flocking to the coast from areas that are still in lockdown and it is critical that you remain safe. We need you healthy and whole, and I am sad to say, this pandemic is not over.

But I am happy to share, 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. June was a big gathering month. I was able to put up enough sedge, tule, and cattail for our workshops.

Part of my work as a professional artist is to create public art exhibitions to share our culture with the mainstream. Every year I display our cache of weaving materials while they season. This year I was invited to do so at the Chehalem Cultural Center (Newburg, Oregon) in The Grand Ronde's territory. To represent our culture on their land is a huge honor as they are our dear friends and who gifted us with the knowledge that I built our program on.

This exhibition is called CACHE NINE: the hope materials (*how to feel not scared in a pandemic*). It is a living exhibition, as it houses our cache as I am building it growing throughout the summer, two large painting installations, and a collection of baskets I wove. If you happen to travel through Newburg this summer, please drop in and see your growing cache and also follow this link to see the artist statement: <https://www.chehalemculturalcenter.org/exhibitions/2020/6/2/cache-installation-by-sara-seistreem>

In the basket part of the exhibit is a Gwani. This is a large tule storage basket. Historically, they were used to store dried fish or other preserved foods, clothing, or other materials. They are made fast, typically at the start of the gathering season when the tules at fish camp during the first run of salmon. Baskets like this are not meant to last forever, just a few seasons before a new one is made. This is because the tule are fragile and wear out quickly, however they are plentiful and easy to use so make fast, large, easy vessels. We also use them to make mats and some articles of clothing and today they are what you make your first basket within our program. This one is made from tules gathered at the Smith River, halfway between Coos Bay and Florence, the expanse of our tribal territory. I wove it on the Umpqua at my camp during the hot summer of 2016. I use it to hold my weaving scraps and during the first weaving workshop of the year the youth weavers sort out all the materials by type and make small baskets with them.

Our weaving practice includes spiritual protocols at each stage. Those customs are a part of what you will learn in our workshops. Part of that is the use of plant medicine. Most plants have some special use, some beneficial and some dangerous, almost anything can harm you if you do not use it properly. In our culture we smudge. This is a practice that is both spiritual and scientific. It is done to clean, center, honor, and to invite goodness, vision, and protection into what we are doing. It is done to communicate with the plants, animals, and ancestors, letting them know that we are present and practicing our culture. The smudge I share with you in the workshops is made up of Mugwort (our sage) that I gather on the Umpqua and grow in Portland, Red Cedar Bough that I gather at Tribal Hall and in the Sunset Bay forest, Sweet Grass that I grow in Portland, and Ceremonial Tobacco that I also grow in Portland that came to me through John Schaffer's seed research. I am happy to report that the plants I grow for you are coming up nicely, and the plants I gather in our territory are also having a great year. These are included in the exhibit.

A last reminder, this 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, articles, and some of my institutional research as well, all available for your use. 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. 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)



Gwani, photo by Sara Siestreem



Baskets and sturgeon, photo by Sara Siestreem



The Hope material, photo by Sara Siestreem



Sedge, photo by Sara Siestreem



## *“In the Loop” with the Circles of Healing Program*

### **Continued from Cover: Circles of Healing Beaded Collar Project**

Story continued from cover article

...second in March. We were fortunate to have Kristy Petrie assisting in the preparation for our beaded collar classes as well as instructing our group on this in-depth process. The materials needed in the construction of beaded collars includes beading needles, hundreds of tubes of size 8 seed beads, sinew, leather scissors, and much more. The leather used for the base of each collar was cut from a piece of deer hide donated by the Cultural Resources department.

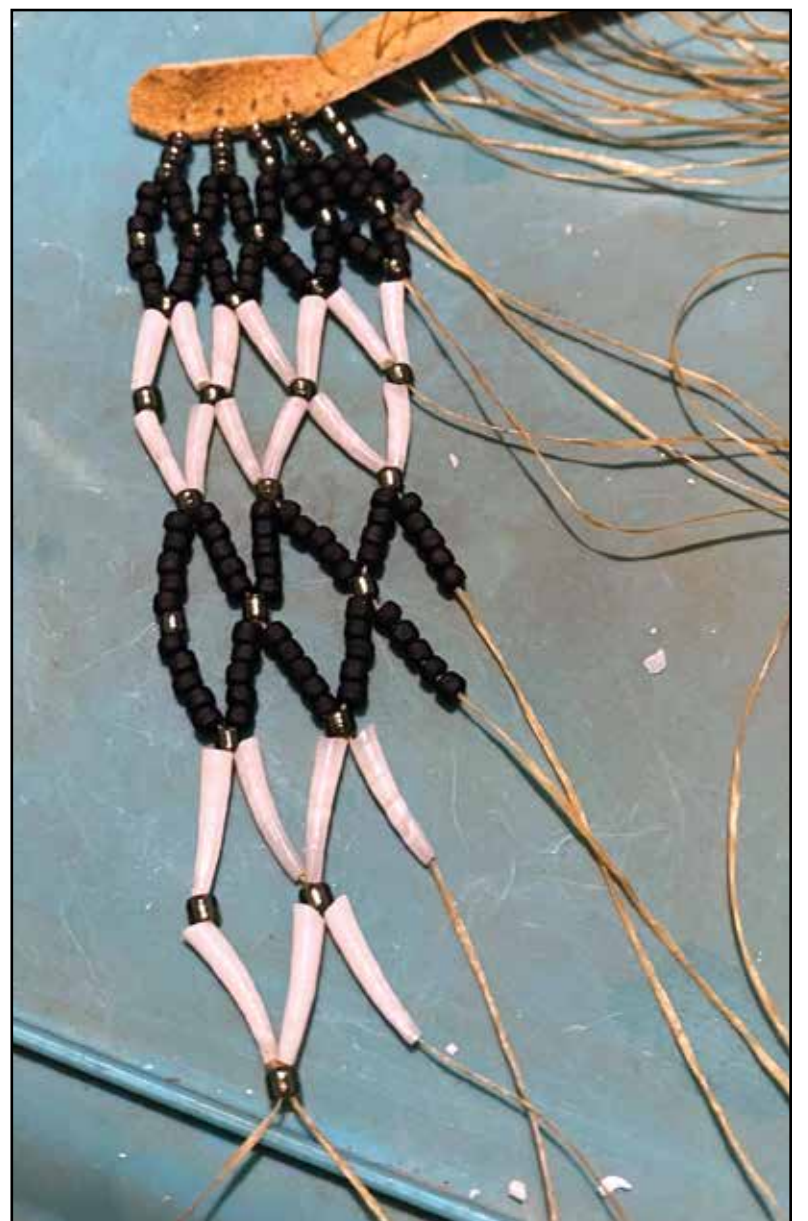
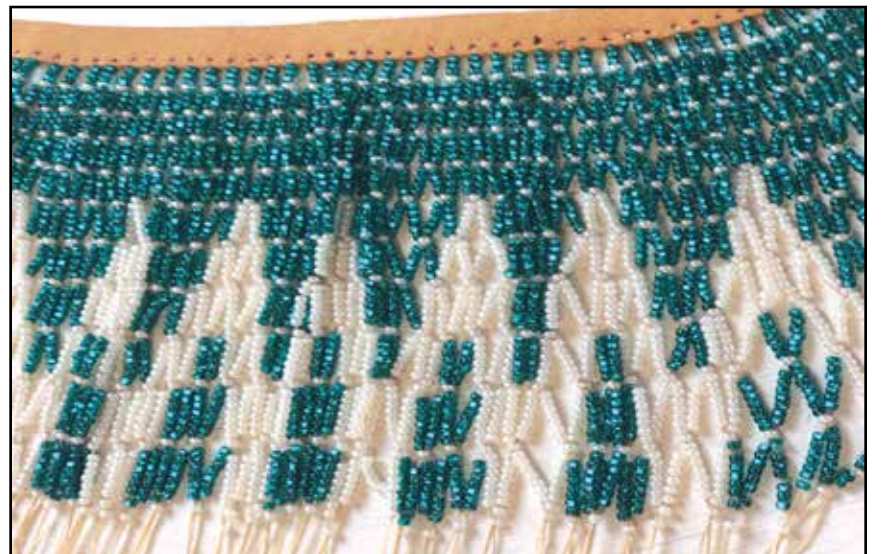
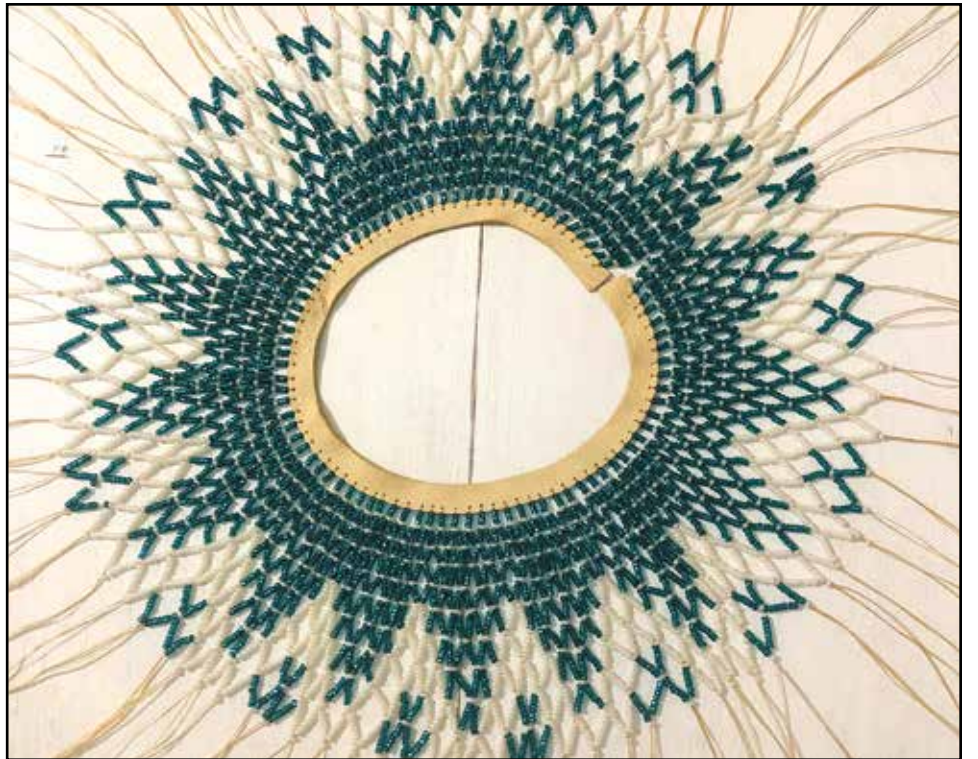
The initial classes provided a space for attendees to gather supplies, get ideas, and complete the first steps of their collars. Each participant was sent home with the materials needed to continue their work outside of class where the majority of the beading would take place. There have been many supports extended to attendees during the construction of their collars including emails with detailed hand-drawn step-by-step instructions, a group where participants can share their progress, ask questions and share pictures. Additionally, as more materials are needed the Circles of Healing program has been vigilant about ordering needed supplies to support each collar's progress. We are also working on a step-by-step instruction and materials kit complete with photographs to share with those who would like to begin their own collar.

Culture is passed down from generation to generation and those who learn and pass on these historical teachings are an integral part of keeping traditions alive. We are so thankful to all of the amazing ladies who have made our beaded collar classes possible including the great group of women who have taken on the learning to preserve this cultural practice. We truly appreciate your support and dedication.

We would like to acknowledge our instructor, Kristy Petrie. She has put in countless hours on this project to teach, photograph, answer questions, prepare documents, and draw hand written instructions when needed to conceptualize a step of this process. She has such a kind spirit and teaches in a way that allows for creativity and encourages each person to do what looks and feels the best to their individual project. She has instructed two classes for this group so far, and continues to work to help each person in their process.

We also want to express gratitude to Ashley Russell for assisting

“The energy that is created by gathering our community together to focus on a traditional activity while in such a sacred place as Tribal hall is electric with the pulse of our Ancestors. My dream is to see all of our families and relatives with the desire to have regalia and other traditional items have access to materials and instruction to make that possible.”  
-Melinda Radford, Circles of Healing Program Coordinator





# “In the Loop” with the Circles of Healing Program

## Continued from Cover: Circles of Healing Beaded Collar Project

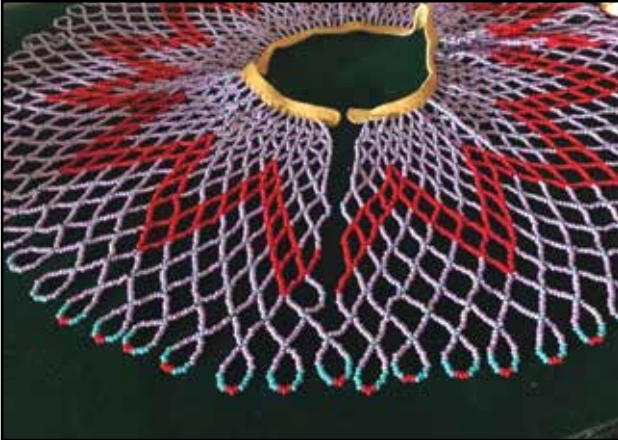
participants in the construction of their collars during the two classes and for being so willing to bring along additional supplies and her own beautiful collars for the class to appreciate and be inspired by.

Next, we would like to acknowledge Maree Beers who was Kristy’s instructor in learning how to complete this beautiful regalia. Maree’s beadwork is phenomenal. She has completed beaded collars for many of her family members, individualizing them and adding her own various materials. She has allowed me to include some of her work in the photographs accompanying this article.

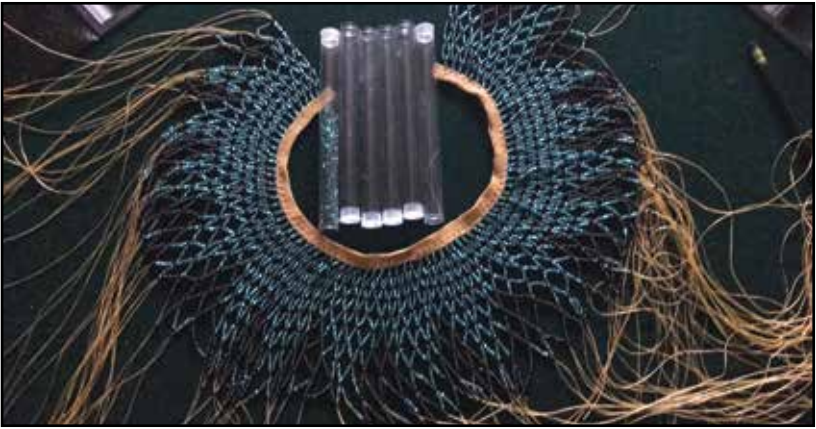
Additionally, we would like to acknowledge Sue Olson for her work in revitalizing this regalia and bringing it back to the Tribes. Without her work, we would not be able to continue to celebrate this beautiful part of our culture and continue to pass on this learning and connectivity experience.

With the safety concerns surrounding Covid-19, future Healing through Traditions classes will be temporarily modified to a virtual platform. It is so important to the Circles of Healing program that we continue to create a space where women can come together, support one another and share cultural traditions. Keep an eye out for upcoming virtual classes.

“I have enjoyed this process and will be making one for each for my grandchildren. I have also really appreciated the group messaging for advice on next steps and sharing progress pictures with each other.”  
– Jeannie McNeil, class attendee



Photographs provided by Melinda Radford, Jeannie McNeil, Kristy Petrie and Ashley Russell.



### Free Online Parenting Workshops!

Come and Join us for Live Online Parenting Workshops that will be Offered to the Tribal Community in a 6-Week Series.

**WHEN:** Thursdays, July 16th, 23rd, & 30th and August 6th, 13th, and 20th 2020.  
**TIMES:** 11am-12pm (Morning Option)  
7pm-8pm (Evening Option).

Space is limited to those who RSVP by July 13th 2020.

- ⇒ Contact Carol Ann Young, Coos Bay Office (541) 435-5417
- ⇒ Contact Shayne Platz, Eugene Outreach Office (541) 543-0614

\*A Zoom Link and Instructions will be sent to those who RSVP.

\* Free Prizes for All Participants and those who attend all 6 workshops will be entered into a Grand Prize Drawing.

Co-sponsored by CTCLUSI Family Support Services and Behavioral Health Department and the Confederated Tribes of Siletz Indians

COH HOSTED ZOOM CLASSES  
2ND AND 4TH TUESDAYS

**UPCOMING JULY CLASSES:**  
7/14, 6-7P GENTLE YOGA & MEDITATION  
7/26, 6-7P SELF-COMPASSION & GRATITUDE JOURNALING - ALL MATERIALS PROVIDED

7/14 Class Led by Libby Cox of Two Birds Yoga & Teacher Training

PLEASE SIGN UP BY 7/13 FOR EITHER OR BOTH CLASSES  
ALL LEVELS AND TRIBAL COMMUNITY MEMBERS WELCOME!

All attendees will be entered into a drawing for a gift!  
Please sign up by Monday 7/13 541-435-8795

Sponsored by The Northwest Portland Area Indian Health Board Response Circles



## Food Boxes Distributed to Tribal Members During Covid 19 Pandemic

Contributed by the Family Support and Behavioral Health Services Department

The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Tribal Council, Chief Executive Officer, Family Support and Behavioral Health Services Department, and Health Department, in combined efforts with US Foods held their third food distribution in May since the stay at home order was first issued due to the COVID-19 Pandemic. As the community struggles to recover from COVID-19 and businesses slowly begin to reopen their doors, food and supplies continue to remain a critical need for many Tribal families. Ten Tribal Government staff worked diligently to safely distribute individually packaged boxes to 91 Tribal Families in Coos Bay/North Bend. Four staff members as far as the Florence, and Eugene/Springfield areas transported boxes. Pallets were unloaded, foods and drinks were sorted, and informational packets were created and stuffed full of resources to provide extra support. In addition, the Health Department graciously provided hand sanitizer that was added to all the food boxes.

Along with the non-perishable food boxes, 20 fresh food boxes were donated to CTCLUSI as well. With the help of

Family Services and Behavioral Health Assistance Director, and CTCLUSI CEO who worked closely with the Coquille Tribal employees, we were able to distribute these boxes to the tribal community.

We are happy to announce that since the COVID19 Pandemic more than 500 boxes of food, drinks and supplies have been distributed to Tribal Families and Tribal Elders. A special thank you to the Tribal

Council, Dan Condry, Nathan Lowder, Sarah Waiss and Cody Capson from US Foods, Family Support and Behavioral Health Staff, Health Department Staff, and the Maintenance Department for your contribution. We are deeply grateful that you chose to take time out of your busy schedule to help meet such a crucial need so that no one will go hungry.







# Congratulations Graduates!

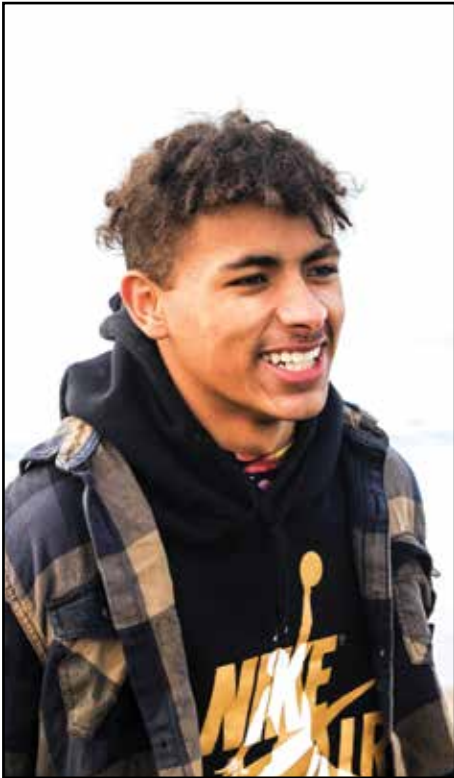




***Tennepah Brainard***

Miluk Coos  
Sheldon High School, Eugene OR  
member: National Honor Society  
(high honors) president of Native  
American Student Union (NASU)  
Eugene school district student  
representative to the Natives  
Program parent committee

Plans to attend Full Sail University  
in Winter Park, FL with obtaining  
a degree in Fine Arts and Media  
presentation, with looking at a  
Masters of Science degree in game  
design and engineering



***Devante Marques Byers***

Graduated June 5th from North  
Bend High School.  
He plans to attend SWOCC in the  
fall.  
He has enjoyed playing basketball  
since the 3rd grade. It is his  
favorite thing.



## THE VOICE OF CLUSI

If you would like to announce and share your recent graduation in the Tribal paper  
please send info to [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org) or text/call (541) 808-7918

**Tribal Member Birth Announcement**



Tzion River Rose VanBlericom  
Born: March 4, 2020  
4.9 pounds, 17.5 inches long  
Daughter to John Price (Lower Umpqua) and Terisa Dawn VanBlericom  
Granddaughter to Katherine Price

***Welcome, baby Tzion!***




## 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



## PEACEGIVING

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

All Peacegiving issues are confidential.




Photo by Morgan Gaines

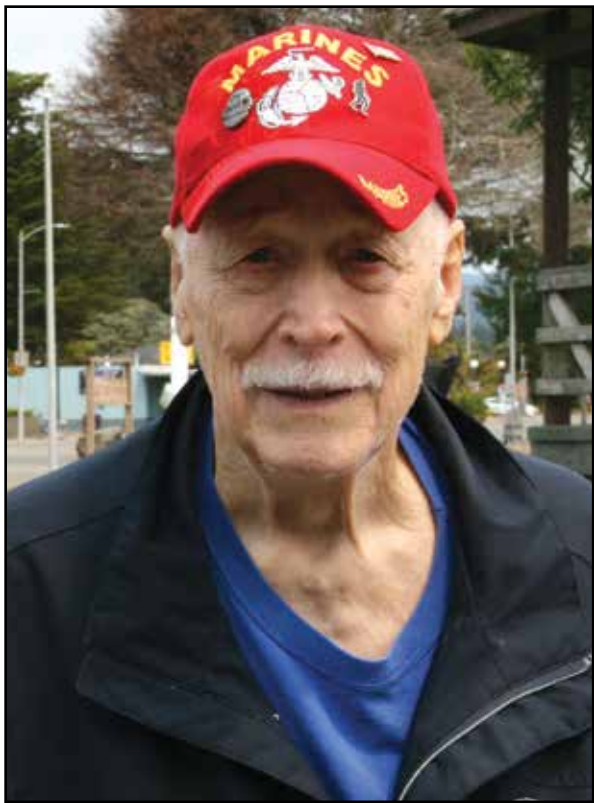
For more information about Peacegiving, please visit the Peacegiving  
Website or contact the Peacegiving Coordinator at the  
address listed below.

Peacegiving Coordinator  
1245 Fulton Avenue  
Coos Bay, OR 97420  
PHONE: (541) 888-1306 or (541) 888-1316  
EMAIL: [Peacegiving@ctclusi.org](mailto:Peacegiving@ctclusi.org) Website: <http://ctclusi.org/peacegiving>



# Tribal Elders John Perry and Ron Brainard Walk On

John Walter Perry - Lower Umpqua



Today he's gone home and we've lost one of the most influential, courageous and profoundly good human beings that any of us will share time with on this Earth. He no longer belongs to us; he belongs to the Great Spirit.

John W. Perry was born 05-05-1936 in North Bend, Oregon, the Great Spirit called him home on June 7, 2020 in Florence, Oregon at the age of 84.

John was in the United States Marine Corp., 1st Marine Division 1st Regiment from 1952 to 1963, he fought in Korean, Vietnam War. He was a POW and a Hard Hat Diver Two.

John "Two Bears" was also known as a Tribal Chief to the Lower Umpqua Indians, story teller of the old ways, served on tribal council and help guide his tribe into Federal Restoration in 1984. John also, drove Big Rig Trucks for 20 years with only one point against him (he was so proud of that).

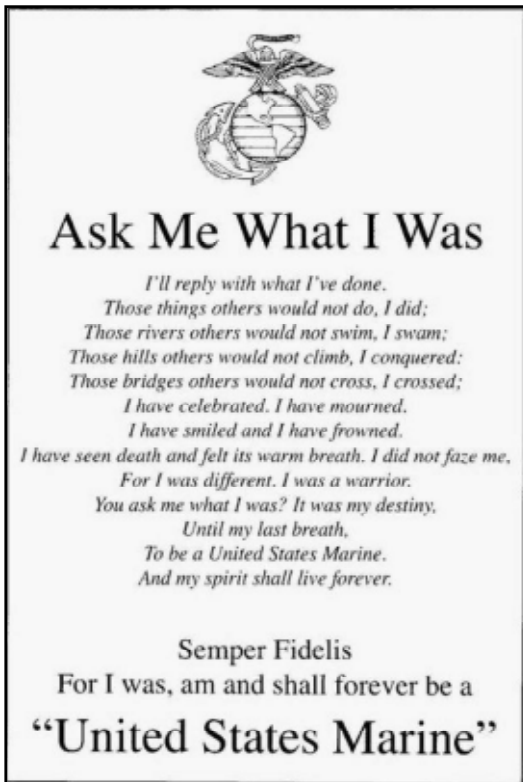
John was most proud to being a son, husband, father, and grandfather. He is survived by his sister Frances Goldie "Suzie" Olsen, his children, John Cauthorne, Jenny «Mia» Portillo, Roseana, Mark step-son, Trina daughter in-law, Steven Olson nephew, and great niece Jessica Olsen. Three step-grandchildren, Charlotte Kennedy granddaughter and her husband Charlie Kennedy, David Mallory grandson, grandchildren Conway Mallory, Le'Ryann Kennedy, and Lorenzo Kennedy. He also leaves special friends and neighbors, from the Springfield Veterans of Foreign Wars #3965, Springfield Moose Lodge # 1726, Springfield Fraternal Order of Eagles #3597, Eugene Masonic Lodge #11, Churchill Estates, Springfield Thunderegg Rock Club, and Willamette Lane Rock and Gem Shop where he was an Instructor.

John was preceded in death by both of his parents John W. Perry Sr. and Adeline "Addie Ida Perry - Stephens, five wives, a brother -in-law, and two step-sons.

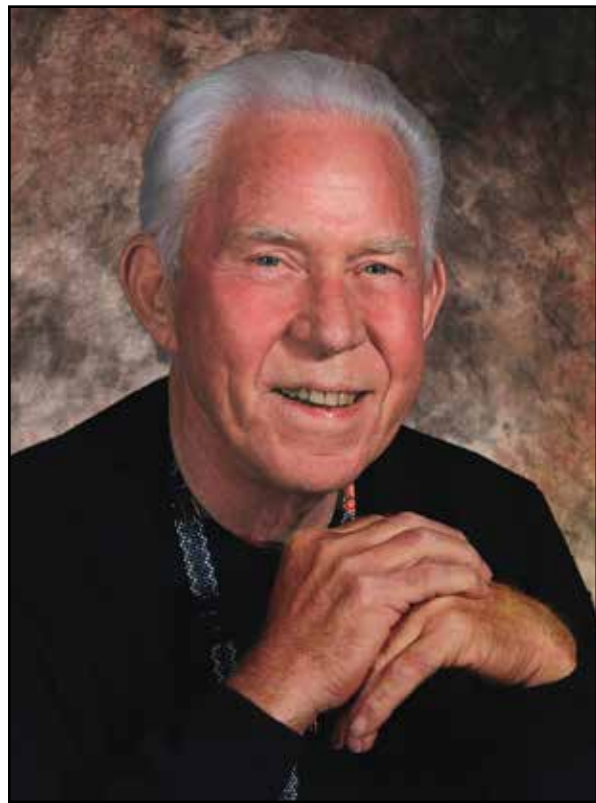
There will be no funeral service. John has gone the way of the Great Spirit.

Do not stand at my grave and weep.  
I am not there; I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on the snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush,  
I am the swift uplifting rush.  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry.  
I am not there; I did not die.  
I am with you always.

If you feel compelled to honor John raise a glass and toast a great man. Or feel free to donate to a local animal cause in John's name.



Ronald Chester Brainard - Coos



Tribal Elder of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians.

3/10/1942- 5/23/2020

Ronald was born to Emil and Grace Brainard Attended Grades 1-8 at the one-room school at Deadwood, Oregon

Graduated from Mapleton High School, Mapleton, Oregon

Received his education at Lane Community College, Eugene, OR where he received his Associate of Arts in Apprenticeship Trade. Ron also trained in Hydraulics and Boiler Training.

Ron served in the U.S Army 1966-1968 as a Crew Chief, aviation Hydraulics Specialist for helicopters, he served in Viet Nam. Ron was an active member of the Veteran' Program. As a Veteran he attended numerous events and posted the Tribal flags as an active member of the Tribal Color Guard.

His work history included being self employed as a Project Consultant, in addition in Malaysia for the Malaysian Government, at Willamette Industries and also Lane Plywood.

Ron's work lead to supervise staff in the installation of a veneer and lathe system. Ron later moved to Production Coordination, overseeing boiler reinstallation and reconfiguration to produce electricity and steam.

Ron was active with his Tribe, The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. Ron Served as an elected member of the Tribal Council from 1998 to 2014 , including the role as Tribal Chairman from 2001-2006. He was active in The Legislative Commission on Indian Services, appointee, National Congress of American Indians, delegate, Affiliated Tribes of Northwest Indians, Delegate, Native American Veterans Organization, Elk Lodge Lebanon, OR. His family incudes his wife Shelly and his siblings; Maxine Marlow, Nellie Zimmer, Warren Brainard, Francis Brainard, Henry Brainard and Jo Brainard.



# 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



Pauline Benson pictured with her father Paul Benasco

**Favorite Hobbies:**

- Playing the slots with her dad.
- Camping (tents only).
- Gardening.
- NY Times Crossword puzzles.

**Bucket List:**

- Retirement.
- Take Preston camping.
- Visit cousins in Hawaii.

**Favorite Sayings:**

“Plant one on me.”

*Pauline Benson*

**Coos**

**Immediate Family:**

- Great-granddaughter of Martha Harney-Johnson; Granddaughter of Margret Benasco; Daughter of Paul G. Benasco, Jr.; Mother of Meridith Green, Nicole Braithwaite, and Coline Benson; Grandmother of Olivia Green, Naomi Green, Preston Braithwaite, and Blu Benson.

**Proudest**

**Accomplishments:**

- Raised three beautiful, accomplished daughters as a single parent.
- Started playing the trumpet at age 9 and held 1st-chair in school band for 6 years.
- Taught granddaughters Olivia and Naomi how to operate and drive a car by age 13.



Kenneth Hermesen, Sr.

**Favorite Hobbies:**

- Trout fishing
- Wilderness Camping

**Bucket List:**

- Travel to Southern California
- Go on more camping trips with family
- Get full knee replacement surgery

*Kenneth Hermesen, Sr.*

**Lower Umpqua**

**Immediate Family:**

- Grandson to Hattie Mae Spencer. Father to Cherity Finley, Kenneth Jr., Jimmy Hermesen, Rudy Hermesen, Harmony Hermesen, and Doug Hermesen.

**Proudest**

**Accomplishments:**

- US Navy Veteran- Aviation Field
- 13 grandchildren
- Cancer survivor

**Favorite Sayings:**

To his kids - “I love you past Heaven and the stars. That’s a lot.”

Welcome New Tribal Elder  
Jack Michael Garcia

## Tips for Safe Grocery Shopping During COVID-19



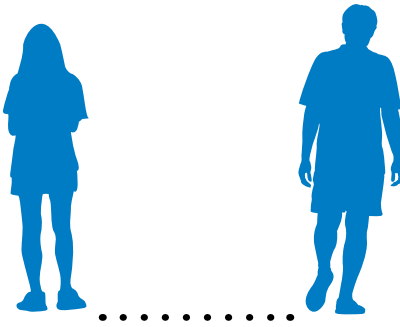
### Before Leaving the Home

- 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.

Tips in bold are the most important steps for staying safe from COVID-19 in public.

For more information, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).



# The Facts About Diabetic Retinopathy

Contributed by Armando Martinez, CHA and Diabetes Coordinator. Articles by: Diabetes Research & Wellness Foundation

## The Eye

The eye is like a camera: The light enters the eye through the clear cornea that forms part of the outer wall of the eye. The wall of the eye, called the sclera, is white in color and is covered by a thin tissue — the conjunctiva. The amount of light entering the eye is altered with a change in size of the pupil opening (an opening in the colored iris — usually blue, green, or brown), behind which the light is focused by a clear lens. The light then passes behind the lens through a clear jellylike substance called the vitreous; the light, after passing through the vitreous, is absorbed by a film of millions of nerves called the retina that lines the inside back part of the eye. The millions of nerves that comprise the retina all connect to a single cable of nerves — the optic nerve — that exit through a small opening in the back of the eye. The optic nerve carries the electrical message to the brain, where the perception of “seeing” occurs. Two separate sets of blood vessels nourish different parts of the retina: the choroidal blood vessels and the retinal blood vessels.

## Retinal Hemorrhage

A vitreous hemorrhage occurs if a blood vessel at the back of the eye ruptures and the cavity between the retina and the lens fills with blood. If this occurs you will notice a sudden mass of “floaters” in the eye and rapid clouding of your vision (not just blurring).

If this happens you should seek urgent advice from an ophthalmologist.

Usually a hemorrhage is left to re-absorb of its own accord, but if it is not doing so there is an operation that can be performed to remove the vitreous (the jelly in the back of the eye) along with the hemorrhage. This isn’t as bad as it sounds and involves smaller wounds than a cataract operation. Once the hemorrhage has cleared you will almost certainly need laser treatment.

## Yearly Eye Exam

A person with diabetes needs to have a dilated eye exam on a yearly basis since there are no symptoms of diabetic eye disease — diabetic retinopathy.

## Photographic Tests

In some eye care centers the backs of the eyes are monitored by photographs, either as a baseline screening or in addition to a doctor looking at the back of the eye. There is also a special photographic test that is sometimes needed — a fluorescein angiogram.

For this test you sit in front of a camera where dye is injected into your arm and a rapid series of pictures are taken. The dye is inert; it won’t do anything to you but it will make your skin look a bit yellow for 24 hours, and your urine will be dark during that time as

the dye passes out of your system. The dye outlines the blood vessels at the back of the eye, making it easier to decide whether laser treatment is needed.

## Non-Proliferative Retinopathy

If the retinal blood vessels are damaged over time by high blood glucose levels, fluids may leak into this space causing a condition known as retinal edema. Fatty substances (lipid exudates) may also leak into this space — blocking the blood vessels, resulting in retinal ischemia. This may disturb the manner in which the light reaches or is interpreted by the nerves, causing a condition known as non-proliferative diabetic retinopathy to develop. Treatment of this condition by the retinal specialist using laser therapy has proven to be successful in slowing down this disease process. **It is for this reason that a yearly dilated eye exam is so important, in order to identify this condition and treat it in the beginning stages.** No symptoms or visual chang-

es are noted with non-proliferative retinopathy; it is only through the viewing of the blood vessels in the eye that an individual can be diagnosed.

## Proliferative Retinopathy

In patients who develop a significant number of blood vessel blockages and consequent retinal ischemia, a substance in the eye that encourages the growth of new blood vessels is released. However, these new blood vessels do not grow properly; and the new blood vessels that grow are delicate and fragile. They may actually break and leak blood into the vitreous and prevent the focused image from reaching the retina — seriously compromising vision. In addition, the abnormal blood vessels may be accompanied by scar tissue that can distort the retina and cause a retinal detachment, in which the retina is pulled away from the back of the eye. Individuals may see floating spots or darkness, as the light cannot reach the retina. This condition is known as proliferative retinopathy. It was proven almost thirty years ago that laser surgery, using pan-retinal photocoagulation, can cause the abnormally growing new blood vessels (neovascularization) to wither away and prevent serious damage — particularly if the laser treatment is applied at the earliest stages of the condition.

## Laser Treatment

Laser treatment is simply a means of putting a very controlled burn on the back of the eye. The patient sits at a slit lamp — a special microscope with a light attached that allows the doctor to examine your eye under high magnification. The physician places a drop of local anesthetic in the eye and a special contact lens is inserted that keeps the eyelid propped open and allows the doctor to see the blood vessels in the back of the eye. The laser projects bright flashes of light that burn the targeted blood vessels. This procedure is not usually painful. The residual effect of the bright flashes may last for some time. Some find they can see again within half an hour, but for others it may take the rest of the day. Sometimes the eye aches a little if significant laser treatments have been applied.

The burns only affect the retina and are used to seal off leaking blood vessels if there are exudates gathering at the macula, or to destroy a percentage of the retina if new vessels are growing so that the healthy areas of the retina can survive. Because diabetes is progressive, more blood vessels may start to leak or become blocked off with time and further treatments may be necessary.

## Long-term Complications

Most of the diabetic problems in the eyes can be treated to keep useful vision, but if the macula is affected it may cause damage in a way that laser does not help — so vision loss is a possibility. The patient’s central vision might be lost but they may continue to have peripheral vision. With reasonable peripheral vision individuals can maintain their independence. It is important that you keep good control of your diabetes and have regular eye exams to protect your vision.

Good control of your diabetes may help prevent the onset of retinal changes, and the yearly eye exam ensures that most problems can be treated at an early stage.





The Culture and Natural Resource Department and Prevention Program needs you!

As part of our department’s ‘Stay at Home and Gather’ initiative, we are seeking Tribal members and families who are interested in helping us develop virtual tutorials that highlight cultural activities and teachings for our Tribal membership. Our hope is that we can help Tribal members and families feel closer together and empower them

to practice their culture wherever they are, even during these unprecedented times. If you would like to be a part of this initiative and share video(s), photos, and/or short clips of you practicing your culture at home, please contact: Jesse Beers at [jbeers@ctclusi.org](mailto:jbeers@ctclusi.org). Any video(s), photos, and/or short clips shared will be subject

to approval by the Culture Committee and will be posted to the Tribal Website and a closed group Tribal Member only Facebook page. Thank you for your support in this endeavor and we can’t wait to hear from you. Stay Well!”

COVID-19: Facing New Challenges

Dealing with COVID-19 many of us have faced some new challenges this might include being laid off from our jobs to homeschooling our children. We have also experienced changes in routines like having to wear a face mask when going to the grocery store maybe wearing gloves as well, and having to keep at least six feet apart. In addition to all of this we have not been able to socialize in our normal manner. During this unprecedented time, we may also be experiencing some feelings that are new to us such as anxiety, loneliness and uncertainty. Some ideas for Staying Connected and Reducing Anxiety during COVID-19 are:

- Use Skype or FaceTime to connect with family and Friends
- Get board games out and have a family game night such as Yahtzee, Uno or match games for younger children.
- Take a walk or ride bikes as a family around the block
- Go to the beach (make sure to practice social distancing)
- Make a meal together as a family such as homemade pizza ([www.food.com/recipe/easy-and-quick-homemade-pizza-22754](http://www.food.com/recipe/easy-and-quick-homemade-pizza-22754))
- Have a family movie night
- Plant a family garden. Visit [www.bhg.com/gardening/vegetable](http://www.bhg.com/gardening/vegetable) for ideas
- Practice Yoga or Meditation. Visit [zenhabits.net/meditation-guide](http://zenhabits.net/meditation-guide) or [www.glo.com/Online/Yoga](http://www.glo.com/Online/Yoga) for additional information

The Family Support and Behavioral Health Services Staff are working on creating virtual meetings/gatherings that will be available to CTCLUSI Community in the near future. Please watch the CTCLUSI Newspaper and the CTCLUSI website for more details and to sign up.

Some of us are experiencing new feelings due to the COVID-19 pandemic that may cause us to struggle. If you are feeling like you are in crisis and you need someone to talk to, call the Coos Health and Wellness 24 Hour Crisis Line at 541-266-6800 or 888-543-5763. You can also call the Suicide Prevention Lifeline at 800-273-TALK. For additional resources in Lane County you can visit [www.preventionlane.org](http://www.preventionlane.org).

For all other non-emergent assistance please contact me at:  
541-435-5417  
[cyoung@ctclusi.org](mailto:cyoung@ctclusi.org)

Take Care and continue to stay safe,

CarolAnn Young  
Behavioral Health Care Coordinator  
Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

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 FSBH Department or fill out an application on the CTCLUSI website at <https://ctclusi.org/family-services>. Eligible households must reside in the five county service area of Coos, Curry, Lincoln, Douglas, and Lane, and fall into 60% of the Estimated Oregon State Median Income as listed below.

To qualify, your yearly income needs to be at or below the following:

1 Person Family	\$24,549
2 Person Family	\$32,103
3 Person Family	\$39,656
4 Person Family	\$47,210
5 Person Family	\$54,764
6 Person Family	\$62,317



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	SSI or SSDI 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 and fill out the application on-line at <https://ctclusi.org/family-services> or you contact a Family Support and Behavioral Health staff to assist you. If you have any questions regarding the LIHEAP program you can also contact Shayne Platz at 541-297-3450.

\*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 Shayne Platz in the Eugene Outreach Office (541) 744-1334 to find out more!



CTCLUSI Health and Family Services



# Diabetes and Exercise

Contributed by Armando Martinez, CHA and Diabetes Coordinator. Article by: Andrea Cameron Program Leader Sport and Exercise, University of Abertay

It is known that a clear correlation exists between having a more active lifestyle and having less disease/illness. People who exercise have lower blood pressure, lower heart rates, and improved circulation. They also have lower cholesterol, lower blood glucose levels, lower body mass indices (BMI) and less body fat; as well as higher metabolic rates and better weight control. They sleep better, have more energy, are less stressed/anxious and are happier and more confident. Exercise can improve someone's social life and regular exercisers are also able to maintain independence for longer in their own homes.

## Why is exercise especially important for someone with diabetes?

Unlike medication, exercise is low cost and side-effect free. Those with diabetes who don't exercise are three times more likely to have poor blood glucose control and are more likely to suffer diabetes complications. However, those who exercise regularly—apart from getting the benefits listed above—have improved sensitivity to their body's own insulin and their bodies become better at transporting glucose. This happens because exercise stimulates the body's muscles.

Exercise also reduces the level of fat in the body, particularly around the abdominal area. It is thought that it is this mobilization of the body's fat stores by exercising that might improve the person with diabetes' blood glucose control. There is less glucose in the blood because it's now stored in the body's muscle, which means improved blood glucose control and reduction in the complications associated with diabetes.

## How long do these effects from exercise last?

The good news is that if someone regularly exercises these benefits can be permanent, and for someone with diabetes it can mean reducing their medication. For those with a family history of Type 2 diabetes, engaging in a routine exercise program may prevent or at least delay the onset of Type 2 diabetes.

A single session of exercise can benefit the body's sensitivity to insulin for 16-18 hours — exerting effects on blood glucose control for 24-48 hours, but these effects have worn off by 60-72 hours. Even a little bit of exercise is better than none at all, and an “a-little-and often” approach to exercise can be of benefit.

## How much exercise should I be doing?

To obtain health benefits, it is recommended that adults should be aiming to exercise at a moderate intensity for 30 minutes a day for a minimum of five days a week (preferably seven days). However, the same health benefits can be gained by breaking this down into 10 minute intervals of moderate activity. The overall aim should be to accumulate at least 150 minutes of moderate activity per week.

## Before you start!

- Get a medical clearance if you have not exercised in over a year, if you are a man over 45 years old or a woman over 55 years old.
- Start with 5-10 minutes of activity per day

for the first week, then add on 5 minutes per day each week until the target goal of 150 minutes of moderate activity is reached.

- Build up slowly and gently increase activity levels over a series of weeks.

- If using a pedometer, aim initially to build up an extra 3,000 steps/day; alter this each week by just doing a little more within the daily routine (see below for some ideas) until the target 10,000 steps/day is reached.

## What do we mean by moderate activity?

A scale known as Borg's scale of Rate of Perceived Exertion (RPE) is used to rate how hard the exerciser is working. Moderate activity means the exerciser should feel some breathlessness, be aware that his/her pulse is raised, be sweating, know that he/she is using his/her muscles but still be able to hold some brief conversation.

## What types of exercise should be performed?

Three S's make up the components of all-round exercise. These are strength, suppleness and stamina. To gain the benefits of exercise all of these components should be included in the exercise routine, as this will mean having sufficient power, strength and range of movement to repeatedly undertake activities of daily living.

Traditional exercise prescriptions focused on aerobic exercise, but it is now recognized that health benefits — particularly for people with diabetes — are best conferred by doing some strength (resistance) exercises too. To develop these components and achieve the benefits of exercise you don't have to join a gym or an exercise class, but these methods are recommended — as you will have company exercising, someone is likely to be supervising what you are doing, and if in the gym you will probably have been prescribed a personal exercise plan by a professional trainer.

But if the gym or exercise class is not for you, there are still ways to exercise in and around your home and during your daily routines.

- Walking is an inexpensive and easy way of getting exercise and can be built into daily routines by parking the car further away from work, getting off the bus a stop earlier, or intentionally going for a walk at lunchtime or after work.

- Purchase a pedometer; as counting the number of steps you take each day can be a good motivational tool and demonstrates your progress in reaching your target.

- Use the stairs instead of elevators.

- If doing a home-based exercise routine, instructor-led exercise videos/DVDs can be readily bought or borrowed from the library, or a range of simple and not too expensive exercise equipment can be purchased. Check the want ads or thrift stores for used equipment.

## How do I get started?

- Check with your health care professional that your diabetes is presently stable enough to allow you to begin an exercise routine.
- Start with small sessions of exercise of low intensity and build up gradually.
- Find an exercise partner — this could be a

family member, your child or grandchild, or a friend or work colleague — and make it fun.

- Choose something you enjoy, as you are more likely to stick with it.

## How do I make sure I'm exercising safely?

In order to prepare the body for exercise there must always be some kind of warm-up, which involves gently raising the pulse and getting the muscles warm for 5-10 minutes before the main exercise activity. Instructor-led sessions will build this into the activity.

However, if you are exercising independently, and this includes doing heavy housework, work around the house, and gardening, remember to start the activity gently and build up.

It is also important to cool-down following exercise, to avoid feeling faint and dizzy and to help the body return to a resting state. Again instructor-led sessions should automatically include this, but if exercising independently, spend 5-10 minutes repeating the activities undertaken in the warm-up

## How to avoid becoming an exercise casualty

- Build up slowly — this is both within a single exercise session as well as within a whole exercise program.

- Don't ever try to lift maximum weights, and never hold your breath when doing any weight or resistance-based exercises.

- Don't try to do too much or advance too quickly; stick to moderate intensity exercise.

- If new to exercise it may be best for you to monitor your blood glucose before, during, and after exercise until a routine is established. If doing any prolonged exercise or heavy household, gardening, or DIY chores — check blood glucose during the activity and adjust food as necessary. You may need to discuss your medication regiment with your health care professional.

- Do not exercise if you are feeling ill, vomiting, or have an infection.

- Exercise is very important during a pregnancy for you and the baby. Talk to your health care professional about your exercise program.

- Be sure you are wearing proper, well-fitting shoes and inspect your feet daily.

- If you've been diagnosed with retinopathy you may not be able to engage in strength-training activities. Be sure to contact your health care professional for guidance.

- If you have been diagnosed with autonomic neuropathy or peripheral neuropathy, be sure to contact your health care professional for special guidance in developing an exercise program.

## And finally...

To have all the benefits of exercise you must do it regularly and stick with it; so make sure you find something that is enjoyable and fun. Taking up exercise or becoming more active won't just benefit your diabetes, it can also impact on any other disease and age-related problems you may have. A more active you will also benefit your family, friends, and work colleagues too.



# Farmers Market Pasta

Contributed by Armando Martinez, CHA and Diabetes Coordinator. Recipe by: [www.tasteofhome.com](http://www.tasteofhome.com)

TOTAL TIME: Prep: 20 min. Cook: 20 min. YIELD: 6 servings.

**Ingredients:**

- 9 ounces uncooked whole wheat linguine
- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces
- 2 medium carrots, thinly sliced
- 1 small red onion, chopped
- 2 medium zucchini or yellow summer squash, thinly sliced
- 1/2 pound sliced fresh mushrooms
- 2 garlic cloves, minced
- 1 cup half-and-half cream
- 2/3 cup reduced-sodium chicken broth
- 1 cup frozen petite peas
- 2 cups cubed fully cooked ham
- 2 tablespoons julienned fresh basil
- 1/4 teaspoon pepper
- 1/2 cup grated Parmesan cheese
- Optional: Additional fresh basil and Parmesan cheese

**Directions:**

1. In a 6-qt. stockpot, cook linguine according to package directions, adding asparagus and carrots during the last 3-5 minutes of cooking. Drain; return to pot.
2. Place a large skillet coated with cooking spray over medium

heat. Add onion; cook and stir 3 minutes. Add squash, mushrooms, and garlic; cook and stir until crisp-tender, 4-5 minutes.

3. Add cream and broth; bring to a boil, stirring to loosen browned bits from pan. Reduce heat; simmer, uncovered, until sauce is thickened slightly, about 5 minutes. Stir in peas, ham, 2 tablespoons basil and pepper; heat through.

4. Add to linguine mixture; stir in 1/2 cup cheese. If desired, top with additional basil and cheese.



**Nutrition Facts:**

2 cups: 338 calories, 9g fat (4g saturated fat), 53mg cholesterol, 817mg sodium, 46g carbohydrate (8g sugars, 8g fiber), 23g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat, 1 vegetable, 1/2 fat.

## Rhubarb Compote with Yogurt & Almonds

Contributed by Armando Martinez, CHA and Diabetes Coordinator. By: [www.tasteofhome.com](http://www.tasteofhome.com)

TOTAL TIME: Prep: 10 min. Cook: 15 min. + chilling YIELD: 6 servings.

**Ingredients:**

- 2 cups finely chopped fresh rhubarb
- 1/4 cup sugar
- 2 tablespoons water
- 3 cups reduced-fat plain Greek yogurt
- 2 tablespoons honey
- 3/4 cup sliced almonds, toasted



**Directions:**

1. In a small saucepan, combine rhubarb, sugar and water. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until rhubarb is tender, stirring occasionally. Transfer to a bowl; cool slightly. Refrigerate until cold.
2. In a small bowl, whisk yogurt and honey until blended. Spoon into serving dishes. Top with compote; sprinkle with almonds.

**Editor's Note:**

To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

**Nutrition Facts:**

1/2 cup yogurt with about 2 tablespoons compote and 2 tablespoons almonds: 218 calories, 8g fat (2g saturated fat), 7mg cholesterol, 49mg sodium, 23g carbohydrate (20g sugars, 2g fiber), 14g protein. Diabetic exchanges: 1 starch, 1 reduced-fat milk, 1 fat.

## Slow-Cooked Stuffed Peppers

Contributed by Armando Martinez, CHA and Diabetes Coordinator. By: [www.tasteofhome.com](http://www.tasteofhome.com)

TOTAL TIME: Prep: 15 min. Cook: 3 hours YIELD: 4 servings.

**Ingredients:**

- 4 medium sweet red peppers
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup shredded pepper jack cheese
- 3/4 cup salsa
- 1 small onion, chopped
- 1/2 cup frozen corn
- 1/3 cup uncooked converted long grain rice
- 1-1/4 teaspoons chili powder
- 1/2 teaspoon ground cumin
- Reduced-fat sour cream, optional



**Directions:**

1. Cut and discard tops from peppers; remove seeds. In a large bowl, mix beans, cheese, salsa, onion, corn, rice, chili powder and cumin; spoon into peppers. Place in a 5-qt. slow cooker coated with cooking spray.
2. Cook, covered, on low until peppers are tender and filling is heated through, 3-4 hours. If desired, serve with sour cream.

**Nutrition Facts:**

1 stuffed pepper: 317 calories, 10g fat (5g saturated fat), 30mg cholesterol, 565mg sodium, 43g carbohydrate (6g sugars, 8g fiber), 15g protein. Diabetic Exchanges: 2 starch, 2 lean meat, 2 vegetable, 1 fat.



# Quarantine Photo Contest: Summer Solstice and Self-Care



Social distance waterfall. Submitted by Paige Gagner

In the June 2020 edition of The Voice of CLUSI newspaper a “Quarantine Photo Contest” was advertised. We asked those that submitted to enter photos with a theme of Summer Solstice or Self Care during quarantine.

Congratulations to our top three winners!

1<sup>st</sup> Place: “Social Distance Waterfall” by Paige Gagner

2<sup>nd</sup> Place: “Namaste” by Noelle Beckman

3<sup>rd</sup> Place: “True Social Distancing” by Kyle Gaines

A big thank you to everyone who entered the contest. It was so nice to see how you have been taking care of yourselves through quarantine.

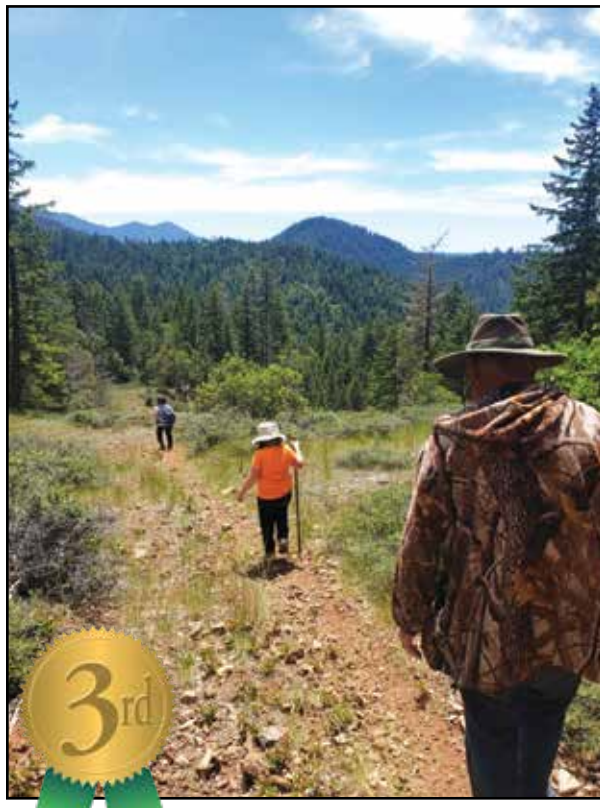
We hope you enjoy the photos from our winners and all of our participants!



Stevie Walton at Sunset Bay. Submitted by Courtney Krossman



Namaste.  
Submitted by Noelle Beckman



True Social Distancing.  
Submitted by Kyle Gaines



Practicing summer solstice in the Elliott State Forest. Plenty of hiking, swimming, plant ID, and salmonberry eating. Submitted by Ashley Russell



Submitted by  
Shawna Wright



Submitted by Grace Gagner



Submitted by Kimmy Bixby

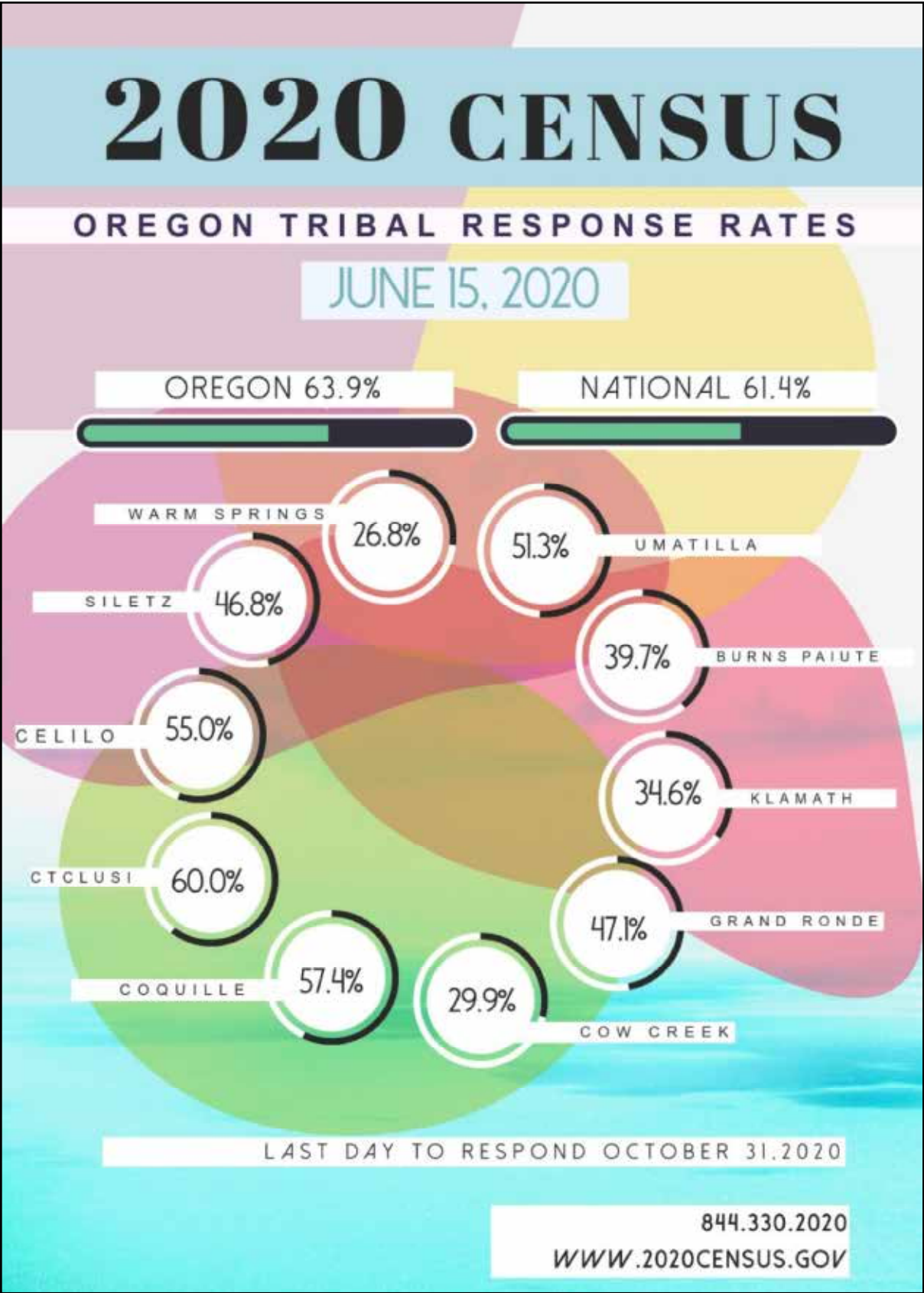


Submitted by Tes Gagner



Submitted by Conor Gagner





*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](http://www.2020census.gov)** to fill out your census online.

**Do you need help filling out your  
census?**

Call Jeannie McNeil  
at (541) 888-7506



### 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 ~ Cocktail Beverage Server
- Hotel Front Desk Lead
- Hotel Front Desk/PBX Clerk
- Guest Room/Laundry Attendant ~ Porter
- Table Games Dealer
- Slot/Keno/Bingo Attendant
- Soft Count Team Member
- Environmental Services Technician

**Three Rivers Casino Resort ~ Coos Bay**

- Bartender/Server Lead ~ Bartender/Server
- Security Officer ~
- Player Services Team Member
- Electronic Gaming Machine Technician 1
- Environmental Services Technician 1

**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



<http://ctclusi-int.atsondemand.com/>  
Go to **Job Opportunities** on the website for full job posting and to Apply Online  
**Updated Daily**  
Or call Recruitment at **541-997-3821**

Be sure to check the Tribal website [www.ctclusi.org](http://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](http://www.ctclusi.org) please e-mail [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org) or call (541) 808-7918.



Fun STARTS HERE



# Weekly SPECIALS

11AM-9PM

## MONDAY

### OPEN FACED ROAST BEEF SANDWICH

Thinly sliced prime rib served over white bread. Paired with mashed potatoes, gravy and chef's vegetables \$10

## TUESDAY

### TACO BASKET

Your choice of three soft or crunchy tacos with seasoned ground beef, shredded lettuce, chopped tomatoes and shredded cheddar cheese. Served with a side of refried beans, salsa and sour cream \$8

## WEDNESDAY

### SPAGHETTI & MEATBALLS

Served with garlic bread and house salad \$11

## THURSDAY

### PULLED PORK SANDWICH

Paired with baked beans and corn on the cob \$11

## FRIDAY & SATURDAY

### PRIME RIB *Served from 4pm-10pm*

Slow-roasted prime rib served with au jus, baked potato and chef's vegetables \$18