The Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians Tribal Council is excited to announce the position of Chief Executive Officer of Tribal Government has been filled. Please help us in welcoming Sharol McDade as CTCLUSI CEO!

Sharol has over 25 years’ experience writing grants for Tribal governments, beginning with her own Tribe in the 90’s. Her career expanded as the Grant Writer for the Reno-Sparks Indian Colony and Development Officer for the National Judicial College, writing and securing funding for the establishment of the National Tribal Judicial Center (NTJC). Sharol was most recently the Tribal Administrator for the Picayune Rancheria of the Chukchansi Indians of California prior to her acceptance of the CEO for CTCLUSI.

In 2001, Sharol accepted a position with the National American Indian Housing Council (NAIHC) as a Technical Assistance/Training Specialist, utilizing her skills in training large classroom style courses in Basic/Advanced Grant Writing, Strategic Planning, NAHASDA essentials, and many enhanced tribal and non-tribal training courses. While working with NAIHC, Sharol provided hands-on grant writing assistance to multiple Tribes throughout each Tribal region in the country. Sharol, for a short time, also guided the Fundraising/Development strategies for NAIHC and wrote several successful applications on behalf of the organization.

Sharol is the President/Founder of MACWORX LLC., a tribally owned consulting business, providing essential grant writing services, strategic planning, technical assistance & training, economic development planning, and best practices to various tribal and non-tribal clients throughout Indian Country. Sharol has devoted her career to furthering the interests of Tribes throughout the country by pursuing increased funding levels for new and enhanced services for Tribal members and future generations. In addition, Sharol advises and works as a Senior Strategist in the Tribal Affairs division for Navigators Global LLC; a D.C. based lobbying firm utilizing her expertise and knowledge to engage and encourage Tribes to be more astute in the D.C. lobbying process. Sharol has enjoyed a successful career in Tribal affairs through hard work, entrepreneurship, education, and a passion for success.

Sharol is an enrolled member of the Shoshone Paiute Tribes of the Duck Valley Indian Reservation of Nevada. In her spare time, she enjoys riding her motorcycles, traveling, officiating volleyball and basketball, and enjoying the company of her family.

Words from Sharol: “I am so excited for this opportunity to work with CTCLUSI and to be in the beautiful Oregon coast. I am looking forward to working with the Tribal Leadership and further enhancing programs and services on behalf of the tribal members. I look forward to meeting the tribal members as time permits and the pandemic comes under control for us to gather as friends and family. I have already toured several areas of the Tribe and have observed all the possibilities for program expansion and new opportunities. I am always available to answer any questions from the tribal membership so please don’t hesitate to call, email, or text me. Be safe and well my new family.”

CTCLUSI Tribal Government Welcomes New Chief Executive Officer

CTCLUSI Chief Executive Officer, Sharol McDade

Also in this Edition:
- 2021 Fitness Program - page 5
- Moderna Covid-19 Vaccine - page 10 & 11
- Chrome Books for Higher Education - page 16

Save the Date:
Virtual Spring Break Camp
March 22 - 26, 2021
Kindergarten - 12th Grade
Once available, more information and registration forms will be posted at www.ctclusi.org
Chief Doc Slyter:
12/13 Tribal Council Meeting
12/14 ELAKHA Alliance
12/14 Region 10 Cascadia
12/15 Special Meeting
12/15 Leader’s Circle
12/16 Sierra Club - Eugene
12/16 Youth Culture Activity-Zoom
12/17 Forestry Survey
12/17 Special GFORB Meeting
12/17 Leaders Circle
12/18 COCA- Covid 19
12/20 Winter Solstice
12/21 Winter Solstice-Ocean Spray
12/29 Leader’s Circle
12/30 GFORB
12/30 Business Meeting
01/04 Vaccine call
01/05 Leader’s Circle
01/07 Pre-meeting for the National Register
01/07 Tribal Council Meeting
Total Hours: 120

Debbie Bossley, Tribal Chair:
Dec. - Jan. In Office 15 days
12/13 Tribal Council Meeting
12/15 Special Meeting, Leaders Circle
12/16 Casino Christmas Cards, Leaders Circle
12/17 Leaders Circle
12/18 9 Tribes & Governor
12/29 LCIS, Leaders Circle
12/30 Tribal Council Business Meeting
01/04 Leaders Circle
01/05 Leaders Circle
01/06 GFORB
01/09 9 Tribes & Governor
Total Hours: 120

Mark Petrie, Vice-Chair:
12/13 Regular Tribal Council Meeting
12/14 FEMA: Cascadia Subduction Zone Planning with Tribes
12/15 Education Committee Meeting
12/15 Special Tribal Council Meeting & Leader’s Circle
12/16 Oregon Coast Energy Alliance Network (OCEAN) Board of Directors Meeting
12/16 Culture Wednesday Virtual Event: Clay
12/17 Forestry Survey Results
12/17 GFORB Special Meeting
12/17 Leader’s Circle
12/17 Energy Justice Leadership Institute (EJLI) workshop
12/18 Strategic Energy Planning Meeting
12/18 Language Committee Meeting
12/21 Energy Policy/Public Utility Commission (PUC) 101 for Climate Policy Advocates
12/21 Winter Solstice Virtual Event
12/23 Meet and greet with Bonneville Environmental Foundation staff
12/28 Peace Hike Meeting
12/28 Cultural Monday Virtual Event: Bear-grass braids
12/29 Leader’s Circle & Meet and Greet with new CEO
12/30 GFORB Meeting
12/30 Tribal Council Business Meeting
01/04 Biden/Harris Transition Discussions with Tribes
01/04 Leader’s Circle
01/05 Leader’s Circle
01/06 GFORB Special Meeting
01/07 Pre-meeting for National Park Service’s Proposed Rule Change for National Register
01/07 National Park Service’s Proposed Rule Change for National Register
01/07 Energy Justice Leadership Institute (EJLI) workshop
01/08 Administration Visit
01/08 Strategic Energy Planning pre-meeting
01/08 Energy Team Meeting
01/09 Oregon DEQ RAC on Green House Gas (GHG) Rulemaking

Ilana Montiel:
12/13 Regular Council Meeting
12/14 CHAP Advisory Workgroup
12/15 Special Meeting / Leader’s Circle
12/16 Benefits Board 401K Meeting
12/17 Forests Survey Results / Special GFORB Meeting / Leader’s Circle
12/29 Get to know your new CEO Leader’s Circle
12/30 GFORB / Tribal Council Business Meeting
01/04 Biden/Harris Transition Inaugural updates / TC Consensus call re: Vaccine Plan
01/05 Leader’s Circle
01/06 Special GFORB Meeting
Total Hours: 45

Josh Davies:
12/13 Regular Tribal Council Meeting
12/14 Cascadia Subduction Zone (CSZ) Earthquake and Tsunami Response Plan Overview for Tribes
12/15 ELD Public Meeting: Early Learning Program Appeals Rule Language Revision Advisory Committee Education Committee Meeting - CHM Special Meeting / Leaders Circle
12/16/2021 NIHB Tribal Nations Health Summit: 2021 White House Transition Education Committee Meeting - CHM Governor Brown Press Conf. Housing Committee Meeting Newsletter meeting
12/17 Passed out Government Administration Christmas Checks with Chair Bossley Forestry Survey Results 4th grade program classroom run through - CHM Special GFORB Meeting Leader’s Circle
12/18 State-tribal call re: COVID-19 response efforts
12/22 G2S Education Cluster Check In
12/24 Enjoyed Christmas Eve with my family
12/25 Enjoyed Christmas with my family
12/29 Get To Know Your New CEO Leaders Circle
12/30 GFORB Meeting Tribal Council Business Meeting
12/31 Enjoyed New Year’s Eve/Celebrated 5 year wedding anniversary
01/01 Happy New Year
01/04 COVID-19 Vaccines: Enhancing Understanding Biden/Harris Transition Inaugural Updates TC Consensus Call Regarding Vaccine Plan Directions for Health Dept. Leaders Circle
01/05 AI/AN Advisory Committee Meeting A listening session with the Biden-Harris Transition Team on Tribal health Healthy Families Oregon State Advisory Committee Leaders Circle
01/06 National COVID-19 Briefing Call with State, Local, and Tribal Officials Special GFORB Meeting -ZOOM
01/07 Legislative Summit: Advancing Community Vision for Racial Justice in Oregon Educate Presidential Inaugural Committee (PIC) stakeholder briefing dedicated to Indian Country
01/07 Energy Team Meeting
01/10 Tribal Council Regular Meeting Total Hours: 88.75

Doug Barrett:
12/13 Tribal Council regular meeting
12/15 Special Meeting / Leaders Circle
12/17 Forest survey / Leaders Circle
12/18 State Tribal call Covid -19 response efforts
12/21 Winter Solstice Ceremony on my own
12/22 Native American storytelling – Culture is Prevention
12/29 Get to know your CEO / Leaders Circle
12/30 GFORB Meeting / TC Business Meeting
01/01 21 New Years Day Peace hike – Ceremony by myself
01/04 TC consensus call for vaccine plan
01/05 Leaders Circle
01/06 Special GFORB Meeting
01/08 Shayuushlista Quich Wa’a’s Winter class
01/10 Tribal Council Regular Meeting Total Hours: 98hrs. & emails

Enna Helms
12/13 Regular Tribal Council Meeting
12/14 FEMA: Cascadia Subduction Zone Planning with Tribes
12/15 Special Tribal Council Meeting
12/16 NIHB Tribal Nations Health Summit
12/17 Forestry Survey Results Meetings; Leaders Circle Meeting; GFORB Special Meeting
12/29 Leaders Circle & Meet and Greet with new CEO
12/30 Tribal Council Business Meeting
01/04 Leaders Circle Meeting
01/05 Leaders Circle Meeting
01/07 Inaugural Committee briefing Indian Country
Total Hours: 65
To Our Tribal Members,

We see that Covid-19 is still greatly impacting our lives and communities no matter where we find ourselves. Even with the vaccine now being slowly distributed throughout our areas and the Country, we must maintain vigilant against this virus and be safe and follow the health expert’s guidelines of masking up and avoiding gathering in groups. Our Government offices are still closed for walk-in service, though, our staff are working and are available to meet the needs of our membership and are making appointments. The Dental office is open for appointments and services, with the new addition of Chief Dental Officer, Jeffrey Guelinas. Please give a warm welcome to Dr. Guelinas on your next visit to the dental clinic.

Our hope was that this year would bring the opening of all our Tribal Events. We are not quite there yet. Tribal Council has been working very hard on the many projects in areas for growth in the Tribe. We meet two to three times a week in the evenings. I would like to thank my fellow Council members for all the time they are willing to dedicate to the betterment of our Tribal people. Some of them have full-time jobs and much of our work is in the many evenings and weekends. Thanks to their families for allowing them to give their time also.

We look forward to working with the new CEO Sharol McDade who comes with a wealth of Tribal knowledge and experience. The Tribal Council wishes to give their greatest appreciation to Stephanie Watkins for taking on the daunting task of acting Interim CEO during our time of transition.

Stay Safe and Well,
Debbie Bossley, Tribal Council Chair

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### Resolution Summaries

**RESOLUTION NO.: 20-083**
**Date of Passage:** September 30, 2020  
**Subject (title):** Trial Council Approval of Selection of Apparent Successful Bidder for Housing Department Community Center with Offices Project  
**Explanation:** The Tribal Council approves bid process for Housing Community Center and Office.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-084**
**Date of Passage:** September 30, 2020  
**Subject (title):** Supporting research Into Developing Clean, Reviewable Floating Offshore Wind Energy  
**Explanation:** The Tribal Council approves this Resolution with the desire to explore the opportunities and benefits of offshore wind industry and will seek collaboration with other Coastal Tribes in these efforts  
**Vote 4-1-2**

**RESOLUTION NO.: 20-085**
**Date of Passage:** September 30, 2020  
**Subject (title):** Wygant Road Land Dedication  
**Explanation:** The Tribal Council approves and accepts the donation of land to Tribe.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-086**
**Date of Passage:** September 30, 2020  
**Subject (title):** Games Technology Sales and Security  
**Explanation:** The Tribal Council approves this agreement for the gaming business of Three Rivers Casino and Hotel.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-087**
**Date of Passage:** September 13, 2020  
**Subject (title):** Sales Order Gaming *Agreement*  
**Explanation:** The Tribal Council approves this agreement for the gaming business of Three Rivers Casino and Hotel.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-088**
**Date of Passage:** September 30, 2020  
**Subject (title):** Language Committee Appointment  
**Explanation:** The Tribal Council authorizes approves the Language Committee to expand to 9 members, due to the interest in participation.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-089**
**Date of Passage:** October 11, 2020  
**Subject (title):** Indian Housing Plan for 2021 and Tribal Council Approval  
**Explanation:** The Tribal Council voted to approve the submission to HUD.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-090**
**Date of Passage:** October 11, 2020  
**Subject (title):** Amendment to CLUSITC Chapter 1-15, Executive Management for First Reading  
**Explanation:** The Tribal Council approves to amend Chapter 1-15 tand post those changes for a 28 day comment period for Tribal member input on the CTCLUDSI Website.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-091**
**Date of Passage:** October 11, 2020  
**Subject (title):** Second Reading and Final Action to Rescind CLUSITC Chapter 9-4  
**Explanation:** The Tribal Council reviewed and received no public comments and approved this Code was rescinded.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-092**
**Date of Passage:** October 11, 2020  
**Subject (title):** Enrollment Name Changes  
**Explanation:** The Tribal Council voted to approve the name changes of two Enrolled Members.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-093**
**Date of Passage:** October 11, 2020  
**Subject (title):** Enrollment New Members  
**Vote 7-0-0**

**RESOLUTION NO.: 20-094**
**Date of Passage:** October 11 2020  
**Subject (title):** Enrollment Active to Historic  
**Explanation:** The Tribal Council acknowledged the passing and approved to remove Jeffery Michael Miller from the Active Membership Roll and place him on the Historic Roll and his name on a plaque located in Tribal Hall.  
**Vote 7-0-0**

**RESOLUTION NO.: 20-095**
**Date of Passage:** October 11, 2020  
**Subject (title):** Appointments and Reaffirmation of Three Rivers Foundation Board of Trustees  
**Explanation:** The Tribal Council voted to approved the following to the Three Rivers Foundation Board of Trustees: Mark Petrie, Doug Barrett, Stephanie Watkins, Jay Bozievich, Pat Farr, Bob Main, Tom Grove.  
**Vote 4-0-3**

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In this public paper, some Resolution titles and explanation may not be displayed or may contain minimal details due to confidentiality.
CTCLUSI 2021 Fitness Program

Contributed by Vicki Faciane, Director of Health & Family Support Services

It is so hard to believe that as you read this it is already February of the New Year! I hope this finds you and your family happy, healthy, and safe. I am pleased to let you know that we have restarted our Fitness Program benefit effective January 1, 2021. The program resumes in 2021 with one change: we will no longer be reimbursing for weight loss programs other than Weight Watchers. Food programs, shakes, and supplements are no longer allowable for the Fitness Program.

Fitness benefits are available to all enrolled Tribal members and their legal spouse. There is an annual maximum benefit of $500 for adults and youth ages 5-17. The annual benefit for children 0-4 is $300.

Summary of Fitness Program Benefits

<table>
<thead>
<tr>
<th>Adults</th>
<th>Youth 5-17</th>
<th>Children 0-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym Membership</td>
<td>Gym Membership</td>
<td>Gym Membership</td>
</tr>
<tr>
<td>Up to maximum benefit – non-fitness gym perks such as tanning and massage are not available and will be subtracted from reimbursements.</td>
<td>Up to maximum benefit – non-fitness gym perks such as tanning and massage are not available and will be subtracted from reimbursements.</td>
<td>N/A</td>
</tr>
<tr>
<td>Sports Participation</td>
<td>Sports Participation</td>
<td>N/A</td>
</tr>
<tr>
<td>May use benefit for participation in organized sport activities. Reimbursement for clothing is limited. Convenience items (golf cart rentals, towel fees, etc.) are not allowable.</td>
<td>Covers the cost of organized sports (including dance, gymnastics, etc.) up to maximum benefit of $500. Can be used to pay for school’s “pay to play” fees. Also includes fees and special clothing.</td>
<td>Annual benefit of $300 for age-appropriate activities such as swimming lessons, tumbling classes, etc.</td>
</tr>
<tr>
<td>Equipment</td>
<td>Equipment</td>
<td>Equipment</td>
</tr>
<tr>
<td>May use up to $250 of the annual benefit for equipment. See program manual for limits on equipment.</td>
<td>Up to $350 of annual benefit can be used for equipment necessary to participate in an organized sport.</td>
<td>Equipment is limited to age-appropriate items, such as tricycles, helmets, and bike carrier seats</td>
</tr>
<tr>
<td>Weight Loss Program</td>
<td>Weight Loss Program</td>
<td>N/A</td>
</tr>
<tr>
<td>Weight Watchers only.</td>
<td>Weight Watchers only.</td>
<td>N/A</td>
</tr>
<tr>
<td>Nike Shoe Program</td>
<td>Nike Shoe Program</td>
<td>N/A</td>
</tr>
<tr>
<td>Available in adult sizes only. One pair per year – cost of $65 subtracted from annual benefit.</td>
<td>Available in adult sizes only. One pair per year – cost of $65 subtracted from annual benefit.</td>
<td>Not available in children’s sizes.</td>
</tr>
<tr>
<td>Fitness Shoes</td>
<td>Fitness Shoes</td>
<td>N/A</td>
</tr>
<tr>
<td>In lieu of Nike shoes, may get 1 pair annually of shoes specific to fitness activities. Limit of $125/year ($150 for hiking boots).</td>
<td>In lieu of Nike shoes, may get 1 pair annually of shoes specific to fitness activities. Limit of $125/year ($150 for hiking boots).</td>
<td>N/A</td>
</tr>
</tbody>
</table>

In addition to the information in the chart above, please remember that we no longer pay for race/participation fees for marathons and races. Please see the Fitness Program Manual online at www.CTCLUSI.org under the Member Services, Community Health and Wellness Programs tab for additional information about benefits and exclusions. You can also download and print the annual application from the website. You must submit a new application for each year that you are requesting reimbursement. This is a reimbursement program, meaning that you must first pay for the activity and then submit a receipt to us for reimbursement to you. However, we do have some agreements with local gyms that allow us to pay for your membership monthly. Please contact DeeDee Plaep at (541) 997-6685 or dplaep@ctclusi.org to see if your gym is available. North Bend/Coos Bay school districts only: we can pay to see if your gym is available. North Bend/Coos Bay school districts only: we can pay to see if your gym is available. North Bend/Coos Bay school districts only: we can pay to see if your gym is available.

You can begin submitting receipts dated on or after January 1, 2021, to DeeDee now.

Can You Find Me?

In this edition of The Voice of CLUSI there is a hidden basket cap like the one pictured below (it could be any size and on any page). If you find it, email mgaines@ctclusi.org to have your name entered into a prize drawing. In your email you must include your name, age, address (for mailing purposes) and contact phone number. In your email you must also let us know what page and where on the page you spotted the basket cap hiding! Must email by February 15th to be included in the raffle drawing.

Winner will be notified by phone or email and their name and prize description will appear in an upcoming edition of the Voice of CLUSI paper.

This month’s contest sponsored by the Natural Resources and Culture Department.

Happy Basket Cap Searching!

Winners of the January 2021 edition Book Search:

Adult: Stanley McNutt
Youth: Danny Schmidt

January raffle drawing winners received a literature package from the Education Department.

Join Zoom Meeting
https://zoom.us/j/9918205954?pwd=OUlZUytud25hTG51SEdzbTRFOwo1UT09
Meeting ID: 991 8205 9543
Passcode: 212509
Saturday, February 20th Starts at 6:00 PM
~ Opening Prayer
Chief Doc Slyter
~ Storytellers
~ Open Mic
~ Raffle

For more information you may call Enna Helms at (541) 297-7538 or email at ehelms@ctclusi.org

Please Join Us for an Evening of Winter Storytelling!

HECHIT’

2nd Annual ‘Virtual’ Storytelling Gathering

Hosted by the Culture Coalition
Contribution by Ashley Russell, Water Protection Specialist

Lingcod aggregate in shallow water and bays on the west coast of North America in early spring (February –March in our Ancestral Territory) to spawn, making them more accessible to shore-based fishermen. Hooks to catch them were made from wood or bone and were often carved with spirit figures to attract them by our coastal sister Tribes. These copper mottled beauties are characterized by a large mouth with 18 sharp teeth. They can grow to lengths of up to 5 feet long, weigh up to 80 lbs. and can live to be more than 25 years old. After spawning, males stay to guard their nests until their eggs hatch, about 8-10 to weeks. They are also very tasty and some even have green flesh, which turn white once it is cooked.

Hanis: Gwisits
Shayuushtla: Pahuu’ウィ
Scientific Name: Ophiodon elongatus

Seafood Pot Pie with Cheddar Crumble Biscuit
(Adapted from Primal Cravings: Your Favorite Foods Made Paleo by Megan McCullough Keatley and Brandon Keatley)

Filling:
- Butter (for the pan)
- 3 celery stalks, diced
- 2 leeks, chopped
- ½ shallot, minced
- ½ cup chicken or seafood stock
- ½ heavy cream
- 1 tablespoon tapioca flour
- 1 6.5 ounce can clams in juice or ~3/4 cup fresh clams
- ½ pound shrimp, peeled and deveined
- 1 pound lingcod or cod filets, chunked
- ¼ pound rock or bay scallops
- Salt to taste

Biscuit Topping:
- 1/3 cup tapioca flour
- 1/3 cup coconut flour
- 2 teaspoons baking soda
- 2 green onions, chopped
- 8 ounces shredded cheddar cheese
- ½ cup water

Directions:
1. Preheat oven to 350 F
2. In a large soup pot, sauté celery, leeks, and shallots in butter over medium-high heat. Stir in chicken stock, cream, tapioca flour, and seafood.
3. Turn heat down to medium and continue cooking seafood. Then, flake the lingcod into bite-sized chunks.
4. In a large bowl, combine tapioca and coconut flours, baking soda, green onions, and cheddar cheese. Add the water one tablespoon at a time until crumbs start to form.
5. Spoon the seafood filling into a large oven-safe baking dish. Pour the biscuit crumbs on top evenly over the seafood filling.
6. Bake about 30 minutes or until golden brown and bubbly.

Watch Previously Recorded Virtual Cultural Activities Online

Visit the Tribal website at www.ctclusi.org and login. In the new Citizen Portal you will find a tab for Virtual Culture Zoom classes.

The Zoom link to live classes will be posted here as well as all the previously recorded zoom classes.

Did you miss any January classes? You can still go watch and enjoy online!

Monday activities are geared towards Adults, and Wednesday activities are geared for Youth.

Materials for Wednesday classes can only be provided to youth at this time.

Contact Ashley Russell at arussell@ctclusi.org for materials while supplies last.

Need help registering for the website?
Contact Morgan Gaines mgaines@ctclusi.org (541) 808-7918
Tribal Forest Land Updates

Contributed by Steve Andringa, CTCLUSI Forest Lands Manager

Macy Tract

This is the sixth in a series of articles describing another CTCLUSI forest land tract – the Macy Tract. The 37-acre Macy Tract is near the confluence of the Umpqua and Smith Rivers. Although there has been some past management, it appears to be minimal and the small tract of land is rich with diversity. The area is roadless, the terrain is steep and rugged, and walking the tract is arduous, but for those who appreciate the old-growth characteristics of a coastal forest, visiting this tract is worth the effort. Inventory results show the stand age to be 150 years with nearly 50,000 board feet per acre of timber. However, this tract is not likely to be actively managed for timber production anytime in the future. The difficult access, small tract size, high wildlife habitat value, and the presence of other higher-priority management areas on the CTCLUSI Tribal Forest make this tract a low priority for timber production.

A managed farmland sits to the west of the tract, and within 200 yards lies the Umpqua River bank. There are no “reciprocal rights-of-way agreements” on this tract, but upon request from the caretaker of the farm, we have had no issues accessing this parcel. The tract is best viewed from Highway 38 across the Umpqua River. Follow the power lines across the river and view the tract to the west of those lines.

The Macy tract is a portion of the former allotment of Lizzie Macy. The Macy tract adjoins a portion of the former allotment of Annie Macy and is near the former allotments of James Macy and Gus Macy. Macy descendants comprise the largest family within the Lower Umpqua Tribe. The Macy tract holds symbolic value as an allotment which was lost in ownership of an earlier generation of Tribal members, and now is back home nestled safely in the arms of CTCLUSI.

Tree species composition and understory (lessor) vegetation. Note the abundance and diversity of species mix.

Electronic Payment Program

Effective 2021, CTCLUSI Finance department AP team is implementing an electronic payment program. If you wish to receive your payments as direct deposit to your bank account, please provide your bank account information requested in the secure electronic form (see the link below) to the CTLUSI AP team. https://laserfiche.ctclusi.org/Forms/EFT-Form

This form can also be found on the Tribal website at https://ctclusi.org/finance-department/

Any Questions?

Email AP@ctclusi.org
Call: Denise Driskill, (541) 888-7534 or Denise Layton, (541) 888-7301

ENROLLMENT DEPARTMENT NEWS
REQUEST A NEW TRIBAL ID CARD ONLINE!

Visit www.ctclusi.org and go to Enrollment. Fill out the new form online, upload a new photo and your card will be mailed to you in 7-10 days.

You must verify your mailing and physical address and list a phone number in case I need to contact you for additional verification over the phone.

Questions?
Email Jeannie McNeil at jmcneil@ctclusi.org

February 2021 www.ctclusi.org

Visit www.ctclusi.org and go to Enrollment.
Circles of Healing Beaded Collar Project

The Circles of Healing Program will be hosting another session of beaded collar courses in collaboration with guest instructor and artisan Kristy Petrie. This will be offered to the first 10 adult Tribal household members who register.

Courses will be held from 6-8 p.m. via zoom on the following dates:
- March 16th
- April 6th
- April 20th
- May 4th
- May 18th
- May 25th

All materials will be provided and mailed to participants.

The deadline to register to participate is March 15th, 2021.

To register call or email Melissa Smith at 541-294-2197 or melissa.smith@ctclusi.org

Circles of Healing Beaded Collar Project
Hi’ Siti Ha (Good Is Our Heart) Women’s Healing Through Traditions Series
2021 Class Schedule

Tuesday, May 11th
Medicine Bags
Register by Monday, May 3rd

Tuesday, June 8th
Feather Fans
Register by Monday, May 31st

Tuesday, July 13th
Dreamcatchers
Register by Monday, July 5th

Classes will be offered from 6:00 PM – 8:00 PM via Zoom.

To register, contact Melissa Smith at 541-294-2197 or melissa.smith@ctclusi.org

These activities were supported by the Response Circles Grant Award from the Northwest Portland Area Indian Health Board.

Mental Telehealth Sessions are now available.

Free Mental Telehealth Sessions are now being offered by Julia Barth, LCSW on Mondays, Wednesdays and Fridays from 8 A.M. to 12 P.M. Please visit ctclusi.org/family-support-and-behavioral-health-services to fill out a Mental Health Request Form.

Contact CarolAnn Young, Behavioral Health Care Coordinator at 541-435-7159 for assistance or any additional questions.

Sponsored by CTCLUSI

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND
FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!

RSVP – NO LATER THAN MARCH 11, 2021
SHAYNE PLATZ – 541-297-3450
MELANIE MATESKI – 541-294-0431

A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians

CONSCIOUS DISCIPLINE CURRICULUM
-------------------------
PARENTING WORKSHOP SERIES
-------------------------
GUEST PRESENTER
-------------------------
WEDNESDAYS 6:30PM - 7:30PM
STARTING
MARCH 17 THRU MAY 5, 2021
LOCATION: ONLINE/ZOOM

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

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FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!

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Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians

Circles of Healing Zoom Workshop Series
Hi’ Siti Ha (Good Is Our Heart) Women’s Healing Through Traditions Series
2021 Class Schedule

Tuesday, February 9th
Smudge Kits
Register by Monday, February 1st

Tuesday, March 9th
Dentilium Necklaces
Register by Monday, March 1st

Tuesday, April 13th
Ladder Earrings
Register by Monday, April 5th

Classes will be offered from 6:00 PM – 8:00 PM via Zoom.

To register, call or email Melissa Smith at 541-294-2197 or melissa.smith@ctclusi.org

These activities were supported by the Response Circles Grant Award from the Northwest Portland Area Indian Health Board.

LIHEAP
Low Income Home Energy Assistance Program
The Health and Family Support Services Department is offering Housing for qualifying low income households. To receive housing assistance contact the Health and Family Support Services 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 46% of the Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following income:

<table>
<thead>
<tr>
<th>Household Size</th>
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<tr>
<td>1 Person</td>
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In order for your application to be processed and determine qualification you must provide:

Proof of Income (Pay Stub)
Social Security Card
Cops 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 fill out the application online at https://laserfiche.ctclusi.org/forms/LIHEAP, or you contact a Family Support Services staff to assist you. The general CTCLUSI Family Support Services Department number is 541-688-4698. 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.

Mental Telehealth Sessions
are now available.

Services provided by:
Julia Barth, LCSW

Low Income Home Energy Assistance Program

Circles of Healing Zoom Workshop Series
Hi’ Siti Ha (Good Is Our Heart) Women’s Healing Through Traditions Series
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In the Loop with the Circles of Healing Program

How Can I Help A Friend or Family Member?

Contributed by Melissa Smith, Circles of Healing Outreach Advocate, Article Credit: StrongHearts Native Helpline

Are you concerned that a relative, friend or coworker may be in an abusive relationship? Some of the warning signs you might notice could include:

- They have unexplained marks or injuries
- They are depressed, anxious or have noticeable changes in their personality
- They are constantly worried about making their partner angry or they make excuses for their partner’s behavior
- They’ve stopped spending time or communicating with friends and family
- Their partner puts them down in front of other people
- Their partner is extremely jealous or possessive

It can be difficult to share your concerns or know what to do when someone you care about is being abused. Your instinct may be to “save” them, but the person experiencing the violence is the best judge of their situation. After all, there are many reasons why people stay in abusive relationships. Leaving can also be a very dangerous and challenging time for a victim.

One of the most important ways you can help someone facing abuse is to consider how you might support them in making their own decisions.

To learn more about how to support a loved one, we encourage you to reach out to the StrongHearts Native Helpline for support at 1-844-7NATIVE (762-8483), available daily 7 a.m. to 10 p.m. CST. Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option 1.

“WHY DON’T THEY JUST LEAVE?”

People who have never been abused often wonder why a person wouldn’t just leave an abusive relationship. They don’t understand that leaving can be more complicated than it seems, especially if it means leaving a tribal community to escape the abuse.

Leaving is often the most dangerous time for a victim of abuse, because abuse is about power and control. When a victim leaves, they are taking control and threatening the abusive partner’s power, which could cause the abusive partner to retaliate in very destructive or dangerous ways.

Here are a few of the common reasons why people stay in abusive relationships:

- Fear: A person may be afraid of what will happen to them or their children if they decide to leave the relationship. If a person is in an LGBTQ relationship and has not yet come out to everyone, they may fear their partner will reveal this secret.
- Believing Abuse is Normal: A person may not know what a healthy relationship looks like and may not realize that their relationship is unhealthy.
- Embarrassment or Shame: It’s often difficult for someone to think that the abuse is their fault.
- Love: So often, the victim feels love for their abusive partner. They may have children with them and want to maintain their family. Abusive people can often be charming, especially at the beginning of a relationship, and the victim may hope that their partner will go back to being that person. They may only want the violence to stop, not for the relationship to end entirely.
- Cultural/Spiritual Reasons: Someone’s cultural beliefs or spirituality may influence them to stay rather than end the relationship for fear of bringing shame upon their family or to their tribal community.
- Language Barriers: If a person’s first language is a Native language, it can be difficult to share the depth of their situation to others or to seek out help from domestic violence and dating violence service providers.
- Lack of Money/Resources: A victim may be financially dependent on their abusive partner. Without money, access to resources or even a place to go, it can seem impossible for them to leave the relationship, especially if the person lives with their abusive partner.
- Disability: When someone is physically dependent on their abusive partner, they can feel that their well-being is connected to the relationship. This dependency could heavily influence their decision to stay in an abusive relationship.

American Indians and Alaska Natives can also face unique safety and justice barriers to leaving an abusive relationship. Some of these barriers are:

- Geographic isolation (ex. living in a rural tribal community).
- Fear of being identified when seeking help or services in one’s own small, tight-knit community.
- Fear of retaliation from the abusive partner, their family or of being shunned by their tribal community.
- Gaps in culturally-based supportive services.
- Lack of law enforcement (ex. in remote areas).
- Historical distrust of law enforcement authorities.
- Cross-jurisdictional issues when seeking help and/or reporting abuse.

Even with all of the barriers, all Native people have a right to safety, protection and to live lives free of abuse.

If you are currently experiencing crisis due to domestic violence, sexual assault, human trafficking, dating violence or stalking, the Circles of Healing program is here to help. We offer confidential advocacy, safety planning and other support services. For more information or to speak to an advocate please call Melissa Smith at 541-294-2197 or Melinda Radford at 541-808-8450.

Domestic violence is not a Native American tradition.

1-844-7NATIVE
Some Differences Between Moderna and Pfizer COVID-19 Vaccines

Contributed by Kristy Petrie, RN BSN, Community Health Nurse. Resources: Oregon Health Authority (OHA)

<table>
<thead>
<tr>
<th>MODERNA</th>
<th>PFIZER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaccine Schedule</td>
<td>2-dose series separated by at least 28 days. Minimum of 24 days.</td>
</tr>
<tr>
<td>COVID-19 Card</td>
<td>Given at first vaccine appointment. Bring with you to your second vaccination appointment. You can take a picture with your phone in case you forget to bring it to your next appointment time.</td>
</tr>
<tr>
<td>Ages Approved</td>
<td>18 years and older.</td>
</tr>
<tr>
<td>Recommendation to separate COVID vaccine from any other vaccine</td>
<td>At least 14 days.</td>
</tr>
<tr>
<td>Doses</td>
<td>10-dose vials.</td>
</tr>
<tr>
<td>Participants in the Trial</td>
<td>30,350</td>
</tr>
</tbody>
</table>

Oregon Health Authority
COVID-19 Vaccine Facts

Fact: COVID-19 Vaccines are safe
- Covid-19 vaccines are being carefully evaluated in clinic trials.
- Many of these trials are much larger than normal, with 30,000 to 60,000 volunteers.
- COVID-19 vaccines will only be approved if they meet safety standards and make it much less likely you’ll get COVID-19.

Fact: COVID-19 vaccines undergo rigorous safety testing.
- Any authorization for a vaccine will still be vetted for safety and effectiveness by three independent scientific groups, including:
  - Data Safety Monitoring Board (DSMB).
  - Vaccines and Related Biological Products Advisory Committee (VRBPAC)
  - Advisory Committee on Immunization Practices (ACIP).

Vaccination gives us hope the pandemic will end!

In the meantime, we need to continue safety measures to keep the virus from spreading:
- Wear a mask.
- Physically distance from others (6-feet or more).
- Wash your hands.
- Avoid gatherings.
- Stay home when you’re sick.

How to sign up for the COVID-19 Moderna Vaccine

1. Go to ctclusi.org
2. Scroll down to “Latest Tribal News & Events”
3. Click on “Read more” on the COVID-19 Moderna Vaccine Application
4. Select the COVID-19 Moderna Vaccine Application
5. Please select if you are a Tribal Member or a CTCLUSI employee.
   a. There is an “other” option to write in if you are a tribal spouse, widow, or any other applicable reason.
6. At this time, we are only able to vaccinate at the following locations, Coos Bay, Florence and Eugene due to needing a prescribing provider (Physician) to write standing orders. At this time, we have one Physician for Coos County and one Physician for Lane County.
7. If you need help filling out your COVID-19 application, contact your local Community Health Aid.
   a. Counties Covered: Curry, Coos, Western Douglas
      1. Barbra Tower: 541-435-7228
   b. Counties Covered: Western Lane, Douglas
      1. Doug Morrison: 541-997-6685
   c. Counties Covered: Lane, Lincoln, Eastern Douglas
      1. Kimmy Bixby: 541-808-8684

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.
Drive Thru Vaccination Clinics for Moderna Covid-19 Vaccine

The first round of Moderna Covid-19 Vaccine drive thru clinics were a big success administering the first 100 doses received from the state. Fill out an application today to get an appointment.

Community Health Nurse Kristy Petrie administers a Moderna Covid-19 Vaccine at the drive thru clinic.

Pictured above: Chief Warren Brainard visits the Eugene Drive Thru Vaccination Clinic and wears a “Protects Me, Protects You” button.

For more information visit https://govstatus.egov.com/OR-OHA-COVID-19 or call 211

COVID-19 Myths vs Facts

Contributed by Kristy Petrie, RN BSN, Community Health Nurse Resources: Oregon Health Authority (OHA)

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>The COVID-19 vaccine can cause sterilization.</td>
<td>There’s no evidence to support sterilization as a side effect of the COVID-19 vaccine.</td>
</tr>
<tr>
<td>People who have had a significant allergic reaction shouldn’t get the vaccine</td>
<td>Being allergic to one thing does not mean that you’re allergic to another. People who have an allergic reaction to a component of the COVID-19 vaccine should not receive it.</td>
</tr>
<tr>
<td>The vaccine hasn’t been adequately tested.</td>
<td>COVID-19 vaccines have been evaluated extensively in large-scale clinical trials. FDA will authorize their use only after reviewing this data.</td>
</tr>
<tr>
<td>The vaccine only reduces symptoms but doesn’t prevent getting or spreading COVID-19.</td>
<td>The trials showed that the vaccine prevents COVID-19 illness but did not evaluate whether they prevent infection or transmission. We don’t yet know whether they prevent infection or transmission.</td>
</tr>
<tr>
<td>The side effects of the vaccine are worse than the side effects of getting COVID.</td>
<td>While COVID-19 can be mild, it can also be very severe or even fatal. The COVID-19 vaccine can cause pain at the injection site, headache and muscle aches. These side effects appear to be more severe than with most vaccines but resolve in a day or two.</td>
</tr>
<tr>
<td>The vaccine won’t help your body build immunity the same way getting the virus will.</td>
<td>The body builds immunity to COVID in a different way with the vaccine than through infection. But the vaccine helps build immunity without having to get the disease, which can be serious and even fatal (death).</td>
</tr>
<tr>
<td>mRNA vaccines are more dangerous than other vaccines.</td>
<td>Messenger RNA (mRNA) vaccines appear to cause short-term side effects more often than many other vaccines. But these side effects do not appear to be lasting.</td>
</tr>
<tr>
<td>mRNA vaccines can alter your DNA.</td>
<td>Messenger RNA injected into your body will not interact with or affect your cell’s DNA. Messenger RNA vaccines work by teaching cells in the body how to make a protein that triggers an immune response, according to the CDC.</td>
</tr>
<tr>
<td>If I’ve had COVID-19 and recovered, I don’t need to get the vaccine.</td>
<td>Due to the severe health risks associated with the disease and the fact that re-infection is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with the disease before.</td>
</tr>
<tr>
<td>Once I get the COVID-19 vaccine, I can stop other safety measures like masking and physical distancing.</td>
<td>While the vaccine may prevent you from getting sick, it is not yet known whether you can carry and transmit the virus to others after vaccination. Until we learn more, it’s best to continue taking precautions.</td>
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<tr>
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<td>When a vaccine is authorized for emergency use, patients need to agree to receive it.</td>
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Myth:

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Fact:

When a vaccine is authorized for emergency use, patients need to agree to receive it.
**Purchased and Referred Care Update**

Contributed by Holley Abrica, Purchased/Referred Care Specialist

Greetings from PRC. Hopefully you have all gotten your annual application in to us for 2021. If not, it’s not too late. If you live within our 5-county service area, fill your application out online and you will be eligible for services again. Also, if you are eligible for Medicare, we need your award letters to be able to reimburse you for those premiums. If you have not done so, please contact Holley Abrica at 541-888-7528 as soon as possible.

Please remember that Purchased/Referred Care is NOT an insurance. We provide a benefit to you by paying what would be considered “Patient Responsibility.” We act as insurance in the way we pay for your medical costs, so it can be confusing. If you ever have questions about this, or anything to do with the benefits we provide, please reach out to any of us and we will be glad to assist you.

We recently welcomed a new member to our team, Kelli Nelson. She is located in the Eugene Outreach Office. She comes to us with many years of medical billing experience and is training with the very knowledgeable Nancy Spray, so we know she is already a very valuable member of our team. You can reach her at the number you have always used for Nancy at 541-888-7518. Nancy is now working remotely from her home in sunny Arizona! While she is currently still available to us via cell and email, Nancy will be moving on with her new life in the coming months. She will be so missed, but rest assured that the rest of the team are here to help as well.

**Contributed by Jesse Beers, Cultural Stewardship Manager**

For thousands of years, our ancestors, the peoples of the Coos, Lower Umpqua, and Siuslaw, sustainably harvested and managed the resources of the lands and waters for abundance and it was abundant. Food and other resources was all around them which was directly tied to their management. Traditionally, we had gardens with amended soils and wind breaks that were primarily used to grow traditional tobacco. Traditional tobacco is a sacred plant that was and is only used in ceremony. Currently we have a modest community garden in which we grow Traditional Tobacco that is dispersed to Tribal Members upon request for ceremonial purposes. Our ancestors also managed traditional woodland ‘gardens’. Regrettably, many of these gardens were lost upon colonization.

Today, we strive to regain our food sovereignty and our ancestors’ traditional ways of ‘gardening’ by gathering these traditional foods on public lands and the properties of willing private landowner’s and bringing them back to our Tribal people to cultivate. Our Tribe currently has a small community garden with 16 raised beds and a greenhouse where we grow camas, harvest brodiaea, chocolate lily, wapato (separately), and traditional tobacco, to name a few. Tribal Members also have their own boxes in the garden that they grow veggies. However, because our community garden is so small and our Tribal membership is dispersed throughout our five county service area and beyond, it only serves a handful of Tribal families.

This year, we were presented with another obstacle: the inability to safely access the community garden due to health concerns relating to COVID-19. This pandemic also inhibited our ability to gather, learn from our Elders, and teach our youth as a Tribal community. We recognized that our community garden isn’t beneficial to our Tribal community due to health concerns. Luckily we received this grant and when we came back to work we were able to hit the ground running.

A huge shout out goes to the Maintenance Department for working so hard on the garden boxes and delivery. We were able to provide 4 patio planters and constructed 22 raised beds, which were delivered to 22 tribal families, 11 of which were Elders. We now have secured and sent out fifty different organic garden and herb seeds along with harvest brodiaea, camas, sweet grass, bear grass, and traditional tobacco. With this small grant and teamwork we were able to provide large results and we invite everyone to send in pictures of their garden boxes once they are full of veggies, fruits, or herbs.

**Firewood Delivery Program**

For LIHEAP Recipients and Tribal Elders

If you are eligible for LIHEAP and firewood is your primary heating source, please contact Shayne Platz at (541) 297-3450

**Tribal Elders** in need of firewood for heating, please contact Tyrell Walton at (541) 808-7957

First come, first served until all wood is gone
2 cords max per household

Delivery available within service area, please call Tyrell to schedule
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

Roberta Lawry

Immediate Family:
• Daughter Deb Hileman, son John Lawry, son Robert Lawry.

Proudest Accomplishments:
• Children
• Grandchildren
• Doing a complete run of genealogy for her family.

Bucket List:
• She has done pretty much everything she’s wanted in life, but she is really looking forward to getting back to spending time with family after the pandemic is over.

Favorite Sayings:
“You attract more bees with honey than you do with vinegar.”

Favorite Hobbies:
• Genealogy
• Crocheting
• Cooking

Roy Brainard

Immediate Family:
• Parents Warren T. Brainard and Janet Brainard, brother Tom Brainard, wife Annette, children Michael and Alycia, and nephew Andrew Brainard.

Proudest Accomplishments:
• Marrying his wife.
• Raising his kids.
• Running the half-marathons annually.

Bucket List:
• Ziplining.
• Continue hiking with daughter and son-in-law.

Favorite Sayings:
“Nitpicking is demoralizing. Magnify the positives and you will get better results.”

Favorite Hobbies:
• Hiking
• Fishing
• Running

Title VI Program Services Available to Elders

The Title VI Program for Elders (age 55 and over) provides federal grant monies for our Congregate Meals Program, Frozen Meals Program, Chore Service and Respite Care Services for Tribal Elders, Spouses and Widow(er)s whose primary residence is within our five-county service area (Coos, Curry, Douglas, Lane, and Lincoln counties).

This month we would like to highlight Chore Services:

Chore Services Program Eligibility:
• Elders age 55 and older whose primary place of residence is within the five-county service area of: Coos, Curry, Douglas, Lane, and Lincoln Counties.
• Tribal spouses are not eligible for Chore Services; however, widow(er)s are eligible until the time they remarry.
• Services must be provided at the Elder’s primary place of residence is within the five county service area.
• The purpose of the Chore Services program is to provide assistance to Elders with activities they cannot easily do for themselves and which, by having someone perform these duties for them, allows them to remain living independently in their own home(s).

Some but not all inclusive eligible chore services include:
• Yard work, including lawn mowing, leaf raking, general clearing of debris around the home
• Weather stripping around doors and windows
• Gutter cleaning
• Snow removal from driveway and sidewalks
• Purchase and stacking of firewood
• General cleaning of the household, including but not limited to dusting and cobweb removal, vacuuming, trash removal, bathroom cleaning, dishwashing, laundry, scrubbing floors and walls, appliance cleaning, window washing, and stripping and remaking beds.

There are forms that must be filled out for this service. Those forms can be picked up at your local office or mailed to your home. The cycle for these funds is not on a calendar year. The funds are available annually from April 1st of the current year through March 31st of the following year.

For further information on Chore Service, please contact your local Community Health Aide:
Coos Bay - Barbara Tower (541) 888-7520
Florence - Doug Morrison (541) 997-6685
Eugene - Kimmy Bixby (541) 744-1349
Being prepared for disasters and emergencies can seem like a big job. Many people don’t know where to start, so they never start at all. With Do 1 Thing you can take small steps that make a big difference in an emergency. Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters.

**Contributed by: Armando Martinez, Emergency Management Coordinator, By: do1thing.com**

### 12 Month Emergency Preparedness Calendar: February - Water

If you get your water from a private well, disinfect your tap water before boiling. Place six drops of bleach for each gallon of water, shake well, then let sit for 30 minutes. If you get your water from a municipal water system, there is no need to disinfect tap water before boiling.

**SANITIZE BOTTLES BEFORE FILLING:**
1. Wash containers with dishwashing soap and rinse with water.
2. Sanitize by washing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container.
3. Let air dry for at least one minute.

Use clear plastic bottles with tight sealing caps. Milk jugs don’t make good water storage containers, they don’t seal well, and water stored in them can sometimes develop a plastic taste. Only use bottles that originally had beverages in them (large plastic soft-drink bottles work well). See the previous page to find out how much water you should have for your family in an emergency.

#### CTCLUSI Alert HUB for Smartphones

The Tribal Police and Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians would like to invite you to add our emergency alert phone app to your smart phone. The App is free. The alert system is intended to another layer of safety and alert users of emergency or hazardous situations such as weather alerts and warnings, tsunami warnings, and other natural or man caused emergencies or hazards in Oregon’s Central Coast, South Coast, Central Willamette Valley.

Search your app store for “CTCLUSI Alert Hub” and download. Once the app is downloaded, you can select the settings symbol in the upper right corner, then select “Notifications” and select how you want to receive notifications. If you have any questions, feel free to contact us at Contact-TPD@ctclusi.org.

---

**Water**

**THE GOAL:** Have enough water on hand for your family to last 3 days (72 hours). This should be about 3 gallons per person.

Whether you live in the country or the city, your water supply relies on electricity to run the system. During a power outage you may find yourself without a way to get water. Your water supply can also become unsafe to drink. Both private wells and city water systems can be contaminated in a disaster.

#### CHOOSE ONE OF THE FOLLOWING THINGS TO DO THIS MONTH TO BECOME BETTER PREPARED:

- **Purchase and store a 72-hour supply of commercially bottled water (or more – up to two weeks).**

  A three-day supply for one person is 3 gallons of water (one gallon per person per day). Also include an extra one gallon for a medium size pet. That one gallon should last three days, but plan for more or less if your pet is very large or very small.

  **Table:**

  | 1 day, 1 person | 1 gallon (or 32 ounces) = 7-20 ounce bottles = 4 liters |
  | 3 days, 1 person | 3 gallons (or 384 ounces) = 21-20 ounce bottles = 12 liters |

  During an emergency, you should drink at least two quarts (one half gallon) of water a day. Drink 3-4 quarts a day if you are in a hot climate, pregnant, sick, or a child. Some of the water in your emergency water supply will be used for cooking or washing.

  If you buy commercially bottled water, it should be replaced once a year. Store your water in a cool, dark place to keep it tasting fresher longer.

  If supplies run low, never ration water. Drink the amount you need today and look for more tomorrow.

- **WATER HEATER—DO NOT USE IF THE TANK OR FIXTURES HAVE BEEN SUBMERGED IN FLOODWATER:**

  1. Turn off the gas or electricity to water heater (turn off electricity at the fuse or breaker box, turn off gas by closing the valve supplying the hot water heater and turning the valve handle so that it crosses — is not lined up with — the gas line).
  2. Turn off the water intake valve (should be located near the water heater).
  3. Open the drain at the bottom of the tank.
  4. Turn on a hot water faucet (water will drain from the tank, not the faucet). Discard the first few gallons if they contain rust or sediment. Do not turn the gas or electricity back on until the tank is refilled.

- **PIPPES:**

  1. Turn off main water valve where the water comes into the house (usually near the water meter if you have city water).
  2. Let air into the pipes by turning on the highest faucet in your house.
  3. Get water from the lowest faucet in your house (never get water from faucets that have been submerged in floodwater). If you have freezer space, consider freezing part of your water supply. This has the added advantage of keeping food in the freezer cold longer during a power outage.

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**Stay informed with current updates from CTCLUSI ALERT HUB on your smartphone**

Download for FREE!
Contributed by Enna Helms, Linguist Associate

dai estis, nishanax tomuwwi (hello everyone), we completed a 10-week language course during the Fall that started from September to December 2020 for all three languages: Miluk, Hanis, Sha’yuuush’tla uhl Quuiich. Language classes are being taught remotely through a website called Zoom, zoom.us. During fall classes, we learned bits of everything to help lay the groundwork for the Winter and Spring language class series. Here are a few quotes from some of the participants’ experience in the Tribes fall language classes.

“dai’s’la, miluk tiiis mits’miti’yaas (hi cousins, miluk language class) has been a tremendous experience. It’s a fascinating time to be a part of our Tribes language revitalization. I was nervous to join at first but Enna, Patty and Troy accommodates to everyone’s pace, gele for sharing your knowledge and contributions to preserve our kuukwis and wa’as languages - teaching three classes during the week, no less!” - Jade Fong

“dai estis, xchiichuu ye iluwechis? (Hello everyone, how is your heart?) nluwiwi len iluwechis (My heart is well). My heart is well because our language program is growing in a big way! I thoroughly enjoyed the 10-week language course led by Enna Helms and Patty Phillips last fall. It was more than just a language class, though, because as we talked about the specific words and their provenance, interesting cultural and historical conversations followed. I would encourage all of you to join the classes in the capacity that you’re able to. A huge luuwii (thank you) to all of you to join the classes in the capacity that you’re able to. A huge luuwii (thank you) to everyone’s pace, gele for sharing your knowledge and contributions to preserve our kuukwis and wa’as languages - teaching three classes during the week, no less!” - Enna Helms

“Learning your traditional language opens up a new window into our culture, and I hope to share what I’ve learned and continue teaching my kids about their culture as I learn alongside them. Taking the Miluk language course has inspired me to use more language at home, and ensure that my kids grow up hearing our traditional languages.” - Courtney Krossman

“dai s’la! Kendra len hinnas. I have enjoyed taking the Hanis tiiis class so much, and have found it exceedingly rewarding. I believe as the younger generation it is in my duty to uphold the language and traditions passed on by my elders. I have learned so much and I can’t wait to learn more from my mits’mits’iyaas. niwets. luuwii” - Kendra Tamär Budd

“I wasn’t intended for me to fill space with a quote, but I do have some words to share. helt’ ha gele’u tu:no luwe tlo mani’yas mits’miti’yaas kwii timmihiidiye kwiih’n’a (I’m so very thankful to the elders and ancestors’ teachings and instilling resilience in us) as Chief Doc Slyter often says “pushing forward in that positive direction too”. To see my tribal relatives uplifted and connected to their language and heritage is truly a strong and heartwarming experience. Seeing our languages start in the home and knowing that our children are listening and speaking with us are countless blessings. Thankful for all the words shared on this page and celebrating with you on what you have achieved. I believe our Indigenous languages will strengthen our identity and change the course of history” - Enna Helms

Weekly zoom language classes have resumed the first week of January for Miluk, Hanis and Sha’yuuush’tla uhl Quuiich. Monday 3-5:00 pm for Miluk, Wednesday 3-5:00 pm for Hanis, and Fridays 3-5:00pm for Sha’yuuush’tla Quuiich. You can check out the language page https://ctclusi.org/languageprivate/ for previous class recordings and other lessons. If you are interested and want to sign up for virtual language classes please contact Enna Helms at (541) 297-7538. Thank you to our Tribal Council for supporting language revitalization efforts!

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**Virtual Language Classes**

**10 Weeks - Winter 2021**

**MILUK**

Mondays
3:00-5:00 pm
Jan 4, 2021
Jan 11, 2021
TBD, 2021 (holiday)
Jan 25, 2021
Feb 1, 2021
Feb 8, 2021
TBD, 2021 (holiday)
Feb 22, 2021
Mar 1, 2021
Mar 8, 2021

**HANIS**

Wednesdays
3:00-5:00 pm
Jan 6, 2021
Jan 13, 2021
Jan 20, 2021
Jan 27, 2021
Feb 3, 2021
Feb 10, 2021
Feb 17, 2021
Feb 24, 2021
Mar 3, 2021
Mar 10, 2021

**Sha’yuush’tla’-a Quuiich**

Fridays
3:00-5:00 pm
Jan 8, 2021
Jan 15, 2021
Jan 22, 2021
Jan 29, 2021
Feb 5, 2021
Feb 12, 2021
Feb 19, 2021
Feb 26, 2021
Mar 5, 2021
Mar 12, 2021

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Please sign up with Enna Helms at ehelms@ctclusi.org or By Cell Phone at (541) 297-7538.
**Education Corner**

**Literature Nights**

**February 3, 2020**

Elementary school students: 6:00 – 7:00 pm
Lower Elementary (k-2): 6:00-6:30
Upper Elementary (3-5): 6:30-7:00

**February 17, 2020**

Middle school students: 6:00 – 7:00 pm

We look forward to reading with our youth and families. Books will be delivered for the participants. Looking forward to continuing our reading nights throughout the year.

Please sign up for future nights at [https://laserfiche.ctclusi.org/Forms/Literature-Nights](https://laserfiche.ctclusi.org/Forms/Literature-Nights)

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**Chrome Books**

**Housing Department IHBG-CARES Grant**

The needs request form is still available on the Tribal website www.ctclusi.org homepage. If you are, an enrolled student ages 5-18 and you need a chrome book to help with your distance learning; you may apply. If you are an Elder age 55 + and you need a chrome book to help you with your medical appointments and social distancing needs; you may apply.

**ATTENTION**

**All Enrolled Higher Education Students!**

With proof of your current student status, you may now apply if you need a chrome book to help you with your distance learning. You will need to provide either the Housing Dept. or the Education Dept. with a copy of your current class schedule.

For questions, please contact:
Laura Fortin, Director of Housing at 541-888-7504 or lfortin@ctclusi.org
Josh Davies, Education Director at 541-888-1314 or jdavies@ctclusi.org

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**Tutoring**

As we know, schools have started the year as either in a hybrid model or completely online. Regardless of what your educational path is, the Education Department is here to help. If your student is in need of tutoring, please go to our website (www.ctclusi.org). Under Member Services, please click on the Higher Education tab. Under the Higher Education tab, scroll down to Education Programs. There you will the survey that can be filled out to submit tutoring needs to the education department. Here is the direct link to the survey:

[https://laserfiche.ctclusi.org/Forms/ED-Tutor-Request](https://laserfiche.ctclusi.org/Forms/ED-Tutor-Request)

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**Financial Aid Night Series**

Open to all CTCLUSI enrolled Tribal Member

High School students and families. Please sign up at [https://laserfiche.ctclusi.org/Forms/Financial-Aid-Nights](https://laserfiche.ctclusi.org/Forms/Financial-Aid-Nights)

**Will also post link on Education Facebook group page.**

**February 3, 2020 7:15pm - 8:15 pm**

**February 17, 2020 7:15pm - 8:15 pm**

The financial burden for college continues to increase year after year as institutions raise tuition costs. Covid-19 has created the concept and need for distance learning, along with many other barriers are Tribal students are now challenged with. High school through higher education students and their families who are looking for information on financial aid, scholarships, loans, and any other higher education insight, are welcome to attend our financial aid nights beginning this winter. Participants will need to sign up through the website so materials can be shipped prior to the Zoom meetings.
**Toys for Tots Program Came to CTCLUSI!**

Contributed by Vicki Fiaciane, Director of Health & Family Support Services

On December 14, 2020, Stephanie Watkins was contacted by Craig Meyers with the Toys for Tots program. Toys for Tots had set aside 10 large boxes of toys for the children of CTCLUSI! The CTCLUSI Health & Family Support Services department worked with Mr. Meyers to coordinate deliver of the boxes to our Eugene Outreach Office and to the Coos Bay Administration office. In our conversations with Mr. Meyers, we will be working with him to continue to participate in the program going forward. We want to give our thanks and gratitude to the Toys for Tots program and to Mr. Craig Meyers! We are looking forward to our future relationship with this wonderful program.

We received the boxes by December 17th and we distributed toys the following week. Parents of children living in the five-county service delivery area were contacted about the availability of toys for their children 0-12 years old, including children living in the household who are not Tribal members. In addition, we asked Tribal Council to provide funding to purchase gift cards for youth ages 13-17 so they would not be left out. Many thanks to our Tribal Council for providing this!
Save the Date!
Virtual Spring Break Camp
March 22 to 26, 2021
Grades Kindergarten-12th
Virtual Activities & Kits, Presentations, and more!
More information coming soon.
Watch CTCLUSI website for Laserfiche Registration Form.

Housing Department Annual Performance Report
Contributed by Laura Fortin, Director of Housing

As required by HUD the Housing Department must complete and submit an Annual Performance Report each year. This report details the programs and activities that were completed by the Housing Department during 2020. To review the document and make comments, please contact Laura Fortin at 1245 Fulton Avenue, Coos Bay, OR 97420, or at 541-888-7504 or at lfortin@ctclusi.org. All comments must be submitted to the Housing Department staff no later than March 8, 2021.

Getting 'Back to Normal' Is Going to Take All of Our Tools
If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces “back to normal” sooner:
- Get vaccinated.
- Wear a mask.
- Stay 6 feet from others, and avoid crowds.
- Wash hands often.

www.cdc.gov/coronavirus/vaccines

Coming Soon!
CTCLUSI Summer Student Internships

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

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

Online Applications will be taken starting March 8, 2021. Tribal Members will need to www.ctclusi.org to apply. Go to Tribal Government/Job Opportunities and click on the CTCLUSI Tribal Member link.

Deadline to apply is May 7, 2021 at 10am

For Additional Information or Other Opportunities, Please Contact
Stephanie Watkins at 541-899-1360 or Pam Hickson at 541-902-3821
COLORING CONTEST RESULTS

Thank you to all of our Winter Coloring Contest participants. Everyone who entered received a prize. Here are their works of art - enjoy!

Sophie Wright Age 9

Abbie Wright Age 15
Issac Wright Age 13
Carolyn Wright Age 11

Weston Garcia Age 4
Riley Helms Age 6
Jade McNutt Age 15
Alhana McNutt Age 15
Hazel Wright Age 6

Ronald Huntoon Age 5
Liam Petrie Age 6
Kira Petrie Age 11
Shawna Wright
Amy Bolling

Malcom Fong
Melinda Sprague
Stacey Hopkins
Scott McNutt
Jade Fong

LOOKING TO CHANGE YOUR CAREER PATH?
NEED A MORE FLEXIBLE WAY TO EARN INCOME FROM YOUR HOME?

CTCLUSI can assist with the expenses! Southwestern Oregon Community College offers childcare provider classes through CARE Connections Childcare Resource and Referral, that are conducted completely online. Call 541-888-7957 to inquire/register.
Contact Tara Vrell at 541-435-7154 for guidance.

BECOME AN OREGON STATE CERTIFIED CHILDCARE PROVIDER!
Bigfoot Sighting at CTCLUSI Dental Clinic!!!

Bigfoot was first seen in the CTCLUSI Dental Clinic waiting room on December 21st. It has been reported that he is following CDC guidelines and promoting social distancing. Due to the band aid on his left shoulder and the button on his chest, it is speculated that our Community Health Nurse, Kristy Petrie, RN BSN, has given him a Covid-19 vaccination.

Bigfoot doesn’t seem to stay in one place for too long and will be on the move soon. His closet is pretty minimal, so let's help him out and get some new outfits for his ventures. Please submit your wardrobe themed ideas to Dental@CTCLUSI.org by February 26th. The dental team will choose the most fitting theme from the submissions received. We look forward to hearing what creative ideas everyone comes up with.

Like Bigfoot, please remember to wash your hands frequently, wear your mask, and keep 6 feet apart from one another. Let’s bring in the New Year safely!

At right, Nurse Kristy with Bigfoot

“Protects Me, Protects You”

If you want the Moderna Covid-19 Vaccine please read the flyer on page 10 and fill out an application on the homepage of www.ctclusi.org

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

Peacegiving Coordinator
Coos Bay
1245 Fulton Avenue
Coos Bay, OR 97420

Phone: (541) 888-1306 or (541) 888-1306
Fax: (541) 888-1307
Email: Peacegiving@ctclusi.org
Website: http://ctclusi.org/peacegiving

All Peacegiving issues are confidential.

Anonymous Peacegiving Inter-Tribal Services
Coos Bay

Thursdays
11AM-9PM

Weekly Specials

Earnings from Peacegiving are payable to the individual named on the Peacegiving application. All peacegiving applications are anonymous.

Coos Bay

Three Rivers Casino Resort – Coos Bay
Security Officer 1 ~ Guest Safety Liaison
Environmental Services Technician I
Special Events Team Member
Security Officer 1

Three Rivers Casino Resort ~ Coos Bay
Security Officer 1 ~ Guest Safety Liaison
Environmental Services Technician I
Special Events Team Member
Security Officer 1

CASH IN ON 2021

$1,000 CASH DRAWINGS
EVERY 30 MINUTES
from 7PM-9PM

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

Peacegiving Coordinator
Coos Bay
1245 Fulton Avenue
Coos Bay, OR 97420

Phone: (541) 888-1306 or (541) 888-1306
Fax: (541) 888-1307
Email: Peacegiving@ctclusi.org
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Coos Bay