The Voice of CLUSI



September 2021

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

~ Summer School ~

Contributed by Josh Davies, Education Director



THPO Courtney Krossman sharing with students a Cultural Resource Protection Activity.



Students circled up at our Potlach Ceremony at Sunset State Park.



Talice Russell showing his amazing origami skills.

What a wonderful experience we had this summer at our Summer School. We had 37 total students signed up with 30 of them being in person. Education, Department of Natural Resources and Culture, Health Department and Family Services all teamed up to provide one awesome time. Our day started bright and early at 7am with students arriving and playing board games with each other while waiting patiently for breakfast to begin. Prior to every meal, we washed our hands, and then circled up. We showed thanks and gratitude before every meal, and throughout the two weeks students started to help say these blessings. Chief Doc Slyter gave the initial blessing prior to our first breakfast. It truly was an amazing feeling, being back together, hearing the laughter, and sharing conversations.

Breakfast always started the day off no matter what was on the menu. Chef Eddie Helms did a fantastic job ensuring that our staff and children ate healthy, responsibly, and made sure our tummies were full. Thank you, Eddie, for helping and making the food taste so good. After each meal, Julie Siestreem and Karen Porter washed and sanitized dishes, while Raquel Helms and Pam Davies helped clean the Tribal Hall. After breakfast was over, students did a few laps around Tribal Hall before making their way up to the Plankhouse.

Jesse Beers did a wonderful job sharing with our students how to enter the plankhouse, how to use manners and listen, and then sang a song. Most students knew the song, and by the end of the two weeks all who came could sing along. Music, drumming, flutes, anything that our children could absorb, they did. We were able to incorporate language throughout the two weeks thanks to Enna and Patty. Some days we split into language groups while other days we split by age groups.

After we returned from the Plankhouse, we either went into the classrooms or on our field trips. Ann Petrie had the larger of the two classrooms and did an amazing job with our kindergarten through fourth grade students. They were busy every time I saw them, and were very well mannered on our field trips. Our older classroom, the Fifth through Eighth grade classroom was taught by Eriq Acosta. He did a great job with these kids, especially utilizing the outdoor environment and including Project Venture into his classroom.

Our field trips were a great time for our students to enjoy the outdoors, learn



Tyrell Walton was able to make each student a bird house that they were able to paint and take home.

Campers getting ready to canoe at John Topits Park.

Summer School story continues on page 16

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~ Important Upcoming Budget Dates ~

Sept. 8 - Delivery of First Draft of Budget to Budget Committee per Tribal Code (CLUSITC 7-10-4(a))

Sept. 10 - Posting of First Draft Budget for Tribal Member review per Tribal Code (CLUSITC 7-10-4(b))

Sept. 12 - First General Council Budget Hearing per Tribal Code (CLUSITC 7-10-3(a))

Sept. 15 - First Meeting of Budget Committee per Tribal Code (CLUSITC 7-10-5(a))

Tribal Council Business

Activity of Elected Tribal Council Members from July 11, 2021 - August 8, 2021.

Chief Doc Slyter:

07/11 Tribal Council Meeting

07/12 Admin Office / Forestry Dept.

07/13 Oregon Tribal Gaming Alliance

07/13 Leader's Circle

07/16 Tribal Summer School Luncheon/

Sunset Beach 07/19 3 Rivers Casino Distribution

Discussion 07/20 Kelp Forest / ELAKHA - Sea Otters

07/20 Kelp Forest / ELAKHA

07/21 Jordan Cove/Port of Coos Bay

07/21 Special Meeting / Leader's Circle 07/22 Admin Office(paperwork) & Koquell Plankhouse with PSU students

07/26 Breakfast /Opening of Culture Camp & Admin Office-paperwork

07/27 Native American Housing Webinar

07/28 GFORB & Business Meeting

07/29 Grant Writer-Native Learning Center

07/30 Goose Point-North Bend/ Archeology blessing

07/30 Dinner with Archeology Group

08/1 Sacred Salmon Ceremony-Gregory Point

08/5 Three Rivers Casino-CFO Interview Emails and phone calls.

Total Hours: 90.25

Debbie Bossley, Tribal Chair:

July – August In Office 15 days

07/11 Tribal Council Meeting

07/13 Leaders Circle

07/21 Special Meetings (2), Leaders Circle

07/28 GFORB / Business Meeting

07/29 BIA

08/05 TRC CFO Interview Emails and phone calls.

Total Hours: 100

Iliana Montiel:

07/11 TC Regular Meeting / General Council Meeting

07/13 Treasury Tribal Consultation on Homeownership Assistance Fund / Leader's Circle

07/14 TRC CFO Interviews

07/15 TRC CFO Interviews

07/16 TRC CFO Interviews

07/21 Zoom meeting w/ Consultants / Leaders' Circle, Special Meetings

07/28 GFORB / Tribal Council Business Meeting

08/02 – 08/16 Vacation Emails and phone calls.

Total Hours: 30

Josh Davies:

07/11 Tribal Council Regular Meeting

07/12 Consultation BLM Assess Moving HQ to Colorado

07/13 Homeowner Assistance Fund (HAF)-Update and Tribal Consultation on Implementation Leaders Circle

07/15 OMB - Tribal consultation on the President's FY 2022 Budget

07/19 TRC Distribution Discussion

07/20 Back to School Commutes Webinar

07/21 Housing Committee Meeting Special Meetings(2) Leaders Circle

07/22 White House IGA Weekly Briefing Call

07/27 NAHASDA Refresher Confirmation Healthy Families Oregon State Advisory Committee

07/28 GFORB

Tribal Council Business Meeting

07/29 White House IGA Weekly Briefing Call

08/04 EDA 101 and American Rescue Plan webinar

08/05 White House IGA Weekly Briefing Call TRC CFO Interview

08/08 Special GFORB meeting Emails and phone calls. Total Hours: 64

Doug Barrett:

07/11 Tribal Council Meeting

07/ 13 Oregon Tribal Gaming Alliance Meeting

07/13 Native American Storytelling: Culture is Prevention

07/13 Leaders Circle

07/19 TRC Distribution Discussion

01/21 Leaders Circle

07/21 2 Special Council Meetings

07/26 Investment Committee Meeting

07/28 GFORB & Tribal Council Business Meeting

08/04 OYA Stakeholders Meeting 08/08 Special GFORB Meeting

08/08 Special GFORB Meeting
08/0 8 Tribal Council Regular Meeting

Emails and phone calls.

Total Hours: 42

Enna Helms

07/11 Regular Tribal Council Meeting

07/13 Tribal Council Leaders Circle Meeting

07/21 Tribal Council Leaders Circle Meeting

07/28 Tribal Business Council Meeting

07/30 Archaeological Investigations Presentation

08/01 Salmon Ceremony

08/04 American Rescue Plan Webinar FMLA

Emails and phone calls.

Total Hours: 40

NOTICE OF CODE AMENDMENT

The following proposed Code was passed for First Reading by Tribal Council on:

July 28, 2021

TITLE: 1 GENERAL PROVISIONS Chapter 1-15 Executive Management

The Tribal Council has determined amendments are needed for Chapter 1-15 Executive Management; and

The Tribal Council wishes to amend CLUSITC Chapter 1-15 (Executive Management) adding a new Section 1-15-5 regarding the Tribal Chief Financial Officer and revising Section 1-15-6 regarding conflicts of interest to include any current or past business partner.

Tribal Council hereby approves the amendment of Chapter 1-15 Executive Management Code and hereby approves for first reading draft be posting for a twentyeight (28) day period

DATE OF THE TRIBAL COUNCIL MEETING AT WHICH THE PROPOSED CODE IS EXPECTED TO BE CONSIDERED FOR FINAL PASSAGE:

October 10, 2021

The notice of the proposed amendment/creation of Code/Ordinance shall be published in the Tribal Newsletter and the text will be posted for public comment for twenty-eight (28) days in the Administration Building, Tribal Hall, Outreach Offices, on the Tribas' website and at Three Rivers Casino (Office of the Gaming Commission). Written comments should be sent to the Tribal Council in care of Jeannie McNeil, CTCLUSI, 1245 Fulton Avenue, Coos Bay OR 97420 or email: jmcneil@ctclusi.org.

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 Christine Sylvester at 541-888-7538 or at csylvester@ ctclusi.org for new requirements needed to be honored.

US FOREST SERVICE **NORTHWEST FOREST PASSES**

Now available at the Tribal Administration Building, Florence and Eugene Outreach offices.

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

CHANGES?

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

TRIBAL COUNCIL MINUTES

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

Tribal Council

COWER UMPOU

ONFEDERATED TRIBES

Doc Slyter, Chief Tribal Chief 541-808-7625 (cell) dslyter@ctclusi.org

Enna Helms

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

Debbie Bossley, Chair

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

Vacant

Position #3 Council

Josh Davies

Position #4 Council 541-294-4105 josh.davies@ctclusi.org

Iliana Montiel

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

Doug Barrett

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

Council Meeting September 12, 2021

10:00 a.m.

Please login to the citizen portal of www.ctclusi.org and click Council Meetings for the zoom link to this

meeting. Agenda:

- Call to Order
- Invocation
- Approval of Minutes as needed
- Tribal Council Reports
- Tribal Chief Executive Officer Report
- Chief Financial Officer Report
- 7. Old Business
- 8. **New Business**
- 9. Other 10. Good of the Tribes

11. Executive Session as needed Council meeting video available to view at www.ctclusi.org

Upcoming Events

Sept. 20th from 6:00- 7:30 pm: Virtual No-Sew Drum Bags with Education & Culture

Sept. 22nd from 6:00- 7:00 pm: Virtual Literature Nights with Education

Oct. 4th from 6:00- 7:30 pm: Virtual Dance Fan Class with Culture and Family Services

Oct. 6th from 6:00 – 7:00 pm: Virtual Family Night - Chasing the Sun Solar Workshop with Education

Oct. 18th from 6:00 – 7:30 pm: Virtual Dance Paddle Painting with Culture

Oct. 20th from 6:00- 7:00 pm: Virtual Literature Nights with Education



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. E-mail mgaines@ctclusi.org or call 541-888-7536. 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 Christine Sylvester at csylvester@ctclusi. org. All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

Government Office Carol Jacobs-Kosht Interim CEO 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7527 carol.jacobs-kosht@ctclusi.org

Health Services Iliana Montiel, Interim Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7526 Toll free 1-888-280-0726 Fax 541-888-5388 imontiel@ctclusi.org

Department of Human Resources Jennifer Silva- Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-7508 Toll Free: 1-888-280-0726 Fax: 541-897-9881 jsilva@ctclusihr.org

Tribal Housing Department Josh Stevens, Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone 541-888-7546 Fax 541-435-0492 jstevens@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

Education Department Josh Davies, Education Director 1245 Fulton Avenue Coos Bay, OR 97420 Phone: 541-888-1314 Cell: 541-294-4105 Toll free 1-888-280-0726 jdavies@ctclusi.org

Family Support Services Iliana Montiel, Interim Director 2110 Newmark Avenue Coos Bay, OR 97420 Phone 541-888-7526 Toll free 1-888-280-0726 Fax 541-888-5388 imontiel@ctclusi.org

Tribal Dental Clinic 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 Interim Director 1245 Fulton Ave. Coos Bay, OR 97420 Phone 541-888-7526 Toll free 1-888-280-0726 Fax 541-888-5388 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

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

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

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

Tribal Gaming Commission Rusty Bossley Executive Director of the Gaming Commission 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-2830 Fax 541-997-7293 rbossley@ctclusi.org

Tribal Police Brian Dubray Chief 5647 Hwy 126, Suite 100 Florence, OR 97439 Phone 541-997-6011 Fax 541-902-6507 bdubray@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

Council Corner



Salmon Ceremony

Sunday, August 1st was the second year that our Tribal Salmon Ceremony was canceled due to the Coronavirus. In keeping with our annual Tribal tradition, one salmon was cooked and the remains were returned to the ocean to nourish other plants and animals so the salmon would return to our people the next year.

One week after this sacred ceremony, the Covid -19 cases for Oregon had the highest number since the onset of the virus. It was with much consideration and a heavy heart that I had canceled our Annual Tribal Salmon Ceremony again this year. I do hope that all our Tribal members will be able to come together next year and celebrate and be part of our traditional Salmon Ceremony



Chief Doc Slyter

Please stay safe and healthy.

Chief Doc Slyter



DATE: September 9, 2021 TIME: 6:00 pm to 8:00 pm LOCATION: Via Zoom - Link will be located on the PUBLIC home page of the Tribes website. www.ctclusi.org

Tribal Council invites all Enrolled Tribal Members to attend a Zoom meeting for a question and answer session about Council Compensation

We ask in advance, where opinions may differ that everyone be respectful during this open venue and allow all questions and answers be heard in a courteous manner.

For more information please contact Christine Sylvester, Tribal Council Assistant at 541-888-9577

Resolution Summaries

RESOLUTION NO: 21-049 Date of Passage: May 18, 2021

Subject (title): Authorizing the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (the Tribe) to submit a Letter of Inquiry (LOI) to the Spirit Mountain Community Fund (SMCF) Grant program **Explanation:** The Tribal Council approves this request to submit for up to 100,000.00 for

the Language Program.

Vote 7-0-0

RESOLUTION NO: 21-050 Date of Passage: May 18, 2021

Explanation: Tribal Council approves this

agreement. Vote 7-0-0

Subject (title): Finance Credit Agreement

Date of Passage: May 26, 2021 Subject (title): Gaming Equipment Order **Explanation:** The Tribal Council approves this order for Three Rivers Casino & Hotel.

RESOLUTION NO: 21-052

Vote 7-0-0

RESOLUTION NO: 21-53 RESOLUTION NO: 21-051 Date of Passage: May 26, 2021 Date of Passage: June 13, 2021

Subject (title): Appointment to Tribal Benefits

Explanation: The Tribal Council appoints Jenifer Silva, Cindy Castro, Mike Mascolo, Sharol McDade, Iliana Montiel, Bonnie Foroudi.

Vote 7-0-0

RESOLUTION NO: 21-054 Date fo Passage: J une 22, 2021

Subject(title): Banking Operating Accounts for CTCLUSI and Authorized Signers **Explanation:** Tribal Council approves opening operating accounts and authorize signers to be: Cheif Doc Slyter, Mark Petrie,

Subject (title): Amendment to the Amended

Compact for Regulation of Class III gaming

Between CTCLUSI and the State of Oregon

Explanation: The Tribal Council approves

amendment process to authorize sports pool.

Josh Davies, and Iliana Montiel

Vote 7-0-0

Tribal -State

Vote 7-0-0

Rare Blue Crayfish Observed in Eel Creek

Contributed by John Schaefer, Natural Resources





In July, a rare blue mutation of our native crayfish (aka crawdad, crawfish) was observed in Eel creek. Richard Litts spotted the unusual crayfish while conducting Pacific lamprey research (see issue 6, volume 21, June 2020 of The Voice of CLUSI for information on the Tribes' lamprey work). Richard managed to take a blurry photo before it retreated into deeper water and hid from view. He immediately sent me the photo and the exact location. After a quick drive with bait and fishing gear, I was able to easily lure it out of its hiding place with some raw chicken skin. The oddity now lives at the Charleston Marine Life Center, which should reopen to visitors in August.

Our native crayfish (*Pacifastacus leniusculus*), commonly called the Signal Crayfish, normally ranges from bright orange/red to duller browns and greens. Coloration depends on the environment with clear fast moving streams having brighter animals and lakes and ponds tending towards duller colors. One online reference estimates that this type of color mutation occurs in one in 50,000 crayfish.

Not all crayfish in Oregon are native. Oregon now has at least 3 introduced invasive species including the Red Swamp Crayfish from Louisiana, the Ringed Crayfish from the Great Plains and the Rusty Crayfish from Ohio and Kentucky. Invasive crayfish can compete with our native species, and cause other environmental damage. The Oregon Department of Fish and Wildlife (ODFW) has a handy one page crayfish comparison sheet online to help identify invasive crayfish in Oregon and a number to report any



Invasive Red Swamp Crayfish

 $findings.\ https://www.dfw.state.or.us/conservationstrategy/invasive_species/docs/Crayfish_Comparison.pdf$

Suspected invasive species can also be reported to the CTCLUSI Department of Natural Resources.

<u>ATTENTION</u>

ELDERS, KNOWLEDGE and CULTURE BEARERS

CTCLUSI, in collaboration with SOCC and OSU in support of the New Beginnings for Tribal Students in Oregon grant, is looking for interested Tribal Members to:



- 1) Assist with sharing input/ideas/guidance for the NBTS steering committee and other audiences
- 2) Help plan the Pre-College Summer Youth Camp
- 3) Provide mentorship to the Native Alliance Club at SOCC

The goal of NBTS is increasing academic success of Native students in higher education science programs through experiential learning (internships/field trips), mentoring, and financial support. https://gateway.oregonstate.edu/nbts

For more information or to sign up, please contact: Josh Davies at <u>jdavies@ctclusi.org</u> or 541-294-4105 or Jesse Beers at <u>jbeers@ctclusi.org</u> or 541-297-0748

KNOWLEDGE IS POWER

Culture Camp - Honoring the Sacred

Contributed by Ashley Russell, Water Protection Specialist and Cultural Assistant

This year, CTCLUSI hosted its annual Culture Camp as a day time hybrid (in person and virtual) activity from 8:00 am to 5:00 pm that began Monday, July 26th through Friday, July 30th at the Community Center in Coos Bay, Oregon. The camp was made available for Tribal family and staff students entering Kindergarten through 12th Grade or students who were between the ages of 5 and 18.

During the first day of camp, students were gifted a tote bag or ruck sack with lots of goodies on behalf of the Tobacco Prevention and Education Program (TPEP). Tribal Biologist and artist, John Schaefer, in collaboration with the rest of the Culture and Natural Resources Department and the TPEP Coordinator, Mark Petrie, designed this year's theme, Honoring the Sacred. If you would like some Honoring the Sacred swag, please contact Mark Petrie at (541) 435-7217 or mpetrie@ctclusi.org.

Activities during camp included berry picking at the Tribe's Lake Tract Forest Property, jam and ice cream making, swimming in the Siuslaw River, language, dance paddle painting, traditional songs and dances, Náuhi'níiwas (Shinny), tree aging and wooden name tags, tie-dye masks, clacker stick making, pulling in Tyee at Sunset Bay, a sand castle competition, soap stone fetish carving, beading, tule weaving, rock painting, origami, smudge stick making, salmon protection, a Harmful Algal Bloom (HABs) presentation, water quality monitoring presentation, and archery.

On the last day, youth were able to travel to Goose Point, located in the Coos Bay Estuary, and partake in an archaeological investigation. This once in a lifetime opportunity was followed by a potlatch ceremony at Coos Head where camper families



Commercial Tobacco prevention swag

were able to enjoy lunch together, throw atlatl, play náuhi'níiwas, and exchange the potlatch gifts they had been working so hard on all week.

It was so great to have are youth together again. Can't wait for the next camp, which is slated for Spring Break 2022. Keep your calendars open and see you there.



Tribal Biologist John Schaefer leads campers in tide pool exploration

Goose Point Archeology Presentation with THPO Courtney Krossman

Breathe Deep and Take Care

Contributed by CTCLUSI Health & Human Services Department

These past weeks have been unsettling. It makes sense if it's hard to concentrate or to take in everything that's going on. It is important to make self-care a priority.

Breathe deep. Take a walk. Talk to your loved ones. Those simple acts can help us feel more grounded when we are stressed.

Here are some other ways to take care of yourself:

- Unplug from the news for a while.
- Play music you love.
- Practice a hobby that you enjoy.
- Read a good book.
- Watch a favorite movie.
- Cuddle with your pet.

And remember that taking precautions to keep yourself and your community safe from COVID-19 is also a way to take care: wear your mask, watch your distance, limit your gatherings and wash your hands frequently.

Visit https://www.safestrongoregon.org/mental-and-emotional-health for more resources, including how to contact the Safe + Strong Helpline and information in languages other than English.

It's okay to give yourself this moment to believe that things can be okay.

Culture Camp - Honoring the Sacred

Contributed by Mark Petrie, Tobacco Prevention & Education Program (TPEP) Coordinator

For me, summer feels so much more fulfilling when we have the opportunity to put on summer camps/activities with our youth. It's a time for fun, learning, connecting, reflecting, building, exercising, getting in touch with our Indigenous roots and more. This year's Culture Camp was a blast! Many impactful memories were made and cultural experiences were formed throughout the week – marking another successful Cultural Camp!

The TPEP funds were able to pay for my time at camp, and also supply the campers & staff with swag with the theme "Honoring the Sacred" - bringing awareness to the many things we hold sacred in our lives, which includes, but not limited to: family, land, water, air, fire, animals, plants, and our connection and relationship to each of them. One plant in particular that I had the honor to emphasize during camp was our sacred tobacco plant, daha (Hanis)/dahai (Miluk)/ chiiyuusan (Siuslaw, Lower Umpqua).

Today, we often find that tobacco has a bad name, being predominately associated with the highly addictive and harmful cigarettes, chew and other commercial tobacco products. My goal is to bring more awareness of our traditional use of the tobacco plant as Indigenous people, while also talking about how the plant has been



Tribal Forest Lake Tract - Berry Picking Event

misused by the commercialization of it for profit by the Tobacco Industry. "Keep it Sacred", "Smoke Salmon, Not Cigarettes" are a few phrases we have adopted in the TPEP work to raise awareness of the harms of commercial tobacco use, and the importance of the traditional tobacco within our culture.

Luuwii (thank you) for reading and please feel free to reach out to me if you have any questions – mpetrie@ctclusi.org; Office Phone: 541-435-7217.



Campers Carve Soapstone Animal Figurines

Swimming activity at Indiola, Deadwood



Campers practice atlatl throwing with Jesse Beers

Safety Tips for Returning to School during COVID-19

Contributed by Kristy Petrie, RN BSN, Community Health Nurse

Making the choice of having your child go back to school, participate in distance learning, or do a hybrid schooling model can be a difficult choice. It is our hope here at the CTCLUSI Health Department that this article will help you make an informed decision on what is best for your child and family unit.

Social Distancing or Physical Distancing

Remaining 3-6 feet between individuals had been proven to reduce the spread of disease (including COVID-19). Weighing the risks and benefits of in-person schooling for children may be at different levels of social distancing based on the child's age and developmental stage. Here are some tips from the Mayo Clinic to practice social distancing during inschool schooling

- Avoid gathering at locker spaces, as it can become crowded.
- Eating outside when possible, or in well ventilated area.
- There may be changes to the schools to reduce risk of exposure. Schools have already implemented safety measures, and it is important to note that what works best for one school district may not work best for another. We are all in this together, and the priority is to keep our children safe, and healthy. Some of these safety measures may include, yet are not limited to the following;
 - o Reducing the number of children on school busses.
 - o Creating one-way traffic in school hallways.
 - o Dividing students up into district groups or cohorts that stay together during the school day and reducing interactions between different groups.

Wearing a Mask

The WHO and CDC recommend wearing cloth face masks in public places where it is difficult to properly social distance. If your child's school requires or encourages the use of cloth face masks, here are some tips we hope that are helpful:

- Wearing of a face mask should be practiced when socially distancing is difficult. Settings where this may apply include:
 - o When riding on the bus
 - o Carpool drop-off or pickup
 - o Entering the building, or when closer than 3 feet from someone.
- Label your child's mask clearly so it's not confused with another child's.
 - o Tip: You can personalize masks to make them more appealing to wear by the child and/or adult. A lanyard can be made to help preventing dropping or losing the mask when they don't have to wear them (when outside, or during a mask break).
- Practice properly putting on and taking off cloth face masks with your child while avoiding touching the cloth portions.
- Remind your child that they should clean their hands before and after removing their mask.
- Talk to your child about the importance of wearing a face mask and model wearing them as a family.
- Remind your child to never share or trade masks with others, even if they are family or close friends.

Do **NOT** place a face mask on children younger than 2 years of age, and/or a child that has any breathing problems, or a child who has a condition that would prevent him or her from being able to remove the mask without help.

Stay Home if Sick

You should monitor your child each day for signs of COVID-19. These include:

- Fever
- Nasal congestion or runny nose
- Cough
- Sore throat
- Shortness of breath
- Fatigue
- Headache
- Muscle aches
- Nausea or vomiting
- Diarrhea

- Poor appetite
- New loss of taste or smell
- Belly pain
- Pink eye (conjunctivitis)

What to do if your Child is Exposed to COVID-19

If your child will be attending in-person school, take steps to be prepared for possible exposure to COVID-19 and changing scenarios.

- Develop a plan to protect family and household members who are at risk of severe illness, such as those with compromised immune systems or chronic conditions.
- Make sure that your emergency contact information and school pickup and drop-off information is current at school. If that list includes anyone who is at risk of illness, consider adding an alternate contact.
- Find out how your school will communicate with families when a positive case or exposure to someone with COVID-19 happens and how they plan to maintain student privacy.
- Plan ahead for periods of quarantine or school closures. Schools may close if COVID-19 is spreading more in your community or if multiple children or staff test positive. Your child may also need to stay home if he or she is exposed to a close contact with COVID-19.

Following these steps can help you feel assured that your child is as safe as possible during the COVID-19 pandemic. For more information on what measures your local schools are taking to reduce the risk of illness, check with your local school district or health agency.



Delta Variant Vaccinated Information

Contributed by Kristy Petrie, Community Health Nurse

A COVID infection is concerning and dangerous for anyone, but those with diabetes face unique challenges that warrant extra precautions – especially considering the new Delta variant.

The Delta variant is one of the latest in a series of variants and has quickly become the predominant virus in US COVID cases. Part of what can makes a variant so dangerous is that it may spread more easily than the original virus. Data shows that the Delta variant is so far the most aggressive and transmissible version yet – with the CDC saying that this virus is as infectious (or transmissible) as chickenpox. The Delta variant now accounts for the majority of new COVID hospitalizations in the US, and unvaccinated people are at the highest risk of getting infected.



The best protection against the Delta variant is to be fully vaccinated – in the case of the Pfizer or Moderna vaccine, this would include both shots and the recommended two week waiting period after the second shot. So far, there has been data (not peer-reviewed) that the Pfizer vaccine is 96% effective against hospitalization for the Delta variant while the AstraZeneca vaccine (which is uncommon in the US but has been widely used in Europe) is 93% effective.

"I ask every patient and family if they have been vaccinated – whether they have diabetes or not. I tell them all to get vaccinated," said Dr. Cuttriss. "To parents of children who are not yet eligible for COVID vaccination, I tell them to be ready to get their child vaccinated once it becomes available for their age group. Keep up to date with the evolving guidelines and speak with your health care provider if you have questions or need additional guidance."

Dr. Buse agreed. "The most important thing to know now in the face of Delta variant and the emerging surge is that vaccination is the key to your best possible outcome," he said. "Wearing a mask will protect those around you but does less to protect you. The most important thing is to get the vaccine to protect your health and future wellness."

Good news for Language - Spirit Mountain Community Fund

The Tribes Language program received an amazing \$100,000 grant from the Spirit Mountain Community Fund provided by the Confederated Tribes of Grande Ronde. The grant will begin September 2021 and run through September 2022. We want to say what an honor and deep appreciation we extend to the Spirit Mountain Community Fund Committee. Language is a such a vital piece to any Tribe, and with your generosity, our Tribes get to continue preserving, revitalizing, and implementing our languages for future generations.

The Goals & Objectives of this year long grant are:

- 1. The Tribe's three (3) languages (Miluk, Hanis and Sha'yuushtl'a (and Quuiich) are very well documented despite the lack of fluent (first generation speaker) Native speakers. Today, the Tribe has identified well over 180 Tribal members who are interested in reclaiming and learning their indigenous languages. Further, the Tribe has developed word lists for Miluk (1,462 words), Hanis (9,898 words), and Sha'yuushtl'a-Quuiich (4,951 words) native languages.
- 2. The Project Goal: The project goal is to enhance and refine the Tribe's language repository, develop the ten (10) week curriculum, and to make the Tribe's native languages accessible for daily use of Tribal families and within CTCLUSI activities.
- 3. Objectives: through a written survey/assessment, living databases, and dictionaries, the project builds on the work completed over the last four (4) years and includes the primary objectives to be accomplished over the over the twelve (12) month project period. Each objective is designed to address a primary outcome, utilize specific impact indicators to track progress, and produce associated outcomes.

Enrollment Recommendations

Posted September 1, 2021

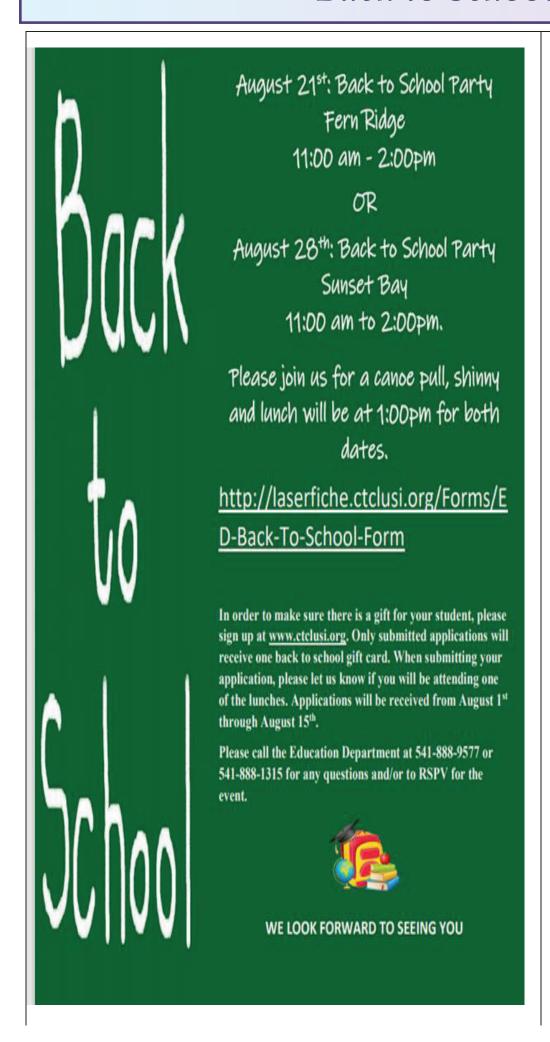
ENROLLMENT COMMITTEE'S RECOMMENDATIONS FOR TRIBAL MEMBERSHIP

The Enrollment Committee recommends that the enrollment of the Applicants listed below should be approved. Besides publication in the Tribal Newsletter, according to CLUSITC 7-1-36(i), this information will be posted in the Administrative Building, Tribal Hall, Outreach Offices, on the Tribes' website and at Three Rivers Casino for twenty-eight (28) days from the date listed above.

Hudson Angel Casillas	Paisley-Jean Noelle Lawrence
Parent: Kirsten Casillas	Parent: Allison Mariah Lawry
Lineal Descendant: Bennett Barney	Lineal Descendant: Roberta May Lawry
Tribe: Coos	Tribe: Coos

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

Back to School Time!



UPDATE:

Please accept our sincerest
apologies as we have to cancel our
in-person event. With Covid-19
cases rising in Lane and Coos
counties, it has been advised to
that we post pone
the in-person component.

All gift cards will be mailed out.

Deadline extended until the end of September 2021.

Please sign up!!!
This event supports Tribal families.

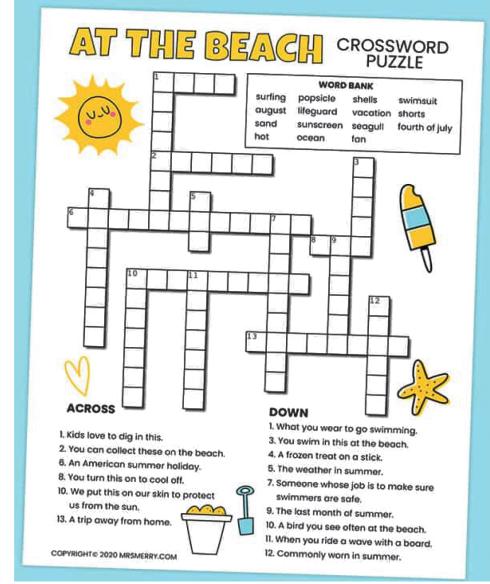
Please contact Karen Porter for questions & clarifications 541-888-1315 kporter@ctlusi.org



As families have prepared to start school this month, if they haven't started already, we hope that this transition will be as smooth as possible. With anxiety of the unknown at an all-time high, please remember to do what you can keep you and your family safe. Wash hands, wash hands, and wash those hands. With different states requiring different things from school districts, please be patient as we all try to reenter the classrooms. If you are feeling overwhelmed, give us a call, we will be glad to listen and see how we can help. We hope that you all have a great start to your school year and if you need anything or just an ear to listen, please reach out. The email address is Education@ctclusi.org or phone at 541-888-1315. We are here to help.

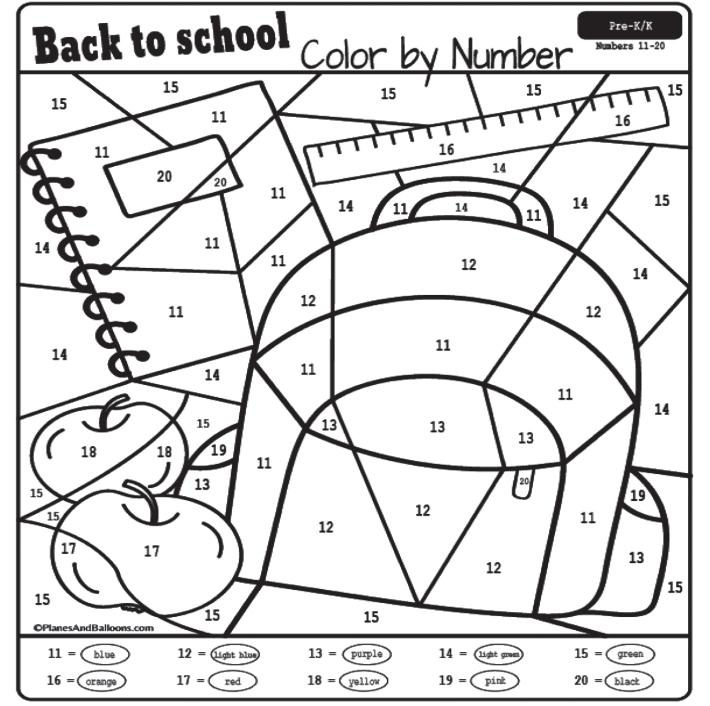
KIDS CORNER - FUN TIME PUZZLES!















Results of the Language Assessment

A big thank you to all who took the time to fill out the language survey. We held a raffle at the language committee meeting and the 4 winners received a novel or a blanket and smudge kit. The survey greatly benefits the Tribe in that participants are informing language revival as well as the language program informing participants!

Here are some highlights of the survey!

- There were exactly 58 participants who submitted responses; 56 were enrolled Tribal members and 2 were from those who reside in a Tribal household.
- 30% of participants recorded they have no experience of a native language
 - It's exciting that so many are not involved in language activities YET took the time to fill out the survey. Of these 30%, an interest in language was expressed. Thank you!
- Over 25% of respondents have participated in a language class so far. Another quarter had been unaware of the classes. The remaining half have not participated in any classes yet, but were aware there were classes. Nearly 78% so just over three-quarters of the respondents have at least some interest in the native language classes.

Language classes are returning Fall of 2021: See the next page for more information.

- 40% of the respondents said they are interested in virtual online classes. 37% were interested in in-person classes. The remaining respondents were interested in resources on the tribal website, sound recordings or social media.
 - We acknowledge that not everyone is available during the language class time and that is why we record the classes which you can find online at https://ctclusi.org/languageprivate/. There is also a 'word of the day' facebook page for each of the three languages. You can contact Enna Helms or Patricia Whereat Phillips to be added to the pages.
- The survey respondents are scattered across the country, from the Pacific to the Atlantic coast. However, most live in the far west - 63% in Oregon, 75% in the Pacific Northwest. Of the Oregon residents, nearly 70% live in one of the Tribe's 5 service counties. But even the 5 counties are spread out pretty widely, and many could find it more convenient to have access to remote classes or online learning materials versus attending physical classes.
- Only 3 of the respondents were potentially interested in a language class to satisfy requirements for higher education. To date, 1 language learner has satisfied their language requirement. The Tribe recently has established a process to see this work begin and there are plans to see students in the language grow from here! Seeing that 3 responded in need within this survey is fabulous!
- 55% of respondents learned that the Tribe has a language committee.

The language committee formed in August 2020 and the meetings are open to all Tribal members. They meet on the 2nd Friday of each month from 5:00pm-7:00pm via zoom at https://us06web.zoom.us/j/5288235223. There is one opening for the committee at this time too! We value Tribal community members' thoughts, questions, knowledge, experiences and interest around the Native languages as language is central to our Confederated Tribes' culture, history, and identity. gele, luuwii, iisha, hiis!

Free Monthly Workshop!

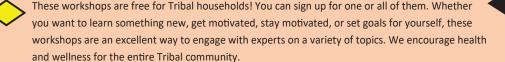
Sponsored by CTCLUSI Health & Human Service Division



Sign up for Healthy Family Workshops!

On a monthly basis, you can sign up to learn from professional guest experts about an array of valuable topics that will include:

- 1. Healthy Nutrition and Exercise for Busy Families and Individuals 7/22/2021 6:30-7:30pm
- 2. Creating Boundaries with Technology & Social Media for our Children 8/26/2021 6:30-7:30pm
- 3. A Wellness Approach to Managing Life & Stress (Walking in Balance) 9/23/2021 6:30-7:30pm
- 4. Staying Active & Healthy During the Fall & Winter Seasons 10/28/2021 6:30pm-7:30pm
- 5. Budgeting! Build Strong Budgeting Skills for Individuals and Families November Date TBD
- 6. Preparing for a New Year: Setting and Achieving Personal & Family Goals 12/21/2021 6-7pm



To RSVP Contact Carol Ann Young 541-435-7159





CTCLUSI is expanding the Childcare **Development Fund** (CCDF) program.

For a limited time ending September 30, 2021. The Income guidelines will be suspended allowing families that reside in the five-county service area to qualify.

Contact Meagan Davenport at mdavenport@ctclusi.org

Iliana Montiel at 541-888-7526 for more information.



Sponsored by the CCDF Program, per funding availability.

VIRTUAL LANGUAGE CLASSES

10 WEEKS - FALL 2021

MILUK

MONDAY 4:00-6:00 pm

September 27, 2021

October 4, 2021

October 11, 2021

October 18, 2021

October 25, 2021

November 1, 2021

November 8, 2021

November 15, 2021

November 22, 2021

November 29, 2021

HANIS

WEDNESDAY

4:00-6:00 pm

September 29, 2021

October 6, 2021

October 13, 2021

October 20, 2021

October 27, 2021

November 3, 2021

November 10, 2021

November 17, 2021

November 24, 2021

December 1, 2021

SHA'YUUSHTL'A-QUUIICH

FRIDAY

3:00-5:00 pm

October 1, 2021

October 1, 2021

October 8, 2021

October 15, 2021

October 22, 2021

October 29, 2021

November 5, 2021

November 12, 2021

November 19, 2021

November 26, 2021

December 3, 2021



ZOOM

Join Zoom Meeting https://us06web.zoom.us/ j/83718181796?pwd=V2J neDZpc3NMTHRBV0RT

Meeting ID: 837 1818 1796

eTZpQIM0dz09

Passcode: 445329

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

New Tribal Chief of Police



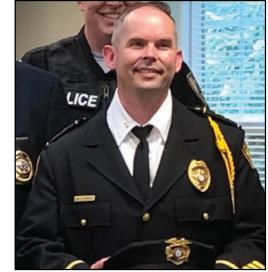
Judge Costello swearing in Dubray

August 12, 2021 Tribal Council held a Ceremony to swear in Brian Dubray as the Tribes new Chief of Police. The Honorable Judge Karen Costello administered the Oath of Office and served as witness to his signature. Council and Interim CEO, Carol Jacobs –Kosht welcomed him in his new role.

Brian Dubray began employment as a Sergeant for the CTCLUSI Police Department in 2014. During his tenure with the department, he has completed the Supervisor Leadership Academy and Organizational and Leadership and Management courses through the Department of Public Safety Standards and Training (DPSST). Brian was promoted to Lieutenant in 2016 and he currently holds his executive level certification through DPSST.

Brian currently maintains certification as a classroom instructor at DPSST's academy in Salem. He has served as a certified instructor in the following disciplines: Oregon Physical Abilities Test (ORPAT), Use of Force, Taser, Firearms, and Multiple Interactive Learning/ Training Objectives. (MILO), Active Shooter Preparedness Training, Alert, Lockdown, Inform Counter, Evacuate (ALICE) and he is a certified Field Training Officer. Brian also attended advanced leadership training at the Law Enforcement Executive Leadership Institute and the Oregon Executive Development Institute, and he has been a member of the Oregon Association of Chiefs of Police since 2016. Brian also holds an A.S. in Music and a B.S. in Criminology and Criminal Justice.

Beginning his law enforcement career in 2002, as a Reserve Officer, he later was promoted to Reserve Sergeant with the North Bend Police Department. He also worked as a Dispatcher at the North Bend Police Department beginning in 2003. He continued in law enforcement and was employed by the Coquille Tribal Police Department as a Police Officer in 2006.



Brian Dubray, Chief of Police

In addition to his patrol duties, he implemented a bicycle patrol program, served on the Coos County Major Crimes Team and was the coordinator of the Coos County Child Safety Seat Coalition. Brian is a Senior Checker certified Child Passenger Safety Seat Technician. Brian also obtained his advanced certification through the Department of Public Safety Standards and Training (DPSST).

After the ceremony, he expressed his gratitude to Tribal Council for their support and guidance to help ensure a highly trained and qualified Police Department. In addition, Brian would like to thank retired Police Chief, Brad Kneaper. Police Chief Kneaper



created a foundation and culture of servant leadership to the Tribe and its members, and he provided a professional example of leadership that will be difficult to follow. He is excited to lead the CTCLUSI Police Department in continuing its mission on working together with the Tribal community to serve the Tribal members, employees, and guests who visit or reside upon Tribal lands.

All CTCLUSI Staff were invited and attended virtually via Zoom and offered him congratulations. Some who attended in person were Brian's wife, Ramona and former Police Chief Brad Kneaper. In addition to those present were members from CTCLUSI Tribal Police, Oregon State Police, North Bend Police, Coquille Tribal Police, Coos County Sheriff's Office, Coos County Parole and Probation, Coos County District Attorney, Columbia River Inter-Tribal Fisheries Enforcement, Florence Police Department, Columbia County Sheriff's Office, Cow Creek Tribal Police, and the Department of Public Safety Standards and Training (DPSST).

COMING SOON

2021-2022 Flu Vaccines at CTCLUSI

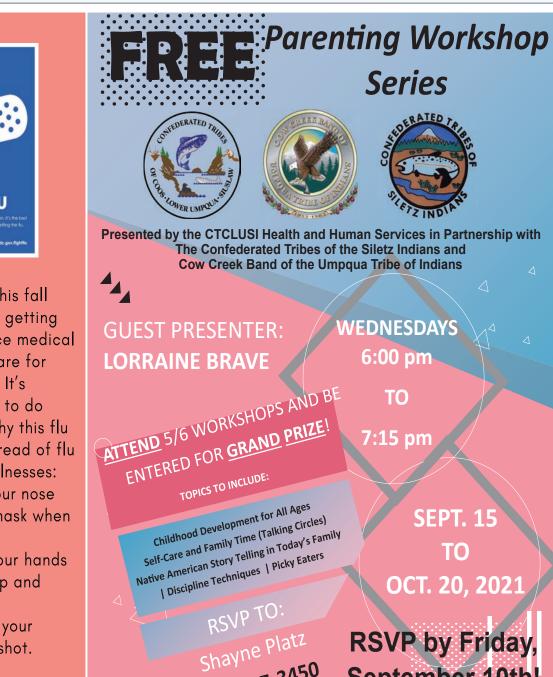




Information and Sign up Available on ctclusi.org September 2021.

Getting a flu vaccine this fall can reduce your risk of getting flu and help save scarce medical resources needed to care for people with COVID-19. It's important for everyone to do their part to stay healthy this flu season. Prevent the spread of flu and other respiratory illnesses:

- Mask Up: Cover your nose and mouth with a mask when out in public.
- Lather Up: Wash your hands frequently with soap and water.
- Sleeve Up: Roll up your sleeve to get a flu shot.



Healthy Baked Desserts in Jar Making

with SDPI & Culture

Join live via ZOOM Monday, September 20th from 6:00 -7:30 PM (PST) or view the recorded session

@ https://ctclusi.org/youth-services-private/

https://zoom.us/j/93309908556? pwd=STYwK2ZNaVRKbDg5QzZWNkV0TXJHUT09

Meeting ID: 933 0990 8556

Passcode: 022849

Family Participation is encouraged!

For more info, supplies, and/or to sign up, please

contact: Ashley Russell

(541) 888-7511 or arussell@ctclusi.org

Feather Dance Fans

September 10th!

with Culture & Family Services

Join live via ZOOM Monday, October 4th from 6:00 - 7:30 PM (PST) or view the recorded session

@ https://ctclusi.org/youth-services-private/

https://zoom.us/j/93309908556? pwd=STYwK2ZNaVRKbDg5QzZWNkV0TXJHUT09

Meeting ID: 933 0990 8556

Passcode: 022849

Family Participation is encouraged!

For more info, supplies, and/or to sign up,

please contact: Ashley Russell

@ (541) 888-7511 or arussell@ctclusi.org

Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Kimmy Bixby of Community Health Services with information for an article to be published in a future edition of The Voice of CLUSI newsletter. Many thanks go out to our Elders for all that they have done for our Tribal community. We hope to use this opportunity to highlight a few of your many accomplishments. *Thank you Elders!*Contributed by Kimmy Bixby, Community Health Aide



Wendy Hovind Jackson

Favorite Hobbies:

- Family
- Tennis
- Travel

Favorite Sayings:

"Drink lots of water, put sunscreen on every morning and remember to appreciate/ feel gratitude that I am a breast cancer survivor!"

Wendy Hovind Jackson

Siuslaw

Immediate Family:

 Daughter of Nadia Barrett Hovind and Buzz Hovind; sister to Cynthia Hovind and Mike Hovind (walked on); and wife of Wayne Jackson. She is also proudly related to many wonderful nieces, nephews, cousins, step-children, and grandchildren!

Proudest Accomplishments:

- Hearing their four grandchildren's sweet voices calling her Tutu (Grandma in Hawaiian).
- Her career she started working for her dad when she was 14 years old!
- After college, she worked for the Alaska Air Production.
- Being a 10+ year survivor of breast cancer!

Bucket List:

- She just turned 66 and hopes to continue to have a long, healthy and active life!
- She would love to see all of her grandkids, nieces and nephews graduate.
- Dance at her grandkids', nieces' and nephews' weddings.
- Hold her great-grandchildren someday.
- Move back to Oregon someday!



Chris Nelson

Favorite Hobbies:

- Going to the river.
- Hiking out to the beach.
- Camping.
- Exploring new places outdoors.

Favorite Sayings:

"Hey, every time something bad happens, something good comes out of it."

Chris Nelson

Coos

Immediate Family:

 Son to Joy Nelson and LeRoy Nelson. Brother to Melody Nelson. Proud uncle to Kory Dawson, and cousin to Brenda Brainard, among many more.

Proudest Accomplishments:

- Raised his nephew.
- Learned how to re-walk after a knee replacement.
- Had four neck surgeries; no pain pills.

Bucket List:

- Go skydiving.
- Work dangerous jobs in another Country.
- Racing flat-bottom jetboats.

WE STILL HAVE CHROMEBOOKS LEFT!!

Please sign up at www.ctclusi.org under the Housing Department page.

Chrome

Hurry before they're gone. We have a little under 90 left...



CTCLUSI can provide financial aid for you to become an at-home Oregon State Licensed daycare provider!

Contact Meagan Davenport at mdavenport@ctclusi.org

Iliana Montiel at 541-888-7526 for more information.

Solvie DERATED TRIBLES

OF TOWER UMPOUNS STATES

Sponsored by the CCDF Program, per funding availability

SUMMER SCHOOL

Continued from page 1

cultural relevant materials and were well behaved and represented the Tribes commendably. Whether we were picking berries at Hazen's Blueberry Farm, clam digging in the bay canoeing and playing shinny at the parks, potlach at Sunset Bay, or communicating with staff for the two weeks. While they were times I used my coaching voice, students were very quick to refocus and carry out tasks. Students were able to paint bird houses, participate in a cultural resources protection activity, take part in language classes, work on their beading skills, learn how to gather cedar bark, make a sourdough starter, have conversations about healthy eating habits, play prevention bingo, make fruit leather and ice cream, work in a garden activity, work very hard during a forest activity and practice their shinny skills.

The Potlach was a great success with so many lending hands, it was amazing to see it all come together. I know the adults were running on fumes by that day, but it never showed. The kids had a great time. Made special by having our food made in our kitchen, the salmon cooked over fire on the beach, paddle dance in the field, individualized handcrafted sweatshirts and the gift bags we were able to give each student. Beautiful weather made this the perfect end to our Summer School.

Many thanks go to: Tribal Council and Administration for allowing this event to take place in person (while we could and the cases were low), Karen Porter, Eriq Acosta, Ann Petrie, Eddie Helms, Julie Siestreem, Pam Davies, Delilah Baldwin, Doug Barrett, Jesse Beers, Ashley Russell, Mark Petrie, Enna Helms, Chief of Police Brian DuBray, Courtney Krossman, Janet Nisser, Colin Beck, John Schaefer, and Desiree Kane. Without all of these people working together, this wonderful event would not have been able to happen. With all due respect and gratitude – THANK YOU!



Doug Barrett and Ann Petrie helping students participate in flint napping.



Students enjoying a break from the classroom.



Students painting their birdhouses.



Zhade Beers enjoying her clay activity.



Doug Barrett getting campers ready to run!



Students playing shinny at Sunset Beach.

The Top 10 Essential Oils for Stress in 2021

Contributed by CarolAnn Young, Behavioral Health Care Coordinator

A quick look at the best essential oils for stress:

Best for relaxation: Lavender
Best for sleep: Chamomile
Best for meditation: Orange
Best for anxiety: Sandalwood
Best for stress: Clary sage

Best mood lifter: Lemon
Best for diffusing: Bergamot
Best for topical use: Rose
Best for depression: Jasmine
Best for rest: Ylang ylang

Aromatherapy can be a natural remedy for stress relief. The practice involves inhaling the scent of essential oils, which are extracted from plants, in order to promote health and well-being.

Your olfactory system directly affects the part of your brain that regulates emotion. That's why smells can trigger memories and elicit feelings — both negative and positive. Aromatherapy can help in reducing stress and anxiety to engage a general state of calm.

Essential oils are highly concentrated, which means you should exercise caution when trying them for the first time. They should also be used in moderation, especially if being applied topically, since they're absorbed into the skin.

There are several ways to use essential oils for stress, from applying topically to inhaling the scent after diluting with water. A general rule of thumb is to follow the specific instructions for each essential oil you try. If you're going to apply it topically, it's best to test the oil on a small area of skin first to identify a potential reaction.

www.healthline.com/health/mental-health/essential-oils-for-stress#A-quick-look-at-the-best-essential-oils-for-stress

DISCLAIMER: Always discuss with your medical practitioner before using any alternative medicines, natural supplements, or vitamins. All information, content and product descriptions contained are for reference purposes and are not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. You should not use this information for treating a health problem or disease or to make a self-diagnosis. Contact your health care provider immediately if you suspect that you have a medical problem. Essential oil Products have not been evaluated, nor regulated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease. Diffusers emitting a lovely, nose-pleasing aroma may seem benign, but can be unsafe since it uses water vapor to diffuse tiny oil droplets into the air. Inhaling diffused oils is known to cause negative respiratory effects on humans and pets, if used in a small space and/or for an extended period of time. You should consult with any Aromatherapist about essential oil usage and always inform your primary care physician what you are using as they may not be conducive with his/her prescribed therapy and medications.

Know Your Masks

Recommended



Medical procedure masks (sometimes referred to as surgical masks or disposable face masks)



Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)



Masks made with breathable fabric (such as cotton)



Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Masks with two or three layers



Masks with inner filter pockets

Not Recommended



Masks that do not fit properly (large gaps, too loose or too tight)



Masks made from materials that are hard to breathe through (such as plastic or leather)



Masks made from fabric that is loosely woven or knitted, such as fabrics that let light pass through



Masks with one layer



Masks with exhalation valves or vents



Wearing a scarf/ski mask

For more information go to the CDC, Guidance for Wearing Masks.

Positive COVID-19 Results and CTCLUSI Resources

Contributed by CTCLUSI Health Department

COVID-19 cases in Oregon are higher than they have ever been since the beginning of the pandemic. On August 13, the Oregon Health Authority (OHA) reported 733 hospitalized COVID-19 positive patients, the single highest daily count since OHA began reporting hospitalization trend data. This total represented a more than seven-fold increase from the 99 hospitalized COVID-19 patients reported on July 9.

Are you a CTCLUSI Tribal member that has an active COVID-19 positive test? CTCLUSI has resources for members in the five-county service area (Curry, Coos, Lincoln, Lane, and Douglas). Resources are provided to those with proof of a recent COVID-19 test, and are actively in quarantine/isolation. Resources include, yet are limited to food, electrolytes, cleaning supplies, over the counter medications (we have a pre-approved list), and personal protective equipment. These resources are provided to help keep contagious Tribal members home for the 14-day quarantine period. This is an effort to help our Tribal members and help prevent the spread of COVID-19 in our community.

How to get a COVID-19 Quarantine/Isolation Kit:

- 1. Send photo proof via email or text photo proof to your local Community Health Aid (CHA), or Community Health Nurse. The test must be completed at a pharmacy or health care facility. Over the counter tests are not valid.
- 2. A CHA will review the COVID-19 kit checklist with the COVID-19 positive Tribal member.

a. Armando Martinez:

i. Email: amartinez@ctclusi.orgii. Phone Number: 541-888-7228iii. Cell Phone: 541-999-4151

b. Doug Morrison:

i. Email: dmorrison@ctclusi.org

ii. Phone Number: 541-997-6685 x 7701

iii. Cell Phone: 541-297-2391

c. Kimmy Bixby:

i. Email: kbixby@ctclusi.org

ii. Phone Number: 541-744-1334 X 7165

iii. Cell Phone: 541-808-8684

d. Kristy Petrie:

i. Email: kpetrie@ctclusi.orgii. Phone Number: 541-888-7521iii. Cell Phone: 541-294-8391

Language Committee Vacancy

There is a vacancy for position #5 with a term that goes until 12/31/23. Position #5 will be posted until filled. The Language Committee meetings regularly on the 2nd Friday from 5:00-7:00pm of each month. If you are interested in joining the language committee please submit your letter of interest to Jeannie McNeil at jmcneil@ctclusi.org or fill out this form: https://laserfiche.ctclusi.org/Forms/LetterofInterest. All letters of interest are kept on file for one year.



Department of Human Resources

Current CTCLUSI Job Opportunities

Coos Bay, Oregon

Archive & Technical Assistant
Certified Alcohol & Drug Counselor I
Clinic Dentist
Chief Executive Officer
Circles of Healing Program Coordinator
Director of Health & Human Services
Grants Compliance Officer
Grants & Contracts Reporter
Purchase Referred Care Specialist
Social Worker

Florence, Oregon

Administrative Assistant - Licensing Surveillance Agent I. - Graveyard Wastewater Treatment Worker

For full job posting and to apply online, go to:



https://ctclusi.org/human-resources-job-opportunities/

Fan STARTS HERE







MONDAY CHICKEN MARSALA \$14

TUESDAY HOMESTYLE BEEF STEW \$11

WEDNESDAY TUNA MELT \$11

THURSDAY CHICKEN CLUB WRAP \$10

FRIDAY & SATURDAY PRIME RIB \$18 Served from 4pm-9pm



COOS BAY

LIHEAP

Low Income Home Energy Assistance Program

There is new program change! Eligible households no longer need to reside with the Tribes five county service delivery area to be eligible; however, households must reside within the State of Oregon. The Health and Human Services Division continues offering Heating or Cooling assistance during the summer months for qualifying low income households. To receive assistance contact the Health and Human Services Division or fill out an application on the CLUSI website at https://laserfiche.ctclusi.org/Forms/LIHEAP. To qualify, your annual and household gross income must be at or below the following income limits:

1 Person Family	\$27,805
2 Person Family	\$36,361
3 Person Family	\$44,916
4 Person Family	\$53,472
5 Person Family	\$62,028
6 Person Family	\$70,583



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

Tribal Enrollment Card

SSI or SSDI Statement of Benefits

ard Child Support <mark>Statement</mark>

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 Health and Human Services staff member to assist you at 541-888-6169. If you have any questions regarding the LIHEAP program, please contact Shayne Platz at 541-297-3450.



CURRENT JOB OPPORTUNITIES

Three Rivers Casino Resort (Florence)

 ${\sf Director-Food~\&~Beverage~^Supervisor-Food~\&~Beverage}$

Bartender ~ Barback ~ Cocktail Beverage Server

Food & Beverage Lead ~ Busperson ~ Host

Food Court Runner/Dining Room Attendant

Food Court Cashier/Barista

Food Court Outlet Lead Cook ~ Food Court Outlet Cook ~ Line Cook

TDR Staff ~ Prep Cook ~ Night Cook/Cleaner

Dish Machine Operator

Hotel Front Desk/PBX Clerk ~ Telephone Specialist

Guest Room/Laundry Attendant

Table Games Dealer ~ Slot/Keno/Bing Attendant

Environmental Services Technician 1

Casino Service Host

Banquet/Events Coordinator ~ Special Events Team Member Players Services Representative ~ Soft Count Team Member Information Technology Technician II ~ Security Officer 1

Three Rivers Casino Resort (Coos Bay)

Security Officer Dual Rate Lead ~ Security Officer 1

Environmental Services Technician 1

Bartender/Server Lead ~ Bartender/Server

Line Cook

Electronic Gaming Machine Team Member

Player Services Representative Dual Rate Main Banker

Player Services Representative 2 ~ Player Services Team Member

(jobs <u>updated</u> daily)

RED means not actively interviewing, offer pending

Updated 8/6/2021

