

Fall season is time for flu vaccine

Warm Springs Community Health and IHS are urging everyone 6 months and older to get an annual flu shot, especially as the Covid-19 pandemic persists.

Flu vaccines are safe and effective, and with ongoing Covid-19 outbreaks, it is more important than ever to get a flu shot to keep the people around you healthy.

While it is unclear how the pandemic will affect the flu season, the Centers for Disease Control and Prevention are preparing for Covid-19 and seasonal flu to spread at the same time. It's referred to as a

'twindemic' of two potentially fatal viruses circulating at the same time. This could burden the health care system and result in many illnesses, hospitalizations, suffering and deaths.

Getting a flu vaccine is an easy thing to do, helping to reduce the spread of flu this fall and winter.

The flu vaccine may take up to two weeks to become effective, so getting it earlier in the season—is ideal.

The flu vaccine is available at Community Health at the clinic, and at clinics around the reservation com-

munities.

Along with the vaccine, additional ways prevent the spread of flu include:

Staying home from work or school when you are sick, and limit contact with others. Covering your nose and mouth with a tissue when you cough or sneeze.

Washing hands frequently with soap and water.

Use an alcohol-based hand rub if soap and water are not available.

Avoiding touching your eyes, nose and mouth.

Cleaning and disinfecting surfaces and objects that may have flu germs on them.

Avoiding getting coughed and sneezed on.

Fishery through Dec.

The tribes of the Columbia River chose to conclude commercial gillnet fishing earlier this month. Steelhead counts this year exceeded preseason projections, and catches matched the larger run size.

Platform and hook-and-line fisheries will remain open through December 31 for both subsistence and commercial use.

Covid guidelines for platform and hook-and-line: Please review the Safe Fishers, Safe Fisheries guidelines to help prevent the spread of Covid-19, and protect the vulnerable members of the tribal community: critfc.org/safe-fishers-safe-fisheries/

If you have any fishing enforcement problems or need assistance or information, day or night, contact the Columbia River Inter-Tribal Fisheries Enforcement Office, 541-386-6363 or toll-free 800-487-FISH (3474).

Show pride in your tribe's treaty rights by carrying your tribal ID. Please consult your tribal Fisheries Department for additional details on tribal regulations. Please wear your life jackets for safety, and avoid overloading your boats.

As we rush to combat Covid-19 with effective vaccines, the Central Oregon Community College Nancy R. Chandler Visiting Scholar Program is hosting a timely and free virtual presentation, **Vaccines: History, Science and Ethics**, led by bioethicist Dr. Jacob M. Appel. The presentation will be at 6 p.m. on Wednesday, October 28. Learn more and register at: cocc.edu/foundation/vsp.

Note to Veterans

By definition a veteran is one who has served in the U.S. Army, Navy, Air Force, Marines Corps, Coast Guard, or the Space Force.

Veterans groups have a list of local veterans that is updated by word of mouth.

However, a survey has been formulated to gather such information, which will be useful to apply for grants to improve the quality of life for local veterans. The information is kept confidentially by the Warm Springs American Legion Auxiliary. You can find more information at their website: wsala48.org

Summaries of Tribal Council

The following are summaries of two September Tribal Council meetings.

September 24

The meeting was called to order at 9:08 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Alfred Smith Jr., Chairman Tsumpti, Raymond (Captain) Moody, Lincoln Jay Suppah, Anita Jackson, Glendon Smith, Chief Joseph Moses. Minnie Yahtin, Recorder.

Covid Response Team update.

2021 budget call backs:

- Human Resources with director Cheryl Tom
- Legal Aid with Toni Made, Floyd Calica and Michele Stacona.
- Probate with Valerie Squiemphen
- Governmental Affairs with Louie Pitt
- Tribal Council support with Norma Miller-Heath.
- State lobbyist with Matthew Hill.
- Tribal Gatherings with Tribal Council.
- TERO Commission with Lupe Katchia.
- Warm Springs Composite with CEO Jacob Coochise.
- Warm Springs Credit Enterprise with general manager Lori Fuentes.
- Branch of Natural Resources with general manager Robert Brunoe.

sources with general manager Robert Brunoe.

• Human Resources with H&HS general manager Caroline Cruz.

Motion by Captain to adjourn at 4:50 p.m.

September 25

The meeting was called to order at 9:18 a.m. by Chairman Raymond Tsumpti Sr. Roll call:

Chairman Tsumpti, Raymond (Captain) Moody, Lincoln Jay Suppah, Vice Chair Brigette McConville, Glendon Smith, Chief Delvis Heath, Chief Joseph Moses. Minnie Yahtin, Recorder.

2021 budget call backs:

- Public Safety – Carmen Smith
- Timber LLC with Cal Mukumoto.
- Fish and Wildlife Committee On-Reservation with Ronald Suppah.
- Fish and Wildlife Committee Off-Reservation with Bruce Jim.
- Health and Welfare Committee with Cassie Katchia and Eugene Greene Jr.
- Land Use Planning Committee with Lyle Katchia.

COVID Team Update:

- Consensus to accept the Teams recommendation to

continue at 100 percent work force.

2021 Budget call backs continued:

• Education Committee with Ardis Clark

• Tribal Council discussion will continue on Monday.

With no further discussion the meeting adjourned at 3 p.m.

September 28

The meeting was called to order at 9:08 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Lincoln Jay Suppah, Chairman Tsumpti, Raymond (Captain) Moody, Chief Alfred Smith Jr., Anita Jackson, Glendon Smith, Vice Chair Brigette McConville, Wilson Wewa Jr., Chief Joseph Moses, Chief Delvis Heath. Minnie Yahtin, Recorder.

• Finalize 2021 budget with Alfred Estimo Jr. and Dennis Johnson:

The discussion will continue tomorrow, September 29.

• AT&T FirstNet – Beaver Butte update with AT&T representatives, Sue Matters of KWSO, and James Halliday, Land Services Administrator:

To be presented to executive committees for review.

Motion by Brigette to adjourn at 5:20 p.m.