

Envision Cameron

Programmatic Meeting #2

December 1, 2020
1 pm – 2:30 pm (Arizona Time)

Videoconference | Teleconference Options

<https://us02web.zoom.us/j/83751875798?pwd=WUdWR05ldVdBWkl1Qk53ZVlXdUtDdz09>

Meeting ID: 837 5187 5798

Passcode: 100597

If by phone only: (346) 248-7799

1. Call to Order
2. Roll Call/Introductions
 - a. Brian Cole, Marilyn Reed, Stephanie Hall, Chris McKibben, Donald Irby, Rhonda Harvey, AJ Taptto, Tim O'Connell, Waylon Honga, Thomas Tso, Eileen Tohonnie, Colbert Dayzie, Alfrieda Littleboy
3. How We Got Here & Project Purpose—Brian Cole
 - a. Update newcomers
 - i. Had a meeting with TLE over sub agreements
 - ii. A lot of change is underway with recent elections
4. Administrative Perspectives—Stephanie Hall, Tolani Lake Enterprises
5. USDA Rural Development Perspectives—Tim O'Connell & Don Irby
 - a. Creating a Webinar with other Place Making grant winners
 - b. Don Irby will be working more programmatically
 - i. Shareholder announcements will be announced
6. Swaback Partners Perspectives—Chris McKibben and Colleagues
 - a. Gave Stephanie their agreement
 - b. Completed proposed schedule
 - c. Currently in Phase One – Research and Analysis phase
 - d. Start utilizing Dropbox to keep each other informed
 - i. 1.12 create subfolder for general placemaking articles
 - ii. More information is always better than less

7. Chapter/Community Perspectives—Marilyn Reed and Community
 - a. Taking COVID-19 very seriously, COVID-19 rates are really high
 - i. Additional COVID information attached below provided by Thomas Tso
 - b. Chapter house shut down – all working from home
 - c. Boundaries are contentious between grazing districts and Cameron Chapter
 - d. CLUPC is mainly focused on COVID-19
 - i. Needs support for CLUPC to participate - they need to know why this is an important project. Keep people informed. Perhaps a formal announcement to Chapter Leadership and CLUPC
 - ii. Suggested a meeting for this coming Thursday
 - iii. December 11th at 12 PM MST scheduled a meeting with Incoming President Charlie Smith and perhaps Candy Yazzie
 - e. Would like to get more members on board
 - i. Provide orientation
 - ii. Can utilize Navajo Thaw website to post information regarding Envision Cameron as a resource for others
 - iii. Perhaps a PowerPoint with a recorded orientation
8. Next Meeting—1st and 3rd Thursdays at 1 pm MST
 - a. December 17th at 1 PM MST
9. Adjourn

Additional COVID Information

COVID-19 🤔

VERY IMPORTANT INFO for family & friends.

🕒 Due to the collapse of the health system, the health professionals, have prepared this message for the people, in case you do not want to risk going to the hospital immediately.

🕒 Symptoms appear from the third day after infection (viral symptoms).

→ 1st phase

🕒 Body pain

🕒 Eye pain

🕒 Headache

🕒 vomiting

🕒 Diarrhea

Runny nose or nasal congestion

🕒 Decomposition

🕒 Burning eyes

🕒 Burning when urinating

🕒 Feeling feverish

🕒 Scuffed throat (sore throat)

→ It is very important to count the days of symptoms: 1st, 2nd, 3rd.

🕒 Take action before the onset of fever.

🕒 Be careful, it is very important to drink plenty of fluids, especially purified water. Drink plenty of water to keep your throat moist and to help clear your lungs.

→ 2nd phase; (from 4th to 8th day) inflammatory.

🕒 Loss of taste and / or smell

🕒 Fatigue with minimal effort

🕒 Chest pain (rib cage)

🕒 Tightening of the chest

🕒 Pain in the lower back (in the kidney area)

→ The virus attacks nerve endings;

🕒 The difference between fatigue and shortness of breath:

- Lack of air is when the person is sitting - without making any effort - and is out of breath;
- Fatigue is when the person moves around to do something simple and feels tired.

→ It takes a lot of hydration and vitamin C.

Covid-19 binds oxygen, so the quality of the blood is poor, with less oxygen.

→ 3rd phase - healing;

🕒 On day 9, the healing phase begins, which can last until day 14 (convalescence).

● Do not delay treatment, the sooner the better!

→ It is better to keep these recommendations, prevention is never too much!

- Sit in the sun for 15-20 minutes
- Rest and sleep for at least 7-8 hours.
- Drink 1 and a half liters of water per day
- All food should be hot (not cold).

→ Keep in mind that the pH of the coronavirus ranges from 5.5 to 8.5.

So all we have to do to eliminate the virus is to eat more alkaline foods, above the acid level of the virus.

- Bananas, Lime → 9.9 pH
- Yellow lemon → 8.2 pH
- Avocado - pH 15.6
- Garlic - pH 13.2
- Mango - pH 8.7
- Mandarin - pH 8.5
- Pineapple - 12.7 pH
- Watercress - 22.7 pH
- Oranges - 9.2 pH

→ How do you know you have Covid-19 ?

- itchy throat
- Dry throat
- Dry cough
- High temperature
- Difficulty breathing
- Loss of smell and taste

DO NOT keep this information just for yourself, give it to all your family and friends.

****Copy & Paste****