



Elwha News

čʔéʔtɬʷaʔ syácam

LOWER ELWHA KLALLAM

Tribal Business Council Prepares FY2018 Budget

The Tribal Business Council attended a Budget Work Session August 22-24 to review and finalize the 2018 Tribal Government budget. Council members and staff met with former Tribal Chairman Mel Sheldon of the Tulalip Tribe. Mr. Sheldon provided the group with a tour of the remodeled Tulalip Resort guest rooms, the Tulalip employee

services and intake department, and the new administration offices of the Tulalip Tribe. The Tulalip Tribal Council, made up of seven elected tribal members, met with the Elwha Klallam Tribal Council.

This Budget Work Session provided the Elwha Tribal Council with budgets projected plans from all tribal

programs. The final budget will be approved prior to the October 1, 2017 fiscal year start. Thank you to Chief Financial Officer Froilan Sarmiento for providing leadership to the Tribal Council during this process.



Tribal Council and staff gather in a recently remodeled guest room at Tulalip Resort. From left: Tulalip Council Member Mel Sheldon, Secretary/Treasurer Anthony Charles, Council Member Steve Robideau, Tribal CEO Bill White, Vice Chair Russell Hepfer, Chairwoman Frances Charles, Attorney Sam Hough, Executive Admin Sherry Curran, CFO Froilan Sarmiento, Grants Manager Tonya Greene, Council Member George Charles.

IN THIS ISSUE:

<i>Remembering Tribal Members..</i> Page 2,3	<i>Social Services.....</i> Page 8,9	<i>Elwha Clinic.....</i> Page 21
<i>Unity Conference.....</i> Page 6	<i>Education & Library</i> Page 12, 13	<i>Systems of Care.....</i> Page 26
	<i>Klallam Language.....</i> Page 16, 17	<i>Directory.....</i> Page 27



Tribal Members Attend Darrell Campbell Memorial in Canada

Picture courtesy of Lou Campbell (it's on the Lower Elwha Klallam Tribal/Community Member/Staff FB page)

Our elders traveled with us. We entered the floor together and then our elders were seated in the front row.



The Campbell family came to Lower Elwha on April 22, 2017 during the Memorial for the Late Gerald Charles Sr. and invited the Lower Elwha Community to attend the memorial of the Late Darrell Campbell of Ahoushat, BC.

Back in 2011, a tragic accident happened on Highway 112, right off River Road and Darrell Campbell's life was taken way too soon by a drunk driver. The Lower Elwha tribe stepped up to help the Campbell family in their time of need. When there is a traumatic and tragic situation, it was in our hearts to offer our help in every way we could, as they were a long way from their own territory.

During the Darrell Campbell Memorial, the Campbell family shared how thankful and grateful they are to the Lower Elwha Nation – they said there were no words to express how they feel – because they were beyond grateful. They wanted this message to be carried home to Elwha community: to the cooks, to the ones who gave up their homes, to the tribal nation for their generosity. They were humbly grateful for all the help in their time of need.

Arlene Wheeler

Tribal Journeys from Campbell River, Canada





Remembering Vincent Doebbler

In Loving Memory of Vincent W. Doebbler

June 3, 1957, Port Angeles, WA
August 2, 2017 Port Angeles, WA

Celebration of Life:

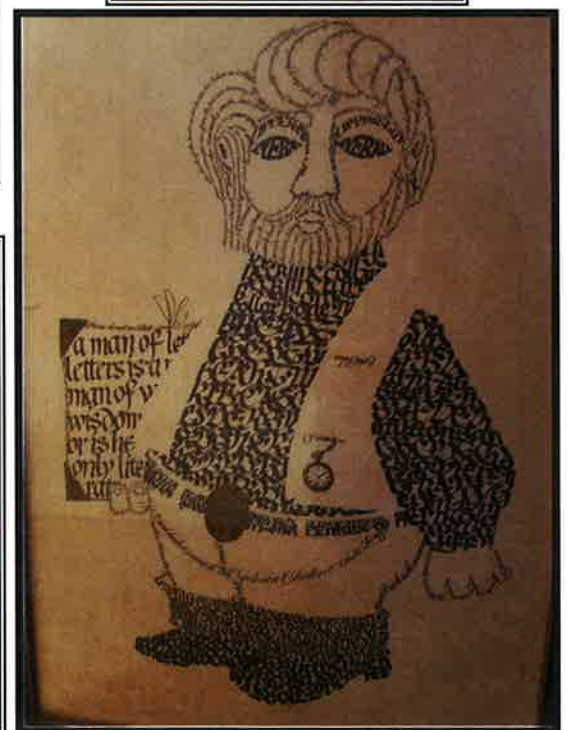
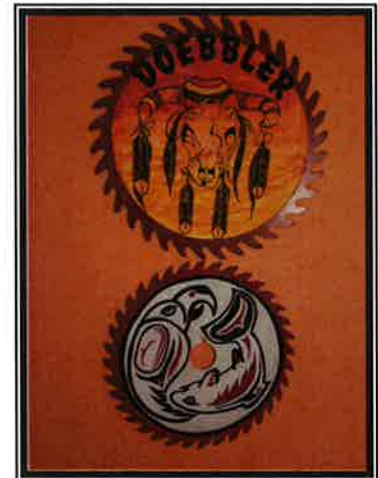
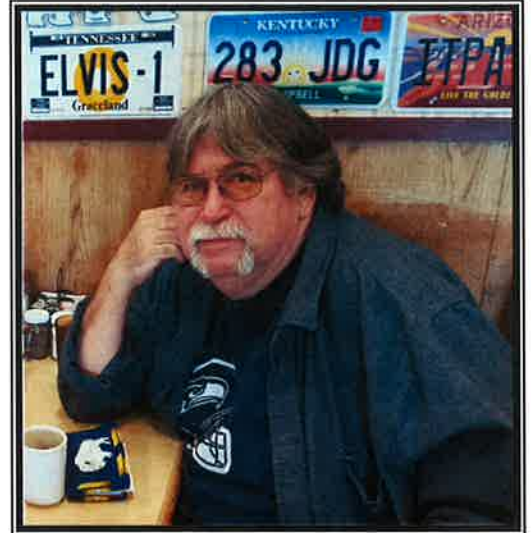
August 20, 2017 • 11:00 am to 3:00 pm
Lower Elwha Gym
Opening Prayer — Jamie Valadez
11:15 am — Open Mic
Elwha Dance Group
Dinner to follow at the
2851 Lower Elwha Road
Port Angeles, WA 98363

Survived by:

Father: Ronald Doebbler of Port Angeles, WA
Sisters: Pamela Johnson of Port Angeles, WA and
Stephanie (Roy Black III) Doebbler of LaPush, WA
Numerous Nieces, Nephews, Friends and Family

Preceded by:

Mother: Lorraine L. Doebbler
Brother: Kevin Doebbler
Nephew: Kristopher K. Doebbler
Great-Nephew: Ashton J.R. Johnson
Beloved Cat: Dottie





Welcome William (Bill) White, New Tribal CEO

New CEO assumes position. In case you haven't heard, we have a new CEO for the Lower Elwha Tribe. For some time now the Council has been seeking a way to increase the work on enterprise development, such as the casino and gas station, while improving the governmental services of the Tribe. The previous CEO, Michael Peters, was carrying both activities. But last month, an opportunity to change this happened when William (Bill) White returned to the Olympic Peninsula.

Although Bill wasn't looking for a full time position, having retired from Washington State, he was looking for a way to use his 30 years of public administration experience. His interest and willingness to come out of retirement and devote time and energy to the governmental services is fortunate. It allows Michael to devote his attention, full time, to enterprise development efforts. And Bill's experience and skills in leadership and executive management will assist in the governmental operations.

Bill is no stranger to the Peninsula, nor to the Tribe. He has worked for Olympic National Park, Olympic Memorial Hospital, and Clallam County. He left the Peninsula in 1995 to work for the Washington State Department of Health, and retired as their Deputy Secretary a few years ago. But he has never forgotten his brief time in the mid-70s working with the Lower Elwha Tribe. As Bill tells it;

My first job in public administration was the "director" of the tribal health department. It was in addition to my work as a grant writer. I was young and naive, and really didn't know all that much about

managing people. I had two lovely ladies to supervise, Bea Charles and Josephine Williams. I confess, I wasn't a great supervisor, I made mistakes, I learned a lot, and I never forgot those early years working with the Tribe. It has always be at the core of my being regardless of the jobs I have had. I think there is a certain closing of the "karmic" circle, if you will, in returning to the Tribe, where my public service work began, and bringing the years of experience and talents here, as I write the final chapter of my career.

Bill has a Bachelor of Science Degree in Public Health Administration. He was the Director of Community Development for Clallam County. He has attended several leadership schools, including the Public Health Leadership Institute at the University of North Carolina, and the Rocky Mountain Institute of Leadership. He is a native of Oklahoma and member of the Chickasaw Tribe. He has 3 children living on the Peninsula, and 20 grandchildren, of which all but 2 reside in the Sequim and Port Angeles area.

"I'm a little greyer, a little heavier, a little slower, and a little wiser than I used to be", quips Bill. "I am thrilled to have this opportunity, and I hope my efforts will improve Tribal services to the community and to staff." Please join us in welcoming Bill "back home".

Resolutions Approved by Tribal Business Council

#	Date	Action
54-17	6/26/17	Adoption of Amended and Restated 401k plan and Appointment of Retirement Committee-Approved
55-17	6/26/1	Approval of Evidence of Indian Blood Degree: Blood Degree increase for Virgil K. Johnson and Edward V. Johnson-Approved
56-17	6/26/17	Funding Increase: FY2017 Cost of Living Adjustment



Elwha Dental Clinic

Time for a Dental Check Up!

Even if you take excellent care of your teeth and gums at home, you still need to see a dentist regularly. Your dentist can check for problems that you may not see or feel. Many dental problems don't become visible or cause pain until they are in more advanced stages. Examples include cavities, gum disease and oral cancer. Regular visits allow your dentist to find early signs of disease. Problems can be treated at a manageable stage.

On average, seeing a dentist twice a year works well for many people. Some can get away with fewer visits. Others may need more frequent visits. People with very little risk of cavities or gum disease can do fine seeing their dentist just once a year. People with a high risk of dental disease might need to visit every three or four months, or more. This high-risk group includes:

- Smokers
- Pregnant women
- Diabetics
- People with current gum disease

- People with a weak immune response to bacterial infection
- People who tend to get cavities or build up plaque

The schedule for any person may change during a lifetime. In times of stress or illness, you may need to see the dentist more often than usual. The dentist may help you to fight off a temporary infection or treat changes in your mouth.



If you take good care of your teeth and gums at home and your dentist doesn't find any cavities or gum disease for a few years, he or she may choose to lengthen the time between visits. Ask your dentist the best schedule for your routine dental visits.

FUN TOOTH FACTS

1. No two people have the same set of teeth—your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
2. Your mouth produces over 25,000 quarts of saliva in a lifetime—that's enough to fill two swimming pools. Saliva has many uses, including assisting you with your digestion and protects your teeth from bacteria in your mouth.
3. Many diseases are linked to your oral health, including heart disease, osteoporosis, and diabetes.
4. If you get your tooth knocked out, put it in milk and hold it in your mouth—this will help your tooth to survive longer. Make sure you see a dentist right away.
5. The enamel on the top surface on your tooth is the hardest part of your entire body.

DENTAL ASSISTANT TRAINEE POSITION

The position for **Dental Assistant Trainee** is currently posted on the Employment Opportunities website at elwha.org. If you are looking for an exciting new opportunity to be a part of our dental team, please apply! The position of Dental Assistant Trainee is an entry level position that will start with basic training in the dental clinic setting in: infection control, cleaning and sterilization of instruments, cleaning and decontamination of treatment rooms, tooth charting, electronic dental records and providing basic dental support to the hygienist and dentists and chairside assisting. Enrollment in the online Peninsula College Dental Assisting Online course will be offered upon hire and involves a minimum one-year commitment with assistance and support from the dental staff. Lower Elwha Tribal members are encouraged to apply!



Unity Conference

Dear Lower Elwha Tribal Community Members,

All I can say is, "WOW!" It has been quite the month... I sure hope you all have been doing well. I have some updates to share with you all and I hope you all enjoy them.

Tribal Journeys, 2017 – Paddle to Campbell River, We Wai Kai & Wei Wai Kum Nation – "Standing Together" was a true success. I had the honor of traveling to Campbell River, British Columbia, to meet up with our Canoe Family members the day before the Final Landing. I am so proud of our Canoe Family members who traveled all the way and stayed until the very day of Tribal Journeys. That's the teachings, "When you start something, you finish it." I commend all of them for their dedication this year. The Thunderbird Big House and everything that took place during the week was ever so powerful, I cannot describe it in words. My hands go up to the Hosts of We Wai Kai and Wei Wai Kum First Nations for all of their hard work, dedication, long hours, planning, generosity, and hospitality they showed all of us that were present. It's not an easy task to fulfill.

Just a few weeks ago, we hosted the Today's Native Leaders (TNL) Training here at Lower Elwha. The TNL Program is under the United National Indian Tribal Youth (UNITY), Inc., organization. The TNL trainers and peers helped us plan Community Service Projects and gave us paperwork on how to form a Tribal Youth Council. I would say we had near one-hundred (100) attendees. There were visitors from the Nez Perce Tribe, Quileute Tribe and Squaxin Island Tribe. It was an honor to have those three Tribes represented at the training. I will soon be updating you all on what we as the Elwha Tribal Youth Council will be doing for our Community Service Project. We are excited to get this planned and on the road.

I am sad to announce that we lost a very kind and dedicated em-

ployee/Tribal member of our Tribe/Community, Vincent "Vinny" W. Doebbler. Vinny was a very awesome man and always had a smile on his face. I always enjoyed talking with him whenever I would see him at the Tribal Center during business hours. Vinny was truly a kind and humble man, and we will all miss him and his hard work. Please continue to keep the family and close friends in your thoughts and prayers as they transition into their next steps as Vinny travels to be with our Ancestors. Now, we've lost our Lower Elwha Tribal Housing Director, John Williamson who has worked for our Tribe and Housing Department for over 25 years. Please keep the family in your thoughts and prayers as they arrange his services, etc.

I hope the month of September, 2017, brings much happiness to each of you. May the Creator bless each of you, as well. I look forward to providing you more updates from August and September, 2017, in next month's edition.

Respectfully,

Jonathan J. Arakawa
Executive Committee Member, Youth Sector
Representative, Elwha Youth Coalition

Photo Below: Tribal Youth Attend the Unity Conference from left: Cheyenne Wheeler, Dion Tom, Jonathan Arakawa, Gary Johnson, Ally Cher Gee (Peer Leader from TNL), Gillian Elofson, Jasmine Jefferson, Bonnie Peters.





Tribal Chairwoman Represents the Elwha Tribe at Local Events



Former US Representative Norm Dicks and Chairwoman Frances Charles attended the Evans Wilderness Dedication Event. A section of the Olympic Wilderness was renamed the Daniel J. Evans Wilderness during a ceremony at Hurricane Ridge on August 18th. Mr. Evans is a former governor and U.S. senator, and his efforts played a key role in the preservation of more than 1.7 million acres of wilderness in WA state.



Attorney General Bob Ferguson and Lower Elwha Klallam Tribe Chairwoman Frances Charles at the Dan Evans Wilderness Dedication Event. The Evans Wilderness covers 877,000 acres in the Olympic National Park. There were more than 200 friends, family and former constituents at the park-sponsored ceremony at the Hurricane Ridge Visitor Center.





Tribe Receives Donated Baskets

The Tribe recently received a generous gift of five woven baskets.

Mrs. Marie Louise Beam of Port Angeles, delivered the baskets to the Tribal Center and talked with Chairwoman Frances Charles. Mrs. Beam stated that three of the baskets belonged to her Mother Edith Romick, who taught at the old Dry Creek Elementary School from 1923-1945. She recalled that her Mother remembered Adeline and Bea as well as a Bennett boy. The remaining two baskets were from her Mother-in-law who taught in the Elwha Valley from 1912-1914.

Mrs. Beam noted that the baskets are naturally faded, but the designs are discernable. Mrs. Beam was accompanied by her daughter Janet Estes.

The baskets are on display at the Heritage Center.



Mrs. Marie Louise Beam presents woven baskets to the Elwha Tribe. They are on display at the Heritage Center.



I continue to see clients in my home. Appointments can be made by calling (360) 460-5963. I see folks who are in need of counseling for domestic violence, depression, anxiety, PTSD, family issues, anger management, relationship issues in couples, and spiritual guidance from their own ways of believing and practice. I do home visits, convalescent homes, hospital, and crisis counseling as well as visits here in my home. I accept Medicaid, Regence, Premera, Veterans choice and referrals. Call me at anytime.

We will have Interfaith Devotions on the second and fourth Thursday in September at the Elders Lounge starting at 7:00 until 8:30pm. Snacks will follow Devotions. Let us all come together in Unity to celebrate our different paths back to our Creator.

Respectfully Roberta Charles



Social Services: Vocational Rehabilitation and Employment Program

The Lower Elwha Klallam Tribe’s new Vocational Rehabilitation Program is designed to provide employment and educational guidance to eligible American Indians and Alaskan Natives. We work with individuals with barriers. The following is the eligibility criteria for enrollment into the Lower Elwha Klallam Tribe Vocational Rehabilitation Program.

- Must be enrolled with a Federally-recognized Indian Tribe or Alaska Native Village. For example, if you are enrolled in a tribe from South Dakota, Eastern Washington or even Alaska, then you can be eligible. We cannot accept those that are enrolled in Canadian First Nations tribes or state only recognized tribes.
- Documentation that applicant has a physical or mental disability that results in a barrier to employment and that will require services to achieve employment. Examples of disabilities are chemical dependency (and in recovery), mental disabilities (such as fetal alcohol syndrome) and a physical disability (such as arthritis or back disorders).
- Determination that applicant will benefit from services to achieve employment and has a desire to work. You have to want to work!
- Reside in service area (includes the area within the boundary of the Hoko River and Sappho to the west, the Straits of Juan de Fuca to the north and McDonald Creek (between Port Angeles and Sequim) to the east. This is the Lower Elwha Klallam Tribe’s traditional land. We can reach out to Sequim residents in some cases.
- Determination of whether an applicant is using

federally illegal substances (including marijuana and medical marijuana) or prescription medications not prescribed to them. If positive, they must complete a drug and alcohol assessment and work with a treatment provider. Sorry, this is a federal rule even though it is permissible in this state.

Our Vocational Rehabilitation Counselors for this program are:

Jim Allen 360-460-7549
Jim.Allen@elwha.org

Lana Triece 360-565-7257 ext. 7457
Allana.Tricce@elwha.org

Lana’s office is in the Lower Elwha Klallam Tribe’s Social Services building and Jim has an office at the Heritage Center in Port Angeles. We work with the whole person. We help ensure your home life is secure before we start working towards your future. After all, you can’t build a strong building on a weak foundation. Please contact us if you or someone you know fits this eligibility criteria and is looking for work or some other viable future.

Jim Allen, VR Counselor

Employment Program: Our very own Jim Allen with the Tribal Vocational Rehabilitation Program has been awarded a certificate of completion for his training in Tribal Vocational Rehabilitation Studies through the Northwest Indian College. We are pleased to have such dedicated workers obtaining the necessary trainings to assist our community in the best way possible.

Highlights of the Month: Congratulations to Lazaro Tinoco, who is now working as a flagger on the highway at the Elwha Clinic. Lazaro recently became a certified flagger and was hired to assist to keep us safe.

September TANF Calendar:

9/7: Car Maintenance Workshop, Heritage Center Lab, 1-3pm

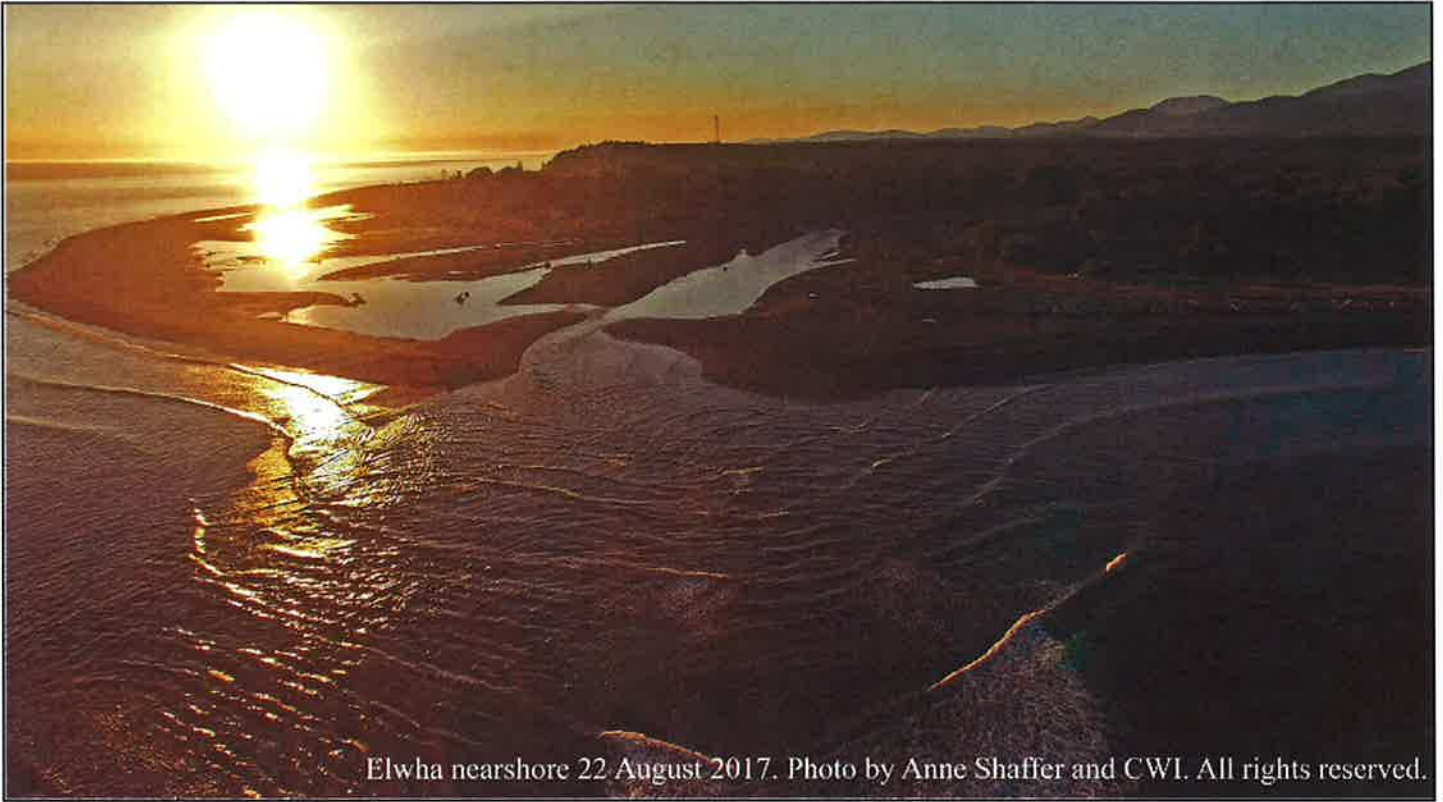
9/12 & 13: You’re Hired job readiness Workshop, Heritage Center Lab, 10am-4pm, Lunch provided

9/27: Klallam Cooks, Every Wednesday for 6 Weeks, Heritage Center Art room & Kitchen, 12-2pm

Melissa Gilman, 360-4178545, Ext 2917 OR Melissa.gilman@elwha.org



Natural Resources



Elwha nearshore 22 August 2017. Photo by Anne Shaffer and CWI. All rights reserved.

Elwha Nearshore on August 22, 2017. Photo by Anne Shaffer and Coastal Water Institute.



Squid eggs Beach Lake Elwha east delta 20 October 2016. Photo by Anne Shaffer and CWI. All rights reserved.

Squid eggs in wrack line along the restoring Beach Lake (east Elwha delta) shoreline 20 October 2016. We've not seen these in the Elwha nearshore before. Squid have historically been a very important food resource for our region's salmon and marine birds. They all but disappeared from our radar 15 or so years ago-but seem to have returned to the central Strait nearshore this summer and fall. An exciting new observation for Elwha nearshore that we hope is a harbinger for our future marine ecosystems.

Anne Schaffer

Coastal Watershed Institute



Elwha Transit



Update to Road Construction

Lower Elwha Road Re-construction Project will be completed by mid-October. After completion all power, phone, and fiber wiring will be underground. A three-way stop at Kacee Way and Lower Elwha Road will be replaced with a single stop on south-bound Lower Elwha Road with a "swoop" to Kacee Way; and the road will be widened to full 12 ft. wide lanes with shoulders.

Clallam County Road Department and Bruch & Bruch Construction appreciate your patience.

Carol Brown

Community Development



Education & Library

As summer comes to an end and tribal youth are getting ready to go back to school it is a good time to recap some of the fun activities that took place in the library. The summer started off with the Summer Reading Program. Over 30 tribal youth signed up and received a free book as part of the Summer Reading Program. During the summer we offered our youth Flaming Hot Cheetos as an incentive for reading 30 minutes. This worked so well that we had to go out and buy more Cheetos. We had weekly drawings for either Dairy Queen or Dominos \$20 gift cards for youth that read for at least 20 minutes. We had a final drawing for a Amazon Fire tablet. You had to read for at least an hour to be entered into the drawing. The winner of the tablet was William Wegner who read for 24 hours over the summer.



Creativity was on hand as tribal youth spent time creating some of their own creations using the Cool Creations STEM kit. Each kit consisted of 35 Legos for the kids to make their own creations. They could also use the booklets that came with the kit to follow directions and create some Legos monsters. As you can see from the smiles on their faces, the kids had a fun time creating their own robots. This kit was lent for us to use from the Washington State Library. It is one of many kits they have available to spark kids interests in explore STEM activities.

Rick Eubanks, Librarian



Education & Library



The biggest hit of the summer was the Snap Circuits STEM kits. The youth enjoyed creating electrical circuits that made alarms go off, propellers fly into the air and learning about electricity and resistors. It was hard to keep the kids away from these kits and even Lynn had a hard time not wanting to play around with them.

Solar Eclipse @ Elwha



On August 21, with 50 pairs of glasses donated to us by the Washington State Library kids and adults gathered to watch the eclipse at the library. Young and old gathered to watch as the moon blocked out the sun and the temperature dropped.



Elwha Science Education Summer Camp

This summer was full of excitement with the 2017 Elwha Science Camp for both middle school and high school Native American students. The planning group worked hard to organize and implement both camps this summer. The weeks lessons incorporated a great mixture of learning about science and our traditional culture. These camps are an amazing experience for our youth.

High school students have the opportunity to earn either science or elective credit for attending and completing a science project around one of our themes. This year's science themes were climate change, natural resource restoration and preservation, coastal zone management, and Elwha dam removal restoration. Both middle school and high school programs learned a little about all of these topics.

One change this year was we focused more on our traditional ways. We taught the youth how to smelt, cook oysters and salmon on a fire, took them paddling, made cattail mats, made their own drums to take home, and some beading and cedar weaving. While learning about these science themes, our projects were based around our traditional lands.

Education is a key building block and sets the stage for our success. Lessons and behavior skills learned in school crosses over to our everyday lives. Learning and preserving our traditional ways shows honor and respect to your heritage and elders.

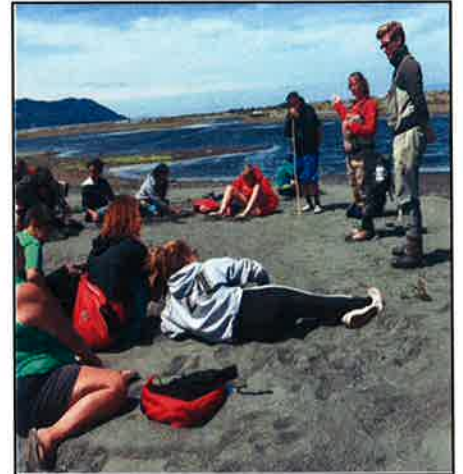
The Bureau of Indian Affairs, Tribal Youth Initiative, provided a grant to continue with this amazing youth program.

A Huge Thank you to all of our supporters:

- Jamie Valadez
- Patty Elofson
- Jessica Elofson
- LaTrisha Suggs
- Micah Needham
- Kalika Elofson
- Emily Carraux
- Phillip James Charles
- Bill Baccus
- Kim Sager-Fradkin
- Cameron Macias
- Dave Manson
- Mike Sheldon
- Luana Arakawa
- John Mahan
- Ariel Alvarado
- Chairwoman Frances Charles
- Randall McCoy
- Rebecca Paradis
- Robert Dohrn
- Mariah Francis
- Justine Clifford
- Steve Valadez



Elwha Science Education Summer Camp





Klallam Language

nəxʷsλayəmúçən Immersion Class

September 2017-Wool Weaving

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 HOLIDAY	5	6 Class 4-6 PM	7	8 Class 4-6 PM	9
10	11 Class 4-6 PM	12 Drum Group	13 Class 4-6 PM	14	15 Class 2-4 INTERTRIBAL @ ELWHA 430	16
17	18 LANGUAGE STAFF ON TRAINING	19	20	21	22 →	23
24	25 Class 4-6 PM	26 Drum Group	27 Class 4-6 PM	28	29 Class 4-6 PM	30

Monday, Wednesday & Friday in the Dining Hall

Earn high school Credits & TANF/GA hours!!

Rides home provided (on reservation) by Elwha Transit.

Everyone is encouraged to come!

Sign up in the LEKT Library or email: Harmony.Arakawa@Elwha.org.

Klallam Culture



We had a great time in our summer program this year. We went on little field trips each day with our different age groups. The kids did awesome and had a lot of fun. We went to places like Ediz Hook, mouth of the Elwha River, Hurricane Ridge, and Sol Duc. We taught about the cultural importance of these places along with different Klallam stories that went along with our activity or the location in general.



School Back in Session

Now that school has started, here are some tips for keeping students excited about school:

Here is a list of what parents can do to keep kids on the right track for an enjoyable school year:

- Be a role model in your child's life
- Maintain respect for teachers
- Get them involved in school activities
- Resist Overscheduling
- Set up a homework routine
- Encourage meaningful relationships at school
- Show an interest in your child's school work
- Keep communication going
- Reinforce lessons taught at school
- Set the tone with showing a good attitude as a parent



September is National Cholesterol Education Month

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites.

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.¹

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

How often should you have your cholesterol checked?

[The National Cholesterol Education Program \(NCEP\)](#) recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history

Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.⁶

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

The following chart shows optimal lipid levels for adults :

Desirable Cholesterol Levels	
Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL



If
have
cho-

you
high

lesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol.⁵ In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

www.cdc.gov



First Salmon Ceremony 2017

Dear Tribal Community:

The First Salmon Ceremony was held August 16th at the end of Elwha Road. It was somewhat of an overcast day, but hearts and spirits were excited at the opportunity to complete the ceremony. There were four Kings caught for release in the ceremony. An opening prayer was shared by Lola Moses, and a song was shared by Markus Charles with help from Elvira. Uncle Ben Charles then shared some fish stories of him and his older brother Floyd, along with other memories related to fishing on the river. Uncle Ben then gave the invocation for the ceremony. There were many cedar boughs and two big beds of boughs were woven to carry the four large fish down the river for the completion of their journey. The mouth area of the river has changed, and some natural braiding between the channel paths has occurred. The first set of remains were released in the channel next to the bank, and the second set of remains were released into the middle channel. Thank you to Justin and Delora, who work in the fisheries program and had their fish waders on and helped carry the cedar bough beds into the river. Thank you to Reba Cornelson, and Lovera Black Crow who also helped carry the boughs into the river. There was a little chuckle as I slipped on a rock and took an unplanned swim into the river after helping with the second set of boughs. With completion of the second release Reba Cornelson shared a closing prayer,



Tribal Member Mel Elofson provided fish for the Ceremony

and the ceremony was completed. With each year that passes I am continually reminded of how blessed our Tribe is that our river was freed and is now in complete restoration mode.

The Tribe would like to thank the following individuals for their continued support and assistance to the Tribe in



Makah Tribal Member Wilson Wells caught fish for the ceremony.

completion of this ceremony. Those individuals are Mel Elofson and Wilson Wells who caught the fish for us, Sherry Curran as related to the newsletter, Uncle Ben Charles who does the invocation for the ceremony, Ron Bolstrom for his reminders, Dennis Hagaman for help with collecting the cedar boughs, Mike McHenry for helping with the freezer, and Lola Moses and Ralena Cornelson for sharing the opening and closing prayers during the event. Thank you to the Community members who came and participated, it is greatly appreciated.

Please pray that our fish stocks will not suffer any interference with the accidental release of 305,000 Atlantic Salmon that occurred in the San Juan Islands net pens. Hopefully many will be caught, but it is still unfortunate that it happened. Thank you so much.

Rachel L. Hagaman on behalf of the Elwha Fish Committee



Elwha Health Clinic

An Apple A Day...Keeps the Doctor Away

But, we would still love to see you at the clinic for regular check-ups, if you aren't feeling well, or for any health and wellness concerns that you may have.

Washington is such a beautiful state with so much to offer, and I am always amazed by all the natural wonders that are close by. There are also a lot of apples, and they are a wonderful fruit with many healthy benefits such as:

Blood sugar regulation! *Apples help regulate blood sugar by preventing spikes. Apples contain a compound called quercetin, which prevents the breakdown of complex carbohydrates into simple sugars, so your blood sugar has fewer simple sugars to deal with. Apples have also been shown to lessen absorption of glucose (a sugar) from your digestive tract, and to stimulate insulin secretion from your pancreas, as well as help get sugar from your blood stream into your cells where it can be used for energy.*

Fiber! *The fiber found in apples may combine with other apple nutrients to provide you with the kind of health benefits you would ordinarily only associate with much higher amounts of dietary fiber. These health benefits are particularly important in preventing heart disease through healthy regulation of blood fat levels.*

Heart health! *Total cholesterol and LDL-cholesterol are both decreased through the regular intake of apples. The quercetin content of apples also provides our cardiovascular system with anti-inflammatory benefits. Fruit and vegetable consumption in general has been shown to help reduce blood pressure in those with elevated levels.*

Vitamins and minerals! *Apples contain Vitamin C and beta carotene, which are powerful antioxidants. B vitamins (thiamin, riboflavin, and pyridoxine), which help boost metabolism. Potassium, phosphorous, and calcium. Potassium helps control heart rate and blood pressure, which counters the detrimental influence of sodium.*

APPLE BUTTER

4 pounds of apples, cored and quartered

½ cup of apple cider vinegar (or you can use ½ cup of water and 1 teaspoon of fresh lemon juice)

2 teaspoon cinnamon (or to taste)

½ teaspoon ground cloves



Preparation

Place all the apple slices and the apple cider vinegar in a slow cooker set on high, and cook for 4 hours (or you can set it to low heat and let it cook for a longer amount of time – about 6 to 8 hours).

Stir several times during the cooking to make sure the apples don't stick to the bottom.

Once the apples are cooked, they should be soft enough to break easily with a spoon. Mash them with a potato masher or a wooden spoon until you get a sort of applesauce-like consistency with skin.

Place the applesauce in a blender and pulse until you get a really fine puree with an almost buttery texture. You might need to work in batches for this.

Pour the apple butter back to the slow cooker. Mix in the cinnamon and cloves. Cook on high, *uncovered*, for another 1 to 2 hours or until you get the desired texture.

Store in sealed jars or containers in the refrigerator. Enjoy on toast or stirred into oatmeal or yogurt.

Written by Wahji Kasten ND LAc

Please make an appointment for all your health and wellness concerns at the Lower Elwha Health Clinic: (360) 452-6252



Emergency Management

On August 24, 2017, four Elwha Klallam Tribal Police Officers participated in the largest police training event to ever occur in Clallam County. This historic event was held at Peninsula College and involved over fifteen different agencies and over 200 participants.

The scenario involved two suspects actively shooting and triggering explosive devices. The officers entered the school and confronted the suspects, detained one and neutralized the other.

The officers then assisted the fire departments in treating and transporting patients.

The instructors and exercise controllers praised all law enforcement

officers on the teams and stated that they performed, "flawlessly".

We are proud of our officers and the courage and dedication to our community that they bring to work every day.

Sergeant George Black Crow

Wildlife Officer Josh Grassetth

Officer Josh Woods

Officer Dylan Heck

Glen Roggenbuck, Emergency Management



Staff Birthday List for September 2017

- | | |
|-----------------------|------------------------|
| 1st-Ray Moses | 12th-Ellen Charles |
| 1st-Jim Hoffman | 12th-Lynn Risenhoover |
| 3rd-Sarah Lawrence | 14th-Lazaro Tinoco Jr. |
| 4th-Delsen Lauderback | 18th-Ron Bolstrom |
| 6th-Deanna Murray | 21st-Robert Elofson |
| 7th-Harmony Arakawa | 22nd-Ashley Pitchford |
| 8th-Rachel Hagaman | 24th-Tammie Stevens |
| 8th-Arlene Wheeler | 29th-Andrea Blake |
| 9th-Justine Clifford | 30th-Steve Suagee |
| 11th-Enrique Flores | 30th-Dawn Stephan |





School's Back in Session-Safety Tips for Pedestrians

Safety Tips for Pedestrians

- **Walk on sidewalks.** If sidewalks are not available, walk on the edge of the road or on the left shoulder of the road, facing the traffic flow. Use pedestrian bridges when they are available.
- **Cross at marked crosswalks or intersections.** Pedestrians are most often hit by cars when they cross the road at places other than intersections.



- **Look left, right, and left for traffic.** Stop at the curb and look left, right, and left again for traffic. Stopping at the curb signals drivers that you intend to cross. Always obey traffic signals.
- **See and be seen.** Drivers need to see you to avoid you.
- Stay out of the driver's **blind spot**.
- **Make eye contact** with drivers when crossing busy streets.
- **Wear bright colors** or reflective clothing if you are walking near traffic at night.
- **Carry a flashlight** when walking in the dark.

- Do not let kids play near traffic or cross the street by themselves.
- In bad weather, take care that your umbrella or raincoat does not prevent approaching vehicles from seeing you.
- **Watch your kids.** Small children should not cross streets by themselves or be allowed to play or walk near traffic. Kids cannot accurately judge vehicle distances and speeds and may make unpredictable movements.
- **Drinking and walking?** Alcohol can impair the judgment and motor skills of pedestrians just as it does for drivers. Don't take alcohol risks with walking, just as you would not with driving. Take the bus, take a cab, or have a friend drive you home. Beware of the effects of prescription and non-prescription medications and drugs, too.
- **Obey traffic signals.** At intersections where traffic is controlled by signals or a traffic officer, pedestrians must obey the signal and not cross against the stop signal unless specifically directed to go by a traffic officer.





Tribal Vocational Rehabilitation (TVR) News

Our Tribal Vocational Rehabilitation (TVR) program is one of eleven in this state and the only one in our area. The others include Colville Confederated Tribes, Cowlitz Indian Tribal Vocational Rehabilitation, Lummi Vocational Rehabilitation, North Intertribal Vocational Rehabilitation, Samish Vocational Rehabilitation Program, Skokomish Tribal Nation / Confederated Tribes of the Chehalis Reservation, Skokomish serving Mason County, South Puget Intertribal Planning Agency, Spokane Tribe of Indians and Yakama Nation Vocational Rehabilitation. There are many more TVR programs spread out throughout the United States. Some TVR programs have been around for over thirty years.

If you are a disabled Native American from a federally recognized Indian tribe, who has a desire to work, we can help you. We also accept individuals in re-

covery. Our two counselors receive training from Northern Arizona University and the Northwest Indian College. Lana Tiece is at the Social Services bldg. and Jim Allen is at the Heritage Center. Come see us to find out if we can be of service to you.

In other vocational rehabilitation news, the state Division of Vocational Rehabilitation (DVR) is experiencing funding issues that will force them to limit how many disabled clients they enroll into their program in the future. However, the Lower Elwha Klallam Vocational Rehabilitation Program will not be affected by the same funding issues that DVR is having.

Jim Allen

Tribal Employee Spotlight



Gayla Johnson and Lynn Risenhoover with students.

Gayla Johnson

I am honored to be returning to Stevens Middle School for the 2017 -2018 school year. I am looking forward to seeing our returning Elwha community youth along with the new 7th grade students entering Stevens.

As a Native academic support person at Stevens I will be available Monday – Friday during normal school hours. On Mondays, Tuesdays and Wednesdays from 3:15 to 4:30 we have a Native homework club, Snacks and transportation home will be provided for those with permission slips completed and on file. If you would like your son /daughter to participate, you may contact me or have your student pick a permission slip up at school.

You can find me in room 6 in the 7th grade annex. Please feel free to stop by and say hi or volunteer your time to further support our youth. If I am busy in a classroom or out of the building I have a mailbox outside of room 6 along with a notepad and pen for parents and students to leave me a note with a date and time so that I am able to respond in a timely manner.

If there is anything that I can do to make this school year more successful and enjoyable for our youth, please feel free to call me at (360) 565-1806.

Gayla Johnson
Lower Elwha Tribal Member



Announcements



Payton Cagey's first solo home run Aug. 5th 2017. Payton received an all-star medal.



HAPPY 4TH BIRTHDAY TO THE MOST AMAZING GIRL A PARENT COULD EVER ASK FOR. LOVE YOU TO THE STARS AND BACK MOM AND DAD.



Happy 13th Birthday Antonio! (August 27th) I can't believe you're a teenager already. We love you so much! Love: Mom and Makai

September 9th: Wishing the happiest of birthdays to Uncle Timmy! Timmy, you are such a blessing to your family and your community. Thank you for always making us laugh, always being willing to help, and being an excellent role-model. We love you very much!



Happy 1st Birthday Baby Eli "chubbas"! (August 22nd) We love you so much!! Love: Auntie Rosie, Tonio and Makai




Bear Birth Totem

Northern Hemisphere: Aug 23 - Sept 22
 Southern Hemisphere: Feb 19 - Mar 20
 Direction: West
 Element: Earth
 Stone: Amethyst

← ● ● ● ● ● ● ● ● ● ● →

Bear people think deeply about life & observe it with equal care. Though practical, Bears love with a powerful heart & work hard to please their partner.





Systems of Care Corner nəsá?cəŋ cx^w

Lower Elwha Systems of Care (SOC) is a new way of caring for our youth and families. nəsá?cəŋ cx^w means “you are my very breath” in Klallam, and we’ve chosen these words to express the importance of our youth. We use the Wraparound approach in our systems of care program. Our program is for community members that are birth through 21 years of age and have a mental health diagnosis. Wraparound is an approach to wellness within a systems of care. It draws upon the strengths and resources of a group of people that a client identifies as their formal and informal supports: family, friends, professionals, community members, etc. We streamline services and promote communication among providers. The SOC Team will work closely with tribal and outside agencies to develop an individualized service plan that is youth guided and family driven.

August UPDATE:

UNITY Youth Conference | Today’s Native Leaders:

On August 14th, 15th & 16th the Lower Elwha Klallam Tribe hosted the Today’s Native Leaders Youth Conference, put on by United National Indian Tribal Youth (UNITY.) There was an attendance of approximately 60 youth. During this event the youth learned leadership skills, developed a community action plan, and each group presented their plan, which included how they would implement, developed a budget for costs, and how they would raise the money to implement. A collaboration between Elwha Strong Youth (SAMHSA DFC Grant) and Tribal Youth Program (OJJDP- TYP) with supporting staff from Systems of Care and other tribal programs helped make this event successful for our youth!

Back-To-School Wellness Fair: August 23, 2017

On August 23rd 2017, Systems of Care took part in the Wellness Fair, and handed out information about our program, our youth advocate also ran the clothing drive table, where youth in the community could receive new clothes for FREE!

Back-To-School Parent Night:

On August 29th 2017, a collaboration with tribal programs and the local school districts provided various resources to the parents of the Elwha Community. Resources provided covered the Truancy Issues, Meet & Greets with the principals and Native American Interventionists of Port Angeles School District and Meet & Greet with Crescent School District staff. Tribal departments offered support in school bus stop safety, mental health awareness, academic support, stress relief, and parent engagement. Various resources were available and we hope to continue this event every year! We would like to thank the Lower Elwha Dance group for performing at our event.

UPCOMING EVENTS:

Youth Mental Health First Aid training: Sept. 8

LE Heritage Center | 8:00am -5:00 pm

Youth Mental Health First Aid is designed to teach parents, and other caring citizens how to help a youth (12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMHA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, review typical adolescent development and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders including ADHD and eating disorders. For more information contact Lola Moses Ph:360-565-7257 Ext.7701 or by email at Lolav.Moses@Elwha.org

Governance Structure Meetings:

We need more community members to join our 8 teams: Call Elsie Miller for more information and to sign up today!

September 13- Cross-Administration Finance Team | Quarterly Meeting 11am at Social Service

September 21- Care Coordination Team | Quarterly Meeting 3pm at Social Service

Systems of Care Staff-

Project Director: Kelly Bradley

Project Manager: Lola Moses

Family Advocate: Nancy Hamilton

Grant Manager: Melaine Wheeler

Youth Advocate: Donna Goldsbury

Care Coordinator: Wihinna Robideau

Admin. Assistant: Elsie Miller

If you have any Questions or concerns please contact Elsie Miller
Phone: 360-565-7257 Ext.7661, email: Elsie.Miller@Elwha.org or in person at the Social Services Building,
3080 Lower Elwha Rd, Port Angeles WA,98363



TRIBAL DIRECTORY

BUSINESS COUNCIL

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471
CEO William (Bill) White, Ext 7469

Enterprise Executive Officer

Michael Peters, Ext 7417

CFO Froilan Sarmiento, Ext 7463

COO Tracey Hosselkus, Ext. 7420

Accounting

3080 Lower Elwha Road
Tonya Greene, Ext. 7461

Child Care

322 Stratton Road
Deborah Hales, Ext 7471
360.452.3562

Education

Jessica Egnew, Ext 7425

Elwha River Casino

631 Stratton Road, 452.3005
Shawn Johns, General Manager

Employee Services/TERO

Sandra Johnson, Ext 7429

Enrollment Services

Marilyn Edgington, Ext 7444

Facilities & Maintenance

Warren Stevens, Ext 7432

Gaming Commission

631 Stratton Road 360.452.5628
Elaina Begay

Head Start/Early Head Start

463 Stratton Road, 360.452.2587
Deborah Hales, Ext 7471

Health Clinic

243511 Highway 101 West
360.452.6252
Lance Colby, Director

Heritage Center

401 E. First Street, 360.417.8545
Suzie Bennett, Ext. 2908

Human Resources

Lorinda Robideau, Ext 7430

Housing Authority

22 Kwitsen Drive, 360.457.5116

Information Technology

Ken Giersch, Ext. 7541

Justice Center

341 Spokwes Drive 360.452.6759

Klallam Counseling Services

933 East First Street, Port Angeles
360.452.4432

Law & Order/Police Dept.

Justice Center, 341 Spokwes Drive
Chief Jeffrey Gilbert,
360.452.6759 Ext 2922

LOWER ELWHA FOOD & FUEL

Isaiah Coley, 360.452.9250

Natural Resources/Fish Hatchery

207 S Lincoln St & 700 Stratton Road
Matt Beirne 360.457.4012 Ext 7485

Newsletter

Sherry Curran, Ext 7418

Planning & Development

Arlene Wheeler, Ext 7437

Prevention Health/GYM

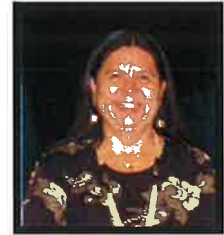
Jason Wheeler, Ext. 7440

Cedar Box Smoke Shop

4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

Social Services

3080 Lower Elwha Road
Kelly Bradley 360.565.7252



Frances G. Charles

Tribal Chairwoman, Ext. 7411



Russ Hepfer

Vice Chairman, Ext. 7412



Anthony Charles

Secretary/Treasurer Ext. 7415



George Charles

Council Member, Ext. 7414



Steve Joaquin Robideau

Council Member, Ext. 7413

