



April 2018

Volume 3, Issue 4

Elwha News

čʔéʔx̌wəʔ syácam

LOWER ELWHA KLALLAM TRIBE

Klallam Language Immersion Culture Class-KLICC

The Klallam Language program is a fundamental part of the Elwha Tribe's rich culture and history. During March, students spent two weeks cleaning and weeding the šəwiʔawtx̌w - *Growing Place* greenhouse. First through sixth grade students from the *Culture After School Program* helped with the immense task of pulling weeds while learning Klallam words and phrases used to instruct the gardening class. After two weeks of cleaning the garden bed, we followed with seed starting. Soon we will see the seeds sprouting and producing fresh vegetables for our Tribal members.



x̌cət st cə šx̌cáʔi.



ʔaʔx̌ənúǩwəʔ



ciʔq̌wəyu



cəq̌w



lapiyúš

Challenge: Pull out your Klallam Dictionary. If you can translate these words and phrases, redeem your prize in person at the Klallam Language department office.

For more information about Klallam Language Immersion Culture Class please contact: Harmony Arakawa, 360.452.8471 Ext. 7422

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Letter to the Community



Dear Lower Elwha Tribal Community,

Just wanted to let you know that I am writing this letter mid-March. Due to an illness I missed submission of my community letter last month. I am much

better now but have a ways to go to get back to normal. It feels good to be back to work.

I wanted to take time to thank my nephew Joe Luce for providing firewood to our elders. He has a friend that donates and delivers a semi load of log wood to the reservation at Joe's house. The Tribe provides this gentleman with a tax exemption for providing the wood. But that is not why he does it. He does it out the kindness of his heart. He didn't even ask for the exemption. Joe, his son Sam, Gary Johnson and Greg Williams took their own time to cut, split and deliver wood to our elders. The Tribe supplies only fuel to help out with this community service these guys perform. I for one really appreciate Joe stepping up to help out. I don't know how it got started but apparently he knows this guy who donates wood so that Joe can distribute it. I know others have helped out but I don't know who else has participated. Sorry if I didn't get your name out here.

The Tribe discontinued delivery of firewood to our elders due to a number of issues. We relied on wood that we could get cheap, donated or left over from various stream restorations. That hasn't happened for a while now. Plus the cost of wood, wages and liability make it prohibitive. We are still looking for ways to make it happen.

I know the community has noticed that we haven't been having General Community Council meetings lately. Believe me, I have noticed also. It is

due to the number of deaths we have had in our community. It is out of the respect for the grieving families. The Tribe has done this historically since I can remember. Maybe it's time to reconsider this non constitutional tradition? The Tribe shut down all operations when my mother LaVerne Ulmer Hepfer passed away in 1991. Personally, my heart felt real good when I was told of this. I thought, "Man, My mom is so important that they shut the Tribe down." It felt like an honor that I will never forget. This is the reason that I want to honor grieving families. It is not that we as the Council are lazy or want to hide something. I am as transparent as a glass window.

Our constitution says that the General Community Council shall meet the first Monday of each month or on the succeeding Monday, if the first Monday is a holiday. This is for the General Community Council. In 1972, the Tribe acted and voted upon a resolution that states, "That the Lower Elwha Community Council has resolved to delegate the authority of Community Council to the Business Committee." This was because we couldn't get a quorum to hold a meeting. The same holds true today. Having said all that, I will advocate that we figure out some other way to honor grieving families and hold regular scheduled meetings. If the community really wants to get involved, the true answer to this is to have a Constitutional Amendment. This requires a vote from each of you.

If you have other thoughts and ideas, please contact me either at my office, cell phone number 360-477-1922 or stop me when I am out and about. I will take the time to talk with you.

Russell N. (RAZZ) Hepfer



Schedule of Expenditures Tribal Dollars for Each Fiscal Year Oct 1-Sept. 30

The table on this page show the expenditures that the Lower Elwha Klallam Tribe has authorized for the years 2015, 2016, 2017, and 2018 as of March 21. We are still in the middle of 2018, so the totals do not reflect the full year's spending.

The numbers show the unmet needs that are NOT covered by State and Federal funding. Tribal dollars cover Elders program, Canoe Journeys, community parties, youth activities and fair tickets.

Medicaid reimbursements and Medical & Funeral expenses are NOT covered by Federal and State funds, so are also paid with tribal dollars. This includes gas money, per diem, meals and hotel stays for tribal membership that need health care out of the area.

| Thanksgiving Gift Cards to Employees | 2018 as of March 21 | 2017 | 2016 | 2015 |
|--|----------------------------|----------------|----------------|----------------|
| Fuel Card To Employees | | | | |
| TOTAL | 24,750 | 39,526 | 45,000 | 21,188 |
| Christmas Gift Cards to Employees | 2018 as of March 21 | 2017 | 2016 | 2015 |
| Walmart | 7,500 | 7,509 | 5,000 | 10,008 |
| Albertson | | | | 2,500 |
| Safeway | | 19000 | 14250 | 9,500 |
| Costco | | 3750 | 5000 | 10,000 |
| Fuel Card To Employees | | 15000 | | |
| TOTAL | 7,500 | 45,259 | 24,250 | 32,008 |
| Medical and Funeral Expense | 2018 as of March 21 | 2017 | 2016 | 2015 |
| Funeral Expense | 21,719 | 41,664 | 63,456 | 35,645 |
| Medical Travel (IHS) | 10,378 | 35,355 | 57,164 | 44,789 |
| Medical Travel (Gaming Revenue) | 6,932 | 10,055 | 45,382 | 36,456 |
| TOTAL | 39,029 | 87,074 | 166,002 | 116,890 |
| Elders Program | 2018 as of March 21 | 2017 | 2016 | 2015 |
| Elders Services/PUD | 16,200 | 15,000 | 22,901 | 12,737 |
| Elders Gift Cards | 32,640 | 43,294 | 69,432 | 59,361 |
| Tash/Dumpsters | 6,905 | 12,956 | 15,198 | 13,360 |
| TOTAL | 55,745 | 71,250 | 107,530 | 85,458 |
| Canoe Journeys | 2018 as of March 21 | 2017 | 2016 | 2015 |
| Canoe Journey- Various Expenditures | | 24,615 | 40,465 | |
| Canoe Journey- Elders' Hotel/Travel Expenses | | - | 30,197 | |
| TOTAL | - | 24,615 | 70,662 | - |
| Medicaid Reimbursements | 2018 as of March 21 | 2017 | 2016 | 2015 |
| First Quarter (10/01-12/31) | 44,092 | 69,157 | 108,005 | 79,868 |
| Second Quarter (01/01-03/31) | 7,348 | 64,045 | 86,641 | 84,473 |
| Third Quarter (04/01-06/30) | | 69,842 | 83,380 | 81,641 |
| Fourth Quarter (07/01-09/30) | | 58,775 | 75,431 | 137,321 |
| TOTAL | 51,440 | 261,820 | 353,457 | 383,304 |
| Other Expenditures | 2018 as of March 21 | 2017 | 2016 | 2015 |
| Fair Tickets | | 18,630 | 14,700 | 20,000 |
| Christmas Party | 8,640 | 9,129 | 6,924 | 10,205 |
| Halloween Party | 1,000 | | 424 | 500 |
| School Events | 3,723 | 6,225 | 7,521 | 5,000 |
| TOTAL | 13,363 | 15,354 | 14,870 | 15,705 |
| GRAND TOTAL | 191,827 | 544,897 | 781,772 | 654,552 |



Letter to the Community

Dear Lower Elwha Community Members,

I have been serving the community as your Council Member for almost three years and it's astounding how fast the time went by.

So much has happened within this time, from infrastructure being built, tribal programs evolving, environmental conservation growing, and overall a steady influx in economic growth.

We witnessed our Elwha Food & Fuel Station come into existence, watched our Justice Center remodel, saw our Billy Whiteshoes Memorial Park come to life, watched our new Klallam Counseling Services building being built and also witnessed the creation of our new Natural Resources building. We have been so busy and so blessed to watch our community grow stronger.

One of my passions has been supporting our youth and ensuring their success. Our Elwha Strong Youth

Coalition plays an important role in keeping our youth engaged and uplifted with our community. Our education department ties in with our youth by providing language and cultural experiences. We are looking forward to watching our new

Head Start and Child Care center come into existence this year.

As you can see, we are growing and expanding. These are certainly exciting times!

I want to say thank you for trusting me over the last three years. It's been an honor serving my community and I hope to keep going, with your blessing.

Your Council Member,

Steve Robideau



You are Invited....

Please come join in celebrating the Open House of the

Lower Elwha Klallam Tribe's

Natural Resources Offices, 760 Stratton Road, Tribal Reservation



Tuesday, April 17, 2018, 10am



Klallam Language Schedule

Klallam Language Immersion Culture Class

APRIL 2018 - CEDAR GATHERING

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|-----|--|-----|-----|-----|-------------------------------|
| 1 hiyínúŋət skʷáči | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 10-2 Cedar Gathering |
| 22 10-2 Cedar Gathering | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | We will meet at the Lower Elwha Language Building (behind Tribal Center) at 10 am & leave shortly after. | | | | |

MAY 2018 - CANOE PRACTICE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---------------------------|-----|-----|------------------------------|-----|-----|
| Leaving from center at 3:30 pm. Meet at marina at 4:00 pm. | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 3:30 Canoe Practice | 11 | 12 |
| 13 tán skʷáči | 14 ʔactáyŋxʷ skʷáči | 15 | 16 | 17 3:30 Canoe Practice | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 3:30 Canoe Practice | 25 | 26 |
| 27 | 28 hákw skʷáči | 29 | 30 | 31 3:30 Canoe Practice | | |

Rides home (on reservation) provided by Elwha Transit.

EARN HIGH SCHOOL CREDITS & TAFE/GA HOURS!!

For more information contact Harmony Arakawa. (360) 452-8471 ext. 7422

ALL AGES ARE ENCOURAGED TO COME



CEO Update



I've seen a fair amount of chatter on various Facebook pages and in other venues recently regarding the "rights" tribal members have to jobs and employment opportunities with the Tribe. I've taken a look at a number of programs

and policies that the Tribe has, and while I know this will upset a few of you, I find some understanding needs to be provided.

First, I am a strong defender of tribal rights, regardless of the Tribal affiliation. I view those historic treaties as living documents that hold truth and power, even today. In those treaties, we have protected certain rights, or accepted them as partial payment for the lands taken. So most of us who are members of a federally recognized Tribe have a right to health care, we have a right to an education. It is irrelevant that the resources provided by the US Government fall short of the need, the right remains.

Here in the NW, most of the Tribes also have a right to fish and harvest in usual ancestral areas. We also have a right to elect our own leadership. Your opportunity to exercise that right is coming up soon. Nominations for council position (s) is April 2. Your election committee, who oversees and ensures a fair election, needs help. If you can't run for office, help with the elections. If you don't exercise your rights someone will suggest you don't value them or need them, so I urge you to use your full slate of rights and the responsibilities that go with them, and make a difference today.

William (Bill) White



Tribal Business Council Resolution List

| Number | Date | Resolution Title |
|---------|----------|---|
| 16-2018 | 4/2/2018 | Increase blood quantum of Luke Johnson-Approved |
| 17-2018 | 4/2/2018 | Enrollment of Caymus Johnson-Approved |
| 18-2018 | 4/2/2018 | Enrollment of Brittany Johnson-Approved |
| 19-2018 | 4/2/2018 | Enrollment of Katelyn Roberts-Approved |
| 20-2018 | 4/2/2018 | Enrollment of Chelsea Sanders-Approved |
| 21-2018 | 4/2/2018 | Enrollment of Jennifer Erickson-Approved |
| 22-2018 | 4/2/2018 | Resolution Tabled |
| 23-2018 | 4/2/2018 | Resolution Tabled |
| 24-2018 | 4/2/2018 | LEKT Transportation Plan-Approved |



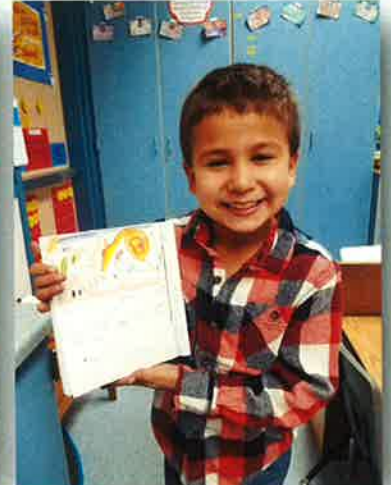
Education & Library



Bryant found a nice quiet place to enjoy reading his book!



Kolby, Makai, Stormy and Bryant enjoying snacks provided by the Drop In Program.



Sunny, a proud first grader in Mrs. Braham's classroom!

The Drop in program will be open during **Spring Break** for tutoring, daily reading challenges and fun daily activities—come join us! Our AmeriCorps worker, Amber, will also be joining us to provide extra support. The Summer Reading Program will begin when school ends in June. Start encouraging your child to be a part of it now.

Spring is Here

Higher Education Opportunity

Please DO NOT forget, to qualify for **Fall Quarter of 2018—Spring of 2019**. The Tribal Education Assistance Applications must be turned in no later than **April 15th at 4:30 PM** to the Education Department located in the Tribal Library.

txʷéʔwi Scholarship: is available in the amount of \$900 and the deadline is 4/22/18. Please visit www.Washboard.org to apply.

Friends of Studium Generale Scholarship: \$6000 is available on the same www.Washboard.org site with a deadline of 4/22/18

See other scholarship opportunities available on www.Washboard.org (PC Foundation) and <http://pencol.edu/scholarships/additional-scholarship-resources>: (external scholarship)

WWNAEC offers a \$567 scholarship to all Native American students.

There is additional information regarding other scholarship opportunities for other colleges located @ the library— Education Department.

Any questions please feel free to contact **Jessica Egnew** or **Jessica Wright** for assistance at 360.452.8471 at extension 7425.



**HIGHER
EDUCATION
OPPORTUNITY**



Canoe Journeys 2018

Puyallup Canoe Journey 2018 "Honoring Our Medicine"

It is estimated that there will be 100 canoes and 10,000 going to participate in Tribal Canoe Journey this year. There are currently 60 canoe families that are registered. As we continue to plan for this spectacular event, there is information that may change and updates will be made according to those adjustments. Please keep an eye out for more information to come.

Highlights from Previous Canoe Journey Meetings

July 26th & 27th Muckleshoot Hosting for 2 days

July 28th Canoe Final Landing

July 29th – August 3rd Protocol

August 4th Puyallup Canoe Family Protocol & Closing Ceremonies

All activities that are being held in Puyallup are taking place at Chief Leschi School with the campsite located 5 miles away from the school.

Cold Water Training

May 19th Quinault

June in Suquamish- the date for this is currently unknown.

Upcoming Canoe Journey Meetings/Jam Sessions

April 14th Swinomish- Lunch served at 12noon followed by meeting. Dinner served at 4pm followed by Jam

April 28th Elwha- Lunch served at 12noon followed by meeting. Dinner served at 5pm followed by Jam.

****We are looking for people who are willing to open up their homes for our Canadian travelers.***

Please contact Frances Charles or Raelyn Bowechop if you are able to help.

Hosts for Tribal Journeys 2019

Nanaimo, BC

Native Community located in San Francisco, CA- Paddle to Alcatraz. 50th Anniversary

For more information visit
www.paddletopuyallup.org





Elwha Tribe Hiring Now!

Apply On Paper or Online

Lower Elwha Klallam Tribe Job Openings

Administration

Lower Elwha Housing Director

Tribal Receptionist (On-Call)

Education

On-call sub teacher's assistant

Early Head Start Lead Teacher

Casino

Security Officer

House Keeper

Soft Count Supervisor

Deli Worker

Health and Wellness

Chemical Dependency Professional

Community Health Nurse

Medical Director

Health Director

Social Services

Elders Coordinator

Cedar Box/Gas Station

Barista

Contact Information

Lorinda Robideau

2851 Lower Elwha Road

Port Angeles, WA 98363

360-452-8471 Ext. 7430



What's Happening in April at Elwha River Casino!



Senior Day Every Wednesday: Elwha Reward members 55+ qualify for 30% off in the River's Edge Grill, hot seats (11am-4pm) and double points on Wednesdays from 10am-8pm.

Tax Giveaway: Every Friday @ 6pm join us to win a change to win up to \$1,000. See Player's Club for details.

Ladies Night: Drop by Thursday, April 19th & 26th from 6pm-8pm for your chance to win \$50 and earn double points. See Player's Club for details.

RIVER'S EDGE GRILL:

Saturday, Sunday, Monday

Steak, Baked potato, and a roll \$12.95

Tuesday through Friday

Meatball sub with choice of side \$7.95

April Breakfast Special

Steak, two eggs, hash browns and toast \$10.95

River's Edge Grill



Early Head Start/Head Start

360)- 452-2587 1 INFORMATION 2 TRANSPORTATION (Francesse)
3 HEALTH MANAGER (Deanna)
4 FAMILY COMMUNITY PARTNERSHIP MGR/ENROLLMENT (Michelle)
6 EDUCATION MANAGER (Sarah Lovejoy)
8 PRENATAL EDUCATOR (Summer) 9 DIRECTOR (Debbie)

čən'má?əx^w 2018

April 2018

Xa?xiyu?é?č (Chipmunks) & ča?mús (Otters)

Early Head Start: Chipmunks and Otters

The Chipmunks and the Otters are enjoying their time outside with this nice weather that we have been getting. We will be going outdoors more as long as the weather permits, and we will be going on more walks. Please send your children with coats, shoes, and extra play clothes. We are always looking for clothing donations for all classrooms.

**DAILY REMINDER: BE COURTEOUS**

Reminder: Please pick your child up on time as most teachers are on a set, limited, daily schedule. Please let teachers know if you will be late, even if it is 5-10 minutes of being tardy pickup.

há?nəŋ cn,nəsčá?ča?

April Dates to Remember

| | |
|-----------|---------------------------|
| April 2-6 | Spring Break |
| April 9 | Staff returns to work |
| April 10 | Students return to school |
| April 19 | Family Night |



Early Head Start/Head Start

The K'weynsen

The class has been working on a building study. We engaged in many building projects and science projects, building on our observation skills. We have also worked on building better friendships within our classroom. We really enjoyed celebrating Dr. Seuss' birthday this past month by building Truffula Trees and learning about the Lorax. We are moving into a clothing study and are looking forward to a special project that includes students bringing in pieces of fabric that have a meaning to them or their families. We will use this fabric to make a memory necklace and learn to tell a story about them.



Bears' Bulletin(sčq^wáyəč)



Ravens' Rave (sk' ^wtú?)

Seen around LEHS

- ♦ Baby in Chipmunk class taking first steps
- ♦ Deer family and babies visiting Head Start
- ♦ Sunshine
- ♦ Birds chirping
- ♦ Dinosaur eggs

***Copies of the Head Start Annual Report are available upon request** (please ask at the Head Start).

Happy Spring from the Raven's Class. We are just ending our study on dinosaurs and are transitioning into a building study. It should be lots of fun learning about buildings and what they are made of and how we can build things. If any parents would like to donate any building supplies or come into class and talk about building things we would love to have you in. The weather is getting nicer by the day but still can be chilly. Please send coats and warm clothes as we try and go outside every day.


shutterstock 114428965

łá?łápt (Butterfly)

The Butterfly Prenatal Program is always accepting applications. It is a wonderful opportunity to learn and earn "baby bucks" as you go. Baby bucks can be used to 'buy' new items for your baby. We also go over fetal development, milestones, as well as learn some practical skills like budgeting. If you are interested please contact Summer Cooper Early Head Start Prenatal Educator 360-565-6364



Police Report



| Service Logs for Law & Order | Total |
|-------------------------------|-------|
| 911 Hang-Up | 3 |
| Alarm/Alarm Check | 9 |
| Animal Calls | 1 |
| Arrest Warrant & Attempts | 6 |
| Business Check | 10 |
| Citizen Assist | 6 |
| Citizen Contact | 12 |
| Civil | 2 |
| Community Oriented Policing | 24 |
| Court Paperwork/Service | 18 |
| Courtesy Transport | 1 |
| Death/Unattended Death | 1 |
| Disturbance | 1 |
| DV | 2 |
| Eluding | 3 |
| Follow-Up | 11 |
| Found/Recovered/Lost property | 2 |
| Fraud | 3 |
| Mental/ITA | 1 |

| | |
|---------------------------------|------------|
| Misc. Info/False Reporting | 1 |
| New Call | 1 |
| Noise Complaint | 2 |
| Other Agency Assist | 8 |
| Prowler/Vehicle Prowler | 1 |
| Report of open door/window | 2 |
| Sex Offense/Monitor | 1 |
| Suspicious Person/Vehicle | 11 |
| Traffic Control/Emphasis/Hazard | 1 |
| Traffic Stops | 23 |
| Trespass | 4 |
| Violation of Court Order | 1 |
| Vehicle Accidents | 1 |
| Vehicle Lockouts | 3 |
| Welfare Check | 5 |
| Total | 180 |

Arrests for February

William Zucchelli-DOC Warrant
Mindy Gaddie- Drug Violation
Johntay Tolliver- CCSO Warrant
Taber Green-Violation of Court Order
Raymond Bennett-Trepass
James Bolstrom Jr.-Domestic Disturbance
Cody Cummins-Domestic Disturbance

AED's Available!



To the left is a photo of Sarah Moore, Resident Services @ Elwha Housing Authority, accepting the Housing Department's new automatic external defibrillator (AED). They are very simple to operate and are designed to be used by someone with no training whatsoever.

Each AED comes with a CD that provides a 20 minute primer on how to use the device. Should anyone have any questions, and would want or need more training please contact me.

Thanks to the Tribal Council for funding these very important life saving devices. Finance, Social Services and the Heritage Center also now have theirs as well.

Hopefully by the end of this week, the remaining devices will be in place, including in each LEKT patrol vehicle.

Glen Roggenbuck, Emergency Management



Elwha Proud!



Congratulations to the following Dry Creek Elementary students for receiving Super Citizen Awards at school!

Pictured from left:

Maurice Pritchard

Elvira Tinoco-Wheeler

Natalee Thompson

Loki Ellis

I am very proud of our kids for practicing good behavior everyday and being leaders for others.

Contributed by Marie Goldsbury



The Elwha Klallam Drum Group sings at Inter-tribal drum group gathering. I am very proud of brother Timmy for being a stand up man showing our youth they have someone to look up to and someone that can teach them good ways of life and healthy choices.

Contributed by Marie Goldsbury



Elwha Heritage Center

Spring at the Heritage Center

So far 2018 has found your Heritage Center staff hard at work in ventures of education and community engagement.

On March 6th we hosted a Preview Night for the newly revitalized Carnegie Library. Over 200 guests were welcomed by the Drum Group, with speeches by Chairwoman Frances Charles and former Clallam County Commissioner Mike Doherty. Attendees were also treated to fry bread from Melissa Gilman, and an information fair featuring many tribal employees available for Q&A about their respective specialties. The Carnegie Museum features the č̓ix̓wíc̓ən village artifacts and Elwha River Dam exhibit previously on display at the Heritage Center, as well as a new exhibit speaking to the tribe's past, present and future. We are determining the building's regular open hours now, and hope to have an official opening date for you in the month of April.

For Christmas last year, we invested in a 12 ft. tall Christmas tree of grand proportions. Instead of taking it down at the end of the season, we decided to keep spreading the joy throughout the year, and will be hosting a new holiday themed charity drive each month!

For Valentine's Day during the month of February we accepted donations of stuffed animals to benefit children in crisis. These animals were given to first responders, including our own Elwha Police Department, so that children encountered in emergent situations could be given a toy to hug for comfort. The ICW program and Serenity House shelters also benefited from this drive. The turnout was outstanding, with a total of 184 toys donated by the community. The month of March plays host to our St. Patrick's Day themed food drive, and look forward to a



Stuffed animal Christmas Tree



Police Officer Sheenieka Flores and Police Chief Jeff Gilbert at the themed tree to benefit children in crisis.

Spring/Easter themed drive to benefit the Port Angeles Pet Posse and Humane Society in April.

Chrissi Ducotey



Social Services Employment Program

Lower Elwha Klallam Social Services Employment Program

Welcome to spring! With the seasons changing, please prepare your families for longer days and more sunshine! Find ways to get out in nature and get lots of fresh air and drink plenty of water. Stop by the community garden when you get a chance and see what's available to harvest or help weed some of the beds.

Highlights of the month:

Please help us congratulate Donald Tyler on his new position at Serenity Express Professionals! Riley Booth has been accepted to Karrington College in Spokane to pursue her degree in Radiology! Rose Jefferson is now working as a teacher/bus aide at LEKT Head start. Roseann Warner is now working at Alaska Power and Telephone as a Junior Accountant. Congratulations you guys for making the commitment to better yourself and strengthen your families! Stacie Avila was blessed with a new baby boy Omari on Jan. 2, 2018!

April 2018 TANF Calendar

| | |
|------------------|---|
| April 3, 10 & 17 | Positive Indian Parenting Class Every Tuesday for 9 weeks 12pm to 2:30pm @ the Heritage Center *lunch provided |
| April 11 | Spring Car Maintenance Workshop—10am to 12pm @ Heritage Center Computer Lab |
| April 26 | Spring Cleaning Workshop! —2-3pm @ Heritage center *snacks provided |

Tribal Vocational Rehabilitation Program Chemical Dependency/Substance Abuse

Chemical dependency and substance abuse are actually two similar, but different titles to conditions that identify addiction situations. Chemical dependency is recognized when someone stops using a substance of any kind and then starts experiencing withdrawal symptoms. These could be actual physical symptoms that include pain and nausea. It could also affect your thinking process, making it very difficult to concentrate.

Substance abuse could be making choices to use substances that can affect daily life choices. Or using a substance that makes you forget to do everyday tasks that keep your family functioning in a healthy positive direction. It could also cause you to sleep long to recover. Some people in this category are called functioning alcoholics/addicts.

In either case, steps can be taken to treat these conditions. It could take detoxification or maybe just counseling. While a person is in treatment for this, it is called recovery. Some individuals may need help finding work while they are in recovery. Tribal vocational rehabilitation programs consider chemical dependency/substance abuse, a disability. Because of this, they are eligible for our Tribal Vocational Rehabilitation program.

**Questions or registration- Please contact Melissa Gilman 360-417-8545 Ext 2912
or Email Melissa.gilman@elwha.org**



Tribal Elections 2018

2018 Business Committee and Chairperson Elections

Lower Elwha Klallam Tribe

The Election Committee of the Lower Elwha Klallam Tribe hereby gives notice of the schedule for the 2018 elections, as follows:

April 2 (Monday), 2018 – Nominations for Business Committee Candidates, 7:00 PM, at the regularly scheduled Community Council Meeting at the Lower Elwha Tribal Center. If a quorum of the Community Council is not present, the Business Committee will conduct the nominations.

April 4 (Wednesday), 2018 – Deadline to Submit Acceptance of Nomination. Rule 5.2 of the 2018 Election Rules and Regulations requires any nominated candidate to submit this signed form to the Election Committee by the close of business on April 4 in order to be on the ballot.

May 5 (Saturday), 2018 – Election of Business Committee members. There will be a polling place in Room 13 of the Tribal Center, which will be open from 12:00 noon to 8:00 PM. Mail-in ballots shall also be used and all mail-in ballots must be mailed so as to be received at the official post-office box by Election Day, May 5, 2018. Any ballots not received by Election Day WILL NOT be counted, regardless when they were mailed.

May 26 (Saturday), 2018 – Election of Chairperson. There will be a polling place in Room 13 of the Tribal Center, which will be open from 12:00 noon to 8:00 PM. Mail-in ballots shall also be used and all mail-in ballots must be mailed so as to be received at the official post-office box by the Chairperson Election Day, May 26, 2018. Any ballots not received by Election Day WILL NOT be counted, regardless when they were mailed.

Two (2) Tribal Business Committee positions will be elected this year, the positions currently held by Anthony Charles and Steve Joaquin Robideau. The Election will be held from the list of eligible tribal members nominated for the 2018 Election, and voters may write in the name of any person who is eligible to hold office as an alternative to voting for a nominated candidate. The other members of the Lower Elwha Business Committee are Frances G. Charles (whose term expires in 2019) George Charles and Russell N. Hepfer (whose terms expire in 2020)

2018 Election Rules and Regulations. The 2018 Election Rules and Regulations have been adopted by the Election Committee and are being circulated to the membership and throughout the Tribal community.





Tribal Elections 2018

2018 Tribal Election Information

INFORMATION PACKETS

Tribal Voter Information Packets were mailed to all tribal members over 18 in March. If you have moved, or changed your mailing address, update your address with the Enrollment Department. Official Change of address forms are available online at www.elwha.org and are available in the tribal center foyer (on the end table by front desk). They can be returned to the Enrollment Dept. mail box at the tribal center front desk, or mailed to 2851 Lower Elwha Rd, Tribal Center, Port Angeles WA 98363.

UPDATE YOUR INFORMATION

Message from the Election Committee

If we do not have your most current address, we will not be able to mail you a ballot or any election information. If you have not received any of the 2018 General Election information yet, please get a change of address form from the Tribal Center, correct it and turn it into the front desk. Janet Cameron will place it in the Enrollment Department mailbox. If all of your information has been updated and you did not receive a ballot, check with the Post Office as some of the mail has been returned as "Undeliverable Address".

You will no longer be able to mail in a ballot for the 2018 General Election, but you can still vote in-person on May 5th in Room 13 at the Tribal Center. You will need to change your information for your ballot to comply with the rules of voting if you have had a change of name.





Contract Health Eligibility



ATTENTION LEKT CONTRACT HEALTH ELIGIBLE TRIBAL MEMBERS AND DESCENDANTS.

It's that time of year again! Please fill out the attached paperwork and turn it into the front desk at the health clinic or mail it to:

Lower Elwha Health Clinic
Attn: Patient Registration
243511 Hwy 101 West
Port Angeles, WA
98363

In order to remain contract health services eligible you must update this information yearly. Upon filling out and returning this paperwork you will receive a CHS card to use when you are referred to another provider or are at the pharmacy. If you have never provided a certificate of Indian blood or your tribal id to us please include a copy of this as well so we have it on file. If you have moved and updated your tribal id card we will need an updated copy.

If you have any contract health services questions please call or come see Jenessa Balch 360-452-6252 ext. 7611.

If you need insurance or are unsure if you have insurance please call or come see Vanessa Goldsbury 360-452-6252 ext. 7613. Please note that insurance is required to be CHS eligible, we are here to help you get health insurance at low or no cost to you.

FINANCIAL LITERACY CLASS

Learn about Banking basics, Budgeting, Retirement, Credit

April 18, 2018

5pm-7pm

Lower Elwha Housing Authority

22 Kwitsen Drive

Space is limited, please call (360-457-5116) to reserve your seat!

Looking in to purchasing a home?
Want to learn about saving for
retirement? Want to improve your
credit score?



Elwha Dental Clinic



Interview with Dr. Joseph Churchill:

Where are you originally from?

"I grew up in Griswold Connecticut, but I was born in Detroit. We moved to Griswold when I was about a year old."

Why did you choose to become a dentist?

"In early high school when they had us choose a profession to do a report on. It kind of marries two of my interests. Science and art."

Where did you go to school at?

"Buffalo New York"

Have you worked for other tribes before?

"I worked in Nebraska for the Winnebago tribe for a

year then the Omaha tribe for about 6 years."

What is something off your bucket list?

"Climb mount Olympus and explore the Northwest."

Do you have any animals?

"2 cats"

What is something you do in your off time?

"Hiking, biking, and Capoeira (an afro-Brazilian folk art / martial art)."

What is your favorite junk food?

"Probably Dr. Walsh's cupcakes"

What is something you want the community to know about you?

"That I am really excited to be here and put some roots down."

Elwha Clinic Diabetic Health News

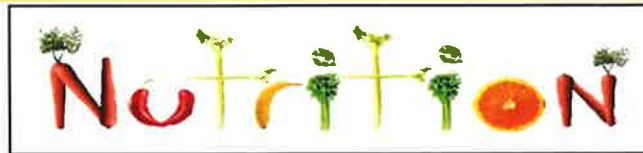
Diabetic Quarterly

On Tuesday, March 13th, the Lower Elwha Health Clinic had a total of 22 patients participate in the Diabetic

Quarterly Exam day! There were prizes, food, and stations in the lobby run by Contract Health Services, Nutrition, Stress Reduction, and Acupuncture! Each patient got their diabetic quarterly exams completed by their Provider, Mental health, and Dental within their 1 hour time slot. There was a \$25 Walmart gift card drawing each hour and the three grand prize drawings were a crock pot, magic bullet and a \$40 Walmart gift card! Thank you to all who attended and we hope to see you at our next quarterly exam day!

Tip of the Month: How to Eat Healthy and Save Money:

1. Check your fridge, pantry, and freezer for food that you already have and create a recipe out of it. Only shop for the food items that you need to complete the recipe.
2. Plan out your meals and all of your snacks for the entire week. Have the food items you need written down before you go grocery shopping and stick to those items when you are at the store. (Don't shop on an empty stomach! Make sure you eat prior to



grocery shopping).

3. Find a local grocery store that may have some deals, sales, or coupons for foods that can be expensive such as

meats or seafood.

4. Compare the different brands and sizes of food products to see which ones have a lower unit price.
5. Shop for fresh fruits and vegetables that are in season. When they are in season they are less expensive. If they are not in season you can purchase them cheaper if frozen or canned.
6. Only buy what you need. If you buy too much of a food that can spoil before you eat it, you end up wasting food which means wasting money.
7. Only cook the amount of food that you need. If you overcook and don't eat everything make sure to use leftovers for another meal or store in your freezer to eat later.
8. Buy foods in bulk. You can use what you need and store the rest in the freezer for later use.

Marissa Pratt, MS, RD, CD

Registered Dietitian Nutritionist & Diabetic Coordinator



Elwha Health Clinic

LEHD is proud to announce our Harmony Heroes for March 2018:



Dr. Greg Royack (Dental)- Dr. Royack is a positive role model in the Health Department. He is courteous and professional to all his patients and co-workers. Dr. Royack is always friendly, easy to talk to, and manages to avoid negativity. He also does fantastic dental work! We are very lucky to have Dr. Royack as part of our team.



Diane O'hara (Dental Assistant)- Diane always goes above and beyond her regular dental duties. Diane never has to be asked to pitch in and help, she just jumps right in. We love her great attitude and hard work. Diane shows an impressive commitment to the Lower Elwha Dental Clinic.



Brandy Swan (KCS Program Assistant)- Brandy always rises to any occasion. She is a great example of an employee who can roll with changes, and adapt while remaining upbeat and on top of her game. Brandy has proven what a valuable asset she is to not just KCS, but the whole Health Department in general.



Idalis Larson (MH Program Assistant)- Idalis has stepped up to the plate without any objections when we have faced barriers within our departments. Idalis is quick to respond, likes to help find answers, and knows her department inside out. She has been a star team player and a role model for others. No one can juggle schedules and errands like Idalis!

Ellen Charles (MA/CHR) not pictured- Ellen is willing to go out of her way to make sure our community members and patients are taken care of. She stepped in to take care of responsibilities when it was needed. We are grateful that Ellen is willing to do what it takes to make sure patients get their needs met.

Attention Lower Elwha Health Department Patients:

The various Health Programs/Departments are conducting ***Patients Satisfaction Surveys***. This is important information to gather since our patient population is who we have committed to serve and we want to do our different jobs well. Since we have a pretty big Health Department, we rely on our patients to tell us how we are doing. We like to hear it all. Good or bad!

Please fill out a ***Patient Satisfaction Survey*** the next time you are at an appointment or just stopping by. We appreciate your input and value what you have to say.

World Health Day—April 7, 2018

“Health is a human right. No one should get sick and die just because they are poor, or because they cannot access the health services they need.”

World Health Organization, www.who.int



Health Insurance Information

Elwha Youth...Are you 19 years old or turning 19 years old?

If you are 19 years old or are turning 19 years old your health insurance may be expired or will expire at the end of your birth month. It is important to stay up to date on your health insurance because even if you are healthy now, you may get sick and need to go to the doctor. Please come see Vanessa Goldsbury or call 360.452.6252 ext. 7613 at the Lower Elwha Health Clinic to make sure you can keep your health insurance and your contract health services eligibility.

Benefits of keeping your health insurance coverage and Contract health services information current:

- If you get sick you can see a doctor.
- If you need a prescription you won't have to pay the high costs of medications at the pharmacy.
- If you have an emergency and need to go to the emergency room you will not have to pay huge bills when you leave.
- If you go to the doctor and need to go see a specialist you can be referred to a specialist to help you take better care of your health.

What happens if I don't renew my insurance and am no longer eligible for Contract Health Services?

You can still be seen at the health clinic but you will have to pay for any outside lab testing, medications, and imaging you need to have done. You may not be able to get a referral to a specialist to help you take better care of your health.

I want to keep my health insurance coverage and make sure I remain Contract Health Services eligible, what do I have to do?

All you need to do is call 360.452.6252 ext. 7613 or come in and see Vanessa Goldsbury at the Lower Elwha Health clinic at 243511 HWY 101 West, she will be able to get you signed up for insurance coverage that will suit your unique needs to help you get the best care possible. She will also help you stay Contract Health Services eligible, and have more information on how to use your Contract Health Services status to get assistance with your prescriptions and travel to other doctor's offices if needed.

Klallam Language ASP



Klallam Language & Culture After School Program

Students at the After School Program have been doing great! We have participated in language class at the greenhouse on Wednesdays and Thursdays. Students are having fun learning about plants and Klallam language at the same time. We have also been spending a little more time outside when the sun decides to come out. ~Justine Clifford



LEKT SONG & DANCE GROUP

Regular Practice will be April 10th, 17th, & 24th in the Dining Hall at 4:30pm.

Dinner served at 4:30 followed by singing and dancing. Helpers needed for cooking & clean-up.

Transportation home available sponsored by the Elwha Transit Program

Intertribal Practice will be Wed., April 18th in the Jamestown at 5:30pm

Dinner served at 5:30 pm, followed by singing & dancing. There will be a van leaving the Tribal Center at 4:30pm. Sign up at the LEKT Library (located right behind the Tribal Center) ASAP.

Canoe Journey Meeting/Jam hosted by Elwha Sat., April 28th starting at 12pm

Lunch served at 12pm followed by the meeting. Dinner served at 5pm followed by Jam Session



For any questions or more information please contact Raelyn Bowechop

telephone: 360.452.8471 Ext:7422

or email: raelyn.bowechop@elwha.org



Klallam Language April Classes

LEKT Tribal and Community Members are invited to attend
Weekly Cedar Weaving Classes in April
Every Monday 2pm-6pm in the LEKT Dining Hall



Want to learn how to process cedar? Split cedar? Or just want to weave? Join us for community weaving!! Any level of weaving welcome and encouraged to participate. In addition to cedar weaving, there will be other crafts available to make that will be dedicated/donated to the (Elwha) Giveaway for Tribal Journeys 2018.

For more information or questions contact Raelyn Bowechop at 360.452.8471 ext.7422 or email Raelyn.Bowechop@elwha.org

KLALLAM LANGUAGE DEPARTMENT is holding a t-shirt, sweatshirt & tote bag fundraiser!

Please support us by purchasing any item from

<https://inktothepeople.com/revive-the-klallam-language#>

until April 14, 2018. háʔnəŋ st (We thank you)

Social Services-Family Advocacy and Sexual Assault

Family night is April 26th from 5:30pm to 7:30pm at the tribal Dining Hall. Dinner and activity materials will be provided. The topic will be "Healing through Arts".

April is National Awareness Month and to honor those who are and/or were victims/survivors of Sexual Assault and Missing. In appreciation of our beautiful earth, a **Walk for Awareness and Respect our Earth** will be held on **Sunday, April 22, 2018** at 1:00 pm at Elwha Dining Hall. Refreshment will be provided. This event is open to public.

Thank you so much...

Beatriz Arakawa

Program Manager and Victim Advocate

Lower Elwha Family Advocacy Program-Social Services Dept.

Lower Elwha Klallam Tribe

3080 Lower Elwha Rd. Port Angeles, WA 98363

Office: 360-565-7257 ext. 7453; Cellular Hotline: 360-460-1745

Fax: 360-457-8429; E-mail: Beatriz.arakawa@elwha.org



Women, Infants and Children (WIC) Program

WIC is the Special Supplemental Nutrition Program for Women, Infants & Children

The WIC Food & Nutrition Program helps you give your Child a healthy start for life with:

- Approximately \$50 in health foods each month per participant:
- ⇒ Information on your child's growth and nutrition
- ⇒ Resources, support, and referrals for breastfeeding, including electric breast pumps
- ⇒ Community information & referrals, individualized for your family
- ⇒ Referrals for family support and other area services



WIC approved foods include: Milk (lactose-free & soy available), Eggs, Cereal, Cheese, Dried or Canned Beans/Peanut Butter, Juice, Whole Grain Choices, Fresh Fruits/Veggies, Tuna/Salmon, and Baby Foods. Breastfeeding women receive the largest food package! Babies 6 months & older receive fruits, veggies, meats and cereal. By providing mom's food package in addition to baby foods, WIC provides for nearly All the food a breastfeed baby will need in the first year.

Babies receiving formula from WIC received 1/2 the fruits and veggies & no meat, WIC provides just over half o of the formula the typical baby will need.

WIC Staff can determine if you qualify for WIC over the phone. Call the Clinic @ 360-452-6252, and ask for Birdie @ Ext. 7631 or Marissa @ Ext 7625.



In March, the ICW department took a group of children to a ropes challenge coarse at Camp Seymour in Gig Harbor. The children worked on team building, interpersonal and leadership skills through various ropes courses and had a blast zip lining!





WIC Recommended Recipes

RECIPES

Try these recipes for quick and easy meals using the new WIC foods. These meals have only 4 ingredients or less and are ready in less than 20 minutes. What more could you ask for?!

RAMEN VEGETABLE STIR FRY

INGREDIENTS

WIC Ingredients

- 1 cup frozen peas and carrots
- 2 eggs

Other Ingredients

- 2 packages of ramen noodles
- soy sauce
- salt and pepper, to taste

STEPS

1. Cook ramen noodles according to directions on package. After cooking drain and set aside.
2. Scramble eggs.
3. In separate pan, saute frozen peas and carrots in oil until tender - approximately 10 minutes.
4. Add scrambled eggs and ramen to vegetable mixture.
5. Add seasonings and soy sauce to pan and cook for 5-6 minutes.



ONLY 4
INGREDIENTS!

BEAN AND CHEESE TAQUITOS

INGREDIENTS

WIC Ingredients

- 1 cup canned black beans, rinsed
- 1/2 cup cheddar cheese
- 8 whole wheat tortillas

STEPS

1. In a bowl, mash the black beans. Add the cheese and a pinch of salt into the bowl.
2. Divide the mixture up evenly and spoon onto tortillas.
3. Roll up tortillas.
4. Heat olive oil in skillet. Place tortillas into skillet with the seam side down. Cook until crisp - about 2 to 3 minutes per side.
5. Top with cheese and salsa (optional).





Tribal Members Birthday List for April 2018

| | | | |
|--------------------------------|-------------------------------|------------------------------------|--------------------------------------|
| 1st-Joleen Kardonsky | 8th-Michael Shane Williams | 15th-Skylar Jordan Wheeler | 22nd-Phillip Benjamin Black Crow Jr. |
| 1st-Brenda Dawn Francis-Thomas | 9th-Viola Beverly Cagey | 17th-Michael Jay Schleufer | 22nd-Trinity Joy Gloria |
| 3rd-Johanna Emily Blacksmith | 9th-Sky Blue Arakawa | 18th-Zachary Jordan Karanovich | 23rd-Karla Jean Pennington |
| 3rd-Lois Ann Durgan | 10th-Suzie Lynne Bash | 18th-Vanessa Whitney Golsbury | 24th-Marvin Joseph Charles |
| 3rd-Warren Lloyd Stevens | 10th-Joseph Brent Luce Jr. | 18th-Raven Marie-Christine Charles | 24th-Brandy Jo Williams |
| 3rd-Roxanne Irene Charles | 11th-Elaina Rose Swanson | 19th-Doreen Lynn Rhodes | 24th-Natasha Marie Black |
| 3rd-Tawnya Josephine Newell | 12th-Darlene Eugenia Bennett | 20th-Virgil Kenneth Johnson Jr. | 25th-Linda Marie Leonato |
| 4th-Evelyn Ellsworth | 12th-Regina Denise Williams | 20th-Juan Macias III | 25th-John Marcus Sampson |
| 4th-Linda Lou Laungayan | 12th-Enrique Charles Flores | 20th-Percy Isiah Peters | 25th-Joseph Badell Stuntz Jr. |
| 4th-Michael Ray Rounds | 12th-Cassandra Danaye Charles | 21st-Matthew Tyler Charles | 25th-Skylar Anthony Walden |
| 4th-Kalem Justin Smith | 12th-Alexis Marie Charles | 21st-Daniel Martin Bash | 28th-Brett Needham |
| 5th-Bradd Dennis Morton | 12th-Katia Marie Mjelde | 21st-Samuel Wilson Charles | |
| 5th-Lola Vera Moses | 13th-Evan Douglas Mjelde | 21st-Gillian Jo Elofson | |
| 5th-Jenalee Nicole Charles | 14th-Marlene Rose Charles | 21st-Dion J Tom | |
| 6th-Brittanyt Nicole Jones | 14th-Zelby Rae Gloria | 22nd-Tamera Lynn Luce | |
| 6th-Jaedan Allen Moore | 14th-Byron Brian Bennett | 22nd-Sateva Dawn Henderson | |
| 7th-Nathaniel Thompson | 14th-Duane James Stephan Sr. | | |
| 7th-Dorothy Maye Boyd | | | |
| 8th-Alan Dean Charles | | | |



Staff Birthday List for April 2018

| | | |
|--------------------|------------------------|-----------------------|
| 1st-Isaiah Coley | 12th-Cassie Charles | 24th-Anne Ronan |
| 2nd-Maddison Shaw | 15th-Perrilinn Janssen | 24th-Brandy Williams |
| 3rd-Warren Stevens | 18th-Vanessa Goldsbury | 25th-Jared Moses |
| 4th-Bobi Clark | 19th-Idalis Larson | 27th-William White |
| 5th-Lola Moses | 21st-Dylan Heck | 27th-Leif Ellis |
| 8th-Alan Charles | 21st-Sam Charles | 30th-Ricardo Gonzales |
| 12th-Gina Williams | 22nd-Crystal Hren | |



Announcements



**"Happy Birthday to
a great husband and father!**

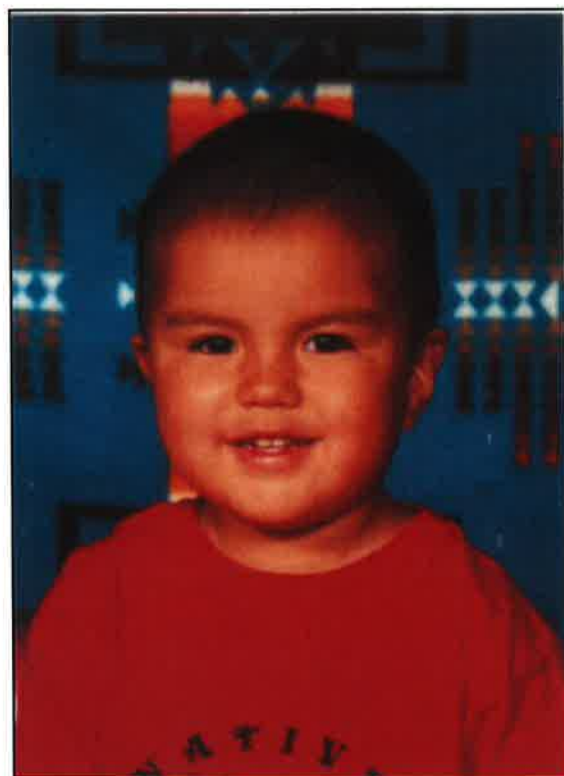
We love you so much!

**Love, Danielle and
Jarison"**

ELDER LUNCH TRANSPORTATION

Elders looking for Transportation to Jamestown for their monthly Elders lunch, please call the kitchen at 360-452-8471 ext. 7434. Let Brandy or Leona that you need transport and they can put you on the Transport List. If they are not available, a message can be left as the message machine is checked daily.

Lunch at Jamestown is held every 2nd Friday of the month. The vans leave from the Tribal Center at 10:00am to start picking up Elders. Two vans will be used depending on how many people sign up with us initially. Prior sign up for a seat is preferred as there is limited seating and planning ahead of time is vital in getting everyone accommodated.



Happy 15th Birthday Dion!!

**I thank Creator for gifting you
to me and saving my life. Your
such an amazing young man
and I am honored and blessed
to have you as my son.**

I love you son!



10 Ways to Reduce Allergy Symptoms, Naturally!

1. Clean up your diet:

-Try to "eat a rainbow" of fruits and vegetables every day. You can also try to make sure at least half your plate is vegetables (not including starchy vegetables like potatoes and corn).

-Eat Omega-3 rich foods, like salmon and other yummy seafood.

2. Eat foods that are rich in Quercetin.

-Quercetin is a "natural anti-histamine" which means that it reduces histamine, the substance that causes a lot of the allergy symptoms like runny nose and itchy eyes.

-Quercetin is found in many foods such as: raw onions, apples, red grapes, kale, spinach, capers, watercress, cherries, green and black tea leaves, bee pollen and chili peppers.

3. Avoid foods that are rich in histamines or that cause histamine release.

-Unfortunately these include chocolate, wine and strawberries. Other foods are: avocados, bananas, dairy, eggs, oranges, peaches and pineapples.

-Fermented foods can also potentially cause increased histamine release and may need to be avoided during high allergy season.

-Artificial flavors, colors and preservatives can increase histamine release. Yet another reason to avoid these foods and eat more whole, unprocessed foods.

4. Avoid foods that may cross-react with pollens. This is known as Oral Allergy Syndrome – you know that itchy mouth you get after eating cantaloupe – it could be due to your ragweed allergy! Some examples of this are:

-Ragweed Pollen – bananas, zucchini, cantaloupe, sunflower seeds, cucumber.

-Grass Pollen – melons, oranges, swiss chard, tomatoes, watermelon, wheat.

-Alder Pollen – almonds, apples, cherries, celery, hazelnuts, parsley, peaches, pears.

-Birch – apples, plums, carrots, cherries, fennel, walnuts, pears, potatoes, peaches, wheat.

5. Avoid dairy products!

-Dairy can thicken mucus secretions, and trigger histamine release. Yuck!

6. Eat local honey!

-Local honey contains pollens from all the local plants,

flowers, trees and grasses that you are allergic to.

Small frequent doses can "desensitize" you if taken before allergy season starts, similar to the concept of allergy shots.

Take 1-2 teaspoons daily for several months before pollen season begins.



7. Take natural allergy supplements that contain quercetin.

-Quercetin reduces histamine release from cells when exposed to an allergen, so it works better as a preventive.

-Products that also contain vitamin C help to activate the quercetin.

Bromelain is an enzyme found in pineapples that has anti-inflammatory properties and can help thin mucus. Stinging nettles is another anti-inflammatory herb that blocks histamine production.

8. Use homeopathic medicines to provide relief from annoying allergy symptoms.

-One of the Naturopathic Doctors at the clinic are happy to help pick out a specific remedy for you based on your symptoms. No side effects, no drug interactions safe for infants and pregnant/breastfeeding women.

9. Acupuncture for both prevention and treatment of allergies. Acupressure can be used at home along with various essential oils that can help keep allergy symptoms at bay.

-Acupressure uses your gentle, loving, yet firm massage on specific acupuncture points to stimulate healing

-Points that can be massaged specifically for allergy include:

"Large Intestine 4" – located in the webbing between the thumb and index finger

"Liver 3" – located in the webbing between the big toe and second toe

Take a look at www.wikihow.com/Do-Acupressure to see exactly where these points are located.

10. Use essential oils.

-Essential oils can be diffused or massaged into specific acupressure points. Some essential oils that are particularly helpful for allergies are chamomile, eucalyptus, lemon, lavender, and peppermint.

Continued on Page 25



Traditional Plants Presentations

Traditional Plants for Diabetes Prevention

Come learn about traditional plants and medicines with Dr. January Austin, our Naturopathic Doctor.

Friday, April 6th
2:30 - 4:30 PM



**Intro to
Traditional Foods
& Medicines**

Friday, April 13th
2:30 - 4:30 PM



**Traditional Medicine
for Diabetes**

Friday, April 20th
2:30 - 4:30 PM



Native Edible Berries

Friday, April 27th
2:30—4:30 PM



**Cooking with
Native Foods**

Location:
Lower Elwha Klallam
Tribal Center Dining Hall.

**Pre-register to
enter raffle!
Must be present to
win.**



Lower Elwha Health Department
243511 Hwy 101 West
Port Angeles WA 98363
Phone: (360) 452-6252

Allergy Symptoms...Continued from Page 24

- When using essential oils for acupressure, you can add 5 drops of essential oil to a tablespoon of “carrier” oil like olive oil or jojoba oil, and use this to massage into the specific acupressure points mentioned above.

Be sure to buy essential oils from a reputable manufacturer to ensure that they have the intended therapeutic qualities. Some favorites are DoTerra, Vibrant

Blue Oils, and Young Living.

Please speak with one of the naturopathic doctors at the clinic about options that you may not have tried to treat your allergies.

Spring is upon us and it is time to get outdoors!

Composed by: Wahji Kasten ND LAc
Lower Elwha Health Clinic



April Gym Calendar

| April 2018 | | | | | | |
|--|---|---|--|---|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 Easter  | 2 Gym Hours 11am-7pm | 3 Gym Hours 11am-7pm | 4 MS/HS Open Gym 5-7pm Gym Hours 11am-7pm | 5 Gym Hours 11am-7pm | 6 BoomShaka Trip 8am-6pm | 7 |
| Spring Break | | | | | | |
| 8 | 9 Elders Fitness 1030-1130am After School Activity 230-430pm Adult Basketball 7-9pm | 10 After School Activity 215-430pm Movie Night 630-830pm | 11 Elders Fitness 1030-1130am After School Activity 230-430pm MS/HS Open Gym 5-7pm Adult Basketball 7-9pm | 12 After School Activity 230-430pm Futsal Soccer 7-9pm | 13 Elders Fitness 1030-1130am After School Activity 230-430pm Youth Night K-12 th Grade Pizza & Drinks 7-9pm | 14 |
| 15 | 16 Elders Fitness 1030-1130am After School Activity 230-430pm Adult Basketball 7-9pm | 17 After School Activity 215-430pm | 18 Elders Fitness 1030-1130am After School Activity 230-430pm MS/HS Open Gym 5-7pm Adult Basketball 7-9pm | 19 After School Activity 230-430pm Futsal Soccer 7-9pm | 20 Elders Fitness 1030-1130am After School Activity 230-430pm Wii-U Night Mario Kart Tournament 7-9pm | 21 ICW Spring Party All Day |
| 22 | 23 Elders Fitness 1030-1130am After School Activity 230-430pm Adult Basketball 7-9pm | 24 After School Activity 215-430pm Movie Night 630-830pm | 25 Elders Fitness 1030-1130am After School Activity 230-430pm MS/HS Open Gym 5-7pm Adult Basketball 7-9pm | 26 After School Activity 230-430pm Futsal Soccer 7-9pm | 27 Elders Fitness 1030-1130am After School Activity 230-430pm Canoe Journeys Meeting | 28 Canoe Journeys Meeting |
| 29 Canoe Journeys Meeting | 30 Elders Fitness 1030-1130am After School Activity 230-430pm Adult Basketball 7-9pm | | | | | |



TRIBAL DIRECTORY

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

CEO William (Bill) White, Ext 7469
CEO of Enterprise 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
Meriah Gille, Interim Health 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

243613 W Hwy 101, Port Angeles
Stormy Howell, 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

760 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

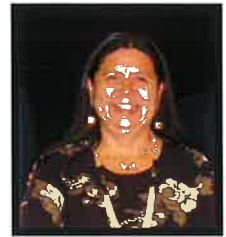
Cedar Box Smoke Shop

4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

Social Services

3080 Lower Elwha Road
Kelly Bradley 360.565.7252

BUSINESS COUNCIL



Frances G. Charles

Tribal Chairwoman, Ext. 7411



Russ Hepfer

Vice Chairman, Ext. 7412



Anthony Charles

Secretary/Treasurer Ext. 7415



Steve Joaquin Robideau

Council Member, Ext. 7413



George Charles

Council Member, Ext. 7414

Lower Elwha Klallam Tribe
2851 Lower Elwha Road
Port Angeles, WA 98363

PRSRT STD
U.S. Postage
PAID
Port Angeles, WA
Permit # 11

Change Service Requested

ELWHA NEWS

Lower Elwha Klallam Tribe

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“THE STRONG PEOPLE”

The *Elwha News* is a monthly publication of the Lower Elwha Klallam Tribe to inform, educate and stimulate interest in the Tribe and community affairs. It also raises awareness and respect for the Reservation and its resources. For news articles, please send to the address below by the 18th of the month.

Phone: 360.452.8471 Extension 7418

Fax: 360.452.3428

Email: sherry.curran@elwha.org

Coming Events:

Tribal Elections in May, watch for a mailer with ballot information. Election Day May 5 & 26.

April 2-6 Head Start (HS) Spring Break

April 9 HS Staff returns to work

April 10 HS Students return to school

April 17 **Natural Resources Open House, 10am**

April 18 Fiscal Literacy Class-Elwha Housing Authority-5pm

April 19 Head Start Family Night

April 24 & 25: Healing of the Canoe Curriculum Training @
the Heritage Center