



September 2018

Volume 3, Issue 9

Elwha News

čłéłxʷaʔ syácam

LOWER ELWHA KLALLAM TRIBE

Summer Fun at the Library



Activities in the Elwha Tribal Library have been popular for youth this summer. So far, painting has been the favorite activity and the Elwha beach provided wonderful rocks to embellish. A few students experimented with other mediums, however, most preferred stones and sands. We are proud of our future tribal artists!

More photos on Page 9

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Letter from Vice Chair Russell Hepfer



Dear Tribal Members,

My Oh My! September already!! Our kids are back in school! The summer has went by so quickly. I didn't get to do the things that I like. Had too much going on to have fun I guess. But

I do enjoy the role I have on Tribal Council. It's important to attend meetings locally, regionally, nationally and internationally. Our voice needs to be heard.

Our Council managed to get our elders and youth back to and from Power Paddle to Puyallup. Everybody had a good time. It is so exciting to see the young ones participating in our culture. I am by no means an expert on our culture and traditions so I learn from our youth every time I see them perform. I am so proud of them. It is a powerful thing to see our brother and sister tribes, the Jamestown and Port Gambles, performing with us together on the canoe host floor. We have a lot of members with our combined tribes. It is exciting.

By the time you read this, our Tribal Council will have approved the budget for Fiscal Year 2019. I want to thank our staff and especially our Fiscal Department for all their efforts to get this process completed. It isn't easy to get information from the department level to Council level. We didn't get everything we wanted but I feel that there is a balance and our community will be taken care of.

I attended the Annual Tribal Lands and Environment Forum held this year in Spokane, Washington. There were over 150 tribes from across the nations represented. We had a national conversation on tribal land and water resources. The theme was: UNITED BY WATER. I had the honor of speaking with my committee, the National Tribal

Toxics Committee about the Environmental Protection Agency. We are concerned because they are not taking our tribal exposure of chemicals and adding it to their risk assessment. We feel that if they did, not only would the tribal population be better protected, but all people would be better protected. It was a very good conference and well attended. They honored the tribal leaders that were in attendance. Including myself there were only six that were registered. I think we need more leaders talking about our environment.

I hope everybody took safety precautions during the heavy smoke that occurred last month. While I was in Spokane there were thirty fires around the region. Luckily the convention and hotel were in the same building with air conditioning. The temperature was in the nineties and with the heavy smoke it was miserable.

I have been out dealing with my health. Trying to stay healthy. I am fine but I need to stay on top of things to stay that way. So I haven't been able to attend a lot of my regular meetings. But I will be back in full swing now.

As always, thank you for allowing me to represent you. Thank you for all your input. My door is always open and I will continue to either answer my phone or call you back as soon as I can. I hope you had a great summer and have a great fall.

Respectfully,

Russell N. (RAZZ) Hepfer



Welcome New Enterprise COO-Linty Hopie

Welcome Linty Hopie, new Enterprise Chief Operations Officer (COO) for the Tribe! Linty started her employment mid-July. She is a tribal member and the granddaughter of Martin Hopie and Ethel Sampson Hopie, daughter of Mitchell (Bill) who were one of the 14 original families on the Lower Elwha reservation.



Linty grew up in Port Angeles and at the age 16, her family moved to Bend, Oregon. She spent 20 years in Oregon completing her education and starting her career. She received her Associates Arts degree from Central Oregon Community College and a Bachelor of Science in Communications and Public Relations, with a Minor in Planning, Public Policy and Management from the University of Oregon. Her career includes several management positions in the hospitality, retail, non-profit and public administration/higher education sectors. Linty and her father journeyed back to the

community 10 years ago to rejoin family. She has worked for the past decade at Peninsula College, most recently as the Director of Community and Business Education. Through the variety of work at the College, Linty had the opportunity to develop strong regional working relationships, including all area tribes. Linty is very excited to join the Tribe as

an employee and lend her leadership experience in helping to advance opportunities for her Tribe.

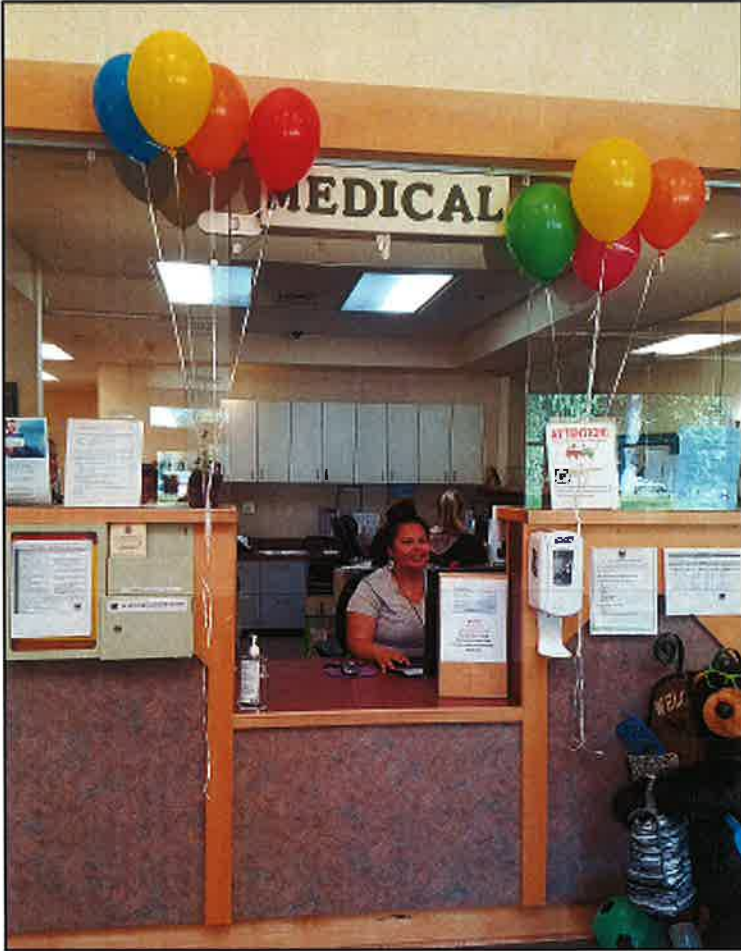
Linty will focus on moving our many tribal enterprise goals forward using development strategies that will support the tribal community. As COO, she also hopes to help enterprise managers and staff continue to improve leadership skills, build business efficiencies, and promote professional development opportunities.

Tribal Business Committee Resolution List

Number	Date	Resolution Title
92-18	6/22/18	Contract Pharmacy Agreement between LEKT and Safeway Inc.-Tabled
93-18	7/6/18	Fuel supply agreement between LEKT and Associated Petroleum Products Inc.-Approved
94-18	7/6/18	Transaction processing agreement between LEKT and Associated Petroleum Products Inc.-Approved
95-18	7/3/18	LEKT Police Dept. policies and procedures in compliance with the WSP access policy, including the FBI criminal justice security information-Approved and Adopted
96-18	6/28/18	Revisions to LEKT Housing Authority Ordinance-Approved



Elwha Health Clinic Hosts Sports PE Day



The Lower Elwha Health Department had a huge success with the 2nd Annual Sports Physical day! 40 children got their sports physicals done, 40 children got impressions for sports mouth guards at Dental, and we had 55 children participate in our "Passport to Play" event. We had our Community Health, Nutrition, Youth Coalition, Klallam Counseling Services, and Lower Elwha Mental Health services all participate. Each child received a back pack filled with prizes, and each child who completed the "Passport to Play" was entered into 1 of 4 drawings. We gave away 3 fair bracelets and one \$50.00 gift card to Big 5 Sporting Goods.





Elwha Health Clinic Hosts Sports PE Day



I want to give an enormous thank you to the Youth Coalition for providing the funding for food, Lower Elwha Dental and Medical for providing the funding for the backpacks and prizes, to each department who participated, and the parents and children as well. Don't forget, if you did the impression for a mouth guard at the Dental Clinic, you will need to come back to pick the mouth guard up!

We will be doing this again next year on August 9th, 2019. We hope for it to be bigger and even better next year (since we will have a whole year to plan). Thank you again for participating, we hope to see you next year!

Jenessa Balch
Contract Health Services



Letter from CEO William (Bill) White



Wow, hard to believe I've been here just over a year now. One of my early goals was to be as transparent as possible with the community. **Communication is key.** I've tried several ways to communicate with all of you, but based on the feedback I get (or

lack of it) I fear my words and thoughts are not giving you what you want or need. The easiest thing for me to do is accept the silence as a sign that it doesn't matter. **But the public service side of me requires I keep trying, so I'm going to shift directions once more and see if this makes a difference.**

Here is what has been occupying much of my time for the last few months:

Quality Improvement projects – because I have devoted my life to working in government; federal, state, county and Tribal, I've seen and worked in a lot of systems, with lots of ways of doing things. Some are great, while some are a miracle they work at all. **I am admittedly a bit of a fanatic about improvements...from how we buy stuff, to how we pick and choose which grants to pursue, to how we orient new employees, to how we hire and manage staff. Can we do it better? Can we do it quicker? Can we improve how we function? I don't know yet, the work is still in progress. But if we are successful in making some changes here, while you may not see it from outside, it will smooth out several rough spots internal to the operation.**

Performance monitoring – I worked with two state governors who were leaders in this country on the issue of performance monitoring for purposes of accountability. Sure, we need to know how much money we have to spend, and how many people we will hire to do the work, but we are weak on how to measure the outcome of that work. Are we making a difference in your daily lives? Can we find ways to **serve you better? Are we holding onto ineffective programs or outdated systems? My hope is that in a year, we will be able to share with you a meaningful, understandable story about what we do, how we do**

it, and what it means for the Tribe, with facts and data to back it up. I hope that is something you would like to see, as well as being a dynamic management tool.

Employee Handbook, interpretation and enforcement – shortly after I arrived here, the Employee Handbook was adopted, following years of work by staff and former CEOs. I see my position to ensure the policies adopted are followed. It's new, and in some cases, a change from historic practices. My goal is to monitor, and using the tools noted about performance monitoring, and track how well we do, identify gaps and omissions, guide staff in following these new policies, and improving those areas of concern, such as Indian preference in hiring, or how we follow the disciplinary and grievance processes.

Personnel conflicts – fortunately, this has not developed into as big an issue as I had feared. While there have been some terminations and a few resignations, my perspective is that the individuals involved have been treated fairly and had opportunity to present their side. Not all employees are happy, some are unsure what to do, some are hesitant to initiate a complaint or action. I hope to support an atmosphere of trust and openness that will allow, support and encourage complaints and concerns being addressed in a constructive and positive manner. In my experience, such an atmosphere is much more pleasant to work in, more productive in output, and retains workers longer.

Financial Overview – this Tribe has a history of shaky fiscal responsibility. Remember, I worked here 30 years ago...I have seen the ups and downs first hand. You are on sound footing now, and I have 100% confidence in the accuracy and integrity of the current management. But, we are growing and growing fast. There is a belief in some circles, however, that with Casino and store revenues, the Tribe is rich and should be dolling it out to subsidize salaries, hire more people, provide more direct benefits to Tribal members, fund home repairs, pay for travel to see sick relatives, bring food to the doors of the needy.

Continued on Page 17



Elwha Housing Authority

We are completing several conveyances on homes that have been paid off. This is a reminder that you will no longer be covered by homeowners insurance beginning January 1, 2019. Amerind will be here again this fall to provide information on homeowners insurance. Watch for dates.

For those of you that are still on a septic system please protect your septic and drain field. Do not drive on the drain fields or the septic tanks this can cause serious damage to system. Make sure you are cleaning your septic screens, only use septic approved toilet paper in the toilets, Toilets Aren't Trash Cans- Besides human poop and pee, toilet paper, and soap used for washing, not much else should be going down your drain.

We've had several reports of unsupervised children. Please watch your children; **you are responsible** for their actions and they need to be taught to be respectful of our community, elders and property (including the playgrounds). We've also received several report of vandalism and stolen property. Please keep an eye out for suspicious behavior and call 911 if you need to make a report. Let's keep our community safe.

We're also aware of several homes that have boarders living within our units. This is NOT allowed according to our policy. Please come in with all adults to add them to your composition and to avoid a hearing and/or eviction.

There are several homes that the yards need to be cleaned up and junk vehicles need to be removed. When you have grass or any kind of vegetation growing around your house it can cause issues with your home, gutters, roofs, siding, pests, etc.

How to clean up and prevent mold: Scrub mold with water and detergent, Run bathroom fans and clothes

dryers to the outside, when first turning on the home or car air conditioners, leave the room or drive with the window open for several minutes to allow mold spores to disperse, cover window wells if they leak to prevent moisture from the building. For more information on mold and ways to clean up a mold problem safely in your home, go to www.epa.gov/mold.



Safe, Effective, Non-toxic Cleaning Recipes:

Basic window/Mirror cleaner
Put ¼ cup of white vinegar in a spray bottle and fill to the top with water. Spray and wipe

clean with a newspaper.

Drain Cleaner

Put 1 cup, baking soda down the drain. Then pour 1 cup vinegar down the drain. After 3-5 minutes flush with a pan of boiling water, repeat as necessary until the drain runs clear.

Toilet Bowl Cleaner

Sprinkle baking soda inside the bowl. Squeeze a couple of drops of soap in also. Scrub with toilet bowl brush and finish outside surfaces with a rag sprinkled with baking soda. Rinse well with clean water.

Inspections:

It's that time again! Watch the mail for your inspection letter as they will be scheduled beginning in September (non-tax credit units). It's been noted that several homes have been accumulating a lot of "stuff". This can cause safety and health hazards. Please make sure that your home has access to windows and doors to get out in case of an emergency; make sure there is nothing within 1 foot of your heaters and hot water heater and make sure you have clear access to your electric panel. If you would like a copy of our inspection check list please call and we will mail one to you or stop by to get a copy.

Jenn Hutto

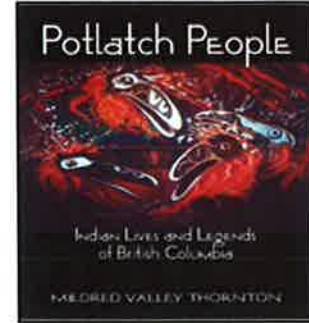
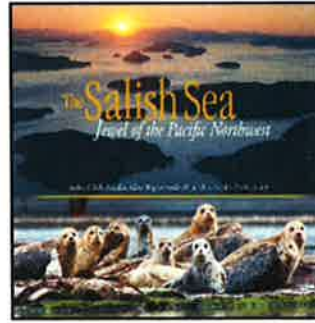
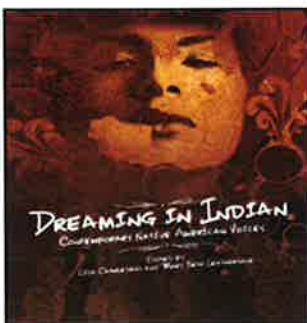
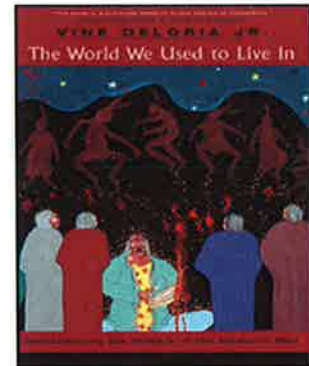
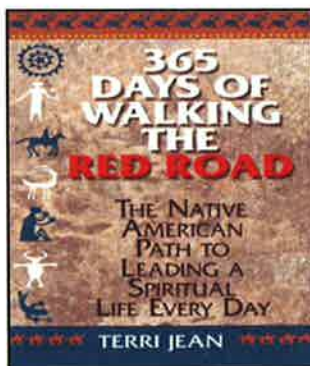
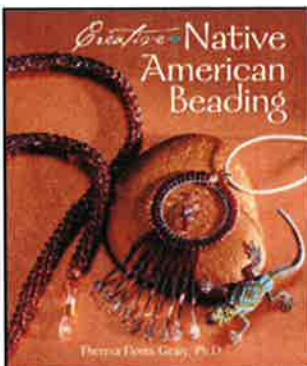


Education & Library

We have added a number of new books! Some of these are native spiritual, historical and culture-specific titles which we were able to buy with a small part of the Institute of Museum and Library Services (IMLS) basic grant which helps support the library every year. In addition we have added many new special interest-reference, adolescent; and adult non-fiction and fiction books to the library's collection. A number of donations have also been made to the library recently of college textbooks from Art History to Financial Management. We welcome you to please come and explore the shelves, take advantage of free Klallam Language Materials or enjoy surfing or researching in our computer lab. [Thanks so very much to LEKT community members who have generously donated materials to the LEKT Library over the past year for all to use and enjoy!!](#)

Drop by any time and ask to see the new Young Adult and Children's books. For now they are on a separate shelf during our LEKT Summer Reading Challenge; instead of being put away among the more than 1600 other culture titles in the library.

Selected titles from the newly purchased books are pictured below:



Recently most generously donated To Our LEKT Library From Shoalwater Bay Tribal Library: "Summertime In Georgetown" A Collection of Short Stories by Women and Girls of the Shoalwater Bay Tribal Community. Check-out this wonderful book produced by the Shoalwater Bay Women's Writing Group!!

Best Wishes For Great Summer Adventures In Reading!





Library Summer Drop-In



Summer youth helped to create and program our Lego Mindstorms robots!



Chairwoman Frances Charles drew two grand prize winners for our summer reading program. Nattalee Thompson won the Kindle Fire and Skylar Wheeler got to order \$100 worth of Legos!



If the adults would just listen to us we would make slime everyday! SLIME!



Who says we are full of hot air?! Nate Thompson is our champion slime bubble maker!



Science can also be serious. We explored electricity with our snap circuits kit and...





School Wellness Fair

Over 200 children, youth, and adults participated in the 5th Annual Back-to-School Wellness Fair on August 22, 2018. The Lower Elwha Education Department gave away over 200 backpacks to excited students. School supply packets for each grade level were also given out. Our hands go up to the Elwha River Casino and Lower Elwha Family Advocacy Program for their generous donations that made this possible. Additional funding came from the Education Department.



Tables for the Lower Elwha Health Wellness Program were surrounded by excited youth for most of the day. Dr. January Austin, ND, shared herbal teas. Marissa Pratt, Registered Dietician and Nutritionist, offered an eye-popping display of the amount of sugar in popular foods and drinks, and Ann Fritts, L.Ac., provided good information on the benefits of acupuncture for health and well-being.

Elwha Strong Youth handed out Stand Klallam Strong pencils, stickers, ribbons, and lanyards. Substance-use prevention resources for parents and youth for were also offered. The Systems of Care team had an awesome Clothing Exchange table with gently used clothing for children and youth. Thank you, Lola Moses, for organizing this amazing offering! Wihinna Robideau and Monica Salazar returned for their ever-popular back-to-school haircuts. Their scissors and clippers were flying throughout the day!



Several other Lower Elwha Klallam Tribal Programs and Departments participated, connecting parents and youth to important resources: Lower Elwha Head Start and Early Head Start; Lower Elwha Mental Health, Lower Elwha WIC Program, Lower Elwha Justice Department, and Lower Elwha TANF Program. Lower Elwha Transportation provided information on road safety and gave away free brightly colored, road-safe backpacks to interested youth. Thank you, Carol Brown!

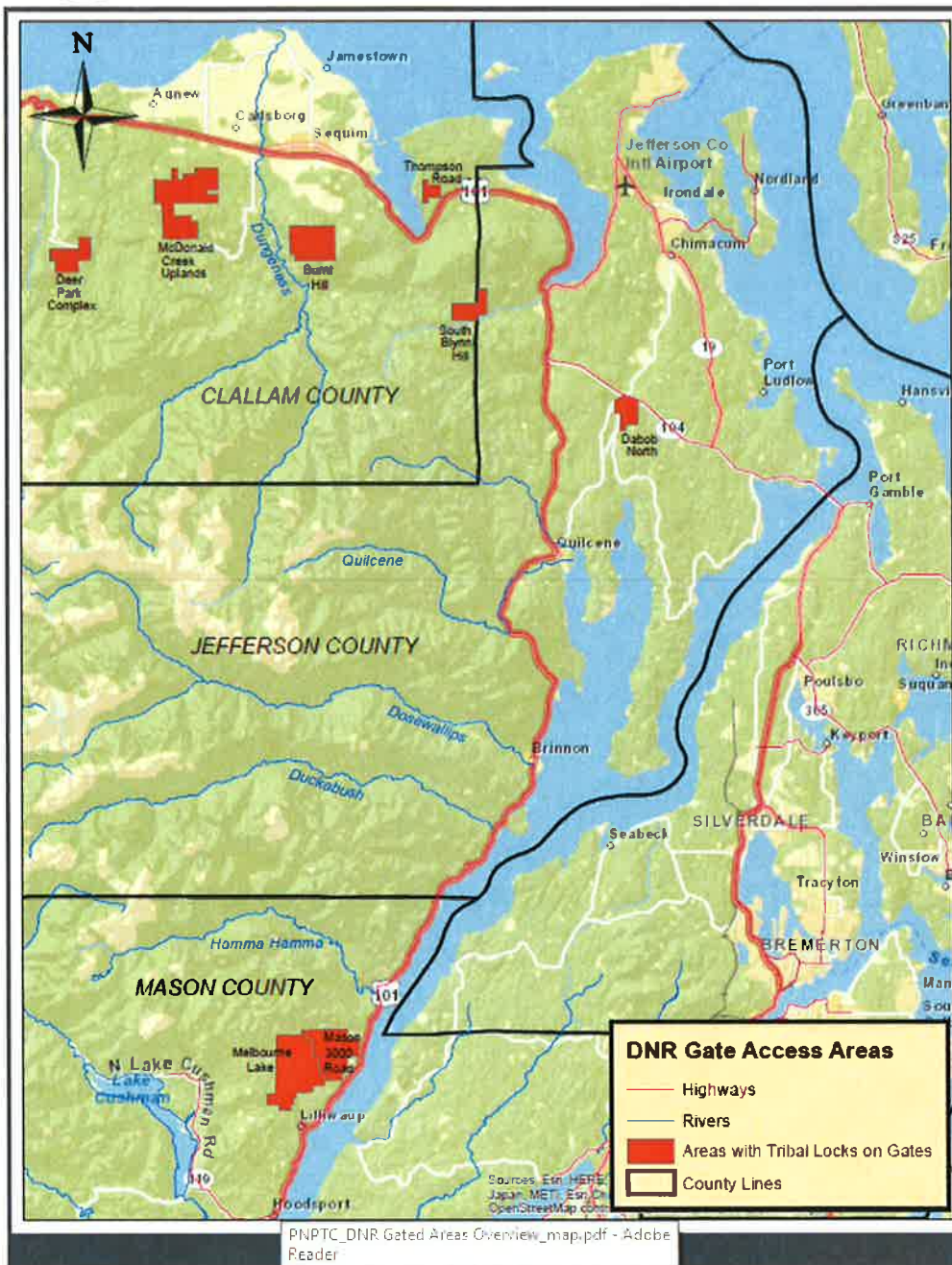
Agencies from outside the tribe also joined in for the day, sharing information, resources, and gift items. Port Angeles School District was on board as well as Healthy Families of Clallam County, Planned Parenthood, Walmart Vision Center, Costco, United Way of Clallam County, and Washington State Departments of Home & Community Services, Developmental Disabilities, and Child Support. The United Way generously provided numerous free books from the Literacy Council. Books remaining at the end of the fair are available in the Elwha Tribal Library. Be sure to check them out!

Our hands are raised to our awesome set-up and take-down crew — Jared Moses, Tyson Francis, Selena Bolstrom-Lopez, Joseph LaChester, Alyssa Weed — and Ellen Charles for keeping the coffee flowing and the vendors fed. Another successful Back-to-School Wellness Fair in the books!

— Aleilah Lawson, Elwha Strong Youth Coordinator



Natural Resources Hunting Access



MORE GATE ACCESS AVAILABLE FOR HUNTERS:

The Tribe's wildlife program has recently completed an agreement with the Point No Point Treaty Council (PNPTC) on a gate key sharing program. In addition to the 11 Department of Natural Resources (DNR) gates already available for access by tribal hunters, we have secured access to an additional 10 DNR gates to the east (see areas below). Please see Charlene Lauderback at Natural Resources to learn more about the program and to check out a gate key. Note that under the PNPTC program each gate has a different key (as opposed to our program where one key opens all 11 gates), so you'll need to select which gate you would like to access prior to getting a key. Please contact Charlene Lauderback at 360-457-4012 ext. 7486 or Kim Sager-Fradkin at ext. 7495 with any questions.



Elwha Health Clinic-Community Garden

Community Garden



During the week of August 13th-August 17th the community garden got a much needed clean up and makeover!

Thank you to Mo and his Summer Youth Workers [Bonnie Peters](#), [Joaquin Robideau](#), and [Meemee Boyd](#) for all of your hours and hard work on the community garden!



The Community Garden is growing and we need volunteers! Inside the greenhouse there is produce growing and some are ready to eat (tomatoes, green beans, cucumber, peppers, squash, melons, etc.). Come on down and water, pull weeds, and help keep this garden blossoming! Visit the garden and check out all of the produce and hard work put in to get it cleaned up!

This project is in part funded by a grant from the NB3 Foundation



Elwha Dental Clinic

Interview with Randi Bennett

Randi was raised by his fisherman father Ray Bennett Sr., at Queets Washington, on the Quinault reservation, in a modest home without electricity. He had five siblings. It wasn't easy for his dad to raise them on his own and make a living. They were sent to live with their grandmother, Ann Bennett, who had a 3 room cabin behind the Dry Creek Grange. He remembers many families from the Lower Elwha Tribe lived there, the Williams, the Charles, Betty Cook and all her kids. There was a real nice feeling of community there, mostly.

Randi recalls how he felt about the dentist growing up and how he feels about going to the dentist today:

"I remember my dad had really nice teeth for the most part. He used to talk about the dentist and how painful it all was. It kind of instilled fear in me, you know? I had one chipped tooth. In our family no one ever talked about going to the dentist. My grandma did all she could, but it was a different time. I went years without going to the dentist. It wasn't until 1966 that I saw one."

"I went away to Chilocco Indian School, on the border of Oklahoma and Kansas. It was a long way away for a 14 year old. I still have my school annual. I look at my pictures in there and think, I was a skinny little thing."

"Back to that chipped tooth, after you are there for a time, the dentist sees all the students. They figure out all you need for dental work."

(I see those pictures in the annual of the medical staff. They had a picture of the dentist in his naval jacket, his whole uniform. Flashbacks of the whole experience came back.)



"They had these doctors there and we were pretty much guinea pigs. They shuffled us through without any explanation. The needles back then were huge, nothing like they are now. The staff weren't friendly at all. They only had X amount of staff and 1,500 students, so I can kind of see why it was run like that, because they could only do so much. Well they decide my chipped tooth needed to be PULLED!! I never went back there, and from then on I had horrible fear!"

"As time progressed, I got into a car accident and got teeth knocked out and I went to a dentist in Lapwai Idaho that was pretty good. It was similar to here. On the reservation they were more accommodating and willing to listen."

"When I started going to the dentist here in Elwha, I explained to the staff about my phobia. The dentist here went above and beyond to make me feel comforted and safe. One time I was having a hard time sitting because my back was out, so one of the dental assistants got me a board so I could lay back. Betsy, the hygienist is a life saver. She is very patient, takes her time, and explains everything. She's just awesome. She's a friend."

"I had a lot of work done and eventually, I could actually smile. It is amazing. I am 66 years old man with a great smile and no more fear of the dentist."

Randi is a talented musician who sings, plays bass guitar, lead guitar, rhythm guitar, keyboards, and drums. He is a carpenter by trade. I hope sharing his story encourages anyone who has had a bad experience going to the dental office to go ahead and give us another try. Our goal is to keep you comfortable, happy, and proud of your chunnes!

By Emma Bankson



The Klallam Fly Totem Pole

There was this family lead by the Bear, sčqʷáyəč, fishing along the Hoko River. They were not doing very well so they decided to pack up and move to a better fishing ground. A runner came up and told them that it wasn't safe to travel by canoe, the Northern Raiders were in the area. So they hid their canoes, snəxʷt, and took the trail. They just came over the hill and saw a beautiful bay called Sekiu. As the family set up camp, the sčqʷáyəč, bear, went out to the point to watch for the Northern Raiders. He wanted to make sure his family would be safe in this bay. While he was out at the point Raven, skʷtúʔ, came and told him that he created a storm which chased the Northern Raiders back north, that this people were safe in the harbor. The sčqʷáyəč thanked skʷtúʔ, Raven and said that they would only stay the night and be on their way in the morning. skʷtúʔ couldn't pass up his opportunity and said, "I have a river here that has plenty of sčánnəxʷ, fish you and your family are welcome to stay here. As long as you share your catch of sčánnəxʷ with me, I will be your protector."

skʷtúʔ showed sčqʷáyəč the River and it was truly filled with sčánnəxʷ. So the sčqʷáyəč family stayed all summer. skʷtúʔ had his smokehouse full of sčánnəxʷ and so did the people. One evening as the family was eating dinner around the campfire, qaʔqəyəxənaʔ, Fly came to bum for food. You know how flies do that. sčqʷáyəč said, "Shoo, go away! Or we'll get skʷtúʔ, he'll get rid of you."

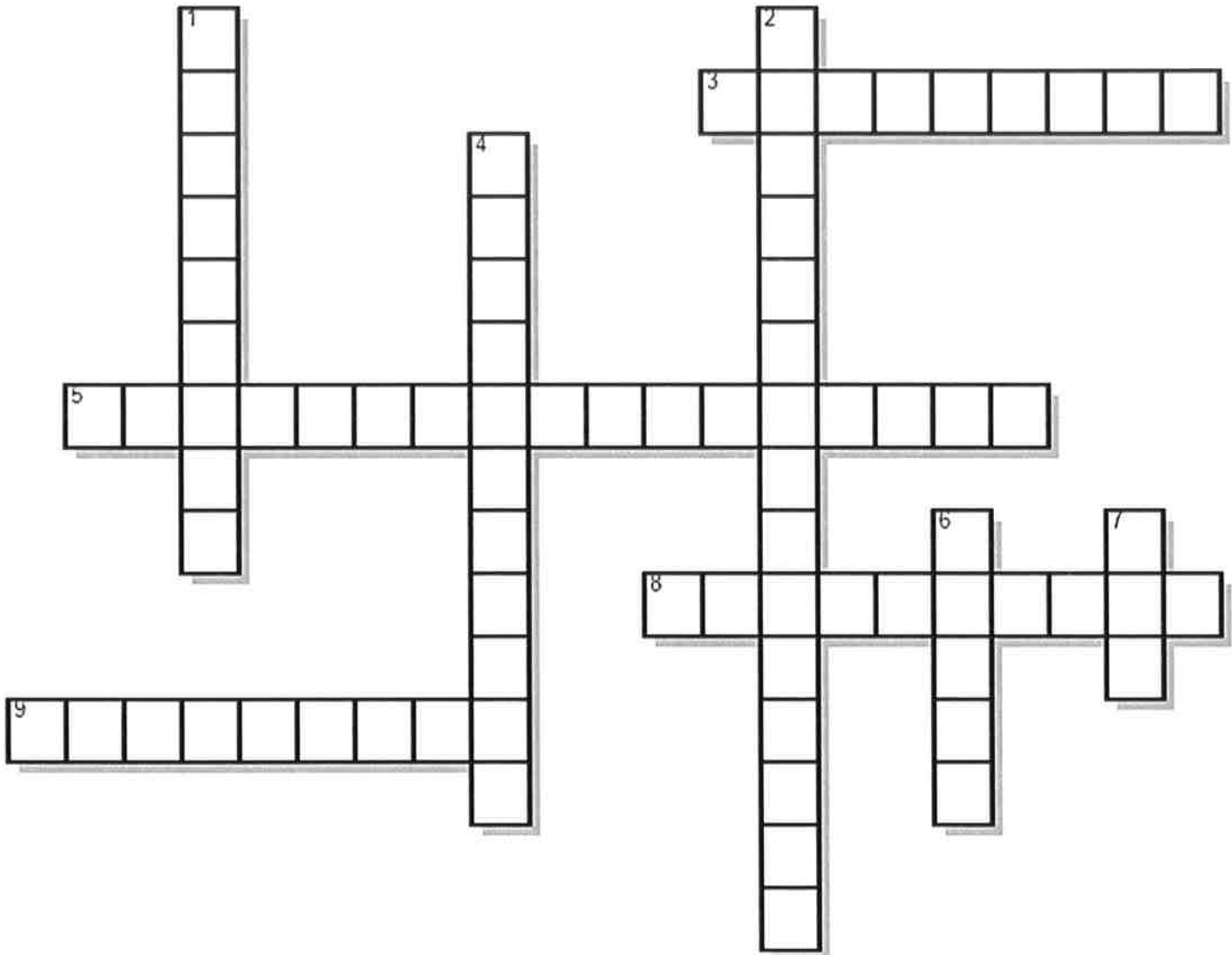
qaʔqəyəxənaʔ, Fly just laughed. He knew skʷtúʔ was a trickster. He flew down by the bay. There he saw some canoes sneaking around the bend. He went back to warn the family. sčqʷáyəč went to skʷtúʔ house, but skʷtúʔ was nowhere to be found. sčqʷáyəč was in panic, "how can we defend ourselves?"

qaʔqəyəxənaʔ told sčqʷáyəč to remain calm and he would go after ʔaʔcáʔkʷt, Thunderbird, their true protector. He flew up to where ʔaʔcáʔkʷt lived in the mountains in a cave. qaʔqəyəxənaʔ told ʔaʔcáʔkʷt what skʷtúʔ had done to the people. ʔaʔcáʔkʷt became angered and flew down in front of the bay. He flew in big circles bringing in the four winds with his huge wings, creating a whirlpool in the waters below. From the whirlpool appeared činəkʷə, the two-headed serpent, which devoured the Northern Raiders, snəxʷt and all! The family's lives had been spared. sčqʷáyəč wanted to thank qaʔqəyəxənaʔ for going after ʔaʔcáʔkʷt, but in the turmoil of the found winds, the qaʔqəyəxənaʔ lost his wings and fell to his death. And so, the sčqʷáyəč family raised a totem pole in his honor.



Klallam Language

The Klallam Fly Totem Pole



ACROSS

- 3 Where did the true protector live
- 5 What came from the whirlpool
- 8 Which family raised a totem pole honor of fly
- 9 Where was the bear family fishing along

DOWN

- 1 What was raised in honor of fly
- 2 Who was chased back north
- 4 Who created the four winds
- 6 Who was no where to be seen
- 7 Who bummed for food

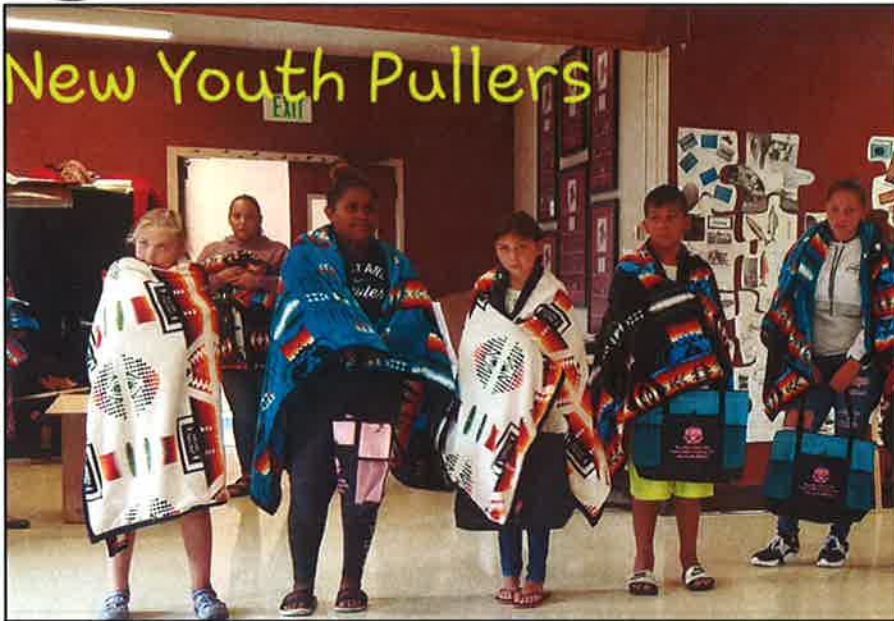


Elders Lunch Menu

September 2018 Elders Nutrition Program Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3 rd	4 th	5 th	6 th	7 th
Holiday Labor Day	Beef Stroganoff With Green beans WW Rolls Green Salad Fruit	Egg salad sand- wiches on WW bread Potato soup Green salad Fruit	Macaroni and Cheese with ham Green Salad Fruit	Cincinnati Chili with WW pasta Green salad Fruit
10 th	11 th	12 th	13 th	14 th
Fish Sandwiches on WW buns With condi- ments Sweet potatoes fries Green Salad Fruit	BBQ Oven Baked Chicken Corn bread Green Salad Fruit	Pork Loin Roasted Veggies WW Rolls Green Salad Fruit	Burger Gravy over Brown Rice mixed veggies Green salad Fruit	Jamestown Lunch- Call 452- 8471 ext. 7343
17 th	18 th	19 th	20 th	21 st
Hamburger Soup with veg- gies and WW noodles Green salad Fruit	Breakfast for Lunch Egg bake with peppers and yo- gurt and granola Fruit	Indian Tacos Green Salad Fruit	Oven Fried Pork Chops Waldorf Salad Green Salad Fruit	Baked Cod With boiled red potatoes Green Salad Fruit
24 th	25 th	26 th	27 th	28 th
Ham and Bean Soup Corn Bread Carrots Fruit	BBQ baked chicken with corn bread Green Salad Fruit	Braised Beef Roasted root veggies Green salad Fruit	Baked Potatoes with Taco Meat Broccoli WW Rolls Green Salad Fruit	Lasagna with beef sauce Garlic bread Green Salad Fruit



Youth Activities



From Left to Right is Bridget Weed, Audrey Gales, Malena Marquez, Zeek Bird and Jada Cargo-Acosta

During the Canoe Journey appreciation dinner on Sunday, August 12, first time youth pullers were asked to step forward to be recognized. The youth pullers that were new this year did an amazing job out on the water as they participated in the "Power Paddle to Puyallup 2018" Thank you youth for doing such a great job learning how to pull together, helping and supporting one another. Our hands go up to you - há?nə? cən - thank you !

Letter from CEO Bill White, Continued from Page 6

All these request have merit and represent good works. But it is prudent to take a moment, step back, and see what is happening to your fiscal stability with respect to demand, revenues, and future needs. A recent Business Council work session on our fiscal health and growing financial demands is a step in understanding that longer term picture.

Health Clinic -the bulk of my work right now is in recruitment for medical personnel, and try and entice them to come to a well-known and identified medical provider shortage area. I am in contact with professional recruiters, labor clearing houses, and individuals across the country, from Florida to Alaska. Our location, considered remote by many, in conjunction with our pay, add additional challenges. We are making progress. We have added several new providers, brought in temporary help, and are still in active recruitment status. But these things take time, and I do request all of you to be patient with us as we work to support and grow this vital community service.

Strategic planning – in my office is a bookshelf full of strategic plans from past years. Some are gathering dust, unopened for years, a relic of past attempts. Not really news, common to many organizations. Many of the specific desires in past plans have been met, but the future

direction is fuzzy. Last month I noted some future ideas from your Business Council. But ideas alone don't create a path to implementation. Making a strategic plan mean something, to give it life, to have a vision that points all your programs and efforts towards a far reaching goal, with a pathway to reach those goals, is not easy. It takes work from the highest to lowest levels of the organization. But, once accomplish, no one has to ask or wonder, "what am I doing this for?" or "who benefits for this work?" If I do nothing more for you in my brief time here, I hope to leave you with a functional, real life, understandable strategic plan that will turn thoughts and desires into actions that will serve you for years to come.

Let us look forward to the pleasing landscape of the future.
Chief John Ross, Cherokee, 1790-1866

If you have any thoughts on any of these topics, I need to warn you that I'm not telepathic. So if you want to share those thoughts with me, you need to either write them down, call and speak words, or come visit and share them with me direct. I really would like to hear what you think on these topics, or any other close to your heart.

Respectfully,
William (Bill) White

Klallam Culture Camp



Elwha Science Education Program

This summer both Middle and High School summer camp took place from August 13 – 23, 2018. There were 11 Middle School students and 19 High School students who participated. They learned the latest progress on Elwha River Restoration efforts: the revegetation progress; the return of lamprey and river otter in the Elwha River; the village of *titiʔəł* and Hunter John along with the archeology work at this village site; the latest in tracking cougar, bear, deer and elk from the Wildlife Biologist.

Students made Coast Salish prints, cattail mats and Devil's Club walking sticks. They went pulling in a canoe on Lake Crescent. The highlight was going to Saanich to celebrate the publication of their dictionary. The students did an AWESOME job putting together a power point and giving a presentation to their parents. Thanks to all the Tribal members, Natural Resource staff and NatureBridge staff who helped make this summer camp a huge success!

Jamie Valadez





Klallam Language Immersion Class

Klallam Language Immersion Culture Class

★—September 2018 - Drum Making—★

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Supplies are limited, sign up required. Prior class participants, that <u>HAVE NOT</u> made a drum, will receive first priority.						1
2	3 HOLIDAY	4 Drum Group	5 Canoe Journey Meeting	6	7	8
9	10	11 Class 330-530 Drum Group	12 Class 330-530	13 Class 330-530	14 Class 330-530	15
16	17	18 Drum Group	19	20	21	22
23	24	25 Class 5-7 Drum Group	26 Class 5-7	27 Class 5-7	28 Class 5-7	29

Seeking volunteers to make drums for Canoe Journey give away

★—October 2018 - Traditional Crafts—★

Monday & Tuesday 4-6 pm in the LEKT Dining Hall

★—November 2018 - Calendar Making—★

Wednesday & Thursday 4-6 pm in the LEKT Dining Hall

For information contact Harmony Arakawa at:

(360) 452-8471 ext. 7422 or harmony.arakawa@elwha.org



Many Uses for Pacific Northwest Native Blackberries

Health Benefits:

- Wild blackberries are low in calories (just 62 per cup) and high in fiber (8 grams per cup), which makes them ideal for weight loss or just maintaining a healthy weight range.
- Blackberries have high amounts of flavonoids with strong antioxidant properties which help neutralize free radicals which can damage cells and lead to cancer, heart disease and age related degeneration.
- Blackberries contain anti-inflammatory and anti-viral properties which may help aid in treating periodontal infections.
- An excellent source of manganese (90% of the daily value) which is important for bone development and bone metabolism.
- Blackberries contain copper, iron, magnesium and potassium which are essential minerals that help aid in immune function, bone, skin and tissue health and help maintain/boost energy levels.
- Avoid placing the picked berries in the sunlight any longer than necessary. It is better to put them in the shade of a tree or shed than in the car trunk or on the car seat. Cool them as soon as possible after picking. Blackberries may be kept fresh in the refrigerator for up to a week, depending upon the initial quality of the berry. After a few days in storage, however, the fruit loses its bright color and fresh flavor and tends to shrivel.
- You can easily freeze berries that you cannot use right away - just wash, cut the hulls off and pop them into a zip lock bag, removing as much air as possible. The berries will keep for many months frozen without air.

RECIPE: Simple Homemade Blackberry Sauce

Prep Time: 3 minutes. Cook Time: 5 minutes. Total Time: 8 minutes. Servings: Makes just over 1 cup.
A simple, fresh homemade blackberry sauce recipe that can be made in under 10 minutes from start to finish. Great for pouring over ice cream, yogurt, pancakes, waffles, French toast.

Ingredients:

- 1 1/2 cups fresh blackberries, washed
- 1/2 cup water
- 3 tablespoons sugar
- 1 teaspoon fresh lemon juice

Instructions:

- In a medium non-stick sauce pan, cook the blackberries, 1/4 cup water, sugar and lemon juice on medium high for 5 minutes, stirring occasionally.
- Transfer the berry mixture to a blender or food

processor and puree the fruit for 30 seconds in two 15 second intervals.

- If the sauce is completely pulverized and pasty thick, add the remaining 1/4 cup of water. Blend again for 15 seconds. The sauce will be fluid.
- Transfer the sauce to a service dish. Store any remaining sauce in the refrigerator for up to 2 weeks.





Elwha Police Department-Report for July 2018

Service Logs for Law & Order	Total
911 Hang-Up	4
Alarm/Alarm Check	7
Animal Calls	1
Arrest Warrant & Attempts	12
Burglary	1
Business Check	41
Citizen Assist	4
Citizen Contact	20
Civil	2
Community Oriented Policing	23
Court Paperwork/Service	19
CPS	1
Courtesy Transport	3
Custodial Interference	1
Disturbance	2
DUI	2
DV	3
Erratic Vehicle	1
Firework Violation	3
Follow-Up	16
Found/Recovered/Lost property	1
Fraud	1
Frequent Patrol Request	1
Junk Vehicle	1
Malicious Mischief	1
Mental/ITA	1

Misc. Info/False Reporting	
Noise Complaint	1
Other Agency Assist	12
Prisoner Transport	1
Report of open door/window	4
Sex Offense/Monitor	1
Search and Rescue	1
Suspicious Person/Vehicle	8
Theft	4
Threats	1
Traffic Control/Emphasis/Hazard	3
Traffic Stops	35
Trespass	1
Violation of Court Order	3
Vehicle Accidents	1
Welfare Check	11
Total	263

Arrests for July

Christopher Thrush- Violation of Court Order through County
Tina Bright-Violation of Court Order
Tessie Bright-Violation of Court Order
Catherine Youngman- DUI
Leo Sawyer-Lucas-Assault 2nd Degree

**SCHOOL ZONE DRIVING SAFETY TIPS:**

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.
- Never pass other vehicles while driving in a school zone.



Tribal Members Birthday List for September 2018

1st-Rose Ellen Wilson	9th-Josephine Ravae Johnson	17th-Michael Donald Jones	25th-Kaiden Lloyd Charles
1st-Alan Gene Bennett	9th-Vicki Lee Trudeau	17th-Cain Leighton Bennett	26th-Marlin Willis Manuel
1st-Athena Mariah Muck	10th-Philip Louis James Bischof	18th-Ronald Brian Bolstrom	26th-Joseph Robert Huff
2nd-Maxine Carol Sampson	10th-Chloe Michell Matte	18th-Javier Phillip Hernandez	27th-Michael Todd Johnson
2nd-Isaiah Michael Charles	10th-Dane Maxwell Matte	20th-Claire Elizabeth Luce	27th-Grant Tyler Karanovich
3rd-Marsha June Cortez	11th-Doris Gale Charles	21st-Andrew Russell Charles	27th-Gary Gregory Johnson III
4th-Sheryl Ann Charging Whirlwind	11th-Susan Marie Coronel	21st-Michael Leroy Peters	28th-Robert Arnold Elofson
4th-Delsen Eugene Lauderback	11th-Shania Lee Foster	21st-Samuel Lee White	28th-Tyler Ramo'n Turrey
4th-Kamia Francess Jennings	12th-Ellen Cecilia Charles	21st-Christina Marie Matson	29th-Jami Nicole Green
6th-Toni Lynette Kahl	12th-Anika Hiathlo Stephan	21st-Yolanda Ann Stephan	29th-Jody James Turrey
7th-Jimmy Chester Jr.	13th-Marissa Angelica Rapoza	21st-Gabriel Bon Youngman	29th-Catherine Marie Youngman
7th-Harmony Blue Arakawa	13th-Jonathan Anthony Scott Sampson Jr.	21st-Vivian Mary Merculief Peters	30th-Carolyn Lee Salter
8th-Jeanette Morning Star Wiechman	13th-Kodiak Cannon Adkins	22nd-Deanna Billie Jean Sero	30th-Dawn Marie Adams-Black
8th-Valerie Ann Charles	14th-Nancy Jane Wickham	22nd-Ashley Mae Pitchford	30th-Dawn Marie Stephan
8th-Rachel LaVerne Hagaman	14th-Edith Lolia Sampson	23rd-Theresa Jackie Forbes	
8th-Arlene Wheeler	14th-Lazaro Maurice Tinoco	23rd-Jeffrey Scott Hepfer	
9th-Dolanna Kai-A Burnett	15th-Lovera Marjorie Black Crow	24th-Gregory Russell Williams	
9th-Tillman Harry Goldsburly Jr.	15th-Taeh Rai Johnson	24th-Denise Rene Martinez	
9th-Briana Marie Charles	16th-Kelly Lloyd Clark	24th-Riki Sue Wachendorf	
9th-Justin Tyler Williams	16th-Austin James Muck	24th-Robert David Sullivan	
9th-Jon L. Paul Clifford	17th-Melchor Kasko Gloria III	24th-Selena A. Bolstrom-Lopez	
9th-Justine Jo Clifford	17th-Mark Sterling Charles	24th-Pierce Lane Dale Black Crow	
9th-Makiah Lee Foster	17th-Amanda Marie Williams	25th-Donna Mae Sero	



Staff Birthday List for September 2018

1st-Ray Moses	7th-Summer Cooper	12th-Ellen Flores	27th-Mary Laungayan
1st-Jim Hoffman	8th-Rachel Hagaman	12th-Lynn Risenhoover	28th-Robert Elofson
1st-Susan Alexander	8th-Arlene Wheeler	18th-Ron Bolstrom	29th-Andrea Blake
3rd-Sarah Lawrence	9th-Justine Clifford	21st-Gabe Youngman	30th-Dawn Stephan
4th-Delson Lauderback	9th-Jon Clifford	22nd-Ashley Pitchford	30th-Steve Suagee
6th-Deanna Murray	10th-Allana Tiece	24th-Tammie Stevens	
7th-Harmony Arakawa	11th-Enrique Flores	25th-Josh McCool	



Elders Corner

Tribal elders began activities for Tribal journeys starting July 27th, 2018. That Friday, the Puyallup Tribe hosted a dinner at their big tent. Protocol began Saturday, July 28 and continued through August 5th. Our elders got the privilege of walking our Drum Group out to perform as Elwha took the floor. It was a beautiful event from the beginning and included topics of community awareness such as: human trafficking, missing women, men and children that have been murdered and never found. Honor was placed on the elders and youth, for they are the future. There were many opportunities for the elders to stand for prayer over family that suffer from drug addiction and domestic violence. As each tribe ended their performance, they offered gifts of appreciation to our elders. Our elders got plenty of gifts to remember *Paddle to Puyallup*.

The following elders attended Protocol at Puyallup.

Viola Cagey
Nikki Elofson
Carla Elofson
Gary Charles
Raymond Bennett
Peggy Bowchop
Margaret Sawyer
Loretta Charles
Linda Laungayan
Cindy Charles
Geni Black
Elva Arakawa
Sheryl Charging Whirlwind
Philip Charles
Billy Sanchez
Alfred Charles Sr.
Gordon Charles
Sandra Charles



Patricia Elofson
Robertta Kimberly
Charlene Charles
Frank and Alyce Charles
Vera and Carmen Charles
Lorna Mike
Karen and Conrad Johnson
Rose and Dennis Wilson
Luana Arakawa
Beverly Bennett
Linda Weichman
Ruth Charles
Evelyn and Ralph Ellsworth
Jerry Charles
Randy Bennett
Becky Charles and Leona McKinnon were drivers.



Contributed by Leona Bischof-McKinnon, Elders Program Coordinator





Social Services-Care Giver Information

You call it “getting mom groceries” – We call it caregiving

You may know an Elder or an adult with chronic conditions that isn’t able to handle everyday things the way they used to. Changes in health and situation can decrease a person’s ability to take care of their home, plan and shop for food, cook meals, bathe, toilet or keep on top of their medications. Families step in to help but it can be difficult to balance everything and not become overwhelmed. There are options available to support families and the care they are giving.

Not sure if you need help or what type of services you might be interested in? Just talking with a local expert can provide you with resources and helpful ideas. The Department of Social and Health Services (DSHS) and the local Area Agency on Aging or Community Living Connections offices have programs available all across Washington state that include a wide variety of services and supports for caregivers. Many tribes also have tribal respite services and/or kinship navigators that can help connect unpaid family or kinship caregivers to supports and services. Reach out to your Tribal Social Services Department.

Learn more about services by calling 1-855-567-0252 or go to <https://www.dshs.wa.gov/altsa/kinship-care-support-services>. Additional information about long-term services and supports can be found at: <https://www.dshs.wa.gov/ALISA/resources> to be put in touch with the local regional office or visit https://www.wacalc.org/consumer/explore/support_for_family_caregivers/index.php for a variety of support options.

Tribal Vocational Rehabilitation Program

One of the disability categories that Lana and I work with is developmental disabilities. Some examples are Fetal Alcohol Syndrome Disorder, Intellectual Disability and Down Syndrome.

Down Syndrome is typically present from birth and usually, but not always, can be detected during pregnancy. It can result in physical and mental disabilities. Some general characteristics of Down Syndrome can be:

1. Think in concrete and not in abstract. For example, if I were to say, “take a seat” to someone with Down Syndrome, I could end up with one less chair.
2. Ability to understand better than to talk.
3. Self-Talk. Talking to themselves to help figure out something.
4. Photographic memory.

People with Down Syndrome have to adapt to physical and mental limitations that most individuals do not have to contend with. Treat people with Down Syndrome like you would anyone else. Just be aware of the limitations, if possible.

Jim Allen, Social Services Vocational Rehabilitation Counselor



Announcements



THE USSSA REC DIVISION 2018 STATE 5TH PLACE TEAM. TRIBAL MEMBERS JAMES CHARLES AND KYLE CHARLES. JAMESTOWN TRIBAL MEMBER JUSTIN HILL. LEKT EMPLOYEE BRAD HOLLOWAY.



Port Angeles School District:

| First Day of School-September 4

| First Day of Kindergarten-September 7

Crescent School District:

| First Day of School-September 4

| First Day of Kindergarten-September 11



I would like to say Thank you to the Lower Elwha Food & Fuel Convenience Store and Cedar Box employees.

I can see how busy they all are and the stress of the employees is handled very well, even when short staffed, they smile and dig in.

The summer crowd isn't over yet, hang in there and keep up the professionalism and smiles. You all do deserve a big THANK YOU.

Ellen Charles

Tribal Enterprise Transition

Effective August 16, 2018 Enterprise CEO Michael Peters has changed status to a special projects position. Supervisory duties of enterprise staff have been assigned to Linty Hopie, tribal member and Chief Operations Officer for Enterprise. Michael Peters will maintain business development efforts and continue momentum for downtown projects. Linty Hopie has taken leadership of tribal enterprises. Please contact Linty Hopie, COO of Tribal Enterprise with questions at her Tribal Center office, 360-4528-8471, Ext 7438.



September Gym Calendar

September 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Gym Hours 9am-7pm	4 1 st Day of School Gym Hours 9am-7pm	5 Gym Hours 1030-9pm	6 Gym Hours 1030-9pm	7 Gym Hours 1030-9pm	8
9	10 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	11 12-130pm Noon Basketball 2-430pm After School Activity TBD 5-7pm Youth Basketball 101	12 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	13 12-130pm Noon Pickle ball 2-430pm After School Activity TBD 5-7pm Youth Soccer 101 7-9pm Adult Soccer	14 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Youth Game Night	15
16	17 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	18 12-130pm Noon Basketball 2-430pm After School Activity TBD 5-7pm Youth Basketball 101 7-9pm Adult Basketball League	19 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	20 12-130pm Noon Pickle ball 2-430pm After School Activity TBD 5-7pm Youth Soccer 101 7-9pm Adult Soccer	21 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Youth Game Night	22
23	24 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	25 12-130pm Noon Basketball 2-430pm After School Activity TBD 5-7pm Youth Basketball 101 7-9pm Adult Basketball League	26 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Adult Basketball	27 12-130pm Noon Pickle ball 2-430pm After School Activity TBD 5-7pm Youth Soccer 101 7-9pm Adult Soccer	28 615-715am AM Boot Camp 1030-1130am Elders Fitness 230-430pm After School Activity TBD 5-6pm Elwha Boot Camp 7-9pm Youth Game Night	29
30						



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

COO of Enterprise Linty Hopie, Ext 7438

CFO Froilan Sarmiento, Ext 7463

Accounting

3080 Lower Elwha Road
Tonya Greene, Controller/Grants
Administrator Ext. 7461
Jo Klinski, Employee Benefits Specialist
366-452-8471, Ext 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

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

Elder Services

Leona McKinnon, Ext 7466

Employment Services/HR/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
Dr. Matthew Whitaker, 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/Tribal Court

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

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

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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

Upcoming Events:

September 3: Labor Day Holiday, Tribal Offices Closed

September 4-Back to School!

September 4, 11, 18, 25-Drum Group Practice

September 5-Canoe Journey Meeting, Tribal Center

September 14-Elders' Lunch @ Jamestown

