

Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

IN THIS ISSUE:

First Salmon Ceremony.....Page 2

Emergency Preparedness...Page 6

Child Care.....Page 7

After School Program. ..Page 10, 11

Head Start.....Page 14, 15

Birthday List.....Page 18

Announcements.....Page 21

Gym Schedule.....Page 22



June 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE

A Totem Pole Journey

By Angelina Sosa & Wendy Sampson

On May 18th Lower Elwha Klallam Tribe was stop #31 for the Totem Pole that is traveling to Washington DC on a cross county tour known as the RedRoadtoDC. It carved by the House of Tears Carvers from Lummi Se-Sealth (Jewell James) & Sit Ki Kadem (Douglas James), as well as helpers from ages 4 to 70. The House of Tears Carvers are bringing this totem pole on a journey, that will culminate in Washington D.C. in July when the pole will be presented to President Biden, and will be featured at the Smithsonian National Museum of the American Indian this fall. The totem pole is carved from a 400 year old Western Red Cedar tree. The pole includes Chinook salmon—at risk of extinction, a wolf, a bear, an eagle, and seven tears, a reference to seven generations of trauma passed on from colonialism. They are traveling from tribe to tribe so that we can all help bless the totem pole on its journey. They had an elder, Tom Sampson



from Vancouver Island, remind them that “The totem pole isn’t what is sacred. It’s the gathering of the people around the pole—That is what is sacred.” The carvers and painters included many teachings and messages on this totem pole. They had red painted hands for all of our MMIW sisters and families, Chinook salmon that are going extinct, bear, wolf, eagle, a dancing feather, a grandmother teaching her grand-daughter songs with a rattle to pass on and keep their songs/ traditions alive. A full moon and included into its design is the “Indian in the moon”. 7 tears of trauma (trauma that is passed down from generation to generation). A child in a cage to represent our indigenous children from south of the border that are getting locked up and taken away from their families, and peyote buttons. We had our elders, youth, community and tribal council at our event to help bless the totem pole, we sang a few songs and gifted the carvers. Follow #RedRoadToDC on social media to see the rest of the journey. House of Tears Carvers Tour manager: Sul Ka Dub~ Freddie Lane. There are three totem poles in Elwha carved by the James Brothers, who are siblings to long-time LEKT Head Start teacher, Joni Francis. There are two at the House of Learning, and eagle and a bear. There is another at the tribal health center, a Healing Pole that was gifted to Elwha during the 2005 Paddle to Elwha. We are thankful for the gifts this family has given us and celebrate our intertribal connections.



Press Release

Lower Elwha Klallam Tribe
Keri Ellis, PIO
360-452-8471 x7418
Keri.Ellis@elwha.org

FOR IMMEDIATE RELEASE

Lower Elwha Klallam Tribe Appoints Enterprise Board of Directors

(Port Angeles, WA - March 30, 2021) The Lower Elwha Klallam Tribe has appointed the following community members to the Board of Directors of Elwha Enterprises, Inc.: Kelly Croman, Julie Knott, Rick Dickinson, Del Delabarre, James Stanley, George Charles, and Rachel Hagaman.

In August, 2019, after some pandemic-related delays, the Tribe finalized its restructuring of the governance and management of its economic development activities by approving Articles of Incorporation that formally establish Elwha Enterprises. The selected Board members will be responsible for implementing corporate governance under the Articles and bring decades of diverse experience in economic development, finance, and leadership to this task.

Under the Articles approved by the Lower Elwha Tribal Council on August 19, 2020, in Resolution 113-20, the purposes of Elwha Enterprises are to manage and oversee the business and commercial activities of the Tribe in a professional manner; to generate revenue for the benefit of the Tribe and provide for the economic welfare of its members; to own and manage real and personal property to be used exclusively for essential government services, such as tribal administration, public facilities, fire, police, public health, education, job services, sewer, water, environmental and land use, transportation, utility services, and economic development.

Lower Elwha Tribal Chairwoman Frances Charles commented:

The appointment of this well-qualified Board is a major milestone in the Tribe's economic development. The pace and diversity of our enterprise activities have increased tremendously in the past several years and the time is right to establish a corporate governance structure to take the Tribe into a very promising future. The Tribal Council is excited to begin working with the new Enterprise Board.

Added Council Secretary Ed Johnson:

We were impressed with the level of interest in serving on the Board as we went through the recruitment process, and with the strong qualifications of our new Board members.

The Lower Elwha Klallam Tribe has resided on the lands in and around Port Angeles, WA since time immemorial. Formed in 1855 at the signing of the Point No Point Treaty, the Elwha reservation occupies over 1000 acres just west of the City.

-END-



BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Ed Johnson
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Anthony Charles
Council Member, Ext. 7415

Dates to Remember:

June 11: Port Angeles High School
Graduation

June 11: Crescent School District—1/2 Day,
Last Day

June 12: Crescent High School Graduation

June 16: Port Angeles School District—1/2
Day, Last Day

Congratulations

to returning
Councilmembers Steve
Joaquin Robideau and
Anthony Charles for their
re-election!

WOULD YOU RATHER NOT RECEIVE A PAPER?

We are evaluating the level of Interest for emailed newsletters. If you would rather not receive the newsletter by mail, please contact Chrissi Ducotey by email (chrissi.ducotey@elwha.org). She will begin to gather a list of those who prefer to receive electronic files only, and we will determine if this is a workable option.

**Newsletter submissions and suggestions
may now be received at
Newsletter@Elwha.org**



Tribal Directory

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Greene, Ext. 7469

Tribal Operations Officer

Tia Skerbeck, Ext. 7420

CFO Froilan Sarmiento, Ext. 7463**Accounting**

2851 Lower Elwha Road
Melissa Gilman, Grants
Administrator Ext. 7461
Jo Klinski, Controller/Payroll
Ext. 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road
Leif Ellis, 360.477-1170

**Children’s House of Learning
(Early Head Start, Head Start,
Child Care, Prenatal Program)**

291 Spokwes Dr
360.504.3141
Debbie Hales, Early Learning
Director Ext. 7471
Bobi Clark, Child Care Program
Manager Ext. 3402
Deanna Murray, Health Manager
Ext. 7470
Michelle Charles, Family and
Community Partnership Ext. 7474
Donna Goldsbury, Prenatal
Program Ext. 7475

Education

Jessica Egnew, Director Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Rd, Port Angeles
360.912.3469
Nathaniel McKnight, Operations
Director

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, General Manager

Elder Services

Samantha Acosta, Coordinator
Ext. 7466

Employment Services/HR/TERO

Sandra Johnson, Director Ext. 7429

Enrollment Services

Marilyn Edgington, Ext .7444

Facilities & Maintenance

Warren Stevens, Director Ext. 7432

Gaming Commission

631 Stratton Road
360.452.5628
Elaina Begay, Director

Health Clinic

243511 Highway 101 West
360.452.6252
Lorinda Robideau, Interim Health
Services Director

Heritage Center

401 E. First Street, 360.417.8545
Nicole Volkmann, Manager
Ext. 2912

Human Resources

Ext. 7430

**Housing Authority**

22 Kwitsen Drive, 360.457.5116
Janet Hren, Interim Director
Ext. 7551

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive
360.452.6759

Klallam Counseling Services

243613 W Hwy 101, Port Angeles
360.452.4432
Stormy Howell, Treatment
Manager

**Law & Order/Police Dept.
Justice Center**

341 Spokwes Drive
360.452.6759
Sam White, Chief of Police Ext.
2922

LOWER ELWHA FOOD & FUEL

Leif Ellis, 360.477-1170

Natural Resources/Fish Hatchery

760 Stratton Road
360.457.4012
Matt Beirne, Director Ext. 7485

Planning & Development

Arlene Wheeler, Director Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

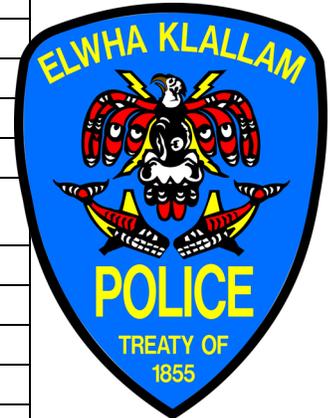
Social Services

3080 Lower Elwha Road
360.565.7252
Becca Sampson-Weed, Director
Ext. 7456



LEPD Logs & Staff Birthdays

2021 Stats	Service Record for L & O	Apr.		Misc. Info/False Reporting	
	911 Hang-Up	3		Other Agency Assist	30
	Alarm/Alarm Check	2		Overdose	2
	Animal Calls	4		Parking Complaint	1
	Auto Theft	1		Runaway	1
	Business Check	198		Sex Offense/Monitor	1
	Citizen Assist	10		Suspicious Person/Vehicle	6
	Citizen Contact	9		Theft	2
	Civil	9		Traffic Control/Emphasis/	5
	Code Enforcement	4		Traffic Stops	30
	Community Oriented Policing	153		Trespass	5
	Court Paperwork/Service	18		Vehicle Lockout	3
	Disturbance	3		Weapons Discharge/Violation	1
	Follow Up	11		Welfare Check	6
	Found/Recovered/Lost Property	6		Warrant Attempts	1
	Frequent Patrol Request	7		Warrants-Non-Tribal	1
	Malicious Mischief	4		Total	539





NOW OPEN

4775 S Dry Creek Rd
Port Angeles, WA 98363



BIRTHDAYS!



6/1—Tashena Francis	6/11—Dawn Travelstead	6/17—Tanner Loesch	6/28—Halie Wilson
6/3—Mary Klock	6/11—Iona Feinstein	6/18—Gretchen Van Blair	6/29—Jim Bolstrom
6/5—Mary Rose Larson	6/12—Corina Bolstrom	6/22—Caleb Lucas	6/29—Garth Hopie
6/9—Garrison Johnson	6/14—Amy Johnson	6/26—Janet Cameron	6/29—Joshua Lampman
6/10—Rick Pennington	6/14—Nathan Matchett	6/28—Diane O’Hara	6/30—Jessica Wright
6/10—Alisha Adams	6/16—Yolanda Cambridge	6/28—Lancia Charles	6/30—Angela Raycraft



Tribal Operations/Public Health Officer Update

Hello everyone! Just a few updates on Freezers, COVID cases, vaccinations, and American Rescue Plan Act.

FREEZERS

Mid-May the appliance company let us know that our freezer order has started to arrive in small shipments at the warehouse in Seattle, and the freezers will continue to arrive in the coming month of June. Delivery and installation will begin when the majority (if not all) of the freezers have finished production and arrived from the manufacturer. When the time comes for delivery and install, the appliance company will be contacting households to arrange details. They will be using the contact information that you provided on the freezer order form last winter.

COVID CASES

This past month we have had the most COVID-19 cases in our community in a single month to date. There were 22 cases, with all of them being in unvaccinated adults and youth. Seventy three percent (73%) of these recent cases have been in youth, many of which are not yet eligible for the COVID vaccine. As adults and caregivers we play an important role in protecting those that are not yet eligible for vaccination yet, by receiving the vaccine ourselves.

VACCINES

Currently the Health Department is scheduling COVID vaccinations for the Moderna, Johnson & Johnson, and Pfizer vaccines. Youth aged 12-17 are now eligible for the Pfizer vaccine and will need a guardian to accompany them to their appointment. To schedule your COVID vaccine, call the clinic at 360-452-6252.

As more and more people become vaccinated, more and more activities will open up and restrictions loosened (mask wearing mandates, etc.). The Tribe hasn't changed our guidance on mask wearing (as of 5/21/21), but decisions around this topic will be discussed soon.

There are many benefits to getting vaccinated a few of which include:

- Reduce likelihood of contracting COVID-19,
- Prevent hospitalization or death from COVID-19
- Prevent transmission to unvaccinated populations
- Quarantine from exposure to COVID limited or reduced
- Mask wearing restrictions lifted in some situations (be sure to check local guidance)
- Control the spread, which prevents new variants. If new variants continue to develop, the current vaccines may be less effective against, in turn resulting in those currently vaccinated being at risk again.

AMERICAN RESCUE PLAN ACT

On March 11, 2021, President Joe Biden signed the American Rescue Plan Act of 2021 (ARPA), which contains funds and funding opportunities for tribes to support COVID-19 relief and economic recovery efforts. ARPA funding is intended to help Tribes support COVID-19 public health response, lay the foundation for a strong and equitable economic recovery, address revenue losses attributed to the pandemic, and provide aid to cover costs incurred while responding to the public health emergency. We are planning for receipt of these funds and their long term use.

- Tia Skerbeck, Tribal Operations/Public Health Officer



Council Resolutions 2021

Date	Resolution Number	Title	Vote		
3-23-21	23-21	Submission of FY 2022-2024 proposal: Elwha River vegetation enhancement	4	0	0
3-23-21	24-21	Land assignment for Vanessa Castle	4	0	0
3-23-21	25-21	LEKT FY 2021 Coordinated Tribal Assistance Solicitation Grant application (CTAS)	4	0	0
3-23-21	26-21	Approval of 2021 Consultant contract for Ridolfi	4	0	0
3-23-21	27-21	Approval of amendments to the fishing ordinance	4	0	0
3-23-21	28-21	Approval of amendments to Diane Cabrera attorney contract to authorize Pro Tem Judge services in Superior Court	4	0	0
3-23-21	29-21	Appointment of Kelly Croman to the Enterprise Board	4	0	0
3-23-21	30-21	Appointment of Julie Knott to the Enterprise Board	4	0	0
3-23-21	31-21	Appointment of Rick Dickinson to the Enterprise Board	4	0	0
3-23-21	32-21	Appointment of Del Dela Barre to the Enterprise Board	4	0	0
3-23-21	33-21	Appointment of Jim Stanley to the Enterprise Board	4	0	0
3-23-21	35-21	Appointment of Rachel Hagaman to the Enterprise Board	4	0	0
3-23-21	36-21	Public Health order Remain Strong, Resilient and Move to Phase 3.0 in Response to the Coronavirus Disease COVID-19	4	0	0
3-23-21	37-21	Amendment between the Dept. of the Army & LEKT for the provision of certain technical assistance	4	0	0
4-13-21	39-21	Lease cancellation Ramona Sampson Benke	3	0	0
3-30-21	40-21	Appointment of George Charles to the Enterprise Board	4	0	0
4-6-21	41-21	Residential lease for Vanessa Castle	3	0	0
4-13-21	42-21	Approval of Powerdms, Inc. software as a service agreement between Powerdems, Inc. and LEKT	3	0	0
4-20-21	43-21	Clallam Co. public utility dist. 1 service line agreement Elwha Food & Fuel Ice machine on tract 147 T1201	3	0	0
4-13-21	44-21	Approval of Head Start/Early Head start application COLA FY 2021	3	0	0
4-27-21	45-21	Approval of design and construction of parking area located at 463 Stratton Road	3	1	0
4-13-21	46-21	The Dept. of Homeland Security FY 2020 Tribal homeland security grant program agreement	3	0	0
4-27-21	48-21	Authorizing filling applications with the Federal transit admin. and operating admin. Of the USDOT, for Federal transportation assistance authorized by chapter 53 of title 49 of the US code and any other federal statutes administered by the federal transit admin.	4	0	0
4-13-21	49-21	Approval of amendment no. 3 to MOU between the LEKT and NW Fisheries science center, NOAA and US dept. of commerce for the examination of resident and anadromous fish communities in the Elwha River, agreement no. LEKT 218-0002	3	0	0



CLASS
★ OF ★
2021

A graphic of two crossed olive branches, symbolizing peace and achievement, positioned below the year "2021".

CONGRATS

GRADS!

The families would like to recognize the following students for their hard work and commitment to education:

Jada Cargo (pictured), daughter of Vashti White and Jeremy Acosta

Emily Deason, daughter of Georgia Lauderback

Braeden Kahl, son of Toni and Ryan Kahl

Nathaniel Thompson, son of Francess Thompson

Dion Tom, son of Tashena Francis

Elena Turrey, daughter of Joe and Brenda Turrey

Noah White, son of Sam White





Vaccine Info



Together We Can Do This

Are the COVID-19 vaccines safe?

Yes. All currently authorized COVID-19 vaccines were shown to be safe and effective in medical studies. These studies involved tens of thousands of volunteers with diverse backgrounds, including American Indian and Alaska Native individuals. The FDA and CDC continue to closely monitor the vaccines to ensure their safety and effectiveness.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the available COVID-19 vaccines in the United States contains the live virus that causes COVID-19. This means that a COVID-19 vaccine can't make you sick with COVID-19.

The different types of COVID-19 vaccines available do the same thing. They inform your immune system on how to recognize and fight the COVID-19 virus. Side effects from the vaccines, such as fever, are normal. They are a good sign that your body is building protection against the virus that causes COVID-19. [Learn more](#) about how COVID-19 vaccines work.

Do I need to be vaccinated with a COVID-19 vaccine if I have had COVID-19 and recovered?

Yes. Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, the vaccine should be offered to you regardless of whether you already had COVID-19 infection.

After I'm fully vaccinated, do I need to continue to wear a mask and stay 6 feet apart from people who don't live with me?

Yes. To protect yourself and others, follow these CDC recommendations:

- Wear a mask that covers your nose and mouth and fits snugly against the sides of your face without gaps.
- Stay at least 6 feet away from others.
- Avoid crowds.
- Avoid poorly ventilated spaces.
- Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer when soap and water are not available.

It's important for everyone to continue using all the tools available to help stop this pandemic. Getting a COVID-19 vaccine as soon as you can and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19.

Additional information can be found at the at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/tribal/index.html>
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>

SAFETY IS THE TOP PRIORITY

The FDA and CDC have the highest standards when it comes to ensuring the safety and effectiveness of vaccines. Their process includes the following procedures:

- ✓ Scientists must first test vaccines extensively in medical studies to ensure they are safe and effective.
- ✓ Before the FDA authorizes a vaccine for use among the public, it ensures its safety by independently:
 - Reviewing the data from the medical studies, and
 - Inspecting the manufacturing facilities.
- ✓ Even after a vaccine has been authorized, the FDA and CDC closely monitor vaccine administration to identify even rare side effects or reactions.
- ✓ The FDA and CDC closely review any reports of side effects or reactions and share these facts with the public.

The extremely rare cases of blood clotting following Johnson & Johnson's Janssen vaccine—just a small number of cases out of millions of vaccinations—show that the FDA and CDC's vaccine safety monitoring systems work and catch even the rarest of reactions.

A thorough investigation has confirmed that Johnson & Johnson's Janssen vaccine is safe and effective.

And doctors have been notified and trained to understand the signs to watch for and the proper course of treatment if blood clots occur.





Vaccine Info

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

COVID-19 vaccines are safe and available for everyone 12 years and older!



Artwork by Joelle Joyner

Being fully vaccinated against COVID-19 helps us get back to life...



...TO FRIENDS

...TO SCHOOL

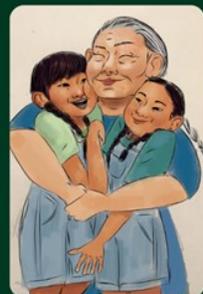


Artwork by Joelle Joyner



...AND TO SPORTS!

Artwork by Joelle Joyner



Getting the COVID-19 vaccine lets us do all these things safely while we continue to protect our elders, our family, and our community.

Artwork by Joelle Joyner



JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH



WE CAN DO THIS
Indian Country

Now that COVID-19 #vaccines are available for everyone 12 and up, younger family members can be a part of the #VacciNation! Vaccines help us protect our elders, family, and community from #COVID19 and get back to the fun things in life! To learn more about vaccines for youth, visit cdc.gov/coronavirus. #SkoVaxDen #StopTheSpread #CommunityImmunity

I continue to do my part for all our people.

Mask up. Keep six feet apart. Get vaccinated as soon as you can.

[Learn More](#)





TANF

within 15 minutes of their scheduled pick up, otherwise they will need to call and reschedule the appointment, even if for the same day.

Tribal Liaison Community Zoom – K’Ehleyr McNulty, DSHS

In partnership with the LEKT Social Services department, we are excited to offer a monthly community zoom session to get to know K’Ehleyr and ask her any questions regarding DSHS or the programs we administer (cash, food, and classic medical). You can also use the time to set an appointment for an interview for eligibility directly with K’Ehleyr.

The Zoom room will be open on the 4th Wednesday of each month from 3:00 – 5:00 PM. Please feel welcome to hop in any-time during the two hour block and stay as long as you’d like. Our first session will take place on 05/26/21.

Please contact Tammie Stevens for the link to the zoom session and more information about attendance.



4779 South Dry Creek Road
Port Angeles, WA 98363
360.452.9250
info@cedarboxsmokeshop.com



CEDAR BOX SMOKE SHOP ©2015
ENTERPRISE OF THE LOWER ELWHA KLALLAM TRIBE



**Support wherever
and whenever
you need it.**

Text Native to 741741.

#WeNeedYouHere



NPAIHB

CRISIS TEXT LINE |

THRIVE



TANF

From the Desk of the DSHS Tribal Liaison

Prepared by K'Ehleyr McNulty, 05/14/21

\$0.00 Basic Food Allotments:

Effective May 1, 2021, households approved for Basic Food but receiving a zero allotment are not considered participating SNAP households for emergency allotments (EA) purposes. These households are no longer eligible to receive the supplemental EA unless the zero benefit is a prorated amount in the first month.

Why is this happening?

The Families First Coronavirus Response Act section 2302 allows states to bring SNAP allotments up to the maximum benefit level based on household size. On April 21, 2021, Food and Nutrition Service issued guidance stating households that receive zero benefits due to income are not considered participating SNAP households for purposes of EA and are therefore not entitled to EA.

PEBT Food Benefits:

If you haven't received a PEPT card for each of the eligible children in your household yet, please reach out to:

Your school district – make sure they have your current address and that your child's name and birthdate are correct.

Call the PEPT team at 833-518-0282 for any other questions

Continuing eligibility is being determined on a two month basis. You should have received notice of continued eligibility for February and March in April. If approved in continuing months, you will receive notice every two months for the previous two months. The notice schedule is set for June and August to wrap up this school year.

Disaster Cash Assistance Program – DCAP

Beginning April 19, Washington residents can once again apply through the Department of Social and Health Services for emergency cash assistance to help meet their immediate needs. DSHS received additional funding and a new order from Governor Inslee to reinstate this temporary program to help Washingtonians through this unprecedented time of hardship.

WHAT:

This temporary cash assistance program is available to people who are not eligible for other cash assistance programs. Unlike Temporary Assistance for Needy Families, or TANF, people without children and who are not pregnant, may be eligible as well as families who meet the income and resource limits of the program. This cash assistance is available to Washington residents regardless of citizenship status and does not require applicants to provide a Social Security number.

New legislation states that people who have received DCAP benefits previously and are still in need may reapply each month the program is active. The benefit amount depends on household size, income and need, and ranges from a maximum of \$363 for a single person to a maximum of \$1,121 for a household of eight or more people.

This is a temporary program and will end when the Governor's order expires or when all the available funds are disbursed, whichever is sooner. (HB 1386 awards \$12 million that needs to be used by June 30. **The order expires June 15.**)

Lobbies continue to be closed:

CSO lobbies continue to be closed for the majority of in-person services. Folks with general delivery only mail access may call the Customer Service Contact Center (877-501-2233) to set an appointment to pick up a new EBT card. Hours for replacement are 10:00 AM – 2:00 PM Mon-Fri at both the Port Angeles and Forks CSOs. Folks must arrive



Warrior Path



Warrior Path Is Cleared and Ready for you to Take A Stroll

As of Tuesday May 4, the Warrior Path loop is cleared and ready for your walking pleasure! There is an abundance of edible native foods in their prime such as Fiddleheads, Salmonberry shoots, and Stinging Nettle. In a few weeks, the Salmonberries will be coming in will commence berry season. This is an excellent place for harvesting wild foods and walking. If you walk to the very end, there is a viewing platform of the estuary.



LEPD



**Congratulations to the
Winners, and Thank You to
Everyone Who Came Out!**



Nutrition & Diabetes

Klallam Strong: Nutrition & Diabetes Newsletter

Dawn Travelstead, RD, MS,CDE, Lower Elwha Health Clinic

Culinary Medicine:

The link between food and health and using traditional medicine to achieve wellness.

Let your medicine be also your food.

In this issue:

- * Culinary Medicine
- * Depression
- * Did you know
- * Resistance Starch

RESISTANT STARCH



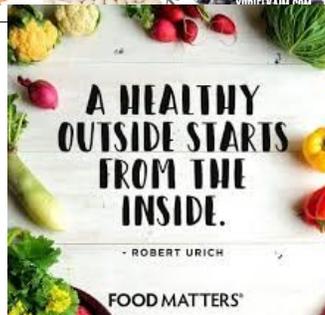
Outsmarting Diabetes

Resistance Starch!

It is a carbohydrate that resists digestion in the small intestine which means it's harder to turn into glucose.

Food sources:

- Plantains and green banana
- White beans and lentils
- Overnight oatmeal and barley
- Cooked rice, potatoes and pasta; then cooled. Eating them the next day increases their resistance and lowers blood sugar. Portion still important. You can reheat or make as a salad.



Don't forget to schedule your diabetes quarterly.

Depression

You are at increased risk if you:

- Are a woman (especially after having a baby)
- Abuse alcohol or drugs
- Diagnosed with a serious illness
- Social isolation

Foods to Increase:

1. Foods high in omega 3 fatty acids. Eating salmon/tuna 3 times a week or taking a supplement.
2. Dark chocolate. Greater than 65%
3. Foods rich in folate: potato, banana, lentils, peppers, tuna, liver, turkey and molasses.
4. Food rich in Vitamin D: sardines, salmon, egg yolks, liver.

Ask your provider to test your Vitamin D level!

Avoid: aspartame, caffeine, sugar, alcohol

Did you Know?

Resistance starch also improves your gut health because it acts as a prebiotic. It's good for all of us!

If you would like a **nutrition session**, please call.

Diabetes Libre Sensors: If you need more Libre glucose sensors, please call or text. Thank you.

Dawn: 360-912-1500.





Mental Health

Does my child need a Mental Health Counselor?



Children often have BIG feelings. When it comes to social skills, well, they are a work in progress. Normal children have limited impulse control and don't like delaying gratification. So if all of this is normal, how do I know if my child needs help?

Identify the emotions or behaviors that concern you, and then ask yourself these questions:

How frequent is the concerning emotion or behavior? Has it become more frequent? Not frequent enough? Perhaps they are upset way more than usual. Or suddenly they quit asking for anything.

How intense are the concerning emotions or behaviors? When they cry, is it so intense that they can't stop? Instead of being mad, do they rage through the house?

How long have the concerning emotions or behaviors been going on? Any child can have a bad day. When schedules are off, or we've let them eat way too much sugar, our kids can temporarily lose it! But if we have taken care of the obvious, gotten back on track with meals and sleep, and our child continues to struggle for days on end, or weeks, consult a professional.

What impact is the difficult behavior or emotion having on the child, on relationships, on school performance, or on their health? If I as a parent feel worried or overwhelmed, checking in with a professional is probably a good idea. If my child is struggling with things that weren't a problem in the past, or the family as a whole is being impacted, it might be time to get help. As parents we sometimes *just know* when something is wrong. Trust your gut.

Has your child harmed themselves or others, or talked about harming themselves or someone else? Don't risk something bad happening.

If you aren't sure, or just want to know more about how we help children, you can always meet with a counselor for a one time consult to learn about counseling for kids, and decide whether you want to engage in services here. We have 3 child mental health specialists who work with young children. Give us a call and ask to meet with Andrea Blake, Gretchen VanBlair, or Kris Coppedge. We are each licensed mental health professionals with graduate degrees and are child mental health specialist. We are open to all children of the Lower Elwha Tribal Community, and native children or descendants from other tribes.

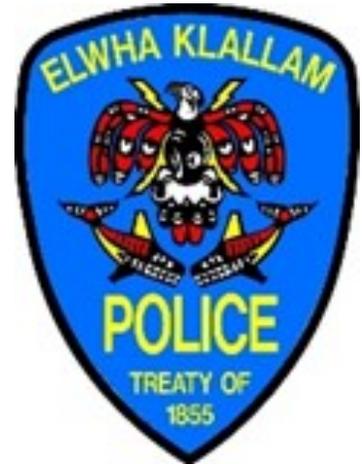


Children's Mental Health Matters!



LEPD

Sexual Assault Awareness Month Event



In April, The Lower Elwha Police Department in collaboration with Beatriz Arakawa, and dozens of businesses coordinated a three-day event to raise the visibility of sexual assault survivor support, as well as to conduct a community needs assessment that was open to all of Clallam County.

We are happy to report that it was a great success! Area businesses donated the means to make 15 beautiful baskets full of prizes for the raffles that were drawn each day of the event. The Elwha River Casino contributed our first grand prize with a generous basket of household goods. Our second grand prize was a stunning leather recliner provided by The Warehouse.

We would like to thank our wonderful community for showing up and giving their time and thoughtfulness. The completion of this assessment will provide us with the data we need to help determine the gaps in local sexual assault services as well as to understand how current services can be enhanced to best serve the needs of sexual assault survivors. We would also like to thank everyone who could not make it and filled out an assessment online. In total, we collected approximately 200 assessments.

We would like to acknowledge Leif Ellis, Joseph Bennett, and all of the Lower Elwha Food and Fuel Crew for being such wonderful hosts! Leif went above and beyond to accommodate us, helping to ensure the event was a successful one. Joseph assisted with the promotion of the event using his talent to create an advertisement for us to share across social media. You can find live streamed videos of the drawings on Lower Elwha Food and Fuel's Facebook page. We also appreciate our Social Services Director Becca Sampson Weed, our Early Learning Director Debbie Hales, and Thurman's Supply for facilitating further advertisement.

As you have read, we could not have done this alone. háʔnəŋ!

Your Voice Matters. To include yours in this continued effort, please take the online Community needs assessment on the Lower Elwha Police Department's Facebook Page.



Vaccine Info



“HELP PREVENT THE SPREAD OF COVID-19” LOGO CONTEST!

Lower Elwha Health Department needs your help creating a LOGO for the new Medical Sprinter Van coming soon.

We are looking for a design that is specific to the prevention of the COVID-19 Virus.

WINNER! Will receive a \$100.00 Visa Card

Please submit your drawings to Emma Bankson or Lorinda Robideau

By June 20, 2021

Have any questions? Please call 360-452-6252



Mental Health



Is Normal



Stress is just a normal part of life. Meals must be prepared, laundry needs done, and whose turn is it to do the dishes? Johnny hasn't done his homework, I want to go fishing, and by the way, the cat left a dead bird in the living room.

It's just life!

They tell me to eat balanced meals, get good sleep, take deep breaths, think positively, and have a heart of gratitude.

Well that's not easy.

Why is it so hard?

- There's a pandemic
- Historical trauma
- Racism
- Losses
- That other stuff I might not want to talk about

So now what?

- Have fair and reasonable expectations of yourself
- Remember what you have already survived
- Confide in someone
- Just today, eat something healthy . . . don't worry about tomorrow
- Quietly watch the clouds, the river, the ocean even if for just 5 minutes
- Do just one thing you have been avoiding

Join Us!

New Support Group

Who: For the Lower Elwha Community and other Natives in Clallam County

When: Begins May 26th and meets every other Wednesday at Noon

(feel free to eat during group)

Where: Zoom <https://zoom.us/j/9285302706>

Contact: Kris Coppedge, Mental Health Manager, for more information

Kris.coppedge@elwha.org

360-565-7264 ext. 7669



Elections

2021 BUSINESS COMMITTEE ELECTION RESULTS

Lower Elwha Klallam Tribe Election Committee

*Amended May 2, 2021 to correct spelling error and provide invalid ballot details.

The results for the May 1, 2021 Lower Elwha Klallam Tribal Business Committee election are as follows:

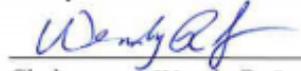
301 total valid ballots were cast of which, 123 were drive-thru poll ballots, 109 were mail-in ballots dropped-off and 69 ballots were mailed-in. 5 of those valid ballots cast a single vote. 9 ballots were invalid, 4 of which had no accompanying voter affidavit, and 5 were not in conformance with the election rules (two ballots had three votes listed, two had unverifiable signatures and one was cast by an unregistered voter).

Vote totals for each candidate were as follows:

Steve Joaquin Robideau	117
Anthony Charles	99
George Charles	83
Lola Moses	68
Melissa Gilman	65
Jesse Charles	63
Arlene "Pebbles" Wheeler	37
Kalika Elofson	24
Levi Charles	20
Jessica Elofson	14
Rosie Boyd	1
Diana Wheeler	1
Serena Antioquia	1

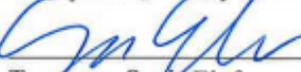
Steve Joaquin Robideau and Anthony Charles are the candidates with the highest number of votes and have accordingly been elected to a three-year term on the Lower Elwha Klallam Tribe's Business Committee.

We, the Election Committee, being first duly sworn on oath, depose and say: That on May 2, 2021, we hereby certify the above results of the Lower Elwha Klallam Tribal Business Committee Election.


Chairperson, Wendy R. Sampson


Vice-Chairperson, Amy Carter


Secretary, Emma Bankson


Treasurer, Sonja Elofson


Member, Amy Redner

absent
Member, Corina Bolstrom



Community News

**Your
Announcement
Here!**

Email Community News to Newsletter@Elwha.org by the 3rd Friday of every month for inclusion into the next monthly newsletter.

ELDERS SHOPPING DAY!
EVERY TUESDAY
 LEAVING SOCIAL SERVICES AT 9:30
 CALL SAMANTHA ACOSTA TO ARRANGE PICK UP
360-406-1572

**In crisis?
Text Native
to 741741.
#WeNeedYouHere**



**Happy
Birthday to
Mike & Bill**

Love, Elaine



Celebration of Life for Lisa Lisk:

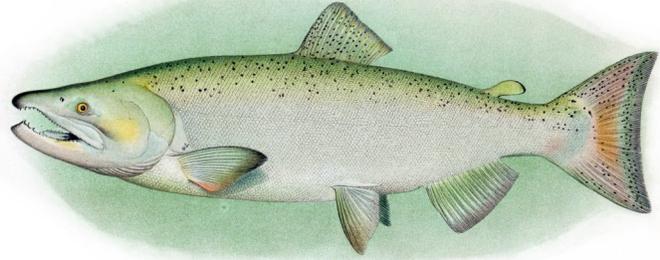
The Lisk family is hosting a celebration of life at the Elk's Club in the Ballroom, at 2:00 pm, Saturday, June 5th. The ballroom will be set up so everyone can socially distance themselves. Masks are required. Food will be supplied by the family and a group of Lisa's friends, called The G.A.P girls! Please, no flowers. If you wish to donate to the Lisa Lisk Scholarship Fund, a collection basket will be available. Checks can be made out to Dry Creek P.T.O. - Lisa Lisk Scholarship Fund.



Fisheries

The struggle to share a shrinking resource

– Northwest salmon



March 29, 2021

By Kelly Susewind and Lorraine Loomis

Special to The Seattle Times

Salmon uniquely define the Northwest experience. They have shaped our cultures. They sustain our ecosystems. They feed our souls and bodies.

Tribal and state natural resources co-management is the law in Washington, but cooperative co-management is a choice we make every day because we know it works. We see it working for Elwha River chinook, Hood Canal summer chum and Snake River fall chinook, where struggling salmon runs have begun to rebound.

In the coming weeks, we'll begin to plan the approaching salmon fishing season. This process, called North of Falcon, will likely include difficult negotiations as we struggle to share a shrinking resource. Even fisheries on healthy salmon runs are affected by the decline of other distinct populations, due to lost habitat, pollution, predation, climate change and our responsibility to preserve food for southern resident killer whales.

North of Falcon today isn't about winning or losing. It's about working together to meet one another's needs by carefully crafting conservative fisheries that protect the weakest salmon stocks while providing for harvest when possible.

It took us a long time to get here.

When tribes in western Washington ceded land to the U.S. government in the treaties of 1855-56, they reserved the right to fish, hunt and gather in their traditional locations. Salmon were plentiful.

By the early 1900s, salmon were suffering because of poor logging practices, development and over-harvest. During the Fish Wars of the 1960s and '70s, tribal fishermen were routinely arrested, beaten and jailed when they attempted to exercise their treaty fishing rights.

In 1974, a decision by federal Judge George Boldt in *U.S. v. Washington* — upheld by the Supreme Court — reaffirmed tribal treaty rights to half of the harvestable salmon returning each year.



Lower Elwha Food & Fuel



Life at LEFF

By Leif Ellis

First off let me thank each one of you for continuously supporting us at LEFF. We strive to provide the best service possible to our community while providing a place for employees to succeed. This last year has been full of challenges and changes. I am proud of all of my staff that has stuck it out, suited up and showed up through the ups and downs. I wanted to take a moment to let you all know what summer looks like at LEFF.

We have the Graduating Class of 2021 forming a motorcade again this year. We will be one of many stops for them as they celebrate their accomplishment through a year of adversity and change. We are so proud of the Tribal Graduates and will have something special in store for them on June 3rd. We are proudly sponsoring the ESP this year, complete with the Show & Shine many have come to expect the night before the races take place. We will have paper tickets available for purchase at the store soon. We will most certainly be at the Lefties field for games this season starting in June! LEFF will be planning for Customer Appreciation Day at the end of August as long as we can keep hitting the metrics required to battle COVID-19. Stay tuned for dates and more events as they unfold.

We are happy to announce the arrival of Chinese food to the Deli! LEFF has branded the program "Klallam Town", and we can't wait for you to try the new items. The Klallam Town items will be purchasable on EBT like Safeway, after it has had time to cool off! If you have not already heard about the many new items in the Thunderbird Food Truck, please stop in and see us soon. We have added a variety of salads and au jus is back for good.

As we storm into summer, we are looking to for extra help. Please inquire in the store as we are hiring for all positions at this time. We encourage anyone with questions, comments and/or concerns to contact Leif Ellis or Josh Lampman at the store and we will get back to you to help with any needs you may have.

**WE'RE
HIRING!**





Klallam Language & Culture Program

June 2021 Announcements



We are happy to announce Song & Dance group will be starting this month! We'll also be expanding our Community Cultural Craft Classes for LEKT tribal & community members. Indoor space limited due to covid-19 gathering restrictions, so class will be filled on a first come-first served basis.

- **Tuesdays 4:30-6:30** Song & Dance Group at Elwha ballfield (starting June 8).*
- **Wednesdays 1-4:30** Cedar weaving in dining hall
- **Thursdays 4:30-6:30** Cedar & loom weaving in dining hall
- **Fridays 1-4:30** Loom Weaving in dining hall
- **First and Last Saturdays of the month (June 5 & 26) 1-4:30** Cedar & loom weaving in dining hall

No transportation or meals provided. Masks, physical distancing, covid-19 screening and liability waiver required. Students under age 13 need accompanying adult. All minors need adult to sign for them.

*For more information please contact Angelina.sosa@elwha.org
or Wendy.sampson@elwha.org (360)461-6453*

há?nəŋ cn

Thank you



Fisheries

Mistrust ran deep in those early days. Much time, money and energy were spent fighting one another in court.

In 1983, Bill Wilkerson, director of the Washington Department of Fish and Wildlife, sat down with Billy Frank Jr., then chairperson of the Northwest Indian Fisheries Commission. They agreed to try cooperation instead of litigation to meet shared goals of a healthy resource and sustainable fisheries.

This leadership led to river-by-river and stock-by-stock impacts planning. Then Canada, the United States, tribes and states joined forces to negotiate the Pacific Salmon Treaty, which regulates salmon fisheries between the U.S. and Canada. The Timber/Fish/Wildlife Agreement protected fish and wildlife habitat on private forest lands. The 1989 Centennial Accord further cemented the government-to-government relationship between tribes and the state by providing a forum for shared concerns.

Each of these accomplishments is remarkable in its own right. Together they show progressive cooperation. We are committed to preserving this spirit.

You see this in a new joint riparian habitat initiative that will provide a uniform, science-based management approach to salmon recovery. We need greater protection for the stream side vegetation that lowers water temperatures, filters pollutants and reduces sediment that smothers salmon eggs.

While state and tribal relations can sometimes be strained, we continue to strengthen our relationship in the North of Falcon process. We're working to prioritize salmon conservation, listen to one another's needs, seek solutions, communicate, use the best available science to inform decisions, and accurately document, share and react to important data.

The recent State of Salmon in Watersheds report released by the Gov. Jay Inslee's Salmon Recovery Office shows that for key stocks in need of recovery, at best we are treading water. While harvest restrictions will continue, these alone can't recover salmon. We believe if tribal, state and local communities seek first to work together, we may see the day — as native trees line meandering waterways and storm water runs cold, slow and clean — when salmon are plentiful again.

This comanagement relationship may have been born from conflict, but it is sustained by the mutually held imperative that we can, and must, cooperate if we are to see salmon continue as a part of future generations' Northwest experience.

Kelly Susewind is director of the Washington Department of Fish and Wildlife.

Lorraine Loomis is a Swinomish tribal member. She is the tribe's fisheries manager and chairs the Northwest Indian Fisheries Commission.





Health Department



Hello, my name is Marie Miller-Bryant, I've been working as the benefits coordinator for the Lower Elwha Health Clinic since January 2021. My job entails helping individuals sign up for insurance, I've been in charge of med part b reimbursements, I help set medical appointments, and also I help with medical travel assistance. Just a quick reminder: when filling out the medical travel request form - I need the completed form ten (10) business days prior to your scheduled appointment. Per Diem and ferry vouchers are meant for the patient with the apt and one (1) support person. Receipts are required to be returned in a timely manner-failing to turn in receipts may result in not receiving future travel assistance.

Prior to my current position, I've worked as the administrative assistant to the systems of care grant at social services, as a barista at the cedar box and as a cashier for the Lower Elwha Food and Fuel. I applied for both Patient services Representative (PSR) and Benefits Coordinator at the same time and interviewed for both, to my surprise I started as the PSR in December 2020. I've enjoyed learning my new job and perfecting the skills I already have.

Just a little back history of myself, I was adopted and raised by an enrolled Skokomish tribal member- the late Leona Miller. She taught me culture history and traditions I grew up participating in drum group and even was appointed youth council chairwoman. I moved home to Lower Elwha Klallam Tribe in December 2016 to learn our Klallam ways of life. My bio-mother; the late Thelma Lawrence, my grandmother- Vivian Charles and my great Grandfather- Murphy Charles were my strength to move home; I needed to know my roots. Since the move, my children and I participate and learn as much as we can, I made it a priority that my children have roots in our community; we have strong blood ties to both Lower Elwha Klallam and Port Gamble S'Klallam as well as Makah.

Thank you for taking the time to get to know a little about me. I appreciate and enjoy my position with the tribe.

I am excited to welcome 2 new MA's to our team. They both bring a wealth of knowledge and experience to our Clinic

Katrina Ayala

Katrina has worked with our Clinic in the past and enjoys working with the staff and especially the patients. She provides a calm and compassionate atmosphere and her priority is to assist tribal members with their medical care. She brings her experience from working at Olympic Medical Center as a Medical Assistant.

Tyann Bush

Tyann has worked with a tribal community before and is excited to back into working within a tribal community. She is enrolled in the Metlakatla tribe and is passionate about helping people. She was a lead trainer for all MA's coming to work at Olympic Medical Center. She is enthusiastic about her work and willing to learn new procedures in a clinical setting.

Respectfully,
Lorna Mike, RN
Clinic Nurse Manager



Health Department

LOWER ELWHA HEALTH DEPARTMENT

Telehealth Appointments Available



Lower Elwha Health Department is offering telehealth appointments to patients in need



Established patients of Lower Elwha Health Clinic are eligible for Zoom and telephone appointments with their primary care provider or counselor. All providers are accessible by Zoom or by telephone. These appointments are scheduled the same as a regular 30 minute office visit made at the front desk. Telehealth appointments are great for:

- ◆ Follow ups
- ◆ Medication management
- ◆ Lab results
- ◆ Counseling
- ◆ Nutrition/ Diabetic education

We offer our patients that do not have access to internet or devices, who are homebound, or immune compromised the opportunity to use our tablets for a Zoom appointment. One of Lower Elwha Health Clinics transportation employees will deliver a tablet for temporary use so our patients can have a Zoom appointment with their primary care provider or counselor. Call the front desk at 360-452-6252 to determine if a telehealth appointment is right for you.

If you are having difficulty signing up for Zoom, accessing you Zoom appointment, or need help with your device, please contact the clinics front desk and ask for the Telehealth Manager.

**Lower Elwha Health
Clinic**
243511 HWY 101 W
Port Angeles, WA
360-452-6252

