

Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

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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 third Friday of the month.

Chrissi Ducotey
Administrative Education & Training
Specialist
Elwha Klallam Heritage Center
401 E First St
Port Angeles, WA 98362
Phone: 360.417.8545
Chrissi.Ducotey@elwha.org

Note: This newsletter is uploaded monthly to the Lower Elwha Klallam Tribe webpage *elwha.org*

You can find it under the “Announcements” section titled: **Newsletter**

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July 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE

A Hero Among Us

By Kris Coppedge

Pierce Blackcrow is Mogli's hero. Were it not for Pierce, Mogli might still be out on one of the islands in the middle of the Elwha River with strong currents flowing on either side.

On Saturday, my good friend Sheri and I were out with our dogs and enjoying the day, when her chocolate lab, obsessed with birds, leapt into the strong currents and made his way to one of the Elwha's many small islands. For an hour, I'm sure he thought of nothing but birds. For the next 2 hours he paced the island shore, wondering how to get back to his human mom.

By now, Mogli was clearly tired, and we were really worried. Then came the Blackcrow family! There was lots of calling, "Mogli, you can do it, come on Mogli." My anxiety went up as I imagined him there all night, or losing him down the river.

Then came his hero! I looked and saw Pierce walk carefully across the river. Mogli watched, Pierce was waist-deep, and we all continued to call Mogli. Pierce was amazing, standing in deep water with a significant current. "Come on Mogli, you can do it." Finally, Mogli jumped in and started to swim. Pierce called to him and Mogli kept swimming until he reached Pierce, who was then able to guide him back to shore.

Pierce was brave, compassionate, and selfless. Without Pierce, the day could have ended in tragedy. Thank-you for saving Mogli!



Way to Go, Pierce!



Tribal Operations/Public Health Office Update—Tia Skerbeck

Hello everyone! Just a few updates on things that have been going on during this past month, and some COVID updates:

PHASE 3.5

On June 29th, resolution 80-21 was approved which moved the Tribe into Phase 3.5 of the re-opening plan. This phase allows for vaccinated people to no longer wear masks (with exceptions for health department staff, and staff that work with populations that are not eligible for the COVID-19 vaccine (kids and infants)), larger group sizes indoors (40), and unlimited groups size outdoors. The CDC's guidelines for travel should be followed.

FREEZERS

Freezers are finally starting to be delivered! The freezers have started to ship from the manufacturer, and the appliance company has started to install. The process of receiving and installing the freezers will span many weeks, but we're starting to see the light at the end of the tunnel and should all have our freezers in our homes soon.

COVID CASES

COVID cases have been staying low for our community, with zero in the past 3 weeks. Keep up the great work, continue to stay home when sick, and get your vaccination if you haven't already

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. Community vaccine clinics are still taking place periodically in the Tribal gym, call the clinic for more information.

VACCINE SUPPORT PROGRAM

The Youth and Adult COVID-19 vaccine support program is under way, with promotional items ranging from \$200 gift cards to \$400 checks. To participate you must be fully vaccinated, meet the eligibility criteria, and apply online. Limited paper applications are available at the Tribal Center, and Social Services. Assistance completing the application is available, just call me at 360-452-8471 x7420.

- Tia Skerbeck, Tribal Operations/Public Health Officer



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:

July 4th: Happy Independence Day!



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



Summer Safety Tips



Be Sun Savvy

- Use a broad-spectrum sunscreen with an SPF of at least 15.
- Wear a hat, sunglasses (with UV protection) and lightweight, light-colored clothing.
- Seek shade under a tree, shelter or an umbrella.
- Wear a protective sun shirt in the water.



Be a Water Watcher

- Never take your eyes off of children in a pool or any body of water, even for a moment!
- If you're in a group, appoint a designated "water watcher," taking turns with other adults.
- Avoid distractions like your phone, books or magazines.
- Use caution with water wings or other inflatable toys.



Don't Get Bugged

- Wear an insect repellent with at least 20% DEET.
- Cover exposed skin with long-sleeved shirts, long pants and hats.
- If you've been in the woods, check your kids, your pets and yourself for ticks.
- Stay inside at dusk and dawn, the most active times for bugs.
- Avoid places with standing water, which attracts mosquitoes.



Hot Car Reminder

- Never leave a child or a pet inside a parked car, even for a minute.
- If you're not used to having a child in your car, put something you will need next to the car seat, such as a briefcase, purse or cell phone.
- If you see a child alone in a car, call 911 immediately.



COVID-19 Phased Reopening Plan

The Tribe has established the below COVID-19 phased approach to opening government offices and modifying physical distancing measures.

	Phase 1	Phase 1.5	Phase 2	Phase 2.5	Phase 3	Phase 3.5
High Risk Populations	Continue to stay home, stay healthy	Remain strong, resilient, and remote	Remain resilient and remote	Resume public interactions, with physical distancing and mask	Resume public interactions, with physical distancing and mask	Resume public interactions, with physical distancing. Fully vaccinated can remove masks,
Recreation	-Some outdoor recreation	-Outdoor recreation involving fewer than 5 people outside your household	-Outdoor recreation involving fewer than 5 people outside your household	-Outdoor recreation activities up to 15 people (with physical distancing and mask) -Indoor recreation, up to 4 members per household, by reservations in the gym and fitness room.	-Outdoor recreation activities up to 25 people (with physical distancing and mask) -Indoor recreation, no more than 15 participants in the gym (with physical distancing and mask). Up to 6 members per household in fitness room, reservations only.	-Outdoor recreation activities unlimited participants, fully vaccinated can remove masks, unvaccinated must wear masks. -Indoor recreation, no more than 40 participants, fully vaccinated can remove masks, unvaccinated must wear masks.
Gathering	-None	-Gather with no more than 5 people from outside your household per week	-Gather with no more than 5 people outside your household per week	-Gatherings outdoor with no more than 15 people (physically distanced) -Gatherings indoor with no more than 5 people from outside your household per week	-Gatherings outdoor with no more than 25 people (with physical distancing and mask) -Gatherings indoor with no more than 10 people from outside your household per week (with physical distancing and mask) -Fully vaccinated individuals may: --visit outside of the workplace with other fully vaccinated individuals indoors without masks or physical distancing --visit outside of the workplace with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without masks or physical distancing	-Gatherings outdoor unlimited people, fully vaccinated can remove masks, unvaccinated must wear masks. -Gatherings indoor with no more than 40 people, fully vaccinated can remove masks, unvaccinated must wear masks.



Council Resolutions 2021

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
4-13-21	50-21	Approval of master services agreement and statement of work between LEKT and Moss Adams LLP	4	0	0
4-20-21	51-21	Authorization of American Indian Vocational Rehabilitation services grant for FY 20 Grant application	3	0	0
4-27-21	52-21	Approval of the AIA document B104TM-2017 Standard abbreviated form of agreement between the LEKT and Bergman, Walls & Associates, LTD.	4	0	0
4-27-21	53-21	Approval of Professional Services Contract between the Lower Elwha Klallam Tribe and Pacific Northwest Tree Service regarding 463 Stratton Road Clearing Project	3	0	1
5-5-21	54-21	Lakeside Industries Inc. contract for resurfacing portions of Lower Elwha Road and Stratton Road.	4	0	0
5-11-21	55-21	Approval of the LEKT TANF program plan revisions for the period of April 26th 2021 thru Sept. 30th 2022	3	0	0
5-5-21	56-21	Approval of road inventory field data system and long range transportation plan update	4	0	0
5-11-21	57-21	Approval agreement for professional services between the LEKT and Robinson Noble Inc. with a limited waiver of sovereign immunity for the LEKT Justice center expansion	3	0	0
5-5-21	58-21	Purchase & Sale agreement for North Olympic land trust and LEKT Lighthouse hill property	4	0	0
5-11-21	59-21	FY 2021 Grant application—Institute of Museum and Library Services (IMLS) Basic Library Grant	3	0	0
5-27-21	60-21	Adoption of LEKT COVID-19 Emergency Rental Assistance program and policy with a limited waiver of sovereign immunity.	4	0	0
5-27-21	61-21	Public health order remain strong, resilient, and remain in Phase 3 in response to COVID-19.	4	0	0
5-27-21	62-21	Approval of attached application materials and terms and conditions for Low-Income household water assistance program	4	0	0
5-3-21	63-21	Approval of grant application between the LEKT Police Dept. and the US Dept. of Homeland security to participate in FY 21 Operation Stone Garden	2	0	0
6-1-21	64-21	Suzie Bennett—Land Assignment	3	0	0
6-1-21	65-21	Approval of Interagency Data Sharing Agreement between Washington State Patrol and the LEKT Police Department for Statewide Electronic Collision and Ticket Online Records (“SECTOR”)	3	0	0
6-1-21	66-21	Approval of Resource Management Plan and FRAM Base Period 7.0 Implementation Agreement	3	0	0
5-24-21 6-1-21	67-21	Authorization to Execute categorical exclusion worksheets and land status and jurisdiction forms for financing of tribal member home site development.	2	0	0
5-24-21 6-1-21	68-21	Approval of Biennial Application for Emergency Food Assistance Program 2021—2023	2	0	0



Community News



**At 12pm on June 18th, tribal members gathered for Elwha's first annual Pride Parade!
The parade took place between the Tribal Center and the river.**

Women's Talking Circle Support Group (Virtual)

Jun 30: 11:30 AM

Jul 7: 11:30 AM

Jul 14: 11:30 AM

Jul 21: 11:30 AM

Jul 28: 11:30 AM

Aug 4: 11:30 AM

Contact Beatriz Arakawa to join.

beatriz.arakawa@elwha.org
or call (360)565-7257 x7453

Announcement:

July 2021 Language and Culture Activities For Elementary Youth

**Tuesdays and Thursdays 1-3pm at the Language & Culture
Program Building**

(old day care on Stratton Road)

Daily Klallam Language and cultural crafts available.

Parents and Caregivers welcome to stay, join and learn.

No Food or Transportation Provided due to COVID-19 regulations.

Email Ashley.pitchford@elwha.org for more info.



COVID-19 Phased Reopening Plan

Travel	Only essential travel	Limited non-essential travel within proximity of your home	Limited non-essential travel within proximity of your home	Resume non-essential travel within Clallam County	Continue non-essential travel within the State of Washington	Follow CDC's COVID-19 travel guidelines.
Government	-Essential services staff -Limited field workers	-Remain strong, resilient, and remote -Remote work to the highest extent possible -Field work	-Staff in single occupancy offices -Field workers	-Staff in shared workspaces (physically distanced) - Offices open to public with personal protective and physical distancing measures in place	-Staff in shared workspaces (physically distanced) - Offices open to public with personal protective and physical distancing measures in place	All staff return to the office, fully vaccinated can remove masks (LEHD staff, and staff that work with populations that are not yet eligible for COVID-19 vaccinations must continue to following masking protocol), unvaccinated must wear masks when closer than 6ft to others, and engaging with public. - Offices open to public, fully vaccinated can remove masks, unvaccinated must wear masks.

An individual is considered fully vaccinated two weeks after receiving the second dose of a vaccine in a 2 dose series (Pfizer or Moderna), or 2 weeks after receiving the first dose in a single dose series (Johnson & Johnson).

Group services with additional approved protocol.

Vaccine Support Program:

Age	Eligibility	Promotion item
Age 12-17 Apply at: www.tinyurl.elwhayouth	COVID-19 fully vaccinated enrolled Lower Elwha Klallam Tribe members, COVID-19 fully vaccinated Lower Elwha descendants (first generation), COVID-19 fully vaccinated household members of enrolled Lower Elwha Klallam Tribe members, COVID-19 fully vaccinated household members of Lower Elwha Klallam Tribe employees.	Choice of 1: <ul style="list-style-type: none"> \$200 gift card: ⇒ Amazon ⇒ Walmart ⇒ PlayStation Store ⇒ Apple ⇒ Xbox Air Pod Pro
Adults (18+) Apply at: www.tinyurl.com.elwhaadult	COVID-19 fully vaccinated Enrolled Lower Elwha Klallam Tribe Members COVID-19 fully vaccinated Lower Elwha Klallam Tribe employees COVID-19 fully vaccinated first generation Lower Elwha Klallam Tribe descendants COVID-19 fully vaccinated significant partners of enrolled Lower Elwha Klallam Tribal Members, first generation Lower Elwha Klallam Tribe descendants, and Lower Elwha Klallam Tribal Employees.	\$400 check



Letter to the Community—LaTrisha Suggs



Tribal Member LaTrisha Suggs (Cook-Kardonsky Family) Running as Incumbent for City of Port Angeles Council Position 1

The “Vote 4 Suggs” campaign and Primary election season is underway. I currently serve on the Port Angeles City Council, position 1. I completed the 2 yrs. that remained on the vacant seat when I was appointed to the seat back in 2020. I am the first enrolled Native American to sit on the Council for City of Port Angeles since it was formed. I am honored and humbled to represent the citizens of Port Angeles

while honoring and representing the spirit of our ancestors. Since the election of 2019 diversity has been pushed into the spotlight. Diversity has been long overdue on the city of Port Angeles council. Native and non-native communities collided in the 17th century with the local superintendent being the voice for Native Communities. Today times have changed, we are more involved at the Federal and State representative level, and now Tribal citizens are engaged in local elections.

I am seeking re-election support from residents of Port Angeles. I know that we have a lot of Klallam Tribal citizens that live in the area, and I ask for your support. It is vital that all citizens participate in the primary election and the general election. It is vital that all registered voters vote. Please encourage your family and friends to get out and vote in both the primary and the general elections. I have two challengers, which places me in the primary election. My goal is to make it to the General election. Your vote is vital, as has been evidenced in the local 2016 election when one Port Angeles city council position was won by ONE vote.

I graduated from Port Angeles High School in 1989, attended Peninsula College, and obtained my Bachelor of Environmental Policy/Planning from Western Washington University/Huxley Program. Accumulated 300 hours of Federal Acquisition Regulation Training and a Municipal Leadership Certificate. I serve on the Port Angeles Shore Memorial Pool District as a board member, Solid Waste Advisory Committee, and the Marine Resources committee for the City. For the Tribe I serve on the Jamestown Economic Development Authority Board, Health Committee, Cannabis Board, and recently appointed to the Washington Water Trust board.

I have lived in Port Angeles most of my life. I have three fabulous kids (Austin Suggs, Zelby Gloria, and Kailoni Cagey-Carter) and two grandsons (Teagan Bolstrom-Suggs and Allen Suggs).

As a council member I supported expanding key programs like Rediscovery, Paramedicine, reinstated code enforcement, maintained flat utility rates, provided \$790,000 in rental/mortgage and utility assistance to customers impacted financially by the pandemic. I supported efforts, saving the city of Port Angeles millions by refinancing water and wastewater bonds, supported suspending interest and late fees on utility accounts, and waived parking and business improvement area fees.

The next four years will require focus and stability to maintain a healthy City budget, support solutions to vexing issues and engaging leadership that strengthens our community partnerships, and work towards building new relationships. Areas of critical importance include affordable housing, homelessness, code updates, commercial district enhancement, build staffing capacity, building high-performing relationships, and working with partners to advocate for solutions that will help the childcare crisis. Childcare was in crisis mode prior to the pandemic. The vision is to move towards solutions that work for our community.

Volunteers are being recruited for both the primary and general election. Volunteers who want to participate with coordinated door to door campaigning and literature drops, and follow-up with registered voters that have not voted can send me an email to vote4suggs@gmail.com. Donations are also being accepted for the primary election, in the amount of \$5, \$10, \$25, 50 dollars or what you can afford.

I seek your support to continue serving our great Port Angeles community.

**Respectfully,
LaTrisha Suggs**



Education

Steven's Middle School

It has been a pleasure to work with the Native students at Steven's Middle School this year. They have been working very persistently during the last quarter of the 2020-2021 school year. I have had a lot of students staying after 1:00pm when classes get out every day to get their work completed on time or just to get ahead of the game. I am very proud of all the hard work and effort your students have put into their academics in such unprecedented times. I will return to Steven's to support the students again this fall. I am looking forward to meeting the incoming seventh graders! I wish you all a warm and safe summer!

Shayla Nagel

Middle School Academic Support Specialist |Lower Elwha Klallam Tribe | 360. 912.2020



Library

Dear community it has been a long year due to the Covid pandemic. I hope everyone is staying well and able to get out of his or her homes and enjoy the world again. The tribal library is open by appointment at this time. Currently the tribe is advertising for a librarian. When we are able to hire a librarian and move into phase 4 of the reopening plan we will be able to re-evaluate and offer a more regular schedule without the current Covid restrictions. If you have any questions please give me a call at (360) 452-8471 ext 7425 or (360) 912-3317. Take care and have a wonderful summer.



NEWS FROM THE EDUCATION DEPARTMENT

Dry Creek Elementary

The 2020-2021 school year has seen so many changes. The students at Dry Creek Elementary have persevered through a challenging school year. The end of the school year was celebrated with a Field Day. Students played outside games and were rewarded for all they've accomplished throughout the year. I look forward to seeing students in the fall!

Kristina Cain

K-6 Academic Support Specialist

Lower Elwha Klallam Tribe

2851 Lower Elwha Rd.

Port Angeles, WA 98363

(360) 809-9274





LEPD Logs & Staff Birthdays

Campaign Information:Vote4suggs@gmail.com[https://www.facebook.com/](https://www.facebook.com/vote4suggs)[vote4suggs](#)**Campaign Donations:**

Checks/Money Order Made out to

LaTrisha Suggs

1835 W 6th St

Port Angeles, WA 98363



*First and Last Names, Phone Number (best number to contact you), street address, mailing Address, and emails of all donors will need to be submitted to meet minimum reporting requirements. I may need to reach out to donors for additional reporting information as needed.

Service Record for L & O	May		
911 Hang-Up	8	Found/Recovered/Lost Property	2
Alarm/Alarm Check	4	Frequent Patrol Request	3
Animal Calls	2	Malicious Mischief	3
Business Check	218	Other Agency Assist	8
Citizen Assist	7	Report of Open Door/Window	5
Citizen Contact	13	Runaway	2
Civil	3	Suspicious Person/Vehicle	4
Code Enforcement	2	Traffic Control/Emphasis/Hazard	11
Community Oriented Policing	145	Traffic Stops	46
Court Paperwork/Service	9	Trespass	3
CPS/APS	2	Vehicle Accidents	3
Disturbance	3	Vehicle Lockout	7
Drug Violation	1	Welfare Check	2
DUI	1	Warrant Attempts	5
Erratic Vehicle	1	Warrants-Tribal	1
Follow Up	12	Warrants-Non-Tribal	4
		Total	540



BIRTHDAYS!

7/3 Roger Hopie Jr	7/12 Mariah Francis	7/15 Rosie Boyd	7/24 Keith Lauderback
7/4 T y Boe	7/12 Karrin Francis	7/18 Chrissi Ducotey	7/24 Chelsea Bender
7/5 Wendy Sampson	7/12 Christine Matte	7/20 Ed Johnson	7/26 Wahji Karsten
7/5 Wihinna Robideau	7/12 Katelyn Roberts	7/29 Omar Green Mendez	7/26 Vashti White
7/9 Marilyn Edgington	7/13 Rachel Johnson	7/21 Francess Thompson	7/30 Joni Francis
	7/14 Charlene Graham	7/24 Steve Robideau	



Letter to the Community—Jonathan J. Arakawa

Dear Lower Elwha Tribal Community,

Wow, what a year it has been for all of us! So much has happened since I last wrote to the community, I would not even know where to begin. Indian Country is in a time of reconciliation and reckoning. We are fortunate to now have an administration who is reaching out to Tribal Nations in the spirit of Tribal Consultation and strengthening our Nation-to-Nation relationship. Although we must lessen our reliance on the federal government, we cannot dismiss the trust and treaty obligation of the federal government which is constitutionally mandated.



I want to congratulate Anthony S. Charles and Steve J. Robideau on their re-election to the Business Committee. I also want to congratulate Frances G. Charles on being re-elected to another one-year term as Tribal Chairperson. Thank you to our Tribal Leaders for their representation and advocacy on behalf of the Strong People!

Personally, I continue to stay involved in our community. It is always an honor to serve. Our Shaker Church continues to answer calls to help our families and communities. We are readily available to help. Please contact me via cell at 360.565.6957 or via email at jonathan_arakawa@outlook.com if you need help from the Shaker Church. As part of my job in the Port Angeles School District with the AmeriCorps Program, I have worked a lot in our schools, serving all Native students while ensuring they receive the most equitable and inclusive services and education they deserve. I am currently attending both, Peninsula College and The Evergreen State College, working towards both my Bachelor's Degree in Tribal Governance and my Masters in Teaching. It has been a wonderful experience and I have been able to bring those experiences back to our community in my work and advocacy—with the Strong People always in my mind while engaging and representing in all meetings and conferences.

Later this summer, I will be entering into my new job position with the Tribe as a Klallam Language Teacher with the Klallam Language Department. I am looking forward to working with the community as it relates to our language, history, and culture. We will do a lot of great things and it will be awesome to continue to engage all of our community!

Relating to service to the community... In February 2021, I was appointed to the Vice Presidency of the National Congress of American Indians (NCAI) Youth Commission. I am serving a two-year term. Since my appointment, we have met with the White House, our federal counterparts, and even representatives from the United Nations to speak on issues impacting native youth throughout Indian Country.

An issue I addressed to the White House and the Biden Administration, along with our sister National Native Youth Organizations, UNITY (United National Indian Tribal Youth, Inc.) and CNAY (Center for Native American Youth), was the need for an equitable and inclusive educational system for Native American students to ensure our students succeed in a system that was originally set up for us to fail. I stated, "Native American people are the fabric of this country. I grew up in a community who tirelessly advocated for our language and history to be taught in our local school district. I am the product and answer to those advocate's and my ancestors prayers--being able to academically experience my own rich and vibrant history and language in a classroom setting." I continued, "For far too long, our story has been pushed to the side and swept under the rug. We cannot fall into the cracks of willingful forgetfulness. It is time to confront it." We sent a clear message to the White House on the issues impacting our constituents. The White House wants to convene in future meetings with all three of our National Native Youth Organizations. As it has been said before, this may be the first one, but it will not be the last. We will be excited to engage in the future.



Nutrition & Diabetes

JUNE 2021 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Culinary Medicine
- Cancer prevention
- Did you know
- Lower carb intake

Modifiable risk factors



Overweight and obesity



Alcohol



Smoking



Excessive processed and red meat



Low fruit and vegetable intake. Lack of dietary fibre

Diabetes Update:

- Reducing your daily carbohydrate intake to 130 grams a day can greatly reduce your blood sugars. But not all carbs are created equal. You want to focus on the carbs that have >3 grams of fiber per serving.
- For the tribal patients that are on the Libre sensors, please call or text me when you need more.

Did you Know?

Cooking food in plastic containers or steaming bags may leach residues into your food while heating; use glass, metal or stainless steel.

Culinary Medicine:

We will discuss how to build your immune system to help your body prevent cancer. Cancer is a disease of our cells and a healthy immune system can help.

Some Common Causes of Cancer:

- Genetics
- Smoking
- Environment
- Unhealthy diet

Foods to Decrease:

1. Sugar—especially soda. Limit to < 25 grams a day. Sugar increases weight which increases inflammation and can lead to cancer.
2. Exposure to chemicals.
3. Limit red meat intake and saturated fat.

Foods to Increase:

1. Cruciferous vegetables (2 cups/week)- broccoli, cauliflower and bok choy.
2. Berries— 1-2 cups a week
3. Seafood—tuna, salmon, clams, oysters, halibut
4. Eat more fiber: grains, fruits and vegies.

Don't forget to schedule your diabetes quarterly.

If you would like a nutrition session, please call me @ 360-912-1500.





Housing



Rent Moratorium ends June 30, 2021

As you are aware there has been a moratorium in place for rent. During this past year we have not increased any rents. This moratorium will end as of June 30, 2021.

If you have recertified and your rent increased due to changes in your income it will be effective on July 1, 2021.

As the weather starts to get nice make sure to check smoke alarm batteries, vacuum dryer vents, chimney sweeping, check the date on your fire extinguisher.



It is a lease requirement to pay the required non-refundable pet deposit for each pet in the LEHA RENTAL units. If you have recently added a furry addition to the family or have had a furry friend that you have not paid the deposit for please make sure to do so! PETS ALSO NEED TO BE KEPT ON A LEASH/RUNNER OR IN A FENCED IN AREA AND YOU MUST CLEAN UP AFTER THEM IMMEDIATELY!!

WE NOW ACCEPT DEBIT/CREDIT PAYMENTS!

We are happy to announce that we now except credit/debit card payments! You may complete this transaction in person or by phone. Thank you Janet for getting this up and running for our tenants.



Jamie Valadez for all of her dedication in teaching our youth. Congratulations on your retirement, Jamie!

Congratulations to **Jada Cargo-Acosta** on your graduation and receiving a **\$1,000** Northwest Indian Housing Association Scholarship!

We would like to give a huge shout out to



Letter to the Community—Jonathan J. Arakawa

Additionally, I called on the Biden Administration and the federal government for a federal mandate, through the U.S. Department of Education, on teaching Native American History in the United States public school system—utilizing the Native Knowledge 360 curriculum from the Smithsonian Institute: National Museum of the American Indian. I also asked for an unexpiring executive order on Tribal Consultation to properly execute curriculum development.

On June 3, 2021, we hosted the 2021 Lower Elwha Klallam Tribe-Johnson O'Malley Graduation Parade. We honored all Native graduates in our area. 10 students were able to show up and attend. We also honored our visionary leader and master teacher, Jamie Valadez, as she will be graduating to her well-deserved retirement. Jamie has always been a reliable force of strength and support; a groundbreaker who has put our Tribe on the map. I'm incredibly proud to report that we had 27 Native American students total graduate from high school this year in our community! Congratulations to the Class of 2021!!

At NCAI, we hosted our Annual Mid-Year Conference virtually, June 20-24, 2021. One of many speakers we heard from is U.S. Secretary of the Interior, Deb Haaland, the first-ever Native American person to be a Cabinet-level Secretary of any Administration. We also heard from other officials from the Biden Administration, including Secretaries from the Departments of Energy and Transportation, Ms. Granholm, and Mr. Buttigieg. Among the issues we experience in Indian Country, there will be discussions on Climate Change, FPIC – Free, Prior and Informed Consent (A.K.A., Tribal Consultation or Tribal Consent), Tribal Community and Economic Recovery, and much more. We will be received congressional updates from numerous members of Congress, including the federal delegation from the State of Alaska, Lisa Murkowski and Don Young; they said loud and clear that they support Tribal Sovereignty. Each of the secretaries and congressional representatives addressed the severity of climate change and the great need for Tribal Nations to be at the table, as the original stewards of our pristine lands.

During this conference, I attended a Climate Action Taskforce meeting with Northwest Tribal Leaders and leaders throughout the United States. I was asked to answer questions on behalf of the NCAI Youth Commission. One of the questions were what our thoughts are on how to engage tribal youth in the dialogues around climate change. I said that tribal leaders must first bring tribal youth to the table. We will begin attending meetings with the Treaty Council on the international level in dialogues around climate change, providing a tribal youth perspective alongside youth from Canada and other countries.

I feel like my updates could go on-and-on. I have always felt it was important to have the youth perspective shared and give the community an update on youth/educational sides of things. I will continue to stay involved here at home, locally, regionally, nationally, and internationally. Before I close my report for the months of work and advocacy, I want to take this moment to congratulate Jamie Valadez on her retirement. Jamie has dedicated over 30 years of service to our communities, preserving and revitalizing our Klallam Language, Culture, and History. 22 of those years at the Port Angeles High School. I said from the time Jamie announced her retirement that she is graduating to retirement. I raise my hands high in thanks and gratitude for her leadership, mentorship, and unwavering support. I said in my remarks to The Evergreen College, "Jamie is a reliable force of strength and support who further amplifies the strength of our ancestors that run through our veins."

As always, thank you for reading my letters. I am thankful that the Tribe is now sending newsletters, so our membership receives adequate information in a timely manner. My prayers are with each of you, and I pray this month and the months ahead are prosperous and blessed.

háʔnəŋ cn,

Jonathan Arakawa





ELDERS SHOPPING DAY!

EVERY TUESDAY

LEAVING SOCIAL SERVICES AT 9:30
CALL SAMANTHA ACOSTA TO ARRANGE PICK UP
360-406-1572



BIG JOHNSON FIREWORKS

Open every day 10am—8pm

(360)775-0547

big-j-fireworks@hotmail.com



Head Start & Early Head Start

Page 2 of 2: LE Head Start July 2021

LEHS STAFF SPOTLIGHT

LOLA MOSES, Education and Disabilities Manager

Let's welcome this enrolled Lower Elwha Klallam tribal member to our team at the Lower Elwha Head Start program. Lola graduated from Washington State University with BA in Criminal Justice and BA in Sociology, and an AAS in Criminal Justice from Peninsula College.

When did you start working at Head Start? I started working at Lower Elwha Head Start on April 27, 2021. I feel thankful and blessed to be a part of an amazing team under a great & supportive Director. I'm proud of the hard work of the teachers/staff and our program to offer solid education during the pandemic.

If you could go anywhere in the world, where would you go? I would go to the Philippines, where my grandfather is from, because I have proudly been to all the tribes that I represent. The one missing homeland is the Philippines and once I walk on the land my grandfather is from I'll feel like one of my life goals was met.

Who is your inspiration and why? My inspiration is my grandmother LaVerne "Lovie" Hepfer. My grandmother was kind, intelligent, a community volunteer, the matriarch of our family, a prayer warrior, and a natural leader. I am named after my grandmother and my great aunt Vera. Daily, I reflect on the teachings from my grandmother and how I can carry her name in a good way.

Interesting facts about Lola: I have 6 sisters and 3 brothers. My bloodlines are: Klallam, Tlingit, Makah, and Confederated Tribes of the Siletz and of Filipino descent. I've been married 15 years, and blessed with 3 girls. I was born and raised on the Elwha reservation and have always enjoyed contributing new ideas and programs in our community. I'm running for the Port Angeles School Board this year!

Favorite Song and Artist: "I Can Only Imagine" by Mercy Me.

Advice to your students as they grow up: Always remember who you are and where you come from. Try your best and don't be afraid to ask for help.



Congrats Grads!



Head Start & Early Head Start

Lower Elwha Head Start & Early Head Start

360)- 452-2587 Ext 2 Early Childhood Director: Debbie
(Ext 1 Child Care Manager/Bobi)

Health Manager: Deanna

Transportation: Francess

Education Manager: Lola

Prenatal Educator: Donna

Family Community Partnership Manager & Enrollment: Michelle

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July 2021

Lower Elwha Head Start & Early Head Start Newsletter

REMINDER

All Early and Head Start applications are due end of July 2021 for selection of the 2020-21 school year. Only completed applications will be considered for the 2020-21 school year.

Submit ALL household income verification and any tribal enrollment documentation per each application.

Without income verification, the application will be incomplete.

The child will not go on the waitlist and be considered until the application is complete.

Drive thru graduation pictures





Community News

**Your
Announcement
Here!**

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

HAPPY BIRTHDAY DULCE!

We hope you have the best
birthday ever, baby girl!!



Lots of Love from Grandma & Papa
(Janet & Mark Elofson)

Attention: Elwha-Owned Businesses!

**Submit your business information and/or marketing
material for free advertising in your very own Elwha
News monthly publication!**

Please send submissions to: Newsletter@elwha.org



"Wilder Junior began its season with some
great pitching and a pair of wins ... over Rock
Creek at Volunteer Field on Sunday (June,
13)" - Peninsula Daily News

**Payton Cagey pitches for Wilder Junior
against Rock Creek. Wilder Jr won both ends
of a doubleheader, giving up two earned
runs all day.**

Proud parents: Elaine & Mike McFadden





Vaccine Support Program

Lower Elwha Klallam Tribe

ADULT

COVID-19 Vaccine Promotion

\$400.00



Eligibility

COVID-19 Fully Vaccinated:

- Enrolled LEKT Members
- First generation LEKT descendants
- LEKT employees
- Significant partners of Enrolled LEKT Members, first generation LEKT descendants, and LEKT Employees.*



-Must provide proof of vaccination.

*Significant partners must provide proof of residence with Enrolled LEKT Members, first generation LEKT descendants, and LEKT Employees

Apply at www.tinyurl.com/elwhaadult

Paper applications available at:
Tribal Center & Social Services



LOWER ELWHA FOOD & FUEL

BREAKFAST

Breakfast Sandwiches	2.99
Egg & Cheese muffin	4.99
Sausage Egg & Cheese	4.99
Bacon Egg & Cheese	4.99
Breakfast Burrito	4.99
Breakfast Crispito	1.79 each 2 for 3
Sausage Pancake Wrap	1.79 each 2 for 3
Biscuits & Gravy	4.00



LUNCH

BBQ Burrito	
Bean & Cheese Burrito	1.79 each 2 for 3
Beef & Bean Burrito	
Mini Tacos	2.99
JoJos	1.49
Chicken Strip	3.99
Chicken and JoJo combo	4.99
Pizza Stix	1.79 2 for 3
Combo Pizza Pocket	
Sausage Pizza Pocket	2.99 2 for 5
Spicy Chicken Bites	2.99
Cordon Bites	3.49
Chicken & Cheese	1.79 each 2 for 3
Buffalo chicken	1.79 each 2 for 3
Corn Dog	1.79 each 2 for 3
Jalapeno & Cheese Corn Dog	1.79 2 for 3



NOW OPEN

**4775 S Dry Creek Rd
Port Angeles, WA 98363
(360)912-7533**

Always High Quality



JULY 2021 ANNOUNCEMENTS

Tuesdays 4:30–6:30 Song and Dance
Wednesday Cedar weaving 2–5:30
Thursday Cedar & Wool weaving 4:30–6:30
Friday Wool Weaving 1–4:30
Saturday Canoe practice July 10th and 31st
at Log Cabin Resort 10–12pm
All Classes will be at the new Language & Culture Building. (Old Childcare)

Hide Cleaning To Be Determined

No transportation or meals provided at this time.

COVID-19 restrictions, screening and waiver required.

Waivers for children must be signed by adult.

Children under the age of 13 must be accompanied by and adult.

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





Vaccine Support Program

YOUTH

COVID -19 VACCINE PROMOTION

Fully vaccinated youth that are part of the Lower Elwha Klallam Community will receive a promotion item. Eligible youth ages 12-17 include:

- Enrolled LEKT Tribal Members
- LEKT first generation LEKT descendants
- Household member of Enrolled LEKT members
- Household member of LEKT employees

To complete application visit: <https://tinyurl.com/elwhayouth>





Looking for Local Artwork

LOWER ELWHA



HEALTH DEPARTMENT

COMPLETING OUR NEW BUILDING

Lower Elwha Health Department is looking for local artwork to purchase from the Elwha community. We are in search of murals or other small pieces of artwork to complete the new infectious disease annex. Please contact Lorinda Robideau at 360-452-6252 if you or someone you know would be able to help us with this request.

Have you Heard?

We are delighted to introduce our new infectious disease annex. In fighting the spread of COVID-19, we have built a unit specifically for infectious diseases. Here at the Lower Elwha Health Clinic, we want to accommodate all of our patients and provide them the best care possible. In order to do so we had to separate potential COVID cases from all other appointments. It is our goal to provide our patients with a safe, warm and convenient place to receive their COVID test.

This building replaced the white trailer that was the temporary COVID testing shelter. Patients will go to this building when they are being tested for COVID-19 and when otherwise directed. We are fortunate to have this opportunity to expand our clinic.





TVR



Lower Elwha Klallam Tribal Vocational Rehab

Employment Services For Natives With Disabilities

**ENROLLED NATIVE AMERICANS WITH
DOCUMENTED DISABILITIES MAY BE
ELIGIBLE TO RECEIVE SERVICES AND
FUNDING TOWARD VOCATIONAL AND
EDUCATIONAL GOALS.**

For more information:

Elwha Klallam Heritage Center – 401 E First St Port Angeles
(360)417-8545 x2910 – Jim.Allen@Elwha.org

Lower Elwha Klallam Social Services
(360)452-8471 x7457 – Jeremy.Acosta@Elwha.org

www.facebook.com/LEKTVR