

# Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

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

**PRSRT STD**  
**U.S. Postage**  
**PAID**  
**Olympic Mailing**  
**Services**

## Change Service Requested

## ELWHA NEWS

Lower Elwha Klallam Tribe

[illegible]

## “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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October 2021

# Elwha News

*čʔéʔtɬʰaʔ syəcəm*

LOWER ELWHA KLALLAM TRIBE

September 17, 2021

**NOW  
HIRING**

There are a total of 45 positions opened between our Tribal and Enterprise entities. Here at the Lower Elwha we encourage and want our Tribal membership filling our positions. We have made it a priority and have been doing our very best to fill our positions with our tribal membership and community members.

Worried about COVID? Our Executive Office and our Tribal Leadership has been keeping up to date on recent COVID trends and mandates. Workflows have been adjusted and a phased opening guide has been in place to keep our staff and community safe.

## **What are some of the benefits to working with our Tribe?**

Paid Holidays off (FT and PT employees)

Additional paid days off

Great benefits package

On the job training in some positions

Working closely with your community

Ability to build a career or work up the ladder

Our wages are coming up to the comparable wages to other entities. Between our wages, paid holidays, additional paid holidays and benefits package the tribe is exceptionally generous with providing to their staff.

Please see the list of open positions we currently have. If you have any interest please reach out to us for any questions or guidance on how to apply.

Brandy Williams, HR Professional at 360-452-8471 x7427

Email: [Brandyj.williams@elwha.org](mailto:Brandyj.williams@elwha.org)

**Job Listings on Page 7!**



## Tribal Operations/Public Health Office Update

### **ROLLBACK TO PHASE 2**

On September 13<sup>th</sup> the Tribe moved back into Phase 2 of the re-opening plan, this move is to:

- Help slow the spread of COVID-19
- Support students in person learning
- Continue to be able to provide services to the LEKT community

#### **This newest resolution brought many restrictions including**

- No gathering indoors with anyone from outside your household
- Only outdoor gathering with no more than 5 from outside your household per week (masked and socially distanced).
- The majority of the Tribal government facilities are closed to the public again
- Employees have additional high risk activity attestation and testing protocol to follow

### **YOUTH 5-11 COVID VACCINES**

Hopefully by the time this newsletter hits our mailboxes, we will have a date on when the youth 5-11 vaccines will be available. Pfizer is planning to submit their Emergency Use Authorization (EUA) to the Food and Drug Administration by the end of September. Once this segment of the population is eligible for the vaccine, we can start to so focus to getting all eligible kids vaccinated and hoping to put the pandemic in our rear view mirror. Infant vaccines are slated to be available towards the end of the year.

### **FREEZERS**

We are still waiting for the large chest freezers.

### **VACCINE SUPPORT PROGRAM**

The Youth and Adult COVID-19 vaccine support program is still underway. 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.

Adult online form: <https://app.smartsheet.com/b/form/4a309f6e7bb14f7282ee4b63975b507f>

Youth online form: <https://app.smartsheet.com/b/form/fcfba3da664140a8a20dd73a513d7924>





## 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:**

10/6: Women's Weekly Talking Circle  
Resumes (Virtual)  
10/10: World Mental Health Day  
10/11: Indigenous People's Day  
10/31: Halloween



### **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](mailto: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.

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**Newsletter submissions and suggestions  
may now be received at  
[Newsletter@Elwha.org](mailto: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



## Tribal Operations/Public Health Office Update

### DO YOU HAVE **ANY** OF THESE SYMPTOMS?

Call the clinic to schedule a COVID test or go to the OMC drive through testing site.

Headache	Muscle or body aches
Cough	Sore throat
Congestion or runny nose	Fever or chills
Fatigue	Difficulty breathing
Nausea or vomiting	New loss of taste or smell
Diarrhea	

There's a lot of COVID out there (as of 9/17/21, when I'm writing this), and a LOT of folks think that they just have a "cold", "allergies" or "sinus infection" and they really end up having COVID. Take any symptom serious and stay home and get tested.

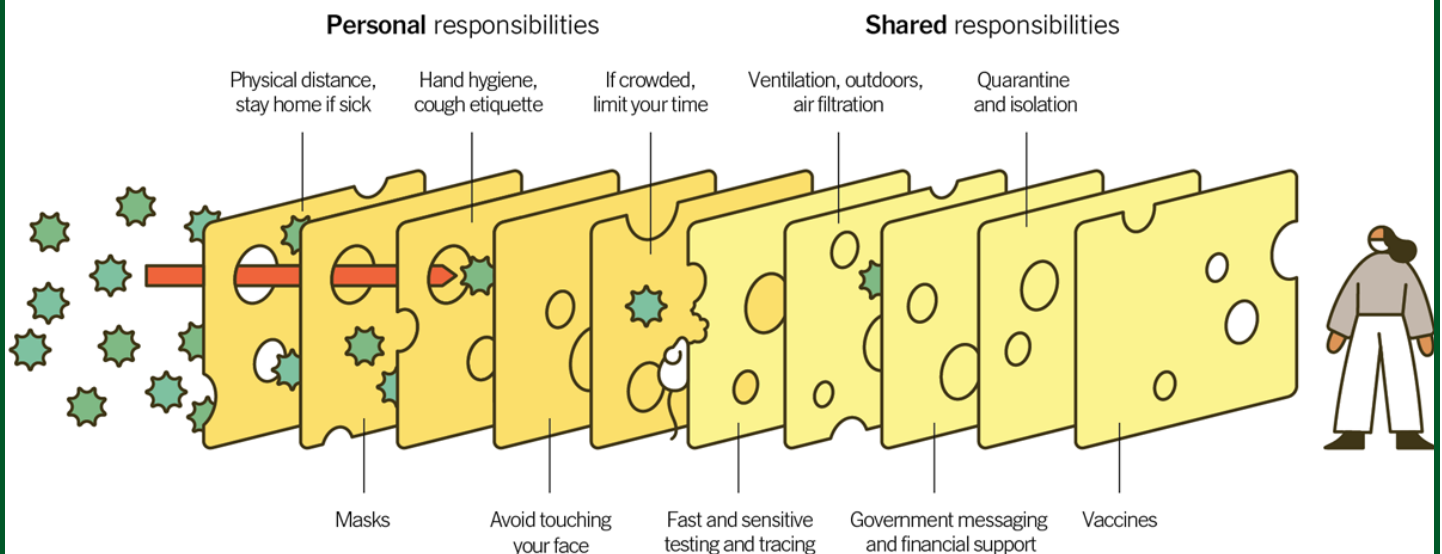
COVID is being caught in social gatherings and brought into homes where unvaccinated and vulnerable vaccinated folks are testing positive, and some are getting really sick.

Many homes are seeing multiple household members testing positive. We all need to adhere to isolation and quarantine guidelines, this is the easiest way to stop the spread of COVID, and COVID cannot infect more people if there are no people to catch it.

With each prevention step we take (masking, washing hands, social distancing, etc), we provide additional levels of protection. Each prevention step alone doesn't provide absolute protection, but when combined with the other layers of prevention we begin to have increased COVID protection.

### Multiple Layers Improve Success

The Swiss Cheese Respiratory Pandemic Defense recognizes that no single intervention is perfect at preventing the spread of the coronavirus. Each intervention (layer) has holes.



Tia Skerbeck, Tribal Operations/Public Health Officer



## Phased Reopening Plan

### Lower Elwha Klallam Tribe's COVID-19 Phased Re-Opening 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 3	Phase 3.5
<b>High Risk Populations</b>	Continue to stay home, stay healthy	Remain strong, 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, unvaccinated must wear masks.
<b>Recreation</b>	-Some outdoor recreation	-Outdoor recreation involving fewer than 5 people outside your household	-Outdoor recreation activities up to 5 people (with physical distancing and mask)  -Indoor recreation, up to 5 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.
<b>Gathering</b>	-None	-Gather with no more than 5 people from outside your household per week	- Outdoor gatherings with no more than 5 people outside your household per week  -Indoor gathering with no one from outside your household.  -Adhere to student learning pods and to the highest extent possible, limit intermixing between children outside of their learning pods.	-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
8-2-21 G	99-21	Elwha River Casino Interim facility site dedication	3	0	0
8-5-21	100-21	Public health order remain at reopening phase 3.5 re-mask and test in response to recent rise in cases	4	0	0
8-16-21	101-21	Approval of PSA between the LEKT and Lakeside Ind. Inc. regarding 463 Stratton road parking lot construction	2	0	0
8-19-21	102-21	Authorization of Office of Crimes Victim advocacy grant application for FY 2022 and FY 2023 (Ratify)	3	0	0
8-24-21	103-21	National telecommunications and information administration (NTIA) Tribal broadband connectivity program grant application (Ratify)	4	0	0
9-13-21	104-21	Approval of PSC between the LEKT and Alpha builders regarding the former play shed roof replacement for 463 Stratton rd.	2	0	0
9-13-21	105-21	Approval of Harbor foodservice credit application and agreement with waiver of sovereign immunity an with an indemnification of the Tribal Chairwoman and the Tribal Treasurer	2	0	0
9-13-21	106-21	Approving Port Angeles Harbor Natural resources restoration MOA	2	0	0
9-13-21	107-21	Approval of MOU with the National Indian Gaming commission regarding Criminal history record information	2	0	0
9-10-21	108-21	Approval of PSC between the LEKT and K. Denton and Associates, LLC	4	0	0
9-10-21	109-21	Approval to submit FY21 Mass Marking research funding proposal	4	0	0
9-14-21	110-21	Appointment of the Tribe's delegate & alternates to the Affiliated Tribes of Northwest Indians (ATNI)	2	0	0
9-8-21	111-21	Public health order to return to phase 2 in response to the rise in COVID-19 cases	4	0	0

**The Heritage Training Center wants your input!**

**What professional development workshops and trainings would you like to see offered? What days and times would you be most likely to attend?**

**Please send your input to [heritage.center@elwha.org](mailto:heritage.center@elwha.org)**

**Thank you!**

**Kindergarten through 6th grade academic support is still offered at Dry Creek Elementary with the tribe in Phase 2.**

Kristina Cain is happy to offer after school tutoring for students who need homework help.  
Please call 360-809-9274 to set up tutoring.



## Birthdays &amp; Police Call Logs

Service Record for L & O	Aug
911 Hang-Up	3
Alarm/Alarm Check	5
Animal Calls	1
Business Check	167
Citizen Assist	8
Citizen Contact	17
Civil	1
Community Oriented Policing	100
Court Paperwork/Service	6
CPS/APS	1
Disturbance	2
Follow Up	6
Fraud	2
Frequent Patrol Request	1
Other Agency Assist	16
Overdue Person	1
Report of Open Door/Window	2
Suspicious Person/Vehicle	1
Theft	1
Traffic Control/Emphasis/Hazard	2
Traffic Stops	15
Trespass	3
Welfare Check	2
Warrant Attempts	2
Warrants-Non-Tribal	2
Total	367



"OOHHHH HI" - Maurice Raub

## Your Announcement Here!

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



I am available for deep clean, move-outs and weekly clients! I am vaccinated, licensed and insured. I bring my own products; green products available upon request. \$35/hr—2 hour minimum.

Call Leona at (360)809-4232



# STAFF BIRTHDAYS!



10/1 Lonnie Charles	10/10 Christina Chadick	10/17 Melissa Gilman	10/23 Elena Massena
10/1 Nick Kasakan IV	10/12 Shawn Harris	10/17 Nicole Volkmann	10/25 Nick Runningwolf
10/2 Mike McHenry	10/12 Joliene LaChester	10/18 Debbie Hales	10/26 Bill White
10/3 Jo Klinski	10/13 Becky Shimko	10/19 Jessica Guthrie	10/27 Levi Charles
10/4 Samantha Dawson	10/13 Dale Charles	10/20 Ernie Grimes jr	10/28 Gordon Charles
10/6 Patrick Graham	10/13 Hwey Lin	10/21 Darla Owen	10/30 Adam Dewey
10/6 Nancy Hamilton	10/14 Terry Stevens	10/21 Katrina Ayala	10/31 Luana Arakawa
10/7 Beatriz Blue Arakawa	10/15 Dorene Charles	10/23 Felix Martinez	10/31 Brenda Kambeitz



# Lower Elwha Klallam Tribe's COVID-19 Phased Re-Opening 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 3	Phase 3.5
<b>Travel</b>	Only essential travel	Limited non-essential travel within proximity of your home	Limited non-essential travel within proximity of your home	Continue non-essential travel within the State of Washington	Follow CDC's COVID-19 travel guidelines.
<b>Government</b>	<ul style="list-style-type: none"> <li>-Essential services staff</li> <li>-Limited field workers</li> </ul>	<ul style="list-style-type: none"> <li>-Remain strong, resilient, and remote</li> <li>-Remote work to the highest extent possible</li> <li>-Field work</li> </ul>	<ul style="list-style-type: none"> <li>-Staff in shared workspaces, rotating schedule days in the office.</li> <li>- Offices closed to the public with virtual interactions for all matters that accommodate virtual platform.</li> </ul>	<ul style="list-style-type: none"> <li>-Staff in shared workspaces (physically distanced)</li> <li>- Offices open to public with personal protective and physical distancing measures in place</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>- Offices open to public, fully vaccinated can remove masks, unvaccinated must wear masks.</li> </ul>
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.	



## Phase 2 Guidelines



### What Does Phase 2 Mean?

#### Things we continue doing

- Mask wearing
- Social distancing
- Stay home when sick and test
- Isolate if you test positive
- Quarantine if a health official notifies you

#### Phase 2 new things

- No indoor gatherings with people from outside of your household
- Limit non-essential travel within proximity of your home
- Adhere to student learning pods, limit intermixing with children
- Outdoor gatherings with no more than 5 people outside your household per week\*
- Outdoor rec up to 5 people\*

\*masked and physically distanced



### What Does Phase 2 Mean?

#### Things we continue doing

- Avoid crowded places
- Wash hands
- Vaccinations
- Increased air ventilation
- Testing

#### Phase 2 new things

- Indoor rec up to 5 members per household by reservation in gym
- Staff in shared workspaces, rotating schedule days in the office
- Office closed to the public with virtual interactions as possible
- Support parents in maintaining learning pods, and limiting intermixing of children
- Staff high risk activity attestation and workplace testing

\*masked and physically distanced





## LEFA

### Lower Elwha Klallam Tribe - Lower Elwha Family Advocacy Program

October is National Domestic Violence Awareness Month. I will be providing a virtual awareness event on Thursday, **October 21<sup>st</sup> from 11:00 am to 1:00 pm** to remember those who have died and are suffering due to violence as well as those who work around the field. Here is the link to attend: Join Zoom Meeting

<https://us06web.zoom.us/j/86344122298?pwd=N29xeHM5VzdpZ2Z5PMjZ2SjZMMEFjUT09>

Meeting ID: 863 4412 2298; Passcode: 501986.

**October 6, 2021, the Talking Circle Women Group** will be resuming to meet virtually on every week on Wed, Oct 06 until Dec 29, 2021, 13 occurrence(s) from Noon to 1:00 pm.

Join Zoom Meeting

<https://us06web.zoom.us/j/85110414913?pwd=cCttd2FTdHd2bndJQ1cxUENnUmZvdz09>

Meeting ID: 851 1041 4913 Passcode: 000879

One tap mobile or dial: +12532158782,,85110414913#,,, \*000879# US (Tacoma)

September 28<sup>th</sup> and 30<sup>th</sup>. Staff has partnered with Healthy Transition Program in brought two days of virtual Zoom training about N.E.A.R. Neuroscience, epigenetics, ACEs, and Resiliency and Trauma Informed Care. In 28<sup>th</sup>, Birdie Wermey, Behavioral Health Project Manager has shared the Lower Elwha Youth, Adult and Elder community last survey. The virtual zoom and Facebook Drum making class held on September 15, 22, and 29, was a success. Thank you to Angelina Sosa and the rest of Klallam Language Program for partnering. Thank you to all participants on this September events. In September 9<sup>th</sup> to 10<sup>th</sup>, I collaborated with *the National Network to End Domestic Violence (NNEDV)* for 16<sup>th</sup> Annual Domestic Violence Counts through the WSCADV.

August 26<sup>th</sup>, Becca Sampson-Weed and I submitted the *OVW- Office of Violence Against Women* grant extension request. It is approved. August 17-20<sup>th</sup>, Becca, Arlene, Delsen and I submitted the *OCVA -Office of Crime Victim Advocacy* grant application.

Lastly, I'm letting you know that our *IHSDVPI- Indian Health Services Domestic Violence prevention Initiative* grant has ended in September 29<sup>th</sup>, after 6 years of sponsoring partial services and activities of LEFA program. I sincerely thank the *IHSDVPI* team: Sarah Tillman, Grant Manager, Health System Specialist, Division of Behavioral Health [DBH], Office of Clinical & Preventive Services [OCPS]; Birdie Wermey, Behavioral Health Project Manager, NW Tribal Epidemiology Center; and Andrew Diggs, Senior Grants Management Specialist for many years of support and assistance.

**Below is a list of telephone numbers that you can call for assistance.**

#### **Domestic violence locally:**

***Lower Elwha Family Advocacy: 360-460-1745; Office: 360-565-7275 ext. 7453***

***Healthy Families of Clallam County: 360-452-Help/4357***

#### **Mental Health Services:**

***Lower Elwha Mental Health: 360-565-7264; Mental Health Clallam County: 1-888.910-0416***

#### **COVID-19 Crisis:**

***Clallam County Public Health: (360) 417-2274, (206) 517-2384 after hours.***

***National Crisis: 1866-342-6892; Washington State Hotline: 1- 833-681-0211***

**Law Enforcement and Emergency Response: 911; Non-emergency Dispatch: 360-417-2259**

In Solidarity, Beatriz Arakawa, Program Manager and Victim Advocate



## Housing

# LOWER ELWHA HOUSING AUTHORITY

### MASK WEARING



Due to the rise in COVID-19 cases and LEKT's phase 2 restrictions we are now closed to the public. You may reach us by phone or you may call to schedule an appointment time to meet with our staff members. We want to thank you for your patience as we (like many other businesses) have been short staffed.

REMINDER THAT WE DO EXCEPT



In case of an emergency you may contact Janet Hren at 360-457-4849.

### FIRE SAFETY

Check your smoke detectors regularly by running a test on each one and if you need batteries please stop by and pick them up. If you're an elder and need assistance with this, give us a call and we can have maintenance stop by and replace them for you.

Also check to make sure your fire extinguisher(s) are up to date or notify us and we will make sure to replace it right away.



### RENTERS INSURANCE

Rental unit tenants should look into purchasing renters insurance or adding it to your existing insurance policy if possible. A reminder that:



A landlord's insurance does not pay for damage to your own belongings



Renters insurance covers your stuff in case of theft, fire, tornado and other problems



It also includes liability insurance in case you're sued for causing an injury or other issues

### PREPARING FOR WINTER

As you begin to prepare for winter, if you have a fireplace and gather firewood, make sure that you do not stack firewood against the house as this can invite bugs and rodents which can cause damage to your home.

Also, (rental units with fireplace) if you use your wood stove regularly during the winter months please give us a call so we can start scheduling chimney cleanings.



## Job Listings—Continued from Page 1

### Administration

Grant Writer  
LEHA Executive Director  
Maintenance Assistant LEKT Housing  
**Housing Maintenance Supervisor-Coming soon**

### Casino/Gaming

Casino/ Gaming  
Facilities Manager  
Surveillance Operator

### Childcare

Child Care Lead Pre-School Age Teacher  
Child Care Lead Teacher Toddler

### Clerical

Tribal Receptionist (On Call)

### Education

Childcare Teacher's Assistant  
Early Education Coach  
Early Head Start Lead Teacher  
EARLY HEAD START TEACHER AIDE  
HEAD START PART TIME SHADOW TEACHER  
Library Manager  
SUBSTITUTE KITCHEN ASSISTANT  
Substitute Teacher Aide  
TEACHER/BUS AIDE

### Healthcare

Billing Clerk  
Certified Nurse's Assistant (CNA)  
Child and Family Mental Health Professional  
Clinic Nurse Manager  
Clinic Staff Manager

### Clinical Nurse

Community Health Nurse  
Community Health Representative (CHR)  
Dental Assistant  
Dental Assistant Trainee  
KCS Patient Services Representative  
KCS Client Care Coordinator  
MEDICAL ASSISTANT CERTIFIED  
Mid-Level Clinic Provider Psychiatry ARNP  
PA-C Chronic Pain Management  
Patient Services Representative  
Substance Abuse Disorder Professional Trainee

### Public Works

Public Works Apprentice - Technician  
**Transportation Program Manager Trainee-hire pending**

### Retail

Prep/Fry Cook & Food Assembly  
Barista  
Cashier  
Grill Cook

### Social Services

Assistant Cook for Elder Program  
Food Bank Coordinator  
Healthy Transitions Mental Health Professional - Clinical Supervisor  
Indian Child Welfare Caseworker II

**NOW HIRING**



## Language & Culture



Get Registered at Peninsula College

FALL 2021

# Klallam Language Classes

To register: Go to [www.pencol.edu](http://www.pencol.edu) and click "Get Started," then apply for admissions. When you get your acceptance email, set up your CTCLink account. Once you do that, contact Peninsula College Student Services at [SServices@pencol.edu](mailto:SServices@pencol.edu)

*First day of the quarter*

SEPTEMBER

**28**

MONDAY

**KLA 121 Classes: 8:00-9:00 am**  
(1<sup>st</sup> year students)

**KLA 221 Classes: 12:00-1:00 pm**  
(2<sup>nd</sup> year students)







## Law Enforcement Torch Run

Over the past four decades, law enforcement through the Law Enforcement Torch Run for Special Olympics has worked tirelessly to improve the lives of individuals with intellectual disabilities. Law enforcement volunteers give countless hours each year, generate ongoing awareness about the mission, raise crucial grassroots resources and support Special Olympics athletes around the world.

This year, on August 25th, Sergeant Johnson joined Law Enforcement officers from across the Olympic Peninsula to carry the Washington Special Olympics torch from Laird's Corner to the Hood Canal Bridge. Thank you, Sergeant Johnson for all you do!







## Human Services



# ELECT LOLA MOSES

Port Angeles School Board Position 1

**A Voice for Students and Families**

4779 South Dry Creek Road  
Port Angeles, WA 98363  
360.452.9250

[info@  
cedarboxsmokeshop.com](mailto:info@cedarboxsmokeshop.com)



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



# CEDAR BOX

## S MOKE S HOP

EST. 2014



## Language & Culture

**KLA 121 & KLA 221 are 5 credit classes being offered Fall 2021!** Both courses will be **VIRTUAL!** You can take this course for credit or audit (no college credit). Either way, you must go through the admissions process, then register for the class. Whether you're auditing or for-credit, you will have access to Canvas (a classroom platform for course work online). Earning a 2.0 GPA in KLA 121 or KLA 221 is a prerequisite for enrolling in the next course, KLA 122 or KLA 222.

### **\*\*\*Making your choice\*\*\***

**For credit:** Sign-up for credit through the normal registration process if you're seeking a degree, need additional college credit, want to take the next class in the series, or if you think you want any of these in the future. Please note: If you are enrolling in other for-credit classes, you may need to have a placement assessment.

**Auditing for People, 60+ years of age:** You will have full access to the course work online. You will NOT earn college credit. Course fees do apply (approximately \$60). You will need to contact the Instructor, Dr. Timothy Montler, at [TMontler@pencol.edu](mailto:TMontler@pencol.edu) for permission.

**Auditing for Others:** You will have full access to the course work online. Full course fees do apply.

**For help with admission and/or registration process:** Email Marion Yeager at Pirate Central Student Services at [SServices@pencol.edu](mailto:SServices@pencol.edu) or call (360) 417-6340, option 2.

**For help with enrollment:** Email Kathanryn Autrey at [KAutrey@pencol.edu](mailto:KAutrey@pencol.edu) or call (360) 417-6471.

**For advising and help registering, if you are currently enrolled at PC:** Email Jessie Manzer at [JManzer@pencol.edu](mailto:JManzer@pencol.edu) or call (360) 417-6345.

**For any questions regarding the KLA 121 or KLA 221 classes:** Email Dr. Timothy Montler at [TMontler@pencol.edu](mailto:TMontler@pencol.edu).

*Happy Registration and Learning! :)*



## Language &amp; Culture

**nəxʷsʰayəm'úcən Klallam Language at Stevens Middle School!**

The Klallam Language is being taught for credit, for the first time ever, at Stevens Middle School this year! Our new Port Angeles High School Klallam Language/Native History Teacher, Wendy Sampson, and I are co-teaching this class. We have 13 students (a majority who are Klallam/Native) in the class, strongly engaging in instruction!



*Welcoming signs displayed at the entrance of the classroom.*

*A health poster in Klallam is also displayed, created by Jonathan Arakawa. These signs are custom made, posted in every school.*



In a team effort, we are doing what we can to “Klallamize/Indigenize” our classroom. We’re also bringing this awareness around the entire campus.

We put Welcome signs in the Klallam Language at the entrance of Stevens and the Klallam Language Classroom. We are giving the classroom a “home feeling” for all of our students to experience.

Since the first day of school on September 2<sup>nd</sup>, we have begun teaching the students how to introduce themselves in Klallam, to say where they are from in Klallam, introductory parts of the Klallam Alphabet, introducing Klallam traditional stories from our elders, and much more. This is only the beginning.

We excited for this opportunity to provide cultural awareness at Stevens! We remind the students of how great this opportunity truly is. It is not very distant history where our elders, grandparents, parents, and even ourselves, did not have this opportunity to take language for middle school credit. Our elders couldn’t speak the language or they were abused/in trouble.

Throughout the school year, we will be introducing more Klallam Language materials to the students.

We are excited to continue to strengthen the partnership between the Lower Elwha Klallam Tribe and the Port Angeles School District. By strengthening this partnership, is having classes like at PAHS and Stevens being taught for credit! Along with cultural outreach taking place at the elementary schools by our incredible language teachers!

háʔnəŋ cn,

Jonathan J. Arakawa  
Middle School Klallam Language Teacher



*Pictures of Klallam Elders displayed above whiteboard in the Klallam Language classroom*





## Education

**k'wáyŋsən (Eagles) Class**

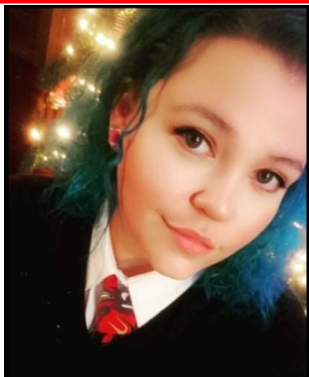
The K'weynsen class is off to a good start this year, learning about how super they all are, and how to be a good friend. We have talked about our favorite clothes, and our favorite games that involve



balls. As we continue to learn about one another, we will participate in recycling. In October we begin to explore dinosaurs, endangered animals, and pets. This class really enjoys music and dancing this year, so we can't wait to start learning more of the Klallam songs and dance.

**\*\*Submitted by Teacher Mary\*\***

### INTRODUCING OUR NEW LOWER ELWHA HEAD START & EARLY HEAD START STAFF



**Bo Hendricks**

Full time teacher's aid

Bo is a Lower Elwha Klallam tribal descendant.

Welcome Bo!!



**Oliver Yazzie**

Full time teacher's aid

Enrolled tribal member of the Navajo Nation and also a Lower Elwha Klallam tribal descendant

Welcome Oliver!!



**Abby Austin**

On call teacher's aid

We are happy to have her as a part of our team!

Welcome Abby!

### **DAILY REMINDER—BE COURTEOUS**

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



## Education

# 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

**sx<sup>w</sup>úpč** (old fish)

**October 2021**

*Lower Elwha Head Start & Early Head Start Newsletter*

Dear Lower Elwha Head Start Families:

I have been fortunate to serve as the Lower Elwha Early Learning director for the past seven years, and work for the Head Start program for the past eleven. I have cherished every moment working with you and your children. It has been my heart work to see families grow and thrive in our early learning programs. Thank you for the privilege of trusting me all of these years, with your littlest ones. After eleven years, I am moving on to a new position, out of the area. I will always do whatever I can, whenever called upon, to help support and advocate for the Lower Elwha community and all of the families we currently serve or have ever served. It has been an honor to work here; I will truly miss being here every day. I still have family in the community, and will be back to visit often.

Thank you,

Debbie Hales  
Early Learning Director  
Lower Elwha Klallam Tribe

BEST WISHES DEBBIE

THANK YOU FOR ALL YOUR  
DEDICATION AND HARD  
WORK. GOOD LUCK <3



## Ravens' Rave (sk<sup>w</sup>tú?)

## Welcome Ravens' Families!

We are so happy to be back at school and have your kiddo in our class. I have really been enjoying getting to see all the parents and family members at pick up and drop off. We will be working on lots of learning, playing and having fun this year! I appreciate your dedication to your child's education. If you have any questions or concerns, please feel free to contact me. Thanks again from the Ravens' Teaching Team! Teacher Sarah, Teacher Crystal and Teacher Janet



## Language &amp; Culture

*Chipmunk and Slapu?, as told by Tom Charles*

Slapu was walking to the lake. Chipmunk (xaʔxiyuʔéʔč) was playing there at the lake. And Slapu went to look at Chipmunk (xaʔxiyuʔéʔč). He ran toward Slapu and said "Come on Grandma (síyaʔ)! Come out here and play, Grandma (síyaʔ)!" She replied, "No, The Lake is very soft. I'll get stuck if I get near." He was out on the ice on the lake and said "Grandma (síyaʔ), this is hard. The ice is hard. Come, Grandma (síyaʔ), play!" Again she told him, "No. If I go play, I'll probably get stuck. I'll go get some rocks and throw them. And see if they break through the ice." He continued to say to yell at her saying, "Come, Grandma (síyaʔ), come out and play!" She told him again, "No. I'll probably go in. The ice is very thin. The ice is too thin. I'll go through if I step on it." He replied "Oh, no. The ice is very thick." She thought about it awhile, and said, "No. I'm going to sing (tíyám). I'm going to sing for cold (táʔaʔč) weather so that the ice will get thick and then I can go out play with you Chipmunk (xaʔxiyuʔéʔč)." As Slapu started singing (tíyám) for cold (táʔaʔč), Chipmunk started singing (tíyám) a song to make it rain (stáməxʷ). They were both singing (tíyám)! Slapu out sang Chipmunk (xaʔxiyuʔéʔč), and the ice got thick! She went out onto the hard frozen ice and Chipmunk (xaʔxiyuʔéʔč) started running away from her. He was teasing her "You can't catch me Grandma (síyaʔ)! I am fast!" And he kept running away on the ice, but Slapu wasn't far behind. She was reaching for him and she just barely grabbed at him and she managed to scratch his back just before he out ran her. He got off the ice and ran far away, but he still had a long scratch down his back from Slapu. If you see a chipmunk (xaʔxiyuʔéʔč) today, they still have a long stripe down their back from where Slapu scratched him long ago!

x	t'	p	u	k	+	í	i	t'	é	?	s
é	?	+	h	+	n	y	č	h	x	h	+
x	a	?	x	i	y	u	?	é	?	č	á
k	?	é	a	č	k	p	m	?	í	t'	m
h	a	x	p	y	t'	a	í	p	k	u	ə
+	y	h	k	x	í	l	u	č	i	p	xʷ
t'	í	y	ə	m	?	s	y	é	t'	h	é
?	s	é	+	á	?	+	a	?	č	i	c

chipmunk

xaʔxiyuʔéʔč

táʔaʔč

tíyám

síyaʔ

stáməxʷ

slapu







## Dental Clinic

The dental clinic welcomes Paisley Charles and Chelsea Augustine to the dental clinic team. Paisley and Chelsea started as Dental Assistant Trainees in August and both have been a fantastic addition to the dental clinic.

As a fellow tribal member, many will already know Paisley. Her easy going and friendly way is sure to be a comfort to dental clinic patients. We are happy to have her join us and look forward to her sharing her gifts!

Chelsea will likely be a familiar face to those who have been coming to the health center—she has been working as a Patient Health Representative for the medical clinic for over a year. Chelsea has big dreams for a future career in dentistry and we are happy to have her enthusiasm and energy!

We are also happy to report that Diane O'Hara has reconsidered her previous decision to leave and is planning on returning in early October. This brings our dental assistant team back to a total of 4 assistants: Nick, Diane, Paisley, and Chelsea.



### Comparing pH of Frequent and Infrequent Consumption

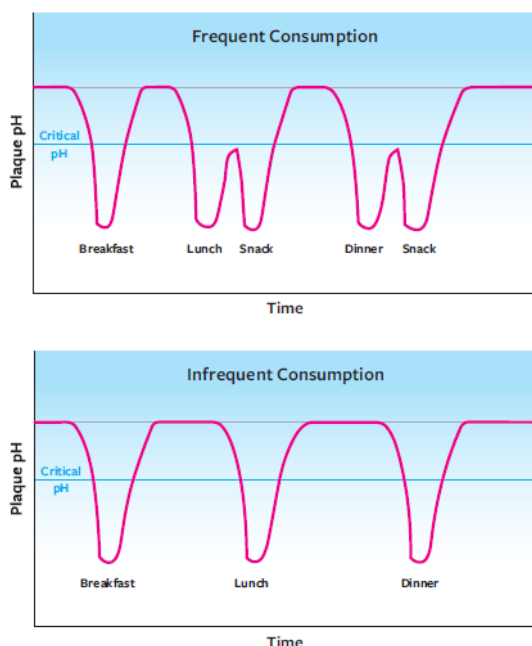


Figure 1: Changes in plaque pH in an individual who (top) has frequent food and drink intake during the day, or (bottom) limits intake to main meals. Teeth demineralize below critical pH of 5.5.

## Halloween Candy: Be Smart!

**Every time we eat and drink, the pH in our mouths change -**

so being thoughtful about how we eat and drink can go a long way toward healthy teeth and gums. Especially this time of year when tempting candy and sweets seem to be everywhere.

Dental decay (cavities) can occur when the pH in our mouth drops below a critical level (see the blue line on the graph to the left). Our saliva helps create a healthy environment by buffering the pH back above that critical level and helping strengthen tooth enamel, but it needs time away from food and drink to do that. Water is one of the few drinks that does not really disrupt the pH.

Being smart about snacking on sweets and candy can mean holding off on indulging between meals. If dental decay is a problem for you—try holding off on frequent snacking and drinking as best you can.



## Mental Health

# Meet Our Team

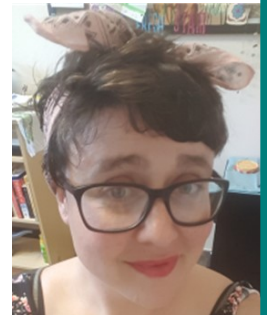


**Kris Coppedge, LICSW**

I am the Mental Health Program Manager. I have been a mental health professional since 1983, and feel blessed to be here at the Lower Elwha Klallam Tribal Health Clinic. In addition to providing supervision, my job is to make sure that we are providing services that will best meet the needs of the LEKT community. When not at work, I am often out and about with my dogs at the river or exploring dog friendly trails, spending time with family, or relaxing with a good book.

**Andrea Blake, LMHC**

I have been providing services at the LEKT health clinic since February of 2016. I offer therapy for individuals, children, couples, and families. I have specialty training in play therapy, polyvagal therapy which helps with emotion regulation, and working with LGBTQIA and am also one of the clinic's designated Child Mental Health Professionals. I love to camp, hike, read, sew, and play with my two dogs.

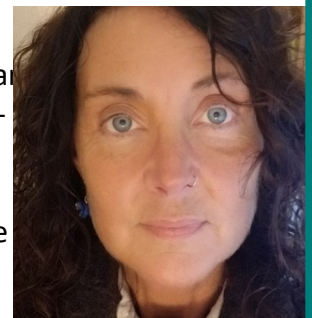


**Nia Kaye MA, LMHC**

I have been providing services at the LEKT clinic for 5 years. I offer therapy for individuals, teens, couples and families. I have specialty training in grief and loss, trauma (EMDR), Internal Family Systems (parts), spiritual wellness and expressive arts. I was a high school therapist for 4 years. In my spare time I love to backpack, dance, hike, pray, play ukulele and sing with friends and loved ones.

**Gretchen Van Blair, LMCHA**

My therapeutic contribution to the LEKT team is primarily with children, youth, and families. I work from a strengths-based framework to provide services toward healing impacts of intergenerational and interpersonal trauma by integrating Kinship-centered, Attachment-based, Narrative, and Play therapies. I am a tender and protector with a lifelong love of rivers, marshes, animals, plants, and trees. I try to spend as much time possible with my family both at home and exploring wilderness places.



**Amy Redner-Reed, BHA 2, CPC**

Amy works as a Patient Services Representative and as a Behavioral Health Aide. She is often the first person you will encounter when calling to make an appointment to see a therapist. She does initial intakes, provides support to children by practicing social and coping skills, and provides peer counseling and support to adults.



## Mental Health

# WORLD MENTAL HEALTH DAY OCTOBER 10, 2021

### Seeking and Receiving Help

Asking for help can be one of the more difficult things a person ever does. If I am feeling anxious, it is only normal that I am anticipating more painful experiences. If my self-esteem is low, and I doubt my value, it only makes sense in my mind that you will likely reject me. When I am doing great, reaching out seems like an easy thing to do. When hopelessness sets in, it is hard to imagine that anything could make me feel better.

The good news is that if you come to see one of our therapists, you will be listened to with care and acceptance. You don't have to fear rejection, and we will stick with you no matter what you are going through. If you are feeling just a little bit distressed, that's okay. Come see us. If you are in crisis, we will help you through that. No one should have to struggle alone, and sometimes we need a professional to listen and guide us, and that's okay!

The Mental Health Program is located at the LEKT Health Clinic. Our mission is to provide mental health services to the Elwha community that are culturally informed, and address the needs of children, youth, and adults of all ages. We are here to help people with complex mental health problems such as historical trauma, abuse, suicidal thoughts, and severe depression and anxiety. We are also here to help people who are generally doing fine, but who are experiencing distress due to temporary life challenges.

We work provide individual, family, couples, and group therapy.

For an Appointment Call:	360-565-7264
Hours:	8:00 a.m. to 6:00 p.m.
Community 24 hour crisis line:	1-888-910-0416
24 hour crisis chat:	<a href="http://www.imhurting.org">www.imhurting.org</a>





## Nutrition & Diabetes

### SEPTEMBER 2021 NEWSLETTER

## KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

#### In this issue:

- Your Food Label
- Food Additives
- Did you know
- Processed Foods



### What's on Your Label

**Refined Grains.** Look for labels that have whole grain ingredients like whole wheat, brown rice, whole corn or cornmeal and whole oats.

Foods not whole grain will have words like: refined, white, and enriched.

### Chemical food additives!

**Added to enhance its color, flavor or shelf life.**

**Artificial Food Coloring**—Made from petroleum or crude oil. Concerns about promoting hyperactivity in children.

**Sodium Nitrate**— Found in processed meats, acts as a preservative to prevent bacterial growth. When exposed to high heats can turn into a chemical that has been associated with stomach/breast cancer.

**High Fructose Corn/Glucose Syrup**—A cheap sweetener found in soup, ketchup, soda and many other foods. Has been associated with inflammation, diabetes, fatty liver disease and increase in belly fat.

**BHT/BHA**— Keeps fat in processed foods from going rancid, increases shelf life. Studies have shown it can cause cancer and disrupt hormones.

**Best Bet:** local, traditional and ingredients that you can pronounce and that you cook yourself. Enjoy!

### What is Ultra-Processed Food?

Processed foods are made by adding salt, oil, and sugar. This includes canned fish and veggies, and bread.

Ultra-processed foods have the above added, but also add chemicals, dyes, artificial color and preservatives. Examples are hot dogs, frozen entrees, soft drinks, fast food, and packaged snacks and breakfast cereals.

Why is this bad for us? These foods have extra calories and carbs which can increase your risk of heart disease, diabetes and hypertension.



### Did you Know?

Kids and teens are now getting 67% of their calories from ultra-processed foods (according to a recent study).

Don't forget to schedule your diabetes quarterly.

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





## Health Department

### **Fall Into Cancer Awareness**

By: Whitney Mohlar-Moody, CCMA, Lower Elwha Health Department

As many of us know, October is widely recognized as Breast Cancer Awareness Month. In an effort to promote early detection and effective treatment, those affected by this disease come together in awareness and fundraising efforts. Survivors and loved ones alike participate in events such as walks and marathons, sharing stories of both survivorship and grief. Did you know that fall also brings leukemia, lymphoma, uterine cancer, ovarian cancer, prostate cancer, and thyroid cancer awareness month (September) as well as pancreatic, lung, and stomach cancer (November)?

If the popularity of Breast Cancer Awareness Month has done nothing else, it has emphasized the importance of early detection. This is true of all types of cancer, and the Lower Elwha Health Department is here to encourage cancer screenings of all kinds. The health clinic has shirts and tote bags to share with anyone who has had any kind of cancer screening within the last three years. These screenings include PAP/cervical cancer screening, mammograms, a CT for lung cancer, prostate tests, and any kind of colon cancer screening tests. All you have to do is ask.

We at the health department understand that the current COVID-19 pandemic has put a damper on many elective tests and procedures, which poses some challenges for people seeking screening tests. The providers at the clinic encourage everyone to take the time to schedule appointments with their primary care providers to discuss the available options. Through either telehealth or in-office appointments, your primary care provider can discuss with you the timing and scheduling of screening tests and review what screenings would be most appropriate based on your personal medical and family history. If you have not established with one of our providers already, please feel free to request a new patient packet. The health department houses a variety of providers, including integrative health specialists and a naturopathic physician.

**We encourage you to take your health in your hands and explore your options with us. Early detection and prevention education save lives. Please call (360) 452-6252 to schedule an appointment today.**

### **Farewell to Nurse Lorna Mike from the Clinic**

Our clinic is stronger thanks to amazing people like Nurse Lorna Mike. We are lucky to have her work here as long as she did. Having Lorna on the medical team has added value to the care that is delivered and taught us all so much. Our community is stronger when we get to work together and share our knowledge.

We wish Lorna the best on her new journey. Enjoy your gardening and making many new memories with your family!







## Klallam Counseling Services

On August 31st in recognition of International Overdose Awareness Day, employees from KCS and the Mental Health program distributed first aid kits on the upper reservation. The kits included basic first aid supplies, traditional medicines, and Narcan kits. Distribution was done door to door and for those households that we were unable to connect with, a note was left with a contact number for them to request a kit. A braid of sweet grass from the KCS recovery and wellness garden was also left at those households we were unable to connect with.

We have plans to continue distribution of kits to the other parts of the reservation in September and October. In the mean time, Narcan kits which contain two doses of Narcan, a CPR face shield, gloves, and instructions on how to respond to an overdose are available at KCS and LEHC. There is no formal training required to administer or carry Narcan. Narcan is a safe medication and saves lives. Narcan kits are available at no cost, and can be delivered to all parts of the reservation or picked up at KCS. If you would like your kit delivered please contact Jessica Peterson at KCS (360) 452-4432 Ext.7515.

