

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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Olympic Mailing
Services

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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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November 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE

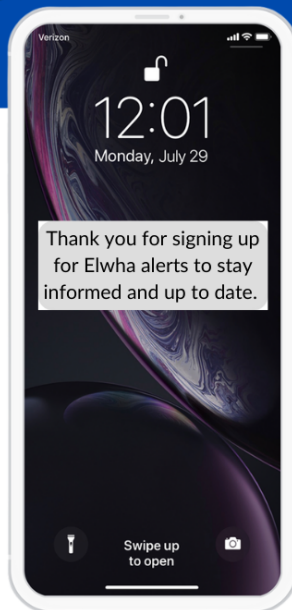
What you should know about Winter Weather

- Know what to do before, during, and after a winter storm.
- Listen to local officials.
- Have emergency supplies in place at home, at work, and in the car.
- Stay off the road during and after a winter storm.
- Have a carbon monoxide alarm in place, especially if using alternative heating devices.
- Use safe heating devices.



Always Be Notified

Sign up for Elwha Alerts and receive important notifications.



TRAFFIC UPDATES



EVENT REMINDERS



SEVERE WEATHER ALERTS



EMERGENCY
NOTIFICATIONS



**Text: ElwhaAlerts
To: 78015**





Tribal Operations/Public Health Office Update

WHAT PHASE ARE WE IN??

We are still in Phase 2 of the re-opening plan. Our efforts remain focused on limiting social interactions 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

WHY HAVEN'T I GOTTEN MY FREEZER YET?!

If you haven't gotten your freezer by now it's because either requested a large chest, or the appliance company has not been able to get a hold of you. The large chest freezers have not arrived yet and everyone who has ordered that size of freezer is still waiting. The appliance company will be calling you as soon as they have a date on the arrival of the freezers.

ARE WE STILL DOING THE VACCINE SUPPORT PROGRAM?

Yes, 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>

DO YOU HAVE ANY MORE FACE MASKS?

There is a supply of disposable adult and youth face masks available for pick up in the dining hall of the Tribal Center. Please complete the sign out sheet and take 1 box per member of your household. If you would like masks mailed to you at your out of area address, please leave a message at 360-452-8471 ext. 7420.

WHEN CAN YOUTH GET THEIR VACCINES?

Youth 5-17 are now all eligible for the Pfizer vaccination. Call the clinic now to schedule!
360-452-6252.



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:

11/11: Veteran's Day
11/12: Gaming With Rec
11/25: Thanksgiving



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
Lola Moses, Interim 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 WE STILL HAVE COVID CASES?

Community cases have started to decline in the past week, but we're still seeing a few folks here and there test positive. Keep in mind that any symptoms (not attributed to another known medical condition) and exposure need to be tested and follow quarantine guidance.

WHEN DO WE GET BOOSTER OR 3RD DOSES?

Call the clinic if you meet the criteria below.

COVID-19 Third Dose vs. Booster		
If I got	Can I get	
	Additional Dose	Booster Dose
Pfizer 1 st & 2 nd dose:	Immunocompromised	Yes, 6 months after 2 nd dose
Moderna 1 st & 2 nd dose:	Immunocompromised	Yes, 6 months after 2 nd dose
Johnson & Johnson single dose:	Yes, 2 months after single dose	
Additional dose: is for people who may not have had a strong enough immune response from the first 2 doses		
Booster dose: is for people whose immune response may have weakened over time		

What's immunocompromised?

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response



Vaccine Information



COVID-19 Vaccine Review

Prepared by the Northwest Portland Area Indian Health Board (NPAIHB)

Updated 7/21/2021



Vaccine developer:	Pfizer	Moderna	Johnson & Johnson	AstraZeneca	Novavax
How it works	Messenger RNA	Messenger RNA	Inactivated Adeno-virus base (Non-replicating vector vaccine)	Inactivated Adeno-virus base (Non-replicating vector vaccine)	Protein-based (recombinant nanoparticle tech)
Date approved/ Expected approval	December 11, 2020 (approval for age 16 years and older); May 10, 2021 (approval for age 12 -15 years)	December 18, 2020	February 27, 2021	Has not submitted application for EUA in U.S. yet, but possibly in April	Has not submitted application for EUA in U.S. yet, but possibly in April
Efficacy in preventing COVID-19 related hospitalization and death	All five vaccines (Pfizer, Moderna, Johnson & Johnson, AstraZeneca and Novavax) have demonstrated efficacy in preventing severe COVID-19 disease, hospitalizations and deaths. Out of 75,000 people who have received these vaccines as part of research studies, <u>no one</u> has died from COVID-19.				
What percentage of people did it protect from getting infected in clinical studies?	95% efficacy to prevent symptomatic COVID-19 infection after 2 doses	94.1% efficacy to prevent symptomatic COVID-19 infection after 2 doses; 86.4% for those ≥65	66-72% efficacy to prevent symptomatic COVID-19 infection after 1 dose; 85% efficacy in preventing severe disease	78.9% efficacy to prevent symptomatic COVID-19 infection after 2 doses	96.4% efficacy to prevent symptomatic COVID-19 infection after 2 doses in UK, 86.3% for B.117 variant, 48.6% where majority of strains are B.1.351 variants
How many shots do you need?	Two doses, 3 weeks (or 21 days) apart	Two doses, 4 weeks (or 28 days) apart	One dose	Two doses, 4 weeks (or 28 days) apart	Two doses, 3 weeks (or 21 days) apart
What are the potential side effects?	Fatigue, headache, chills, muscle aches, especially after the second dose	Fever, muscle aches, headaches lasting a few days. Effects worse after second dose	Fatigue, headache, muscle aches, nausea and injection site pain	Injection site pain, fever, muscle aches, headache	Fatigue, headache, muscle aches and injection site pain
Storage	-112°F to -76°F (before mixing, vaccine may be stored at 36°F to 46°F for up to 120 hours or 5 days)	-13°F to 5°F (vaccine vials may be stored at 36°F to 40°F for 1 month or 30 days)	36° to 46°F (may be stored at 36° to 46°F for at least 3 months)	36°F to 46°F (may be stored at 36°F to 46°F for at least 6 months)	36°F to 46°F (ready to use)





Council Resolutions 2021

Date	Resolution Number	Title	Vote		
			For/Against/Abstain		
10-12-21	112-21	Enrollment of Adelina Fernandez	3	0	0
10-12-21	113-21	Enrollment of Matthew James	3	0	0
10-12-21	114-21	Enrollment of Hunter James	3	0	0
9-28-21	115-21	Approval of PSC between the LEKT and Simpson Electric LLC regarding 463 Stratton Road parking lot illumination	4	0	0
9-28-21	116-21	Ratifying and approving of amendment No.1 to the 2021-2025 Multi-year funding agreement between the LEKT and Dept. of the Interior	4	0	0
9-28-21	117-21	Appointment of Pro-Tem Judge Anita Neil	4	0	0
9-28-21	118-21	Approval of the Lower Elwha Tribe's FY 2022 Budget	4	0	0
9-29-21	119-21	Approval of advocacy efforts in support of immediate release of Leonard Peltier	2	0	0
10-12-21	120-21	Approval of FY 21 award from the resources legacy fund/open rivers fund with a limited waiver of sovereign immunity	3	0	0
10-12-21	121-21	Authorization of Tribal officials to conduct business with the Office of Special Trustee for American Indians	3	0	0
10-12-21	122-21	Remain at phase 2 for COVID 19	3	0	0
10-21-21	124-21	Ratifying approval of acquisition of property from the Joel & Melissa Sission estate	4	0	0
10-20-21	124 B-21	Ratifying approval of acquisition of property from Joel & Melissa Sission estate	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

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 & LEPD

Service Record for L & O	Sept.
911 Hang-Up	3
Alarm/Alarm Check	1
Animal Calls	3
BLS	1
Business Check	196
Citizen Assist	10
Citizen Contact	14
Community Oriented Policing	91
Court Paperwork/Service	6
CPS/APS	2
Courtesy Transport	2
Disturbance	1
Follow Up	20
Frequent Patrol Request	1
Malicious Mischief	2
Misc. Info/False Reporting	3
Noise Complaint	1
Other Agency Assist	16
Overdose	2
Report of Open Door/Window	2
Suspicious Person/Vehicle	6
Theft	3
Traffic Stops	32
Trespass	5
Vehicle Accidents	3
Weapons Discharge/Violation	1
Welfare Check	4
Total	431



**LEPD is proud to announce the
2021 Officer of the Year:
Alex Hamrick!**

**Congratulations, and thank you
for all your hard work and
dedication.**

STAFF & ELDER BIRTHDAYS!

11/1 Charlene Hawk	11/6 Patrick Schaeffer	11/10 Dr. B. Powell	11/24 Tonya Greene
11/1 Pamela Johnson	11/6 Betsy Simpson	11/12 Sandy Charles	11/25 Lacey Haller
11/3 Elmer Charles	11/7 Margie Macias	11/12 Debbie Rindels	11/26 Bill White
11/4 Ken Giersch	11/7 William Reems	11/13 Joanna Rhodes	11/27 Candace Byers
11/5 Vernon J Charles	11/8 Jerry Charles	11/15 Gloria Rapoza	11/29 Isobel Snow
11/5 Kodi Luvaas	11/8 Donna Goldsbury	11/18 Jessica Peterson	11/30 Melaine Wheeler
11/5 Brad Holloway	11/10 Beverly J Bennett	11/21 Anthony Boyd	11/30 Jalen Sampson
11/5 Norman Charles	11/10 Kenneth Arakawa	11/23 Robert Francis Jr	11/30 Ryan Charles Elofson
	11/10 Daniel Latourette	11/23 Felix Martinez	



Vaccine Information

Vaccine developer:	Pfizer	Moderna	Johnson & Johnson	AstraZeneca	Novavax
Who can receive this vaccine?	12 years and older	18 years and older	18 years and older; FDA fact sheet and warning	18 years and older	18 years and older
What about pregnant and breastfeeding women?	The vaccine has not yet been studied in pregnant or lactating women. Pregnant women are allowed to get the vaccine, but should first consult with their doctor. mRNA vaccines are not thought to be a risk to the breastfeeding infant	The vaccine has not yet been studied in pregnant or lactating women. Pregnant women are allowed to get the vaccine, but should first consult with their doctor. mRNA vaccines are not thought to be a risk to the breastfeeding infant	The vaccine has not yet been studied in pregnant or lactating women. Pregnant women are allowed to get the vaccine, but should first consult with their doctor.	The vaccine has not yet been studied in pregnant or lactating women. Pregnant women are allowed to get the vaccine, but should first consult with their doctor. The vaccine is not considered to be a risk to the breastfeeding infant	Not yet available
Who should not get this vaccine?	Caution and consultation should be taken with persons who have a history of serious allergic reactions. Contraindicated in people with prior reactions to vaccine ingredients	Caution and consultation should be taken with persons who have a history of serious allergic reactions. Contraindicated in people with prior reactions to vaccine ingredients	Contraindicated in people with prior reactions to vaccine ingredients	The vaccine should not be given to those who have had a previous severe allergic reaction to a previous dose of the same COVID-19 vaccine or an ingredient in the COVID-19 vaccine	Not yet available
Any significant side effects?	During December 14–23, 2020, there were 21 cases of anaphylaxis after the first dose. 4 cases of Bell's palsy in clinical trial vaccine group	During December 21, 2020–January 10, 2021, there were 10 cases of anaphylaxis after the first dose. 3 cases of Bell's palsy in clinical trial vaccine group	Based on an analysis of Vaccine Adverse Event Reporting data, there have been 100 preliminary reports of Guillain-Barré syndrome; Blood clots with low levels of platelets, have occurred	Four total serious adverse events, including one case of transverse myelitis	Not yet available
What about people with lowered immune function and autoimmune diseases?	Ok for people whose immune function is lowered by HIV, immunosuppressing drugs, or autoimmune disease. People with these conditions may still get the vaccine if they have no other contraindications. There is limited safety data in this group	Ok for people whose immune function is lowered by HIV, immunosuppressing drugs, or autoimmune disease. People with these conditions may still get the vaccine if they have no other contraindications. There is limited safety data in this group	Ok for people whose immune function is lowered by HIV, immunosuppressing drugs, or autoimmune disease. People with these conditions may still get the vaccine if they have no other contraindications. There is limited safety data in this group	Not yet available	Not yet available



Vaccine Information

Myocarditis after COVID-19 Vaccination: What Parents and Young Adults Should Know



What is myocarditis?

Myocarditis (and pericarditis) are terms to describe inflammation in or around the heart. Common symptoms include chest pain, difficulty breathing, and feeling like your heart is beating too fast. The body's immune system can often cause this inflammation in response to an infection, such as viruses.

Myocarditis is not very common and is rarely fatal.

There are less than 200,000 cases of myocarditis in the United States each year, with less than 2% ever fatal. There have been no deaths from myocarditis determined to be caused by COVID-19 vaccination in the United States.



- It is not known to be contagious
- Most cases are very mild
- Treatment is usually minimal, focused on managing symptoms

Is there a connection to COVID-19 vaccination?

Possibly. The risk after vaccination is extremely rare, but it may happen. Myocarditis also occurs in people who do not get vaccinated.

Because it can't be ruled out, a CDC safety panel has determined there is a "probable association" between myocarditis and pericarditis and mRNA COVID-19 vaccines (made by Moderna and Pfizer-BioNTech).

What signs and symptoms should I be aware of after vaccination?

Cases have mostly occurred in teens and young adult males under the age of 30. Symptoms appear to be more common after the second dose.

CDC recommends that recently vaccinated people seek medical attention if they develop any of these symptoms after being vaccinated, particularly in the first week after vaccination:



- Chest pain
- Shortness of breath
- Feelings of having a fast-beating, fluttering, or pounding heart

The chance of having these occur is remote. However, seek medical attention right away if you experience any of these symptoms.

Remember, it is normal to have mild to moderate symptoms, including fever, headache, fatigue, and joint/muscle pain, during the first week after receiving any COVID-19 vaccine. These side effects usually start within three days of getting a vaccine and should only last a few days.

Vaccination is still the best choice

The strong benefits of the vaccines far outweigh the low risk of myocarditis. The vaccine is very effective at preventing death and disease, and includes protection against new, more dangerous variant viruses.



DOH 348-835 August 2021

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.



Natural Resources

Cougars are frequently considered “umbrella species”- if we understand their habitat needs and protect important travel corridors, we are also protecting and understanding what types of wild areas are needed by deer, elk, and other wildlife. Secondly, we aim to understand cougar genetics; both the size of the population, and whether cougars on the peninsula have lower genetic diversity than cougars elsewhere in Washington. Tribal member Cameron Macias is working towards a PhD at the University of Idaho to help us answer important questions about cougar genetics on the peninsula. Finally, we want to use cougars to help us understand habitat connectivity across the I-5 corridor as human populations continue to expand in the region, increasingly cutting off access for wildlife.

As part of the Olympic Cougar Project, LEKT and Panthera have collared over 25 cougars since 2018, and hope to collar at least 40-50 more over the next few years. We have gathered important data about their diets, their habitat use, about disease and mortality (when and how they die), and about birth rates. We are also working with the Department of Transportation to identify important movement corridors across highways so that we can protect and enhance those corridors (or, ultimately, add a wildlife corridor over I5), and we are working closely with other peninsula tribes to answer questions of cougar habitat use, diet, and movement across the entire peninsula. Finally, our work with game cameras is helping us prepare for long-term monitoring of wildlife species that are culturally important for both ceremony and subsistence harvest.

If you have any questions or want to learn more about our work, please contact Kim Sager-Fradkin, LEKT Wildlife Program Manager, at kim.sager@elwha.org or 360-457-4012 X7495. You can also follow the Olympic Cougar Project on Facebook (Panthera Puma Program) and Instagram (@pantherapumas).





Natural Resources

In the spring of 2020, the tribe's wildlife division received two large grant proposals to help us monitor wildlife populations for the benefit of current and future generations of tribal members. Since receiving those grants, we have substantially increased our monitoring program to include over 330 game cameras placed across the landscape. Game cameras are an amazing and helpful invention for wildlife biologists, as they use heat and movement sensors to photograph animals (and humans!) that walk by the cameras, allowing us to photograph wildlife when we aren't there and at all times of day and in all weather conditions. These cameras will allow us to gather hundreds of thousands of photos of wildlife, and use mathematical models to calculate population estimates for species of cultural interest- most notably Roosevelt elk, Columbian black-tailed deer, cougars, black bears, bobcats, and coyotes. By using those population estimates as "baselines", we can monitor wildlife into the future, and adapt our management as necessary to ensure that wildlife are available for future generations.

Our new grants have also allowed us to add to our wildlife team, and we have hired tribal member Vanessa Castle as a new wildlife technician- Vanessa brings a lot of knowledge to our crew, and we are thrilled to have her!

In addition to our camera work, we are increasing our study of cougars (q'éwic'əp; also known as mountain lions, pumas, panthers, and catamounts). Our Olympic Cougar Project has grown to include five other peninsula tribes (Makah, Jamestown and Port Gamble S'Klallam, Skokomish, and Quinault), and the non-profit large cat research and conservation organization, Panthera. The goals of this study are several-fold. The first is to radio-collar cougars and monitor their diets and their use of the landscape.





Vaccine Information



Q & A: Kids and COVID-19 Vaccines

Many parents have questions about COVID-19 vaccines, which are now available to anyone age 12 and up. Here are answers to some common questions:

Q: How do I know COVID-19 vaccine is safe for my child?

A: Clinical trials with tens of thousands of participants demonstrated COVID-19 vaccine safety and effectiveness for adults and youth ages 12 and older, and the FDA approved emergency use authorization based on those extensive trials. Millions of people in the U.S. have received COVID-19 vaccines, with intense safety monitoring ongoing.

Q: When will the COVID-19 vaccine be available for younger children?

A: Clinical trials are currently underway for children as young as six months old. We hope to have COVID-19 vaccines available for kids under age 12 in the coming months, perhaps as early as fall 2021.

Q: Does the COVID-19 vaccine cause myocarditis?

A: A small number of adolescents and young adults have developed mild cases of myocarditis, or heart inflammation, after getting the COVID-19 vaccine. Rarely, this has led to hospitalization.

- This appears to be an extremely rare side effect that has affected mostly males after the second dose of the Pfizer and Moderna vaccines. These cases typically occurred within 4 days after vaccination.
- While the possibility of myocarditis is concerning, it can usually be treated easily with anti-inflammatory medications.
- The risks posed by contracting COVID-19 outweigh the risk of myocarditis, so the CDC and American Academy of Pediatrics continue to recommend COVID-19 vaccine for anyone age 12 and older.
- From the AAP's HealthyChildren.org: "Thousands of children have been hospitalized, and hundreds have died after being infected with COVID-19. Some children who have recovered still experience lingering symptoms. **In fact, getting infected with COVID-19 itself is much *more likely* to cause myocarditis than the vaccine.**"

Q: Will an mRNA vaccine like Pfizer or Moderna change my child's DNA?

A: No, in fact mRNA vaccines don't actually interact with your DNA at all. Once the mRNA has done its job – instructing your immune system to protect you from COVID-19 – your body breaks it down and eliminates it.

Q: What side effects should we be prepared for?

A: Like many vaccines, COVID-19 vaccines can lead to short-term side effects. Some people may have no side effects at all, while others may experience the following:

- | | |
|---|---------------|
| • Pain, redness, and swelling at the injection site | • Fatigue |
| • Fever and/or chills | • Nausea |
| • Headache | • Muscle pain |

If your child experiences these side effects, call your pediatric clinic and ask about ways to reduce these symptoms, which usually go away in a day or so. According to the CDC, long term side effects are unlikely.

Rarely, some people have had serious allergic reactions to the COVID-19 vaccine. This is why your child will need to wait in the clinic for 15 to 30 minutes after their vaccination. If your child has a reaction, there are medications to quickly treat it.



In Memoriam

In Loving Memory



Melvin Sampson Jr.

Born: November 1, 1970

Passed: September 8, 2021

Burial:

September 25, 2021

Place Road Cemetery

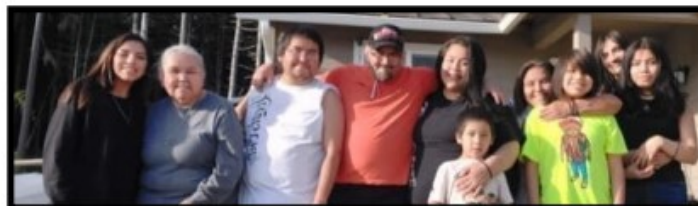
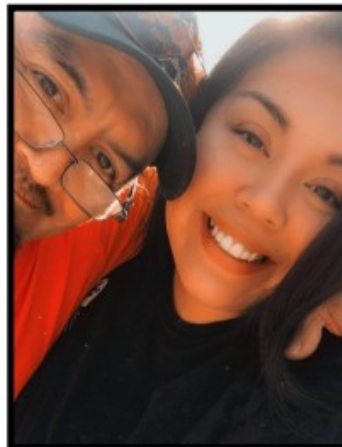
Survived By:

Daughter: Jalen Sampson

Son: Russell Charles

Grandchildren: Russell Jackson, Kiara Point &
Aubree Hebert

Sister: Lana Sampson



Preceded By:

Wife: Edith L Sampson

Mother: Patricia Sampson

Father: Melvin Sampson Sr.

Son: Francis "Orv" Charles

Grandparents: Hazel Sampson, Edward Sampson
Sr., Irene Charles & Foster Charles



Housing & Community News

Our loss is your gain! The Dental clinic has hired a gem!!

We would like to wish Sara Moore the very best as she continues on her new journey working with the Lower Elwha Dental Clinic. Sara has worked with the Lower Elwha Housing Authority for the past 7 and a half years. You will be greatly missed by all of your work family here at housing. We truly wish you all the best and hope this new opportunity exceeds your expectations. You deserve all the best!!

Love, Janet, Jenn, Teresa and Jim



**Happy birthday to my
amazing grandson,
Kameron Tinoco**

I love you so much!

Love, Grandma Dorene



HAPPY BIRTHDAY

“Brother” Stats Redner

Winter Redner

“Uncle Trooper” Norman Charles

And to Brad Holloway From Chloe

Love, Amy



CONGRATULATIONS!

Spokane BMX Finals 2021:

**Kolby Charles 1st place in the state for
his age group!**

**Tydus Woods 9th place in the state for
his age group!**

“Your hard work and dedication has paid off, we are so proud of
you boys! Love you high as the sky & deep as the sea!

<3 Mom”



Housing

LOWER ELWHA HOUSING AUTHORITY

As we start heading into the winter months there are a few things you should do:

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. Wood stoves/fireplace chimney's needs to be cleaned. Rental Units-You may call the Housing Authority to set this up. Homeowners/homebuyers-we have a chimney sweep you may borrow if you'd like. Also, test your smoke and carbon monoxide detectors.

It's also important to remember to detach your garden hoses at the end of the season or run the risk of your pipes freezing and bursting. Water expands when it freezes so make sure to do this.



The Lower Elwha Housing Authority Board of Commissioners has two (2) positions open for appointment this year. If you would like to be a part of the board, please sign-up and provide a letter of intent to either Elaine McFadden (in the Tribal Council office) or drop it off at the Housing Authority office. The sign-up sheets will also be posted at the Tribal Council's office and Housing Authority's office from November 1-15, 2021.

Emergency Rental Assistance funds are still available. If you have been affected by COVID-19 and are in need of rent and/or utility assistance go to <https://tinyurl.com/LEKTERA>, for questions call George Charles or go to lekt.era@elwha.org.



Waiting list - if you're in need of housing or know of anybody that may be interested in being on our waiting list, we have applications available at the office or we can email/mail them. The waiting list is open to everyone. Also, if you are already on our waiting list be sure to update your application annually.

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

ALSO IMPORTANT

We need to have current phone numbers on file for all tenants in units that are currently managed by LEHA.

If we do not have your current phone number, we cannot reach you right away!



Language & Culture



Walking the Language Path

By: Wendy R. Sampson

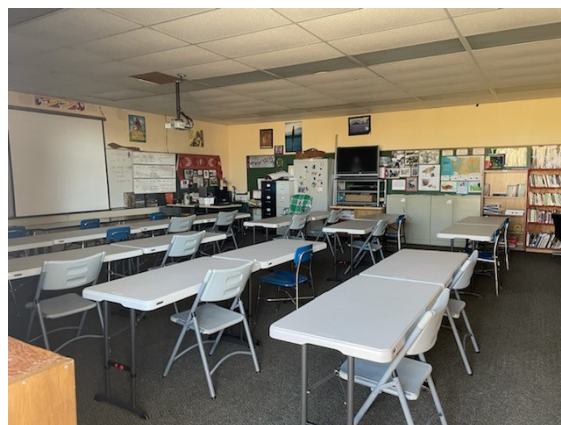
by Wendy R. Sampson

Years pass, people grow and things change. I'm 42 years old. I've worked for the LEKT Culture and Language program for nearly half my life. I started working after school with Aunty Bea & Adeline in 1997 as a teenager recruited by Jamie Valadez. Then in 2002 I began work with Elaine Grinnell providing cultural outreach in Stevens Middle School and Choice High School. In 2004 I took a grant funded position creating a 3rd grade Klallam history book and working in elementary schools. Over the years I've worked under many grants, my favorite ones working with elders, in the schools, the After School Program and Klallam Language for Parents class. In 2011 I became the language program grant manager then manager of the culture program, adding the drum group in 2014. It's been a long road learning and growing and I'm glad to say I'm still making positive moves and changes today.

This year I began work at the Port Angeles School District at the high and middle school. This is the first year Stevens has a Klallam language class! I'm so happy to be teaching 1st period there everyday. The rest of my day is spent at PAHS teaching Klallam (year 1, 2 & 3), U.S. History from a Native American Perspective and WA State History.

Jamie Valadez will be my mentor teacher under the American Rescue Plan Language Grant under the Administration for Native Americans for the next 3 years. She is training me, her successor teacher, to ensure the language will be taught here in the Port Angeles High school for years to come, and will be working on revising the Klallam Grammar book and creating a student workbook for classroom use.

It's been a crazy transition, figuring out my own schedule with 3 kids in 3 different schools all in their own sports as well, *while* learning the ropes of being a school teacher. And as heart-wrenching as it is to leave the new language building, my dreams for that space and the comfort of "home", I know the program will continue to grow with the amazing Culture and Language program staff. Plus, I'm super excited to work with students on a daily basis again, hope to make a positive impact in their lives and am proud to carry on this important work.



Thank you everyone for your support. I am so grateful for Jamie, Tim, tribal leaders and late elders that have laid this foundation in the language and schools, enabling me to walk this path today. Please feel free to contact me at 565-1550 or wsampson@portangelesschools.org for Middle or High School things, to drop off snacks, coffee or lunch ;) (for me or the kids) or to volunteer in the class. huy'





Recreation

Gaming with Rec

November 12th 2021

5pm - 8pm

Please have the following

- Nintendo Switch
- Nintendo Online Membership
 - Mario Kart
- *Access to a Smart Phone/Tablet/Computer for Discord App*

Information about Discord

- Safe monitored environment
- Parents/Youth can contact about future Game Nights



Mario Kart

If you have any questions,
Contact Recreation
360-912-4989



Education

čaʔmús (Otters)

So our first two months of class have been wonderful, the children are getting use to the new routine in the classroom, along with some new faces of both the children and some of the teachers. We would like to welcome Teacher Patty and Teacher Oliver (his pic was in last month's newsletter) to the classrooms, they are doing an excellent job getting to know the children. The children are making great connections with the teachers, and having some good experiences in the classroom. I would like to remind all parents to please sign your child in and out daily and to send coats and shoes or boots, because we really try to go outside on a daily basis. Another reminder that school starts at 8:00 AM and is over at 3:00 PM, your child is tardy after 10:00 AM. We do most of our projects in the mornings, so it is very important to have the children there on time. Thank you for allowing me to spend this time with your children.

Welcome Teacher Patty
Bates to our Early Head
Start team!

**Ravens' Rave (sk' w'tú?)**

Happy Fall Ravens' Families

We have been busy in the Ravens' class. We finished up talking about apples and transitioned into Fall. We talked about being a firefighter and did a mock fire drill. The kids all did amazing! We will be doing some fun Halloween activities and learning about pumpkins. The last week of October will be half days, class is over at 12 and teacher conferences after that each day. I have a signup sheet outside by the daily sign in sheet. We try and get outside everyday so remember warm clothes, coats and boots. Just a reminder that it's always a good idea to send an extra pair of clothes with your kiddos just in case. Thank you so much for all you do! We appreciate you. The Ravens' Teachers—Sarah, Crystal and Janet

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, nəščáʔčaʔ

(Thank you, friend)

*If you can
dream it, you
can achieve it!*

**Safety reminder:****PLEASE**

*Slow down in school
zone, use seat belts,
car seats, no
texting & driving.*

*Turn car off when pick-
ing up child at head
start and child care.*

STAY SAFE



Education

Lower Elwha Head Start & Early Head Start360)- 452-2587 Ext 2 *Interim* Early Education Director (Lola)

(Ext 1 Child Care Manager/Bobi)

Health Manager: Deanna Transportation: Francess

Education Manager: Temp. Vacant Prenatal Educator: Donna

Family Community Partnership Manager & Enrollment: Michelle

čənháʔnəŋ 2021**November 2021***Lower Elwha Head Start/ Early Head Start Newsletter*Head Start & Early Head Start Reminders**1. Drop off & pick up times for classes Monday-Friday: Early Head Start 8:00-3:00pm**

Head Start 8:30am-2:30pm Each class have schedules to maintain daily so please try your best to bring your kids in at these times, if your child is brought in late, they will be marked as late/tardy in their attendance report, unless excused w/teacher. Start times are set so the teachers have time to prep their classes, so there is no early drop off. Teachers take daily attendance so if your child is absent, please notify within 24 hours or it will be marked as unexcused. Our monthly attendance requirement is 85% or better per head start policies.

2. Send appropriate winter clothes, children need warm shoes, socks and warm winter coats. If needed, please send an extra set of clothing if they are being potty trained (including underwear).

3. If your child is sick or not feeling well, please follow the tribal COVID policy for head start. Updated flyers are posted at the front desk and online on the tribal webpage elwha.org

ᖃaʔxiyuʔéʔč (Chipmunks)

Hello my name is Nicholle Lamreau. I am the new Infant Lead Teacher for Early Head Start. I am very excited to be here and look forward to helping the children grow and learn. As a friendly reminder to parents, please bring heavy jackets and outdoor appropriate shoes as we do go outside and play daily.

Ask about our recent \$2/hour increase in pay. Are you looking for a job? We are always looking for subs and have a few positions open now. Look online at elwha.org

JOB AVAILABLE

- * Early Education Coach
- * Early Head Start Teacher Assistant
- * Head Start Part-time Shadow Teacher
- * Substitute Teacher Assistant
- * Teacher/Bus Aide
- * Substitute Kitchen Assistant
- * Early Learning Director (Updated)

WEBSITE: elwha.org

PHONE: 360-452-8471



Elwha River Casino

It is with great sadness that Lower Elwha Tribal Gaming announces the resignation of Surveillance Technician/Surveillance Operator Tanner Loresch. He and his family are leaving the area to pursue new opportunities in another state. Tanner has been employed with Tribal Gaming since before the Casino opened its doors in March of 2009. He has been an integral part of the Department's success over the years and he will be greatly missed.

Tanner was definitely the kind of employee you never had to worry about. He was extremely self-motivated and was relied upon heavily to create and maintain countless forms, databases, maps, etc. for the Department in addition to his tech duties. His work ethic, skills, and industry knowledge were invaluable to us and the department will not be the same without him.

Tanner was an extremely reliable employee who was always punctual and never called out sick. He was a team player who was always willing to help when asked. He brought his great sense of humor to the department and both Casino staff and Tribal Gaming will definitely miss his personality. He always helped to make the Casino a fun environment to work in at night.



Please join us in wishing him all of the best as he and his family start this new chapter in their lives. We cannot thank him enough for the time and effort he gave to Tribal Gaming and his absence will leave a huge void in the department.

-Tribal Gaming Staff



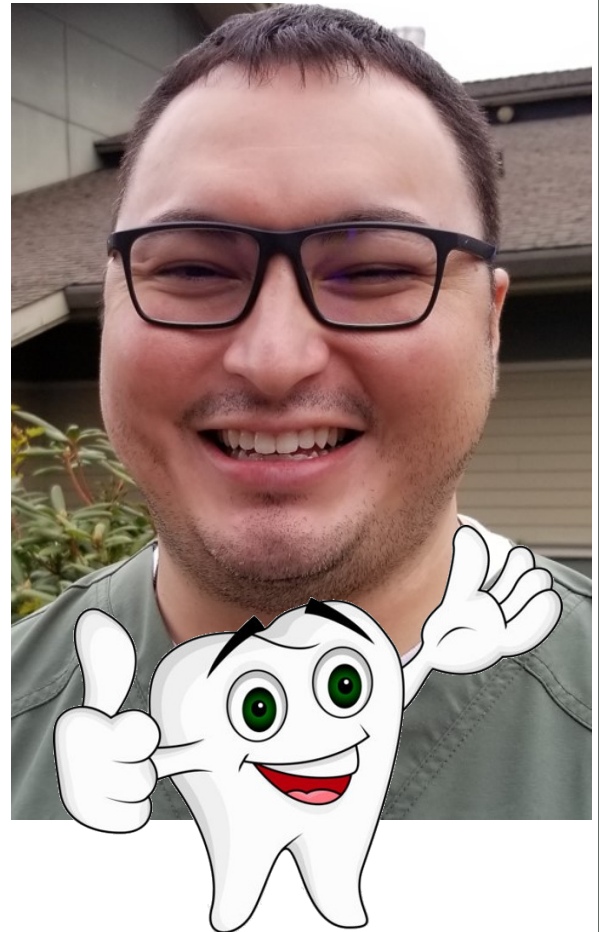
Dental Clinic

Nick Runningwolf:

Dental Assistant Extraordinaire

Many patients know and love Nick. His quick wit, easy-going way, and calming presence has helped many dental clinic patients. Nick is a Lower Elwha Klallam tribal member and actually got his start here at the dental clinic as a Dental Assistant Trainee in October of 2017. This month marks his 4th year with us and he has developed into a superb Dental Assistant.

Nick has plans to one day become a Dental Health Aide Therapist, and we are sure he would make an excellent provider. He is great at talking folks through procedures in a friendly, easy to understand way. Be it oral hygiene instruction with the horse puppet or supporting you through a challenging procedure, Nick is here for our patients first. We are proud to have him on our team and look forward to supporting him as he develops his career!



October was Dental Hygiene Month

Celebrating Resilience was the theme -

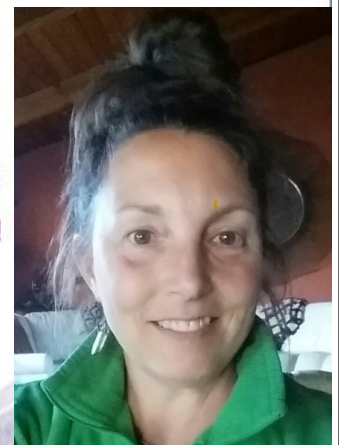
National Dental Hygiene Month is an opportunity to recognize and celebrate dental hygienists. Dental hygienists focus on helping you maintain healthy gums and teeth. Many of our patients know and love Betsy, she has been a hygienist for the Lower Elwha Dental Clinic Dental since March of 2011 (for the past 10 years!). It's really something special to have a provider here for that long, and Betsy has been able to have a positive and meaningful impact on the lives of many of our community members in that time. Resiliency is about viewing life with optimism, being grateful and expressing appreciation... for those of us who know Betsy, we know she embodies this beautifully. Thank you Betsy!



**CELEBRATING
RESILIENCE**
OCTOBER IS NATIONAL DENTAL HYGIENE MONTH!



Official Sponsor National Dental Hygiene Month 2021





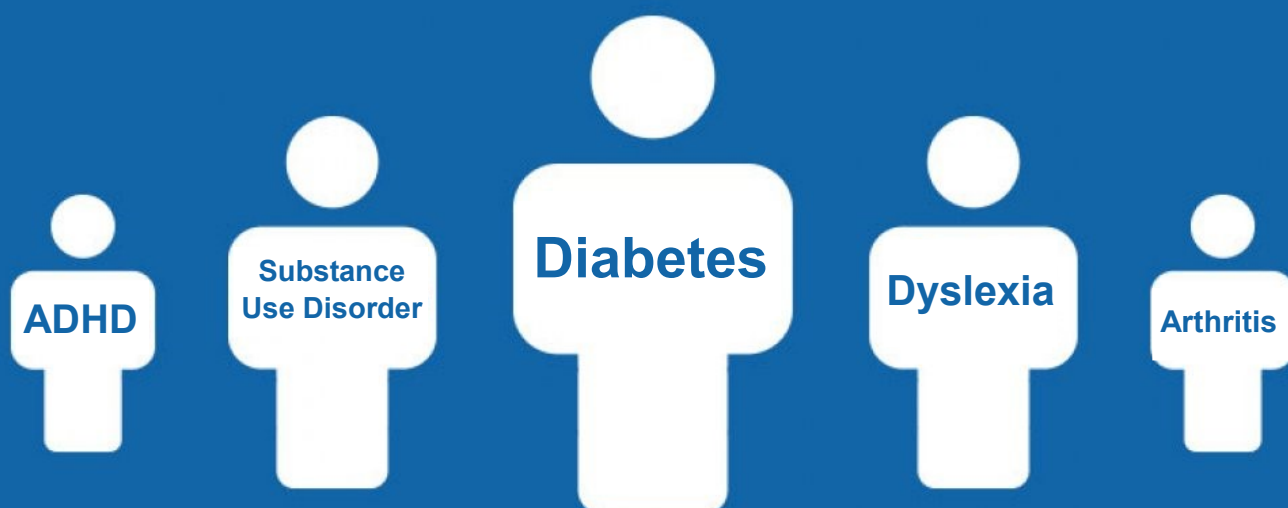
TVR

We are pleased to announce that our grant was renewed, and your Tribal Vocational Rehabilitation Program will be sticking around for another five years!

It is the mission of the Lower Elwha Klallam Tribe Vocational Rehabilitation (LEKTVR) to offer a compassionate, whole-person approach to Native Americans and Alaska Natives with disabilities, who seek self-rewarding and stable employment, training and supportive services that will build a bridge to self-sufficiency, reduce reliance on public assistance, and strengthen and enrich all of the LEKT community.

According to the US Census, **24 percent of American Indians and Alaska Natives have** a disability, compared to 19 percent of the general population. However, many American Indians and Alaska Natives with disabilities are either unserved or underserved. Tribal Vocational Rehabilitation specializes in helping their consumers find work, find *better* work, get training or education needed to advance, and work with employers to obtain necessary accommodations to help you succeed.

Remember: Not all disabilities are visible! You do not need to have an obvious impairment in order to get help. Please reach out if you have any questions!



Sometimes disabilities are invisible.



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.**

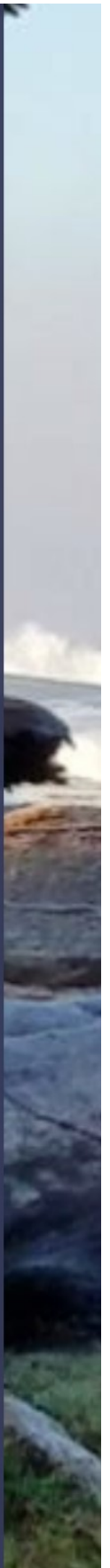
For more information:

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

Lower Elwha Klallam Social Services

(360)452-8471 x7457 - Jeremy.Acosta@Elwha.org

www.facebook.com/LEKTVR





Nutrition & Diabetes

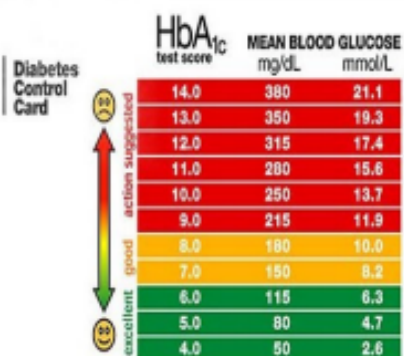
OCTOBER 2021 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Blood sugar
- A1C test
- Did you know?
- Brain Foods



Ways to Control Blood Sugar

Controlling blood sugars is never an easy task. In the next few issues I will be giving you some pointers that hopefully will help you. These principles apply whether or not you have diabetes....

Your pancreas is an organ that slows down in insulin production over time, don't abuse it!

If you would like assistance, please contact me. I'm always available to help!

Foods for brain health!!

Certain foods may reduce your risk of cognitive decline, including Alzheimer's disease.

You can't control your genes, but the following foods can help protect your brain:

- Dark green leafy vegetables, -1c raw or 1/2 c. cooked: 5/wk
- Berries— 1 c. 2/week
- Beans— 1/2 c 3-4/week
- Fish— 3 ounces 2/week
- Nuts— A handful 5/week
- Olive oil extra virgin— Daily
- Whole grains— 2/day. Oatmeal/ brown rice/ popcorn/ bread/ crackers.



What does my A1C tell me?

It's your average blood sugar the past 3 months. Glucose binds with your red blood cells; we get new red blood cells every 3 months. Therefore, it's important to test your blood sugar at different times of the day, not just the morning. You should test your A1c every 3-4 months, striving for a goal of <8.

Factors that affect blood sugar:

1. **Carbohydrate quantity.** Aim for 30-45 grams of carbs at a meal. Balancing your carbs with a protein source and vegetables is crucial.
2. **Carbohydrate type.** Carbs with a higher fiber content have the slowest effect on blood sugar. (food like: beans, oatmeal, berries and whole grains). Processed foods will spike your blood sugar like a rocket. The right kind of carbs give us vitamins and fiber which are important to health.

Don't forget to schedule your diabetes quarterly.

Did you Know?

Certain vegetables are healthier when cooked? They are: spinach, mushrooms, carrots, tomatoes, broccoli, cauliflower and red bell peppers.

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





Mental Health

Depression among Men: A Subject worth Talking About

First, let me acknowledge the irony of being a white woman talking about depression among Native men. I think I can hear my ex brother-in-law laughing all the way from Pine Ridge. But seriously, the men I know, regardless of race, creed, and culture, often find it difficult to talk about depression, and more difficult to seek help. “Buck up, take it like a man, don’t cry like a girl, man up, be strong”. We’ve all heard the talk.

If you are a man who feels irritable, unmotivated, or often angry, you might be struggling with depression. If you have to drink or drug to feel confident or just okay, you might have a treatable mood disorder. Depression is a disorder that impacts a person emotionally, physically, and in their relationships. It interferes with sleep, concentration, and appetite.

Talk to one of our physicians or schedule an appointment with a mental health therapist at the Lower Elwha Health clinic. Depression can be treated. Meanwhile, talk to a friend or family member, an elder, or spiritual leader.

Depression: What You Need to Know



Depression
is serious.

Depression
can affect
anyone.

Depression
doesn't just
go away.

Talk to
a provider.

Find help—and give treatment time to work www.nimh.nih.gov/findhelp.

Get help right away if you are thinking about hurting yourself.
Call the National Suicide Prevention Lifeline at 1-800-273-TALK
(8255) or text the Crisis Text Line (HELLO to 741741).



www.nimh.nih.gov/depression





LEFA

Lower Elwha Family Advocacy provides and/or refers variety of assistance: unlimited advocacy based counseling (safety planning, legal advocacy, medical advocacy, transportation, and housing advocacy), limited financial assistance (emergency shelter/hotel stay, transitional housing rent, and emergency basic needs), group support, community awareness and educational information. You can reach an advocate during and after work hours. An advocate can meet with you in person anywhere it's safe within the services area or through telephonically. Your safety, well-being, and confidentiality are vital.

In August 20th Becca –Sampson-Weed, Writing Department staff, and I submitted the *OCVA-Office of Crime Victim Advocacy* grant application but were not awarded.

The Talking Circle Women Group resumed virtually on October 6th, and will be occurring on every Wednesday, until December 29, 2021 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 by your location

+12532158782, 85110414913#, *000879# US (Tacoma)

Basic Safety Tips Reminder:

Walk with someone you can trust. Inform your trusted person of your where about. Wear bright color clothes when you go for a walk. Carry a flashlight and/or a whistle. Have your cellular phone with you. If you are being followed by stranger, make a detour.

If you need a police assistance call. Do not go to police station as they maybe out patrolling. Lock your home door and vehicle doors. Consult with medical support system or advocate for additional safety/healthy measures.

As we are still experiencing so many challenges, I am resending list of resources with additional contacts:

Domestic violence and other Crime locally:

Lower Elwha Family Advocacy: (360) 460-1745 crisis or non-crisis matters. Or at office (360) 565-7275 ext. 7453

Elwha Crime Victim Program: (360) 775-5029

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

Mental Health and Alcohol/Drugs Services:

Lower Elwha Mental Health: (3605) 65-7264

Crisis Line for Mental Health Clallam County: 1-888.910-0416

Lower Elwha Klallam Counseling: (360) 452-4432

COVID-19 Crisis:

Clallam County Public Health: (360) 417-2274 during normal office hours, or (206) 517-2384 after hours.

National Crisis number for COVID-19: 1866-342-6892

Washington State Hotline for COVID-19: 1- 833-681-0211

Law Enforcement and Emergency Response: 911;

Non-emergency Dispatch: (360) 417-2259

Happy Thanksgiving! Continue to stay safe!

Beatriz Arakawa, Program Manager and Victim Advocate

Office: 360-565-7257 ext. 7453; E-mail: Beatriz.arakawa@elwha.org

