

Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

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

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ELWHA NEWS
Lower Elwha Klallam Tribe
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“THE STRONG PEOPLE”

The *Elwha News* is a monthly publication of the Lower Elwha Klallam Tribe to inform, educate and stimulate interest in the Tribe and community affairs. It also raises awareness and respect for the Reservation and its resources. For news articles, please send to the address below by the third Friday of the month.

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

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

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

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December 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE



From Left, Bryan Newland—Assistant Secretary for Indian Affairs (Ojibwe), PaaWee Rivera—Senior Advisor and Tribal Affairs Director in the White House Office of Intergovernmental Affairs (Pueblo of Pojoaque), Deb Haaland—US Secretary of the Interior (Laguna Pueblo), Frances Charles—Chairwoman (Elwha Klallam), Libby Washburn—Special Assistant to the President for Native Affairs (Chickasaw), and Sam Bagenstos—General Council for the Office of Management and Budget.

White House Tribal Nations Summit 2021

Chairwoman Frances Charles took part in a discussion about the tribal priorities of the Biden/Harris Administration during Day Two of the White House Tribal Nations Summit. She introduced the Lower Elwha Klallam Tribe and addressed concerns about working with the National Parks Service and Bureau of Land Management to finalize provisions included in the Elwha River Restoration Act, the restoration of Hot Springs Road, healthcare workforce shortages, Indian Health Care funding, and subsidies and support services regarding economic development, housing, and child care.

Secretary Haaland responded personally, citing the recent signing of President Biden's new infrastructure bill that will invest significantly in Indian Country, and expressing gratitude for the participation in this forum.

Recordings of these proceedings are available to view on the Department of the Interior's Facebook page. <https://www.facebook.com/watch/USInterior/>



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 social 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


ARE WE STILL DOING THE VACCINE SUPPORT PROGRAM?

YES, and we've added an adult booster and youth 5-11 component to the program! 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 booster: www.tinyurl.com/elwhaadultbooster
Adult fully vaccinated: www.tinyurl.com/elwhaadult

Youth 12-17 vaccinated: <https://tinyurl.com/elwhayouth12-17>

Youth 5-11 vaccine: www.tinyurl.com/elwha5-11



Lower Elwha Klallam Tribe

YOUTH

5-11 year old

COVID-19 Vaccine Promotion

\$200 Walmart gift card


ELIGIBILITY

COVID-19 Fully Vaccinated
5-11 year old:

- Enrolled Lower Elwha Klallam Tribe members,
- Lower Elwha descendants (first generation),
- Household members of Enrolled Lower Elwha Klallam Tribe members,
- Household members of Lower Elwha Klallam Tribe employees

-Must provide proof of vaccination-

Youth 5-11 vaccine: www.tinyurl.com/elwha5-11





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:

12/24 Christmas Eve
12/25 Christmas Day
12/31 New Year's Eve



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

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

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

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.

WHEN DO WE GET BOOSTER OR 3RD DOSES?

If it has been 6 months since your last Pfizer or Moderna (or 2 months since your J&J), call the clinic NOW to schedule your booster!

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, the shipping is delayed. 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.

DO WE STILL HAVE COVID CASES?

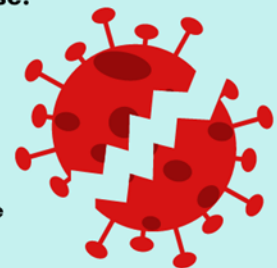
Community cases have started to decline in the past weeks, but we're still seeing a few folks here and there test positive. Keep in mind that any symptoms (not attributed to another known medical condition) and exposure need to be tested and follow quarantine guidance.

LEKT Community, Has it been 6 months since your last COVID shot (or 2 since the J&J shot)? You are eligible for the Booster shot NOW

Science has taught us that that over time your first COVID shots provide you less protection against COVID. A booster shot increases your immunity to the levels you had after your first shots.

Getting your booster is important because:

- ✓ It boosts your immunity back to the levels you had after your first shots
- ✓ It protects you from getting severe COVID
- ✓ It protects you from hospitalization due to COVID
- ✓ It continues to protect those that cannot get the COVID shot



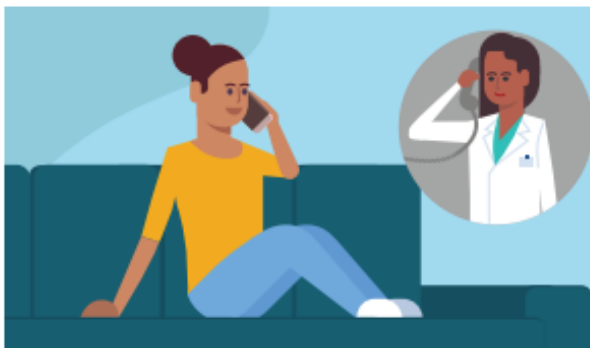
Call the Lower Elwha Health Dept.
with questions or to schedule 360-452-6252



COVID-19 Updates

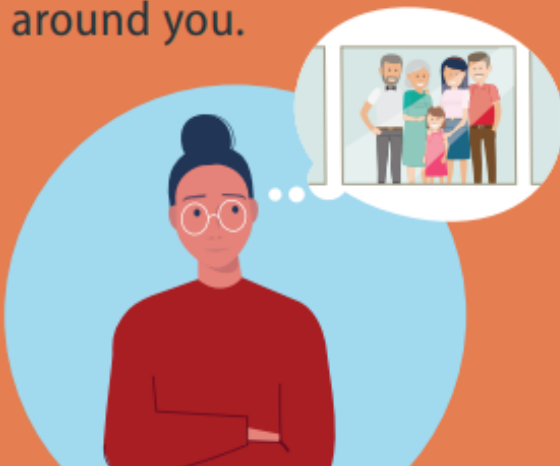
DO YOUR PART: GET TESTED | COVID-19 |

You have an important role to play in stopping this pandemic.



If you have symptoms, especially if you've been around someone with COVID-19, you should get tested as soon as possible.

By getting tested, you protect the health of those you love and everyone around you.



Encourage your friends and family to get tested if they have symptoms.



www.cdc.gov/covidtesting



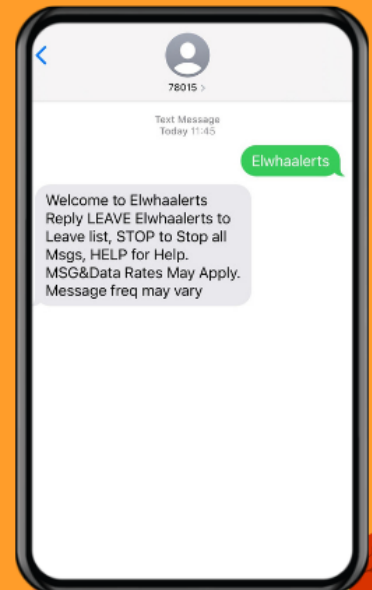
Council Resolutions 2021

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
11-2-21	125-21	Remain at phase 2 for COVID-19	4	0	0
11-9-21	126-21	Fund transfer from Cedar box smoke shop to Elwha Peaks	4	0	0
11-9-21	128-21	Head Start Grant application	4	0	0
11-9-21	129-21	Enrollment of: Remington James	4	0	0
11-9-21	132-21	Approval of disbursements of a portion of its funding under the American Rescue plan act establishing the Coronavirus state fiscal recovery fund and the coronavirus local fiscal recovery fund, together the fiscal recovery funds	4	0	0
11-9-21	134-21	Approval of the Elwha river casino budget	4	0	0
11-16-21	135-21	Public health order to return to phase 2 in response to the rise in COVID-19 cases	3	0	0

ARE YOU SIGNED UP FOR ELWHA ALERTS?

To opt-in to all Elwha alerts

Text: elwhaalerts
To: 78015





Birthdays & LEPD

2021 Service Record for L & O	Oct.		
911 Hang-Up	3	Junk Vehicle	1
Abandoned Vehicle	1	Noise Complaint	1
Alarm/Alarm Check	5	Other Agency Assist	18
Business Check	187	Prisoner Transport	1
Citizen Assist	13	Sex Offense/Monitor	1
Citizen Contact	9	Suspicious Person/Vehicle	5
Civil	6	Theft	1
Community Oriented Policing	93	Threats	1
Court Paperwork/Service	3	Traffic Control/Emphasis/Hazard	1
CPS/APS	1	Traffic Stops	25
Courtesy Transport	2	Trespass	2
Disturbance	2	Vehicle Accidents	2
DV	1	Welfare Check	5
Follow Up	18	Warrant Attempts	3
Found/Recovered/Lost Property	3	Warrants-Non-Tribal	1
		Total	415

*****Homeowners Assistance Fund Program*******Attention Homeowners**

The Department of Treasury has extended the application submission process for the Homeowners Assistance Fund Program to December 15, 2021 for all tribes across the nation to apply;

Therefore, Lower Elwha's application will most likely be processed by the Department of Treasury in January of 2022 and funding may not be available until February or March of 2022.

We will keep our community posted regarding this program.

**STAFF & ELDER BIRTHDAYS!**

12/3 Thomas (Moe) Dannel	12/15 Janet Hren	12/21 Autumn Clark
12/3 Marie Miller Bryant	12/16 Garnet Charles	12/24 Daniel Point
12/6 Randall McCoy	12/16 Carol Shaw	12/26 Tracey Sanchez
12/7 Froilan Sarmiento	12/18 Joe Silas	12/27 Tessa Velasco
12/7 January Austin	12/19 Mark Raycraft	12/28 Becca Sampson Weed
12/12 James Muck	12/19 Keri Ellis	12/29 Mitch Boyd Sr.
12/12 Joseph Bennett	12/20 Sarah Brady	12/30 Virginia Klein
12/12 Janet Elofson	12/21 Courtland Mildenerger	12/31 Mitch Boyd Jr.



COVID-19 Updates

ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/this-holiday-season.pdf>

The best way to keep your family and friends safe is to get vaccinated.



Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.



Avoid crowded, poorly ventilated spaces.



If you are sick or have symptoms, don't host or attend gatherings.



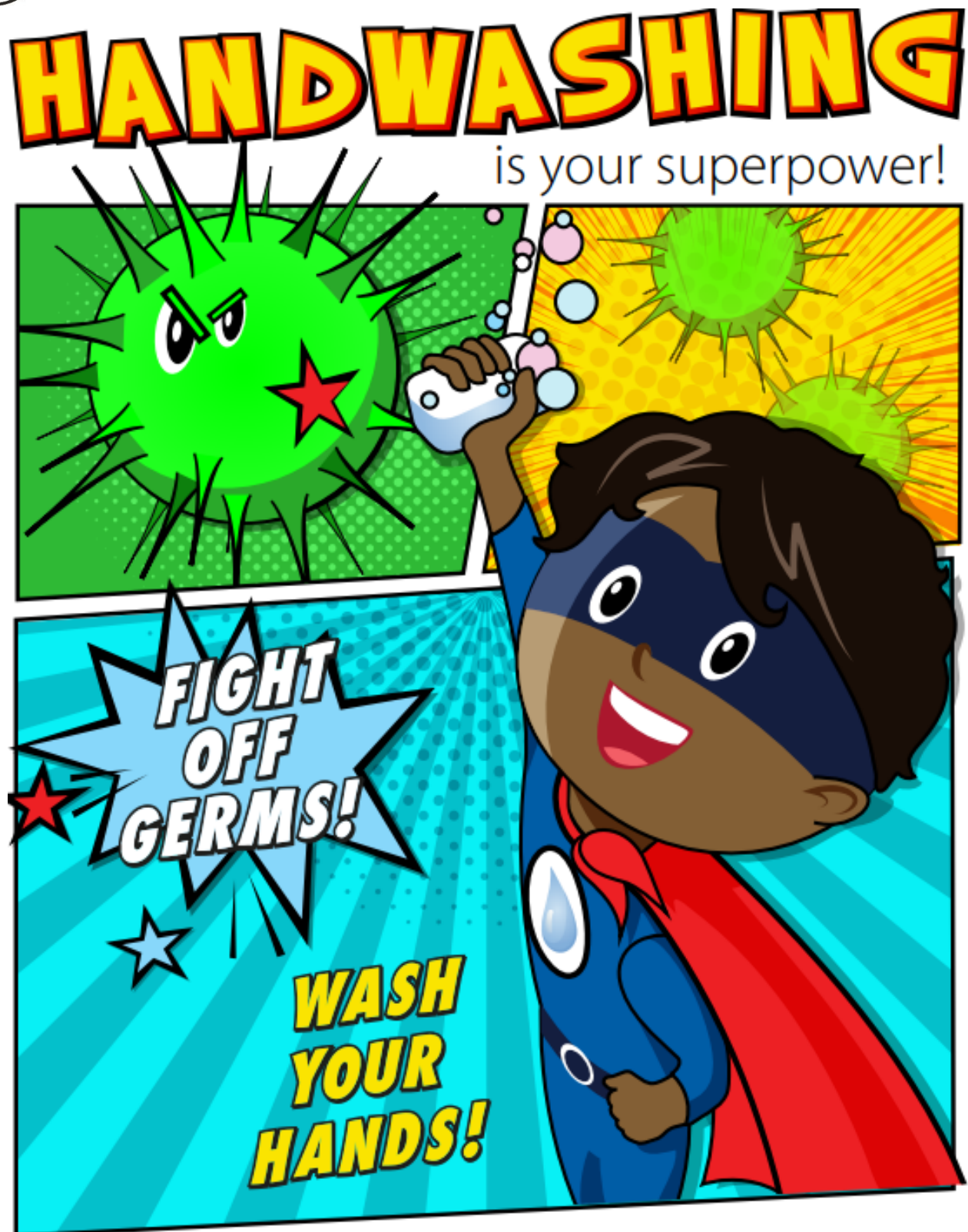
Delay travel until you are fully vaccinated.



www.cdc.gov/coronavirus



COVID-19 Updates



CS170685-D 04/24/2020

cdc.gov/coronavirus



Vaccine Promotion



Lower Elwha Klallam Tribe

YOUTH

5-11 year old

COVID-19 Vaccine Promotion

\$200 Walmart gift card



ELIGIBILITY

COVID-19 Fully Vaccinated
5-11 year old:

- Enrolled Lower Elwha Klallam Tribe members,
- Lower Elwha descendants (first generation),
- Household members of Enrolled Lower Elwha Klallam Tribe members,
- Household members of Lower Elwha Klallam Tribe employees

-Must provide proof of vaccination-

Youth 5-11 vaccine: www.tinyurl.com/elwha5-11

Youth 12-17 vaccinated: <https://tinyurl.com/elwhayouth12-17>

Adult booster: www.tinyurl.com/elwhaadultbooster

Adult fully vaccinated: www.tinyurl.com/elwhaadult



Community News



Becca Weed

Brenda Charles

Keri Ellis

Mitch Boyd



From Elaine & Mike McFadden

LEKT Community,

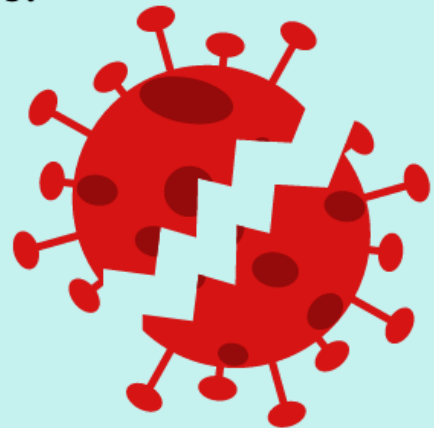
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(or 2 since the J&J shot)?**

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- ✓ It protects you from getting severe COVID
- ✓ It protects you from hospitalization due to COVID
- ✓ It continues to protect those that cannot get the COVID shot



**Call the Lower Elwha Health Dept.
with questions or to schedule 360-452-6252**



Library

Meet the Librarian:

“Hello! My name is Jason Morris and I’ve just started as the new Librarian for the Lower Elwha Klallam Tribal Library. A little bit about me, I am from Vancouver, WA, and recently graduated from Emporia State University with my Master of Library Science degree. I have an Austrian Shepherd-mix dog named Percy and in my spare time I like to get outside and enjoy nature with him (when the weather allows, anyway!) I love to learn new things, so I am excited to learn everything I can about the Tribe! I am looking forward to providing the best possible library service to the community, ensuring that the Library has the resources community members need, from education and non-fiction books to the latest popular fiction books. I am currently working on a refresh and expansion of the collection, so be sure to come check out the new and exciting books, DVDs, CDs, and other media which will be showing up over the next few months. I am excited to meet the community once the Library reopens to the public in the next reopening phase. When that does happen, I hope you come by to say hello! The Library will be open from 8:30 AM to 4:00 PM. “



Welcome, Jason!



In Memoriam

In Loving Memory



Those we love don't go away, they walk beside us everyday. Unseen, unheard, but always near. Still loved, still missed and very dear.



Gerald William Charles Jr

Sunrise: December 23, 1963

Sunset: August 29, 2021

Celebration of Life:

September 10, 2021

Place Road Cemetery

Officiant: Harold "Fudd" Charles

Daughter: Kristin Charles

Sons: Russell & Isaiah Charles

Grandson: William Charles

Numerous Nieces, Nephews, Friends and Family

Survived By:

Wife: Tina Bright-Charles

Siblings: Rodney Charles, Frances Charles, Ellen Charles, Brian Charles & Lorna Mike

Preceded By:

Mother: Vera Charles

Father: Gerald Charles Sr

Son: Francis "Orv" Charles

Brother In-Law: Rodney Bright



Letter to the Community—Jonathan Arakawa

Centennial Accord

On October 27, 2021, I attended the Centennial Accord meeting, virtually. This is an annual meeting between our 29 federally recognized Tribes, the Governor, and his cabinet. Our Tribal Leaders sent a clear message to Governor Inslee. That is, Governor Inslee has no authority over our Tribes. This issues addressed every year are the same. The issues are more unique due to COVID-19. I left the meeting inspired by our tribal leaders and enlightened Governor Inslee continues to work government-to-government with many of our Tribes.

1910 Indian Shaker Church Washington State Convention

October 29-31, 2021, I traveled to Yakima, Washington, for Washington State Convention of the 1910 Indian Shaker Church. Each year, churches of the 1910 Indian Shaker Church travel to a hosting church to give their annual church and traveling missionary reports. Churches submit these reports for state auditing requirements. As Minister of Lower Elwha 1910 Indian Shaker Church, I submitted our report for the year. Thus, Lower Elwha remaining in good standing for the year. It was wonderful to reunite with our brothers and sisters.

White House Tribal Nations Summit

November 15-16, 2021, I attended the White House Tribal Nations Summit, virtually. During this summit, we heard directly from President Joe Biden, First Lady Dr. Jill Biden, Vice President Harris, Secretary Deb Haaland, Dr. Anthony Fauci, and other members of the Cabinet. This is the first summit to be held in five years. Our tribal leaders had the opportunity to participate in discussions via Policy Panels to address issues ranging from the following: Combatting COVID-19 in Indian Country, Native American Education and Native Languages, Public Safety and Justice, Climate Change Impacts and Solutions, Tribal Treaty Rights and Sacred Lands, Economic and Workforce Development, and Infrastructure, Housing, and Energy.

President Biden signed four important executive/legislative actions into law, engaging Tribal Nations and directing U.S. departments to establish programs. Some of those actions were the following: Protection of Treaty Rights, Management of Federal Lands, Climate Change, Protecting the Choctaw Landscape, and an Executive Order addressing the Missing and Murdered Indigenous Peoples' crisis.

White House Tribal Youth Forum

By the time you get this, I would have already attended this forum.

On November 17, 2021, I will attend the White House Tribal Youth Forum, virtually. The first forum in five years. This forum was put together by the Biden Administration, the Center for Native American Youth (CNAY) and Nike N7. Here, youth leaders, including myself, will meet directly with President Biden, First Lady Dr. Jill Biden, members of the Cabinet, and members of the Biden Administration. We will have the opportunity to speak to the issues impacting Native youth, including but not limited to, mental health. I look forward to sharing more about this wonderful forum!

In closing, I hope these updates are helpful to you. There are many great things at our horizon. I am incredibly honored to be able represent in my respective capacities. I do what I can share updates on my involvements in our tribal community, locally, regionally, and nationally. I hope I can make the Strong People proud. Thank you for reading my letter.

Respectfully,

Jonathan J. Arakawa



Letter to the Community—Jonathan Arakawa

them being climate change, education, health care, etc. On the 22nd, we broke into two groups. Our leaders from Washington State discussed the Climate Commitment Act which was passed in our state legislature last session. The leaders from Oregon State discussed a climate bill passed in their legislature. Our leaders discussed the veto of the Climate Commitment Act where it addresses the protection of sacred native sites. Also, how our Tribes can better work Governor Jay Inslee in that regard.

Affiliated Tribes of Northwest Indians Fall Annual Convention

September 27-30, 2021, I attended the Affiliated Tribes of Northwest Indians Fall Annual Convention, virtually. ATNI represents Tribes in Oregon, Idaho, Washington, southeast Alaska, Northern California and Western Montana. During the Fall Annual Convention, we received updates from the Department of Interior, Bureau of Indian Affairs, etc. It was also election year for ATNI. Our neighboring Tribal leader, Leonard Forsman, was re-elected the ATNI President. For our Northwest Tribes, our leaders began planning for the White House Tribal Nations Summit and the issues that will be addressed the Biden Administration.

Office of the Superintendent of Public Instruction Tribal Language Educators Professional Learning Communities Meetings

Every second Tuesday of the month, I attend the Office of the Superintendent of Public Instruction Tribal Language Educators Professional Learning Communities Meetings, virtually. In these meetings, we discuss projects happening statewide regarding Native languages. The Port Angeles School District recently applied for the Tribal Language Grant through OSPI to support Klallam Language Certification and Learning. This is a project continued from last year. Last year, PASD applied for the Heritage Language Grant through OPIS in partnership with the Tribe. 6 tribal members were awarded a scholarship through this grant.

This year, PASD did another grant cycle through Heritage Language Grant. A public went out on their website. Like last year, PASD awarded 6 people a scholarship through this grant. The requirement is for the recipients to attend the Klallam Language course at Peninsula College and work toward Klallam Language Teaching Certification. Soon, we will be able to give updates to the PLC on the work we are doing under this grant.

Western Washington Native American Education Consortium

On September 14, 2021, I had the opportunity to attend the Western Washington Native American Education Consortium, virtually. Each year, our Native American Interventionists attend this consortium. During the consortium, Native Educators throughout Western Washington State come together to discuss issues and successes happening in Native Education.

We were able to hear updates of the OSPI Office of Native Education and great happening at the office. The office reported that, through the recent funding the federal government, are able to do more work. Expanding programs and hiring more staff. It was great to connect with other Native Educators and share the work we are doing in our schools.

Office of the Superintendent of Public Instruction Washington State Native American Education Advisory Committee

On September 17, 2021, I attended, virtually, the Washington State Native American Education Advisory Committee alongside our Native American Interventionists. During the meeting, Native Educators throughout Washington State come together to discuss issues and successes happening in Native Education. We attended during the Public Comment part of the agenda. However, this committee reports directly to the State Superintendent, Chris Reykdal.



In Memoriam

Benjamin K. Charles Sr.

March 22, 1938 – October 28, 2021

Ben Charles Sr. died at the age of 83 year old. He was born in Pysht, Washington to Phillip Lane and Rosalie (Thomas) Charles.

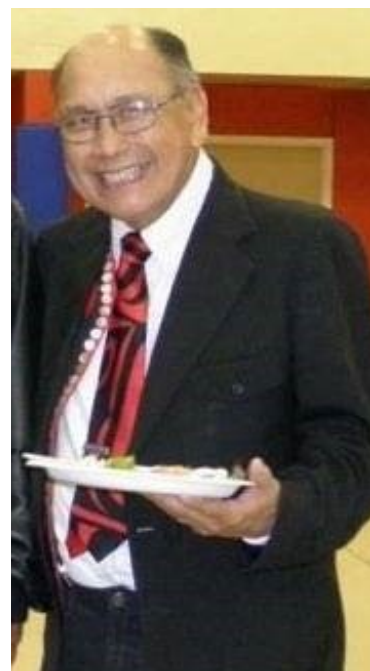
Ben grew up in the Lower Elwha Village as well as Pysht and Sekiu. He had so much history and was always willing to share stories about the elders especially Grampa Sam Ulmer. He graduated from Chemawa Indian Boarding School in 1956. Ben always told the story of when he was little, how the doctors told him he would not survive beyond 6 years old because of a heart condition, then at the age of 6, the doctors told him he would not see 20 years old. He definitely proved them wrong and was a true warrior in so many ways throughout his life. He completed three years of study at Seattle Bible College. Ben was a member of the Elwha Assembly of God Church and a long term affiliate with the American Indian Fellowship; The three brothers Ben, John and Freddy started up the “Charles Brothers Trio.” They played Christian music. Only being in their twenty’s many churches began asking them to come and sing for them all across the United States. They put out a record with 2 songs on it, then another album that had a dozen or so songs on it.

He ministered most of his life and was a true prayer warrior and spiritual leader for our community. Oh, the blessings and prayers he provided were very much appreciated by all that requested his presence and prayer.

Throughout his life, he held various positions as he and his family lived in Yelm and blessed the Nisqually tribe for 40 years before moving home to Elwha. In the later years, he also worked as a facilities maintenance worker for the Lower Elwha Klallam Tribe before retiring.

Ben married Susan Thompson in Prineville, Oregon in 1963. They were married 58 years. In addition to his wife, survivors include Son Benjamin K Charles Jr; daughters Stephanie Charles and Margie Sampson; Sisters include Loretta Chares, Geneva Black and Cynthia Charles; Brother – Phillip Charles JR; Grandchildren include Phoenix Charles, Cedar Charles and Hunter Charles.

As the Pearly Gates of Heaven opened for Ben Charles Sr., Praise the Lord, we know he does not suffer anymore from his medical conditions and he is rejoicing with all his family members and singing with his brothers.





Recreation

December 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		AM & Lunchtime Fitness 4 Functional Stations will be setup daily	1 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	2 630am Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	3 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	4
5	6 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm <i>Winter Ice Village Tickets.</i>	7 630am Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	8 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	9 630am Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	10 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm <i>-Gearing w/Rec-Night.</i>	11
12	13 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	14 630am Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	15 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	16 630am Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	17 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours 630am-9pm	18
19	20 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours May Vary	21 630am Fitness 12pm Lunch Time Fitness Gym Hours May Vary	22 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours May Vary	23 Closed	24 Closed	25
26	27 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours May Vary	28 630am Fitness 12pm Lunch Time Fitness Gym Hours May Vary	29 630am AM Fitness 9am - Elders Fitness 12pm Lunch Time Fitness Gym Hours May Vary	30 630am Fitness 12pm Lunch Time Fitness Gym Hours May Vary	31 Closed	



Letter to the Community—Jonathan Arakawa

Dear Lower Elwha Tribal Community,

Happy Holidays! I hope you are all staying safe and healthy. It seems things have gotten crazier with the COVID-19 delta variant. I pray everyone continues to stay safe and healthy. COVID-19 has no conscious. My love, prayers, and condolences go out to the families who have lost loved ones this year. Loss is never easy, however, through the grace and guidance of our Lord, he carries us through the sorrow and grief. In segue, it has been a busy few months. But, it is always an honor to serve our community and all of Indian Country. Whenever I submit a letter to the community, I like to share some updates of what I have been up to.

National UNITY Council Executive Committee – Standing Committees

As the National UNITY Council Executive Committee, we have Standing Committees which help us govern the UNITY Network. This helps us tackle the various issues that come our way. As part of my Secretary duties on the Executive Committee, I am constitutionally mandated to chair our Resolutions Committee. Our Executive Committee is probably one of the first to begin to fully use these committees to its full potential. Very exciting!

78th Annual National Congress of American Indians Convention

October 11-14, 2021, I attended the 78th Annual National Congress of American Indians Convention, virtually. During the Annual Convention, we had the opportunity to hear directly from members of President Biden's cabinet. One of the members being Vice President Harris, who joined us live. It was great to hear the cabinet members affirm their commitment to Indian Country and begin to work Nation-to-Nation with Tribal Nations. We heard many good updates on what the Biden Administration is doing to serve all Americans and all of Indian Country.

We, the Youth Commission, hosted four youth sessions for all four days. Hosting youth sessions during NCAI conferences is custom for us. This year was election year for the NCAI Executive Board. The Executive Board governs NCAI, consisting of four executive officers and twelve regional vice president's with one alternate vice president. The Executive Board is has remained the same with a new officer and one officer switching titles.

The NCAI Executive Board for the next two years is: NCAI President: Fawn Sharp, Quinault Indian Nation; NCAI 1st Vice President: Mark Macarro, Pechanga Band of Luiseno Indians; NCAI Recording Secretary: Aaron Payment, Sault Ste. Marie Tribe of Chippewa Indians; NCAI Treasurer: Shannon Holsey, Stockbridge-Munsee Community Band of Mohican Indians. Our Northwest Regional Vice President is Melvin Sheldon from the Tulalip Tribes and our Alternate Regional Vice President is Leonard Forsman from the Suquamish Tribe. Congratulations to all!

U.S. Department of Interior Tribal Youth and Climate Roundtable

During the Annual Convention, I had the blessed opportunity to represent both the NCAI Youth Commission and the UNITY Executive Committee. I represented both of my committees in a Tribal Youth & Climate Roundtable with the U.S. Department of Interior. Here, we met with DOI staff to discuss the issue of Climate Change and how it is affecting our communities. An issue I brought to light was the high level temperatures we experienced this summer. 100+ degree temperatures. These temperatures are not native to our area, so it comes to show climate change is real.

Affiliated Tribes of Northwest Indians Sovereignty Summit

September 21-22, 2021, I attended the Affiliated Tribes of Northwest Indians Sovereignty Summit, virtually. At this summit, tribal leaders and advocates came together to discuss issues affecting our sovereignty. Some of



Family Advocacy

Lower Elwha Klallam Tribe - Lower Elwha Family Advocacy Program

3080 Lower Elwha Road;

(360) 460-1745; (360) 775-9346 crisis or non-crisis matters.

Office (360) 565-7275 ext. 7453;

E-mail: Beatriz.arakawa@elwha.org

The Lower Elwha Family Advocacy Program staff would like to wish you and yours a Happy Holidays/Christmas Season.

Know that during the holiday I will do my very best to continue to provide and respond to crisis needs in person and/or calls in related to violence and abuse.

Red Flags— Warning Signs of Abuse to Watch For:

Extreme jealousy, threats, manipulation, name-calling, isolation, constant excuses of bad behaviors and victim blaming, use child/ren, hidden/un-explained injuries, monitor and stalking victims, substance and alcohol abuse, cruelty to animals, withholding and/or steal medication, not paying child support, unwanted touch or sex, prevention of employment, no access to family income, constant relocation, yells or is angry a lot, physical violence – indirect or direct to victim, and many more.

Know that if you are a victim of abuse/violence, you are not alone. Seek help. Here are some local programs supporting victims of Domestic violence, sexual assault, and/or crime that can help you if you cannot reach me:

Lower Elwha Crime Victim: (360) 775-5029

WomenSpirit Coalition – Sequim/Silverdale: 888-653-1115

Healthy Families of Clallam County - Port Angeles: (360) 452-HELP

Mariposa House - Forks: (360) 374-2273; Toll Free: 800-743-7855

Quileute New Beginnings Program - Forks: (360) 374-3349

Dove House Advocacy Services - Port Townsend: (360) 385-5291

Skokomish Tribe: (360) 426-7788

In solidarity,

Beatriz Arakawa, Program Manager and Victim Advocate





Klallam Language & Culture Elementary

Native American Day:

We celebrated Native American Heritage Month at Dry Creek Elementary by starting the month off with our Annual Native American Day on Tuesday November 2. Four rotating stations visited every classroom sharing: weaving, singing/drumming, storytelling/ necklace making & carving.





Slapú? and the crab fisherman

As told by: Elaine Grinnell and Illustrated by: Karrin Francis



Klallam children know that slapú? is a Klallam witch. She is a GIANT Klallam woman that lives in the mountains.

She has long hair that is dirty and knotted. People even say she has a birds nest behind her ears! She has these great big feet! They're long, wide, and hairy. Her toes stick out like fingers, with dirty toenails! When she walks around in the mud you can

hear her feet going "squish-squish-squish"! The way the stories are told, she'd sit up there in the mountains, watching and listening for disobedient children! If she saw or heard a kid that wasn't listening, or who are bad in some other ways, even just walking around in the nighttime alone, she'd walk down the hills to the village and steal that kid! If they are acting up, their parents may say to them, "If you don't be good, slapú? may get you and put you in her basket." Slapú? carries this BIG basket on her back and it's filled with snakes, spiders, salamanders, and many other creepy crawlers. It's big enough to fit two full grown children in it! She'd put pitch on their eyes, so they didn't know where she was taking them and so they couldn't run away back to the village. There are countless stories of slapú?.

Once there was a little girl who was being so mean and ugly to her mom. So her mother told her, "If you don't watch out, slapú? will get you and put you in her basket." This frightened the girl; she didn't want to be taken by slapú? so she decided to run away. She ran through the woods down to the water, where she saw a crab fisherman in his snáxw̓t, canoe.

She asked him if he would take her across the water, to the other side of the bay, because slapú? was after her.

He was a nice man, who liked children.

He wanted to help her get away from





Food Bank



LOWER ELWHA FOOD BANK *Holiday Food Drive*

PLEASE HELP FIGHT HUNGER

**WE WOULD GREATLY APPRECIATE YOUR NON
PERISHABLE NOT EXPIRED FOODS.**

**DROP OFF LOCATION IS
22 Spokwes Drive
Port Angeles, WA. 98363
Between now and December 17, 2021**

**All donations will be given to families in need
THANK YOU**





Dental Clinic

Welcome Sara Moore! Dental Assistant Trainee

The dental clinic really has something to smile about.

Sara Moore started off as a dental assistant trainee on November 1st, and we are so happy to have her aboard! Sara is an Elwha Klallam tribal member and many will know her from her time at housing. We feel very fortunate to have Sara join our team.

Sara will be joining Paisley and Chelsea as Dental Assistant Trainees. Trainees learn how to be dental assistants from the ground up with on-the-job training. Dentistry has a lot to offer, and there is a lot of information and skills to absorb. All our trainees are really showing a lot of promise. Come say hello to Sara at her new gig!



November 18 was the Great American Smokeout

But it's never too late to quit! -

Smoking (including cannabis and vaping) can lead to a host of challenges to your oral health. One of the main reasons is that the smoke itself can be an irritant to the soft tissues in your mouth, contributing to inflammation of not just your gums but of your salivary glands too. Smoking can discolor your teeth and give you bad breath. Lastly, but perhaps most seriously is that smoking increases your risk for developing oral cancer.

The American Cancer Society has some great resources available to help you or your loved ones let go of this tricky habit:

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

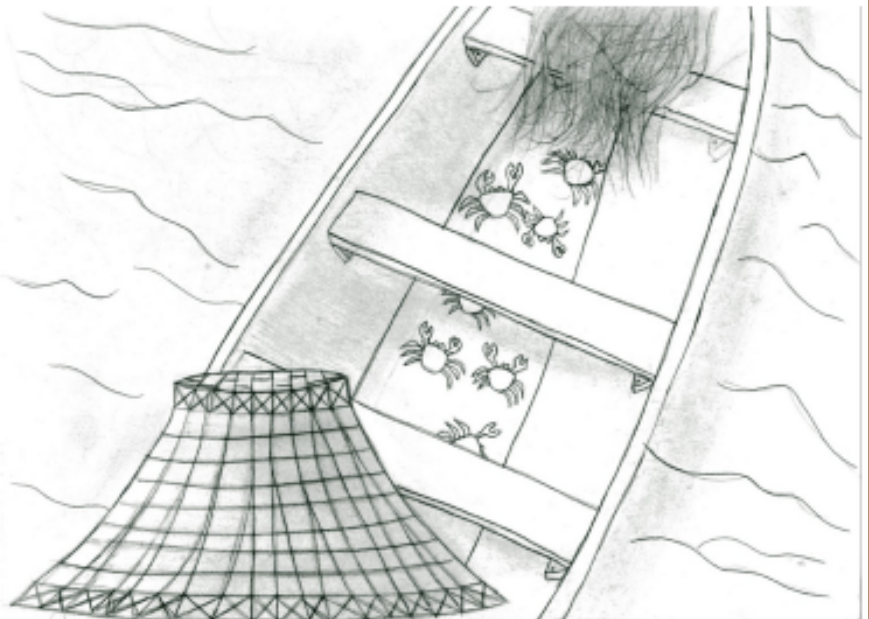


Language & Culture

slapú?. So he told her to get into his snáxw̓t and he paddled her across to the other side of the bay so she could hide on the spit. Once they got there she got out of his snáxw̓t and hid. Then, he went back to the other side to continue fishing for crab.

Soon he heard a terrible crashing coming through the woods. The bushes and trees were shaking, and all the birds flew away. slapú? came thundering out of the woods. She saw the crab fisherman and asked him, "Have you seen a little girl?" He said, "No, I have not." Now, old slapú? had tracked the girl to the edge of the water. So slapú? didn't believe the man. slapú? got in his snáxw̓t and told him to take her across to the other side of the bay. The man wasn't about to disobey slapú?, so he got in his canoe as well.

slapú? was much bigger than the man, so when she got in his snáxw̓t it tilted the nose forward into the water. He was sitting up in the back of his snáxw̓t, high in the air. The man was having a good fishing day, so in his snáxw̓t were many crabs that slowly started sliding toward the front, where slapú? was sitting. As he started to paddle he whispered to them, "Bite her toe." slapú? heard this and said, "What did you say?" "Oh, nothing, I was just trying to go." They went a little farther and again he whispered to the crabs, "Bite her toe." She heard him again, and asked what he had just said, but again he told her, "Nothing, I was just singing a little song. Just trying to go, just trying to go."



Slapú? started looking for the girl again, when she wasn't watching him, he whispered again to the crabs. "GO BITE HER TOE!" So they crept down and did. Those crabs crawled over to her big feet and clamped down her dirty toes with their big pincher claws and slapú? jumped up and screamed, kicking her feet, trying to get loose from those crabs. And canoe started to wobble in the water, and she fell right over the side of that canoe, SPLASH! into the water, and started to sink. The crab fisherman looked over the side of his canoe and seen her angry face looking up at him as she sank deeper and deeper. Her wild hair floating around her like seaweed. They say that if you look in that very same spot, you can still see her wild hair floating under the water, and little air bubbles still come up where she went down under the sea into the mud.



Nutrition & Diabetes

NOVEMBER 2021 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Blood sugar control
- Glucose testing
- Did you know?
- Foods to avoid



4 Foods that can cut years off of your life!

- ♦ Charred Meat. Grilled or well done meats increase the risk of colon, stomach and pancreatic cancer.
- ♦ Processed Meats. Cold cuts, pepperoni, ham, bacon and sausage may increase your risk of colorectal cancer. Also linked to heart disease, diabetes and stroke.
- ♦ Foods with added sugar. White carbs like flour and rice have fiber removed that are heart protective.
- ♦ High salt, fast foods and packaged foods. Their convenience leads to hypertension and heart issues.

Did you Know?

Eating only 1 serving of whole grains a day can cut your risk of getting diabetes.

Eating 3 servings a day can help control your blood sugar and decrease cholesterol levels.



Ways to Control Blood Sugar

The 1 thing that can have the biggest impact on your blood sugars, but is also the 1 thing most patients don't like to do:

Blood Sugar Testing

Knowing what your blood sugar is, tells **YOU** how your pancreas and the diabetes meds are working. Testing allows you to:

- Look for patterns
- How did that food affect you?

Don't just test in the morning, that only tells you what happened overnight. You should also be testing on a rotating basis before a meal and 2 hours after with a goal of 100-140. If your morning numbers are good, but your A1C is ≥ 8 , test after a meal, this could be where your problem is.

Factors that affect your blood sugar:

- Lack of sleep
- Stress & illness
- Drinking caffeine on an empty stomach
- Rebound hypoglycemia while you were sleeping

Reminder: If you haven't had your A1C tested in the past 4 months, please make an appointment with your provider. You can be eligible for a swim pass and a bottle of Vitamin D while supplies last.

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





Nutrition & Diabetes

Diabetes Quarterly & Foot Exam Reminder!!!

As the year ends, I would like to remind everyone to schedule your diabetes quarterly visit with your provider to prevent complications. I have reached out to some, but can't reach some of you. Knowing your A1c and having your feet checked for nerve blood supply is very important in keeping your toes happy!

Please schedule your diabetes visit or foot exam if you have not completed them this year. You can either call the clinic or me @ 360-912-1500. As an incentive, you can get a swim pass and a bottle of Vitamin D while supplies last.

Thank you,

Dawn Travelstead, RD, CDE

360-912-1500

Taking care of your feet in diabetes



1 Wash your feet daily with lukewarm water and soap.



2 Dry your feet well especially between the toes.



3 Apply moisturising lotion, but do not apply between the toes.



4 Check your feet for blisters, cuts, redness, etc. If present, consult your doctor.



5 Trim your nails straight across and file the edge with a nail file.



6 Change socks daily; avoid dirty and tight socks.



7 Never walk barefoot either indoors or outdoors.



8 Examine your shoes daily for cracks, stones, nails which may irritate feet.