



March 2022

# Elwha News

*čʔéʔx̌w̌aʔ syəcəm*

LOWER ELWHA KLALLAM TRIBE



On Friday, February 18th the Culture Department led the community in a virtual Fire Cider Making class. A large group of community members attended through both Zoom and Facebook Live.

Fire Cider is a traditional medicine that utilizes immunity boosting ingredients to ward off colds and alleviate the symptoms of viruses, including COVID.

Apple Cider Vinegar is both antibacterial and an antioxidant; evidence suggests it can be effective in reducing bad cholesterol while increasing the good, improving body composition and can kill both MRSA and E.coli. Honey is also antibacterial as well as antimicrobial; this can help with allergies and is always good on a sore throat. Ginger soothes an upset stomach and helps with pain and inflammation. Garlic is used to treat a variety of ailments such as high blood pressure, heart disease and some cancers. Recipes can include any number of healthy ingredients, including spices and herbs. If you'd like to try this at home, you'll find Angelina's recipe on page 23 of this edition.

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

PRSRT STD  
U.S. Postage  
PAID  
Olympic Mailing  
Services

Change Service Requested

ELWHA NEWS  
Lower Elwha Klallam Tribe  
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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](http://elwha.org)

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

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## Tribal Operations/Public Health Office Update

### **We've Moved to Phase 2 of the New Re-Opening Plan!**

The tribe has adopted a new phased re-opening plan. This plan has given metrics that have to be met before we can move forward to the next phase of opening. A few of the metrics include case counts in the past 2 weeks in the LEKT community and Clallam County.

Check out  
[www.elwha.org/covid/](http://www.elwha.org/covid/)  
for the most current  
information!

### **Are We Still Doing The Vaccine Support Program?**

**This program will be phasing out soon!** the links to the pages are on [www.elwha.org/COVID](http://www.elwha.org/COVID)

### **Online Tribal COVID Resources**

[www.elwha.org/COVID](http://www.elwha.org/COVID)

Request **home COVID tests** (for local LEKT community with exposure and/or symptoms)

Report COVID home test results

Request **food bank support** (for local LEKT homes in isolation/quarantine)

Find **mental health resources**

Find out **how many COVID cases** we currently have (these numbers are updated a few times a week)

Find House of Learning COVID specific guidance

Find links to **COVID vaccine support forms**

### **Free COVID Tests**

Federal Government is offering free COVID tests that can be delivered through the US Postal Service. To order your free tests visit: <https://www.covidtests.gov/>

State of Washington is offering Free COVID tests as well, they can be ordered here: <https://www.sayyescovidhometest.org/>



## 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:**

3/9 Billy Frank Jr Day



#### **WOULD YOU RATHER NOT RECEIVE A PAPER?**

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

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





## Tribal Directory

### **Tribal Center**

2851 Lower Elwha Road  
Port Angeles, WA 98363  
360.452.8471

### **Executive Director**

Tonya Greene, Ext. 7469

### **Tribal Operations Officer**

Tia Skerbeck, Ext. 7420

**CFO** Froilan Sarmiento, Ext. 7463

### **Accounting**

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

### **Cedar Box Smoke Shop**

4779 S Dry Creek Road  
Leif Ellis, 360.477-1170

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

291 Spokwes Dr  
360.504.3141  
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. 7552

### **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

Lower Elwha Klallam Tribe is also offering free COVID tests for local community members that have a recent exposure or symptoms. To request the test visit:

<https://app.smartsheet.com/b/form/7e651f2fbef54e8eac868f98687d50d0>

### **Do We Still Have COVID Cases?**

Community cases are starting to drop off finally! To see case numbers visit [elwha.org/COVID](http://elwha.org/COVID)

### **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.

Youth 12 and older and now eligible for the booster dose if it has been 5 months since they completed their primary COVID series. Call the clinic now to schedule! 360-452-6252.

Youth 5 and under are still waiting for emergency authorization approval for the COVID vaccine.

### **When Do We Get Booster Doses?**

If it has been 5 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?!**

The appliance company has started to reach out to folks to schedule the delivery of their freezers. We're excited to see this project wrap up in the next few months. If you're still waiting for your freezers, keep a look for a call from A&A appliance.

Tia Skerbeck, Tribal Operations/Public Health Officer



## Reopening Plan as of 2/25/22

# Lower Elwha Klallam Tribe's COVID-19 Pulling Forward Together Plan

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

	Phase 2 Minimum time at each phase is 2 weeks	Phase 3 Minimum time at each phase is 2 weeks	Phase 4 Minimum time at each phase is 2 weeks
<b>High Risk Populations</b>	-Resume public interactions, with physical distancing and KN95/N95 mask	-Resume public interactions, with physical distancing and KN95/N95 mask	-Resume public interactions, with physical distancing and KN95/N95 mask
<b>Recreation</b>	-Outdoor recreation with up to 7 members of same household -Indoor recreation with up to 7 members of same household by reservations in gym. Masked when not exercising	-Outdoor recreation activities up to 20 people -Indoor recreation, up to 20 in the gym, masked when not exercising	-Outdoor recreation activities unlimited participants -Indoor recreation, no more than 40 participants
<b>Education</b>	-Indoor afterschool education up to 7 students, wear 3-ply disposable masks and physically distanced	-Indoor afterschool education up to 10 students, wear 3-ply disposable masks and physically distanced	-Indoor afterschool education up to 15 participants
<b>Culture</b>	-No outdoor culture classes -Indoor classes up to 7 members of same household by reservation in culture classrooms. Wear 3-ply disposable masks	-Outdoor classes, up to 20 people -Indoor classes up to 20 people in culture classrooms. Wear 3-ply disposable masks	-Outdoor classes, unlimited people -Indoor classes up to 40 people in culture classrooms
<b>Social Gatherings</b>	-Outdoor social gathering with no one from outside your household -Indoor social gathering with no one from outside your household	-Outdoor social gatherings with no more than 20 people -Indoor social gathering with no more than 20 people. Wear 3-ply disposable masks	-Outdoor social gatherings with unlimited people -Indoor social gathering with no more than 40 people
<b>Travel</b>	Limited non-essential travel within proximity of your home	Continue non-essential travel within the State of Washington	-Follow CDC's COVID-19 travel guidelines



## Council Resolutions 2022

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
1-10-22	01-22	Public health order to move back to phase 1.5 in response to the rise in COVID 19 cases	4	0	0
1-26-22	02-22	Approval of application for ARPA award for additional funds through the WA State libraries for the 2021-2022 grant year	4	0	0
1-26-22	03-22	Approval of primary care cases management contract between WA State Health Care Authority and the LEKT Contract #K-5498	4	0	0
1-26-22	04-22	Approval of non-emergency medical transportation billing agreement between Paratransit services and the LEKT	4	0	0
1-26-22	05-22	Enrollment of: Jaxxon Charles-Elofson	4	0	0
1-26-22	06-22	Pinnacle Bank Loan Closing Cost of \$988,726.76	2	2	0
2-8-22	07-22	Land Assignment to Bradley Bennett	2	0	0
2-8-22	08-22	Approval and adoption of the LEKT mandatory vaccination policy to mitigate the spread of COVID-19 for the LEHD	4	0	0
2-15-22	11-22	Public health order to move to Phase 2 of the LEKT pulling forward together COVID reopening plan	4	0	0

**Was your driver's license suspended because you couldn't pay traffic tickets or go to court?**

**You may be able to get your license back!\***

**\*Those suspensions are unconstitutional in Washington.**



**free info at**



**relicensed.org**







## Birthdays &amp; Police Blotter

<b>Service Record for L &amp; O</b>	<b>Jan.</b>
911 Hang-Up	1
Abandoned Vehicle	3
Alarm/Alarm Check	2
Animal Calls	4
Burglary	2
Business Check	192
Citizen Assist	12
Citizen Contact	9
Civil	1
Community Oriented Policing	91
Court Paperwork/Service	7
CPS/APS	1
Courtesy Transport	1
Disturbance	1
Firework Violation	1
Fishing/Forest Violations	2
Follow Up	11
Found/Recovered/Lost Property	2
Fraud	1

Frequent Patrol Request	3
Junk Vehicle	1
Malicious Mischief	2
Misc. Info/False Reporting	3
Other Agency Assist	15
Prowler/Vehicle Prowler	2
Report of Open Door/Window	1
Sex Offense/Monitor	1
Suspicious Person/Vehicle	4
Theft	1
Traffic Control/Emphasis/Hazard	2
Traffic Stops	16
Trespass	3
Vehicle Accidents	5
Weapons Discharge/Violation	2
Welfare Check	2
Warrant Attempts	1
Warrants-Non-Tribal	1
<b>Total</b>	<b>409</b>

**STAFF & ELDER BIRTHDAYS!**

3/2 Mel Elofson

3/22 Aaron Kardonsky

3/28 Matt Beirne

3/7 Rena Barkley

3/22 Kim Sager-Fradkin

3/28 Amy Redner

3/10 Joseph Churchill

3/23 Nizhoni Wheeler

3/29 Krista Johnson

3/11 Jill Trubow

3/26 Vanessa Castle

3/31 Jesse Charles

3/15 Debra Ellis

3/27 Cameron Macias



## Reopening Plan as of 2/25/22

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<b>Gov't work-place</b>	<p>Staff in shared workspaces (physically distanced)</p> <ul style="list-style-type: none"> <li>-3 ply paper disposable mask/K95/KN95 mask at all times in office</li> <li>-Increased COVID testing protocol for staff and some program participants</li> <li>- Offices open to the public</li> <li>-ICW follow additional COVID protocol</li> </ul>	<p>Staff in shared workspaces (physically distanced)</p> <ul style="list-style-type: none"> <li>-3 ply paper disposable mask/K95/KN95 mask when unable to physically distance</li> <li>-Increased COVID testing protocol for staff and some program participants</li> <li>- Offices open to the public</li> <li>-Resume general community meetings in dining hall or gym</li> <li>-ICW follow additional COVID protocol</li> </ul>	<p>Staff in shared workspaces</p> <ul style="list-style-type: none"> <li>-Increased COVID testing protocol for staff and some program participants</li> <li>- Offices open to the public</li> <li>-Resume general community meetings</li> <li>-Resume ICW functions with additional COVID protocol</li> <li>-ICW follow additional COVID protocol</li> </ul>
<b>Masks</b>	Follow WA/CDC mask guidance.	Follow WA/CDC mask guidance.	Follow WA/CDC mask guidance.
<b>COVID Response</b>	<ul style="list-style-type: none"> <li>-Contract tracing for all LEKT community cases</li> <li>-Isolation/quarantine support as requested</li> </ul>	<ul style="list-style-type: none"> <li>-Contact tracing for staff, HOL student, Elder involved cases, and outbreaks</li> <li>-Isolation/quarantine support for cases with elders, immunocompromised, and infants impacted</li> </ul>	<ul style="list-style-type: none"> <li>-Contact tracing for staff, HOL student, Elder involved cases, and outbreaks</li> <li>-Isolation/quarantine support for cases with elders, immunocompromised, and infants impacted</li> </ul>

Check out  
www.elwha.org/covid/  
for the most current  
information!



## COVID-19 Updates

# LEKT COVID Testing & Quarantine Guidance



**Recently Recovered from COVID (in the past 60 days) and exposed to someone who has COVID**  
If you are symptom free – You do not need to quarantine, but you do need to test (with a home COVID test) 5 days after your last exposure to the COVID positive person, or 5 days since symptom onset if the positive person is a household member, or 5 days from positive test if the positive person is symptom free.

## Symptoms

Symptoms: cough, shortness of breath, fever, chills, sore throat, headache, nausea/vomiting, diarrhea, fatigue, muscle aches, new loss of smell or taste.

- Test
- Quarantine while waiting test results

**Negative** -> isolate 24hrs after symptoms go away.

**Positive** -> isolate for 10 days. Remove from isolation on day 11 from symptom onset (or date of positive test if asymptomatic) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

## Household member is positive

you have no symptoms and **ARE** boosted/fully vaccinated in the last 6 months

- Positive person able to isolate away from others?

**Yes** -> no quarantine. Test 5 days after last exposure, \*\*mask for 10 days.

**No** -> quarantine for 5 days from positive person's symptom start date, test at day 5, \*\*mask for 5 days.

**Isolation:** begins the day your symptoms start or the day of your test if you have no symptoms

**Quarantine:** begins the day of your last known exposure to the virus  
Provider will not call to release from isolation. Reach out to your provider if you need official release

## Exposed (no symptoms)

Exposed: closer than 6ft for 15+ mins to someone recently positive. Time frame includes the 48 hours prior to their symptom start, or positive test for asymptomatic.

- Boosted or vaccinated in last 6 months?

**Yes** -> no quarantine. Test 5 days after last exposure, \*\*mask for 10 days.

**No** -> quarantine for 5 days from last exposure, test at day 5, \*\*mask for 5 days.

## Household member is positive

you have no symptoms and **ARE NOT** fully vaccinated or boosted in last 6 mo

- Positive person is able to isolate away from others?

**Yes** -> quarantine for 5 days from last exposure, test at day 5, wear \*\*mask for 5 more days.

**No** -> quarantine for 5 days from the recovery date of the positive person, \*\*mask for 5 days.

**Isolation:** begins the day your symptoms start or the day of your test if you have no symptoms

**Quarantine:** begins the day of your last known exposure to the virus

Provider will not call to release from isolation. Reach out to your provider if you need official release

## Positive

Home tests do not need to be confirmed at clinic

- Isolate for 10 days

Remove from isolation on day 11 from symptom onset (or date of positive test if asymptomatic) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

Symptom free at days 5 or 8, may test out of isolation on day 5 or 8 with negative home test.  
LEKT will not provide tests and LEHD will not test to remove from isolation

TOO-CDS 2/22/22

\*\*3-ply disposable or N95 or KN95 mask



## Fire Cider Recipe

### Angelina's Fire Cider Recipe

1 onion, chopped  
2-4 large cloves of garlic, finely cut  
1 cup chopped aromatic herbs including rosemary, sage, oregano, thyme  
1/2 ginger finely cut  
1/2 cup horseradish, finely cut  
1/2 cup honey  
3 cups apple cider vinegar  
optional: elderberry, cayenne pepper, sliced lemon or orange, spring evergreen tip



1. Chop all fresh ingredients
2. Place herbs in a quart glass jar
3. Heat apple cider and honey in a pan so they are warm but not boiling!!
4. Pour apple cider vinegar in jar until all ingredients are fully covered
5. Cover with a plastic lid or place a piece of wax paper under metal lid and close
6. Store in a dark, cool place for about 2 weeks, shake the jar daily.
7. Use muslin cloth or a press to strain out the solids, then pour the vinegar into a clean jar.  
be sure to squeeze out as much of the liquid as you can.
8. Store in a cool place or in the refrigerator for up to a year, refilling with vinegar as needed.

Drink one tablespoon for prevention, more if you're already sick. Or mix into tea!







## Community News



Big thanks to Miss Chloe Rae for her hard work helping out at the Employee Christmas party! She is pictured here after being blanketed by Chairwoman Frances Charles and Executive Director Tonya Greene.



# HAPPY BIRTHDAY



To: Kailoni Cagey-Carter &  
Matt James

From: Elaine, Mike &  
Payton

*We would like wish our family matriarch, mother, grandmother and great-grandmother, Elva Arakawa, a Happy 87<sup>th</sup> Birthday (February 18<sup>th</sup>)! May the good Lord bless you on your special day. We love you!!*



*Love,*

*Lu, Ken, Lori, Mark, Juanita, Raine, Harmony, Sky, Jonathan, Jordan, KuHela, and Bryant*



## Utilities

# **FYI—Garbage collection days are changing!**



**970 Carlsborg Rd  
Sequim, WA, 98324  
360-452-7278  
Cust2112@wcnx.org**

Dear Customer,

In an effort to service our customer base as efficiently and safely as possible, your GARBAGE collection day will change in your immediate area.

**Effective Thursday, March 3<sup>rd</sup> your garbage collection day will change to Thursday.**

Please be sure that your items are accessible on the day of service to allow for consistent collection. **We will service your garbage on Wednesday, February 23<sup>rd</sup> and then again on Thursday, March 3<sup>rd</sup>. The service will then continue every Thursday after that.** This change in schedule will allow our company to continue to provide the best service possible to all our customers with a focus on safety and efficiency. We apologize for any inconvenience and appreciate your understanding. If you have any further questions regarding this collection schedule change, please contact our Customer Service Department via the contact information above. We are happy to answer any questions you may have regarding your service. Thank you for being a valued Olympic Disposal customer!

Sincerely,

Olympic Disposal Customer Service Team





## Food Bank



# Lower Elwha Food Bank Days & Hours

**Mondays - 1:30pm - 5:30pm**

**Tuesdays - CLOSED**

**Wednesdays (Upper Elwha Veteran's  
Center) - 1pm - 3pm**

**Thursdays - 9:30am - 1:30pm**

**Fridays - 9:30pm - 1:30pm**

**22 Spokwes Dr  
Port Angeles, WA 98363  
(360) 452-8471 x7690**





Heritage Training Center



## ***Tribal Technology Training***

**Friday March 18, 2022  
10am - 3pm**

**Join us in person or via  
Zoom**

- Improve Native Workforce Technology Skills
- Creation of a Tribal Tech Warrior Self-Help Network
- Provide Native Entrepreneurs with new skills to build their businesses
- Learn how to combat cyber-security attacks, stalking & human trafficking threats

Tribal Tech Warrior Team Spring 2022 Training Series Training conducted using the Zoom platform, pre-registration required. You will need your own laptop and quiet room for training session. Training conducted using the NorthStar Curriculum. You can download NorthStar - [www.DigitalLiteracyAssessment.org](http://www.DigitalLiteracyAssessment.org) Sign up under "WA State Tribal Libraries" it's free!

**To **RSVP** please contact:**

Nicole.Volkmann@Elwha.org or (360) 417-8545 x2912

**Elwha Klallam Heritage Training Center  
401 E First St Port Angeles, WA  
(360)417-8545**





## Housing



Free dump funds are still available. We've noticed several yards that are in need of Spring clean-up please utilize this free opportunity.

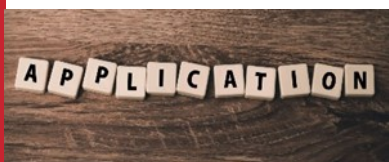
We are doing some spring cleaning as well at the housing office:

FREE- mail boxes, cabinet doors/drawers for homes built in 1994- first come first serve.



We welcomed three new full time staff members on board in February if you get to see them in person or by phone please welcome them to our community! Joey Surina-Maintenance Assistant, Bucky Johnston- Maintenance Supervisor and Megan Elefante-Resident Services Coordinator. Watch for their bios next month!

Waiting list applications are available at the office, by mail or by email. Don't let your application expire date of application is important when a house becomes available. Are you on the waiting list but in need of a home now?



We still offer the once in a lifetime First, Last and Deposit program. Please call if you are interested in an application.

If you are in a rental and normally recertify at the beginning of the year please call to schedule a time to meet with Jennifer Hutto.

Have a maintenance issue? Please call the office so a work order can be completed. We've had several tenants calling maintenance directly but we need you to call the office so it is documented in your file.



Don't forget...Northwest Indian Housing Scholarship applications are due at the end of March. Please call Jennifer Hutto or Janet Hren for an application.



We are happy to announce that our CARES Act funds are spent and the grant has been closed out. This is the grant Janet wrote that provided the community with the household cleaning supplies, COVID safety supplies-office glass partitions, masks, etc., the payment drop box and the credit card machine just to name a few of the items. We have received the American Rescue Plan grant this year and will be updating ventilation systems in our managed units. Annual performance Reports are posted at the Housing office and at the Tribal Center.



## Food Bank

The food bank has changed the days and times, and can now services the Upper Elwha reservation 1 day a week. Also can deliver to the enrolled Elwha elders & disabled that have no means of transportation.

The application is on the Lower Elwha Announcements page. In June of 2022 we are looking at being able to give out fresh produce that will be donated from a farmer located out of Joyce Washington.

I also have applications for elders 60 years and older to receive Commodity Supplemental Food from the OlyCAP program in Clallam County.

I would like to take this time to recognize a couple of our youth that volunteer at the Elwha Food Bank.

Austin McLaughlin is a descendant of the Elwha tribe, the son of Mark & Angela Raycraft, the grandson of the late Susan Rhodes Coronel and they belong to the Rhodes family. Austin is 15 years old in 10 grade at the Port Angeles High School, he volunteers 2 days a week after school, and also did Summer Youth Program in 2021. Having Austin help out is wonderful. To be a part of his life as he volunteers and watch him grow is such an honor. Austin has to meet certain amount of hours per semester for the ROTC program and has met those hours and continues to show up and volunteer. Some of the things he does are stocking, preparing bags, distributes food bags, data entry and helps keep the building clean. I would also like to give a shout out to the parents for doing an amazing job with Austin. Austin is very well mannered, has so much respect, very polite and takes his duties to heart.



Thank you Austin for all that you do.

Also I would like to recognize Jayceon Tinoco who is enrolled Elwha, he is the son of Lazaro & Ashley Tinoco the grandson of myself & the late William (Jim) & Deborah Reems, he is the great grandson of Beverly Bennett, also the late Frank Bennet Sr. & Leo Charles Sr. all of Elwha and the late Sharon Charles of Makah. Jayceon is 8th grade at Stevens Middle school. He volunteers anywhere from 3 to 4 days a week after school. Jayceon enjoys volunteering and has been for 2 months now. He just does what needs to be done with no questions asked and is a huge help. I enjoy being a part of these 2 youth's lives and I truly appreciate all the hard work they put in.

There is a survey that can be filled out as I would like feedback on any suggestions and or concerns.

The days and time will be posted 1 time a week on Elwha announcements page. If you have any questions or concerns please call or email me.

Dorene Charles  
Lower Elwha Food Bank Coordinator  
22 Spokwes Drive Port Angeles  
(360) 452-8471 ex. 7690  
Dorene.charles@elwha.org



## Nutrition &amp; Diabetes

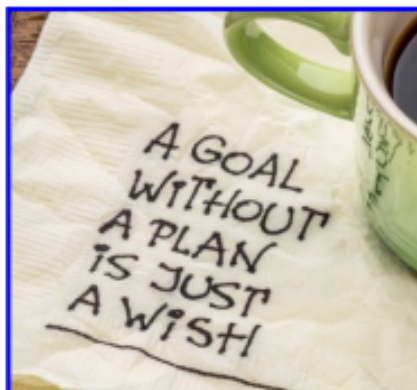
## FEBRUARY 2022 NEWSLETTER

## KLALLAM STRONG: NUTRITION &amp; DIABETES NEWSLETTER

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

## In this issue:

- Carbohydrates
- Protein
- Fiber
- Chicken nuggets
- Did you know!



- ♦ **Lifestyle Goal #1:** The Role of carbohydrates. Carbs have been given bad press, the truth is....we eat the WRONG carbs.

Carbs provide: good energy for the brain; fiber from carbs helps remove waste and cholesterol; and makes you feel full and provides your gut with healthy bacteria.

**Choose FIBER!!** 2 types of fiber: *soluble* (attracts water which helps digestion); and *insoluble*, (adds bulk to prevent constipation). **Goal**—18 grams of fiber a day.

## Lifestyle Goal #2 :

## Importance of Quality Protein:

Adding plant based proteins is a good and healthy way to increase your daily protein intake rather than using red meat/poultry and seafood.

## Plant based proteins:

- ♦ Beans
- ♦ Lentils
- ♦ Nuts and seeds
- ♦ Quinoa
- ♦ Whole wheat pasta



## Top Fiber foods:

Chia seeds	Berries	Lentils
Black /pinto beans	Avocado	
Peas	Apple with skin	Spinach
Quinoa	winter squash	Almonds

## Homemade Chicken Nuggets

3 boneless chicken breasts	1 tsp salt
1 c Italian seasoned bread crumbs	1 tsp garlic
1/2 c. grated parmesan cheese	1 TBL basil
2 well beaten eggs	

Preheat oven to 400. Cut chicken into 1-2 inch size pieces. Mix well the crumbs/cheese/salt/basil/garlic. Dip chicken into egg, then coat with crumb mixture. Place on greased cookie sheet and bake for 20 minutes.

## Did you know??? Chicken Nuggets:

To get the same amount of protein that's in a pound of chicken breast, you would have to buy \$23 worth of fast food nuggets (you would have to buy 5 of the 10 pc nuggets to equal the protein value). Also the nuggets contain 57% fat. YIKES!

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





## Family Advocacy

Greetings!

I know this is intense but let us talk about it.

From “Love is respect”, it addresses “Dating Abuse” which is an attempt by abusive partners to gain or maintain power and control, and it comes in many forms. Abuse usually isn’t isolated — it forms a pattern of behaviors that collectively make the victim question their own self-worth and become further entrenched in the abusive relationship.

The **Power and Control Wheel** developed by the Domestic Abuse Intervention Project offers a useful tool to understand the dynamics of dating abuse.

*Note: the Power and Control Wheel assumes she/her pronouns for the victim and he/him pronouns for the perpetrator, but the abusive behavior that it details can happen to people of any gender or sexuality.*

<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/power-and-control-dating-abuse/>

As a victim, are you experiencing any of the power and control signs of abuse?

As an abuser or perpetrator, are you using any of abusive phrases or statements to gain control over other person? If you are a victim or an abuser and you can relate to one or more of the signs of power and control wheel, please start talking and getting some help or support. Call me and I will do my best to assist you or to refer you to another provider that may be able to help you.

### **Other resource information:**

**Coaching Boys into Men** – If you are athletes coach and interested to further your leadership to help youngsters to be more responsible, respectful and non-violence, go to CoachCorner.org and learn more of what they can offer. It is free. Or contact me as I have requested a copy of *Athletes as Leaders* and *Coaching Boys into Men* curricula for you to borrow.

Respectfully,

**Beatriz Arakawa**, Program Manager and Victim Advocate

3080 Lower Elwha Rd. Port Angeles, WA 98363

Office: 360-565-7257 ext. 7453; Cellular Hotline 1: 360-460-1745; Hotline 2: 360-775-9346

E-mail: [Beatriz.arakawa@elwha.org](mailto:Beatriz.arakawa@elwha.org)

Assistance to Victims of Domestic Violence, Sexual Assault, Dating Violence, Stalking, and Provide Prevention/Awareness.

Mission: Victim’s Safety and Autonomy through Advocacy and Community Awareness





## Family Advocacy

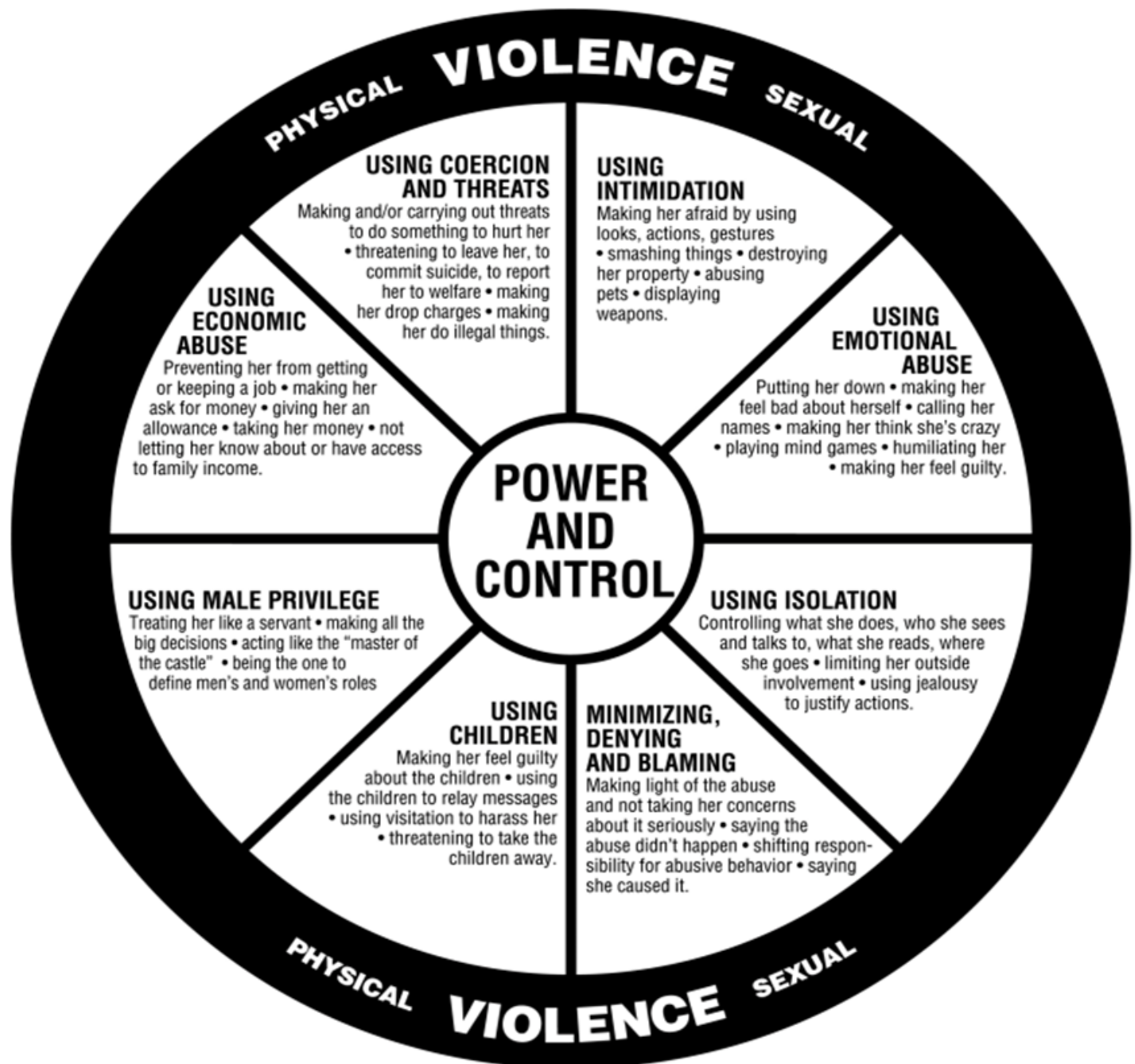


### Lower Elwha Family Advocacy Program

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](mailto:Beatriz.arakawa@elwha.org)

Dearest Community Members and Readers,





## Dental Clinic

### Farewell Dr. Steim



**As of March 1st, Dr. Lauren Steim will be practicing full time** with her husband Dr. Nate Steim (who many of you know as our implant dentist) at their practice in Sequim. We wish her and her family continued health and wellbeing at *Steim Family Dentistry*. The Sequim community is fortunate to have them!

Since June of 2019, Dr. Steim has made such a wonderful contribution to our community. From helping folks get out of pain, to ensuring our children's dental needs were being attended to, and giving out elder's their beautiful smiles back, Dr. Steim has been there for us. Best wishes Dr. Lauren, you will be dearly missed!

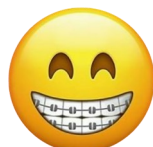


### Welcome Dr. Catelli! Our brand new Dentist

**We are happy to announce that Dr. Bill Catelli will be joining** the dental team on March 1st!. Dr Catelli brings over 30 years of experience practicing dentistry and we are excited to have him with us.

Dr. Catelli graduated from Loma Linda University School of Dentistry in 1987. He served in the U.S. military and the U.S. Public Health Service for a total of nearly 26 years. He is a general dentist and is licensed in Washington, Idaho, and Alaska. Dr. Catelli is a life-member of the Association of Military Surgeons of the United States (AMSUS) and an active member of the American Dental Society of Anesthesiology (ADSA). Dr. Catelli promotes safe and effective patient care and the control of anxiety and pain. Dr Catelli lives in Sequim, WA, and enjoys hiking, bird-watching, and photography. Dr. Catelli is a tribal member of the Gabrielino-Tongva Indian Tribe of Los Angeles, California.

Come say hello to Dr. Catelli next time you are at the Dental Clinic!



**Keep an eye on this space for updates about the 2022 ortho program!**

If you are interested in participating this year, you will need to be up to date on all your treatment, so give us a call to schedule if you are due for an exam and cleaning.





## Language & Culture



*k'wánəxʷ u cxʷ cə* \_\_\_\_\_

Do you see the \_\_\_\_\_

*k'wánəxʷ u cxʷ cttí k'wəškwš*

do you see the blue jay

*k'wánəxʷ u cxʷ cttí čsaʔ húʔpt*

do you see the two deer's

*k'wánəxʷ u cxʷ cttí xáykwš*

do you see the raccoon

*k'wánəxʷ u cxʷ cttí k'wəyŋsən*

do you see the eagle

*k'wánəxʷ u cxʷ cttí wəxəł*

do you see the frog

*k'wánəxʷ u cxʷ cttí sk'wəyəxʷ*

Do you see the screech owl

*k'wánəxʷ u cxʷ cttí smácən'*

do you see the skunk

*k'wánəxʷ u cxʷ cttí qəwícəp*

do you see the cougar

*k'wánəxʷ u cxʷ cttí čq'wəyəc*

do you see the black bear

*k'wánəxʷ u cxʷ cttí qaʔqiʔcəy'*

do you see the rabbit

*k'wánəxʷ u cxʷ cttí čsaʔ xəʔxiyuʔéʔč*

do you see the two chipmunks





## Supplemental Food Program



**Do you know a senior  
looking for extra food assistance?**

**OlyCAP can provide extra food  
assistance with CSFP.**

***Commodity Supplemental  
Food Program.***



**Requirements to qualify:**

- \* Age 60 or older
- \* Living in Clallam County
- \* Monthly income cannot exceed 130% of poverty level. (\$1395 per month per person)

**For more information contact**

**Cathi Hughes**

**OlyCAP**

**360-452-4726, Ext 6218**



**Commodity  
Supplemental  
Food Program**

**a Senior Food Assistance Program**



**This program provides  
monthly supplemental food  
to low-income seniors.**

**The box includes shelf-stable  
nutritious foods including  
vegetables, fruit, juice, cereal,  
protein, boxed milk and  
cheese.**





## Education

Dear Elwha Klallam Community,

If you are interested in applying for scholarships to go back to college here are some opportunities for you.

Washington State Opportunity Grant: [www.waopportunityscholarship.org](http://www.waopportunityscholarship.org)

Washington Indian Gaming Association: <http://www.washingtonindiangaming.org/>

Washington student Achievement Council (formerly referred to the State Need Grant): <https://wsac.wa.gov>

American Indian Endowed Scholarship: <https://wsac.wa.gov/american-indian-endowed-scholarship>

Cobell scholarship: <https://www.google.com/#q=the+american+indian+graduate+center>

Washington State Hub for scholarships: [www.thewashboard.org](http://www.thewashboard.org)

### Upcoming In 2022!

**Your Heritage Training Center is proud to present:**

**Commercial Driver's License**

**Flagger's Certification**

**Financial Empowerment Training (Virtual):**

- Managing Money and Cash Flow
- Homebuying
- Credit Reports and Scores
- Debt Collection Options
- Identity Theft
- Student Loans
- Investing

**Tribal Technology Training**

... and more!



Stay tuned for more information, and if you have something in mind that you don't see here, please reach out and let us know!

Nicole Volkmann — (360) 417-8545 x2912



# Klallam Culture and Language - Elementary -

We are currently compiling tribal resources to create Elementary level Curriculum for the *Since Time Immemorial: Tribal Sovereignty in Washington State*. Pilot program will begin in Spring 2022 at Dry Creek Elementary. The curriculum can be found on the OSPI website.

Along with the curriculum development, we have been doing cultural outreach at Dry Creek, Jefferson, and Crescent schools; where we share traditional stories, teachings, and art.

With the tribe reentering phase two, we will begin after school craft nights with tribal families and community members. We will be having time slots that must be reserved before hand, with a limit of 7 members of the **same household**. Please follow our Facebook page for current updates.

## Elementary Curriculum

In 2015, the Legislature passed Senate Bill 5433 modifying the original 2005 legislation, now requiring the *Since Time Immemorial: Tribal Sovereignty in Washington State* or other tribally-developed curriculum be taught in all schools. The use of the *Since Time Immemorial* curriculum has been endorsed by all 29 federally recognized tribes.

The resources below support the integration of tribal history lessons with your existing elementary curriculum.

### Primary Elementary K-3

Pathway 1: [Stories and Histories of Our Place](#)

Pathway 2: [Honoring the Salmon](#)

Pathway 3: [Giving Thanks: A Native American Cultural Tradition](#)



### Washington State History-4th Grade

Unit 1: [Exploring the Pacific Northwest Prior to Statehood: Tribal Homelands](#)

Unit 2: [Living in Washington: Celilo Falls](#)

Unit 3: [Being Citizens of Washington: Salmon Recovery and the Boldt Decision](#)

### U.S. History-5th Grade

Unit 1: [Encounter, Colonization, and Devastation: Tribal Homelands](#)

Unit 2: [Independence: Revolution and the U.S. Constitution in Indian Country](#)

Unit 3: [Legacy for Us Today: Elwha](#)

## Ancient Civilization History & World History Resources

The following resources help you integrate tribal history with your Ancient Civilization History and World History courses.





## Library

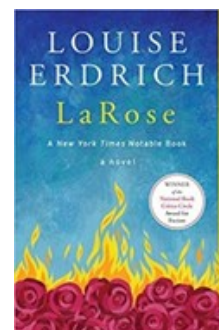
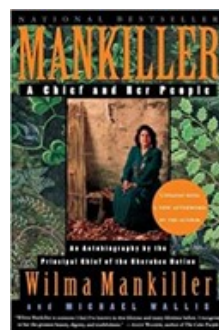
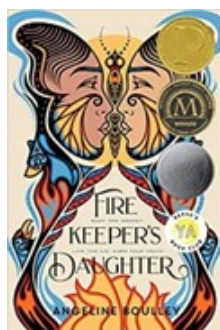
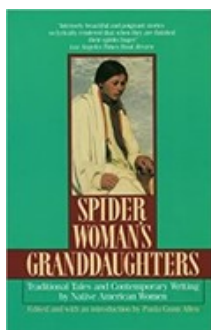
### The Library is Back Open to the Public!

Thanks to the recent move back to Phase Two of reopening, the Library is back open to the public. However, due to social distancing requirements, we are only allowing two guests into the Library at a time. If you wish to come in to use the computers or to browse our collections or check books out, we recommend that you call or email ahead of time to make a reservation. Reservations are not required, but you may not be able to come in right away if we already have two visitors inside. We are open to the public Monday-Friday, 8:00 AM to 2:00 PM. Afternoons are reserved for the after-school program. Email [jason.morris@elwha.org](mailto:jason.morris@elwha.org) or call 360-452-8471 ex. 7431 to make a reservation.

### March is Women's History Month

Join the Library in celebrating Women's History Month by coming in to check out some of our books about Women's History and my woman authors. Here are just a few of our great titles:

- *Spider Woman's Granddaughters: Traditional Tales and Contemporary Writing by Native American Women*, edited by Paula Gunn Allen
- *A Gathering Spirit: A Collection by North American Indian Women*, edited by Beth Brant
- *Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet* by Carol Schaefer
- *Firekeeper's Daughter* by Angeline Boulley: An 18-year-old Anishinaabe kwe (Ojibwe woman) must go undercover and use her knowledge of chemistry and Ojibwe traditional medicine to track down the source of a lethal new drug.
- *Mankiller: A Chief and Her People* by Wilma Mankiller: An autobiography by the first woman Principal Chief of the Cherokee Nation.
- *LaRose* by Louise Erdrich: "Inspiring and affecting, *LaRose* is a powerful exploration of loss, justice, and the reparation of the human heart, and an unforgettable, dazzling tour de force from one of America's most distinguished literary masters."





## Child Care

### LOWER ELWHA CHILD CARE

The Children's House of Learning / 291 Spokwes Drive / Program Director Bobi Clark

Phone (360) 504-3141 / Fax: (360) 504-3651

#### Infant (Ducks) Teacher Catherine

##### Enrollment Openings

"The Ducks classroom theme is **A Pot of Gold At The End Of The Rainbow** and We'll be teaching the babies colors of the rainbows and shapes of the gold" – Catherine Youngman

#### Toddler (Hummingbirds) Teacher Lucy

Week 1 – Celebrating all things **DR. SEUSS**, with stories and a fun **Dress Up Character Day on the 2<sup>nd</sup>**

Week 2 - The very Hungry Caterpillar

Week 3 – Creating rainbow artwork inspired by St Patrick's Day

Week 4 – Artwork and stories inspired by Women's History

#### Preschool (Wolves) Teacher Cassie

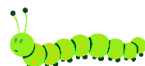
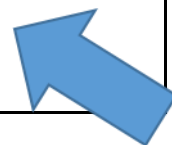
For the month of March, the Wolves will be learning about the history of St. Patrick's Day. Throughout the month Amy and I will be doing St Pat's related arts and crafts – such as coloring shamrocks, learning about the colors of the rainbow, painting rainbows and eating delicious food. On the 17<sup>th</sup>, we will be having a celebration by designing shamrocks, eating St. Pat's themed "leprechaun snacks", and playing a game of **Gold Coin Hide-N-Seek**. Amy and I will hide coins throughout the classroom, and after the game, we will have the kids count how many gold coins they have in their buckets. We can't wait!

-Teacher Cassie

#### Afterschool (Whales) Teacher Juanita

The Whales will be starting off with arts and crafts projects inspired by Dr. Seuss week. Later in the month, they will be focusing on St. Patrick's Day themed projects.

Don't Forget to wear Green on  
Thursday March 17th



We are  
**HIRING!!!**

We are looking for a Full Time Teacher's Aid and a Part Time Teacher's Aid. Stop by and grab an application or apply online at [www.elwha.org](http://www.elwha.org) under Employment Opportunities.

Reminder - Child Care will be **CLOSED** March 9<sup>th</sup> in honor of Billy Frank Jr.