



October 2022

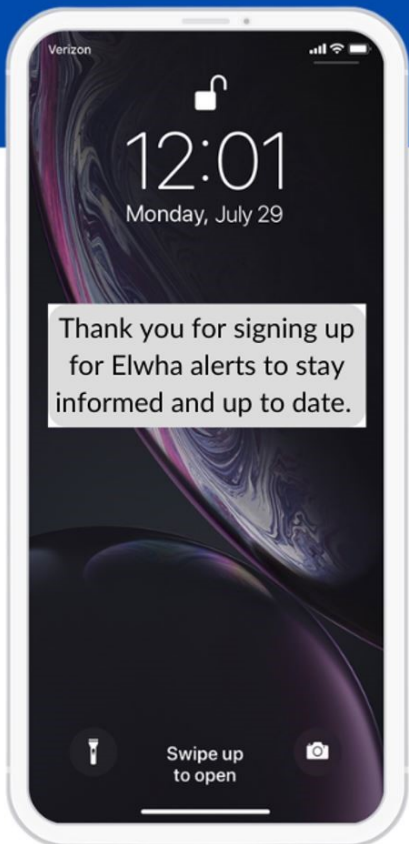
Elwha News

čʔéʔtɬxʷaʔ syəcəm

LOWER ELWHA KLALLAM TRIBE

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 Officer Update

New Bivalent COVID-19 booster!!

The new COVID-19 booster includes a booster for the Omicron variant and the original COVID strain. Call LEHD to schedule your booster 360-452-6252

Free COVID Tests

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 to be dropped off for local homes visit: <https://app.smartsheet.com/b/form/7e651f2fbef54e8eac868f98687d50d0>

To pick up tests, you can stop by the front desk of Social Services or the Tribal Center, House of Learning, or the Food Bank.

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

Do We Still Have COVID Cases?

We have seen a **small rise** in COVID case in the recent month! To see case numbers visit elwha.org/COVID. Please make sure that you are following quarantine guidance, masking when around others, and checking in on family and loved ones that may be sick with COVID.

We are still in Phase 4 of our Re-Opening Plan and Yellow for mask wearing.

We're still in Phase 4 of the COVID reopening plan. Gatherings outdoors with unlimited number of participants, and gatherings indoors with no more than 40 people.

- Tia Skerbeck, Tribal Operations/Public Health Officer



Did you know...

COVID vaccines are approved for everyone 6 months and older?

Call the Lower Elwha Health Department to schedule your family's COVID-19 vaccines at (360) 452-6252.





Youth Leadership



Via Native Action Network:

Meet one of our Young Native Women's Leadership Academy participants:

Ella Fernandes (Lower Elwha Klallam)

Ella is an enrolled member of the Lower Elwha Klallam Tribe. She currently lives in Burien, WA and will be attending Eastern Washington University in the Fall of 2022. Before the COVID-19 pandemic, Ella volunteered at an animal shelter. While volunteering, she spent her time helping animals find their forever home and cleaning the shelter. Ella has future aspirations to become a leader in the Criminal Justice Field and help people stride towards their life goals. Ella is a unique individual who is honored to be part of the Lower Elwha Klallam tribe.

#NAN #YoungNativeWomensLeadershipAcademy

Zelby Gloria attends NCAI /Youth Leadership and Appointed to the Northwest Portland Area IHS Board as a Youth Delegate

Hello, I am Zelby Gloria, I am from the Sullivan family. My late father is Raymond Gloria, my late grandmother is Dolly Gloria (Sullivan) and my late grandfather is Kasko Gloria (Tlingit). When I learned that I would be traveling to Alaska this summer, I was excited! This is a trip I've been wanting to take forever. My late grandfather Kasko Gloria is from Alaska. Having historical roots to Alaska & knowing that there is family in Alaska, it became priority to some day visit the State of Alaska, & this was a golden opportunity. I've had some discussion with my family about who remained in Alaska & where they lived. They live in the Southeast portion of Alaska near the Tongass. Unfortunately, this is not where NCAI would be held, it was held in Anchorage Alaska. I learned how important it is to visit your relatives. My late Uncle, passed away in a fishing accident, he lived in Alaska. So naturally I was exhilarated when my grandma, Theresa Lehman, asked me to come along with her to Alaska. My Grandma attended NCAI (National Congress of American Indians) conference, she sits on Tribal Council for Jamestown S'Klallam Tribe.



I was not able to visit relatives but, I took the trip for other reasons: the conference. I was able to meet with Tribal leaders & people who valued my voice, I listened to the knowledge of many tribal leaders across the nation & their views on tribal conflict, Sovereignty, Self-Governance, & meet people that could help me define what it means to be Tlingit. I participated in the youth events and met new friends. I learned about what I could do as a native youth, like voting and to go after bettering your mental health. However, the most important part of the trip was discovering what it means to be living in Indian country or maybe it was traveling on a plane for the first time, who knows. What I do know is I will be going back to Alaska for I have so much more to learn.

I am a Senior this year, attending the Port Angeles High School, I am taking running start classes at the college. In my Junior year I served on the Port Angeles Education Foundation (PAEF) and hope to serve this year. Recently, I was appointed to the Northwest Portland Area Indian Health Board (NPAIHB), as a youth delegate. I was informed of the open position on the board, and was encouraged by my mom (LaTrisha Suggs, City of Port Angeles Councilwoman and Jamestown Citizen) and my grandma, Theresa Lehman to apply. The delegates are a group of Native youth who represent the Tribes in Idaho, Oregon, and Washington. We collaborate to share our voice on health programs and policies and learn more about health and wellness careers and develop leadership skills. I have attended several virtual meetings where we have discussed health programs, policies that impact youth, PSA, and I share my voice and perspective. This last weekend I traveled to Olympia to participate in the development of a new public service announcement. I wrote the script, participated in story board development, main actor, and was an assistant producer of the film. The filming took two days, and we were also able to attend the Puyallup Pow Wow. Once the PSA is completed, I will work with the Tribe to host the link on the Elwha Website, and other social media outlets like Facebook. I am grateful for the ways in which I can serve my Tribe and Community. www.npaihb.org/youth-delegate/ is the website to learn more about NPAIHB youth delegates.



Community Halloween Event

Vaccines may seem scary and painful,
but it's a good thing that you
are so brave and strong!

Together, we ALL
can help keep our
community healthy!



Lower Elwha Klallam Tribe Community Halloween Event

October 28, 2022 4:30-8:00PM

Lower Elwha Klallam Tribe Gymnasium



Lower Elwha Health Department
243511 Hwy 101
Port Angeles, WA 98363
(360) 452-6252

Vaccines provided by



Image courtesy of artist Louie Gong and Eighth Generation



Community Halloween Event

Slapú? and the Crab Fisherman

As told by Elaine Grinnell From Martha John

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 kids 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. This is one of many Klallam stories about slapú?.

Once there was a little girl who was being UGLY and mean to her mother, 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 and she decided to run away. She ran through the woods to the water and saw a crab fisherman. She asked him if he would take her across the water to the other side of the bay because slapú? was after her. He wanted to help her get away from slapú?, so he took her to the other side where she got out and hid behind some logs. He went back to fishing for crab.

Soon he heard a terrible crashing through the woods. Bushes and trees were shaking and all the birds were flying away. Then slapú? came thundering through 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 water's edge and she didn't believe him. She got in his canoe and told him to take her across to the other side. He didn't want to disobey slapú? so he got in his canoe.

In his canoe were many crabs and as he started to paddling he whispered to them, "Bite her toe." slapú? heard this and said, "What did you say?" "Oh, nothing, I was just singing a little song. *Just trying to go, just trying to go*" They went a little farther and again he whispered to the crabs, "Bite her toe." She heard him again, but again he told her, "Nothing, still singing my little song." She started to look for the little girl again. When she wasn't watching him, he whispered again to the crabs. "GO BITE HER TOE!" And they did. slapú? screamed and jumped around, trying to get loose from the crabs, fell into the water and sank deeper and deeper. They say that if you look where slapú? sunk that the bubbles are still coming up where she went down under the sea into the mud.



Health Department

Flu Vaccine

Lower Elwha Health Clinic
(360)452-6252

► FLU SEASON PREPERATION

243 511 Hwy 101
Port Angeles WA
98363
.....

The Lower Elwha Health Clinic is ready to prepare for flu season with you and your family. Here are simple check list:

- ☐ Call your PCP, pharmacy or the Lower Elwha Health Clinic to schedule your flu vaccine
- ☐ Be prepared with sick day supplies such as ready to cook meals and comfort items readily available
- ☐ Be prepared to isolate a household member
- ☐ Have tea's, soups and tissues stocked up



HOW CAN YOU PREVENT THE FLU?

- ◆ Wash hands frequently especially when entering your house from public places
- ◆ Keep up on you health with regular doctors visits, healthy diet, and a regular sleep schedule
- ◆ Clean high traffic areas of the home such as door nobbs, handles, telephones and bathrooms often
- ◆ Properly cover cough and sneezes and if possible, wash/sanitize hands directly after

What are the signs of flu?

- Fever
- Headache
- Runny Nose
- Sneezing
- Chills
- Cough
- Body and muscle aches
- Sore throat

What to do if you are having symptoms:

- ◇ If you feel sick, stay home and isolate away from household members
- ◇ Call you PCP to get tested
- ◇ Stay home until you are fever free without over-the-counter medications for 24hrs



Health Department



Useful tips for sensor wear

WHY PRICK, WHEN YOU CAN SCAN?*

Sensors stick better when you wash, clean, and dry your skin before application

1. WASH

Only use **non-moisturizing, fragrance-free soaps** to wash the area where you'll apply the sensor

2. CLEAN

Use the alcohol wipe provided in the sensor kit to **remove any oily residue**

3. DRY

Allow your skin to fully dry before applying the sensor



BEFORE YOU APPLY THE SENSOR:

- Be sure to choose an approved application site – the back of your upper arm
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin
- Do shave any excess arm hair as it can get caught between the sensor adhesive and skin



The FreeStyle Libre 2 flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in people aged 4 years and older with diabetes mellitus. Always read and follow the label/insert.

* Finger pricks are required if readings do not match symptoms or expectations.



Add extra stickiness with these products*



TORBOT SKIN TAC

torbot.com

A hypoallergenic and latex-free "tacky" skin wipe



SKIN-PREP PROTECTIVE WIPES

smith-nephew.com

Helps tape and films adhere to the skin



MASTISOL LIQUID ADHESIVE

eloquesthealthcare.com

A clear, non-irritating liquid adhesive that secures dressings



CAVILON NO STING BARRIER FILM

3m.com

An alcohol-free barrier film intended to protect skin from body fluids, adhesives, and friction



TEGADERM I.V.

3m.com

A transparent film that provides adhesive strength



OVER-BANDAGE

A medical-grade adhesive; bandage or tape. If using, it must be applied at the time of sensor application. It is important that you only remove it when your sensor wear is over as the sensor may come loose when peeling it off. Be sure to leave the opening/hole in the centre of the sensor uncovered so it can breathe.



Elder's Program



WHAT IS A SWEETHEART SCAM?

Essentially, a scammer poses as a person looking for a relationship online. This may take place through a dating site, Facebook, email, or a chat room. A well-meaning person connects and they chat over the internet and exchange photos. The scammer typically sends photographs of a very good-looking woman or man, depending who their target is. The victim believes they have developed a relationship and over time falls in love. Eventually the scammer comes up with a story about how he/she has a major problem in their life which requires a sum of money. The victim, feeling the need to help their new-found love, ends up wiring money over and over again to this person, in some cases until they are bilked out of all their money. Once the scammer has achieved their financial goal, they will drop the unsuspecting victim and disappear.¹

RISK FACTORS/VULNERABILITIES

The ongoing COVID-19 pandemic has given scammers a convenient excuse to avoid meeting their victims in person, allowing them to perpetuate their deception. Pandemic restrictions have made people lonelier and more vulnerable, particularly older adults who are more likely to isolate at home.

Elders and vulnerable adults in Indian Country may be targets as they are often recipients of lump-sum payments such as per capita checks, land



lease payments, or lawsuit settlements; as well as SSI and other retirement accounts.

Data also suggests that AI/AN individuals are often less likely to report scams than other racial and ethnic groups, which makes them an even more attractive target. Never feel afraid to trust your gut if something feels off. Talk to someone you trust!²

SWEETHEART SCAMS: HOW YOU CAN IDENTIFY THEM & PROTECT YOURSELF



SIGNS OF A SCAMMER

Avoiding online dating scams starts with knowing what to look out for in your dating interactions. What are some signs the person you're talking to is actually a con artist? Be on alert if they:

- "Love bomb" you: Love bombing is when a person lavishes you with excessive flattery, affection, and praise early in the relationship in an effort to manipulate your emotions.
- Ask you to move to another app or website to speak privately.
- Claim to be a native English speaker, but their spelling, grammar, or accent tell you otherwise.
- Say they live in your home country but they're traveling for work. They may claim to be, for example, a military servicemember, a traveling physician, or an oil rig worker.
- Have an online profile that doesn't match up with what they've told you, in terms of either photos or biographical details.
- Refuse to chat on video, claiming their phone's camera doesn't work or they don't have a cell phone at all.
- Give dubious excuses for not being able to meet up in person, such as being in a car accident or a loved one dying.
- Ask you to send them money for a family medical emergency—or store gift cards because they've lost their job. They might say they're going to buy airline tickets to come visit you. Basically, dating scammers will use any "hardship" story that's already worked in getting people to part with their cash.³



Elder's Program

HOW TO PROTECT YOURSELF FROM BEING SCAMMED



- If a situation feels fishy, run it by someone you trust to get their honest opinion.
- Be wary of strangers reaching out on social media. Do you have mutual connections? Is their profile full of photos and information, or is it bare?
- Google potential dating partners. It's not being paranoid—it's being smart. You can do this in multiple ways:
 - Type their full name into the Google search box plus the word "scam," plus their stated job, plus their stated location.
 - Type in the word "scam" followed by something they've told you about themselves (e.g., "military") and find articles about common scams. See if they're following those same steps.
 - Perform a reverse image search. This can help you confirm whether the person is who they say they are using photos from their online profile.
 - Never give out your personal information, such as contact details, until you've met a person face to face and feel at ease with them. Scammers rely on getting access to their victims in different ways.
- Do not send intimate photos—especially with your face showing. Sweetheart scammers could use these later to blackmail you.
- If you like someone, ask for a quick phone or video chat. If they refuse or make up outlandish excuses, that's a red flag.
- If you're interested in someone on a dating app, ask to meet up with that person. Always meet in a public place until you're feeling comfortable. Refusal to meet up (especially multiple refusals) is a warning sign you shouldn't ignore.³

WHAT TO DO IF YOU THINK THIS COULD BE HAPPENING RIGHT NOW

First, there's no reason to feel ashamed or embarrassed. These criminals are clever, and any of us could fall prey to their trickery. Here's what to do if you believe you've been conned:

- Start by reporting the scam to your local police if you have lost money or possessions. You may also enlist the help of your local elders program or victim resource agency.
- File a report with the online dating app or social media website where the scammer first contacted you.
- Report the fraud to the Federal Trade Commission (FTC) at [FTC.gov/complaint](https://www.ftc.gov/complaint).
- Notify your financial institutions that you may have been scammed. If you used a wire transfer or credit card, you may be able to be refunded your money.
- Change all your passwords immediately.
- Block the scammer immediately on all forms of communication: messaging apps, phone, text, and social media.³

"SCAMMERS TARGET OLDER ADULTS TO TAKE ADVANTAGE OF THEIR POLITE AND TRUSTING NATURE, AS WELL AS THEIR TYPICALLY STABLE FINANCIAL SITUATION. THE BEST DEFENSE AGAINST THESE ATTACKS IS THE ABILITY TO RECOGNIZE THEM AND END CONTACT WITH THE SCAMMER."

EMMA MCGOWAN, PRIVACY AND SECURITY EXPERT



WHILE REPORTING THE SCAM CAN FEEL SCARY, SHARING WHAT HAPPENED TO YOU CAN PREVENT IT FROM HAPPENING TO SOMEONE ELSE.



**RESOURCES
AVAILABLE**

Washington State's Office of the Attorney General:

<https://www.atg.wa.gov/senior-fraud>

Fraud Watch Network:

<https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>

AARP Fraud Fighter Call Center:

1-877-908-3360



Northwest Justice Project

LSC



References:

1. Jagers, R. (2022, February 4). Sweetheart Scams: Beware the Wolf in Sheep's Clothing - AgingCare.com. Retrieved August 15, 2022, from <https://www.agingcare.com/articles/the-sweetheart-scams-169804.htm>

2. National Indian Council On Aging. (2022, January 14). Tribes are more likely to be the victims of scams. Retrieved August 15, 2022, from <https://www.nicosa.org/tribes-are-more-likely-to-be-the-victims-of-scams/>

3. National Council on Aging. (2022, February 7). Sweetheart Scams: How to Avoid Being a Victim. The National Council on Aging. Retrieved August 15, 2022, from <https://ncoa.org/articles/sweetheart-scams-how-to-avoid-being-a-victim>





Nutrition & Diabetes

SEPTEMBER 2022 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Gut Health
- Ways to improve the gut
- Diabetes Corner
- Did you know?



Diabetes Corner

What is the A1c test and why is it important?

This blood test measures your AVERAGE blood sugar levels over the past 3 months. Prediabetes is 5.7-6.4 and >6.5 is the diagnosis of diabetes.

Goal A1c for most people with diabetes is <7. This goal is to avoid diabetes complications in the future. The test should be done 3-4 times a year.

A1C level	Average blood sugar
7	154
8	183
9	212
10	240



Did you know?

The benefits of B vitamins.

Depression and mental impairment are often associated with a deficiency of B vitamins especially as we get older. Eat these vitamin B rich foods often: beans, eggs, yogurt, salmon, leafy greens and sunflower seeds.

Gut Health

Your immune system is enhanced if you have good gut health. Here are the signs that you have a healthy gut:

- No diarrhea or constipation
- No gas, bloating or abdominal pain

When you have an unhealthy gut you can experience symptoms of fatigue, food cravings, skin irritation, mood swings and migraines.

Changing your environment is the key.

1. Eat more whole grains, nuts, and load up on veggies, beans and fresh fruits.
2. Brush and floss your teeth regularly. Bacteria found in your mouth can cause stomach problems.
3. Eat fermented foods. Sauerkraut, kefir, kimchi, kombucha and plain Greek yogurt.
4. Eat DARK chocolate.
5. Add more spice to your foods. Garlic, turmeric, ginger, etc.
6. Limit artificial sweeteners. Use stevia instead.

Don't forget to schedule your diabetes quarterly.

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





Dental Clinic



October is National Dental Hygiene Month

Don't forget to give your teeth some love! Brushing your teeth in the morning and evening for at least 2 minutes is a great way to keep the sparkle in your smile. Double the fun if you have an electric toothbrush. In addition to brushing, keeping the in-between spaces of your teeth clean with dental floss, brushing or scraping your tongue, and visiting

the dentist regularly are all great ways to make sure you feel good about your smile.

Did you know Elwha Klallam tribal members are eligible for Sonicare toothbrushes when they complete their dental treatment? What better way to celebrate dental hygiene month than to make an appointment with the dentist for an exam and cleaning!

Good Luck Nick!

Nick Runningwolf will be attending the dəxʷxayəbus-Dental Therapy program at Skagit Valley College this fall!

We are excited that Nick will be enrolling in the first class of the Dental Therapy program at Skagit Valley College. We are also sad to see him go for these next 2 years, but when he returns to the dental clinic he will be able to offer so much more to our community!

Dental Therapists (also known as Dental Health Aide Therapists) are mid-level dental providers that focus on community health and outreach. They can also perform simple restorations and tooth extractions. We are so proud of Nick for choosing this path and looking forward to him sharing his gifts with the community for years to come!



Learn more: <https://www.skagit.edu/academics/areas-of-study/health-sciences/dentaltherapy/>

Welcome Adaija!

The Dental Clinic is pleased to welcome Adaija Zuniga to the Dental Team!

Hi, I'm Adaija I'm from St George Utah. I moved to port Angeles three years ago to finish my high school education and graduated last year from Port Angeles high school. I'm here to work, learn, and give back to this amazing tribal community.





Language & Culture



Klallam Language Department

322 Stratton Road | Port Angeles, WA 98363

Middle School Program & College Update

Dear Lower Elwha Tribal Community,

The 2022-2023 Academic Year is in full swing. I am excited to report on student-focused activities we will begin providing this year in my roles at the Middle School and College levels.

Stevens Middle School Klallam Language Class

Our Klallam Language class at Stevens Middle School has been very successful. We have 16 students in our class this semester. We have started the class with Greetings, Farewells, and introducing self and place. We will expand on self and place into family. Our students are readily engaged and receiving all the information well. I am honored to continue to do this important language revitalization work with Wendy Sampson.

Implementation of Since Time Immemorial: Tribal Sovereignty Curriculum

In accordance with Washington State Senate Bill 5433 and the LEKT-PASD Memorandum of Understanding, I have been working with administrators and department chairs at Stevens to pilot tribal history curriculum in a cross-curricular effort. The subject areas we will cover are the following: History, ELA and Science.

LEKT Middle School After School Program

In collaboration with our newly hired LEKT Education Department Middle School Academic Support Specialist, Montez Kelley-Shears, we have started the **Middle School After School Program** at Stevens. If you have a student in middle school and needs additional support, please email Montez at Gregory.Kelley-Shears@elwha.org or myself at Jonathan.Arakawa@elwha.org, ext. 7395 to sign up and obtain an application.

Peninsula College Klallam Language Courses

We are teaching Klallam Language for a 3rd year at Peninsula College. Our class will begin on September 27, 2022. I am excited to announce we have a more simplified registration process. Two registration assistance workshops have been held to provide more, open access through this simplified process. Another exciting announcement is our Canadian relatives will **no longer have to pay international tuition**. The college was able to make a local decision to make this possible. It is our goal to reduce as many barriers as possible.

Other Activities/Engagements

1. **PAHS:** In addition to my daily work activities, I have been able support Wendy in the Klallam Language classes (years 1, 2, 3) at Port Angeles High School.
2. **Crescent School District:** I am working the middle school history teach at Crescent to provide cultural outreach/history presentations.

Please stay tuned for more updates throughout the year! I am excited to strengthen and expand our middle school Culture and Language services in our community. Thank you for reading my update to the community.

háʔnəŋ cn,

Jonathan J. Arakawa

Klallam Language Teacher



Klallam Language & Culture Elementary Program

ELEMENTARY AFTER-SCHOOL PROGRAM:

Sign up required with limited space available, tribal member/ descendant preference given.

Group A: First-third grade

Group B: Fourth-sixth grade

No transportation provided at this time. Students MUST be picked up before 4:45. COVID-19 restrictions, screening, and waiver required. Waivers for children MUST be signed by an adult.

Email ashley.pitchford@elwha.org for more information.

PUBLIC SCHOOL CULTURAL OUTREACH:

We have started outreach in the local public schools. If your child is not receiving these lessons in their classroom, please, reach out to their teacher to encourage their participation.





Head Start & Early Head Start

Lower Elwha Head Start & Early Head Start

360)- 452-2587 Early Childhood Director - Lola Moses
Health Manager: Deanna Transportation: Francess
Education Manager: *Vacant* Prenatal Educator: Darla
Family Community Partnership Manager & Enrollment: *Vacant*

sx̣wúpč (old fish) **2022**

October 2022

Lower Elwha Head Start/ Early Head Start Newsletter

Welcome Sam Charles –Teacher's Aid



Hello my name is Samuel Charles. My first day on the job at Lower Elwha Head Start was 08/23/22. My job title is "Teacher's Aid" for Head Start in the Eagles (Kweynesen) classroom. Teacher Mary and Teacher Patty have been both a blessing in disguise on guidelines of working with kids and showing me the ropes on being helpful anywhere need be.

I graduated year of 2017 with PAHS, with my classmates since day one.

My Father's side is Elwha Klallam and other half of the family on my Mother's side is Kwakiutl which is in Comox, Canada.

I think the best part of my job is getting to teach and learn from the children, every single one of them definitely has their own personal-

ities.

Fun fact about myself is I'm definitely a huge Star Wars nerd. My next dream vacation is Sweden. *My advice for the children would be to **respect the older ones ahead of them, to show the younger ones below them to be the best of a role model you can be for them!***

JOBS AVAILABLE AT LOWER ELWHA HEAD START Contact Head Start Director Lola Moses 360-452-8471 x7471

Early Education Disabilities Manager
Head Start Floating TA
HS/Bus Aide
HS Part Time Shadow Teacher
Head Start Full Time Cook

Lead Teacher Early Head Start
Head Start TA
HS Full Time Shadow Teacher
HS TA/Bus Driver
Family Community Partnership Manager



Head Start & Early Head Start

Lower Elwha Head Start Newsletter Page 2 of 2 October 2022

October 2022 School Calendar Events

October 4/Tuesday: Dental Visits

October 5/Wednesday: In-service day - NO SCHOOL

October 10/Monday: Indigenous Day/ HOLIDAY - NO SCHOOL

October 19/Wednesday: Family Night 5:30pm—7:00 pm (dinner and child care provided)

October 20/Tuesday: School pictures—*(flyer with prices will be sent out soon)*

Please also make sure to ask about Parent Policy Council nominations and Policy Council election coming up soon! Let your voice be heard as parents and guardians in our program.



Message from Michelle Charles—Family & Community Partnership Manager & Enrollment

I will be leaving the LEHS program effective Sept 30. It was an honor to work with the children and families for seven and a half plus years at LE Head Start, many families are my former students from when I worked at the PA School District. In my time @ LEHS, my personal work goal was to recruit more tribal families in the program and the parent policy council, I feel happy knowing the changes that were made to help strive in these goals. I am happy to witness LEHS receiving a new Head Start building in my time working @ LEHS. My own children were former LE Head Start learners and I was happy to witness my only (handsome) grandson enter our LE Early Head Start & graduate from LE Head Start. Thank you to all the staff at LE Head Start for all that you do, as a Grandma (aka "Nana"), Klallam tribal member, and former Head Start parent, I appreciate it, I know what you all do daily. HOYT

PICTURES FROM FAMILY NIGHT DRUM MAKING IN SEPTEMBER 2022

MAKING MEMORIES -

Thank you Jonathan Arakawa for sharing the importance of the drum in our culture and sharing some songs, thank you Lu for singing with Jonathan. Thank you Teacher Joni for teaching and helping the families make their own drums. Dinner and child care provided. Raffle drawing and there will be an end of the year GRAND PRIZE drawing.





Child Care

LOWER ELWHA CHILD CARE

OCTOBER NEWSLETTER

CLOSED MONDAY OCTOBER 10TH / INDIGENOUS DAY

Clothing Closet

Open Tuesdays – Outside (weather permitting)

8:30 – 4:30.

Clean, gently used donations accepted Mon- Fri during business hours.

The Children's House of Learning

291 Spokwes Drive Port Angeles WA 98363

Phone (360) 504 3141 Fax (360) 504 3651

Program Director - Bobi Clark

Administrative Assistant - Deann Lester

Receptionist - Tiana Fieldsend

Now Hiring

**Lead Teacher and Teacher Assistant
positions available**

CLASSROOMS

INFANT DUCKS 1-11 MONTHS

***Job Opening for Lead
Teacher**

T.A's Amy & Jaylynn

TODDLER HUMMINGBIRDS 12-29 MONTHS

***Job Opening for Lead
Teacher**

T.A's Julie & Kelsie

PRESCHOOL WOLVES 30-60 MONTHS

Teacher Cat

T.A Tatianna

AFTERSCHOOL WHALES 5-12 YEARS

Teacher Juanita

T.A Cara

**All classrooms are
currently full.**

**Registration packets are
available if you would
like your child added to
the waiting list.**



Library

Come to the Library for Spooky Stories

Fall has arrived, and that, along with October, brings the spooky season of Halloween! The Library will be celebrating all month long, by featuring books about the holiday, as well as scary stories in general. From classics like Mary Shelly's *Frankenstein* to the modern thrillers of Stephen King, we have a number of scary stories for this Halloween season. A few favorites:

- *Junie B., First Grader: Boo... and I Mean It!* by Barbara Park: "With Halloween approaching, Junie B. needs to find a costume that will scare off the real witches and ghosts that she believes will be out on the holiday."
- *The Magic Treehouse: Haunted Castle on Hallow's Eve*: "In their magic treehouse, Jack and Annie are again transported to King Arthur's realm, where invisible beings, giant ravens, and mistaken magic spells have a duke's castle in an uproar on Halloween night."
- *Skeleton Man* by Joseph Bruchac: "After her parents disappear and she is turned over to the care of a strange "great-uncle," Molly must rely on her dreams about an old Mohawk story for her safety and maybe even for her life."
- *The Only Good Indians* by Stephen Graham Jones: "They were introduced to their culture but never identified with it, never believed in its power. During an elk hunt, a disturbing event occurs. Ten years later, tracked by an entity bent on revenge, these childhood friends are helpless as the culture and traditions they left behind catch up to them in violent, vengeful ways. Now they are in a desperate struggle for their lives--and the lives of all they love."



Also, join us in the Library on Halloween, Monday October 31st at 2:00 for story time featuring spooky stories, appropriate for all ages, including the poetry of Edgar Allen Poe.

Library Community Needs Survey

We will be running a community needs assessment this month to determine what your needs and expectations for the Library are and how we can better serve you. You can find the survey at this link:

<https://www.surveymonkey.com/r/SWRCNY2>. By taking the survey, you can also enter to win an Apple iPad. One second place winner will receive a \$50 gift certificate to Anime Kat in Port Angeles, and one third prize winner will receive a \$25 gift certificate to Odyssey Bookshop. The survey will be up the full month of October and the prize drawing will be November 1st. Winners will be contacted via email.

Library Closure

The Library will be closed Friday October 21st for staff training.



Indigenous People's Day



2ND ANNUAL INDIGENOUS PEOPLES' DAY POETRY READING

MONDAY, OCTOBER 10, 5:30-6:30PM

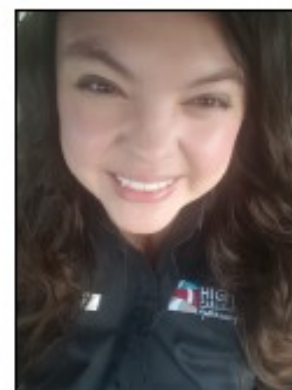
ʔaʔkʷustəŋáwtxʷ House of Learning, Peninsula College Longhouse, and on Zoom



Celebrate Indigenous poetry created and performed by Native poets of the Olympic Peninsula at this poetry reading in honor of the holiday.

An open mic for Native poets will kick off this event, followed by the featured reader for the evening, Sara Marie Ortiz, an Acoma Pueblo writer, performing artist, and filmmaker.

Join in person or virtually. Visit nols.org/IDP for details and Zoom link.



[WWW.NOLS.ORG](https://www.nols.org)

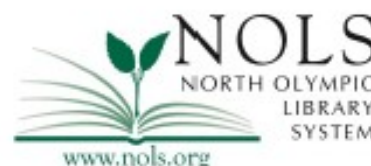
DISCOVER@NOLS.ORG

360.417.8500

*This program is generously funded in part
by local Friends of the Library groups.*



PENINSULA COLLEGE





Strategic Planning

COMMUNITY OUTREACH FOR STRATEGIC PLANNING

Dear Tribal Members,

The Lower Elwha Klallam Tribe's Business Committee is undertaking an important initiative to update our strategic plan for the next five years. Blue Stone Strategy Partners has been retained to assist in developing a five-year Comprehensive Strategic Plan.

It is important to have the voice of our Tribal Members heard during the process of developing the plan. The responses received to the outreach efforts will ensure that the Business Committee is making informed decisions for our Tribe's continued success in delivering quality services and resources to our members, now and for our future generations. Having a plan will also help in identifying funding to seek to support these areas.

We would appreciate Tribal member participation in the process by taking the Community Outreach Survey for Strategic Planning and by participating in the Community Visioning Session to be held in our community. Participants who complete the survey will receive a \$50 check and 1 raffle ticket entry for a prize of a flat-screen TV.

The surveys will be available online, mailed to our membership, as well as be available in the front desk of the Tribal Center for pick-up. For online access, visit the following link or use your smartphone camera to scan the QR code below:

<https://www.surveymonkey.com/r/LEKTStrategicPlanning>



Surveys must be completed by November 1st, 2022.

Blue Stone Strategy Group will be coordinating and facilitating the Community Visioning Session to be held on soon after the survey has concluded. Announcements of details will be forthcoming.

Blue Stone will use the feedback from the survey and Community Visioning Session to develop the Comprehensive Strategic Plan. We ask for you to welcome them into our community to help gather your important feedback. We want to hear your perspective to help us plan for our future as a Tribe.



Government

RAÚL M. GRIJALVA OF ARIZONA
CHAIRMAN

DAVID WATKINS
STAFF DIRECTOR

BRUCE WESTERMAN OF ARKANSAS
RANKING REPUBLICAN

MIYAN MOEBLEW
REPUBLICAN STAFF DIRECTOR

U.S. House of Representatives Committee on Natural Resources Washington, DC 20515

September 20, 2022

The Honorable Frances G. Charles
Chairwoman
Lower Elwha Klallam Tribe
2851 Lower Elwha Road
Port Angeles, WA 98363

Dear Chairwoman Charles,

Thank you for testifying before the Subcommittee for Indigenous Peoples of the United States on September 14, 2022 at the hybrid legislative hearing on:

- [H.R. 8286](#) (Rep. Derek Kilmer, D-WA), To take certain Federal land in the State of Washington into trust for the Lower Elwha Klallam Tribe, and for other purposes.

It was extremely helpful in defining the Subcommittee's understanding of the issue. We appreciate your time and insight, and we remain grateful for your contribution to the Subcommittee's work. Should you have any questions, please contact Qay-liwh Ammon, Subcommittee Policy Aide, at Qay-liwh.Ammon@mail.house.gov about this request.

Sincerely,

Teresa Leger Fernández

Chair

Subcommittee for Indigenous Peoples of the United States





Family Advocacy



Lower Elwha Klallam Tribe - Lower Elwha Family Advocacy Program

3080 Lower Elwha Road; Office (360) 565-7275 ext. 7453; (360) 460-1745;

(360) 775-9346 crisis or non-crisis matters. E-mail: Beatriz.arakawa@elwha.org

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

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

Dear LEKT Member and Readers,

We have reached another year to come together after two years of not having in-person walk of awareness to commemorate October as National Domestic Violence Awareness/Action Month. This year Tuesday, October 25th 2022, we are going to have "Walk the Path of Healing through Awareness/Advocacy - ʂátəŋ' st cə súʔ ʔaʔ cə ʔáʔuʔ" - awareness and resources booth opens from 10:00 AM to 5:00 PM at the heart of Elwha Heritage Center and then walk for action/awareness at 4:00 pm from Heritage Center to Healthy Families of Clallam County and back to the HC. This is a community driven and will encourage anyone interested to participate.

In August 30-31, I attended the 18th ITWG – Inter-Tribal Working Group meeting/training in South Carolina. I have learned the new VAWA 2022 – Violence Against Women Act Reauthorization Act of 2022, in which signed into law by President Biden on March 15, 2022. This new law strengthen the VAWA 2013 and the Tribal Special Jurisdiction that allows Tribes that are already exercising Special Jurisdiction, and Tribes that wants to exercise special jurisdiction to persecute over the Non-Natives who commits crimes within their jurisdictional land. Here is a few snapshot of the many changes of the federal law; new definition of domestic violence, stalking, sexual violence, dating violence, sex trafficking, and covered crime.

Domestic Violence -any violence of the criminal law of the Indian tribe that has jurisdiction over the Indian country where the violation occurs that is committed by a) a current or former spouse or intimate partner of the victim; b) a person with whom he victim shares a child in common; c) a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner; or d) a person similarly situated to a spouse of the victim under the domestic – or family -violence laws of an Indian tribe that has jurisdiction over the Indian country where the violation occurs.

Sex Trafficking – the term 'sex trafficking' means conduct within the meaning of section 1591(a) of title 18, United States Code.

Sexual Violence – the term 'sexual violence ' means any nonconsensual sexual act or contact proscribed by the criminal law of the Indian tribe that has jurisdiction over the Indian country where the violation occurs, including in any case in which the victim lacks the capacity to consent to the act.

Stalking – the term 'stalking means engaging in a course of conduct directed at a specific person proscribed by the criminal law of the Indian country where the violation occurs that would cause a reasonable person: a) to fear for the person's safety or the safety of others; or b) to suffer substantial emotional distress.

Covered Crime – The term 'covered crime' means – a) assault of Tribal justice personnel, b) Child violence, c) dating violence, d) domestic violence, e) obstruction of justice, f) sexual violence, g) sex trafficking, h) stalking, and i) a violation of a protection order.

Dating Violence – this means any violation of the criminal law of the Indian tribe that has jurisdiction over the Indian country where the violation occurs o\that is committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim, as determined by the length of the relationship, the type of relationship, and the frequency of interaction between the persons involved in the relationship.

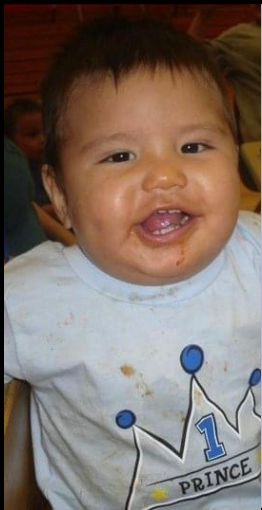
In September 19 – 20, I have attended to the 2022 WSCADV Conference "On Purpose" in Lynnwood, WA after not meeting in for 3 years. About 400 hundreds advocates, social workers, attorneys, legal advocates, and other representatives statewide gathered to be uplifted, recharged, and learned information that benefits the victims/survivors of domestic violence. In 21- 23, the Honorable Chairwoman Frances Charles, Attorney Diane Cabrera, and myself will be attending the 17th Tribal Government to Government OVW Consultation in Anchorage, Alaska. This gathering will allow Tribal leaders and Tribal representatives to give witness of successes and challenges of the Tribes during a year of uncertainty and trial in regards to domestic violence, sexual assault, dating violence, stalking, and sex trafficking, as well as stand together with Alaskan Native leaders exercises of their rights affecting people and communities they serves, and many more topics to discuss.

In solidarity,

Beatriz Arakawa, Program Manager and Victim Advocate



Community News



WISHING MY
GRANDSON
MAURICE A
VERY HAPPY
BIRTHDAY.
LOVE ALWAYS
GRANDMA
DORENE



**Happy birthday to my
gorgeous granddaughter
Jhené Rose
Love always Grandma
Dorene**

Wishing my family a happy birthday.

Lonnie Charles, Nick Kasakan IV, Darrell Charles Jr., Levi Charles

Love you all

From Dorene



Flagging Classes Start 11/18!

This class is ATSSA Cer-
tified - valid in all 50
states!

Call Nicole to enroll.

(360) 452-8545 x2912



**CDL Classes available beginning
10/31**

Call Nicole to sign up!

(360) 452-8545 x2912

Nicole.Volkmann@elwha.org





Pat Owens Retirement

It has been sometime in the making, but a time we have anticipated over the last year, we are at once delighted and with warm wishes to announce Pat Owens is retiring on this day September 15th 2022. Pat leaves his mark to the end of an era at the Elwha River Casino since joining the team 12 ½ yrs. ago December 23rd 2009. Pat joined the team originally as the IT replacement, and shortly after of his arrival was appointed the Slots Manager role due to unforeseen circumstances. Since day one, Pat has been a stand up tremendous Elwha River Casino team member (Family member) that exemplified what each of us here at the property strive for every day, which is excellence and putting his team, the casino, and the tribe first. He was compassionate about his team and the community he worked in and for as it showed through his work each and every day. We are indebted to his vision and commitment of the slots department and as an executive team member of our management team over the last 12 ½ yrs. for propelling us to our present position of our casino expansion. His work has assured our success into the next chapter. Pat will always be remembered for his hard work and compassion throughout the years. Thank you for your dedication to the Elwha River Casino Team and the Lower Elwha Klallam Tribe. Enjoy your retirement!





LEPD

2022 Service Record for L & O	Aug.
911 Hang-Up	1
Alarm/Alarm Check	2
Animal Calls	3
Assault	1
Burglary	1
Business Check	181
Citizen Assist	5
Citizen Contact	10
Civil	1
Community Oriented Policing	53
Court Paperwork/Service	36
Courtesy Transport	1
Disturbance	1
Follow Up	13

Found/Recovered/Lost Property	3
Fraud	1
Frequent Patrol Request	18
Littering	1
Misc. Info/False Reporting	1
Other Agency Assist	42
Traffic Control/Emphasis/Hazard	1
Traffic Stops	8
Trespass	6
Violation of Court Order	1
Vehicle Accidents	4
Welfare Check	2
Warrants-Tribal	1
Total	398



Low-Cost Spay & Neuter Clinic

(Cats only)

The Public Works Department will be hosting the Spay to Save mobile clinic on Sunday, October 30th.

Contact Della at (360) 477-8431 or appt4spaytosave@gmail.com to make an appointment.

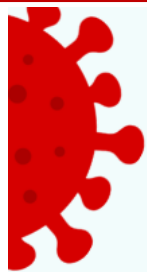
Public Works Building | 465 Stratton Rd



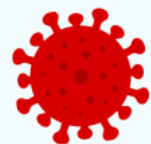


Resolution List

Date	Resolution Number	Title	Vote		
			For/Against/Abstain		
8-29-22	75-22	Approval of attached application materials, terms & conditions for Low Income household energy assistance program (LIHEAP)	2	0	0
9-6-22	76-22	Approval of a writ of restitution for tribal housing in accordance with article IV, section 1 (b) of the constitution and bylaws of the LEKT council.	4	0	0
9-20-22	78-22	Approving agreement No. WCC-2243; Agreement between the State of Wa. Dept of Ecology and the LEKT	4	0	0
9-6-22	79-22	Dental health aide therapist agreement between the LEKT and Nicholas Runningwolf	4	0	0
9-6-22	80-22	MOA between HIS and LEKT for sanitation facilities for new and like new homes	4	0	0
9-6-22	81-22	Appointment of the Tribe's delegate and alternates to the American Indian Health Commission (AIHC)	4	0	0
9-6-22	82-22	Approval of special diabetes program for Indians grant application 2023-2028	4	0	0



BIVALENT COVID-19 BOOSTER NOW AVAILABLE



What is new about the bivalent vaccine?

The new updated COVID-19 booster is modified to include components of the original virus strain and the Omicron variants

To be eligible to get the new booster:

- You are up to date on your recommended primary COVID vaccine series
- 2 months has passed since your last booster/primary shot
- 18 years or older

Call the Lower Elwha Health Department to schedule 360-452-6252



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, 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, 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



BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Ed Johnson
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Anthony Charles
Council Member, Ext. 7415

Dates to Remember:

10/10 Indigenous People's Day
10/28 Community Halloween Event
10/31 Halloween



WOULD YOU RATHER NOT RECEIVE A PAPER?

We are evaluating the level of Interest for emailed newsletters. If you would rather not receive the newsletter by mail, please contact Chrissi Ducotey by email (chrissi.ducotey@elwha.org). 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**

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

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ELWHA NEWS

Lower Elwha Klallam Tribe

[illegible]

“THE STRONG PEOPLE”

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

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

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

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

IN THIS ISSUE:

■ Child Care	Pg 16
■ Community Halloween Event	Pg 4-5
■ Community News	Pg 22
■ Dental Clinic	Pg 11
■ Directory	Pg 26
■ Elder's Program	Pg 8-9
■ Elwha River Casino	Pg 23
■ Family Advocacy	Pg 21
■ Government	Pg 20
■ Head Start & Early Head Start	Pg 14-15
■ Health Department	Pg 6-7
■ Indigenous People's Day	Pg 18
■ Language & Culture	Pg 12-13
■ LEPD	Pg 24
■ Library	Pg 17
■ Nutrition & Diabetes	Pg 10
■ Resolution List	Pg 25
■ Strategic Planning	Pg 19
■ Tribal Operations Officer Update	Pg 2
■ Youth Leadership	Pg 3