



November 2023

Elwha News

čə́təxʷaʔ syécəm

LOWER ELWHA KLALLAM TRIBE

PROMOTING
LOCAL
ARTISANS



\$25
TABLE FEE

VENDOR &
BUYER
PRIZES!

HOLIDAY BAZAAR

Lower Elwha Gymnasium
2851 Lower Elwha Rd.
Port Angeles, WA 98363

(Table must be paid for at time of reservation)

If you would like to be a vendor Please Contact:

Nancy Hamilton- 360-912 1302 or #2960
nancy.hamilton@elwha.org

Friday & Saturday

8 DECEMBER, 2023 | 10 AM TIL 4:00 PM

9 DECEMBER, 2023 | 10 AM TIL 3:00 PM

*TABLE FEE WAIVED FOR LEKT ENROLLED MEMBER ARTISANS



Letter From the Co-Chair

November 2023

Lower Elwha Tribal Community,

As of writing it is October 16-2023. I am so excited about our Ceremonial and Subsistence fishery that is now happening. To me, it is really a test fishery as the Natural Resources staff will be sampling every Coho. Hopefully the data collected will allow more fishing next year. I want to thank the Washington State Department of Fish & Wildlife, our co-managers, for recognizing that our tribe lost and gave up the most during the moratorium on fishing the Elwha. That is part of the reason why we went fishing before the state fishers.

We have over 124 fishers signed up for the pole fishery. Although I don't think we traditionally used sport poles to fish, we thought it was necessary so we could have more fishers on the river. They went first to get a fair shot at catching fish. As we know, set nets can catch a lot more fish at once. I think only 50 Coho have been landed so far. Set nets go in October 23 and hopefully that will be my turn to fish. I couldn't catch a fish with hook & line in the Elwha if my life depended on it. LOL. Never could even snag a fish.

On October 18-2023 full council travelled to Portland to witness Chairwoman France G. Charles receive the Ecotrust Indigenous Leadership Award. The award recognizes outstanding Indigenous leaders for their unwavering dedication to strengthen self-determination and uplift the environmental, cultural, economic and social conditions of their communities and homelands. Frances was specifically awarded and honored for her outstanding leadership to remove two dams on the Elwha River and restore the Tribe's connection to the riverscape and salmon and for her generosity as a mentor and role model to Indigenous women. We are very proud of Frances.

I mentioned in last month's newsletter about Free Dump. Well... it didn't get done. We, the council go so busy with other things. Tribal Council members are all on board with funding additional free dump fees but we ran into other problems with it. When it does happen there will be new rules or maybe clarifying rules. We've had a few members using the free dump for their commercial businesses. We can't do that, this is for residential refuse only. Of course, the other rules about what can, can't be dumped and also how to be dumped are still there. Council has no problem with free dump. We just don't want the tribe to be taken advantage of. I think it helps keep our community safe and healthy. Rather than storing garbage, waiting for the free dump at certain times of year. More to come on this for sure.

I wanted to brag a little about the numerous grants that the tribe has received due to the excellent grant writers in our Natural Resources and Planning Department staff. I know that I will miss a lot of them but I wanted to mention a few large ones and a few that are connected to our youth and education.

Mike McHenry, our Habitat Biologist, has been writing grants for our rivers and streams for a couple decades now. I believe that he is responsible for at least 20 grants. I don't know



Letter From the Co-Chair

how much this adds up to per year but it is extensive and very important to our watersheds. The grants have hired numerous staff to perform the tasks associated with the grants.

Kim Sage-Fradkin is another Natural Resource Biologist that writes grants for wildlife. I have some numbers that she has received. For 2021-2023 AVA (Administration for Native Americans) Implementing Monitoring of Culturally Important Species - \$825,011. 2023-2025 ANA Youth Education, Cougars, Bears, Wildlife Monitoring - \$897,620. USFW 2021-2023 Monitoring Wildlife with Cameras - \$199,998. 2023-2024 BIA Tribal Youth Initiative Program - \$49,813. 2023 BPA Tribal Education Capacity Building Program \$19,988. 2021-2024 Resources Legacy Fund—Elwha Science Scape \$202,542. There are too many to name here but since 2008 to present she has brought in \$4,345,937.

Finally our Planning Department with other staff has received grants for Kilmer's Community Project Fund \$1,900,000. DOJ (Department of Justice) Tribal Youth Program \$500,000. DOJ COPS Grant \$284,570. DOJ Tribal Victims Services \$251,383. National Telecommunications \$500,000. There are more grants here also for the total of \$5,265,694.

WOW!!!! That is a lot of grant power. I am just so proud of the work our grant writers have done over the years. I wanted to recognize the staff responsible. Of course there are more than the few I have mentioned here. Our tribe is dependent on applying for and receiving these grants. They help our community out. Mostly by keeping our people employed. So my hands are up to our grant writers. Thank you.

I have been participating in the usual fisheries related meetings representing the Lower Elwha Klallam Tribe. The annual crab meetings have started, the North Sound Geoduck meetings and the International Pacific Halibut Commission meetings have begun. Most times these meetings are long discussions with many points of view but it is important that someone be there representing the Elwha People and our resources. I especially enjoy attending these meetings and try to represent Elwha in an honorable and respectful way while trying to protect our fisheries.

If you have any questions or concerns please contact me. Cell # 360-477-1922. Email Russell.hepfer@elwha.org. Thank you for taking the time to read my letter.



Respectfully,

Russell (RAZZ) N. Hepfer

Left to right. Chris Tom-Vice Chairman Port Gamble Tribe, Matt Ives-Councilman Port Gamble Tribe, myself, Frances Charles and Mellissa Gillman. The plaque was gifted to Elwha Tribe from Port Gamble Tribe during our C&S Opening Ceremony on October 9-2023



Tribal Operations/Public Health Officer Update

Great American Shake Out

Great American Shake out that took place on 10/19, and approx. 70 staff and community members participated in the evacuation exercise. After the evacuation exercise, LEKT department directors took part in a table top exercise that focused on and earthquake/tsunami scenario with evacuation of the lower reservation. We look forward to the 2024 Great American Shakeout, and building our community preparedness and engagement in emergency response.



Winter Readiness

November is Winter Readiness month. Now is the time to make sure that you have a winter storm plan, and your home been winterized. Grab an extra blanket, flashlight, find the ice scraper, and put together a first aid kit to all have in your car in case of a winter car emergency.

Native Network Internet

If you live on the lower/tower areas, and you receive the free internet from Native Network, keep a lookout for a letter in the mail. The tribe will no longer be subsidizing the internet service, but resources are available through the Affordable Connectivity Program (ACP), and will be sending registration information to your homes. To complete the ACP application scan the QR code.





Tribal Operations/Public Health Officer Update

Lower Elwha Camp Crier Mobile App

We are excited to announce the launch of our Lower Elwha Klallam Tribe Camp Crier app! Please visit the app store/Google Play store to download the app and begin to receive updates on news, announcements, and community happenings.

Air Quality Monitoring

Our air quality monitors are integrated into the Camp Crier app and programmed to send alerts via Camp Crier to notify the community of extended periods of poor air quality. For real-time air quality visit www.purpleair.com, or scan the QR code.

COVID 2023-2024 Vaccine

Call your health provider to schedule your 2023-2024 COVID shot, and make sure you apply for the \$250 adult or \$150 youth vaccine promotion (see details below)

\$250 for 2023-2024 COVID Vaccines!

The COVID vaccine support program has increased the amount for the 2023-2024 COVID vaccines. Adults can now receive \$250 check for their vaccine, and youth receive \$150 Walmart gift card.

Adults online form found
by scanning the QR code



Youth online form
found by scanning
the QR code



- Tia Skerbeck, Tribal Operations/Public Health Officer



Wellness



SAVE THE DATE:

Basic Home Maintenance With Bucky!

Wednesday, Nov. 8

6pm—7pm

LEKT Dining Hall

2851 Lower Elwha Rd



Join us for dinner and door prizes!

IS YOUR VEHICLE WINTER READY?



#winter



Wellness

Power Outage Checklist

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

Energy Conservation Recommendations

- ☐ Turn off lights and computers when not in use.
- ☐ Wash clothes in cold water if possible; wash only full loads and clean the dryer's lint trap after each use.
- ☐ When using a dishwasher, wash full loads and use the light cycle. If possible, use the rinse only cycle and turn off the high temperature rinse option. When the regular wash cycle is done, just open the dishwasher door to allow the dishes to air dry.
- ☐ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

How do I prepare for a power outage?

To help preserve your food, keep the following supplies in your home:

- ☐ One or more coolers—Inexpensive Styrofoam coolers work well.
- ☐ Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- ☐ A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
 - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
 - Flashlight (NOTE: Do not use candles during a power outage due to the extreme risk of fire.)
 - Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
 - Extra batteries
 - First aid kit
 - Medications (7-day supply) and medical items
 - Multi-purpose tool
 - Sanitation and personal hygiene items
 - Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
 - Cell phone with chargers
 - Family and emergency contact information
 - Extra cash
- ☐ If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include back up power in your evacuation plan.
 - ☐ Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
 - ☐ Keep your car's gas tank full.





Wellness

What should I do during a power outage?

Keep food as safe as possible.

- ☐ Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- ☐ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ☐ Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- ☐ If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.



Electrical equipment

- ☐ Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- ☐ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- ☐ Leave one light turned on so you'll know when the power comes back on.
- ☐ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

Using generators safely

- ☐ When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- ☐ If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Website available through [RedCross.org](https://www.redcross.org) to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



Wellness

What should I do when the power comes back on?

- ☐ Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.



Throw out unsafe food.

- ☐ Throw away any food that has been exposed to temperatures 40°F for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- ☐ Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- ☐ If food in the freezer is colder than 40°F and has ice crystals on it, you can re-freeze it.
- ☐ If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40°F for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

Caution: Carbon Monoxide Kills

- ☐ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ☐ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ☐ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ☐ If the carbon monoxide alarm sounds, move quickly to a fresh air location out doors or by an open window or door.
- ☐ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

For more information on disaster and emergency preparedness, visit [RedCross.org](https://www.redcross.org).

Text: ElwhaAlerts to: 78015 to receive emergency notifications.



Elders Program

DON'T BECOME A VICTIM!

SAFE BANKING FOR SENIORS

Presented by First Fed, this workshop is designed for elders and caregivers.

Protect yourself and your loved ones from financial exploitation. Learn how to identify scams and prevent fraud.



Monday, Nov 27th, 10:30am
Tribal Center Dining Hall



First Fed

& Elwha Klallam Heritage Center



WIC



WIC is here
and ready to serve your family!

Your local WIC office is open and
Offering in-person appointments as well as
appointments over the phone.

NO MORE PAPER CHECKS!

WIC REPLACED CHECKS WITH SHOPPING
CARDS

& A WIC SHOPPER APP



Please contact Samantha Acosta to sign up:

360-565-7257 Ext. 7466

Samantha.acosta@elwha.org



HEALTHY FOOD.
HEALTHY KID.
HAPPY FAMILY.



Food Bank

Greetings from the corner of Spokwes Drive

Happy Thanksgiving and happy birthday to the November people.

The Elwha Food Bank is open Mon-Wed-Thu & Fri 8:30a.m. - 4:30p.m. Closed Tues for inventory day.

As we approach the Thanksgiving Day holiday I would like to seek donations for those in need this holiday season. Starting off with Thanksgiving items to hand out, such as can vegetables, can fruit, yams Pie mix, gravy mix, rolls, olives, sweet potatoes or any food item a family in need could use for the thanksgiving day meal. All donations can be dropped off at the Elwha Food Bank during business hours.

The food bank is always in need of plastic bags, as long as they are not ripped and nothing inside them.

To the people that utilize the food bank, you are more than welcome to bring your own shopping bags.

If you have not seen the inside of the 2 year old food bank, stop in and take a look.

I am pleased to say I have been employed with the food bank for 2 years now, and I really enjoy my job.

As always I can prepackage for you, all you need to do is call or email me.

Upon an emergency I would be willing to service you after hours if needed.

I highly suggest that you come in and leave your suggestions and or concerns in the comment box inside the food bank.

The food bank is open to service anyone in need of an emergency 2 or 3 day supply of food.

And we ask that you please follow the signs posted throughout the building.

If you would like to volunteer we have the paperwork at the food bank.

Congratulations to our Chairwomen Frances Charles on your award, I am very happy to be able to say a job well done, and thank you for everything you do for us all.

Happy holidays

Sincerely,

Dorene Charles

Lower Elwha Food Bank Coordinator

(360) 452-8471 ext. 7690

Dorene.charles@elwha.org





Nutrition & Diabetes

OCTOBER 2023 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue

- Hunger Hormones
- Pumpkin Smoothie
- Did you know?



Pumpkin Smoothie

1/3 c pumpkin puree

1 frozen banana

1 TBL ground flaxseed

1/4 tsp pumpkin pie spice

1 c. milk or milk beverage

1/2 tsp vanilla

Pinch of monk fruit for sweetener, if desired

Add all ingredients into a blender and blend till smooth.

Calories: 339

Carbs: 52 g.

Protein: 11 g.



Did you know?

People with higher blood levels of carotenoid compounds (found in carrots, spinach, pumpkin, cantaloupe, sweet potatoes and red peppers) also have higher levels of HDL (good) cholesterol.

The Hunger & Appetite Hormones

A lot of attention has been given to Ozempic as a wonder drug, but it does come with side effects and a huge cost. Is there another way to control your appetite? Let's explore ways to help with appetite and hunger.

Hunger and appetite are complicated issues influenced by many factors. Adopting a new routine can be tough for a lot of us. If you are hungry after eating a meal it could be your not eating enough **OR** the right combination of foods.

How to control hunger and appetite:

- Have a source of protein (lean) with each meal and snack.
- Start your meal with 8 ounces of water or vegetable soup.
- Eat more fiber and whole grains
- Add a mixed green salad with olive oil dressing to your meal.
- Limit processed foods, sugar, high fructose corn syrup, and fried foods
- Get 8 hours of sleep
- Drink plenty of water
- Control your stress
- Eat slowly. Be mindful of what you are eating

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





Mental Health

Lower Elwha Mental Health Team:

Kristina Cain, CPC -- Program Assistant, Certified Peer Counselor, Clinical Intern

Brigid Counts, LICSW-- Children and Family Therapist/LEHS Consultant

Jory Kahn, LMHC-A – Associate Mental Health Therapist

Sandra Stokes, LICSW – Clinical Supervisor/Mental Health Therapist

Gretchen Van Blair, LMHC, NCC-- Admin Supervisor/Program Manager, Mental Health Therapist

LEMH provides clinical mental health services in the following order of service priority:

Elwha tribal members and household or descendants

Other enrolled tribal members and their household or descendants

Non-native patients who are actively engaged with LEHD programs, such as Klallam Counseling Services, Medical, Dental, and Maternity Support.

Clinical mental health services may include:

Individual counseling for children, teens, and adults. This can include treatment for trauma, depression, anxiety, behavior problems, and habit disorders, just to name a few.

Couples counseling

Family counseling

Co-occurring Disorders Treatment

Peer Counseling

Referrals out for Specialty Treatments

All of our therapists are licensed in Washington State. We use culturally adapted best practices within an individualized, strength-based relational recovery model. Some of our team's training or certifications include: Psychodynamic Psychotherapy, Dialectical Behavior Therapy, Trauma Focused Cognitive Behavior Therapy, Relational Cultural Therapy, Mindfulness-Based Stress Reduction, Play Therapy, Art Therapy, Expressive Arts, and Family Systems therapies.

****Lower Elwha Mental Health is located at the Lower Elwha Health Clinic. Services are for established LEHD patients, by appointment only, during typical operating hours of the clinic: Monday through Friday, 8:30am to 5:30pm.**

CALL: 360-452-6252 extension 7654



Dental Clinic & Mental Health

November 21st is Pumpkin Pie Day!

Believe it or not, pumpkin pie gets it's own day and the dental clinic would love to help you celebrate the magic of this delicious desert! Let us whet your appetite with some delightful pumpkin trivia:



- Pumpkins were first cultivated in central America around 7,500 years ago.
- An early New England recipe for pumpkin "pie" involved filling a hollowed out pumpkin with spiced, sweetened milk and cooking it directly in a fire.
- Pumpkin is an excellent source of vitamin A, with one cup providing 245 percent of our recommended daily intake.
- Pumpkin seeds are packed with protein, fiber, and many other minerals such as iron, copper, magnesium, manganese, phosphorous, zinc, potassium, folate, niacin and selenium.

Would you like to win some pie? Everybody who is seen in the dental clinic from November 1st until November 20th will earn a raffle ticket for each appointment they keep. On the 21st we will draw for the winner (we might have more than one winner). Good luck!

ʔaʔáʔił nəxʷnənəčínəs ʔiyám' ʔaʔyəčítáyŋxʷ
Beautiful smiles. Strong people.

My name is Brigid Counts and I am the new Children and Families Therapist for the Lower Elwha Mental Health Program. I am a Licensed Independent Clinical Social Worker and I have over ten years of experience providing therapy to children, teens, and families. I recently moved to Port Angeles from Austin, TX, where I was a therapist for a non-profit that provided mental health services to children and families in underserved rural communities. However I was born and raised in Washington, and I am very happy to be back in my home state!

As a therapist my goal is to help you feel safe, accepted, and move towards healing. I use a variety of techniques including play therapy, sand tray therapy, and talk therapy to help you work through challenging feelings and situations. I am trauma informed, strengths based, solution focused, and I believe building trusting relationships is the crucial element to any growth or healing.

To request services through Lower Elwha Mental Health for you or your family please call 360-565-7264 ext 7654.





Recreation Calendar

| November 2023 | | | | | | |
|-----------------------------|--|---|---|--|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 ½ Day PASD 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 1 Day Youth Basketball Tournament 630pm Adult Volleyball | 2 ½ Day PASD 6am Fitness Class 8am Personal Training 12pm Lunchtime Pickleball 1 day Youth Volleyball Tournament 5pm Functional Training 101 630pm PA Rams Basketball | 3 ½ Day PASD 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 1 Day Youth Soccer Tournament 630pm Adult Volleyball | 4 10am-6pm 11am Soccer Camp 3pm Movie in Gym |
| 5 | 6 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Basketball 630pm Adult Basketball | 7 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-330pm Project Venture Training 5pm Pitching 630pm PA Rams Basketball | 8 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Soccer 630pm Adult Volleyball | 9 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-430pm AS Sports 5pm Pitching 630pm PA Rams Basketball | 10 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Skills Training 8pm-11pm Teen Night | 11 PA Rams vs NWIC Scrimmage Game |
| 12 Volleyball Tournament | 13 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Basketball 630pm Adult Basketball | 14 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-330pm Project Venture Training 5pm Pitching 630pm PA Rams Basketball | 15 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Volleyball 630pm Adult Volleyball | 16 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-430pm AS Sports 5pm Pitching 630pm PA Rams Basketball | 17 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 7pm-10pm Family Dance | 18 10am-6pm 11am Soccer Camp 3pm Movie in Gym |
| 19 | 20 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Basketball 630pm Adult Basketball | 21 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-330pm Project Venture Training 5pm Pitching 630pm PA Rams Basketball | 22 ½ Day PASD 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness Gobble Gobble Dodgeball 630pm Adult Volleyball | 23 Thanksgiving | 24 | 25 |
| 26 | 27 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Basketball 630pm Adult Basketball | 28 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-330pm Project Venture Training 5pm Pitching 630pm PA Rams Basketball | 29 6am Fitness Class 8am Personal Training 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm-430pm AS Sports 5pm Youth Volleyball 630pm Adult Volleyball | 30 6am Fitness Class 8am Personal Training 12pm Lunchtime Basketball 230pm-430pm AS Sports 5pm Pitching 630pm PA Rams Basketball | | |

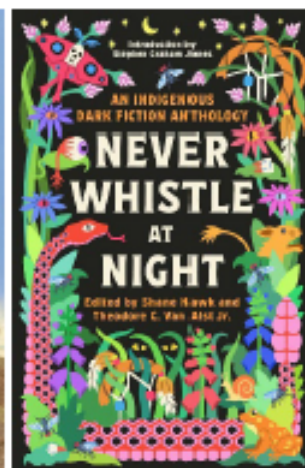


Library

Happy Native American Heritage Month!

November is Native American Heritage Month, so the Library will be featuring books by Native American authors all month-long. We have books from Native authors in every genre and for every age, so no matter what type of book you're looking for, you can find one from a Native author! Just in time for November, we've just received a large order of new books by indigenous authors – here are just a few:

- *Red Paint: The Ancestral Autobiography of a Coast Salish Punk* by Sasha taqʷəb̌lu LaPointe (Nooksack and Upper Skagit): "An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage in this bold, contemporary journey to reclaim her heritage and unleash her power and voice while searching for a permanent home."
- *Rez Ball* by Byron Graves (Ojibwe): "This debut novel by new talent Byron Graves tells the relatable, high-stakes story of a young athlete determined to play like the hero his Ojibwe community needs him to be."
- *Sisters of the Neversea* by Cynthia Leitich Smith (Muscogee Creek): "In this beautifully reimagined version of Peter Pan by Cynthia Leitich Smith, Native American Lily and English Wendy embark on a high-flying journey of magic, adventure, and courage to a fairy-tale island known as Neverland"
- *Never Whistle at Night: An Indigenous Dark Fiction Anthology* edited by Shane Hawk (Cheyenne-Arapaho) and Theodore C. Van Alst Jr. (Ojibwe): "These shiver-inducing tales introduce readers to ghosts, curses, hauntings, monstrous creatures, complex family legacies, desperate deeds, and chilling acts of revenge. These stories are a celebration of Indigenous peoples' survival and imagination, and a glorious reveling in all the things an ill-advised whistle might summon."



Weekly Classes Continue, Now on Wednesdays

Our weekly classes continue this month, though they are moving from Tuesdays to Wednesdays. Classes will be from 5-6pm in the Library. The schedule is as follows: Nov. 1: Career Search Skills; Nov. 8: Basic Computer Skills; Nov. 15: Introduction to Microsoft Excel; Nov. 22: Introduction to Microsoft Word; Nov. 28 (Tuesday): Introduction to Research Skills and Information Literacy. Each of these classes will be taught with Northstar Digital Literacy, and participants will be able to take a proctored exam after the class, which if passes, will award the participant a certificate of completion and credential, which can be placed on a resume to skills the skills they have learned.



Head Start & Early Head Start

Open Spots in our Head Start Program Two for Bears class and one for Ravens class. Applications are available at our building or on line at: elwha.org, Children's House of Learning then Head Start & Early Head Start, the application is on the bottom of the page.

Open Positions: We are currently looking for a Bus Driver/ Teacher Assistant, Teacher Assistant, Fulltime/Part-Time Shadow teacher. Apply online or pick up an application at our office.

Family Night: Our next two Family Night are **November 21st** than **January 16th** 5:30-7:00 Dinner provided we do a craft and get a little bit of education. Last family night we carved or painted pumpkins, has some immunization information and offered regalia designs to be carved into pumpkins as well. Head Start & Early Head Start families come join us for some good family fun.

Native American Month: Wear Your Moccasins Day is **November 17**. **WHY: Rock Your Mocs** is a worldwide social media event we are participating in. This is a positive opportunity to be united and celebrate tribal individuality by wearing moccasins. We honor our ancestors, and indigenous peoples worldwide, during Rock Your Mocs events and commemorate National Native American Heritage Month (rockyourmocs.org).





Head Start & Early Head Start

Policy Council: Welcome to our new Policy Council. President: Yvonne Bolstrom, Vice President: Leilani Barkley, Treasurer: Katrina Ayala, Secretary Brittany Johnson, Head Start Reps: Sasha Parrot and Saavik Cameron, Early Head Start Reps: Noah Brady and Amy Reed, Member at Large: Nancy Hamilton. We had a passing of the torch ceremony at our last meeting. Thank you to Amy Reed and Nancy Hamilton for making the torch. We celebrated the gathering of our New and Previous with a Friends Giving dinner. Thank you to our past representatives for all the hard work and great laughs we had at our meetings. It was a blessing to work with you all. Policy council passed the following policies: Appropriate Release of Children from Head Start Classes Policy, Classroom Activities policy, Staff Monthly Tracking Policy, Family Gatherings Policy. If you would like copies we will have them available.





Natural Resources

Plodding through the forests and beaches of the Lower Elwha Klallam Tribe's reservation and beyond, 15 tribal youth have been learning general wilderness awareness and safety skills, including the art of animal-tracking, native plants and their uses, fire-making, shelter-building, and camera "trapping" to document the variety of wild animals using the reservation. The tribe's Wildlife Program within the Natural Resources Department secured two grants this year, from Bonneville Power Administration and the Bureau of Indian Affairs, to build tribal capacity by teaching youth the skills needed to feel comfortable and capable in the woods with two goals in mind: to prepare youth for potential careers in natural resources-related fields, and to teach youth valuable skills to help them successfully participate in their treaty-reserved subsistence harvest activities.



To build excitement around our program, we began with classroom presentations where we exposed youth to the variety of research and management activities in which the tribe's wildlife program is engaged. We also shared stories of dam removal, and how wildlife have responded to dam removal and the return of salmon. Finally, we purchased animal tracking and plant identification books for each participant, provided a gear stipend and Swains, and have given each participant a stipend for their participation.

Visiting the former Aldwell Reservoir, the youth had their first experience with our team. They were able to visit a cougar-killed elk where they saw cougar tracks and learned about predator-prey dynamics. We also saw young salmon,

frogs, elk incisor marks on trees, and several types of animal scat... key wildlife sign for young tribal members learning to hunt.

In August, we worked with teachers from CedarRoot Folk School out of Marrowstone Island, welcoming two experienced outdoor educators onto the reservation to impart, in a fun and engaging way, their extensive knowledge of the natural world. Youth learned how to walk quietly through the forest, how to make cordage out of stinging nettle, how to construct a (mostly, anyway!) waterproof shelter, how to build fires, and how to create their own bow and arrow out of materials found in the forest. We also had a fun morning of "each one, teach one" where the youth taught our group the importance of various plants in the forest, inclusive of each plant's Klallam name.

Photos: Students gathering to learn about wildlife sign seen in the forest and honing their bow-making skills.





Natural Resources

Continuing along our educational journey, in late September, we contracted with “Tracker Certification North America” to bring animal track and sign experts to the Olympic Peninsula with the specific goal of teaching youth the art of animal tracking. Tracker Certification North America uses a novel approach of teaching through evaluation- students are asked a question about a track or other animal sign found in the environment and must use their knowledge to answer the question to the best of their ability without consulting anyone else. Once everyone has had a chance to answer the question, the group hears the answer and learns everything there is to know about the animal sign in question. It is a wonderful way to learn because it really makes the students think about what they see in their environment, and we know from experience that they will always remember the questions that they got wrong! Students answering at least 69% of the questions accurately were given a “Level 1 Track and Sign Certification”, and we were thrilled that three youth in the group met that threshold!



Photos: Youth showing off their shelter-making skills.





Natural Resources

Photos: 1) Nathanial Surina and Payton Cagey showing off their plaster casts of otter tracks; 2/3) the group looking at tracks on the beach; 4) looking at bear damage on a tree; 5) answering questions about skulls on the ground; 6) successful level one tracking certifications!



Using their newfound outdoor skills, youth have installed and are maintaining 10 wildlife monitoring cameras on the LEKT reservation. Youth are responsible for checking the cameras monthly, and will continue to monitor the cameras throughout the winter and into next summer. We have already documented a suite of different wildlife species using the reservation, including deer, snowshoe hare, bobcat, cougars, and bears.



Natural Resources

Photos taken at the youth-led camera grid:



Finally, several youth participants have availed themselves of opportunities to join us in the field on other research endeavors. Watching youth see the former Glines Canyon dam and Mills Reservoir for the first time has been a wonderful experience for all of us, as has teaching youth how to live-trap

small mammals for a study examining the return of wildlife to the former Elwha Reservoirs.

We have received another grant to involve tribal youth in our research again in 2024, and look forward to continuing to mentor and teach the next generation of Strong People!!





Natural Resources & LEFA



List of services available at Sayu' X Wey Family Safety Center WomenSpirit Coalition Programs and Services

WSC / Sayu X Wey Civil Legal Program (for Domestic Violence Victims)

DV Attorney- Donica Ramsey ESQ. DRamsey@womenspirit.net

Legal Assistant- Erin Neskahi. ENeskahi@womenspirit.net

****Referral process:** Contact Erin *first* for an Intake Assessment, otherwise requests sent to Donica may have delayed response. Free ZOOM Legal Clinic every Tuesday from 1- 3 pm. Contact Erin for specifics.

Indigenous Crime Victims Resource and Referral Center

Cheryl Coan, Program Director

Gayla Johnson, Victim Services Liaison, Emergency Financial Assistance. Clients can contact Gayla directly at GJohnson@womenspirit.net.

****Clients are all Crime Victims that are Native and Descendants or with ties to a tribal community and living in the state of WA. Resources and referrals are provided.**

WomenSpirit Coalition consults with Tribal Program directors, supervisors, and staff to respond to needs for technical assistance and consultation related to matters including domestic violence, sexual assault, stalking, dating violence, and sex trafficking. ****Forensic Interview Room** available for use by tribal partners. Call 360 681 3701 to schedule use. ******

WSC is also the official TA provider for Tribal programs receiving funds for WA State- OCVA and DSHS to sustain their programs.

Dee Koester MS. Founder Executive Director. dkoester@womenspirit.net

Anna Mayes MAED. Sexual Assault Program Coordinator. AMayes@womenspirit.net

The Sayu X Wey Center's co -located services are located at 526 and 530 A North 5th Ave. Sequim WA 98382. Contact 360 681 3701 for more information.



Housing

LEHA November 2023 Newsletter



Cooler weather is here and this a reminder to clean your heat pump filters, move furniture at least 12 inches away from wall heaters. For those with a wood stove, make sure the chimney is clean and the rope seal on the door is in good condition.



Make sure your gutters are clean and free of debris, clogged gutters can cause water damage and promote mold growth in your home. Also ensure the timer on your home ventilation fan is set, or turn it on for at least an hour after showers, to reduce excess moisture in your home.



Daylight savings time ends at 2:00 a.m. on Sunday November 5th. Set your clocks back and change your smoke alarm batteries before you go to bed Saturday night!

It's time to clean up yards and put away outdoor summer items such as yard toys and swimming pools. Take time to secure trampolines and outdoor furniture to prevent them from blowing into neighbor's yards during fall winds.



****SmartHub allows you to have access to your PUD account to view and pay your bills anywhere you have internet access at any time! You can compare monthly usage and bills, make one-time payments and sign up for automatic payments through debit or credit cards or your bank account. You can set up paperless billing, view your billing history, and more! Any Clallam County PUD customer with an active utility service can use SmartHub, which is a free service.****



Community News



Happy birthday Jayden! Hope you have the bestest day ever! Love Aunty Teva and Aunty Lancia and Zoey!

Happy birthday Malena Rose! Hope you have an awesome day! Can't believe how grown you are these days! Love Aunty Teva and Zoey!

Oh PS: Happy birthday Logan. I only had one pik of you eating food. So I didn't share a photo. Lol.



Congrats to Laniyah for her very strong 23 serve streak to help win their game against Bremerton 25-1, she plays for PAHS.



Congratulations to Kameron Tinoco & Tydus Woods on their 2nd year of undefeated in Future Riders Football.

2022 they took Championship. These boys have grown so much since their 1st year of little league football.

Kameron is the son of Lazaro & Ashley Tinoco from Elwha, and Tydus is the son of Samantha Acosta & Detavius Woods of Elwha. The P.A. Green C squad ended the regular season 5-0 and will play in the playoff's October 21, 2023 in Forks against Sequim.

A shout out to the coaches Eric Johnson Jr., Detavius Woods, Lazaro Tinoco & Titus Pascua for all you coaches do for these boys. To the parents, the boys couldn't have done it without you. Congratulations # 31 Kameron Tinoco & # 8 Tydus Woods.



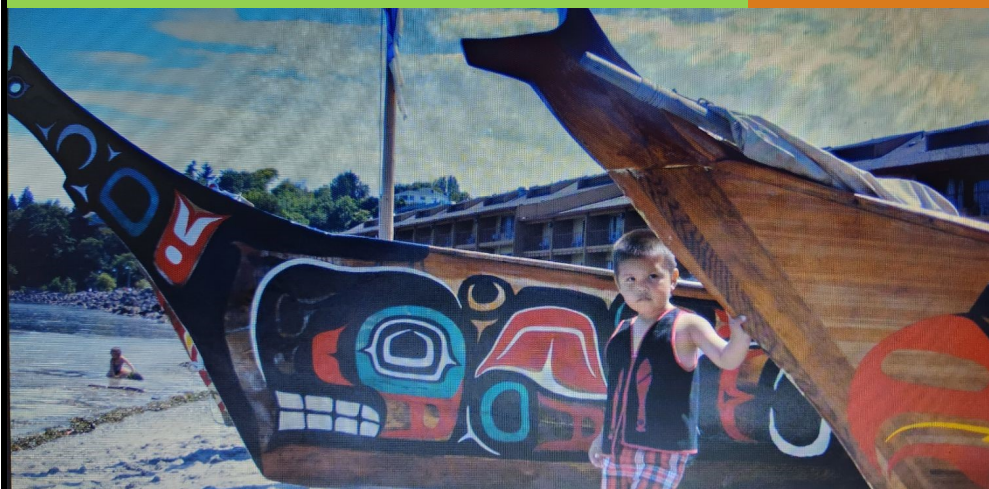


Community News



Josephine Edgington's senior night was amazing! Thank you to all her friends and family who showed her such support throughout the years of her playing volleyball and in life. She does plan on playing college volleyball and furthering her education.

Happiest
birthday to
my daughter
in law Ashley
Tinoco
Love always
Dorene



Happy 14th Birthday
Maurice (Grandson)
We all love you!!



Mom Ashley, Grandma, Grandpa, Michael, Sahnai, Carmen,
Sequoia, Jeremy, Hailey & your cats.



Happy Birthday Kam Tinoco
Much love
Grandma

Wishing my 1st born grandson Roger
Tinoco a very happy 17th birthday.
Love you always
Grandma Dorene





LEPD

| 2023 Service Record for L & O | SEPT. |
|--|--------------|
| 911 Hang-Up | 4 |
| Alarm/Alarm Check | 4 |
| Animal Calls | 4 |
| Assault | 1 |
| Business Check | 144 |
| Citizen Assist | 1 |
| Citizen Contact | 9 |
| Community Oriented Policing | 26 |
| Court Paperwork/Service | 9 |
| Disturbance | 3 |
| DV | 5 |
| Explosion | 1 |
| Follow Up | 10 |
| Found/Recovered/Lost Property | 3 |
| Frequent Patrol Request | 68 |
| Littering | 1 |
| Malicious Mischief | 1 |
| Mental/ITA | 3 |

| | |
|---------------------------------|------------|
| Misc. Info/False Reporting | 5 |
| Other Agency Assist | 13 |
| Parking Complaint | 1 |
| Prisoner Transport | 3 |
| Report of Open Door/Window | 4 |
| Sex Offense/Monitor | 1 |
| Suicide/Suicidal | 1 |
| Suspicious Person/Vehicle | 13 |
| Theft | 1 |
| Traffic Control/Emphasis/Hazard | 3 |
| Traffic Stops | 17 |
| Trespass | 2 |
| Unwanted Person | 2 |
| Vehicle Accidents | 4 |
| Welfare Check | 6 |
| Warrant Attempts | 2 |
| Warrants-Tribal | 2 |
| Warrants-Non-Tribal | 1 |
| Total | 378 |





Resolution List

| Date | Resolution Number | Title | Vote | | |
|----------|-------------------|---|----------------------|---|---|
| | | | For/Against/ Abstain | | |
| 9-14-23 | 97-23 | Approving agreements WCC-2328 and WCC-2368 between the Wa. State dept. of ecology and LEKT | 4 | 0 | 0 |
| 9-26-23 | 98-23 | HUD-ICDBG grant application requirements citizen participation, construction standards and low to moderate income | 2 | 0 | 0 |
| 9-26-23 | 99-23 | US Dept. of housing and urban Dev. Indian community block grant program (ICDBG) for Indian tribes and Alaska native villages | 2 | 0 | 0 |
| 10-10-23 | 100-23 | Approval of submission of FY 2022-2024 proposal regarding Ennis creek habitat restoration to National Oceanic and Atmospheric admin. Restoring Tribal priority fish passage through barrier removal grant opportunity | 2 | 0 | 0 |
| 10-10-23 | 101-23 | Approval of submission of FY 2022-2024 proposal regarding Ennis creek habitat restoration to national oceanic and atmospheric admin. Restoring fish passage through barrier removal grant opportunity. | 2 | 0 | 0 |
| 9-26-23 | 102-23 | Approval of Waystar/NextGen health care subscriber agreement | 4 | 0 | 0 |
| 9-26-23 | 104-23 | Approval of purchase of Wheelchair accessible van for Tribal Vocational Rehabilitation program | 4 | 0 | 0 |
| 10-5-23 | 105-23 | Amend HUD-ICDBG grant application requirements leverage resource number from \$179,000.00 to \$414,534.22 | 3 | 0 | 0 |
| 9-26-23 | 106-23 | Approval of child care dev. Fund budget requesting temporary fiscal waivers to extend the obligation and liquidation periods for currently unspent funding streams from grant years 2020, 2021, 2022 and 2023 | 4 | 0 | 0 |



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
Rachelle Wheeler, Grants
Administrator Ext. 7465
Jo Klinski, Controller/Payroll
Ext. 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road
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
Ralena Cornelison, Family and
Community Partnership Ext. 7474
Darla Owens, 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

Maurice Raub Ext. 7477

Facilities & Maintenance

Warren Stevens, Director Ext. 7432

Food Bank

22 Spokwes Drive
360.452.8471
Dorene Charles, Coordinator
Ext. 7690

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
360.565.7257
Becca Sampson-Weed, Director
Ext. 7456



BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Melissa Gilman
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Anthony Charles
Council Member, Ext. 7415

Dates to Remember:

11/5 Daylight Savings Time Ends: Fall Back!

11/8 Basic Home Maintenance Class

11/10 Recreation Teen Night

11/11 Veteran's Day

11/12 Volleyball Tournament

11/17 Recreation Family Dance

11/17 Wear Your Moccasins Day

11/21 Head Start Family Night

11/23 Thanksgiving

11/24 Black Friday

11/27 Safe Banking For Seniors Workshop

Happy
Native
American
Heritage
Month



To submit an article or join our email distribution list please send a note to Newsletter@Elwha.org.

You can also find each monthly edition at
<https://www.elwha.org/newsletter/>

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Port Angeles, WA 98363

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ELWHA NEWS

Lower Elwha Klallam Tribe

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“THE STRONG PEOPLE”

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

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

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

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

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