



January 2018

Volume 3, Issue 1

Elwha News

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LOWER ELWHA KLALLAM TRIBE

New Year's Message from Chairwoman Frances Charles

Happy New Year!

Dear Honorable Elders and Veterans, Tribal community, family and friends, there is much to be thankful for as we review the many accomplishments of 2017. Our community and staff have worked hard together to improve and create new opportunities for our Tribe.

We welcomed new Council Member George Charles this year. He follows in the foot steps of his mother Georgianne Charles who also served this community as a Council Member. This year saw growth in leadership for both the governmental branch and the enterprise branch of our sovereign nation. CEO Bill White, a former employee at Elwha and retired WA State Deputy to the Governor has taken the lead of all governmental programs, while Michael Peters continues to grow our businesses as Enterprise CEO. Both provide strong leadership and have shared their vision for advancement.

New construction this year included:

- *Billy Whiteshoes* Youth Athletic Field completed in June 2017, funded by Washington Recreation Office, Tribal dollars, tribal transportation program, and donation.
- Klallam Counseling Services (KCS) built adjacent to the Elwha Health Clinic, funded by tribal dollars (\$2.6 million), furniture and equipment paid by Indian Health Services award of \$250,958
- Elwha Wellness Campus Hwy 101 access improvements to provide safe access to the Health Clinic and KCS, funded by tribal dollars (1.3 million)
- Natural Resources building adjacent to *House of Salmon* Fish Hatchery, funded by tribal dollars (\$2.8 million)
- *House of Learning* Head Start/Early Head Start/Child care facility: we are in the planning stages to have a new building

adjacent to the Justice Center

Your Tribal Council has been active with government to government meetings. At all levels-city, county, state, and national-we have met with representatives always protecting tribal rights and our self-governance. We hosted another successful Potlatch with the Port Angeles School District; the focus this year was honoring the federal recognition of the Tribe in 1968, and reviewing the actions that led up to that historic event. The Klallam Language program held over 76 classes in 2017, and the craft and language immersion classes have been well attended. The Elwha Song & Dance Group performed at the Potlatch Fund's Annual Gala, and brought great honor to the Tribe. The group also participated in all the Usual & Accustomed canoe landing sites and performed at hosted tribal events.

Our Police Department is fully staffed with 11 officers, and now provides 24 hour coverage in the tribal community. The Natural Resources department focused on harvest management, habitat monitoring, environmental quality and Hatchery and wildlife studies. The Elwha Nearshore revitalization is in full process.

There are 311 employees that serve the tribal community, 52% are native. The Elwha River Casino has 44 employees, and has hosted events including: Elders Day, Veteran's Dinner, End of School BBQ, and other celebrations. We have had big winners at our Casino!

It is gratifying to see the development of our businesses, and we continue to see tribal funds directed to programs and facilities to benefit tribal members. Our government is active, your Council Members and I work hard and look out for tribal interests.

I wish you and your family health and abundance. May the gift of happiness, peace and warmth be yours as you make a new start in 2018.

Frances G. Charles, Chairwoman

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Letter from Vice Chair Russell Hepfer



Dear Lower Elwha Community Members,
2018 is here! Happy New Year!! I hope everyone had a Happy and Safe New Year!!! A lot has gone on the last year. Too many to list and I would probably miss a few.

Let me focus on December 2017. I am extremely happy about having the new Klallam Counseling Services Center. This has been needed for a long time now. It will take some getting used to going to the new location. I think it is a better location for our people that need help. Most of the clients that use this facility live in Port Angeles. So I am confident that our tribal members will have better access to KCS at the current and new location.

The new Natural Resources building is very nice. It is good to have all of our salmon people in the same building. This came about because the old hatchery building that housed the Natural Resources department became moldy and flooded out every year. It was too unhealthy. I am just thankful we had some funds to make it happen. Now our crew can work in a safe and clean environment. Of course, it will be become too small and overcrowded before long. The employees in the new building work hard to protect and preserve our treaty and resources. I appreciate all of them.

We are still working on getting a CNN type of diesel operation at our Elwha Food and Fuel Store. I've heard that the local trucking companies are waiting for this. I am mostly looking forward to the collection of taxes on the fuel. Fuel tax comes with strings attached. Meaning that we can only use it for road repair, maintenance, transportation and we can also use it for Law and Order related activities.

This past month I have been working on the Resource Management Plan dealing with salmon management that had to be submitted to NOAA by December 1, 2017. We got it done. We, the tribes and state as co-managers are now awaiting word from them. It takes up to 16 months. But it will give us coverage from the Endangered Species Act dealing with the take of listed salmon while harvesting. If we didn't have this coverage we could get sued by anyone such as the Wild Fish Conservancy. Yes, they are still lurking around out there.

Now we are fighting over the North of Falcon protocols and processes. This has to do with setting the seasons, regulations and who fishes where and when for each species of salmon. It is quite a complicated process. But the protocols should cut down on the going back and forth, changing agreements that have been made in principle

and coming back to change them because of a change of opinion. We deal with this every year. So we are trying to cut back on that. Our meetings run from early this month to April. Just about every week there is a meeting somewhere. It's not like we have a whole lot of salmon fisher people out there fishing anymore. The fishing has taken a steep decline but I want to ensure that our members can go fishing if they want to. The fact that we have a treaty is also why I am so involved with fin fish management. We have a treaty we have to preserve, protect and exercise for our future generations. I am so gratified that our Council allows me to speak for us at these meetings. It is an honor. Billy Frank Jr. says, "Stay the Course, Tell Our Story." I call it speaking salmon language. No else will speak for them if we tribes don't.

Just last week I travelled to Washington D. C. I serve on the National Tribal Toxics Council. We are a tribal group that is partnered with and funded by the EPA. We meet in-person twice a year. We have a phone conference call every month. This in-person meeting we asked the EPA to consider our tribal people, who are high risk populations when assessing the effects on the general population when new chemicals are made. We told them that if they protect our people, in turn it will be more protective of the general population. They were open to that suggestion and are going to move forward with that idea. It is a big deal to get a huge change like that into effect. It took a long time to get them to understand that let alone change it. But is isn't official yet and it has some higher levels to get through.

I am so proud of our students at this year's School District Potlatch! Each group did such an outstanding job. They recognized each family that had a member on Tribal Council for the year 1967. That is when we received recognition from the federal government. Gilbert Charles, Viola Cagey and LaVerne Hepfer's families were in attendance. I also want to thank all the cooks and helpers that made this happen. The food was great and everyone got enough to eat. Of course, that is a given. The Lower Elwha Tribal Community is known for our hosting.

Well...thank you for reading my letter. As always, give me a call, stop by either at my office or home. I will try to answer any and all questions. If I don't know or don't have an answer, I will find out for you.

Sincerely,

Russell (RAZZ) N. Hepfer



New Home for Natural Resources Department

The Natural Resources Department is closing out a very busy year, which included many changes- the most exciting of which is a new building for our staff! On November 27 our staff moved into our amazing new 10,000 square foot facility on Stratton Road, beside the tribal hatchery. The building includes a beautiful reception area adorned with John Gussman photographs that will also include artwork from Clark Mundy and Darrell Charles. The building also includes a laboratory for water quality, fisheries, and wildlife research projects as well as a large conference room and a kitchen. Our staff are thrilled with their new facility, which provides an ideal workspace for our many natural resources programs. We extend a big thank you to Council for recognizing the value of our program and the limitations of our old building and finding a way to make this a reality! We also wish to thank Michael Peters for his guidance, support and vision in getting this constructed in such a short period of time!

The Natural Resources Department also saw some internal reorganization and new staffing in 2017. Lyle Almond was hired as the Policy Analyst in May



and Robert Elofson was hired as the Harvest Manager in July.

The wildlife program received an Environmental Regulatory Enhancement grant proposal from the Administration for Native Americans to prepare a Seventh-Generation Wildlife Management and Monitoring Plan for the Tribe. This will allow us to write planning documents for future wildlife monitoring,

while also beginning a cougar study. The goal of the cougar study is to collect data on population size and structure, and to look at how sub-adult cougars make space for themselves when they leave their mothers. Tribal member Cameron Macias will use data collected on this project to pursue a Master of Science degree in Natural Resources, with a focus on conservation genetics, at the University of Idaho. The new tribal website recently unveiled by IT offers a great opportunity for Natural Resources to create links to summaries of the work that we do in fisheries, wildlife, water quality, utilities, re-vegetation, and environmental policy. It will also enable us to post fish regulations as well as GIS maps depicting harvest and research related information.

Matt Beirne, Director

Lavern Hepfer Family



The Lavern Hepfer Family was recognized at the Annual School District Potlatch. The family was honored during the evenings activities that highlighted the history of the Tribe's Federal Recognition in 1968. Lavern Hepfer served on Tribal Council during that year. Elder Serena Antioquia was wrapped in a blanket.

CEO Update-William White



Welcome to the New Year, 2018. I hope each and every one of you had a wonderful holiday, enjoyed time with family and friends, and survived the weather and driving conditions. I want to start the year with a quick overview of the 2018-19

Operating Budget adopted by the Council on the 21st of November.

The total budget increased from \$28,362,719 for the 2016-17 fiscal year to \$29,101,400 for the current year. That is very modest growth. Next month I'll try and provide a more comprehensive discussion of the total budget, but for this article, I'd like to focus on the really big picture, and touch briefly on staff pay. Of this current budget, 57% (or about \$16.5 million) is for salaries and benefits, with the balance for all other operating costs and services.

Those operating cost cover the buildings, the assistance for elders, food for the needy, youth services, law and court systems, property maintenance, child care, historic and cultural preservation, enterprise initiatives, river restoration, and a wide range of additional services that deserve more than passing mention.

On the compensation front, a few items are noteworthy:

In previous action, the Business Council increased the Tribe's matching contribution to retirement accounts (401k) by 3%. That means that those who are investing in their retirement just got an extra boost to help them in their later years.

A few individual classifications received pay adjustments based on difficulties in recruitment

and retention, as well as industry equity. With the exception of those staff in targeted classifications, all other staff received a 3% Cost of Living Adjustment (COLA). This increase will be retroactive to 20 October, the first pay period in the new fiscal year.

Maybe the 3% COLA isn't a lot in some minds. Maybe retirement funds contributions don't mean much to those a long way from retirement. But I came from years in state government, and the last 5 were constant reductions, layoffs, and downsizings. It's refreshing to see leadership looking out for staff, even if the increases are modest.

Every Tribe has its own identity, its own qualities that make it unique. Yes, you are the "Strong People". And, you are also generous and hold a genuine concern for each other that is embodied in this budget. And while some may argue that we pay this person too much, and that one not enough, and should do more here and less there, this is a good, well developed budget that should serve all for the next year.

Respectfully,

William (Bill) White, CEO





Elwha River Casino



Promotions and Events

Senior Day

Wednesdays 10-8PM,
Seniors 55+ 2x pts | 30% off
meals | Hot Seats

Pigskin Pick' Em

Elwha Reward members must
10 points and select their favorite
team for a
chance to win cash prizes.

January Cash Blast Drawing

Elwha Reward members
qualify for drawing tickets
just by playing on your
favorite AGS machines for
a chance to win \$500
beginning at 6 p.m. every
Friday in January!

Senior Day Hot Seats

Elwha Reward members 55+
qualify
for \$50 hot seats on Wednesday
every hour from 11a.m.- 4 p.m.
in January!

River's Edge Grill

1st-15th: Steak, baked potato
and veggie \$12.95

16th-31st: Patty Melt with choice of side
\$8.95

January

Holiday Food Drive

The Casino Once again did our
annual food drive! It was very
successful and the food was all
donated to the local Food Bank just
for the holiday season.



Employee Holiday Party

Our Staff Christmas party was a
great time that included games,
prizes, food and fun.

Emma

With heavy hearts the Elwha
River Casino mourns one of our
own. Emma Worked at the
Casino for years and had
recently moved to better her
career in the gaming industry.
Emma you are missed by many.





Social Services Employment Program

December was an exciting month for TANF clients, we had some amazing parents participate in our second session of Positive Indian Parenting. We celebrated all participants and had an Indian Taco lunch with cake and were able to do some beading projects. Two of our participants received an incentive for completing the class with 100% attendance, congratulations Sheila Moore and Julia Guzman!

We would like to congratulate Christine Wilken-Matte on her recent graduation from NWITC! We look forward to seeing your progress, welcome home!

January 2018 TANF Calendar

Jan. 17: Budgeting Workshop-10am to 12pm @ Heritage Center *snacks provided

Jan 24&25: You're Hired Job Readiness Workshop-10am to 4pm @ Heritage Center, *lunch provided

TVR Highlight of January Alzheimer's disease

Alzheimer's disease. Many of us have heard of it. It is a disease that is usually associated with our elderly. It is an irreversible disease that normally starts out slowly and not noticeable. It will eventually affect your memory, your moods, self-care and your attitude.

As we get older, some of us may joke about how we are forgetting more things than we used to. We may joke about getting Alzheimer's, but most of us know that this is a serious condition and hope we don't get it. Alzheimer's disease can turn a once strong and independent elder into a forgetful and very dependent person. An individual with this disease may easily get disoriented and lost. Care must be taken to restrict their independent movements.

Alzheimer's disease affects over 5% of people over the age of 65 and has no cure. Limited treatments are available to ease the symptoms and to help slow the progression of the condition. As the disease progresses into the later stages, the common solution is to admit the individual into a full care facility. This is can be an unfortunate but necessary final outcome to this disease.

Wondering how to stretch your food for the month? Tired of the stores high grocery prices?

Apply for STOWW commodities! Applications available at Lower Elwha Social Services.

Monthly deliveries and a list of groceries to choose from or we can set up a shopping day when they come to deliver to our area!

Questions or registration- Please contact Melissa Gilman 360-417-8545 Ext 2912 or Email

Melissa.gilman@elwha.org



Snow storm on the reservation December 19, 2017.



Elwha Clinic Blood Drive

Lower Elwha Health Clinic Blood Drive

Our Community Health Department is hosting a Bloodworks NW Event on January 19th in the Elwha Gymnasium 9 AM till 3 PM



Please come to donate your blood to save a life.

Each whole blood donation can save 3 lives. Our last blood donation day saved 72 lives. Please let's beat that number. We need to exceed our goal.

Don't hesitate to save a life.

Also there is a shortage of Native American bone marrow donors so please come and give the gift of life. Ages accepted for marrow donation is 16—45 years only.

Please call and schedule a time to donate blood.

Call Lower Elwha Health Clinic at 360-452-6252
or Birdie at 360-452-6252 ext. 7631

Give the gift
Bloodworks NW



When: January 19

9am-3pm

Where: Elwha Gym

Donors must be

**In good health, at least
18 years old and weigh
at least 114 pounds.**

WA State Guidelines



Elwha Tribal Community Christmas Party



Thank you to Tribal Council,
community members, Tribal programs/
Departments, volunteers, Hales family
singers, Song & Dance Group, and espe-
cially Santa & Mrs. Claus for the festive
Christmas Party!



The food, presents, music and laughter made happy Christmas memories!

Photos on Pages 14-15.

Happy New Year to All!



Education & Library

After School Drop-In Program

Hungry children eating snack, completing homework, reading books, and playing prodigy math kept our library hopping in December!!



Students take advantage of the After School Drop-In Program and lap tops.



As Christmas drew near we pulled out the crafts and began making ornaments and had fun making slime!!



Sadly we had to say goodbye to our favorite Rick. He said he would visit!



Healthy Recipe

Winter time is a great time for soups and broths. I have heard wonderful things about fish head soup, and although the following recipe is not local, I would encourage everyone to try making their own from a family recipe or trying the one below. There is a South American proverb – “Fish Broth Will Cure Anything” and I truly believe that stocks and broths can be an inexpensive way to get a lot of vitamins, minerals and nutrients into our bodies, and they taste good too.

FISH HEAD AND WILD RICE SOUP

This soup could be made using a fish fillet, but you’d be missing the diversity of textures and flavors from the fish heads – dense, firm cheeks, the cartilage that enriches the soup’s body, and the fatty eyeballs that add richness. We’ve added a little smoked fish to boost flavor.

Use any fish head that you like, so long as it’s not big and meaty. The preparation is easy and relatively quick, and the resulting stock is fishy but not overwhelmingly so. Diners will understand pretty quickly how to pick the succulent bits from the heads, but if you’d prefer, you may remove the meat after it’s cooked and serve it with the soup.

Recipe:

- 2 – 3 tablespoons sunflower oil, or rendered duck fat
- ½ cup of chopped onions or leeks
- 1 tablespoon chopped sage
- 1 tablespoon chopped mint
- 3 – 4 fish heads
- 2 tablespoons maple syrup, or more to taste
- ½ cup shredded smoked fish
- 1 ½ cups cooked wild rice
- Salt to taste

In a large soup pot, heat the oil over medium heat and sauté the onions, sage and mint until tender, about 5 minutes. Add the fish heads, maple syrup, and enough water to cover by about 3 inches. Bring to a boil; then reduce the heat to achieve a very low simmer and cook for about 35 minutes.

Stir in the wild rice and smoked fish, season to taste with more maple syrup and salt and serve immediately.

From the book: The Sioux Chef’s Indigenous Kitchen by Sean Sherman

ELK BONE BROTH RECIPE

- 4 pounds of elk bones
- 12 cups of water
- 2 tablespoons of apple cider vinegar
- 1 onion, roughly chopped
- 1 ½ cups of carrots
- 3 bay leaves
- 3-5 sprigs of rosemary
- 6 garlic cloves
- 1 teaspoon black peppercorns.



Instructions

Preheat oven to 450 °F and line a baking sheet with aluminum foil. Place the bones on the baking sheet and roast for 40

minutes, flipping halfway through.

Once the bones are cooked place bones in a large stockpot and cover with water. Add the vinegar and allow to sit at room temperature for about 30 minutes.

Roughly chop the vegetables and add to the stockpot. Bring to a rolling boil and then lower to a simmer.

For the first 2-3 hours, skim any foamy layer that develops on the top and discard.

For beef bone broth, simmer for 48 hours, for chicken bone broth, simmer for 24 hours, for fish broth, simmer for 8 hours.

Allow to cool slightly and strain. Transfer the broth to an airtight container and refrigerate for 4-6 hours or overnight. This will allow the fat to rise to the top and solidify.

Scrape the fat off the top with a spoon. This will leave you with a gelatinous bone broth when cold.

Store in a mason jar or freeze until ready to use. When ready to use, slowly warm the broth over a low heat to bring it back to a liquid consistency.

The recipe packs a thick, gelatinous broth filled with minerals and healing properties that many cultures have believed in for thousands of years.

Bone broth is a “superfood”, and a staple in many kitchens, thanks to its versatility and savory flavor.

The **benefits of bone broth** are infinite, but the biggest natural benefits of adding bone broth into your diet are:

1. Joint Health
2. Better Digestion
3. Rich in Minerals
4. Improved Immune System
5. Protects against the common cold and flu

However, bone broth isn’t just your regular stock made after a few hours of simmering a chicken carcass on the stove (although, that’s pretty tasty too). Bone broth’s real benefits come from simmering the bones for up to 72 hours, which allows the marrow to be cooked down and the minerals to be released.

Bone broth helps fight inflammation and improves leaky gut syndrome, both of which are believed to be the root of many common autoimmune disorders. Healing a leaky gut can improve the digestion and absorption of food. Adding bone broth in place of conventional broth is a simple way to add nutrients and helps strengthen your digestive tract.

This bone broth recipe can be used in so many ways, you can add it into homemade soups or sauces, sauté fresh veggies, meats or fish with it, or even just enjoy a warm cup of it when you’re feeling under the weather.

Masi cho,
Wahji Kasten
Naturopathic Doctor and Acupuncturist



Elwha Early Head Start & Head Start

360)- 452-2587 1 INFORMATION 2 TRANSPORTATION (Carol Jo/Francis)
3 HEALTH MANAGER (Deanna)
4 FAMILY COMMUNITY PARTNERSHIP MGR/ENROLLMENT (Michelle)
6 EDUCATION MANAGER (Sarah Lovejoy)
8 PRENATAL EDUCATOR (Summer) 9 DIRECTOR (Debbie)

xəwəs sčičánəŋ 2018 January (New Year)

ᖃaᖅᖅᖅᖅᖅ (Chipmunks) & čaᖅmús (Otters)

Wow, it is the New Year already! The Otters class is moving into the winter months by focusing on winter and shapes. We have had some fun with new experiences last year (2017), and are learning a lot. We had a great time exploring with Jello Squares and cookie cutters.

Just a reminder to send your children with coats, and hats as we are getting that colder weather, and we do try to go outdoors as much as possible.

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shutterstock.com 114429805

The Butterfly Prenatal Program is always accepting applications. It is a wonderful opportunity to learn and earn "baby bucks" as you go. Baby bucks can be used to 'buy' new items for your baby. We also go over fetal development, milestones, as well as learn some practical skills like budgeting. If you are interested please contact Summer Cooper Early Head Start Prenatal Educator 360-565-6364

January 2018 Dates to Remember

Jan 1/Mon	Holiday/No school
Jan 2/Tues	Planning Day/No school
Jan 3/Weds	Return to school
Jan 15/Mon	Holiday/MLK/No school
Jan 16/Tues	Planning Day/No school
Jan 17/Weds	Return to school
Jan 18/Thurs	Family Night 5:30pm



Annual reports are available upon request. Please contact Director, Debbie Hales if you want a copy.

360-452-2587 x 9

New Website for Elwha Tribe

Check out Elwha Tribe's NEW website! New content, updated information, better navigation. If you have browser bookmarks, update them to direct you to the NEW web page.

www.Elwha.org



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The Lower Elwha Klallam Tribe is a sovereign, federally recognized Indian Nation, with its own constitution and **government**. Not only does the Tribe govern itself, but many Tribal administrative **departments** oversee the everyday function of the reservation and provide for Tribal members.

The Lower Elwha Klallam Tribe resides in the Lower Elwha River Valley and adjacent bluffs on the north coast of the Olympic Peninsula just west of Port Angeles, Washington. As recognized by the United States in 1855's **Treaty of Point No Point**, the Tribe has lived in this area since **time immemorial**.

The Tribe's current landbase was initially acquired by the United States in trust for the Tribe in 1935-36 and these lands were proclaimed as the Lower Elwha Reservation in 1968. Today tribal lands include about 1,000 acres on and near the **Elwha River**.

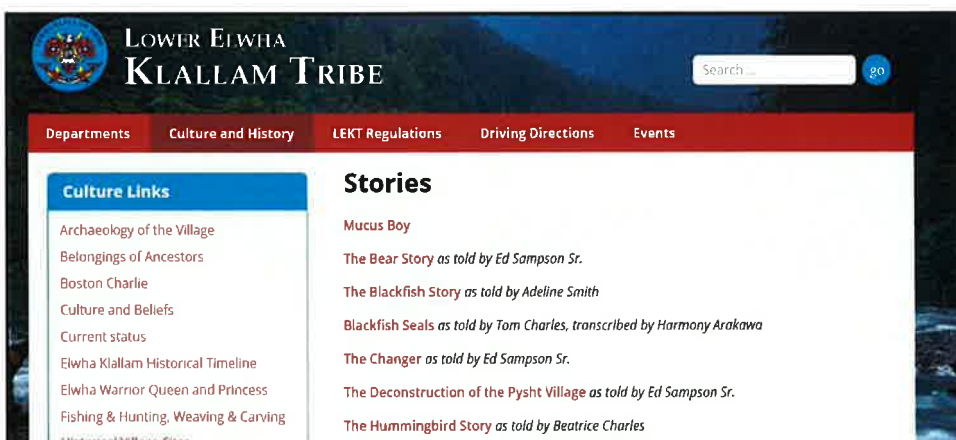
Vision

To ensure that the Lower Elwha Klallam people can pass on their way of life to their children.

Mission

To build a strong and healthy sovereign nation where Tribal members live their values and culture.

This means enhancing the lives of our people both physically and spiritually through social well being and economic independence while preserving and enhancing our natural resources and cultural heritage.



Updated content includes:

- ⇒ Tribal Government
- ⇒ Tribal Programs
- ⇒ Culture & History
- ⇒ Klallam Language & Stories
- ⇒ Finfish, Subsistence Fishing, Commercial Fishing, Hunting Regulations
- ⇒ Events



Elwha Health Clinic



Welcome Meriah Gille! Meriah is currently the Acting Health Director and Quality Improvement Coordinator for the Lower Elwha Health Department. Previously she was with the Native American Health Center for 9 years, starting as a Registered Dietitian (RD)/Clinical Data Manager, then the Health Information Systems Project Manager, and then as the Senior Program Director for the Community Wellness Department. Before that, she worked as a Dietetic Intern for the University of San Francisco Medical Center, in Financial Aid for the University of Colorado, Colorado Springs, and as a Nutrition Educator for the El Paso County WIC program. She earned a Master of Science degree in Health Informatics from the University of Illinois, Chicago and a Bachelor of Science degree in Health Sciences, Nutrition from the University of Colorado, Colorado Springs.

Meriah has over 11 years of experience in healthcare, over 7 years of experience in departmental management and over 9 years of experience in project management. She has experience managing budgets up to \$7.5 million spread over 24 Federal, State, County and City grants and third party reimbursement. Meriah has spoken nationally, at conferences for the California Medical Foundation, the National Consortium of Urban Indian Health, i2iTracks, and the California Consortium of Urban Indian Health. Meriah has led implementations of multiple health information systems for the Native American Health Center and the Community Health Center Network. She has championed continuous quality improvement throughout her career. Meriah has two children, ages 13 and 16, and loves to stay active. She hikes, reads, beads, paints and plays roller derby in her spare time. You can catch her on the track playing with the Port Scandalous Roller Derby team once a month at the Boys and Girls Club in Sequim.

Community Health Corner

Happy New Year. I hope you are well! My name is Vicki Hallberg-Gross and I am glad to be here working as the Community Health Nurse for the Lower Elwha Kallam Tribe.

I have been an RN for over 30 years. I have worked at the Elwha Clinic, at Olympic Medical Center in the Emergency Department, at the local VA Clinic, and have taught Nursing. I am thankful to be living in this beautiful part of the world and have lived in Joyce with my husband and sons for over 20 years.

My role as a Community Health Nurse include health promotion and wellness, providing education, helping with chronic disease management, doing home visits, participating with the Wellness Team and its activities, and being a resource person to assist in whatever way I can to support the Community.

As you know, winter and spring time tends to bring an increase in cold and flu outbreaks. Help prevent the spread of these viruses by: **WASHING HANDS OFTEN! (Wash your face too.) If you do get a cold or flu, cough and sneeze into your shoulder/upper arm, stay home while resting and drink LOTS of fluids. Most people are sick with the flu for 3-5 days and get better on their own. Call your health care provider if you or a family member have symptoms you are concerned about, such as shortness of breath, extreme tiredness or a high fever.**

"Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who

are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes." (<https://www.cdc.gov/flu/keyfacts.htm>)

Ellen Charles and I plan on making more home visits this year to the Elders. If you have any needs or concerns that Community Health might be able to help with, please call my cell phone number or the Clinic (360)452-6252.

Thank you and here's to a healthful 2018!

Vicki Hallberg-Gross, RN, MSN

Work cell: 360-912-3049

Vicki.gross@elwha.org



Dear WIC Clients:

I am pleased to announce the Lower Elwha WIC Clinic will now be able to provide rides to your appointments.

This transportation arrangement must be used as a last resort when no other transportation is available.

You must schedule rides to your WIC appointments in advance by calling Roberta Kimberly 360-452-6252 X 7631.

Transportation provided preferably on Tuesday or Thursday afternoons.

May your holidays be filled with love and joy.



Elwha Dental Clinic

Dental Anxiety

Many people have a hard time going to the dentist out of fear. The dental profession has noticed and is always adapting to reduce this fear. Our staff has many local, caring providers. Our goal is to prevent pain and dental disease.

Coming to the dental clinic on a regular basis can reduce the amount of dental work needed. The dental team will take a look at your overall oral health to catch things before pain is caused. With children, our goal is a cavity free generation. Bringing children in on a regular basis will hopefully result in never having to experience a filling.

Our dental team wants to help anyone reduce or overcome fear of coming into the dental clinic. Some things you can do on your own are:

- Come in on a regular basis to reduce and prevent dental work.
- Don't have anything planned after your appointment so you can relax.
- Stress can wear you out. Give your body time to recover.
- Wear comfortable clothes.
- Bring a blanket.
- Bring music or meditation audio.



Ortho Screenings

Screenings for the Ortho Program start January 2nd, 2018. Patients will be screened for good oral health and must be Contract Health eligible. Please call Tracey the Dental Clinic at 360-452-6252x2.

Interview with New Reception Hire Leif Ellis-



Tell me about yourself?

I'm married to Keri Ellis (Charles) LEKT member and we have four beautiful children and a grandbaby on the way! It'll be four years of marriage on Valentine's Day this year!"

What position were you in before coming to Dental?

"I was a Facilities Specialist at the Elwha River Casino. I fixed just about everything I could get my hands on and I had a great mentor in the field and in life, Moe Dannell."

What made you interested in applying for the reception position?

"I wanted to start a new career in the medical field. I love to learn and I feel like in this field it's a constant learning process. You can go as far as you want to go and I'm motivated to go the distance!"

What do you like about working here so far?

"I love to learn and helping members of our community everyday makes me happy. It gives me a sense of fulfillment. I'm proud to be able to serve our community in a capacity that is helpful."

What have you learned?

"I've learned patience for sure and how to have fun again while I'm at work."

Do you want to go further?

"I think I'd like to do what Betsy does (Hygienist) I'm very interested in becoming an Assistant first and then moving to Dental Therapist."

What is your favorite thing to do outside of work?

"I have four children that keep every minute of my life outside of work occupied. We play sports, games and really love to watch a good movie!"

What's your favorite movie?

"What We Do In the Shadows (Comedy)"

What is something about you that nobody knows?

"I am an avid Magic: The Gathering Player (trading card game). I started playing two years ago after I started at the Casino and met a great group of friends who I am grateful for. We also play D&D (Dungeons & Dragons) and when my group comes over to play my wife calls it the 'Nerd Herd'."



Tribal Community Christmas Party





Tribal Community Christmas Party





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December UPDATE:

Christmas Giving tree: We are so grateful to have collaborated in this event, there has been a great turn out for the giving tree, all the ornaments have been chosen and the gifts distributed. Thank you to all that contributed and participated-it shows holiday spirit and generosity to our youth.

After School Youth Activities: SOC has been helping our youth stay entertained and providing prevention activities in the dining hall. We have collaborated with prevention health, the education/culture program, and mental health. Please let your child(ren) know this is an option every day after they get off the school bus.

OUTREACH: Through-out the past year SOC has been bridging gaps between other departments regarding youth and mental health. These partnerships are vital to the success of our community, families and youth. Our mission is to break down the stigma on Mental Health and bring to light the positives and to impact our community with cultural healing. If your program/department would like a presentation about our program, please contact Elsie Miller.

The meetings are as followed:

*January 22, 2018- With Elder's at 1230 in the Elder's Lounge.

*January 29, 2018- With Youth at 11am in the Dining Hall. We hope you can make it, come learn about SOC and how we as a community can break down the stigma of Mental Health.

UPCOMING EVENTS:

Youth Mental Health First Aid:

Friday, February 2nd, 2018 at the Heritage Center 8am-5pm. Youth Mental Health First Aid is designed to teach parents, and other caring citizens how to help a youth (12-18 years of age) who is experiencing a mental health or additions challenge or is in crisis. YMHA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, review typical adolescent development and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders including ADHG and eating disorders. For more information contact Lola Moses @ 360-565-7257, Ext. 7701 or by email at LolavMoses@elwha.org.

SOC Governance Structure:

Currently SOC has eight committees that requires community involvement, SOC is family driven, youth guided.

Please join one of our teams, your voice and opinions are important. Come be the change in your community for youth mental health.

Ad-Hoc: 1/5/18 @ 10am with Lola Moses

Care Coordination: 1/9/18 @ 3pm with Wihinna Robideau

Workforce Development: 1/16/18 @ 10am with Nancy Hamilton

If you have any questions or concerns please contact Elsie Miller, Administrative Assistant, @ 360-565-7257, Ext. 7661

Systems of Care Staff

Program Director:	Kelly Bradley
Project Manager:	Lola Moses
Grant Manager:	Melaine Wheeler
Care Coordinator:	Wihinna Robideau
Family Advocate:	Nancy Hamilton
Youth Advocate:	Donna Goldsbury
Admin. Assistant:	Elsie Miler

Lower Elwha Systems of Care (SOC) is a new way of caring for our youth and families. ᠋᠋᠋᠋᠋᠋ ᠋᠋᠋᠋᠋᠋ means "you are my very breath" in Klallam, we've chosen these words to express the importance of our youth. We use the Wraparound approach in our systems of care program. Our program is for community members that are birth thru 21 years of age with a mental health diagnosis. Wraparound is an approach to wellness within a systems of care. It draws upon the strengths and resources of a group of people that a client identifies as their formal and informal supports: family, friends, professionals, community members, etc. We streamline services and promote communication amongst providers. The SOC Team will work closely with tribal and outside agencies to develop an individualized service plan that is youth guided and family driven.



Lower Elwha Food & Fuel

Dear Tribal Community,

We would like to take a moment to introduce ourselves,

My name is Cody Bankson.

I am the new C-Store Director-in -Training for the Lower Elwha Food & Fuel and Cedar Box Smoke Shop. I wanted to take a moment to say 'Hello' and tell you all a little bit about myself and some of the things I have been up to. The Tribe hired me this past September to start to gain the knowledge and training to eventually oversee the retail operations for us. Previously, I worked for Coca Cola for close to 13 years in a multitude of jobs that deal with restaurants, bars, deli's, C-stores, mega stores and this gives me not only perspective but a competitive advantage in the retail game.

My knowledge and understanding of how the operations work from the sales side is something most managers never get a chance to experience and this give me a 'leg' up on the competition. Plus, I have worked with most of our competition in the past and understand how they operate. I am grateful for the opportunity the Tribe has given me to better our people through, not only with the current economic development, but also the ability to grow and develop sustainable jobs for our people for generations to come. There is a lot of changes and a lot of good things to come.

My name is Isaiah Coley and I have been asked to oversee the training of the C-Store Director and to help develop new business opportunities for the Tribe. I have spent my entire career in the Tribal retail game as the Retail Store Manager for the Squaxin Island Tribe with 17 years of retail management and 15 years of Tribal Retail con-



LOWER ELWHA FOOD & FUEL

sulting. I have worked with many tribes over the years and have helped develop numerous sustainable job opportunities not only in Washington State, but all over the country. The one thing that I was taught

growing up was that when it came my time to step up and care for the community it is no longer about you, it's about the impact that you leave for those to come. I hope to be able to do exactly that here and help bring the Elwha Tribal community prosperity and good fortune for years to come. Hope to see all of you around the store.

Elwha tribal members can use your Fuel Discount card and save 20cents a gallon. That makes our gas cheaper than most stores if you use that card, so please sign up and use it.

We have been in partnership with "Drakes Pizza and Subs" at the store for a couple weeks now. The pizza is coming along good. We have a stone oven that cooks the pizzas to perfection. We can also sell those pizzas uncooked for you to take home. Just ask us. Drakes has also been providing us with sub sandwiches. We also partnered with "Cock-a-doodle Doughnuts" to supply us with fresh, baked doughnuts every day but Monday.

The store is also getting ready to accept E.B.T. We are working to get more E.B.T. eligible items in the store for purchase. This shouldn't take much longer.

So come in a say "Hello" to me and see the store employees and see all the improvements that have been going on. We look forward to seeing you.

Isaiah Coley/Director of Operations

Cody Bankson/C-Store Director

Lower Elwha Emergency Management Division

2018 Emergency Safety Fair

Are you prepared to spend 30 days on your own?

Find out what you can do at the 1st Annual Emergency Safety Fair.
Learn how to prepare your Emergency Kit and how to Camp in your Home

Saturday, January 20th, 2018, 11am-2pm

Tribal Center Gymnasium, 2851 Lower Elwha Road

Klallam Culture



Klallam Language & Culture After School Program

January 2018 Update by Justine Clifford

We have been busy at the After School Program. We have been making holiday decorations and even had a little Christmas party. Each student got a gift! Kids participated in the Winter Wellness Camp in the dining hall. We will be doing our first field trip of the year on December 22, 2017. We will be going to Chuck E. Cheese. Happy holidays!



LEKT SONG & DANCE GROUP

Regular Practice will be January 9th and 23rd in the Dining Hall at 4:30pm.

Dinner served at 4:30 followed by singing and dancing. Helpers needed for cooking & clean-up.

Transportation home available sponsored by the Elwha Transit Program

Intertribal Practice will be Wed, Jan 17th in Jamestown

Dinner served at 5:30 pm, followed by singing & dancing. Van leaving Elwha at 4:30





Tribal Housing Authority

Please make sure and check your mail! We regularly send out letters such as: recertification reminders, inspections notifications, late notices, etc.

Please make sure and check your fire extinguishers to ensure that they're up to date.

Make sure all smoke alarms are functioning properly. If you need batteries for them, please come by the Housing office and pick some up.

Amerind Safety Poster Contest: The purpose of AMERIND's annual poster contest is to promote Fire Safety in our communities. Please make sure to turn in any entries to LEHA by January 17, 2018. Prizes for 1st, 2nd & 3rd place winners in each age group and 1st place winners move on to the Regional contest level to be judged and if selected move to the National level! Grand Prize at the National level is \$1,000! Age groups are K-3rd, 4th-6th and 7th-8th.

Students!-Northwest Indian Housing Association youth scholarship is due by March 31, 2018. You can print the application from NWIHA website (<http://nwiha.org/youth-scholarship-program/>). There are

multiple requirements for this including a letter from our Housing Authority so be sure to contact us ASAP if you're planning on applying for this scholarship.

Since we have a new phone system there's been a bit of confusion and tenants don't recognize the phone number that we are calling from. Please note that (360)504-3457 is LEHA trying to reach you. You can still call our normal phone number at (360)457-5116 and it still comes to us along with calling the new number also.

This is a reminder that LEHA has a Criminal Policy that was adopted in October, 2013. A few key points that you should remember that you could be evicted for are: committing a serious sexual crime, violent criminal activity, drug related criminal activity, etc.

Claim your tax refund. You earned it! Call 2-1-1 or search "free tax return preparation" at www.irs.gov. Filling on your own? Visit irs.gov and search "free file".

Sara Moore
Resident Services

NEW YEAR—NEW YOU the S.M.A.R.T. WAY

How are you doing with your New Year's Resolution? How many of you are wanting to lose weight next year? Do you have a plan? Do you have a method? Let me help you.

Most people set goals, think they know how to tackle them and then fail after a week or two because they didn't have a sure-fire plan. The BEST way to tackle your goals is to use the S.M.A.R.T method. This is an easy way to stay focused and keep your resolution for a long-term plan for sustainability and true life style change. S.M.A.R.T. goals stand for:

Specific: This means your goal should be simple and clear

Measurable: This is how you measure your progress to reach your goal

Achievable: A goal that is attainable and the ability to be achieved

Realistic: Reasonable, realistic and one that can be results based

Timely: A goal that is time based or even time sensitive

Example: "I will walk on the treadmill after work at the gym four days a week for 30 minutes"

How is this S.M.A.R.T? This is much better than a goal to "exercise more". The goal above is clear and simple and explains when, how long, and where the exercise will be completed. This goal has the ability to be completed and achieved in a timely manner. So make your resolutions the S.M.A.R.T way to make a New You this New Year!

If you need nutritional counselling, please call and make an appointment at the clinic to see me. (I really am a lot of fun, too)

Happy New Year! Marissa Pratt, MS, RD, CD



Elders Nutrition Program, Served Each Week Day @ Noon

January 2018 Elders Nutrition Program Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
1 st	2 nd	3 rd	4 th	5 th
New Year's Day No lunch	Sandwich Bar w/ WW Bread Potato Soup Green salad Fruit	Chicken Enchilada Casserole Pinto Beans Green salad Fruit	Braised Beef Carrots and potatoes Green salad Fruit	Pork Stir Fry Brown Rice Mixed Veggies Green salad Fruit
8 th	9 th	10 th	11 th	12 th
Burger gravy over brown rice Broccoli Green salad Fruit	Chicken Caesar Salad wraps w/WW tortillas Roasted peppers Green salad Fruit	Pulled pork sandwiches w/ WW buns Cole slaw Green salad Fruit	Turkey spring rolls with lettuce cups Mixed veggies Green salad Fruit	Lunch @ Jamestown Contact the kitchen for pick up. 452-8471, 7434.
15 th	16 th	17 th	18 th	19 th
Egg Salad Sandwich w/WW bread Cheddar Broccoli Soup Green salad Fruit	Chicken Adobo w/Brown rice Mixed veggies Green salad Fruit	Beef stuffed peppers Green salad Fruit	Turkey Pot Pie Roasted carrots Green salad Fruit	Pork loin Cucumber radish salad Green salad Fruit
22 nd	23 rd	24 th	25 th	26 th
Tuna fish Sandwich w/WW bread Veggie tray with Ranch Green salad Fruit	Beef Tacos w/Hard Shells With toppings Refried Beans Green salad Fruit	Quinoa Bowls with Chicken and mixed veggies Green salad Fruit	Chili Corn bread Broccoli Green salad Fruit	Baked potato with toppings and chili Green salad fruit
29 th	30 th	31 st		
Meat loaf Boiled potatoes Green salad Fruits	Salmon Fettuccini Roasted cauliflower Green salad Fruit	Hobo Dish over brown rice Steamed carrots Green salad Fruit		



Social Services, Family Advocacy

Happy New Year, Elwha Klallam Tribal Members,
Community Members, Staff, and Readers!

2017 Summary:

As always, *thank you* so much and *háffmúttij cttí há* for allowing me to be part of your life by reading my articles, attending, supporting, collaborating, helping with the LEFA events or grants' writing, making referral, and accessing LEFA services. Thank you to all of our grantors and our Program Managers: DOJ-Office of Violence Against Women (CTAS), Office of Crime Victims Advocacy, and Indian Health Board (IHSDVPI).

With one member, LEFA staff has provided direct services to approximately *fifty* (50) victims/survivors of domestic violence, dating violence, stalking, and sexual assault who lived/lives within the geographic service area of the LEKT. She delivered many other information and referrals; provided *two* (2) on-site trainings to the community; hosted and facilitated numerous events and awareness (Resources Fair, Family nights, movie nights, Plant Seeds of Hope, Support Groups, SA Film show at school, Walk for Sexual Assault and Respect our Earth) and many more. Surveys were also conducted.

Staff collaborated with many agencies/programs/individuals, such as, Serenity House/Housing Resources Center, Trillium Treatment Center, Healthy Families, WomenSpirit Coalition, WSCADV, WCSAP, Hotels/Motels, DSHS, Quileute New Beginning, Forks Abuse Program, Ellen Fetcher, Meghan Ventura, Mending the Sacred Hoop, Elwha Youth Coalition, Social Services programs, Elwha Heritage Center, Elwha DV/SA Task Force, Elwha Police and Court, and many local sectors.

Partnered events: Back to school/Wellness Fair, Halloween Celebration, Regalia classes, Honoring Our Protectors, End of School Celebration, Homeless Connect, and few more.

Staff attended about 8 mandatory and continuing educational conferences/trainings. Through Sherry Curran, Executive Assistance, I sent out about *nine* (9) newsletter articles full of events and educational information. Thank you very much, Sherry!

LEFA is a member of *three* (3) Washington Coalitions: WomenSpirit Coalition, Washington State Coalition Against Domestic Violence, and Washington Coalition of Sexual Assault, in which she receives news of what is happening in the White House or in the Olympia State Capitol regarding domestic violence and sexual assault matters. This program is also member of the WA Domestic Violence

Hotline: **24 HOUR HOTLINE: 1-877-988-5559.**

Current and Up-coming Events:

Circle of Hope Support Group updated schedules: January 3, 10, 17, 24, 31, February 7, 14, 21, and 28, 2018 from Noon to 2:30 pm. Contact Beatriz!

Talking Circle Group – Ongoing: All Tuesdays of January from 1:30 to 3:30 pm for women and 3:30 -4:30 pm for girls. Location, Social Services Building.

Family night: Thursday, January 25th at Tribal Dining Hall 5:30 to 7:30 pm.

Human Trafficking Training: January 31st from 8:30 to 4:30 pm at Heritage Center.

Parents in the Known: Thursdays of March from 2:00-4:00 pm. Call to sign-up!

To have a dream and to be free!

"I Have a Dream" is a public speech delivered by American civil rights activist Martin Luther King Jr. during the march on Washington for Jobs and Freedom on August 28, 1963, in which he calls for an end to racism in the United States and called for civil and economic rights. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the Civil Rights Movement.



View from the Lincoln Memorial toward the Washington Monument on August 28, 1963.

https://en.wikipedia.org/wiki/I_Have_a_Dream
12/20/2017.

The movement of domestic violence and sexual assault has benefited from this dream, but still in working progress to reach the freedom of many individuals.

I am looking forward to continue working with you all!

Happy Martin Luther King Jr. Day!

Happy New resolution! Good Luck!!

Are you victim of DV/SA/DV and Stalking? You are not Alone! Help is for anyone! Call,

Beatriz Arakawa, Program Manager and Victim Advocate



Tribal Members Birthday List for January 2018

3rd-Loretta Arlene Charles	Antioquia	2nd-Lena Sapina Leonato	18th-Alan Tayden Charles
19th-Joan Patricia Dailing	12tRoger Jay Hutchison	10th-Tyler James Quales	11th-Tee-Jay Tyler Johnson
21st-Nikki Judy Elofson-Gilbertson	23rd-Travis Lane Johnson	6th-Diana Josephine Wheeler	15th-Jake Connor Black
29th-Arnold A. Rhodes	27th-Georgia Deann Lauderback	16th-Marie Ann Goldsbury	2nd-Nicholas Blade Julian
23rd-Frances Gay Charles	27th-Richard Edward Bennett	29th-Randall Scott Gonzales	24th-Jesse Edward Campbell Jr.
30th-Dena Jo Spencer	30th-Lorinda Tico Rae Robideau	19th-Lovey Yvonne Bright	20th-Angelina Faith Langston
18th—Cheryl Lynn Langland	5th-Timothy Roy Romero	20th-Bobbi Leanna Hopie	25th-Aria Bella Turrey
13th-Flora Jean Smedley	12th-Erin Lee Rhodes	10th-Sara Lynn Moore	25th-Selah Grace Turrey
27th-Frank Anthony Fernandes	5th-Jeremy Allan Greene	13th-Christine Irene Peters	27th-Aubree Lolia Hebert
10th-David Wayne Rapoza	9th-Jessica Jo Elofson	14th-Chantel Alane Charles	14th-Bryson Samuel Boyd
25th-James Matthew Cooke	16th-Tiffany Jonelle Robinson	25th-Joshua Matthew Egnew	29th-Shirley Elizabeth Manuel
1st-Fredrick Melvin Charles Jr.	7th-Anthony Marcus Tezano	5th-Steven Wayne Lauderback	25th-Elvira Rose Tinoco-Wheeler
17th-Daniel Merrel Muck	12th-Connie Jo Albaugh	18th-Courtland Allison Coutlee	27th-Zoey Raelynn Kenney-Henderson
18th-Geophrey Lance Charles	16th-Dustin Jeffery Schmitt	24th-Clint Sampson Karanovich	11th-Makai Jamelle McAfee
27th-Julia Francette Charles	8th-Christia Dawn Skerbeck	5th-April Justine Schleufer	1st-Noelani Eleanor Dailey
14th-Stacy Lynn Dunn	25th-Anthony John Langland	28th-John Daniel Macias	9th-Jaidyn Prince Eastman
17th-Geraldine Lynn Johnson	2nd-Adam Davis Charles	22nd-Taber James Green	19th-Hendrix Rayne Moran
31st-Demeree LaVerne	30th-James Edward Charles	9th-Bonnie Sue Peters	

Staff Birthday List for January 2018

1st-Steve Lauderback	15th-Tracey Hosselkus
2nd-George Black Crow	16th-Marie Goldsbury
2nd-Kathleen Delgado	23rd-Honorable Frances Charles
2nd-Maxine Hoffman	29th-Sherry Curran
3rd-Josh Woods	30th-Lorinda Robideau
5th-Teresa Erickson	
7th-Brittany Fries	
10th-Sara Moore	





Elwha Police Department

The Lower Elwha Klallam Tribe Police Department is pleased to announce 24 hour emergency police service to our community!

In the past, the police department was only able to have emergency police service scheduled until 3:00 am due to the number of officers on staff. We are now fully staffed and will be able to provide round the clock service and protection to our community, effective

12/16/2017. Please keep in mind that if you have an **emergency** call for service, **call 911**. If you need assistance with a **non-emergency**, you can call our office directly during normal business hours, M-F at **360-452-6759**. If you are unable to reach us or you need to contact us after normal business hours, then please contact PENCOM Dispatch at their **non-emergency number at 360-417-2459**.

While a number of our community members have an officer's direct phone number, please refrain from calling them directly. It is important that you use the published numbers for police services so that the **best response** can be made to your needs as quickly as possible.

911 Procedures

When calling 911 it is important to answer the operators questions. By asking these questions the operator is not delaying any emergency response and is actually helping prepare the emergency responders for your specific emergency. Some example questions that will be asked include:

Your location - Address, street/intersection, nearby businesses or landmarks. If you are calling from a cell phone we may not be able to see an accurate location of where you are calling from

The nature of the emergency with detailed information about what is occurring and who is involved

Your name and telephone number



Try to stay on the line as long as possible. It is very important for the dispatchers to be aware of any changes that may occur on scene. Do not hang up until instructed to do so!

FAQ

When should I call 911?

You should call 911 anytime there is an actual emergency and a response is required by law enforcement, fire personnel, or emergency medical personnel.

Examples include:

- A crime in progress
- A medical emergency
- A vehicle accident
- A fire
- Any immediate threat to life or property

When should I NOT call 911?

If you are not in need of emergency personnel you should not be calling 911. Calling 911 when there is not an emergency ties up the 911 phone lines, causing other 911 calls to be delayed. If there is not an emergency you should call the local business line for the agency you need to speak with. Some examples for when you should call the business line instead of dialing 911 are:

- Reporting an outage of a utility, such as water and electricity - unless this was CAUSED by an emergency, such as a vehicle accident
- A crime that is not in progress, such as a theft or harassment that occurred an hour or a few days ago
- To ask for the "non-emergency" numbers or for directions - you can call 411 for assistance
- Any barking dogs or other non-vicious animal complaints
- If you are inquiring about a current situation or incident

Chief Jeff Gilbert



Announcements



Juan Macias III
Sergeant First Class (SFC),
graduate of the Drill Sergeant
Academy at Fort Jackson,
SC. 9 week course, graduated
Dec. 6th
We are so proud of our Son's
accomplishments! The family
supports you and wishes you
the best in your military
career.
Margie Macias & Family



Our granddaughter, Cameron **Macias**, is
starting graduate school at the University of
Idaho in January to pursue a degree in Conser-
vation Genetics under the Tribe's newly-
funded three-year cougar grant. Cameron will
be working with the Tribe's Wildlife Program
to radio-collar up to 15 cougars to track their
movement and dispersal, and she will be do-
ing genetic analysis at the University with ad-
ditional DNA samples to determine local pop-
ulation size by identifying individual cougars.
We are so proud of you, Cameron! Congratu-
lations!

Love, Gram, Gramps, and the Family

Congratulations Cheyanne
Zimmer on making the
Gold Honor Roll.

We are all so proud of
you!!!

Love you



Jessica

Best wishes for a day

full of love and
laughter!

Happy Birthday!



Tillman Goldsbury with niece
Nevaeh, Darryl Svec with
daughter Marlei and Brad
Holloway with daughter Chloe
Holloway at the Daddy Daughter
Dance in Port Angeles.





Announcements



From this year's Nutcracker ballet performance: Chloe is my daughter with the teddy bear in the front row, her mom Amy and Grandma Lena are hiding in the back. Uncle Stats, Great Grandma Mona and all the Turrey's join the group photo. Photo by Brad Holloway.



Congratulations to Kiana Watson-Charles! She received the 2017 JV Defense Player of the Year.



Day 2 of the Nutcracker ballet performed at the Port Angeles High School Performance Arts Center. Photo shows Ava Francis and the Turrey girls.

I continue to see folks in my home at 407 Charles Road. I see clients in crisis, who are depressed, experiencing PTSD, has domestic violence issues, anxiety and relationship problems. I take Medicaid, Regence, Premara, Veteran's Choice and Aetna and sliding scale. I do home visits as well as hospital, convalescent homes and juvie. If you want to get an appointment call me at 360-460-5963. Roberta Charles MED, CAS, LMHC.


We will have Interfaith Devotions in the Elders Lounge January 11th & 25th at 7pm until 8:30pm. Snacks and fellowship follow Devotions. Come and join us in Unity as we worship our Creator in our many different ways. If you want a prayer or more said for you call or text 360-46-5963 and they will be said for you. Roberta Charles



Wishing my princess Elvira Rose a very Happy Birthday! Love always Uncle Sonny, Auntie Ashley, brothers Jayceon and Kameron.



January Gym Calendar

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Basketball 101 K-6 th 215-330pm Adult Coed Basketball 7-9pm	3 AM Boot Camp 615-730am	4 Basketball 101 K-6 th 230-330pm Futsal Soccer 630-8pm	5 AM Boot Camp 615-730am *Closed at 3pm*	6
7	8 AM Boot Camp 615-730am Men's Basketball 7-9pm	9 Basketball 101 K-6 th 215-330pm Adult Coed Basketball 7-9pm	10 AM Boot Camp 615-730am EYB Tryouts 7u/10u Coed 5-6pm Men's Basketball 7-9pm	11 Basketball 101 K-6 th 230-330pm EYB Tryouts 7u/10u Coed 5-6pm Futsal Soccer 630-8pm	12 AM Boot Camp 615-730am Movie Night 630-9pm Spiderman Homecoming 	13 Port Angeles AAU
14 Port Angeles AAU	15 Martin Luther King Jr Day	16 Basketball 101 K-6 th 215-330pm Adult Coed Basketball 7-9pm	17 AM Boot Camp 615-730am EYB Tryouts 12u/14u Boys 6-7pm Men's Basketball 7-9pm	18 Basketball 101 K-6 th 230-330pm Futsal Soccer 630-8pm	19 AM Boot Camp 615-730am Blood Drive in the Gym Teen Night 9pm-11pm Movie, games and various activities <i>*Rides Home will be provided*</i>	20 Elk's Hoop Shoot Time TBD Signup in the Gym EYB Tryouts 12u/14u Boys 4-6pm
21	22 AM Boot Camp 615-730am EYB Tryouts 12u/14u Girls 6-7pm Men's Basketball 7-9pm	23 Basketball 101 K-6 th 215-330pm EYB Tryouts 12u/14u Girls 6-7pm Adult Coed Basketball 7-9pm	24 AM Boot Camp 615-730am PC Native American Night 12u Elwha Kids Exhibition Game @ Halftime Men's Basketball 7-9pm	25 Basketball 101 K-6 th 230-330pm Futsal Soccer 630-8pm	26 AM Boot Camp 615-730am Birds vs Monkeys Kids vs Rec Basketball Game 3pm-430pm 7u Hot Spot Hoop shoot 2:30-3pm	27 Basketball Scrimmage Games 10am-7u Hot Spot Hoop shoot 10u-11am 12u-1pm 14u/16u-3pm
28	29 AM Boot Camp 615-730am Men's Basketball 7-9pm	30 Basketball 101 K-6 th 215-330pm Adult Coed Basketball 7-9pm	31 AM Boot Camp 615-730am Men's Basketball 7-9pm	Gym Hours 9am-9pm AM Boot Camp – Functional Exercise for all Basketball 101 – K-12th grade – permission slip EYB – Elwha Youth Basketball – Tryouts		



TRIBAL DIRECTORY

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

CEO William (Bill) White, Ext 7469

Enterprise Executive Officer

Michael Peters, Ext 7417

CFO Froilan Sarmiento, Ext 7463

COO Tracey Hosselkus, Ext. 7420

Accounting

3080 Lower Elwha Road
Tonya Greene, Ext. 7461

Child Care

322 Stratton Road
Deborah Hales, Ext 7471
360.452.3562

Education

Jessica Egnew, Ext 7425

Elwha River Casino

631 Stratton Road, 452.3005
Shawn Johns, General Manager

Employee Services/TERO

Sandra Johnson, Ext 7429

Enrollment Services

Marilyn Edgington, Ext 7444

Facilities & Maintenance

Warren Stevens, Ext 7432

Gaming Commission

631 Stratton Road 360.452.5628
Elaina Begay

Head Start/Early Head Start

463 Stratton Road, 360.452.2587
Deborah Hales, Ext 7471

Health Clinic

243511 Highway 101 West
360.452.6252

Meriah Gille, Interim Health Director

Heritage Center

401 E. First Street, 360.417.8545
Suzie Bennett, Ext. 2908

Human Resources

Lorinda Robideau, Ext 7430

Housing Authority

22 Kwitsen Drive, 360.457.5116

Information Technology

Ken Giersch, Ext. 7541

Justice Center

341 Spokwes Drive 360.452.6759

Klallam Counseling Services

933 East First Street, Port Angeles
360.452.4432

Law & Order/Police Dept.

Justice Center, 341 Spokwes Drive
Chief Jeffrey Gilbert,
360.452.6759 Ext 2922

LOWER ELWHA FOOD & FUEL Isaiah
Coley, 360.452.9250

Natural Resources/Fish Hatchery

207 S Lincoln St & 700 Stratton Road
Matt Beirne 360.457.4012 Ext 7485

Newsletter

Sherry Curran, Ext 7418

Planning & Development

Arlene Wheeler, Ext 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Cedar Box Smoke Shop

4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

Social Services

3080 Lower Elwha Road
Kelly Bradley 360.565.7252

BUSINESS COUNCIL



Frances G. Charles

Tribal Chairwoman, Ext. 7411



Russ Hepfer

Vice Chairman, Ext. 7412



Anthony Charles

Secretary/Treasurer Ext. 7415



Steve Joaquin Robideau

Council Member, Ext. 7413



George Charles

Council Member, Ext. 7414

Happy New Year!

Tribal Business Council

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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 18th of the month.

Phone: 360.452.8471 Extension 7418

Fax: 360.452.3428

Email: sherry.curran@elwha.org

Coming Events:

January 15: Martin Luther King Holiday, Tribal Offices are Closed

January 17: Song & Dance Group Practice @ Jamestown, leaving Elwha @ 4:30pm

January 18: Head Start Family Night @ 5:30pm

January 20: Emergency Management Safety Fair, Tribal Gym, 11am-2pm.

January 22: SOC Focus Group for Elders @ 12:30/Elder's Lounge

January 29: SOC Focus Group for Youth @ 11am/Dining Hall

January 30: SOC Focus Group for Community @ 4:30, Dinner & Child-care Provided/Dining Hall

Happy New Year!