



Elwha News

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LOWER ELWHA KLALLAM TRIBE

Lower Elwha Klallam Tribe Celebrates 50 Years As Federally Recognized

The Lower Elwha Klallam Tribe celebrates 50 years of being a Federally recognized Tribe. Below is the timeline of events that created this history provided by Tribal Member and Klallam Language Teacher Jamie Valadez:

1968: February, the land was officially made a reservation. In March, the community voted in their new Constitution and Bylaws and officially became Federally Recognized. There were three elected officers: Gilbert Charles, LaVerne Hepfer, and Viola Charles. The Indian Civil Rights Act passed.

1969: Tribal Council: Gilbert Charles, Ernest Charles, LaVerne Hepfer and Viola Charles. Running water came to the people living in the valley.

1970: Tribal Council: Gilbert Charles, Ernest Charles, Viola Charles.

1971: Tribal Council: Gilbert Charles, LaVerne Hepfer, Garnet Charles. The valley gets electricity.

1972: Tribal Council: Gilbert Charles, Gerald Charles Sr., Phillip Charles Jr., LaVerne Hepfer, Garnet Charles.

1973: Tribal Council: Gerald Charles Sr., LaVerne Hepfer, Phillip Charles Jr.

1974: Tribal Council: Gerald Charles Sr., LaVerne Hepfer, Phillip Charles Jr., Vera Charles. The Boldt Decision awarded fishing rights to tribal members, Washington State Vs United States.

1975: Tribal Council: Gerald Charles Sr., George Bolstrom, Vera Charles, Charles Sampson. Indian Self-Determination and Education Assistance Act passed, also called 638.

1976: Tribal Council: Gerald Charles Sr., Patricia Elofson,

Charles Sampson Sr., Dennis Charles, Vera Charles. The Tribal Community Center was built. An inter-tribal group home was built. The former Fish Hatchery was built.

1977: In May, the three Klallam bands received \$327,237 from the Indian Claims Commission, divided equally. The Mastodon site (12,000 years old) was discovered in Happy Valley, Sequim.

1978: Tribal Council: Patricia Elofson, Frank Bennett Sr., Dennis Charles, Gerald Charles Sr. The Indian Child Welfare Act and the American Indian Religious Freedom Act passed.

1979: Tribal Council: Frank Bennett Sr., Gerald Charles Sr.

1980: Tribal Council: Frank Bennett Sr., Oliver Charles, Gerald Charles Sr., Charles Sampson, Edward Sampson.

1981: Tribal Council: Floyd Cooke, Charles Sampson Sr.

1982: Tribal Council: Gerald Charles Sr., Alan Charles Sr., Floyd Cooke, Edward Sampson Jr., Oliver Charles Sr.

1983: Tribal Council: Gerald Charles Sr., Alan Charles, Phyllis Sampson, Floyd Cooke, Oliver Charles, Edward Sampson Jr.

1984: Tribal Council: Alan Charles, Marilyn Charles. The Tribe purchased land on Place Road for more housing.

1985: Tribal Council: Alan Charles, Oliver Charles, Lorna Mike, Edward Sampson Jr., Rodney Charles, Loretta Robideau.

1986: Tribal Council: Edward Sampson Jr., Oliver Charles Sr., Lorna Mike, Ernest Charles, Alan Charles, Rodney Charles. CONTINUED ON PAGE 3

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Letter from Vice Chair Russell Hepfer



Dear Lower Elwha Community Members,

I have been pretty busy dealing with salmon issues. We have spent a lot of time with the Regional Management Plan. Just when we think we

are close to an agreement something goes wrong. We are still trying to get all the tribes, state and the feds to agree on our management plan. All sides have different opinions. This is the plan that covers us for any take of endangered species of fish. Hopefully it will get worked out so that we all can go fishing.

Halibut negotiations are occurring next week, January 22 – 26, in Portland. Anthony Charles will attend with myself and our staff. The International Pacific Halibut Commission is looking to cut coast wide allocation by 24 %. The thirteen halibut tribes are waving our treaty at our federal partner (NOAA). We remind them that they have federal trust responsibilities to us. We are sovereign nations and are guaranteed 50 % of the harvest. Hopefully NOAA will educate Canada about our treaties. Alaska harvests the biggest portion of the quota. Our area is designated 2A, which harvests a small percentage of the overall Total Allowable Catch. 2A harvests less than the coast wide incidental catch.

I had to go to the Washington State Capital to get confirmed to my position on the Puget Sound leadership Council. I was appointed to this council on November 21 of 2014 by Governor Jay Inslee. I don't know why it took the two years to be confirmed. I told the committee that it wasn't Indian time. It just took time to get it done. I have two years on a four year appointment left. Anyway...I am now confirmed.

Our Chairwoman Frances Charles, Robert Eloffson and I attended a Retirement Party for former Bureau of

Indian Affairs Superintendent Stanley Speaks. There were quite a few tribes represented at Little Creek for this event. Stanley has been there for us for over 45 years. I feel we were lucky to have him in Portland to serve us. I have had numerous opportunities to meet with Stan both here on the reservation and in Portland. He was always very polite, attentive and really understood our issues. We could count on him to help us out. He helped get our casino started, dam removal, Elwha Clinic, Tse-Whit-Sen, our road, our hatchery and numerous other projects achieved. It is going to be a lot harder to get anything out of our region let alone the nation from the Department of Interior without Stan. We gifted him a nice copper salmon done by Clark Mundy as a going away present.

Our culvert decision that we won in federal court was appealed by the State of Washington. The court has decided to review the case. It's too bad that we couldn't agree amongst the tribes to make a settlement agreement with the state on this. Although we have won, things could change at this level. All we can do is argue our case once again and wait for an answer.

Thank you for reading my letter. If you have questions, please give me a call. 360-477-1922.

Sincerely,

Russell (RAZZ) N. Hepfer



Tribe Celebrates 50 Year As Federally Recognized from Front Page

1987: Tribal Council: Gerald Charles Sr., Lorna Mike, Loretta Robideau, Edward Sampson Jr., George Bolstrom.
1988: Tribal Council: Gerald Charles Sr., Lorna Mike, Edward Sampson Jr., Beverly Bennett, Loretta Robideau, George Bolstrom, Douglas Charles. Indian Gaming Regulatory Act passed. Elwha participated in the first tier of the Self-Governance Demonstration Project.
1989: Tribal Council: Gerald Charles Sr., Edward Sampson Jr., Beverly Bennett, Carla Elofson, George Bolstrom, Douglas Charles. Centennial Accord signed between Tribes and Washington State. Paddle to Seattle. The Army Corp of Engineers build a dike on the east side of the Elwha River.
1990: Tribal Council: Carla Elofson, George Bolstrom. Native American Graves Protection and Repatriation Act passed.
1991: Tribal Council: Carla Elofson.
1992: Tribal Council: Carla Elofson, Beverly Bennett. Lower Elwha Klallam Tribe signed a self-governance compact.
1993: Tribal Council: Carla Elofson, Beverly Bennett, Lois Albaugh, Alfred Charles Sr., Frances Charles, Phyllis Sampson, Rachel Kawalski. Governor Lowry signs gaming compact. Basket fragment found at Hurricane Ridge carbon-dated 2,900 years old.
1994: Tribal Council: Beverly Bennett, Frances Charles, Alfred Charles Sr., Phyllis Sampson, Lois Albaugh, Dennis Sullivan. U.S. vs Washington, shellfish rights. Self Governance becomes permanent law. In April, President Clinton signed the "Government-to-Government Relations with Native American Tribal Governments."
1995: Tribal Council: Frances Charles, Alfred Charles Sr., Phyllis Sampson, Dennis Sullivan, Lois Albaugh.
1996: Tribal Council: Frances Charles, Alfred Charles Sr., Lorna Mike, Phyllis Sampson, Russell Hepfer, Dennis Sullivan Lois Albaugh.
1997: Tribal Council: Frances Charles, Alfred Charles Sr., Russell Hepfer, Lorna Mike Dennis Sullivan, Georgianne Charles.
1998: Tribal Council: Lorna Mike, Russell Hepfer, Frances Charles, Georgianne Charles, Dennis Sullivan. U.S. 9th Circuit Court of Appeals reaffirmed Rafeedie's ruling.
1999: Tribal Council: Russell Hepfer, Frances Charles, Georgianne Charles, Dennis Sullivan, Rosalie Francis, Lorna Mike. In April, the U.S. Supreme Court reaffirmed harvesting rights. Klallam Language began being taught at Port Angeles High School.

2000: Tribal Council: Russell Hepfer, Frances Charles, Georgianne Charles, Joseph Turrey, Rosalie Francis, Dennis Sullivan. In February, the federal government purchased the two dams on the Elwha River.
2001: Tribal Council: Russell Hepfer, Dennis Sullivan, Frances Charles, Joseph Turrey, Rosalie Francis.
2002: Tribal Council: Dennis Sullivan, Russell Hepfer, Frances Charles, Rosalie Francis, Joseph Turrey, Verna Henderson.
2003: Tribal Council: Dennis Sullivan, Rosalie Francis, Frances Charles, Phillip Charles Jr., Verna Henderson. In August, artifacts are found at cixwicen.
2004: Tribal Council: Dennis Sullivan, Rosalie Francis, Frances Charles, Phillip Charles Jr., Verna Henderson. In December, removal of human remains and artifacts at cixwicen stopped.
2005: Tribal Council: Frances Charles, Dennis Sullivan, Phillip Charles Jr., Rosalie Francis, Verna Henderson, Russell Hepfer. The Lower Elwha Klallam Tribe hosts canoe journeys.
2006: Tribal Council: Frances Charles, Phillip Charles Jr., Russell Hepfer, Dennis Sullivan, Verna Henderson.
2007: Tribal Council: Frances Charles, Phillip Charles Jr., Verna Henderson, Dennis Sullivan, Russell Hepfer
2008: Tribal Council: Frances Charles, Phillip Charles Jr., Verna Henderson, Dennis Sullivan, Russell Hepfer
2008: Tribal Council: Frances Charles, Phillip Charles Jr., Verna Henderson, Dennis Sullivan, Russell Hepfer
2009: Tribal Council: Frances Charles, Russell Hepfer, Ed Johnson, Joseph Turrey, Anthony Charles
2010: Tribal Council: Frances Charles, Russell Hepfer, Ed Johnson, Joseph Turrey, Anthony Charles. Heritage Center opens.
2011: Tribal Council: Frances Charles, Russell Hepfer, Ed Johnson, Joseph Turrey, Anthony Charles. In September, Celebrate Elwha marked the beginning of Dam removal.
2012: In August, the Creation Site was rediscovered.
2013: Tribal Council: Frances Charles, Russell Hepfer, Ed Johnson, Joseph Turrey, Anthony Charles.
2014: An Exhibit about cixwicen is on display at the Heritage Center. 13 tribal members hiked the Seven Lake Basin Loop. Micah Needham and Karsten Turrey hiked to Boston Charlie's camp. Salmon migrate into the upper Elwha River for the first time in a century.
2015: Tribal Council: Frances Charles, Russell Hepfer, Ed Johnson, Joseph Turrey, Anthony Charles.
Continued on Page 10...

CEO Update-William White



"Storytellers, By The Very Act Of Telling, Communicate A Radical Learning That Changes Lives And The World: Telling Stories Is A Universally Accessible Means Through Which People Make Meaning." – Chris Cavanaugh.

Greetings all. When I saw the first draft of this Newsletter, and that Jamie Valadez was contributing, I

remembered that some of her early work was capturing and documenting old S'Klallam stories. Today, I would like to tell you a story. It involves how we talk with each other...not how we talk "at" each other, but how we talk "with" each other.

Once upon a time, an old retired guy went to work for a group of people closely bound by history, culture, genetics, and location. He wanted to do his best on this job, and to do that he needed to know what the people needed, wanted, and were committed to working on. He needed to hear from them, and talk with them. However, he found it harder than anticipated.

He found that the group had a whole lot of social media pages, but most were out of date, stale, and many were not even sponsored or run by the group. And, the information on those pages was a wide mix of group specific information, as well as a lot of other people's information. But mostly, it was noted there wasn't a lot of back and forth discussion that might lead to greater understanding.

He also found that the group had a newsletter that went out monthly, covering recent developments in the group, recognition of feats accomplished, schedules and announcements of upcoming events. But again, he noted there was no back and forth, no give and take. It was talking "at" the group, not "with" the group.

However, he was heartened when he learned that there were monthly meetings for the whole group, where important group decisions were made, and future direction was discussed. Alas, even those events showed poor attendance, and little dialog.

This story is true, and it describes my initial observations here. While the existing efforts are commendable, and clearly a lot of staff and Tribal members are trying to get information out, it's not getting done as well as I would like, because I receive comments almost every week from members saying they don't know what is going on with the Tribe.

I'd like to give this story a happy ending. I'd like to hear from any of you on how we can do a better job in both delivering information and receiving input. Is the answer more social media pages? Is the answer a web presence? Is the answer a different style or frequency of the newsletter? Is the answer more meetings? What are your ideas? Help me finish this story. Please share your thoughts with me.

Respectfully,
William (Bill) White, CEO
360-452-8471, Ext. 7469

Wildlife Program awarded new grant – Community input needed!



The Tribe's wildlife program has been awarded a new 3-year grant from the Administration from Native Americans, entitled "Preparing a Seventh

Generation Wildlife Management Plan for the Lower Elwha Klallam Tribe, incorporating research on mountain lions, Columbian black-tailed deer, and Roosevelt elk". Under this grant, we will prepare a long-term wildlife management and monitoring program for deer and elk, in addition to several other wildlife species (from small mammals to songbirds, from otters to bears) in the Elwha watershed to monitor their responses to removal of the Elwha dams and the return of salmon.

In addition to preparing a long-term planning document for the Tribe, we will begin a cougar research project to learn more about cougar populations on the north Olym-

pic Peninsula. Under this component of the project, tribal member **Cameron Macias** has just begun working towards a Master of Science degree in Natural Resources at the University of Idaho. Cameron will study landscape genetics of cougars on the north Olympic Peninsula, and her research, tuition, and a monthly stipend will be provided by the grant. We are very excited for this opportunity for Cameron!

Please keep your eyes and ears open for news of a meeting designed to get community input about our long-term wildlife management plan – we will want to hear from **YOU** about what you'd like to see for the future of your Tribe related to wildlife management and monitoring. In the meantime, please don't hesitate to contact Kim Sager-Fradkin, Wildlife Program Manager, with any questions or concerns that you may have (kim.sager@elwha.org, 360-457-4012 X7495, or in room 123 of the new Natural Resources building.)

Thank you! *Kim Sager*



Tribal Business Resolution List

Number	Date	Resolution Title
1-18	1/8/2018	Bureau of Indian Affairs: Youth Initiative program grant application 2018-Approved
2-18	1/8/2018	Professional service contract between LEFT and Pharmacy & HER Informatics, LLC-Approved
3-18	1/8/2018	Addendum to base subcontractor agreement between LEKT and Logistics Health Inc.-Approved
4-18	1/8/2018	Engagement letter between Moss-Adams LLP and LEKT for compliance with requirements in the cigarette tax contract between LEKT and WA State-Approved
5-18	1/8/2018	Engagement letter between Moss-Adams and LEKT for compliance with the WA State for fuel tax agreement FY2017-Approved
6-18	1/8/2018	Audit and non-attest services between LEKT bda Lower Elwha Food & fuel and Moss-Adams LP FY2016-Approved
7-18	1/8/2018	Audit and non-attest services between LEKT for the Tribe's general purpose financial statements and governmental department financial statements FY2017-Approved
8-18	1/8/2018	Submission of FY2018 Cyclical Hatchery maintenance funding request to BIA regarding dam board replacement-Approved
9-18	1/8/2018	Submission of FY2018 Cyclical Hatchery maintenance funding request to BIA regarding contribution to Natural Resources building-Approved
10-18	1/8/2018	Submission of FY2018 Cyclical Hatchery maintenance funding request to BIA regarding hatchery vehicle purchase-Approved
11-18	1/8/2018	Submission of FY2018 Cyclical Hatchery maintenance funding request to BIA regarding a request for water tower connection-Approved
12-18	1/8/2018	Submission of FY2018 Endangered special program grant proposal to the BIA with respect to research on eulachon in the Elwha River-Approved
13-18	1/8/2018	Amended section 203 "Indian Preference" to LEKT Government Employee Handbook-Approved
14-18	1/17/2018	Professional Services learning management system between LEKT and Med Trainer, Inc.-Approved
15-18	1/17/2018	Appointment of the delegation for LEKT to the NW Portland Area Indian Health Board-Approved

Arrests for December

Meghan Kennedy	DOC Warrant
Donna Sero	County Warrant
Oliver Charles Jr.	Domestic Disturbance
Dylan Bennett	Domestic Disturbance
Mariesa Charles	Domestic Disturbance

Elwha Klallam

Police Report

Arrests for December





Social Services Employment Program

We hope you all started off your New Year on the right track and are staying warm and healthy this winter. If you are looking for a change in employment or need any assistance or connection to resources, please give us a call. We would love to help.

Highlights of the Month: Please help us congratulate Lazaro Tinoco in his new position at the Lower Elwha Food & Fuel. Peter Clark is making great progress in his college course, Peter had a 3.65 GPA for this last quarter, congratulations! Your hard work is paying off.

February TANF Calendar:

2/13: Positive Indian Parenting Class every Tuesday for 9 weeks, 12pm-2:30pm @ the Heritage Center, lunch provided.

2/22: 7 Habits of Highly Effective People every Thursday for 9 weeks, 10am-12pm @ the Heritage Center, snacks provided.

Tribal Vocational Rehabilitation Program:

This month, our focus is on Post Office jobs. These types of jobs are usually steady family wage type jobs with good job security. Plus, you would be working for the federal government, which usually has good benefits.

1. There are 4 entry level type jobs.
 - A) City Carrier Assistant. Starts out about \$16-17/hr. Not a permanent job until a spot opens up. Someone leaves or retires, then you become a City Carrier.
 - B) Rural Carriers. Starts out about \$17-18/hr. Not a post service career job. Start out as Assistant. Contracted work. Deliver in the outlying areas. Sometimes uses own vehicle.
 - C) Sales and Distribution Associate. Starts out at about \$16-17/hr. Work in the back of the post office. Early start time and very busy. Some work the counter and have regular hours.
 - D) Custodian. About \$14/hr. Veteran's preference job. 30-40 hours per week.



1. You can take the test for each job at the Bremerton airfield. No more traveling to I-5 corridor to take a test for a job you may not get. Tests are free. Work on memorization skills if taking test for mail delivery.
2. New employees can expect to work six days a week. Some even work 7 days a week with the Amazon Sunday delivery. Overtime is common.
3. Talk with an employee there about the work attitude at that post office you are interested in before applying. Some bad ones.
4. The federal government is always interested in hiring minorities.
5. If you don't get the job you applied for the first time, they know about you now and keep applying.
6. This can be a good career for someone who willing to work when needed.
7. To look for Post Office jobs, go to this link and then select the "Search Now" button.
<https://about.usps.com/careers.welcome.htm>

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 delivery to our area.

Questions or Registration: please contact Melissa Gilman 360-417-8545, Ext. 2912. Mobile 360-775-9242 or email Melissa.gilman@elwha.org



Klallam Language Story

ʔaʔkʷi kʷhíc yáʔ ʔiyáʔ
 ʔaʔtkʷaynəxʷ kʷi nəxʷsʔááyəm
 ʔəyčtánxʷ (a long time ago the
 Klallam people were there at
 Freshwater Bay). ʔiʔnəcúʔ
 qáʔni. tányə kʷi snás (And there
 was one girl. Her name was To-
 nya). xənəʔ ti suʔ kʷéʔwəntis
 kʷi ʔiyáʔiŋs (her parents were
 always fighting). mán' kʷu xát
 kʷi tans (Her mom got hurt real
 bad). kʷiʔkʷéxtəŋ kʷi céts ʔaʔ
 kʷi ʔáyčtánxʷ. niʔ súʔ hiyáʔs
 (The people told her dad to leave.
 So he went). xát kʷi xčŋíns kʷi
 t'anyə. mán' kʷu sʔléʔs ʔaʔ kʷi
 cét (Tonya was hurting. She
 loved her dad). čiʔsáyqəŋ ʔaʔ
 kʷi céts (She followed her dad).
 niʔ suʔ ʔáyúcis. mán' kʷu sʔléʔs
 ʔaʔ kʷi tans. (She stopped. She
 loved her mom). sqiʔám' čiʔ
 sʔúyəs (She couldn't leave).
 ʔáyúci ʔiʔ kʷtʔniʔ suʔsŋánts (She
 stopped and was turned into a
 rock). niʔ kʷi snás t'anyə cə sŋánt
 ʔaʔ tkʷaynəxʷ (So the name of
 the rock at Freshwater Bay is To-
 nya. ʔəstáct kʷi spúkʷəs (the cliff
 is cracked). niʔ yaʔ tans (that's
 her mom) . Mt. Baker kʷi céts.
 (Mt. Baker is Her dad) ʔáwə c
 kʷéʔwənti. ʔéy' cxʷ. (don't fight
 with each other. Be Good).

Verbs

ʔiyáʔ-to be there
 kʷéʔwəntis-fighting
 Kʷiʔkʷéxtəŋ-get kicked out
 hiyáʔ -to go
 sqiʔám' - can't
 mán' kʷu sʔléʔ -love
 čiʔsáyqəŋ -follow
 ʔáyúcis – stop
 tʔuyəs-leave
 sŋánt-rock

Nouns

tkʷaynəxʷ - Freshwater Bay
 nəxʷsʔááyəm ʔəyčtánxʷ (Kl ppl)
 qáʔni-girl
 t'anyə -Tonya
 sná-name
 ʔiyáʔiŋs –parents
 cét-father
 tan-mother
 xčŋíns-mind/feelings
 spúkʷəs-cliff/bluff

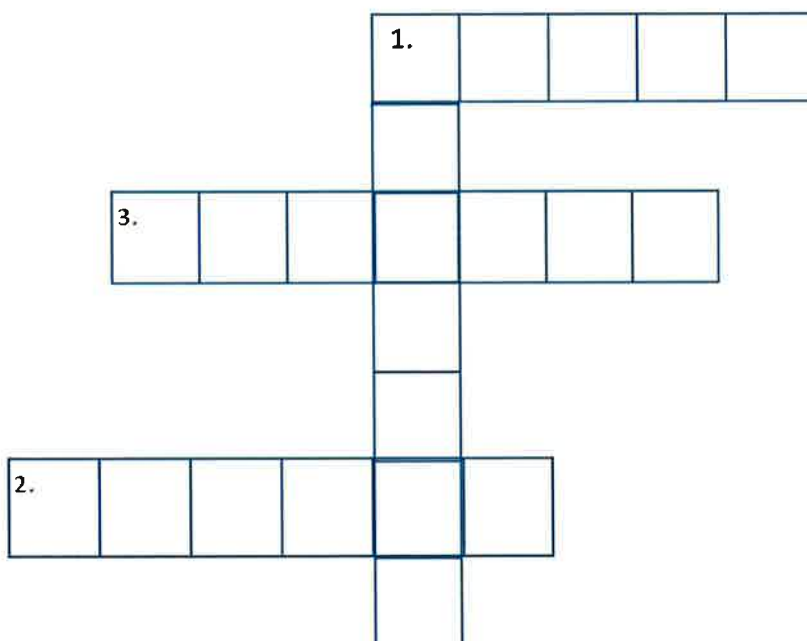
Freshwater Bay Crossword

Across

cán ʔay' kʷtə qáʔni? (who was the girl?)
 niʔ kʷi kʷtə tans (this is her mom)
 niʔ kʷi kʷi céts (this is her dad)-hint: this is the only
 answer in English

Down

ʔəxín yaʔʔ (where was this?)



Adjectives

xát - hurt
 ʔéy' -good
 ʔəstáct -cracked



Education & Library

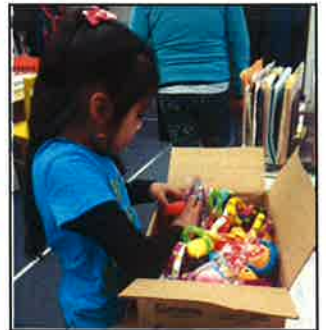
After School Drop-In Program

2018 has already brought lots of laughter and happy faces to our library after school. Jessica Wright has joined our staff and the children eagerly gather around to hear her read to them!

When not doing homework or reading, games are pulled out and all ages compete together!

The prize box has returned. Students may earn daily points for completing homework, reading for 20 minutes, good behavior, and other activities. They may use their points towards one of our smaller prizes or save them for a larger prize! Visit our drop-in to find out what our prizes are!

Lynn Risenhoover



Emergency Management Safety Preparedness Day

Approximately 25 people attended the first ever LEKT Emergency Management Safety Fair on Saturday, January 20. A huge thank you goes to our partners from Joyce, Joyce Emergency Planning and Preparation, and Clallam County Emergency Management for assisting us in this endeavor. We are already planning and looking forward to next year!

Photo shows partners and visitors at the Safety Fair in the Tribal Center dining hall.





Elwha Youth Coalition Representative

Dear Lower Elwha Tribal Community Members:

Ṗáyəs xáwəs sčičánəṭ, hay – Happy New Year, Everyone! And, Happy February! Wow, time has flown by quickly, seems like we barely started 2017, now we're in 2018! I guess that's what happens when you're having a little bit of fun. Well...it sure has been a while since I've submitted a letter into our Monthly Newsletter, and I hope everyone is doing well. There's so much to catch up on and tell you, but I'll try to keep it short. Before I start, I would like to send Love, Thoughts and Prayers to our Elwha Families' who have lost loved ones recently, we have been hit hard with deaths this past year, and I feel it has taught us to unify as one people—helping uplift each other in a time of need—one of the “teachings” that have been passed down from our ancestors and elders.

Now...let's start with my travels: In November, 2017, I had the honor and the privilege to travel to San Diego, California, for the Native Youth Leadership Academy Conference. And as the name of the event, the conference focused on YOUTH LEADERSHIP. The conference focused on the traditional aspect, along with the teachings of our ancestors. I am very proud of all our youth that traveled, they each represented themselves, their families and OUR community to the best of their ability.

I also had the honor to travel to the Muckleshoot Tribe to attend the first Tribal Canoe Journey regional meeting, and represent our Tribe and Community. Yes, it is that time again! This year's Tribal Journey is to the Puyallup Tribe. Power Paddle to Puyallup, 2018! We are very excited for this year's Journey. Our Hosts are READY and PREPARED to host. They are expecting over 100,000 participants and over 100+ Canoes. Our Hosts are ensuring that meals will be Traditional. But there is a lot more that is forthcoming. I will soon be attending Regional Meeting at the Suquamish Tribe on February 10th, ensuring that our Tribe is represented and also ensuring we get the necessary paperwork needed. I will be sure to update you all in the upcoming monthly newsletters. I would like to encourage those who are interested in

participating in the Tribal Canoe Journey with the Elwha Canoe Family (if Elwha goes) to start getting active now; such as, with the Lower Elwha Song and Dance Group—updates are always in the Newsletters. Learn the songs, the dances, the teachings and protocols... It is very ideal, so I hope you take up on this encouragement, and I hope to see you all soon!

Well, that is as far as I can go for now, but I hope these updates provided you some foundation for part of what takes place on my side of the aisle. I must note that I find it a true honor to travel on my own time to represent our Tribe and Community, in a good way. Keeping the culture alive, learning from other cultural leaders from other Tribes'. Always good to travel to see old friends, and meet new ones.

I wish you all a joyful and safe month of February. May our Creator and Ancestors bring abundances of healing and blessings to each and every one of you. My Love and Prayers are with you all.

Respectfully,

Jonathan J. Arakawa
Executive Committee Member
Youth Sector Representative
Elwha Youth Coalition
Lower Elwha Klallam Tribe



Elwha Mental Health Program

February...Love is in the air, or at least on the shelf!
By Sydney Upham Soelter, Lower Elwha Mental Health Manager

As soon as the Christmas clearance is gone from view, visions of Valentine's Day are upon us. The roses and teddy bears, Cupids and heart shaped chocolates invite us to honor our loved ones with a gesture of affection. Those who want to go out to a restaurant for a date on that special day will find every place in town packed with couples of all ages and stages, navigating the landscape of romantic love.

Anyone who has ever been in a long-term committed relationship knows that love can be risky business, and that a solid partnership with high trust is not the same as Valentine's Day romance. While most days don't include a candlelight dinner or a box of chocolates, taking time to tend to the couple-relationship is essential to the health of a lasting partnership. Studies show that living at peace with your mate also provides stability for raising children, greater productivity at work, and a longer life.

With this in mind, the Lower Elwha Mental Health team will be offering a program to serve couples.

Thanks to a grant from Washington State DBHR, three of our therapists will be trained in an evidence-based program that aims to strengthen marriage and family connections. The *Marriage Enhancement Project* will be launched this spring, and will be available to committed couples wishing to fortify or heal their relationship with one another. More details will be published in the next newsletter, after we return from training. We are very excited to bring this program to the Lower Elwha Tribal community, and we look forward to working with you to help keep love in the air all year long.



The Lower Elwha Mental Health Team is:

Sydney Upham Soelter, LMHC, NCC
Mary Arnott, LMHC, NCC
Andrea Blake, LMHC
Darcy Schneider-Hobbs, LICSW
Nia Kaye, LMHC
Idalis Calvert

Celebrating 50 Years...Continued from Page 3

2016: Tribal Council: Frances Charles, Russell Hepfer, Anthony Charles, Joseph Turrey, Steve Robideau. In May, a Scenic Byway Interpretive Center features the Elwha River. In June, the Lower Elwha Food & Fuel Convenience Store opens. In July, the Elwha Justice Center opens. The collaborative work between the Lower Elwha Klallam Tribe and Olympic National Park was recognized as a world renowned restoration project by receiving the Thiess International River Prize. The National Register of Historic Places Certificate was awarded for the Creation Site.

Tribal Council: Frances Charles, Russell Hepfer, Anthony Charles, Steve Robideau, George Charles.

Contributed by Jamie Valadez





Honoring Stanley Speaks



Chairwoman Frances Charles, along with Vice Chair Russell Hepfer and Natural Resources representative Robert Elofson attended the celebration honoring Stanley Speaks on January 16 at Little Creek Resort. Mr. Speaks was presented with a Clark Mundy copper salmon from the Lower Elwha Klallam Tribe. Mr. Speaks has spent his career involved in Indian affairs and joined the Bureau of Indian Affairs (BIA). He never stopped devoting his time to bettering the way of life for Native Americans. Mr. Speaks was honored for his 45 years of service to the BIA. His career has included serving as a teacher, supervisor, manager, agency superintendent, area director and most recently as director of the BIA Northwest Regional Office in Oregon, which oversees 15 agencies that serve 45 federally recognized tribes.

2018 Power Paddle to Puyallup
Regional Canoe Journey Informational Meeting
Suquamish Tribe will be hosting our
February Regional Meeting

Saturday February 10th, 2018

Location
Suquamish House of Awakened Culture
77300 M. Portway
Suquamish, Washington
98282

Schedule
12:00pm Lunch
1:00pm Meeting
4:00pm Dinner
5:30pm Jam Session

For more info
www.paddletopuyallup.org

Hosts:
Puyallup Canoe Journey Coordinator
(206) 101-7188
Michele Miller - michele@puyalluptribe.com

Hosts:
Suquamish Cultural Activities Coordinator
(360) 452-8455
T. Jack - tjack@suquamish-tribe.com

Raelyn Bowechop will be driving a van to Suquamish for the Regional Canoe Journey meeting and Jam Session on February 10, 2018. If you would like to ride, please sign up ASAP, a sign-up sheet and participant forms are located in the LEKT Library (behind Tribal Center). The van will be leaving Tribal Center at 10:30am. Estimated time of return is 11pm. For more information Raelyn can be reached at 360.452.8471 EXT:7422 or raelyn.bowechop@elwha.org



Elwha Health Clinic

4 Basic Changes you can make at home that can help high blood pressure:

1. Reduce your **Salt**: Less than 2,300 mg each day is good, 1,500 mg is better. Eating food without salt takes some getting used to, but once you make the change it gets easier. Packaged and prepared foods have the highest amount of salt so try to stay away from them.
2. Reduce how much **Alcohol** you drink: Low intake is okay, no alcohol is better. Drinking too much alcohol can raise blood pressure to unhealthy levels and may be the reason why some people have high blood pressure.
3. Increase your **Exercise**: Raise your heart rate for 30 minutes, 3 times per week. Do what you can do safely. Getting moving is the important thing so every little bit of movement is improvement. Spend more time moving and less time sitting. Talk to your provider to see what types of exercise would be good for you.
4. **Lose weight**: Body weight is the most important key in blood pressure. For every 1-2 pounds of weight loss you may lower your blood pressure by 1-2 points.

Simple but powerful foods:

Eating these foods can make big improvements to your blood pressure.

1. Celery – Eat 4 large stalks each day.
 2. Garlic and onions – eat a lot. Raw is best or very lightly cooked.
 3. Beets – 3 large beets each week. Raw or steamed is best, not pickled.
- ** If you take medications for ANY condition, talk to one of the Naturopathic Doctors here at the Lower Elwha Health Clinic before you start foods, drinks or supplements for your high blood pressure.**



Monitor your Blood Pressure at Home:

- Buy a good, automatic blood pressure arm cuff (not wrist).
- Measure your pressure 1-2 times a day, 5-10 minutes after waking up in the morning or before dinner at night.
- Sit with feet flat on the floor in a relaxed position for 5 minutes before you measure.
- Take readings in both arms, write them down with the date and time and bring your readings with you to your doctor's appointments.

Contributed by January Austin ND

Thank you for saving lives.

Every minute, every day someone in the Northwest needs blood.

This is the heartfelt thanks sent out to our blood donors. We had a decent turnout but we could always use more participants.

Bloodworks NW needs to get 700 donations a week to meet their quota of blood donations. Blood donors can give blood every 56 days. Platelet donors can give every 7 days. Contact webpage Bloodworks NW for more information.

Sincerely, Birdie

Urgent!!!

Flu Season is upon us.

Flu vaccines are still available for all ages. A provider appointment is not necessary, just come in for a lab only appointment.

Elwha Health Clinic



Stevens Middle School Report

If you have a student at Stevens Middle School give yourself a pat on the back you're amazing! It isn't easy being a Middle school student and at times I'm sure being the parent or guardian of a middle school student is equally challenging with so many changes happening all at once with this age group.

Hopefully you have heard of all the cool things that are happening at Stevens and our Native youth. Our kids have really stepped up and are becoming the leaders we all knew they could be. First of all at the School District Potlatch, the students made a video that included some of their favorite spots within the Elwha Klallam Tribe and their vision of how the Tribe will be for their children and grandchildren and it couldn't have been better. During winter break they had the opportunity to make Regalia. The youth not only cut out the pattern but also learned to use a sewing machine and sew.

The language/ culture program funded a field trip to Wild Waves Holiday lights exhibit and even though I thought Mariah and I were going to freeze that night the kids had a blast watching a laser light show, riding the carnival rides and visiting Santa until 11pm in 20 degree weather. Next year I will try to get them to choose a place with heat!

The first week of January, they proudly wore the regalia they made and 20 of our kids sang the "WELCOME SONG" in front of the whole student body and staff to honor visiting students from Japan. Vivian Peters, Senhai Charles, MeeMee Boyd and Seneca Ripley danced while our male students sang loud and strong with Antonio Boyd leading the song and drumming. Singers included: Daniel Cable, Payton Cagey, Quannah Wheeler, Joseph Lachester, Brett Needham, Hayden Ferrell and Joaquin Robideau they were accompanied by Wendy Sampson, Raelyn Bowechop, Mariah Francis, Jessica Elofson and myself.

After the performance, they gifted a bandana with a coin wrapped in it to each Japanese student. They were put together by Pebs-this lady is always there to volunteer and help out anyway she can. Our hands go up to her. She took the time to prepare the gifts AND deliver them to Stevens personally. Thank you for all your support Pebs, We love you!! The day after the performance, I received so many emails and calls from staff at Stevens complementing the kids and how impressed they were.

So what's next? While keeping busy with the above projects, our youth managed to finish the quarter strong with 27 on honor roll and more that were very close.

The teachers believe this to be a Stevens School Record. The students have made such a huge positive impression on the staff and student body this year that for the first time in Port Angeles School District history a new sign outside of the school will be purchased and the sign will not only be written in English but also In KLALLAM along with native art work done by one of our students.

If that's not enough, a Klallam flag will be flown alongside the American Flag outside.

We are so blessed to have Mariah Francis come in daily and share her cultural knowledge with us. She comes in everyday and stays during both 7th and 8th grade lunch hours to work with students. Mariah, myself

and students will be planning an Elders luncheon soon. If you would like for your child to join us in these activities we are in room 6 daily at lunch, everyone is welcome at any time. Please join us.

If you have any questions or concerns, please call or stop by anytime, Janet and Barb the front office secretaries will sign you in and happily point you in the direction of our Native room.

I want to thank Principal Ryan Stevens and Vice Principal Kristen Lunt for all the work they put into this year's curriculum. It is truly built around the student's needs and strengths rather than the adults.

I would also like to acknowledge the teachers that have really been proactive with our kids this year; not only getting involved with but truly showing an interest in learning about our culture:

Mr. Edwards	Mr. Lieberman
The Paras that work with us you're amazing!	
Mr. Mills	Leann Peterson
Ms. Macomb	Mr. Arndt
Mr. Winn	Randy
Ms. Dadd	Ms. Smiley

Gayla Johnson

Academic Support, Stevens Middle School
(360) 565- 1806 Classroom
(360) 809-9275 cell number



Klallam Language Immersion Culture Class

The theme for last December's class was Winter Wellness. We reached out to Lower Elwha Wellness Program's Aleilah Lawson to share her knowledge of natural remedies to help with preventative Winter ails, along with getting hands on with our natural medicine. We incorporated many Klallam words and phrases used to instruct our class. Over the course of the month we've made Citrus Ginger Honey, Elderberry syrup, bath soaks, Fire cider, emulsion sprays, and Devils Club salve.



For more information please contact
Harmony Arakawa @ (360) 452-8471 ext. 7422



Klallam Language Immersion Culture Class

Klallam Language Immersion Culture Class

February 2018 - Regalia Decorating

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 4:00 Class 4:30 Drum Group	7 4:00 Class	8 4:00 Class	9	10
11	12	13 4:00 Class 4:30 Drum Group	14	15	16	17
18	19 -HOLIDAY-	20 4:00 Class 4:30 Drum Group	21 4:00 Class	22 4:00 Class	23 Intertribal in Port Gamble	24
25	26	27 4:00 Class 4:30 Drum Group	28			

March 2018 - Gardening in Klallam

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 4:30 Drum Group	7 3-5 Class	8 3-5 Class	9 Billy Frank Jr. Day	10
11	12	13 4:30 Drum Group	14 3-5 Class	15 3-5 Class	16 Intertribal in Elwha	17
18	19	20 4:30 Drum Group	21 3-5 Class	22 3-5 Class	23	24
25	26	27 4:30 Drum Group	28 3-5 Class	29 3-5 Class	30	31

Rides home provided (on reservation) by Elwha Transit.

EARN HIGH SCHOOL CREDITS & TANF/GA HOURS!!

Sign up in the language building or contact Harmony Arakawa.

EVERYONE IS ENCOURAGED TO COME



Elwha Health Clinic

As you likely know, the flu is hitting Washington State and the entire country hard this year. Please continue to be vigilant to wash hands and face often, avoid large crowds and support your immune system. You can help your immune system be strong by:

Eat healthy (lots of fruits and vegetables with a variety of colors daily)

Get adequate sleep

Drink plenty of fluids

Keep active

Be good to yourself



A happy you is a healthy you! If you don't get outdoors much-consider increasing this, maybe take a walk. This helps boost your endorphins (the natural feel-good, pain relievers in our system), helps convert/provide Vitamin D as your skin "sees" some daylight, and helps you feel better overall-improving the mood.

Happy February and oh yeah-a little **dark chocolate** is known to be good for you.

Vicki,
Community Health Nurse

Nutrition: Myth or Fact?

Hello and Happy February! I am Marissa Pratt the Dietitian at the Health clinic and this month I want to touch base on a topic many patients worry about and that's our metabolism.

First off, what is metabolism? Metabolism is a process in which our bodies convert the foods we eat into energy we need in order to function and survive. You may hear people say they can't eat after 6 or 7pm because if they do they will gain weight due to a slow metabolism. This month we are going to find out the truth and learn the real answer to late night eating.

Does eating late at night slow down my metabolism?

Answer: Weight gain from late night eating is not due to the time you eat, but due to eating excess calories. There is little evidence that proves eating after a certain time causes the weight gain. The **real issue** is that by the end of the day when we have most likely met our caloric needs we sometimes can mindlessly snack and end up taking in excess calories that we didn't need.



Elwha Dental Clinic

Receding Gums

Gum recession is the process in which the margin of the gum tissue that surrounds the teeth wears away, or pulls back, exposing more of the [tooth](#), or the [tooth's](#) root. When gum recession occurs, "pockets," or gaps, form between the teeth and gum line, making it easy for disease-causing bacteria to build up. If left untreated, the supporting tissue and bone structures of the teeth can be severely damaged, and may ultimately result in tooth loss.

Gum recession is a common dental problem. Most people don't know they have gum recession because it occurs gradually. The first sign of gum recession is usually tooth sensitivity, or you may notice a tooth looks longer than normal. Typically, a notch can be felt near the gum line.

Gum recession is not something you want to ignore. If you think your gums are receding, make an appointment with your dentist. There are treatments that can repair the gum and prevent further damage.

Why Do Gums Recede?

There are a number of factors that can cause your gums to recede, including:

Periodontal diseases. These are bacterial gum infections that destroy gum tissue and supporting bone that hold your teeth in place. [Gum disease](#) is the main cause of gum recession.

Your genes. Some people may be more susceptible to [gum disease](#). In fact, studies show that 30% of the population may be predisposed to gum disease, regardless of how well they care for their teeth. **Aggressive tooth brushing.** If you brush your teeth too hard or the wrong way, it can cause the enamel on your teeth to wear away and your gums to recede. **Insufficient dental care.** Inadequate brushing, flossing, and rinsing with antibacterial mouthwash makes it easy for plaque to turn into calculus ([tartar](#)) -- a hard substance that

builds on and between your teeth and can only be removed by a professional dental cleaning. It can lead to gum recession. **Hormonal changes.** Fluctuations in female hormone levels during a woman's lifetime, such as in puberty, [pregnancy](#), and [menopause](#), can make gums more sensitive and more vulnerable to gum recession. **Tobacco products.** Tobacco users are more likely to have sticky plaque on their teeth that is difficult to remove and can cause gum recession. **Grinding and clenching your teeth.** Clenching or [grinding your teeth](#) can put too much force on the teeth, causing gums to recede.

Crooked teeth or a misaligned bite. When teeth do not come together evenly, too much force can be placed on the gums and bone, allowing gums to recede. **Body piercing of the lip or tongue.** Jewelry can rub the gums and irritate them to the point that gum tissue is worn away.

How Can I Prevent Gum Recession?

The best way to prevent gum recession is to take good care of your [mouth](#). Brush and floss your teeth every day and see your dentist or periodontist at least twice a year, or as recommended. If you have gum recession, your dentist may want to see you more often. Always use a soft-bristled [toothbrush](#) and ask your dentist to show you the proper way to brush your teeth. If a misaligned bite or teeth grinding is the cause of gum recession, talk to your dentist about how to correct the problem. Other ways to prevent gum recession include:

- [Quit smoking](#) if you smoke.
- Eat a well balanced and healthy diet.
- Monitor changes that may occur in your mouth.

By taking good care of your teeth, you can have a healthy smile forever. -WebMD Medical Reference



Interviews with Dr. Greg Royack

What made you choose dentistry? While in college, I visited local dentist Dr. Matthew Kim. He inspired me through his dedication to his community and by his unceasing desire to improve his skills and the services he was able to provide his patients. He is a kind and humble man with a passion for sharing his knowledge and I remain thankful that he was willing to be an important mentor to me.

Where did you go to school? I completed my undergraduate degree in Biology/Physiology at California Polytechnic State University and my dental degree through the University of Washington.

What is your favorite junk food? Not huge on junk food, but I do enjoy chips and spicy salsas on occasion.

What is one thing you have on your bucket list? Continue to visit as many different places in the world as my family and I are able to learn about cultures and experience their day to day life experiences. My wife and I are both involved in health care and would one day enjoy providing care overseas.

What is your favorite thing to do in your off time? I enjoy spending as much time outdoors with my son, wife and our new dog as I can. Most of my free time is spent fishing when I am able to slip away. I am also dedicated to life-long learning in dentistry and normally take 80-100 hours of continuing dental education each year to keep up with a profession that is changing and advancing on a daily basis.

Klallam Culture



Klallam Language & Culture After School Program

February 2018 Update by Justine Clifford

We have been busy at the After School Program. We started learning about colors this last week. We went on a field trip over winter break and the kids had a blast! We are full in both age groups! Students are doing great with daily craft and language activities.



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

Jam will be Friday, Feb. 23rd in Port Gamble

singing & dancing. Van leaving Elwha at 4:30

Call Raelyn Bowechop at 360.452.8471 EXT:7422 for more info.





Klallam Counseling Services

We at KCS are extremely excited for the new year and all of the plans that we have to expand our programs in 2018!

We are starting off the new year by fully integrating DBT (Dialectical Behavior Therapy) into all of our Intensive Outpatient Groups (IOP) and in the upcoming months will be further extending DBT into our continuing care groups. DBT helps to focus on changing the recovering addict's surroundings and behavior through learning skills in the areas of: mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation.



As part of our DBT integration, we are very excited to start offering acupuncture to our IOP clients in January. In addition to the long list of health benefits associated with

acupuncture, it can help those in recovery ease withdrawal symptoms, help decrease stress and anxiety, promote relaxation, mindfulness and help with sleep regulation.

In January, we also have expanded our shuttle route to provide transportation to and from services at KCS for those clients living on the Lower Elwha. Starting February 5, 2018 we will no longer be closing during the lunch hour or on Wednesday afternoons. As of February 5th, our hours will be Monday – Friday from 8:00 am – 6:00 pm. These changes have been made to provide a greater level of availability and services to meet the needs of our clients.

If you have questions about KCS services, hours or shuttle services for KCS clients please call 360-452-4432.

Stormy Howell
KCS Manager



KCS Employee Spotlight Ty Boe, CDPT

In December, 2017 Ty successfully completed the 2,500 hours of supervised training required for him to take the exam to become a fully licensed CDP. This is a huge accomplishment and we at KCS want to congratulate Ty!

Tell us a little about yourself:

I graduated from Peninsula College in June, 2017 with my degree in Addiction Studies. I have two children ages 1 and 5 that keep me and my amazing girlfriend, Sarah, very busy.

How long have you worked with KCS?

In March, I will have worked here for 3 years. I started as a UA tech, and in June 2016, I started my internship.

What do you like about working here?

I love the employees at KCS and the atmosphere and the new building. I like to be a part of helping people to change their lives.

What are your professional goals?

After completing my CDP exam and becoming a fully licensed CDP, I would like to start a bachelors program and continue my education.

What do you like to do outside of work?

I spend most of my time with my children and my family. I really like the outdoors and actively participate in recovery related events.



Elwha Police Department-Local Crime Statistics for 2017

2017	Service Record for Law & Order	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Totals
Stats	911 Hang-Up	7	0	1	3	6	1	6	4	2	5	1	2	38
	Abandoned Vehicle	0	0	3	2	0	1	2	0	0	1	0	1	10
	Alarm/Alarm Check	4	2	2	5	3	4	4	7	7	8	5	8	59
	Animal Calls	3	3	2	4	4	4	5	6	6	2	3	2	44
	Arrest Warrant & Attempts	7	6	7	4	8	7	3	9	6	9	7	5	78
	Assault	0	0	0	2	0	1	0	0	2	0	2	1	8
	Auto Theft	1	0	0	0	2	0	1	0	0	0	0	1	5
	Bar Check	0	1	0	0	0	0	0	0	0	0	0	0	1
	Boating Activity/Accident	0	1	1	0	2	0	0	0	0	0	0	0	4
	Burglary	1		0	0	0	2	1	3	1	1	1	0	10
	Business Check	77	166	261	99	84	42	62	31	75	53	15	28	993
	Burn Complaint	1	0	0	0	0	0	0	0	0	0	0	0	1
	CA&N/Elder Abuse	2	1	0	0	0	0	0	1	0	1	0	0	5
	Citizen Assist	6	7	4	3	6	3	7	5	3	4	3	2	53
	Citizen Contact	22	18	10	14	16	16	27	27	28	14	21	21	234
	Civil	15	6	0	6	6	3	7	5	1	5	0	1	55
	Community Oriented Policing	24	43	44	35	54	42	53	42	54	31	41	34	497
	Court Paperwork/Service	10	6	11	18	9	11	7	6	17	17	14	11	137
	CPR	0	0	0	0	0	0	0	1	0	0	0	0	1
	CPS	0	0	0	0	0	0	0	0	0	0	2	0	2
	Courtesy Transport	2	4	4	2	6	3	4	4	7	3	1	3	43
	Custodial Interference	0	1	1	1	1	0	0	0	0	0	0	0	4
	Dead Animal	1	0	0	0	0	0	0	1	0	0	0	0	2
	Death/Unattended Death	0	0	1	0	0	1	0	1	0	0	1	0	4
	Disturbance	3	3	3	4	4	1	2	4	2	6	4	8	44
	Drug Violation	1	0	0	2	3	1	2	3	0	1	1	1	15
	Drunkenness	0	0	0	0	1	1	0	0	0	0	0	0	2
	DUI	0	0	0	1	1	1	0	0	3	0	0	0	6
	DV	0	0	0	2	0	2	2	0	0	2	0	2	10
	Eluding	0	0	0	0	0	0	0	0	0	0	0	0	0
	Embezzlement	0	0	0	0	0	0	0	0	0	0	0	1	1
	Erratic Vehicle	1	0	0	3	2	3	1	1	0	0	2	0	13
	Exclusion	1	0	0	0	0	0	0	0	0	0	0	1	2
	Explosion	0	1	0	1	0	0	0	0	0	0	0	0	2
	Fire	0	0	0	0	0	0	0	0	0	1	0	0	1
	Firework Violation	1	0	0	0	0	0	1	0	0	0	1	0	3
	Fishing Violations		0	0	0	0	0	0	2	3	0	0	2	7
	Follow Up	23	15	25	21	10	18	15	16	18	22	37	40	260
	Found/Recovered/Lost Property	1	3	0	1	1	3	1	2	3	3	1	0	19
	Fraud	0	2	0	0	1	1	1	2	1	0	0	1	9
	Frequent Patrol Request	1	0	1	3	2	1	0	2	2	3	1	0	16
	Junk Vehicle	0	0	1	1	0	0	0	1	0	1	0	2	6
	Liquor Violation/MIP	0	0	0	0	0	1	1	0	0	0	0	0	2
	Littering	0	0	1	0	0	0	0	0	0	0	1	0	2
	Malicious Mischief	0	2	0	0	0	0	0	2	1	0	0	1	6
	Mental/ITA	0	0	0	0	1	0	0	0	0	0	2	1	4
	Misc. Info/False Reporting	3	2	0	4	3	3	7	4	4	3	0	0	33
	New Call	0	0	0	0	0	0	0	0	0	0	1	0	1
	Noise Complaint	0	1	1	0	0	0	1	0	1	0	0	0	4
	Officer Safety	0	0	0	0	0	0	1	0	0	0	0	0	1
	Other Agency Assist	28	19	9	25	28	29	44	31	31	31	31	6	312
	Overdue Person	0	0	0	0	1	0	0	1	0	0	1	0	3
	Parking Complaint	1	0	1	0	0	0	1	0	0	1	1	0	5
	Poss. Of Stolen Property	0	0	0	1	0	1	0	0	0	0	0	0	2
	Prisoner Transport	5	3	1	5	4	6	5	2	8	2	5	1	47
	Prowler/Vehicle Prowler	3	0	2	0	1	2	0	2	1	1	2	2	16
	Report of Open Door/Window	0	0	1	2	1	0	1	2	1	2	0	0	10
	Repossession	0	1	1	0	0	2	0	0	1	0	0	0	5



Elwha Police Department

BLUE COURAGE: To understand and express what I believe Blue Courage is not the same if you compare our job to normal. When I answer or approach to a call it's not want what I'm going to do but what I learned through the community, earn their trust, face the challenge present in front of me and my actions. I have this job because I want to make a difference between right and wrong. I want to learn and understand the people, their culture, language, their needs, and the difficulties they endured.



This means Blue Courage is an education to staying positive, helpful, caring, and staying mentally sharp in mind and in your heart. Take the bad into good; be proud in your decisions making, taking on challenges without remorse or hate. I tell people that "We are our children first teacher". We have to show respect no matter what the outcome, show that we do care, that we can provide guidance without being asked, trust is earned, be honest to yourself to the community and with those (Dept.) you work with. We have a life style than no other can compare. Our job is not for anybody. You know it's there when you can walk in a room, or answer a call and people know you have Command Presence. They know because we place them first before ourselves, we automatically step into situations that most people do not do. We place our lives for them without hesitation or second thoughts. This only begins to scratch the surface of understanding which I strongly believe Blue Courage is majestic.

Your life needs a start with you wanting to change. Dreaming about it, and in your heart you want to make a difference with your life. It's not about arresting people, chasing cars with your (Emergency Lights) Christmas Lights on, carrying a weapon, or thinking you are better than others. It's being family, love for everyone, understanding, a learning process of patience. It's never a black or white situation but keeping ourselves balance, having kindness, going through trial and error. It's never a good thing but it will happen to all of us.

What does our community want from us? Simple, a new look, different method of policing, a listening ear and be non-bias. Have and show we have the ability to be able to handle hard questions, start with a good concept in dealing within the community and never enter it with a bad approach in life. Be proactive within ourselves, the community and be very devoted. Blue Courage is what makes us better and keeps us effective in every direction in life.

Anonymous

Police Department Yearly Statistics Continued from Page 20

Resisting/Obstructing/Delay	0	0	0	0	0	0	0	0	1	0	0	0	0	1
Runaway	0	0	0	0	0	0	0	1	0	0	0	0	0	1
Sex Offense/Monitor	1	0	0	2	2	0	0	1	0	1	0	0	0	7
Search & Rescue	0	0	0	1	0	0	0	0	0	0	0	0	0	1
Stolen Property Report	0	0	0	0	0	1	0	0	0	0	0	0	0	1
Suicide/Suicidal	0	0	2	0	0	1	0	0	0	1	1	0	0	5
Suspicious Person/Vehicle	3	4	5	5	8	9	2	7	4	3	3	2	1	55
Theft	4	3	1	2	0	0	1	3	2	1	2	1	1	20
Threats	1	0	1	0	1	0	1	1	0	0	2	1	1	8
Traffic Control/Emphasis/Hazard	6	13	6	7	2	3	7	1	3	4	7	0	0	59
Traffic Stops	5	8	16	21	33	22	31	55	73	53	31	18	18	366
Trespass	3	4	1	0	2	2	8	2	2	4	5	3	3	36
Use of Force	0	0	0	0	0	0	0	0	0	1	0	0	0	1
Violation of Court Order	1	0	1	0	0	1	1	0	0	1	1	1	1	7
Vehicle Accidents	4	5	0	2	1	2	2	2	1	2	4	0	0	25
Vehicle Lockout	3	1	1	5	3	3	1	2	3	1	5	0	0	28
Weapons Discharge/Violation	1	1	1	0	0	0	0	0	0	0	0	0	0	3
Welfare Check	7	4	7	9	5	4	8	6	3	3	7	11	11	74
Total	294	360	441	328	328	265	338	311	380	308	276	226	226	3855



Tribal Members Birthday List for February 2018

18th-Elva Juanita Arakawa	7th-Ralena Phillaine Cornelson	27th-Rwehabura Barongo Munyagi Jr.
4th-Raymond Lewis Bennett Jr.	26th-Jacob Thomas Dam	6th-Brandon Albert Rapoza
4th-Louis Hunter Bennett	10th-Zoey Rae Fletcher	27th-Rolena Rae Redner
4th-Cyrus George Bolstrom	6th-Christina Lavena Francis	24th-Ernest Melvin Sampson III
6th-Peggy Bowechop	28th-Franklin Jay Gasper	20th-Ernestine Sampson
13th-Tina Mae Bright-Charles	2nd-Larry Joe Henderson Jr.	28th-Vincent Edward Sampson
13th-Daniel Lane Cable	27th-Tammy Marie HessHughes	13th-Leo Sam Sawyer-Lucas
5th-Treaven Major Cayenne	21st-Melva Rae Iotte	17th-Jasmine Kala Smith
9th-Alyssa Marie Kathleen Charles	7th-Gary Gregory Johnson Jr.	13th-Anna Brittany Stephan
1st-Anthony Scott Charles	16th-Karen Jo Johnson	18th-John Dennis Temple
5th-Brian Keith Charles	15th-Gail Nicole Kreger	26th-Natalee Jean Thompson
7th-Guy Lloyd Charles	7th-Gerald Leslie Lewis	15th-Diane Arlene Turrey
3rd-Kristin Louise Charles	28th-Lena Ann Liles	26th-Jaxon Jo Charles Williams
1st-Phoenix George Charles	11th-Leona Michelle Martin	17th-Justin Charles Williams
24th-Rayne Clare-Mone Charles	5th-Alejandro Rene Martinez	
5th-Ricardo Miguel Charles	2nd-Gordon Lee McCallum	
24th-Savanna Rachelle Charles	22nd-Elaine Joy McFadden	
24th-Sierra Danielle Charles	12th-Jace Charles Moses	
24th-Kert Lewis Clark	27th-McKenzie RaeAnne Moses	

Staff Birthday List for February 2018

1st-Anthony Charles	10th-Jason Wheeler	24th-Ernest Sampson III
1st-Lyle Almond	11th-Sasha Shaw	25th-Diane Cabrera
1st-Janet Belford	12th-Jace Moses	27th-Angelina Sosa
2nd-Larry Henderson	14th-Stephen Hales	28th-Sandra Johnson
2nd-Angie Elofson	16th-Chyla Greene	
5th-JoNell Viacrucis	20th-Emma Bankson	
6th-Peggy Bowechop	21st-Elaina Begay	
8th-Jennifer Hutto	22nd-Elaine McFadden	





Elders Nutrition Program, Served Each Week Day @ Noon

February 2018 Elders Nutrition Program Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 st	2 nd
			Chicken Enchilada Casserole Black Beans Green Salad Fruit	Veggie Shepherd's Pie Green Salad Fruit
5 th	6 th	7 th	8 th	9 th
Spaghetti with meat sauce HM WW Rolls Green salad Fruit	BBQ Oven Baked Chicken Corn bread Green Salad Fruit	Baked Ham Mixed potatoes Salad bar Fruit	Pork Tacos with corn tortillas And condiments Black beans Green salad Fruit	Lunch @ Jamestown French Dip Sandwich Sweet potatoes Green salad Fruit for homebound elders
12 th	13 th	14 th	15 th	16 th
Burger Gravy over brown rice Broccoli Green Salad Fruit	Navy Bean Soup w/Ham Corn Bread Salad bar Fruit	Quinoa Bowls with beans and mixed veggies Green salad Fruit	Pulled Pork sandwiches with ww/rolls Coleslaw Green salad Fruit	Beef Hobo Dish W/brown rice Salad Bar Fruit
19 th	20 th	21 st	22 nd	23 rd
Presidents Days HOLIDAY NO LUNCH	Tuna Sandwich with WW bread Coleslaw Salad bar Fruit	Beef chili Corn bread Broccoli Green salad Fruit	Baked potatoes With chili and toppings Mixed veggies Green salad Fruit	Chicken adobo soup Roasted carrots Green salad Fruit
26 th	27 th	28 th	March 1 st	March 2 nd
Beef tacos with hard shells Condiments Green salad Fruit	Vegetarian Seven Layer tortilla pie Green salad Fruit	Beef Barley Soup H.M. WW Rolls Salad bar Fruit		



Social Services-Family Advocacy and Sexual Assault

The Lower Elwha Family Advocacy program has a new and backup Crisis Hotline Telephone Number: **360-775-9346** for victims of domestic violence, sexual assault, dating violence, and stalking that are in needs of emergency assistance.

Amongst many events observed in **February** are: Teen Dating Violence Awareness, Black/African-American History, American History, Human Relation, National Women, Relationship Wellness, Laugh-Friendly, National Boost Your Self-Esteem, and Valentine's Day. With your busy schedules, I hope you will find a time to be a part of any of these celebrations in your area. My deepest appreciation to Birdie Wermy, EpiCenter National Evaluation Project Specialist NW Tribal Epidemiology Center, NW Portland Area Indian Health Board for compiling the surveys and creating a nice power point and presenting it at the January 25th family night. Thank you also to Ellen Fetchiet, ACSW, LICSW Mental Health Counselor for providing abuse/violence prevention/awareness speech at the January family night. To all my events' participants, staff that donate items, and volunteers, my hands go up to you with gratitude!

LEFA events:

February 7th, 14th, 21st, 28th, March 7th, 14th, and 21st - *Circle of Hope* support group continue. This group is for survivors of sexual assault/abuse. Contact Beatriz if you would like to attend. Lunch will be provided.

All Tuesdays except holidays at 1:30 to 3:30 women and 3:30 to 4:30 girls – Talking Circle – ongoing support group at Social Services Building. Sewing, regalia making, and beading will be offered.

Thursday, February 22nd and March 22nd – *Family Night* from 5:30 to 7:30pm. at Tribal Center Dining Hall. I will be sending more detail information soon.

Thursdays of March (1, 8, 15, 22 and 29 at 2:00 – 4:00 pm) - *Parent in the Know* class is back. This class is a short version of parenting that is innovative practice-based child sexual abuse prevention program. It consists of five 2-hour classes with interactive sessions to help parents and guardians build, practice and strengthen skills to prevent child sexual abuse (on the fifth day - a celebration of completion

of class). Arts and Crafts will be available throughout the class. All class materials and dinner will be provided to the participants. It will be held at Elwha Housing Conference room.

Local up-coming events:

Thursday, February 15th – *1 Billion Rising* at Quileute Tribe (Akalat) Lapush from 11:00 am to 1:00 pm. This is an awareness of abuse/violence event. For more information contact, Liz Sanchez, Quileute Tribe New Beginnings Program Manager and Victim Advocate; Office: (360)374-5110.

Saturday, February 17th – *Law at the Landing*. Noon to 2:00 pm. Free legal advice. Contact the Pro-bono at 360-504-2422 for more information.

Friday, March 2nd - *Clallam County Homeless Connect* at Vern Burton Center from 9:00 am-3:00 pm. Event flyer is attached for more information.

Saturday, March 24th – *Law at the Landing* from 12:00 pm -2:00 pm. Free one-on-one consultation with an attorney for legal advice. See the attached flyer for more information.

Are you a victim of domestic violence, sexual assault, dating violence, and/or stalking? Contact me if you are. All of my services are free of charge. I help anyone who lives within the geographic service area of the Lower Elwha Klallam Tribe which is the entire Port Angeles.

Respectfully Submitted by

Beatriz Arakawa

Program Manager and Victim Advocate, Lower Elwha Klallam Tribe

3080 Lower Elwha Rd. Port Angeles, WA 98363

Office: 360-565-7257 ext. 7453; Cellular Hotline: 360-460-1745 and 360-775-9346 new number, Fax: 360-457-8429; E-mail: Beatriz.arakawa@elwha.org

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

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



Announcements

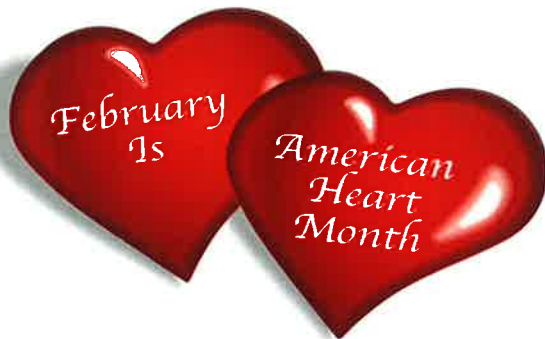


LOWER ELWHA FOOD & FUEL

Lower Elwha Food & Fuel
Convenience Store

Now offering EBT at the Fuel Station
Stop by and see our weekly specials!

Hwy 101 & Dry Creek Road



Enrollment/ Land/ Transit Office Relocation

Tribe services related to enrollment, land, and transit are now located at the new Natural Resources Building, 760 Stratton Road.

Staff phone contacts will stay the same:

Marilyn Edgington: 360-452-8471*7444

Carol Brown: 360-452-8471*7443



Correction to Announcement for
Cameron Macias:

Congratulations on your acceptance to the University of Idaho graduate school working towards a Master of Science in Fish & Wildlife Science!



February Gym Calendar

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Basketball 101 K-8 th grade 2:45-4:30pm Futbol 6:30pm-8:30pm	2 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Game Night 6pm-9pm Rides Home	3
4	-- Gym CLOSED Floor Resurfacing					
5						
6						
7						
8						
9						
10						
11	---- Gym CLOSED ----					
12						
13						
14						
15 Basketball 101 K-8 th grade 2:45-4:30pm Futbol 630-830pm						
16 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Valentines Dance S.O.C. 5-7pm Elem Ages 7-8pm Presentation 8-10pm MS/HS Ages						
17 AAU Tournament @The Elwha Gym						
18 AAU Tournament @The Elwha Gym!						
19 Presidents Day						
20 Basketball 101 K-8 th grade 2:45-4:30pm Co-Ed Basketball 7pm-9pm						
21 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Men's Basketball 7pm-9pm						
22 Basketball 101 K-8 th grade 2:45-4:30pm Futbol 630-830pm						
23 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Game Night 6pm-9pm Rides Home						
24 Volleyball Tournament						
25						
26 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Men's Basketball 7pm-9pm						
27 Basketball 101 K-8 th grade 2:45-4:30pm Co-Ed Basketball 7pm-9pm						
28 AM Boot Camp 615-730am Elders Fitness 1030-1130pm Men's Basketball 7pm-9pm						



TRIBAL DIRECTORY

BUSINESS COUNCIL

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

CEO William (Bill) White, Ext 7469

CEO of Enterprise 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

760 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



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

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2851 Lower Elwha Road
Port Angeles, WA 98363

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ELWHA NEWS

Lower Elwha Klallam Tribe

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“THE STRONG PEOPLE”

The *Elwha News* is a monthly publication of the Lower Elwha Klallam Tribe to inform, educate and stimulate interest in the Tribe and community affairs. It also raises awareness and respect for the Reservation and its resources. For news articles, please send to the address below by the 18th of the month.

Phone: 360.452.8471 Extension 7418

Fax: 360.452.3428

Email: sherry.curran@elwha.org

Tribal Elections in May 2018

Please keep your address up-to-date with the Tribal Enrollment officer in order to receive information for the **upcoming** 2018 Annual Tribal Elections. Address update forms are available at the Tribal Center Front Desk Lobby Area.