

December 2018

Elwha News

č?é?4x wa? syácam

LOWER ELWHA KLALLAM TRIBE

Season's Greetings!

Wishing all Tribal members, employees, friends and family a very Merry Christmas and Happy New Year. This is a time for giving, for showing love and kindness, for gathering of family and friends. So be sure and take advantage the Annual Christmas Party, the Bazaar, and the time off to visit and celebrate. Stay safe and enjoy the end of 2018, and prepare for a great new year in 2019.



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Holiday Kindness and Self-Care

Be Grateful

The Lower Elwha Tribe has been generous with gift giving. Employees and staff are given gift cards for Thanksgiving and Christmas. When you do receive your gift cards please show the staff distributing them respect and gratitude. Our staff are following the rules and trying their best so please be patient. Please know that there will be a line on the first day, so if you are in a hurry you may want to wait to get your card another day. Just as we do for food, our elders are priority. There are many employees and tribal members, so it is very difficult to be convenient for everyone. Our employees can get overwhelmed at times like these, so please be kind!





Protecting Your Teeth During the Holidays

As we have an abundance of food everywhere during the holidays it's important to keep your teeth in mind. There are many ways that food can affect your teeth. Acidic foods such as lemons or soda weaken your teeth. If you are going to consume acidic food or drinks you can rinse with water, fluoride rinse, or use some form of xylitol to reduce the affect the acid has on your teeth. The reason sugar is bad for your teeth is because it breaks down into an acid. If you eat a sticky food, such as raisins, you want to get it off your teeth immediately after eating. If you drink any sugary or acidic drinks, do so through a straw, in one sitting, and rinse right after. You do not want to brush or f floss for 30 minutes after having an acidic drink such as soda, sports drink, or fruit juice. Good alternatives to acidic drinks are sugar-free mint tea, mineral water, low sugar vegetable drink, or water. You may also add cucumber and mint to your water. For a stocking stuffer Santa could bring toothbrush, floss, plastic holder, ACT fluoride rinse and Xylitol candy. You can find some xylitol pops at Walmart and Country Air or you can order from Dr. Johns if you wish to find the ones given out at tribal gatherings. The dental team wishes you and your family happy holidays!





Tribal Council Resolution List

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Number	Date	Resolution Title
149-18	11/26/18	Approval of review of accounting manual and accounting policy between Moss Adams, LLLP and the LEKT with a limited waiver of sovereign immunity.— APPROVED
150-18	11/26/18	Approval of audit and nonattest services between the LEKT enterprise d/b/a Lower Elwha Food & Fuel and Cedar Box Smoke shop and Moss Adams LLP as of and for the years ended Sept. 30th 2018, 2019 and 2020, with a limited waiver of sovereign immunity.— APPROVED
151-18	11/26/18	Approval of engagement letter between Moss Adams LLP and the LEKT solely for the purpose of compliance with the requirement cited in the cigarette tax contract between the Tribe and the Wa. State Dept. of Revenue for each of the years ended Sept. 30th 2018, 2019 and 2020, with a limited waiver of sovereign immunity. APPROVED
152-18	11/26/18	Approval of audit and nonattest services between Moss Adams LLP and the LEKT for the Tribe's general purpose financial statement and governmental dept. financial statements as of and for the years ending Sept. 30th 2018, 2019 and 2020, with a limited waiver of sovereign immunity .— AP-PROVED
153-18	11/26/18	Approval of engagement letter between Moss Adams LLP and the LEKT for the purpose of compliance and requirements with the Wa. State Dept. of Licensing with respect to the Fuel Tax agreement for the years ended Sept. 30th 2018, 2019 and 2020, With a limited waiver of sovereign immunity.— APPROVED
154-18	11/26/18	Approval of amendment to professional services contract between LEKT and pharmacy & Electronic Health Record Informatics, LLCAPPROVED
155-18	11/26/18	Approval of 4th amendment to BIA multiyear funding agreement for FY 2016-2020.—
		APPROVED
156-18	11/26/18	Shellfish grower settlement with multiple tribes.— APPROVED
157-18	11/26/18	FY 2019 Non-Competing Continuation Application.—APPROVED
158-18	11/26/18	FY 2019 Supplement to increase program hours APPROVED
159-18	12/3/18	Authorizing the Business Committee to negotiate, approve and execute contracts for the demolition, environmental cleanup, and construction of the downtown hotel, including limited waiver of sovereign immunity— APPROVED
160-18	12/3/18	Approval of right if entry permit and license agreement between Rayonier operating company LLC and the LEKT, including a limited waiver of sovereign immunity– APPROVED
161-18	11/26/18	Approval of Elwha River Casino Budget for FY 2019 APPROVED



Letter from CEO William (Bill) White



No person among us desires any other reward for performing a brave and worthy action, but the consciousness of having served his nation!

Thayendanegea (Joseph Brant), Mohawk - (1741-1807)

In my own Tribe, as in many others, the role of the chief (Minko) wasn't as an authoritarian force, but typically more closely translated as the "servant to the people". That isn't very apparent in our national government sometimes, but it is how I was raised to view leadership in general, and Tribal leadership in particular.

Likewise, in my own role as CEO for this Tribe, I view a big portion of my role as servant to the people I am responsible for. In this case, it is the staff working for Tribal government, and more specifically, the department heads and managers who supervise and direct those people.

This last August was my 1-year anniversary as Tribal government CEO. In preparing for my evaluation by the council, I solicited feedback from those who report to me directly, and provided those comments, unedited, directly to the council without prior viewing them myself. Those comments from the department heads were recently returned to me, and I'd like to share a few of them with you.

- Bill is practical, he furnishes information without telling you what to do but rather to give a broad view of a situation to make a better informed decision. He has been extremely supportive and encouraging. I haven't ever seen a CEO that provides the support that Bill does. He is very conscientious about his delivery, which I find needed and welcoming.
- Bill is making strong efforts to try to find ways to present data and information to the business council, while training the staff on how to provide that information in ways that are more effective. I have enjoyed learning some new skills in the workshop on telling a story with your data.
- He is very committed to move the organization into a more professional direction while building Tribal member employee competence.
- [He] has excellent communication skills and visionary clarity. He is both respectful and thoughtful for the needs of the LEKT and its employees. He has always

- been very expedient in his replies and addressing any concerns I may have, and displays true care for the needs and concerns of everyone.
- I feel he listens to my opinions or ideas and makes me feel like a valued member of the team. He is organized and methodical in his approach to issues. Instead of telling us what the problems are and telling the team what to do, he asks us how we can see it being solved. He is approachable and supportive.

All in all, I received 11 sets of comments, and only one could be considered non-supportive or negative. Now I don't claim my work as "brave or worthy", but that doesn't mean it's not important. And neither is the work of each of these managers and their staff. Overall, I was humbled by the comments. And totally appreciative. Several suggestions were also offered on how I could improve my performance, and I will take several of those suggestions to heart and act on them, including:

- Get out to programs more, visit the buildings, engage in more community events.
- Less group meetings for problem solving (just less meetings regardless), and be more decisive (quicker)...but be sure and keep everyone informed.
- Rely more on supervisor and manager opinion to problems, not peers or the group huddles (as noted above).

I share this bit of very personal information with you in my on-going mission to keep you informed and aware of Tribal activities, and promote transparency. And let me add that as we enter this Holiday Season, and approach the Christmas time of giving, I view this as a gift to me, in the form of candor and honest opinions, from those I serve as leader. I do not share this as a cry for attention, or to crow with pride, or brag. I am humbled, I am appreciative, and I am committed to embracing their comments, both good and bad, to improve my ability and success working with them, on your behalf.

Let me close in the same spirit of generosity and giving that was displayed in these comments on my performance. I hope your consciousness of the work we do here, if not the specifics at least the style, has been raised. I hope the future brings you a sky full of good wishes, mountains of gifts, and rivers of joy. Wishing each of you a very Merry Christmas and joyous New Year in 2019.

-Bill White, CEO



Klallam Counseling Services





Please stop in for a visit with a counselor and have a cookie and a cup of coffee ©

Gre<mark>at opportunity to ask questions, voice</mark> any concerns and get to know the chemical dependency counselors in the community

WHEN: DECEMBER 13TH, 2018

WHERE: KLALLAM COUNSELING SERVICES

TIME: 2:00PM-6:00PM

F

Klallam Counseling Services is now on Facebook!

Check us out and give us a like to stay

up to date on news and events at KCS.



PLEASE JOIN US

1/19/19 @ 5:30

At the Lower Elwha Tribal Center

FOR

KLALLAM COUNSELING SOBRIETY JAM

Dinner to start around 5:00 pm jam to follow. Come celebrate some recovery and share some songs. Contact Brad Holloway for more details. 360-452-4432 ext.7511 (360)-912-3020











From the desk of the WIC/CHR
Lower Elwha Health Clinic

To Our Elwha Women:

We want to personally thank you for your participation in the Lower Elwha Women's Health Day Activity. You have set a fine and delightful example for all other women to follow. You have taken a very important step in your health and wellness. We appreciate your commitment to getting a yearly Mammogram.

We look forward to your attendance at next year's Women's Health Day Event.

The event was sponsored by the Elwha River Casino.

Our next event will be a Cancer Health Fair including a blood drive this winter. See you there!

You're extra special people who always bring good cheer. So have a very Merry Christmas and a Happy New Year.



Sincerely,
Birdie Kimberly

The Thunderbird & Killer Whale

As told by Ben Charles Sr.

A long time ago, the q?úm?č?n, Killer Whale wanted to prove to the world how powerful he was. So to do this, he decided to stop time! When he did this, it was noontime, and the sun was high in the sky. It was man??u? ?a?t1q???, very hot.

When time stopped, so did the sun. Pretty soon the heat started to burn the earth. All the plants began to die, and the people started to die, too. It was man?'u? ?a?t iq? ??, too hot! So the people decided that each tribe was to send its strongest warrior to try to stop q?úm? č? n, Killer Whale. He was too powerful, and they couldn't stop him. Finally ?a?cá?k? ?, Thunderbird said he would go and stop q?úm? č? n. ?a?cá?k? ? shoots bolts of lightning as his spears, and he is very powerful.

He flew out into the ocean and found q?úm?č?n. q?úm?č?n, Killer Whale didn't want to make time go again, so ?a?cá?k??, Thunderbird swooped down from the sky and grabbed q?úm?č?n. He flew with q?úm?č?n in his claws, but q?úm?č?n was very?iy?m? strong and he was fighting really hard. ?a?cá?k??flew over the land and q?úm?č?n fell to the earth. He started to flip around on the ground, jumping as high as he could trying to fight with ?a?cá?k??.

?a?cá?k??, Thunderbird swooped down from the sky again and they got tangled together, fighting on the land. As they fought, they pushed up huge chunks of earth, and created deep holes. They fought and fought, and finally q?úm?č?n started to flip and jump down towards the ocean again, leaving a long deep divot in the earth. ?a?cá?k??caught up to him when he got back to the water, and made him start time again. Then he had to take some of his power away so he could never stop time again!

After the fight was over, the nice flat land was all bumpy and mangled. There were huge mountains where they pushed the land up into the sky, and deep valleys where they had dug holes in the ground.

THAT IS HOW THE OLYMPIC MOUNTAINS AND ALL THE VALLEYS CAME TO BE!

The Thunderbird & Killer Whale Story Word unscramble

enb cahlres	:oyplmcis	š <u> </u>
bmpuy	:popele	<u> </u>
cunkhs	:patnls	N. Production
cwals	:pweor	
ertah	:pweorufl	
fgihtnig	:sapers	
filp	:sotp	
fughot	:sotrng	C. C
haet	:snu	
hleos	:sowop	
jmup	:tuhndrerbid	
kli <mark>elr wl</mark> hae	:tmie	A SOLD CONDITION
lhgitnnig	vlaley	SERIOT YEAR
muotnians	: wraroris	
oacen	:wlrod	·
Extra tricky words	5:	
?ák ^w c?a?ł	: q'əəmú l čn :	
?yə́im' :		

Klallam Language Immersion Culture Class

☆—December 2018 - Wool Weaving—☆

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tho: complet	se who make e their asses	e a craft for ssments will	canoe jourr receive sma	ney give an Il loom to t	ay AND ake home	1
2	3 Class 4-6	4 Class 4-6 Drum Group	5 Class 4-6	6 Class 4-6	7 Class 4-6	8
9	10 Class 4-6	1 Class 4-6 Drum Group	12 Class 4-6	13	14	15
16	17	18 Holiday Party Drum Group	19	20	21	22
23	24	25	26 - HOLIDAY	27	28	29

Join us in the dining hall for basic wool weaving on small looms.

We have started our make one take one craft class. Make one item to donate to Canoe Journey giveaway and make another for yourself Not only is it a great way to get more of the community involved with preparing for Canoe Journeys but it also increases our attendance for Klallam Language Immersion Culture Class.

EARN HIGH SCHOOL CREDITS & TANF/GA HOURS

For information contact Harmony Arakawa at:

(360) 452-8471 ext. 7422 or harmony.arakawa@elwha.org



Klallam Culture Next Month

	ounda	9 2010		1100 111	Mana	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		New Years Day				
6	7	8 Class	9	10	11	12
		4-6 Drum Group	Class 4-6			
13	14	15 Class	16 Class	17 Klallam	18	19
		4-6 Drum Group	4-6	intertribal drum group in Jamestown		
20	21	22 Class	23 Class	24	25	26
	Martin Luther King Jr. Day	4-6 Drum Group	4-6		Treaty Day	
27	28	29 Class	30 Class	31		
		4-6 Drum Group	4-6			

Join us in the dining hall to learn Klallam words for various board and card games translated into Klallam

We will also put out any remaining supplies to continue canoe journey give away projects.

EARN HIGH SCHOOL CREDITS & TANF/GA HOURS

For information contact Harmony Arakawa at: (360) 452-8471 ext. 7422 or harmony arakawa@elwha.org

Lower Elwha Head Start & Early Head Start

Lower Elwha Head Start & Early Head Start

360)- 452-2587

1 INFORMATION

2 TRANSPORTATION (Francess)

3 HEALTH MANAGER (Deanna)

4 FAMILY COMMUNITY PARTNERSHIP MGR/ENROLLMENT (Michelle)

6 EDUCATION MANAGER (Sarah Lovejoy)

8 PRENATAL EDUCATOR (Vacant) 9 DIRECTOR (Debbie)

čənté?wi?əl (Time For Prayer) December 2018

Lower Elwha Head Start & Early Head Start Newsletter

December 2018

12/21 Friday Holiday Concert: All are welcome

5:30-7pm @ LE gymnasium

Light dinner provided in dining hall

12/24 - 1/7 Christmas Break: No school

1/8/2019 Tuesday Students return to school @

Head Start & EHS





Left: Teacher Joni "crazy hair day at head

start:

Right: Joni wearing Christmas stocking

Staff spotlight: Joni Francis Lead Teacher of Bears class

Brad Holloway, Chairperson of the Lower Elwha Head Start Parent Policy Council has much respect for Teacher Joni as he says, "Teacher Joni is currently the lead teacher of the Bears class and has been with the Lower Elwha Head Start program since the beginning (of LE head start program) in the 90s. She brings much knowledge and commitment. Her dedication to our kids and teaching our youth (the Native) culture is unmatched. She is an amazing asset to our program."

INTERVIEW WITH TEACHER JONI

How long have you been working at head start? Since the beginning of time

What is your favorite memory at head start? Working with so many people with so much talent, days of long ago at head start, and people of the past.

If you could go anywhere in the world, where would you go? London and Paris

Who is your favorite sports team? Seahawks. But on another note, would have been great watching Jim Thorpe in action.

Interesting fact about self: That I am me, so you see there is no one else I'd rather be except me!

Favorite song and artist: I have many Native artists that I truly enjoy yet Baby I love you with all my heart -

Soul Shakers/Ahousat stands out

Advice to your students as they grow up: Reach for the stars, you can strive to be anything you want, sky's the limit. Treat others the way you want to be treated. Follow a path of humbleness and respect.



Lower Elwha Head Start & Early Head Start

Xa?xiyu?é?č (Chipmunks) & ča?mús (Otters)

CHIPMUNKS: Welcome Lead Teacher Kalyleena Clinton as the new staff member in the infant Chipmunks class, she was previously a teacher's aide in the Bears (3 year old) classroom. We are happy to have her in the Chipmunks class. Congratulations Kayleena!

OTTERS: In December, we will be working on numbers and the weather, please dress your children accordingly for the weather. Our holiday break this year will be from December 24 through January 7th, Class will resume on January 8, 2019. We participated in the great shake out recently so I am sharing a picture of the children under the table participating in the event. I would like to say thank you to all of the parents that come to participate with the children during class time, we have had family luncheons that the parents have been involved in and have had parents and siblings come and read to the children. I do understand if your schedule does not allow you to participate. The children love sharing their day with family, some may be sad when family members leave, but they soon put their tears away and participate in the normal everyday activities.

Message from Lower Elwha Head Start Health Manager: Deanna Murray (360-452-2587 x 3)

Well-Child and Well-Baby Checkups: Keeping our Children Healthy

Your child was seen by the doctor when they were sick; does this take the place of their well-child or well-baby check-up? NO. While some doctors may do the needed physical while caring for mild illnesses most will not. When you call for an illness or injury, less time is scheduled than for a full checkup. Some doctors will even have you reschedule checkups if your child is not well when they come for their well-child appointment. Children cannot receive immunizations while ill and will have to get well before getting their shots.

Why is extra time needed? Doctors are required to complete a set plan of screenings and immunizations at checkups based on your child's age. This is known as the Early & Periodic Screening, Diagnosis & Treatment Program (EPSDT). This plan was developed from recommendations from the American Academy of Pediatrics and is designed for children up to age six.

Physicians who take Medicaid payments legally must provide the care as designed in the EPSDT. It is your child's right to receive this quality of care! Medicaid must pay for these checkups as scheduled in the EPSDT, so even if your child has been in to see their doctor multiple times for illnesses, they still can be seen for their checkups.

JOBS @ LEHS

If you or someone knows of anyone looking for a job, please apply.

- Head start substitute janitor
- Substitute teacher's aide
- ♦ Teacher/bus aide

Call Head Start: 360-452-2587 Debbie Hales, Director (ext 9) OR Sarah Lovejoy, Education Mgr (ext 6)

Ravens' Rave (sk' "tú?)

Happy December Ravens families ** We finished up October with lots of fun things and in November we studied themes such as our focus on culture. We have talked about different uses for wood and what can be built with it, such as canoes, drum rims and strikers. We will be talking about different types of regalia and making mini button blankets this week. The weather has been chilly so please remember to dress your child warmly as we will be going outside daily. Thank you to all our families for being so amazing, we appreciate you!!!

The Ravens' Teachers: Sarah, Crystal and Janet



November 14, 2018

Applications are due to WSAC postmarked by *February 1, 2019*.

TO:

Tribal Council Chairs and Higher Education Directors; Financial Aid Directors;

Scholarship Coordinators; and Other Interested Parties

FROM:

Ann M. Voyles, Program Associate

SUBJECT:

American Indian Endowed Scholarship Applications

American Indian Endowed Scholarship (AIES) applications for the 2019-20 academic year awards are available now on the ReadySetGrad website at: http://www.readysetgrad.org/college/american-indian-endowed-scholarship. We ask that you forward this correspondence to individuals who may be interested in applying for this scholarship. Click the application and instruction links just below the "How do I apply?" caption to open and download the materials (requires Adobe Acrobat Reader software version 11.0 or newer).

The Washington Student Achievement Council (WSAC) will accept applications beginning January 1, 2019. Signed applications, with all required attachments, are due to the WSAC postmarked by *February 1, 2019*.

Applicants must:

- Have close social and cultural ties to an American Indian tribe or community in Washington
- Intend to use his or her education to benefit the American Indian community in state
- Be enrolled full-time by fall term 2019 at a participating in-state public or private college or university
- Have demonstrated financial need (determined by their college's financial aid office)
- Be a Washington state resident
- Have not received a total of five years of this scholarship

Priority is given to upper-division and graduate-level students, however, all qualified applicants are considered. **IMPORTANT:** Late or incomplete applications will not be reviewed by the selection committee.

A selection committee composed of representatives from the American Indian community in state will review and score the applications. The number and value of scholarships awarded are determined by the interest earnings available from the endowment. Finalists will be announced in the spring. Scholarships generally range from \$500 to \$2,000 each for the academic year.

Mail the signed application, with required attachments, postmarked by February 1, 2019, to:

American Indian Endowed Scholarship Program
Washington Student Achievement Council
917 Lakeridge Way SW, Olympia, WA 98502 (use street address if using UPS or FedEx delivery)
PO Box 43430, Olympia, WA 98504-3430 (use PO Box if using US Postal Service delivery)

Please feel free to call or email any questions to 360.753.7843 or aies@wsac.wa.gov. My office hours are from 8:30 a.m. to 5 p.m. most weekdays, with the exception of state holidays.

/amv

Health Department



Strong Ending to 2018

Keri Ellis, Health Administrative Coordinator, LEHD Interim Executive Assistant, LEKT

Happy Holidays!

November was an <u>extremely</u> busy month at the Lower Elwha Health Department. A lot of positive things are happening that will ultimately be beneficial to our patients and community.

If you've been up to the Health Clinic in the last couple weeks, you may have noticed some changes that are taking place. LEHD is working on vastly improving our internal processes:

- policies and procedures
- * credentialing/privileging
- * peer reviews/referencing
- * health and safety
- * infection control
- * on-site employee training
- * records maintenance, etc.



There is much more work being done, this is only the tip of the iceberg. I have to express my sincere gratitude to the employees who have worked so hard on these projects. They have truly shown their dedication to the tribe and the patients we serve in these recent months. It's not easy to flip everything upside down, shake it out, and sort through the rubble, but they are making it happen. Many LEHD employees have taken on special roles with additional responsibilities that are critical to the function and safety of the Health Department. While the Health Department has been sufficiently maintaining operations and patient care, there were also many things that could use some improvement in regards to efficiency and quality. We are proud to be making progress towards a more efficient, patient-centered, quality department, from top to bottom. Healthcare standards and community needs are ever-evolving, so improvement will continue to be our long-term goal. Under the leadership of Dr. Paul Zelko, who is our new Quality Improvement Coordinator, I think we are closer to streamlining our improvement processes.

Be on the lookout for more good things coming in the future. We look forward to being better, helping our community the best way we can, and serving with humility and capability, no matter what position we fill. I'm honored to be part of such a great team.



~Keri Ellis



December Gym Events

As you all may know, I have a passion for training athletes. That is where I get all my drive and determination to learn as much as I can from other coaches, online or the trainings I have been to. At this moment in time I feel like I have enough knowledge built up to start sharing it on a more consistent level with our amazing young athletes!

Attached is a 6 week calendar of times I can commit to the middle and high school aged kids. The sessions are broken down into 1 hour time slots and I am asking for 1-6 athletes per session to sign up (Max 2 sessions per week). With the winter sports season underway, I tried to find times that will work around the MS/HS practices and games throughout the week. These workouts sessions would be designed to enhance their athletic ability and performance rather than breaking them down during their busy season.

If you know of any kids that could use these training sessions please send them my way!

If you have any questions please contact me Jason Wheeler Lower Elwha Recreation (360) 452-8471 EXT 7440 Office

6 Week ATHELITE MS/HS Fitness Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 25	26 4-5pm 6-7pm	27	28 730-830am *Late Start* 4-5pm 6-7pm	29	Men's Tournament	Men's Tournament
2 Men's Tournament	3 4-5pm 6-7pm	4 4-5pm 6-7pm	5 730-830am *Late Start* 4-5pm 6-7pm	6 4-5pm 6-7pm	7	8 AAU Tournament Volleyball Tournament
9 AAU Tournament	10 4-5pm 6-7pm	11 4-5pm 6-7pm	730-830am *Late Start*	13 Weight Room Only Christmas Party 4-5pm 6-7pm 7-8pm	14	15
16	17 4-5pm 6-7pm	18	19 730-830am *Late Start* 4-5pm 6-7pm	20	21	9-10am 11am-12pm 5-6pm 7-8pm
23 10-11am 11am-12pm 12-1pm 1-2pm	24	25	26 10-11am 11am-12pm 12-1pm 1-2pm	27	28	29
30 10-11am 11am-12pm 12-1pm 1-2pm	31 10-11am 11am-12pm 12-1pm 1-2pm	Jan 1 10-11am 11am-12pm 12-1pm 1-2pm	2 10-11am 11am-12pm 12-1pm 1-2pm	3 10-11am 11am-12pm 12-1pm 1-2pm	10-11am 11am-12pm 12-1pm 1-2pm	5 10-11am 11am-12pm 12-1pm 1-2pm



December Gym Events



AM BootCamp w/Jason

Monday – 6:30-7:30am Wednesday – 6:30-7:30am Friday – 6:30-7:30am

PM BootCamp w/Jared

Monday – 5-6pm Wednesday – 5-6pm Friday – 5-6pm

Elders Fitness w/Jason

Monday – 10:30-11:30am Wednesday – 10:30-11:30am Friday – 10:30-11:30am





Nov, Dec & Jan

Monday & Wednesday

4th-6th Grade - 2:30-4pm

Tuesday & Thursday

K-3rd Grade - 2:30-4pm

Basic Basketball (0)

Skills Training, Team Building, Footwork & Agility
Scrimmage Games *Dates TBD*
Signups in the Gym w/Jered or Jeson



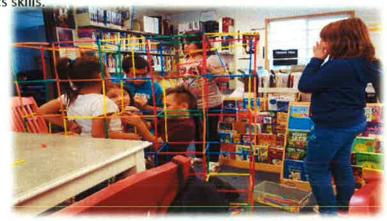


The 2018 holiday season has arrived! The LEKT Library will be closing at 4:30pm on Friday December 21st for Christmas Break and re-opening at 9am on Tuesday January 2nd 2018. Don't be caught without a book to read through the

holiday period! Christmas is the most wonderful time of the year isn't it? Particularly when we get to celebrate it with our children. The wonder on their faces is just magical. As this year will be drawing to its end; we at the LEKT Library would like to thank you for all your support over the past year. We have thoroughly enjoyed working with you and your children; and look forward to another fabulous year in 2019. May you all enjoy this holiday season and create memories that last a lifetime!

Since our last newsletter the LEKT Library has been a vigorous center for after school tutoring, computer lab relative coursework, STEM Kit and learning game activities with the Elwha youth. There is an abundance of learning taking place and it is most noticeable when observing the progress of the youth through their reading comprehension/reading level and the growth of their mathematics skills.

The youth have been busy!!

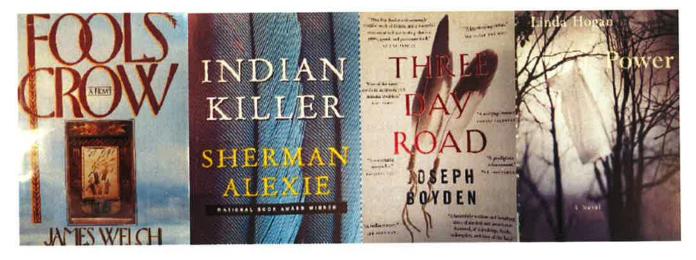


Recent Changes In The Library

Looking to recent changes in the library we now have new updated computers in the LEKT Library Computer Lab for community use. Recently I have been working with the Washington State Library to bring Lynda Learning Platform access to our library. Lynda.com is a leading online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals. Through individual, corporate, academic and government subscriptions, members have access to the Lynda.com video library of engaging, top-quality courses taught by recognized industry experts. Courses can also be taken in a self-paced non-instructor format for personal growth in a number of career areas for professional certificates.

The Lynda Learning Platform will be available for access here, free, at the library in the near future with a catch. For those of the community who would like to access Lynda free for personal professional development; I am suggesting you acquire a North Olympic Library System Library Card. This will ensure you free access to Lynda regardless of what library or device you choose to access Lynda from. You can register online at the NOLS website for a temporary card (I can assist you here at the library). You will be issued a permanent card when you go to the Port Angeles Public Library and present your ID and current local address at the customer service desk. Free access to the Lynda Learning Platform at any library in the state requires a NOLS (North Olympic Library System) or Washington State Library Card. Card information is used by the individual when logging-on to access Lynda services. If you have questions about this service, please feel free to call or drop-by the library.

I have selected a few suspenseful page turners below looking for a companion with a hot drink in a cozy chair on those cool evenings over Christmas Break!



Best wishes to the LEKT Community for a most blessed and rewarding Christmas; and a new year full of promise!

~Brian Freilag LEKT Library Mgr.



Enterprise

The Enterprise Team has been hard at work managing through several large projects and transitions over the past few months. One of which, is the move to the Carnegie Building on Lincoln Street. This site will serve as our base as we continue to grow our team, existing businesses and launch our new enterprises. We plan to host an Open House once we have our move complete. The other priority continues to be our downtown hotel project. We are happy to report that positive progress continues. The Tribe is scheduled to close on the property by the end of December. Demolition and cleanup of the soil is tentatively scheduled to take place this winter with construction to follow in the early spring. The final timeline will be dependent upon completion of many steps in a rather complex process. We look forward to sharing more details about this exciting endeavor in the coming months.



Winter Ice Village Ribbon Cutting Ceremony





On November 30, Chairwoman Frances Charles and Councilman George Charles and family participated in the ribbon-cutting ceremony opening the Port Angeles Winter Ice Village. The LEKT Council generously helped sponsor this PA Chamber of Commerce volunteer led effort that features a fun light display, large ice rink with admission that includes skate rental, and visits with Santa. A fun family destination this holiday season.



New Head Start—The Children's House of Learning



Progress update: We are currently finalizing the amended plans and contract language with the architect and should be sending this project back out to bid. The notice to proceed date is expected to be early January 2019 with a completion date of January 2020.



Elwha Festival of Trees

Lower Elwha Justice Department graciously coordinated the Elwha Festival of Trees, which was participated in by multiple Tribal Programs.

Programs | departments decorated Christmas trees and brought them down to the Justice Center to be judged and auctioned, determining one winner.

The winning team was awarded a steak dinner courtesy of the Elwha River Casino.

All proceeds from the auctioned trees was used to help a family who needed it during this holiday season.

Thank you Lower Elwha Justice Department and program participants for your generosity and willingness to have some holiday fun!

Congratulations to Elwha Gaming who decorated the beautiful winning "Candyland" tree:





Holiday-Specific Events

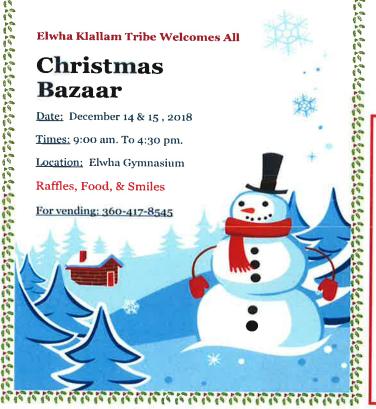


LEKT Community Christmas Party Thursday, December 13, 2018

Lower Elwha Tribal Gym







BAZAARS (NON-LOCAL)

Suguamish Holiday Bazaar December 15-16 Suquamish https://suquamish.nsn.us/calendar/suguamishholiday-bazaar-4/

Nisqually Elders Program Christmas Bazaar December 20 10-6

http://www.nisqually-nsn.gov/index.php/calendar/events/december-20th-elders-bazaar-last-stop-andshop/info/flyer

Oakville Shaker Church Bazaar December 22 & 23 9-5

Chehalis Tribal Community Center
461 Secena Road Oakville WA 98568 https://www.facebook.com/pages/Chehalis-Tribe-Community-Center/276175549137398





Lower Elwha Housing Authority



LEHA will have our conference room open during business hours from 8am to 5pm during the week of December 17th-20th with wrapping paper, scissors, tape, etc. for anybody in the community that needs or wants to bring your gifts to wrap for the holidays.



There will be a class on maintaining your septic system at the Dungeness River Audubon Center on January 30, 2019 at 6pm



A lot of annual re-certifications are coming up so please make sure and watch for these letters in the ma so they get completed before they're past due!



We'd also like to welcome back Carmen Watson-Charles to our Board of Commissioners and welcome Emma Bankson for joining the crew!





Reminder: Elder's Meetings are every 3rd Thursday of the month.

Elder's cards can be picked up every 3rd Friday of the month. We'll be at:

Social Services from 9am—12pm, or at the Gathering Place from 1pm—2:30pm.

Anyone interested in fundraising for jackets should contact Leona at (360)452-8471 x7466 to find out how you can help!

DECEMBER ELDER'S CARDS WILL BE DISTRIBUTED ALONG WITH THE CHRISTMAS CARDS GIFTED BY THE TRIBE FOR ELDER CONVENIENCE.

PLEASE BE ON THE LOOK OUT FOR MORE DETAILS.

Family Advocacy Program

Lower Elwha Family Advocacy Program – Social Services Dept. Lower Elwha Klallam Tribe

Dear Tribal Members or Readers,

First, the LEFA staff would like to thank you very much for the whole year of support. Whether you were reading monthly newsletters, attending events, making referrals, inviting people to attend events, accessing our services, and/or collaborating/partnering with us, it matters to us. We appreciate you!

Second, to inform you about our community services. The LEFA will help unlimited advocacy based counseling including but are not limited to legal, medical and housing support. Staff provides limited emergency shelter, transitional permanent housing, and other financial assistance to those who are fleeing and/or victims'/ survivors domestic violence, dating violence, stalking, and/or sexual assault/abuse. We serve anyone that lives within the Port Angeles area, Non-Native, Native or Alaskan Native, male, female, and LGBTQ+.

Third, along with Klallam Language Program staff, Angelina, Elder and Youth Mentoring and Healthy Relationship, has traditional activities on December 3rd to 6th from 4:00 pm - 6:00 pm; 10th to 12th from 4:00 pm-6:00 pm at Tribal Dining Hall. During these events educational information will be provided and/or presented to participants.

In addition, here is the support groups schedules for December and January:

Women's Open Support Gathering meets on December13th and 20th; January 10th, 24th, and 31st from 10:00-Noon at Social Services.

LGBTQ+ Group will be held on December 11th and 18th; January 8th, 15th, and 29th at Elwha Heritage Center[.] This support group is available for those who self-identify as LGBTQ+. Participants are strongly encouraged to call or text Beatriz prior to attending the group.

Please know that during holiday seasons, we continue provide 24/7 hours of services, so feel free to contact the hotline numbers listed below.

Finally, we would like to extend our greetings to each and every one of you and yours during this holiday seasons. May the spirit of Christmas bring joy to you all through the New Year!

Best Wishes,

Beatriz Arakawa, Program Manager and Victim Advocate; 360-565-7257 ext. 7453; Cellular Hotline: 360-460-1745; 360.775.9346; E-mail: Beatriz.arakawa@elwha.org

Angelina Sosa, Elder/Youth Mentoring Healthy Relationship Coordinator and Prevention/Awareness Specialist

360-565-7257 ext. 7452; E-mail: Angelina.Sosa@elwha.org 3080 Lower Elwha Rd. Port Angeles, WA 98363

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





Academic Support-Steven's Middle School

My Name is Summer Cooper. I am an enrolled Makah tribal member as well as a Klallam descendant. I recently started at Stevens Middle School as the Academic Support Specialist on November 16th. Many of you may know me from other departments of the tribe such as Dental and Head Start. Most of my professional working career has been working with the Lower Elwha Klallam Tribe. I have also been an AmeriCorps Volunteer, and tutored in the GED lab at Peninsula College, as well as the GED lab in the Lower Elwha Klallam Library. I am working on 4 more prerequisites to apply for the BASW at UW Tacoma. I already have my Associates of Arts degree from Peninsula College, I realized what I wanted had changed.

I am very passionate about working with children and youth. There are many things about this new position I am very excited about including the start of Native American Homework Club. I hope to be able to start that in December. I have had a few little glitches along the way due to things like the Para Strike and making sure I get the District required trainings in. I am working diligently with the School District and Education Department to get these done.

I will be getting business cards soon as well to disburse. In the mean time you can contact me via email. Scooper@portangelesschools.org is my email address through the school district. Please feel free to send me an email if needed. I also can be reached at 360-565-1806. If I am not available due to assisting in a classroom please feel free to leave a message and I will get back to you as soon as possible.

We are Klallam Strong! We do our homework!!

The library is spitting at its seams daily with children doing homework! We are so proud of them!!









Here we have Elrick and Chasity making their first dream catchers at the After School Program



Local Crime Stats-October 2018

Service Logs for L & O	Total
911 Hang-Up	3
Abandoned Vehicle	0
Alarm/Alarm Check	5
Animal Calls	1
Warrant Attempts	5
Assault	1
Auto Theft	0
Bar Check	0
Boating Activity	1
Burglary	5
Business Check	135
Burn Complaint	0
CA&N/Elder Abuse	0
Child Endangerment	0
Citizen Assist	6
Citizen Contact	23
Civil	8
Community Oriented Policing	44
Court Paperwork/Service	32
CPR	0
CPS	1
Courtesy Transport	4
Custodial Interference	0
Dead Animal	0
Death/Unattended Death	0
Disorderly Conduct	0
Disturbance	5
Drug Violation	4
Drunkenness	0
DUI	1
DV	1
Eluding	0
Embezzlement	0
Erratic Vehicle	0
Escort	0
Exclusion	3
Explosion	0
Fire	0
Firework Violation	0
Fishing/Forestry Violation	0
Follow-Up	22
Forgery	
Found/Recovered/Lost property	4
Fraud	
Frequent Patrol Request	1
Harassment	1
Impound	0
mpound	0
lunk Vehicle	0
Junk Vehicle Liquor Violation/MIP	0
	0 0

Total	441
Warrants-Non Tribal	2
Warrants- Tribal	3
Welfare Check	8
Weapons Discharge/Violation	1
Vehicle Lockouts	1
Vehicle Accidents	2
Violation of Court Order	3
Vandalism	0
Unattended Hit and Run	0
Trespass	8
Traffic Stops	28
Traffic Control/Emphasis/Hazard	6
Threats	1
Theft	1
Suspicious Person/Vehicle	9
Suicide/Suicidal	0
Search and Rescue	0
Sex Offense/Monitor	1
Runaway	1
Robbery	0
Resisting/Obstructing/Delay	1
Repossession	0
Report of open door/window	3
Rendering Criminal Assistance	0
Reckless Endangerment	
Rape	0
Prowler/Vehicle Prowler	2
Prisoner Transport	3
Poss. of Stolen Property	2
Poss. Of Paraphilia	0
Placing a person in fear	0
Phone Complaint	0
Parking complaint	0
Other Agency Assist Overdue Person	35
Officer Safety	0
Noise Complaint	0
New Call	0
Misc. Info/False Reporting	1

Arrests for September

Bryan Marsh-Clallam County Sheriff's Office Daniel Anderson- Clallam County Sheriff's Office Christina Sampson-DUI

David R. Bolstrom- Violation of Court Order James Harris-Violation of Court Order/CCSO Erin Schleve- Clallam County Sheriff's Office Cody Cummins-Possession of Illegal Substance, Possession of Paraphilia

Justin Capps- Possession of Stolen Property, Obstructing a Public Servant, Possession of Paraphilia, Possession of Marijuana, Delivery of Illegal Substance, Possession of Illegal Substance other that Marijuana



Health Tips



Natural Remedies for the Cold and Flu



Cold and flu season is upon us and you may be hearing more coughing, sniffling and sneezing in the community.

The common cold is often caused by the rhinovirus, a viral infection, and the flu is caused by the influenza virus. Prescription medications, such as antibiotics, are rarely needed for colds and flus because they do not help with viral infections, they are just for fighting bacterial infections. There are a number of safe and natural remedies to help with the cold and flu.

These include:

- Herbal teas, tinctures, syrups and honeys. Such as Elderberry (Sambucus) syrup.
- Nasal rinses, such as the neti pot, to wash out sinus cavities so that mucus doesn't accumulate in these areas and increase the risk of an infection.
- Topical poultices, liniments and salves.
- Vitamins and minerals, such as vitamin C and zinc.
- Nutritional supplements, such as probiotics, the helpful bacteria that is normally found in and on our bodies.
- Using water in the form of hot and cold compresses and steam inhalation with essential oils.

There are also more specific remedies that either of the Naturopathic Doctors, Dr. Austin or Dr. Kasten, can recommend based on a patients individual symptoms, these include tailored botanical formulas and homeopathics.

Prevention is always better than getting sick so we always try to emphasize ways to improve a person's immune system (the part of our body that keeps us healthy and combats bacterial and viral infections). If you notice that you have a cold that just won't go away or you keep on getting sick please make an appointment with a provider and we can discuss ways to improve your immune system.

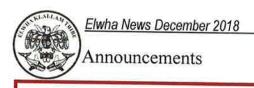
Please don't hesitate to call and make an appointment.

Written By: Wahji Kasten ND LAc



"Happy 2nd Birthday to our Jarison Ray!
Mommy & Daddy love you to the moon & back!"





Upcoming Closures:

12/24- Half-day closure of Tribal Admin Offices: Christmas Eve.

12/25– Full-day closure of Tribal Admin. offices: Christmas Day

12/26— Full-day closure of Tribal Admin. Offices: Day After

Christmas

12/31— Half-day closure of Tribal Admin Offices: New Year's Eve.

1/1- Full-day closure of Tribal Admin Offices: New Year's Day.

Winter Break for Early Head Start & Head Start - December 22nd thru January 7th. Classes resume January 8th.





The <u>Lower Elwha Health Department</u> will operate on a skeleton crew for the week of December 24th – January 1st as follows:

Monday December 24th – Limited Staff Open Full day

Tuesday December 25th - CLOSED

Wednesday December 26th – CLOSED

Thursday December 27th – Limited Staff Open Full Day

Friday December 28th - Limited Staff Open Full Day

Monday December 31st – Limited Staff Open Full Day

Tuesday January 1st - CLOSED

IHS Lower Elwha Valley water system improvements project and construction interruptions

Please be notified and spread the word. This will affect everyone in the Lower Elwha Valley water system.

Beginning next week and into the following weeks, as part of a IHS water system improvement looping project, there will be occasional temporary water service interruptions in parts of the Lower Elwha Valley water system. As many as four localized, multi hour, interruptions in service will take place. Likely only parts of the Lower Elwha Valley system will be off at any one time.

This is construction, hopefully no whole system shutdowns will be needed.

Due to the nature of this type of project, There is not a solid schedule or timeframe for the interruptions. As more accurate timing allows we will do our best to further notify affected areas of the system with an 24hr advance notice, street sign postings or e-mails such as this. Construction crews will try to minimize system down times as much as possible to one or two hours each.

So be on the lookout for more timely notices and look forward to the post water quality system improvements.

Thank you for your patience and understanding.



December Birthdays- Tribal Members

12/1- Phoenix Irish Charles Savannah Roberts

12/2- Lydia Stephan Kaidence Bright Shane Castillo Mielde Charles

12/3- Geneva Black Alexandria Charles Caroline Granlund Elsie Miller

12/4- Meridi Bolstrom Donna McGoff James Muck

12/5- Georgina Gilman Maria Rapoza

12/6- Taylor Tejano Victoria Peters

12/7- Nicholas Gilman Jr. Jennifer Gober Jacob Sullivan

12/8- Chad Rennie

12/10- Vanessa Gloria Rosanna Langland Michael Wiechman

12/11- Jessica De Vore Tahnee Hopie

12/12- Joseph Bennett Alexis Dunn Jeremy Messenger Joseph Messenger Jaryd Stevens

12/13- Brooke Johnson Roberta Kimberly

12/15- Frank Bennett IV Brayden Charles Janet Hren Kristopher Shable

12/16- Garnet M. Charles

12/17- Elizabeth Bennett

12/18- Gordon Sampson

12/19- Keith Charles Russell Charles Keri Ellis

12/20- Wade Francis

12/21- Arlene Boyd Cecelia Charles Joshua Needham

12/22- Joseph Boyd Darrell Charles Sr. Robert Charles Richard Sanchez Sr. 12/23- Gerald Charles Jr.

Isaac Charles Andrea McLaughlin 12/24- Daniel Point

Teresa Sanders

12/25- Virginia Castillo Alison Contreras Roy Peters

12/26- Tracey Sanchez Nancy Smith

12/27- James Coutlee Darrell Duckett Kaiden Point

12/28- Brenda Charles Becca Sampson-Weed

12/29- Christopher Bennett Mitch G. Boyd Maria O'Neel Leslie Paranteau

12/31- Arnulfo Antunez Jr. Mitchell Boyd Lily Charles Kylie Mitts Jarison Moses



December Staff Birthdays-

🕠 12/1 Savannah Roberts

🔖 12/3 Thomas (Moe) Dannel

🗣 12/3 Jenessa Balch

🖖 12/3 Aleilah Lawson

12/3 Elsie Miller

12/4 Jim Much

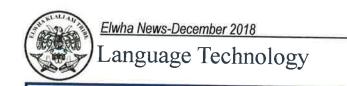
12/6 Randall McCoy

12/7 Froilan Sarmiento

12/7 January Austin 12/12 Joseph Bennett 12/12 Janet Elofson 12/15 Janet Hren 12/16 Garnet Charles 12/16 Roberta Kimberly 12/16 Carol Shaw 12/19 Mark Raycraft 12/19 Keri Ellis 12/19 Laurel Moulton

12/24 Daniel Point 12/24 Teresa Sanders 12/26 Tracey Sanchez 12/27 Tessa Youngman 12/27 Marissa Martin 12/28 Becca Sampson-Weed 12/29 Mitch Boyd Sr. 12/31 Mitchell Boyd Jr. 12/31 Kylie Mitts

A



Learn Klallam Language through Technology

Daily 15 minuteWebinars online at 1pm

The Klallam language program hosts daily webinars.

To track participant's progress we ask everyone complete survey and Webinar Assessment #1 online before starting webinars. Link can be found on www.facebook.com/KlallamLanguageDepartment/. It is OK if you get a score of zero. We need honest scores to accurately track people's improvement before and after participating.



After the Webinar Assessment #1 is complete, you can begin watching stored webinars on www.youtube.com/user/
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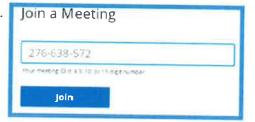


Live webinars will be held every day at 1pm for 15 minutes.

Login live at www.zoom.us/join.

Join a Meeting

For more information please contact Harmony Arakawa:
Harmony.arakawa@elwha.org
360.452.8471 x7422



Use the App

The Klallam language app is now available on the google play store. You can click to hear many words, phrases. There are links to videos and social media sites. Please send your feedback to Ashley.Pitchford@elwha.org













TRIBAL DIRECTORY

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
COO of Enterprise Linty Hopie, Ext 7438
CFO Froilan Sarmiento, Ext 7463

Accounting

3080 Lower Elwha Road Tonya Greene, Controller/Grants Administrator Ext. 7461 Jo Klinski, Employee Benefits Specialist 366-452-8471, Ext 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road Isaiah Coley, 360.452.9250

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 Mike Watson, Interim General Manager

Elder Services

Leona McKinnon, Ext 7466

Employment Services/HR/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 Dr. Matthew Whitacre, 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 Gerald Charles, Ext. 7551

Information Technology

Ken Giersch, Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive 360.452.6759

Klallam Counseling Services

243613 W Hwy 101, Port Angeles Stormy Howell, 360.452.4432

Law & Order/Police Dept.

Justice Center

341 Spokwes Drive 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

Planning & Development

Arlene Wheeler, Ext 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

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



Secretary/Treasurer Ext. 7415



Steve Joaquin Robideau Council Member, Ext. 7413



Council Member, Ext. 7414

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

Change Service Requested

ELWHA NEWS Lower Elwha Klallam Tribe ʔəʔᠲҳʷə nəxʷsス'ay'əm

"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 Fax: 360.452.3428

Upcoming Events:

PRSRT STD

U.S. Postage PAID

Port Angeles, WA

Permit # 11

12/2- Applications for college level courses available for the 2019.2020 school year through the Educ. Dept.

12/13- Cookies with Counselors KCS

12/13– Tribal Christmas Party

12/14- Early Head Start & Head Start Family Luncheons

12/18- Drum Group Holiday Party (Ugly Sweater Contest)

12/21- Head Start Holiday Concert

