



December 2022

Elwha News

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LOWER ELWHA KLALLAM TRIBE

Halloween Memories



Congratulations to Social Services for winning the candy drive and the station contest. And to Lower Elwha Food & Fuel for winning the staff costume as the Sanderson Sisters from Hocus Pocus. Big thanks to everyone who attended, and to our wonderful staff and volunteers for putting on a great party!





Tribal Operations/Public Health Officer Update

\$200 adult check/\$100 youth gift card for COVID booster shots

The COVID vaccine support program is still up and running and offering \$200 for ALL COVID BOOSTER SHOTS (18+), and \$100 gift card for youth booster shots. To apply visit the links on <https://www.elwha.org/covid/covid-vaccine-support-programs/> **New Bivalent**

Did you get the new COVID-19 booster Yet??

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

Indoor Gatherings?

We're still in Phase 5 of the COVID reopening plan. Gatherings outdoors and indoors with unlimited number of participants, masks are strongly encouraged for indoor gatherings.

Free COVID Tests

Lower Elwha Klallam Tribe is also offering free COVID tests for local community members that have a recent exposure or COVID symptoms.

To request the test to be dropped off for local homes visit: <https://app.smartsheet.com/b/form/7e651f2fbeb54e8eac868f98687d50d0>

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

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

Do We Still Have COVID Cases?

Yes! We have seen a slight rise in cases and a huge jump in other illness (strep, hand food mouth, cold, etc). Please make sure to stay home if you are sick!

- Tia Skerbeck, Tribal Operations/Public Health Officer



Vaccine Information

Why should I get a COVID-19 booster?

- 1 Boosting helps protect against newer variants like Omicron
- 2 Everyone benefits from updated COVID-19 boosters...
 - ✓ Even for people who have had COVID already
 - ✓ And even for people who already got boosted
- 3 Boosters help protect people around us



What are the new boosters?

Monovalent shot: original booster
Bivalent shot: new, updated booster protecting against more COVID strains

The bottom line: Boosters energize your immune system to improve protection against COVID-19. You should get boosted to protect yourself and those around you.

When can I get a COVID-19 booster?

It depends on your age and whether you have finished a full ("primary") vaccine series. Find your age group in the graphic below. This graphic only applies to people that completed their primary series.



6 months-4 years



Booster not yet available for this group



5 years and older



Eligible for 1 updated (bivalent) booster, at least 2 months after most recent COVID-19 vaccine

Call the Lower Elwha Health Department
to schedule your COVID-19 vaccines
360-452-6252





Vaccine Information

COVID-19 Updated Vaccines Protecting Our Communities and Cultures




Now what?

Call the Lower Elwha Health Department to schedule your COVID booster and other immunizations at
(360) 452-6252






Vaccine Information



How are you preparing for cold and flu season this year?

Help keep our community safe and healthy all year long.

Call the Lower Elwha Health Department to schedule your vaccines at (360) 452-6252.



+ \$200 for COVID⁺ booster shots +





Including the Bivalent booster

Call LEKT at 360-452-6252⁺ to schedule your shot



Vaccine Information

COVID vs Flu vs. Common Cold vs. RSV: What You Need to Know

VIRUS	LEVEL OF INFECTIVITY	TIME FROM EXPOSURE TO INFECTION	SYMPTOMS	PREVALENCE IN CHILDREN	VACCINE AVAILABILITY
 COMMON COLD <i>Rhinovirus</i>	Less contagious	2 to 3 days	Cough Low-grade fever Sneezing Sore throat Stuffy nose	Common Most children experience 2 to 4 colds per year; frequently associated with asthma exacerbations.	None
 SEASONAL INFLUENZA <i>Influenza virus (A and B)</i>	Contagious	1 to 4 days	Body aches Chills Cough Fatigue Fever Headache Sore throat Stuffy nose	Common Children younger than 2 are at highest risk for more severe disease.	Multiple approved
 COVID-19 <i>Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)</i>	More contagious	2 to 14 days	Body aches Chills Cough Diarrhea Fatigue Fever Headache Loss of smell/taste Nausea/vomiting Shortness of breath Stuffy/runny nose	Typically children have mild symptoms, and rarely they develop multisystem inflammatory syndrome in children (MIS-C) weeks after a SARS-CoV-2 infection.	Two- and three-dose vaccine approved for ages 6 months–4 years Two-dose vaccine and booster approved for ages 5 and older Multiple vaccines and boosters approved for adults
 RSV <i>Respiratory syncytial virus</i>	Very contagious	4 to 6 days	Cough Runny nose Sneezing Fever Wheezing	Common Infants are at high risk for severe disease, including pneumonia or bronchiolitis, an inflammation of the small airways in the lungs.	None



Health Department



RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common respiratory virus that circulates each year in the United States, usually from late fall through early spring. RSV can be serious, especially for infants and older adults.



SYMPTOMS

Runny nose, decreased appetite, coughing, sneezing, fever, and wheezing



PREVENTION

Cover coughs and sneezes, wash hands often, avoid contact with sick people



STAY UP TO DATE WITH VACCINATIONS

COVID and flu vaccines

HELP PREVENT THE SPREAD OF RSV

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
- Clean frequently touched surfaces such as doorknobs and mobile devices

FOR MORE INFORMATION VISIT:

www.IHS.gov

or the CDC RSV Homepage

<https://www.cdc.gov/rsv/>

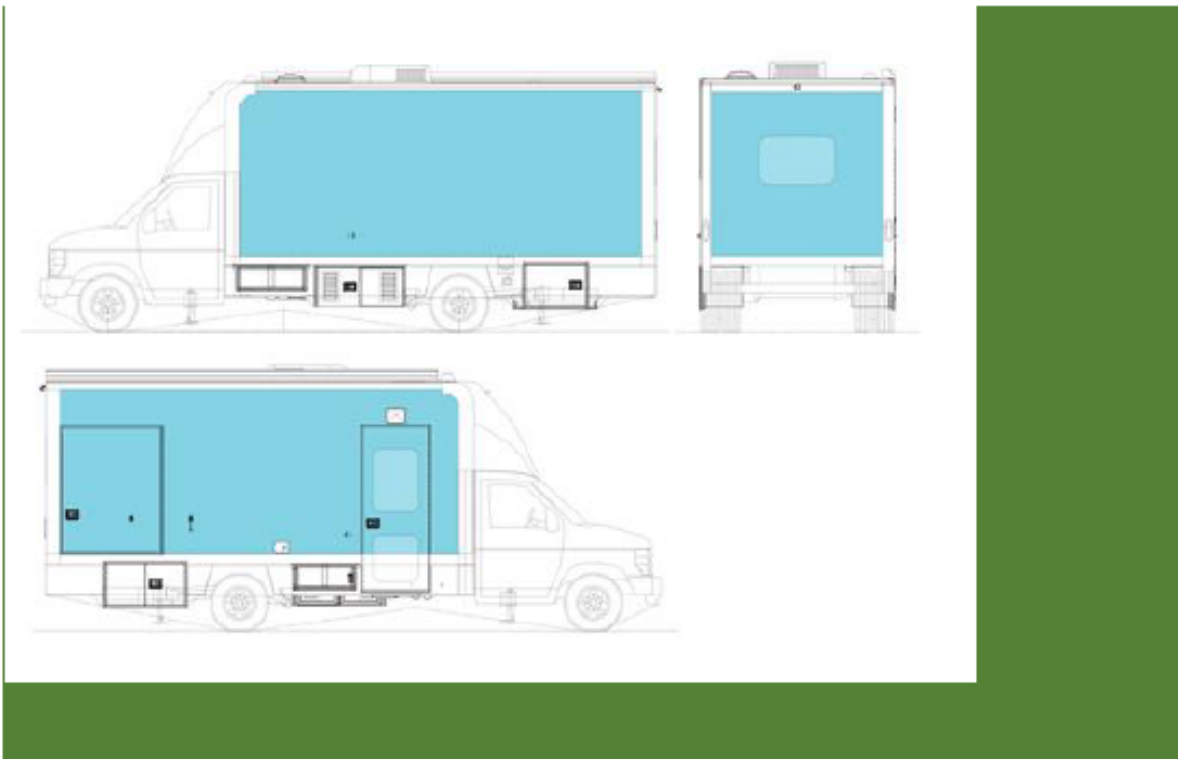
In an emergency, dial 911 or your local emergency number immediately.



Health Department

Mobile Medical Vehicle

The Lower Elwha Health Department is happy to announce that we are getting closer to having a mobile medical vehicle. Now we need to plan for the design on the outside. We would like to hear from you what design you would like to see. Maybe even send us a drawing!





Nutrition & Diabetes

NOVEMBER 2022 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Cereal
- Best cereals
- Recipe
- Did you know?



Pumpkin Cream Cheese Bars

Moist and Wonderful!

1. 8 ounce package lite cream cheese

1/4c sugar 1 egg 1 tsp vanilla

Beat with mixer till smooth and set aside.

2. 1 cup canned pumpkin

1/2 c. sugar 1 egg 1/3c. Oil (not olive)

Mix the above until well combined. Next add:

1 1/2 tsp pumpkin pie spice

1 c all purpose flour

1 tsp baking powder

1/2 tsp baking soda & salt

3. Mix well.

Pour batter into PAM sprayed 9X13 pan. Add dollops of the cream cheese and cut with a knife-go back and forth; up and down. BAKE for 25 minutes @ 375 degrees.



Did you know?

Late night eating changes your fat tissue and decreases calories burned. It also changes our hunger and appetite control hormones. You burn calories more slowly and have more fat storage.

How to choose a Healthy Cereal

Looking for a cereal with a good balance of nutrition can be tricky. Most of the time these cereals are near the top or bottom shelf. The middle shelf is intended to be at eye level and a easy grab.

1. Focus on Grains & Fiber

- Look for the first ingredient to be listed as a whole grain. Such as: whole wheat, oats, barley or millet.
- Make sure the label states at least 4 grams of fiber.

2. Watch out for Added Sugars

Choose a cereal with < 6 grams of sugar.

Top Cereals:

1. Nature's Path organic Heritage Flakes

7 grams fiber & 5 grams sugar

2. Post Great Grains Raisins, Dates & Pecans

4 grams fiber & 4 grams sugar

3. Post Grape Nuts, Original

7 grams fiber & 0 sugar

Don't forget to schedule your diabetes quarterly.

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





Letter to the Community—Jonathan Arakawa

Dear Lower Elwha Tribal Community,

Happy Holidays! November was National Native American Heritage Month — a great time to reflect and be thankful for our rich heritage, culture, history and language. Wow...2022 has flown by before our eyes! This time of year is always a time of reflection of all our wonderful blessings. Please stay safe and warm while the colder weather starts to set in. My love and prayers are with our families who have empty seats at the table this year. These past few months have been incredibly busy. I'm excited to report on my recent activities across Indian Country.

At the beginning of October, I joined my UNITY Female Co-President, Chenoa Scippio, to speak on webinar for ANA-Administration for Native Americans and their Alaska Technical Assistance Region. ANA is housed in the United States Department of Health and Human Services. President Scippio and I were asked to share about UNITY and how it has helped us. ANA has awarded our Tribe many grants, especially in our Klallam Language reclamation and revitalization project. A huge thank you to UNITY's Youth Programs Director, Greg Mendoza, and the ANA Technical Assistance Manager, Larry Kairaiuak, for the wonderful opportunity to share our insight and perspective on how to better support Native youth across Indian Country.

On October 12, 2022, I co-moderated the National Congress of American Indians Youth Commission's Protect ICWA Rally. We had a great line up of speakers: Lower Elwha Klallam Tribe Chairwoman Frances Charles, U.S. Representative Sharice Davids, Wenona Singel and Veronica Krupnick. This event brought awareness to the attacks on our sovereignty and calling on the United States to uphold its duty and ensure ICWA remains law to protect our Native youth.

Additionally, I participated in our Tribe's Domestic Violence/Sexual Assault Awareness Walk in observance of National Domestic Violence Awareness Month. The event brought together survivors, tribal leaders, tribal and city law enforcement, community members, and partners to bring awareness to the assault Native women and men. Shout out to Beatriz Arakawa and the Domestic Violence Task Force for planning a spectacular and educational awareness event!

On October 26, 2022, I had the distinct honor of attending the first-ever White House Summit on Indian Education Policy in Muckleshoot. Co-hosted by the Tribal Leaders Congress of Education for Washington State and the State's Office of Native Education. The summit convened tribal leaders, state leaders, education leaders, Native youth, and federal officials to discuss how we can improve our education system. During the summit, I sat the on the Native Youth – K-12/College Student Panel to provide our perspective. I continue to come to realize that policies and laws are good to have written black and white on paper. However, history and current day shows that laws and policies are not always followed. Therefore, I made a Call to Action to the Biden Administration, the federal government, state governments and school districts to mandate and enforce tribal history to be taught in all K-12 and higher education institutions. It has been long overdue, and the time is now. It is our responsibility to improve our systems to better educate our leaders of today and tomorrow.

A few days later, I traveled to Sacramento, California, for the 79th Annual National Congress of American Indians (NCAI) Convention. Our convention took place October 31st through



Letter to the Community—Jonathan Arakawa

November 4th. At NCAI, we said we would bring all of Indian Country together at this convention. Defending Sovereignty since 1944. Nevertheless, we succeeded in doing that. It was great to see so many Northwest tribal leaders, including our Chairwoman, Frances Charles.

Many important issues were discussed. The issues included the Castro-Huerta Case and Brakeen Case. Over a month ago, the U.S. Supreme Court decided to strike down on the Castro-Huerta case. When initial ruling took place in 2020, it affirmed Tribal Nations have the jurisdiction to prosecute and charge non-Indian perpetrators who commit crimes on reservation land. With the Supreme Court striking down, is a direct attack on sovereignty and limits our law enforcement's capacity and authority to serve and protect our people. Tribal law enforcement across Indian Country are being questioned their own jurisdiction and credentials.

On the week of November 7th, the Supreme Court will preside over the Brakeen cases. The Brakeen case includes the Indian Child Welfare Act (ICWA). Tribal Nations are concerned the Court will strike down the same way and initiate another attack our sovereignty. ICWA is 50+ years of settled law in the United States. The NCAI Supreme Court Project reported that an amicus brief was signed, calling on the Court to allow Congress to exercise their duties and supporting 4 Tribes. 497 Tribes, 62 Tribal organizations, 23 States, and 87 members of Congress signed/supported this brief.

This year, I completed my two-year term as Vice President on the NCAI Youth Commission. The NCAI Youth Commission conducted our elections. Our elections are opposite years of the NCAI Executive Board. We were honored to elect 6 new officers and 2 ex-officio officers. I was proud to be re-elected the ex-officio officer. In this position, I will have the privilege to mentor and advise the newly-elected officers on decisions, drafting documents, handling inter-personal matters, and much more. We were all sworn in on November 3, 2022, during the 4th General Assembly at NCAI in Sacramento, CA.

By the time you receive this letter, I would have traveled to Washington, D.C. While I was at NCAI, I received an invitation to attend the White House Tribal Youth Summit, from the Center for Native American Youth (CNAY) at the Aspen Institute. This one-day summit, co-hosted by the White House, UNITY and CNAY, will feature an exciting all-day program with high-level administration officials, special guests, and Native youth from across Indian Country to engage in key discussions including mental health, wellness, climate change, food sovereignty, education, and more. On November 15th, I will have the honor of joining my colleagues in a meeting with First Lady Dr. Jill Biden in celebration of Native American Heritage Month.

It is a continued honor to serve and represent our great community. I hope this letter to the community is helpful and reassuring. I look forward to continuing to provide more updates and reports to the community in all I'm involved in across Indian Country. Thank you for reading my letter.

háʔnəŋ cn,
Jonathan J. Arakawa



Recreation



HAPPY HOLIDAYS!



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Gym Hours M-F 615am-830pm	Gym Hours Sat 10am-630pm					
4	5	6	7	8	9	10
	230pm Matball 630pm Basketball	230pm Basketball Camp 630pm Youth Basketball	230pm Beard Games 630pm Adult Volleyball	230pm Soccer Camp 630pm Futsal Soccer	230pm Mario Kart 630pm Rams	10am Gingerbread Decorating 12pm Basketball
11	12	13	14	15	16	17
	230pm Matball 630pm Basketball	230pm Basketball Camp 630pm Youth Basketball	230pm Beard Games 630pm Adult Volleyball	230pm Soccer Camp 630pm Futsal Soccer	230pm Mario Kart 530pm Elem 630pm MS/HS	10am Gingerbread Decorating 12pm Basketball
18	19	20	21	22	23	24
	Mini Golf	Mushroom/Team Dodgeball	Holly Jelly Jam 3v3 Basketball	Pin Soccer Matball	Matball Youth Basketball	Christmas Eve
25	26	27	28	29	30	31
Christmas Day	Activities TBD	Activities TBD	Activities TBD	Activities TBD	Activities TBD	New Years Eve New Years Family Dance



Recreation



Meet Your Recreation Assistants!

My name is Cheyenne Wheeler. I had been doing a soccer camp every Tuesday after school and really trying to get kids to step out of their comfort zone with introducing a new sport. My main focus while doing these camps is to help the kids focus and develop their basic skills in soccer. I will continue the soccer camp in December and cannot wait to see more kids participating and trying something new. Something else I have been working on is getting a girls high school Elwha basketball team together. With a group of five so far we had taken the opportunity to play and compete in Suquamish where we went 1-3 but I thought they played well and it was a good starting on point for the new Elwha team. I am super excited to get more practices in and are still looking for a few girls to fill the roster with basketball season starting up.

Thank you,
Cheyenne Wheeler
Female Rec Assistant

My name is Jared Moses, I work in the Recreation Department and I have been doing basketball camps every Thursday from 2:30-4pm with the K-6th graders for those who want to improve their skills. I interacted with the Middle/High Schoolers in the evenings when they arrive and help them with their basketball skills too. Also have been organizing Youth Black Light Nights on Fridays in the gym, providing after school activities for the kids such as Matball, Kickball and Mushroomball.



Head Start & Early Head Start

Policy Council 2022-23

Policy Council elections were held and our new Council is:

Nancy Hamilton	Chairperson
Leilani Barkley	Vice Chairperson
Jericho Stuntz	Secretary
January Austin	Treasurer
Katrina Ayala	Head Start Rep 1
Delsen Lauderback	Head Start Rep 2
Amy Reed	Early Head Start Rep 1
Jessica Charles-Elofson	Early Head Start Rep 2
Jonathan Arakawa	Community Member

December Events!

14th Concert and Craft Night, 5:30 pm

17th through January 3rd—Winter Break! See you back in class on January 4th, 2023!



Trick or Treat! The Head Start and Early Head Start kids haunted the hallways on Halloween! A spooky good time was had by all.

What's Up in the Classrooms?

Parent and Teacher Conferences were done the first week of November. The goals that were created for each child will be worked on in class to help each child grow. Our Culture Teachers (Mariah and Karrin) visit all classrooms weekly and bring Klallam language activities. Each class is also practicing singing for the Christmas Concert on December 14th.

We hope to be able to welcome parent volunteers into class soon! See Susan Sullivan for more information

Head Start has several openings for students 3 to 4 years old. Children who were three or four on August 31st can apply. Drop by 291 Spokwes Drive, or call 360-504-3141, or email lola.moses@elwha.org for an application.



Child Care

Lower Elwha Child Care

December Newsletter

The Children's House of Learning

291 Spokwes Drive Port Angeles WA 98363

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

Program Director Bobi Clark

Administrative Assistant Deann Lester

Receptionist Tiana Fieldsend

*We wish you
a Merry
Christmas!*

**Flyers will be posted with our
Holiday Closures.....**

Clothing Closet OPEN 8:30 – 2:00 on Tuesdays

Clean & gently used donations accepted during business hours.



- Lead Teacher
- Full Time Teacher Assistant
- Part Time Teacher Assistant
- Cook

Infant/ Ducks 1-11 Months Teacher Brenda joined our team in November and we are happy to have her back with our Child Care program. T.A's Amy & Kelsie

Toddler / Hummingbirds 12-29 Months *Teacher Position Pending* T.A's Julie, Cara & Ella

Preschool / Wolves 30-60 Months Teacher Cat & T.A Tatianna

Afterschool/ Whales 5-12 Years Teacher Juanita & T.A Elliana

All classrooms are currently full. Registration packets are available if you would like your child added to the waiting list.



Library

Happy Holidays from the Library!

We're getting into the holiday spirit here at the Library and that means we're featuring books this month about the holiday season.

- *The People Remember* by Ibi Zoboi: "The People Remember tells the journey of African descendants in America by connecting their history to the seven principles of Kwanzaa. It begins in Africa, where people were taken from their homes and families. They spoke different languages and had different customs. Ultimately, all these people had to learn one common language and create a culture that combined their memories of home with new traditions that enabled them to thrive in this new land."
- *Native American Twelve Days of Christmas* by Gary Robinson: "The beloved traditional English Christmas carol, The Twelve Days of Christmas, has been adapted here to reflect aspects of the richly varied cultures and traditions of twelve Native American cultural groups from different parts of the U.S. A cultural background is included for each day's gift in an easy-to-understand manner, placing the adapted song lyrics in the context of these tribal cultures."
- *Celebrate Hanukkah* by Deborah Heiligman: "With dazzling images and engaging text, readers learn about the historical and cultural significance of Hanukkah and why it is celebrated around the world. From the lighting of the menorah to the special foods that are shared to the spinning of the dreidels, they'll get insights about this holiday's traditions and the Jewish faith."
- *Circle of Wonder: A Native American Christmas Story* by N. Scott Momaday: "A mute Indian child has an extraordinary experience one Christmas when, following a figure who seems to be his beloved dead grandfather, he becomes part of a circle in which he, animals, nature, and all the world join in a moment of peace and good will."



Community Needs Survey a Success!

Thank you to everyone who filled out our Community Needs Survey! We got an amazing response, and thanks to your input, we are busy implementing changes to make sure that the Library serves the community in the best way possible. One of those changes is to our hours. Tuesdays and Wednesdays we are now open from 10am to 6:30pm, while Mondays, Thursdays, and Fridays we are open 8am to 4:30pm. Keep checking back here for more announcements to come!

Raffle Prize Results

I've very pleased to announce the winners of the Community Needs Survey Raffle:

- Stacy Dunn won the Apple iPad
- Renee Poirier won the \$50 gift certificate to Anime Kat
- Christina Matson won the \$25 gift certificate to Odyssey Bookshop

Congratulations to the winners, and thank you again to everyone else who responded to the survey and entered the raffle. How the winners were chosen:

Jason used two of Random.org's services. First, he entered the names of all 30 entrants into the List Randomizer, which output that list in a random order, assigning each a number from 1-30. He then used the Random Sequence Generator, which output a random sequence of numbers from 1 to 30. The first three numbers in the resulting sequence were the first, second, and third prize winners, respectively. If you have any questions, please contact Jason in the Library.



Natural Resources

Coho are present in Nahkeeta (Lake Sutherland)

Beginning in 2011 to help kick start the coho population up river Tribal hatchery and natural resources staff have moved surplus hatchery coho up the Elwha. Approximately 3,500 adults have been released in the mainstem, Little River, and Indian Creek since then, however 2018-2020 had too few returns to the hatchery to relocate any fish. These fish were marked with a brightly colored tag -called a floy tag- so they could be identified when performing spawning ground surveys. In 2017 a video was posted to a Lake Sutherland Facebook group showing coho spawning in Falls Creek, the creek at the end of South Shore Road. One of these fish had a floy tag. In 2020 another survey done on Falls Creek also showed a single active redd. The coho relocation effort has been very successful and today the majority of coho are of natural origin.



A 30 cm long coho smolt from the outlet of the lake.

From 2018-2021 natural resources staff placed a fyke net, and then a fence weir, at the outlet of Nahkeeta to see what fish were leaving the lake. We began seeing what were eventually dubbed as “mega” coho; fish that were up to a foot long and larger bodied than other coho captured in a screw trap near the mouth of Indian Creek.

Since finding these large fish we began asking questions: Why are these fish larger? Do they have more or better food? Are they staying longer and leaving as older fish? Are they staying in the lake as resident fish?

Working with staff at USGS we have discovered that the age range of fish sampled were from 1-4 years. Stable isotope analysis shows that the older fish moved from an insect/bottom feeding diet (known as a benthic diet), to a pelagic (open water) diet consisting of more fish. Some fish sampled even began developing eggs. All of this suggests that coho have taken up residence in Nahkeeta, at least for the time being.



Size difference between an average coho smolt (left) and a “mega” coho smolt (right)



Housing

Lower Elwha Housing Authority Newsletter



And Happy New Year 2023

We hope there have been many blessings over the 2022 year for you and your family and many more coming in 2023!

We would like to congratulate Tammy Heshughes and Suz Bennett to the Lower Elwha Housing Board of Commissioners, for an additional four year term. Thank you for your dedication to housing.

Winter is coming!

It is time to winterize your homes. Remove all hoses from the outside spigot to prevent it from freezing.

Drain and remove all pools from yards and store in a dry location until next summer.

Did you remember to change your battery in your smoke alarm? It's good practice to change your batteries at least once a year and we recommend that you do it when you change your clock for daylight savings. Don't forget

It was noted in this year's inspections that many homes and yards have been accumulating items especially since the pandemic. Use a cold and rainy day to go through your belongings and begin decluttering your homes.



we have batteries here at the office for you. Your fire extinguisher should have been swapped during your inspection make sure you have a current fire extinguisher....just in case!

Please be careful during this holiday season with candles and your Christmas tree to prevent house fires.



Recertifications

Please complete 60-120 days before due date.

- Current Income
- Signed Releases of Information
- Family Composition

First, Last and Deposit Funds are available to qualified applicants

*** Don't forget that you need to update your waiting list file annually.**

Board of Commissioners

Lorna Mike-Chair
Brandy Williams- Vice-Chair
Rebecca Sampson-Weed-Secretary Treasurer
Tammy Heshughes, Board member
Carmen Watson-Charles- Board Member
Suz Bennett- Board Member
Wihinna Robideau- Board Member

Thank you for your dedication to housing.

Emergency Management

Preparing for a natural disaster or winter storms can be a daunting task and seem overwhelming and expensive.

It doesn't have to be either. I suggest that you start slow and stay consistent over time and before you know it your stock of supplies will have grown. For example- Canned tuna fish has a long shelf life so when Safeway or Walmart has it on sale buy a few extra cans and stash them away. When Swains has their 25 percent off sale go and buy some long term camping food. Mountain House camping food has a very long shelf life so it is a great food to have on hand on its pretty tasty too.

One thing that I do to promote preparedness is to give away emergency supplies as Christmas gifts. Shown is a photo of a solar cell phone charger / flashlight that is available on Amazon for \$20.

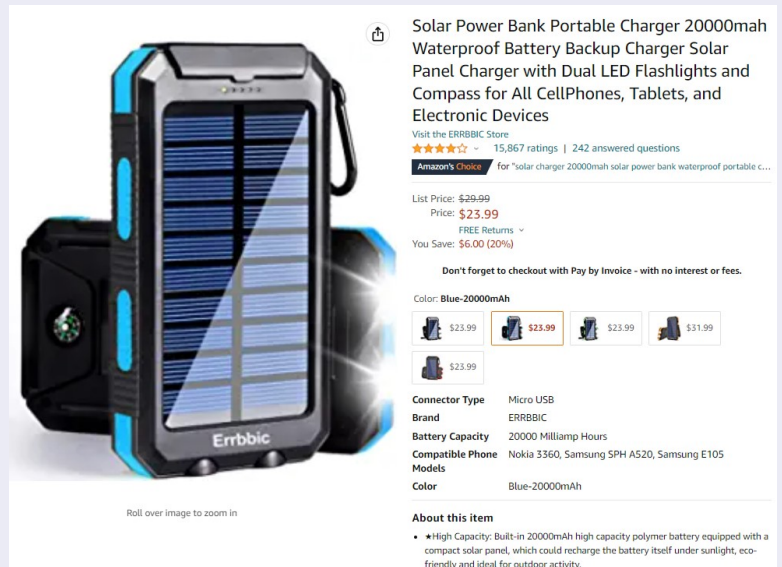
Inexpensive but an essential tool to have on hand when the power goes out since we depend so much on our phones.

Also shown is a one person emergency kit for less than \$40. I gave away something similar last year to everyone in my family.

So you don't have to spend a lot of money to get started but the sooner you start the better. In Clallam

County we promote the notion of 30 days on your own after a large scale disaster takes place.

- Glen Roggenbuck,
Emergency Management

**ESSENTIALPACKS™**

BASIC BUCKET EMERGENCY KIT (FOR 1 PERSON)

SKU: EP-BEK1 | WEIGHT: 7.55 LBS

★ ★ ★ (1 review) [Write a Review](#)

SHIPPING: Calculated at Checkout

AVAILABILITY: Normally Ships in 24 Hours

MSRP: \$42.99

SALE PRICE: \$38.99

(You save \$4.00)

QUANTITY DISCOUNTS (APPLIED IN CART)

10+ \$2.00 OFF

For discounts on larger quantities, call us at (800) 270-2889 or [Click on REQUEST A QUOTE](#).

Quantity:

ADD TO CART

[REQUEST A QUOTE](#)



Family Advocacy



Lower Elwha Klallam Tribe - Lower Elwha Family Advocacy Program (Social Services Department)

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

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

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

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

Dearest Readers and Tribal Members,

The Lower Elwha Family Advocacy Program staff would like to sincerely send a greetings of happiest Holidays and Merry Christmas to each and every one of you.

LEFA mission is to provide direct services, educational information, awareness and outreach to the community. In so, in October 25th, we successfully accomplished the "Walk the Path of Healing through Awareness/Advocacy - šátəŋ' st cə súŋ ʔa? cə ʔáŋu?" (resources fair and walk) in commemoration of October as National Domestic Violence Awareness Month and October Domestic Violence Awareness Month on the Lower Elwha Klallam Tribe Reservation with the helped of many partners and collaborators from Lower Elwha Klallam Tribe's programs and local stakeholders. My deepest gratitude to all of you that supported, participated, sponsored, and/or helped out. I could have not done this event without your participation. I am grateful to, but not limited to the following: Elwha DV/SA Task Force Team members and supporters Social Services Dept. staff including Heritage Center, Dawn Stephens, Lola Moses, Arlene Wheeler, and Jonathan Arakawa, LEKT Business Committee – approved DV proclamation and support and Elaine McFadden for patiently rescheduled me on the business calendar, Tribal Operation Officer Tia - read the proclamation, Diane Cabrera - wrote the proclamation, Janet Eloffson – took care mail out, Healthy Transition, TANF and ICW – Kerrie, Taylor, Keeoma, Iliana, Tessa for making posters and searching for domestic violence statistic and fatality review and Brad for taking many photos; Jay Hopkins and Lara Redke - DSHS Vocational Rehab; WomenSpirit Coalition - Erica and Amy; Healthy Families of Clallam County - Leslie, ED and her staff; Mariposa House – Beverly; Elwha River Casino sponsored all of the foods and beverages - Rena and Randy; and LEKT programs: (Klallam Counseling, Education Jessica Egnew, LEPD Jessica Guthrie and her husband Anthony - for so many helped; LEPD Officer Healer and Port Angeles Police officer VanDusen for escorting the walked; and all of the participants from different places. Thank you so much to Becca Sampson-Weed, Social Services Director for allowing and supporting all social services staff to participate and assist this LEFA from the planning stage to the end of Walk the Path of Healing through Awareness/Advocacy - šátəŋ' st cə súŋ ʔa? cə ʔáŋu?".

During the holidays, I will be on calls so feel free to contact me if you need services in related to victims of domestic violence, sexual assault, dating violence, and stalking. As always, I will do my best to be available telephonically or in-person because I know that most of the time when it's holidays or especial occasion violence occurs. According to statistics from <https://womenagainstcrime.com>, "domestic violence or abuse increases over the holidays, for a number of possible reasons: Stress from holiday shopping, finances, and planning can aggravate volatile personalities. Abusers are more likely to partake of alcohol or drugs when they don't have to work and simple opportunity, abuser are more likely to be home alone with their victims than at other times of the year".

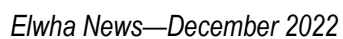
Know the red flags: abuse and violence is not always visible. They are hidden and secret.

National Domestic Violence Hotlines: 1-800-799-SAFE (7233); StrongHearts Native Hotline: 1-844-7NATIVE (1-844-762-8483); or contact me at above numbers.

Wishing you all a happiest Holiday Seasons,

Beatriz B. Arakawa, LEFA Program Manager and Victim





Family Advocacy



Thank You!



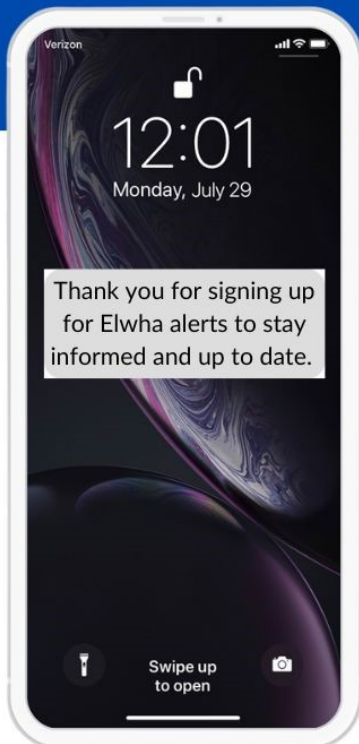
Community News



**HAPPY BIRTHDAY
BECCA! We love you
and hope you have
the bestest year yet!**

Always Be Notified

Sign up for Elwha Alerts and
receive important notifications.



TRAFFIC UPDATES



EVENT REMINDERS



SEVERE WEATHER ALERTS



EMERGENCY
NOTIFICATIONS



**Text: ElwhaAlerts
To: 78015**



Holiday Bazaar



YOU ARE INVITED TO LEKT'S

Holiday Bazaar

TRANSPORTATION AVAILABLE



If you would like to be a vendor please
contact: Nancy Hamilton -360-912-1302
nancy.hamilton@elwha.org

Vendor and Buyer Door Prizes!

DECEMBER 16TH AND 17TH

FRIDAY-10AM-4PM

SATURDAY- 10AM -3PM

LOWER ELWHA GYMNASIUM

2851 LOWER ELWHA RD.

PORT ANGELES, WA

98363

\$25 Table Cost

(Table Fee waived for LEKT Tribal Members)



LEPD

Service Record for L & O	OCT		
911 Hang-Up	5	Overdue Person	1
Alarm/Alarm Check	6	Parking Complaint	1
Animal Calls	2	Prisoner Transport	1
Business Check	193	Report of Open Door/Window	5
Citizen Assist	8	Sex Offense/Monitor	2
Citizen Contact	7	School Resource Officer	1
Community Oriented Policing	42	Suicide/Suicidal	3
Court Paperwork/Service	21	Suspicious Person/Vehicle	8
Courtesy Transport	1	Theft	2
Disturbance	6	Traffic Control/Emphasis/Hazard	5
DV	1	Traffic Stops	29
Follow Up	6	Trespass	3
Frequent Patrol Request	55	Unwanted Person	1
Junk Vehicle	1	Vehicle Accidents	4
Malicious Mischief	1	Vehicle Disabled	1
Mental/ITA	2	Weapons Discharge/Violation	1
Misc. Info/False Reporting	2	Welfare Check	5
Other Agency Assist	7	Warrant Attempts	1
		Total	440

Spay To Save Results

Here are some statistics from our recent clinic:

Owned cats: 22

Feral cats: 9

Elwha Feral Cats: total for year 12. 7 adults and 5 kittens. Adult cats were released. 5 kittens went to OPHS and 1 kitten went to foster care.

Spay To Save is a nonprofit, 501(c)3 organization, dedicated to saving animals' lives through spay & neuter.

Visit www.spaytosave.org and follow us at www.facebook.com/spaytosavemobilespayneuterclinic



Resolution List

Date	Resolution Number	Title	Vote		
			For/Against/Abstain		
11-9-22	87-22	Approval of purchase of modular building for Lower Elwha tribal gaming commission	3	0	0
11-9-22	90-22	Adopting the articles of incorporation for a non-profit entity to raise funds for cultural preservation and interpretive facilities at Tse-Whit-Zen and the Port Angeles waterfront	3	0	0
11-9-22	91-22	Approval of National Congress of American Indians (NCAI)	3	0	0
11-9-22	92-22	Approval of personal services contract with K Denton and Associates, LLC for 2022 Elwha coho SONAR enumeration	3	0	0
11-9-22	93-22	Adoption of LEKT motor vehicle operation policy	3	0	0
11-9-22	94-22	Approval of the Elwha River Casino budget for FY 2023	3	0	0
11-9-22	95-22	Approval of master supplier agreement between International gaming technology PLC (IGT) and LEKT dba ERC with limited waiver of sovereign immunity	3	0	0
11-9-22	96-22	Approval of rental agreement between Ainsworth game technology Inc. (AGT) and LEKT dba ERC with no waiver of sovereign immunity	3	0	0
11-9--22	97-22	Ratifying appointments to Board of Commissions Lower Elwha Housing Authority	3	0	0
11-9-22	98-22	Ratifying approval of PSA with Michael Ecological LLC with a limited waiver of sovereign immunity	3	0	0

Lower Elwha Food Bank Days & Hours**Mon-Wed-Fri 8:30am-3pm (Spokwes Drive)****Tues CLOSED****Thursday Upper Elwha by Request only****Call (360) 452-8471 ext. 7690**



Tribal Directory

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Greene, Ext. 7469

Tribal Operations Officer

Tia Skerbeck, Ext. 7420

CFO Froilan Sarmiento, Ext. 7463

Accounting

2851 Lower Elwha Road
Melissa Gilman, Grants
Administrator Ext. 7461
Jo Klinski, Controller/Payroll
Ext. 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road
Leif Ellis, 360.477-1170

Children's House of Learning (Early Head Start, Head Start, Child Care, Prenatal Program)

291 Spokwes Dr
360.504.3141
Lola Moses, Early Learning Director
Ext. 7471

Bobi Clark, Child Care Program
Manager Ext. 3402
Deanna Murray, Health Manager
Ext. 7470

Michelle Charles, Family and
Community Partnership Ext. 7474
Donna Goldsbury, Prenatal
Program Ext. 7475

Education

Jessica Egnew, Director Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Rd, Port Angeles
360.912.3469

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, General Manager

Elder Services

Samantha Acosta, Coordinator
Ext. 7466

Employment Services/HR/TERO

Sandra Johnson, Director Ext. 7429

Enrollment Services

Marilyn Edgington, Ext. 7444

Facilities & Maintenance

Warren Stevens, Director Ext. 7432

Gaming Commission

631 Stratton Road
360.452.5628
Elaina Begay, Director

Health Clinic

243511 Highway 101 West
360.452.6252
Lorinda Robideau, Health Services
Director

Heritage Center

401 E. First Street, 360.417.8545
Nicole Volkmann, Manager
Ext. 2912

Human Resources

Ext. 7430

Housing Authority

22 Kwitsen Drive, 360.457.5116
Janet Hren, Interim Director
Ext. 7552

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive
360.452.6759

Klallam Counseling Services

243613 W Hwy 101, Port Angeles
360.452.4432
Stormy Howell, Treatment
Manager

Law & Order/Police Dept.

Justice Center

341 Spokwes Drive
360.452.6759
Sam White, Chief of Police Ext.
2922

LOWER ELWHA FOOD & FUEL

360.477-1170

Natural Resources/Fish Hatchery

760 Stratton Road
360.457.4012
Matt Beirne, Director Ext. 7485

Planning & Development

Arlene Wheeler, Director Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road
360.565.7252
Becca Sampson-Weed, Director
Ext. 7456





BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Ed Johnson
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Anthony Charles
Council Member, Ext. 7415

Dates to Remember:

12/1 Strategic Plan Meeting
12/14 Head Start Concert & Craft Night
12/16-17 Holiday Bazaar
12/17 Head Start Winter Break Begins!
12/24 Christmas Eve
12/25 Christmas Day
12/31 New Years Eve



WOULD YOU RATHER NOT RECEIVE A PAPER?

We are evaluating the level of Interest for emailed newsletters. If you would rather not receive the newsletter by mail, please contact Chrissi Ducotey by email (chrissi.ducotey@elwha.org). She will begin to gather a list of those who prefer to receive electronic files only, and we will determine if this is a workable option.

**Newsletter submissions and suggestions may
now be received at
Newsletter@Elwha.org**

Port Angeles, WA 98363

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