



May 2023

Elwha News

čʔéʔt̚x̣ʷaʔ syécəm

LOWER ELWHA KLALLAM TRIBE



Cross-County Bike Tour of Northern American Indian Communities to Promote Health and Wellness for Youth To Visit the Lower Elwha Klallam

NELSON, NEW ZEALAND, April 23, 2023 — Former Washington resident Jay Blazek will cycle 70 days across the northern United States from May to July 2023, to connect with twenty native American communities and promote health and wellness for Native American youth. The Tour begins at the Makah Tribe on May 6 and will visit the Lower Elwha Klallam on May 7, before heading to the Jamestown S'Klallam and then further east.

The North American Indian Tour for the Health of Young People (NAIT4HYP), is a non-profit organization founded by Blazek to raise awareness and funds for the effort. The group is on its way to raise \$75,000, which will support the purchase of 300 or more new or gently used bikes as well as biking gear, tour logistics and supplies. They have secured over half of the bikes to

Continued on Page 8



Tribal Operations/Public Health Officer Update

65 and older is now eligible for an additional COVID Booster

If you are 65 and older and it has been at least 4 months since your last COVID shot, you are eligible for another COVID booster (and another \$200 promotion check).

GET IT WHILE IT'S STILL RUNNING!

\$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/>

Free COVID Tests

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

May is National Physical Fitness and Sports Month

What are some things you can do to continue to get physical activity, or start to introduce physical activity into your daily routine? There are a few one page guides throughout the newsletter to help with planning physical activity.

- Tia Skerbeck, Tribal Operations/Public Health Officer

● **Breaking News** **COVID Vaccine Booster**



Approved 2nd COVID Bivalent Vaccine Booster

Eligibility:

- 65 and older who got their 1st bivalent booster at least 4 months ago.
- Immunocompromised who got their 1st bivalent booster at least 2 months ago.



SWIMMING WELLNESS PASSES



This one time service offers assistance at pulling together to overcome the impacts of the COVID-19 pandemic, by encouraging and promoting health and wellness through physical activity in LEKT families, youth, and adults, to lessen the families' financial burden and expand opportunities to recover and thrive.

Lower Elwha Contract Health is offering a *one time* family swimming pass (*12 visits*) to Shore Aquatic Center in Port Angeles

Passes will be handed out beginning:
4/14/23 at
The Lower Elwha Clinic
2443511 US 101
Port Angeles, WA
98363
8:00 A.M.– 6:00 P.M.

PROGRAM REQUIREMENTS

- **Enrolled LEKT tribal members & 1st generation descendent**
- **Must be contract health services eligible**
- **Updated PAO21 on file**
- **Completed needs assessment form**
- **One pass per eligible household/ person**
- **Must reside in Clallam County**

If you are an elder, or need assistance please contact: Corina Bolstrom
360-452-6252 Ext 7613.

**** If you have received a 12-month pass from the LEKT elders program, or a diabetic pass from LEHD you are not currently eligible for this program****

Visit www.elwha.org/covid/mental-health-resources/ for the fillable form and complete program policy.



Wellness



These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



Get your heart beating faster.

Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.



Wellness

MOVE YOUR WAY

60 A DAY!

Kids and teens ages 6 to 17 need 60 minutes of physical activity every day.

- Get your heart beating faster!
- Make your muscles and bones stronger!

Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school

Kickball at recess, P.E., and a walk after dinner with my dog

I ride my bike to the park to play soccer with my friends.

Yep, they all add up!

Lots of things count as physical activity.

Try a mix of sports and other fun activities.

They all count!

Getting 60 minutes will make you feel good.

***It's true — physical activity can actually help you do better in school.**



Community Clean-Up

COMMUNITY CLEAN-UP DAYS WERE A SUCCESS!

On April 18th and 19th Staff, Council and Residents came together for Community Clean-Up Days. Volunteers braved the rain and hail to remove trash and debris from the roadsides in the Lower, Middle and Upper housing and surrounding areas. We collected over 480 pounds of garbage. Public Works and Housing also cleared trash, nails, wood and rubber from the basketball court area on Charles Hopie Circle. Council members were on hand to load and haul away the trash and debris. Thank you to all who came out and helped to make a difference in our community.





Elders & Graduates

Elders Information

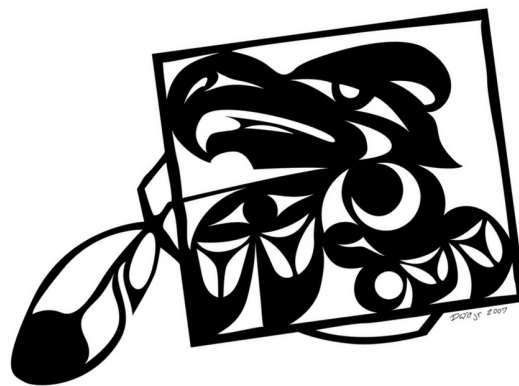
Elders Checks – Will be in the mail every 3rd Friday of the month.

Elders Shopping – Every Tuesday. Call Samantha Acosta to arrange pick up
360.406.1572

Elders Meeting – Last Monday of the month.
Located In the dining hall @ 11:45am.



|
SAVE
the
DATE



2023 High School Graduation Parade

Port Angeles · Lincoln · Seaview · Crescent

JUNE 13, 2023 · 5:00 PM

Additional route information to follow



NAIT4HYP

date, along with helmets, and are deploying them strategically across the route. Blazeek and his team have been working for a year connecting with tribal youth leaders and finalizing the tour route.



"This idea is largely inspired by my youth work with indigenous Māori in New Zealand these past ten years. The connection between physical activity and mental health/addiction recovery has been a substantial component in my work, as well as an instrumental part of my personal journey in recovery from addiction as a young person," stated Blazeek.

Blazeek currently lives in Nelson, New Zealand, where he works with at-risk youth as an Alcohol and Drug (AOD) Clinician at Nelson Bays Primary Health. His work focuses on establishing or re-establishing connections to family, friends, community, and environment.

Jay has been struck by the recognition and celebration of the Māori worldview and bicultural partnership in New Zealand. In some small way, the intention of this tour is to use physical activity and community/cultural connection to promote physical, mental, and spiritual health for all involved. It is also an opportunity to celebrate the rich cultural diversity of the many tribes with whom the group can engage.

Jay lived in Seattle for over twenty-five years. He was an avid runner until back injuries forced him to give up the sport. He turned his energy and passion to road cycling. He is a believer in health and wellness through recreation and physical fitness.



NAIT4HYP



Bikes deployed to the Lower Elwha Klallam recently were received by Youth Program staff.

The tour will start in Neah Bay with the Makah Tribe, on May 6th of 2023. Jay and his sag wagon support team will traverse twelve northern states and finish with the Mashantucket Pequot in Rhode Island on July 17th. As he bikes from location to location, Jay will be visiting twenty tribal communities and nations to learn about their youth programs and provide donated bikes and supplies to the native youth.

"Moemoetia te moemoea, engari whakatinanahia – is a Māori proverb meaning *dream the dream and make the dream reality*. This is my dream," said Blazek.

More information can be found at [NAIT4HYP.com](https://nait4hyp.com). To contact the organization directly, please email info@nait4hyp.com.

North American Indian Tour for the Health of Young People (NAIT4HYP) 'nát-fór-híp is a west-to-east coast 70-day U.S. bicycle tour to promote the well-being of young American Indian people, by promoting cultural, behavioral and sustainable environmental practices. NAIT4HYP is a 501(c)3 organization. All donations are tax deductible.



Housing



We would like to thank everyone who participated in community clean-up!

As the weather is warming up we'll all be outside more, here are some things we can do to make our yards more enjoyable:

Pick up trash and debris around the yard, i.e. Broken trampolines, pools, lawn furniture

Mow regularly

Trim down weeds around house and garage

Spring cleaning inside the house should include the following tasks:

Inspect and clean HVAC filters (this should be done on a monthly basis)

Clean sink disposals to eliminate offensive odors

Clean range hood filters

Clean windows inside and out

Declutter your home remove unwanted items, clothes that don't fit or clothing you no longer wear, etc.



Does your fire extinguisher have 2022 or older stamped on it? Bring it to LEHA and get a new one!

Have you completed your recertification? We would like to have them complete 120 before your recertification date.



IHP Indian Housing Plan:

What would you like to see happen in our community?

Please submit any housing ideas to:

Jennifer@elwhahousing.com or call 360-457-5116



Junk Vehicle Removal:

Chris Browning is able to remove your junk vehicle (s) call to arrange a pick-up at 360-204-8894.

-You must have a title or a junk vehicle affidavit in hand when he arrives.

-All garbage must be removed.

-We have forms at the LEHA office.

-An officer can fill out the affidavit form for you please call 360-452-6759 to arrange for



Nutrition & Diabetes

APRIL 2023 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Beans
- Nutrition Perks
- Diet Tweaks
- Did you know?



Health Benefits of Beans

Beans are packed with fiber and protein; these are two nutrients for aging well.

The Nutrition Perks

- You get 8 grams of protein and 7 grams of fiber in just a 1/2 cup of beans.
- Beans are also high in resistant starch; which means they aren't digested and changed to sugar like many other carbs.
- Beans promote the 'healthy' bacteria in your gut which can lower your risk of colon cancer.
- Beans contain antioxidants which can protect you from heart disease.
- The darker the colored bean, the higher the bean is in antioxidants.

Diet Tweaks to Help You Avoid Diabetes:

1. Adding more veggies. People who ate 4 cups a day decreased their diabetes risk by 21%
2. Decreasing the intake of processed foods with nitrates such as ham, bacon and/or sausage
3. Eating more fish such as salmon, tuna, trout and sardines that have more omega 3 oils.
4. Fiber, and more fiber. Whole grains should be eaten daily.



If you have trouble with gas after eating beans, start out by eating them only once a week. Also, soak them overnight in water as that breaks down the sugars that can make beans difficult with digestion.

Did you know?

Walnuts are powerhouse nutrients that help with heart health and brain health. Walnuts also have a small amount of Omega 3 oils which is good for your heart. Add 1/4 c. 4-7 times a week for these great health benefits.

Ways to add beans to your diet:

Soups hummus salads salsa
Burritos tacos

Don't forget to schedule your diabetes quarterly.

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





Dental Clinic

Dental Therapist in Training!



Nick Runningwolf is hard at work in Mount Vernon, WA getting trained up as a Dental Health Aide Therapist and loving it. We hear from Nick regularly and he is acing his coursework and looking forward to coming back to serve our community in his new capacity. He is pictured here practicing his cleaning skills on a dummy patient.

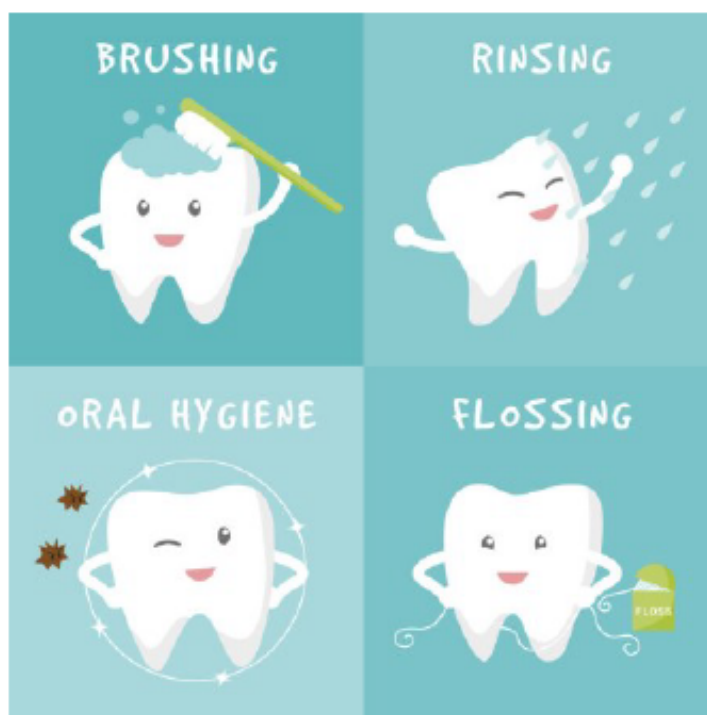
Dental Therapists might sound like somebody a tooth might come to talk to about their problems (and Nick could definitely be the guy for you to share your tooth woes to!!), but they are actually mid-level dental providers who focus on community health and can do procedures like fillings and even some extractions. We are rooting for you Nick!

Brush your čénəs!

Brushing your teeth for 2 minutes is a great way to start and end your day!

Remember: just because you're sleepy doesn't mean the bacteria in your mouth are. In fact, they just might love snacking on some leftover chips without being scrubbed by a toothbrush (yuck!).

That's bad news for your teeth and gums, so give them some love and brush your čénəs morning and night!









Recreation Calendar



RECREATION CALENDAR

MAY 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kickball ASP Open Gym Basketball	2 Matball ASP Open Gym Volleyball	3 Pin Soccer ASP Open Gym Basketball	4 Team Dodgeball ASP Open Gym Women's Basketball	5 Mario Kart Races @3:30pm Movie Night 	6
7	8 Mushroomball ASP Open Gym Basketball	9 Kickball ASP Open Gym Volleyball	10 Capture the Flag ASP Open Gym Basketball	11 Matball ASP Open Gym Women's Basketball	12 Super Smash Bros Tournament @3:30pm Black Light Night 	13 Movie @3pm
14	15 Pin Soccer ASP Open Gym Basketball	16 Team Dodgeball ASP Open Gym Volleyball	17 Kickball ASP Open Gym Basketball	18 Capture the Flag ASP Open Gym Women's Basketball	19 Super Smash Bros Tournament 2v2 Adult Black Light Night 	20 Movie @3pm
21	22 Team Soccer ASP Open Gym Basketball	23 Mushroomball ASP Open Gym Volleyball	24 Pin Soccer ASP Open Gym Basketball	25 Team Dodgeball ASP Open Gym Women's Basketball	26 Mario Party Game Night 	27 Movie @3pm
28	29 Kickball ASP Open Gym Basketball	30 Team Soccer ASP Open Gym Volleyball	31 Mushroomball ASP Open Gym Basketball			



House of Learning

Children's House of Learning Graduation Date June 15



Mark your calendars. We have been given permission to do this in person so we want to celebrate BIG. If you would like to help plan, please give us call 360-504-3141 or email me: Reba, Ralena.cornelson@elwha.com. We will let you know when the next planning meeting is.

Regalia Picture Day is coming up **May 12** starting at 8:30. Families will need to have their regalia done by 8:30 am.



Family Night: the past few months have been amazing. Every night we enjoy fellowship with food, an educational topic, and a craft. We've made Dream catchers, God's eye's, Medicine bags, and beaded bracelets, necklaces and lanyards. Next month we will be discussing graduation, transitions and making cedar flutes. Please come on in **May 17, 5:30-7**. I know it's the start of baseball, t-ball and all the spring sports. We will feed you. Childcare available.

We Are Hiring! We have multiple positions open. **Bus Driver/Teacher Assistant** we will train. **Coach (Part-Time)** this person works with the teachers. **Floater Teachers Aids** EHS/HS fills in where we are short staffed in classrooms. **Shadow Teacher Assistants** will be working one on one with our students who needs a little help with focus and redirection so they can succeed. **Toddler Lead Teacher** is the support teacher in the classroom.

Want to Volunteer! We have a volunteer application available to all who would like to support their children, grandbabies, Nieces, Nephews, Siblings or community.

Our Closure days:

May 10 in-service day, **May 15** Native American Day, **May 25** Memorial day

Hello Raven Families. Welcome to Spring!! We are so excited for warmer, sunny days. We just wrapped up our Space Theme and are talking about Dinosaurs now. The kids have been learning lots of fun stuff. Just an early reminder that our last round of teacher conferences will be in May and it will be here before you know it. Kindergarten

registration is now open and we have been handing out packets to be filled out, if you didn't get one let Deanna know. Thank you for all you do!

The Raven's Teachers

Blessings, Ralena Cornelson





Language

Klallam Language Department Middle School Program

A MONTHLY NEWSLETTER BY JONATHAN ARAKAWA

SMS KLALLAM LANGUAGE

Stevens Middle School started 2nd semester in January. Each semester, we have a new group of students. So far, students have learned the history of the Klallam Language, Klallam Introductions, Greetings, Farwells, Q+A, Family Terms, as well as feelings.



KLALLAM HISTORY PRESENTATION

On March 27, 2023, I presented on Klallam History to the Washington State History classes at Stevens Middle School. It is our second year conducting the presentation. At the end of the day, it covered the entire 7th grade class, equaling 20 sessions!

TRIBAL SOVEREIGNTY PRESENTATION

On March 30, 2023, I presented on Tribal Sovereignty to the Civics classes at Stevens Middle School. It is our second year conducting the presentation. At the end of the day, it covered the entire 7th grade class, equaling 20 sessions!





Library

May is Asian American and Pacific Islander Heritage Month!

Join the Library this May in celebrating Asian American and Pacific Islander heritage! To celebrate, we will be featuring some of our favorite books by Asian Americans and Pacific Islanders. Here are just a few:



- *Kapaemahu* by Hinailemoana Wong-Kalu: "Four individuals of dual male and female spirit bring their healing arts from Tahiti to Hawaii, where they are beloved for their gentle ways and miraculous cures and where they imbue four giant boulders with their powers."
- *Interior Chinatown* by Charles Yu: "Every day Willis Wu leaves his tiny room in a Chinatown SRO and enters the Golden Palace restaurant, where *Black and White*, a procedural cop show, is in perpetual production. He's a bit player here too, but he dreams of being Kung Fu Guy-- and he sees his life as a script."
- *Maizy Chen's Last Chance* by Lisa Yee: "Eleven-year-old Maizy Chen visits her estranged grandparents, who own and run a Chinese restaurant in Last Chance, Minnesota; as her visit lengthens, she makes unexpected discoveries about her family's history and herself."
- *The Ones We're Meant to Find* by Joan He: "In a near future when life is harsh outside of Earth's last unpolluted place, Cee tries to leave an abandoned island while her sister, STEM prodigy Kasey, seeks escape from the science and home she once trusted."
- *The Last Mapmaker* by Christina Soontornvat: "A high-seas adventure set in a Thai-inspired fantasy world. This is the story of a young woman's struggle to unburden herself of the past and chart her own destiny in a world of secrets."

Classes to Be Offered Weekly

Beginning this month, Librarian Jason will be hosting classes weekly in the Library on topics including the Microsoft Office software suite, digital literacy and internet safety, and more. These classes will take place every Tuesday at 5pm until 6pm, unless otherwise stated. Weekly classes will begin on May 9th, with a Microsoft Word class, which will be based on the Northstar Digital Literacy platform. This will be followed by a class on May 16th in which you can learn about how to stay safe on the internet, including avoiding scammers. Classes later in the month are to be decided, so be sure to follow us on our Facebook page at facebook.com/lekt.library for announcements about upcoming classes, as well as updates from the Education Department as a whole. If there is a class you would like to see offered, please email Jason at jason.morris@elwha.org to make a suggestion.

Elder Book Delivery

We are considering starting a new program at the Library which would deliver books to Tribal Elders weekly or as often as necessary. Participants in the program would select books (either through the Library's web catalog or by contacting us directly) to be delivered to their home and books will be picked up as well when finished. If this sounds like a program you would be interested in participating in, please contact Jason with any feedback you might have. You can visit us during our business hours, Mon, Thu, Fri 8am-4pm and Tue and Wed 10am-6:30pm, call at 360-452-8471 extension 7431, or email jason.morris@elwha.org or jessica.egnew@elwha.org. We look forward to hearing from you!



NatureBridge



Elwha Summer Science Camp



June 20-23, 2023: Elementary Day Camp- going into 4th/5th/6th grades

Start off your summer with a bang and participate in this awesome camp at NatureBridge for 4 days where you will enjoy science and cultural activities. Transportation, lunch, and hiking shoes will be provided!

Interested in participating? Nizhoni Wheeler will have permission slips at Dry Creek Elementary and in the LEKT Library. We have room for 14 students to participate. Open to those going into the 4th/5th/6th grades on a first come, first served basis. LEKT members get priority.

Daily schedule:

June 18: meet at Swain's to pick out shoes.

June 20-23: meet at Tribal Center where we will leave for NatureBridge each day at 9AM, and return to Tribal Center each day by 4:45 PM.

Questions? Contact the Education Department at 360-452-8471 ext. 7425 or email nizhoni.wheeler@elwha.org or jessica.egnew@elwha.org



Community Emergency Response Team



Have you thought lately about how you can serve your community? The Lower Elwha Klallam Tribes CERT is looking for members.

What exactly is CERT? CERT is made up of volunteers who respond in the event a large scale disaster. They form teams to perform search and rescue, firefighting and first aid in their local neighborhoods. All though we have an excellent fire department that serves us, Clallam County Fire District #2, they are likely to be overwhelmed in the event a large earthquake thus making it necessary for us to help ourselves for a time afterwards.

CERT was initially formed by the Los Angeles City Fire Department in 1985 as protection against the many large earthquakes that hit southern California. CERT became a national program in 1993. There are now CERT programs in all 50 states, including many tribal nations and U.S. territories. Each is unique to its community and all are essential to building a Culture of Preparedness in the United States. There are over 2,700 local CERT programs nationwide and more than 600,000 people have trained since CERT became a national program.

As a member of CERT you will be trained a search and rescue, firefighting and first aid. The training consists of 3 consecutive Saturdays of 8 hours each. The first 2 days are classroom instruction followed an 8 hour field day where we practice all of the techniques that you have been taught in the classroom. Lunch and snacks are provided on all three days.

Once you have attended the training and are certified then you become part of the team. We train one day a month, sometimes here at the Justice Center and sometimes we will train with the Joyce CERT.

If you think that this is something that you are interested in please contact me at glen.roggenbuck@elwha.org or feel free to call me at 360-912-2624



Public Works

Transportation Improvement Plans Update

Tribal Center Parking Lot Project

Design plans for the Tribal Center Parking Lot Project are nearing completion. The plan is to pave the SE parking lot and reconstruct access to that lot from the existing NE access point at Lower Elwha Road. The new paved parking lot will include; ADA parking stalls with a new ramp and handrail, new stairs and handrail from parking lot to Tribal Center back entrance, improved lighting, crosswalks, concrete pad for dumpster, and a new aluminum ADA wheelchair ramp and stairs to the Library. The overall project will add additional parking, encourage better traffic flow, improve drainage, and enhance security.



If you have any questions contact Susan Matthews, Public Works Assistant Director at Susan.Matthews@elwha.org or (360)452-8471*7468 or visit Public Works at 465 Stratton Road.



LEFA



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 Tribal Members and Readers,

It is that time again to get together to honor and remember the missing and murdered Indigenous Women and People. So, the Lower Elwha Klallam Tribe and the Jamestown S'Klallam Tribe join together in bringing **MMIW/P walk on May 5th** from (10:00 AM sign making at Vern Burton, 11:00 AM walk to Clallam Bus Transit Gateway Port Angeles, and 11:30 PM to 1:00 PM lunch gathering at Elwha Heritage Center). If you are able, bring your own poster, your drum, family and friends. Contact: Dgodsey@Jamestowntribe.org or Beatriz.Arakawa@elwha.org or 360.460.1745.

The LEKT-LEFA DOJOVW- Department of Justice Office of Violence Against Women grant FY 2017 ended March 30th. However, in April 01, LEFA staff began utilizing the OVW grant FY2022.

In April 26th, LEFA staff and some representatives from different programs and agencies in Clallam County, were invited to meet the staff and see the Child Advocacy Center Program of Jamestown S'Klallam Tribe. At the same time, we commemorated and acknowledged of the month of April as National Sexual Assault Awareness. It was a great event. Thanks to Dylan Godsey, Case Manager/Community Advocate of Social and Community Services for the invitation and partnership.

27th, Jessica Guthrie, Crime Victim Advocate at LEPD, Dylan Godsey – Jamestown, and Beatriz Arakawa (I), LEFA provided advocacy and resources at Lower Elwha Food and Fuel for community awareness of Sexual Assault and National Crime Victims' Rights Week (April 23-29, 2023). For those of you who do not know, here is some Washington State **RCW 7.69.030 Rights of victims, survivors, and witnesses, according to, <https://apps.leg.wa.gov/RCW/default.aspx?cite=7.69.030>**, "There shall be a reasonable effort made to ensure that victims, survivors of victims, and witnesses of crimes have the following rights, which apply to any criminal court and/or juvenile court proceeding:

- *With respect to victims of violent or sex crimes, to receive, at the time of reporting the crime to law enforcement officials, a written statement of the rights of crime victims as provided in this chapter. The written statement shall include the name, address, and telephone number of a county or local crime victim/witness program, if such a crime victim/witness program exists in the county;*
- *To be informed by local law enforcement agencies or the prosecuting attorney of the final disposition of the case in which the victim, survivor, or witness is involved;*



LEFA

- *To be notified by the party who issued the subpoena that a court proceeding to which they have been subpoenaed will not occur as scheduled, in order to save the person an unnecessary trip to court;*
- *To receive protection from harm and threats of harm arising out of cooperation with law enforcement and prosecution efforts, and to be provided with information as to the level of protection available;*
- *To be informed of the procedure to be followed to apply for and receive any witness fees to which they are entitled;*
- *With respect to victims and survivors of victims in any felony case or any case involving domestic violence, to be informed by the prosecuting attorney of the date, time, and place of the trial and of the sentencing hearing upon request by a victim or survivor;*
- *With respect to victims and survivors of victims in any felony case or any case involving domestic violence, to present a statement, personally or by representation, at the sentencing hearing.*

The “Building a Strong Community through Self-Care and Awareness” in-person and virtual training, in which held March 29th at Elwha Heritage Training Center, was a success. Heartfelt thank you to Cheryl, WSC presenter, Rita Hansen for assisting in preparation and during training, and staff at Heritage Center for always there to assist in any capacity.

Thank you to all participants, volunteers, helpers, and those that donated food/drinks, etc. in all of the events we provided and collaborated with lately.

As LEFA staff is starting to implement the new OVW grant, I hope you will continue to give your support of the many community awareness and direct services I will be rendering to the community and to the victims of sexual assault, dating violence, domestic violence, sex trafficking and stalking.



“Building a Strong Community through Self-Care and Awareness” in-person and Virtual training 3.29.2023 sponsored by LEKT-LEFA.

May 12th Happy Native American Day; May 14th - Happy Mother's Day; May 29th Memorial Day!

In Harmony,
Beatriz B. Arakawa, LEFA Program Manager and Victim Advocate



Food Bank

Lower Elwha Food Bank
22 Spokwes Drive
Port Angeles
(360) 452-8471 ext. 7690

Open
Mon, Wed & Fri 8a.m.-4p.m.
Tues & Thurs 2p.m.-5p.m.

Upper Elwha Vet Center
Thurs 11a.m.-1p.m.

The Elwha food bank is open to service residents that reside in Clallam County. And will deliver to enrolled Elwha members that are home bound living on the Elwha reservation, also to the disabled with no means of transportation.

Donations of plastic bags are greatly appreciated and can be dropped off during business hours.

Items that are also needed and can be donated that are not opened or expired is

Canned soups, canned tuna, canned fruit, pasta's, mac & cheese, cereal, bar soap, toiletries, tooth paste, laundry pods,

The food bank is a non-profit organization to help those in need.

Please call the number above or email

Dorene.charles@elwha.org

Lower Elwha Food Bank Coordinator



Community News



IN LOVING MEMORY OF CYNTHIA MARIE SAMPSON

August 6, 1967—April 18, 2023

Cindy was laid to rest in Tuba City, Arizona on the Navajo reservation on April 22, 2023. On behalf of her mother, Mary Sampson, she wanted to let Elwha Klallam Tribe know Cindy passed. Mary thanks the Lower Elwha Klallam tribe for all their support at this difficult time. Cindy was a 1985 PAHS graduate & Lower Elwha Klallam tribal member.

HAPPY (belated) BIRTHDAY TEVA!! Thank you for being awesome. I'm sorry I let Detavius have all of April to himself.



Wishing Halfers a very happy birthday. May 17th.

I love you uncle Al.

♥ Dorene

Wishing my daughter Jessica Laungayan & my daughter in law Ashley Tinoco a happy Mother's Day.

♥ Mom/ Dorene



I would like to wish my children a very happy birthday.

Roger Tinoco May 3rd

Jessica Laungayan May 17th.

Love you both so very much

Love always Mom

(Dorene)



Wishing my grandsons a very happy birthday.

MarKeith Penn May 9th

Jayceon Tinoco May 22.

I love you both so very much.

Love always Grandma Dorene





LEPD

2023 Service Record for L & O	Mar.
911 Hang-Up	4
Alarm/Alarm Check	2
Animal Calls	4
Assault	2
Burglary	1
Business Check	210
Citizen Assist	3
Citizen Contact	5
Civil	2
Community Oriented Policing	59
Court Paperwork/Service	19
Disturbance	6
DUI	1
Explosion	2
Follow Up	6
Found/Recovered/Lost Property	1
Frequent Patrol Request	100

Junk Vehicle	1
Malicious Mischief	3
Misc. Info/False Reporting	3
Other Agency Assist	6
Prisoner Transport	2
Report of Open Door/Window	10
Sex Offense/Monitor	1
Suspicious Person/Vehicle	9
Theft	2
Traffic Control/Emphasis/Hazard	3
Traffic Stops	46
Trespass	3
Violation of Court Order	1
Vehicle Accidents	2
Welfare Check	10
Warrant Attempts	5
Warrants-Tribal	3
Warrants-Non-Tribal	1
Total	538





Resolution List

Date	Resolution Number	Title	Vote For/Against/ Abstain		
3-27-23	38-23	State of Wa. Dept. of commerce solar plus storage for resilient communities 2023	2	0	0
3-27-23	39-23	Approval of MOA establishing a joint project between the National Marine fisheries service, US Dept. of commerce and LEKT	2	0	0
3-27-23	40-23	Approval of FY 23 Dept of justice coordinated tribal assistance solicitation grant application for the LEKT	2	0	0
4-3-23	41-23	Adopting the revised LEKT community liquor ordinance	3	0	0
4-17-23	42-23	Approval of funding increase for FY 23 cost of living adjustment and quality improvement for Head Start and Early Head Start programs	2	0	0
4-3-23	43-23	Approval of carryover funding from 3-4 90CII0030 for Head Start and Early Head start programs	3	0	0
4-17-23	44-23	Stone garden grant proposal	2	0	0
4-17-23	47-23	Approval of contract w/Cayuse native solutions, LLC for Camp Crier mobile app	2	0	0

Believe it or not, Summer's almost here!

Summer Youth applications will be available soon.

This is a great time to talk with your kids about how to make the most of this fantastic program. Where would they prefer to be placed? What kind of experience would they gain from this? And how does that affect future career opportunities?

Thank you to all the tribal departments who have stepped up to provide career experience for the LEKT youth! We are still looking for projects and placements, so if your department can commit to hosting one or more workers, please reach out to Nicole.Volkmann@elwha.org!



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
Ralena Cornelison, Family and
Community Partnership Ext. 7474
Darla Owens, Prenatal Program
Ext. 7475

Education

Jessica Egnew, Director Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Rd, Port Angeles
360.912.3469

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, General Manager

Elder Services

Samantha Acosta, Coordinator
Ext. 7466

Employment Services/HR/TERO

Sandra Johnson, Director Ext. 7429

Enrollment Services

Maurice Raub Ext. 7477

Facilities & Maintenance

Warren Stevens, Director Ext. 7432

Food Bank

22 Spokwes Drive
360.452.8471
Dorene Charles, Coordinator
Ext. 7690

Gaming Commission

631 Stratton Road
360.452.5628
Elaina Begay, Director

Health Clinic

243511 Highway 101 West
360.452.6252
Lorinda Robideau, Health Services
Director

Heritage Center

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

Human Resources

Ext. 7430

Housing Authority

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

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive
360.452.6759

Klallam Counseling Services

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

Law & Order/Police Dept.

Justice Center

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

LOWER ELWHA FOOD & FUEL

360.477-1170

Natural Resources/Fish Hatchery

760 Stratton Road
360.457.4012
Matt Beirne, Director Ext. 7485

Planning & Development

Arlene Wheeler, Director Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road
360.565.7252
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:

5/5 MMIW/P Walk
5/7 NAIT4HYP at Elwha
5/12 Native American Day
5/14 Mother's Day
5/22 Elder's Meeting
5/29 Memorial Day



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

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

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

PRSRT STD
U.S. Postage
PAID
Olympic Mailing
Services

Change Service Requested

ELWHA NEWS

Lower Elwha Klallam Tribe

[illegible]

“THE STRONG PEOPLE”

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

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

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

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

IN THIS ISSUE:

■ CERT	Pg 18
■ Community Clean-Up	Pg 6
■ Community News	Pg 23
■ Dental Clinic	Pg 12
■ Directory	Pg 26
■ Elders	Pg 7
■ Food Bank	Pg 22
■ Graduates	Pg 7
■ House of Learning	Pg 14
■ Housing	Pg 10
■ Language	Pg 15
■ LEFA	Pg 20-21
■ LEPD	Pg 24
■ Library	Pg 16
■ NAIT4HYP	Pg 1, 8-9
■ NatureBridge	Pg 17
■ Nutrition & Diabetes	Pg 11
■ Public Works	Pg 19
■ Recreation Calendar	Pg 13
■ Resolution List	Pg 25
■ Tribal Operations Officer Update	Pg 2
■ Wellness	Pg 3-5