



February 2024

# Elwha News

*čəʔéʔtəxʷaʔ syə́cəm*

LOWER ELWHA KLALLAM TRIBE



**Thank you to Aleilah Lawson, Samantha Acosta, and everyone who attended our Elderberry Syrup workshop! Stay tuned for more Wellness Workshops at the Heritage Center.**

**(Pg 14)**



## Tribal Operations Officer Update

### TRIBAL OPERATIONS/PUBLIC HEALTH OFFICER UPDATE

**Happy New Year!**

#### **Flu, COVID, and RSV vaccinations, Oh My!**

All three- Flu-COVID-RSV- are going around! Did you find time last month to get your vaccines? It's not too late, the respiratory illness season runs well into the spring. Call 360-452-6252 to schedule any and all of your vaccines.

#### **2024 Wellness Event**

We hope to see you at this year's Wellness Event, Feb 22<sup>nd</sup>, from 3-6 in the gym. There will be options to receive vaccines (including COVID), from WADOH, donate blood, get fitted for sports mouth guards, learn about the North Olympic Discovery Marathon events, chat with folks from our local school districts, tribal departments, and win some great door prizes and raffle items.

#### **USDA Local Food Purchase Assistance Cooperative**

Keep a look out for food bank notices of traditional, unprocessed food options available through the Local Food Purchase Assistance Cooperative. We are expecting local beef and pork from the Wild Edge farm in second half of February.

#### **Did Your Native Network Internet Get Shut off?**

If your internet was shut off recently, that most likely means that Native Network did not hear back from you about how you plan to move forward with internet services. The tribe is no longer subsidizing the internet service, but resources are available through the Affordable Connectivity Program (ACP). To complete the ACP application scan the QR code and follow the application question. Once you receive a qualification code, call Native Network at 1-833-364-0594 to have your internet turned back on. If you live outside the lower/tower and receive internet from other providers, you can also benefit from the ACP program. Follow the QR code to find out if you qualify for internet assistance.







## Tribal Operations Officer Update

### Lower Elwha Camp Crier Mobile App

The Camp Crier app went through a big update this last month and a lot of bugs have been worked out. If you haven't already done so, please update your app through the app store or google play store. This app helps LEKT keep our community and members up to date on important info and community updates.

### \$250 for 2023-2024 COVID Vaccines!

The COVID vaccine support program has increased the amount for the 2023-2024 COVID vaccines. Adults can now receive \$250 check for their vaccine, and youth receive \$150 Walmart gift card.

Adults online form found by scanning the QR code



Youth online form found by scanning the QR code



- Tia Skerbeck, Tribal Operations/Public Health Officer

**Ask. Listen.**  
**Get support.**

**If a friend or relative is thinking about suicide, you can help.**

[NativeAndStrong.org](https://NativeAndStrong.org)



**We all  
make us  
all strong.**



## Strategic Plan Community Summary



# Lower Elwha Klallam Tribe

Strategic Plan Community Summary





## Strategic Plan Community Summary

# 2024 COMPREHENSIVE STRATEGIC PLAN

The 2024 Comprehensive Strategic Plan is a testament to, and continuation of, the progress that the Lower Elwha Klallam Tribe has made toward achieving its long term vision and priorities established in prior years through past strategic plans. The Tribe began the strategic planning process in March of 2022 and continued through April of 2023.

The strategic planning process undertaken was foundationally based upon engagement with our Tribal Community. Several opportunities were provided for Tribal membership to voice priorities, concerns, and their vision for the Tribe's future. Having the Tribal community's voice drive the planning process was a key priority for the Tribe to ensure that the plan reflected the desires of the community and is adequately structured to meet their needs.

The community survey received a total of 367 responses. The survey was available online as well as mailed to Tribal Members. An in-person Community Visioning Session on December 1, 2022 at the LEKT reservation. In total, there were 126 LEKT enrolled members 18 years and older that attended in-person and / or virtually.

Some of the goals developed through the process involve new projects that have been formally planned. Other goals fall within existing programs and services & are more focused on improving, enhancing and expanding.

There are also goals from previous strategic planning initiatives that were not completed & are still high priority. While this process was community informed, the goals outlined here are intended to support multiple stakeholders in direction of initiatives and decision making to help the Tribe continue to achieve its vision.

The following are the intended uses of this Strategic Plan:

- Guide day-to-day decision making and governance activities
- Support future decision making and planning efforts
- Develop an understanding of the Lower Elwha Klallam Tribe Community's priorities
- Support future growth of the Tribal Economy





## Strategic Plan Community Summary

### HEALTHCARE

- Increase access to mental and behavioral health services (facility, drug/alcohol assistance)
- Develop transitional and supportive housing
- Train native caregivers, CNAs, RNAs to work with elders in their homes
- Maintain adequate staffing levels to decrease wait time between creating an appointment & being seen
- Increase specialties within Dental Clinic (i.e., ortho, periodontal treatment, oral surgery and endodontics)

### HOUSING

- Bring current houses up to standards; housing repairs such as plumbing, electric, roofing, and cleaning
- Development of housing options for mid-to high-income individuals, families, small families; and additional low-income homes
- Provide homeowner education services
- Develop a real estate policy to facilitate the sale of Tribal member property to another Tribal member on reservation land

### ELDERS

- Increase activities and services available for elders (such as transportation, elder center)
- Expanded maintenance for elders (help, Improvement of buildings/facilities, nursing homes)
- Develop an assisted living center for elders

### YOUTH ENGAGEMENT AND EDUCATION

- Have more youth programming and activities (mentor program, youth counselor, etc.)
- Expand and improve programs to meet student needs to recover from the effects of the COVID pandemic.
- Increase activities, events, programs for youth to keep them engaged and out of trouble
- More funding, assistance, and incentives for the youth to continue on with their education
- Improve child and youth protection services

### CULTURE AND LANGUAGE

- Expand and enhance the exhibit of the cultural history of Tze-whit-zen and educate the general public
- Increase access to culture opportunities (traditional teachings, Canoe Journeys, etc.)
- Longhouse center
- Bolster traditional & cultural health in coordination with community health

### INFRASTRUCTURE

- Create a long term land use plan
- Develop tribal broadband Wi-Fi services
- Additional drinking water storage tanks
- Construct new facilities (move buildings, tribal center/gym, housing, assisted living center)

### ECONOMIC DEVELOPMENT

- Create and sustain economic drivers to diversify the tribe's economy
- Consider additional business ideas
- Explore entertainment and hospitality, & food processing and distribution businesses
- Create ecotourism ventures
- Create an incubator for tribal businesses
- Provide entrepreneurship services & support
- Create a workforce development & job training program, including working with local trades/vocational trainers
- Increase workforce development opportunities for adult and youth Tribal Members
- Stabilize current tribal businesses

### PUBLIC HEALTH

- Build a wellness center
- Increase health, lifestyle, and prevention education
- Create more recreational and fitness environments
- Improve awareness of substance use and increase access to treatment services

### COMMUNITY DEVELOPMENT

- Continue to enhance and protect the Elwha River Ecosystem and have more natural resource habitat restoration (e.g., salmon habitat, streams, and hunting in accustomed lands)
- Develop a new cemetery site for the Tribe





## Strategic Plan Community Summary



## CONTACT US



Phone:  
360-452-8471

Address:  
2851 Lower Elwha Rd,  
Port Angeles, WA 98363

### For copies of the Comprehensive Strategic Plan:

Please call 360-452-8471x7420 and leave your name and mailing address.

We will mail you a copy of the plan or can arrange to have it ready for pick up from the Tribal Center.



## Health Department

# ARCORA Foundation

Bending the Arc of Oral Health Toward Equity



## People with Diabetes Are Eligible for Increased Medicaid Dental Benefit

Starting in 2024, deep cleanings—also called periodontal maintenance—increase from 1 to up to 4 per year.

### Why is this benefit important for you?

Gum disease—also called periodontal disease—is an infection that affects the soft tissue in your mouth and can destroy the bones that hold your teeth in place.

If you have diabetes and periodontal disease, your Apple Health (Medicaid) coverage allows up to 4 deep cleanings a year to support your oral and overall health.

More frequent deep cleanings can:

- ✓ Improve blood sugars.
- ✓ Reduce risk of other diabetes-related complications.
- ✓ Reduces health care costs.

### Did you know?

Diabetes can make you 2-3 times more likely to have gum disease—a complication of diabetes—and for it to be more severe. When gum disease is severe, it can make your blood sugars higher and harder to control.

American Diabetes Association Recommendation:

➡ Have a dentist check your gums for periodontal disease.

### Need help finding a dentist?

Find dentists who accept Apple Health at DentistLink—[DentistLink.org](https://DentistLink.org) or 844-888-5465—a no-cost referral service.

Questions? Email [info@arcorafoundation.org](mailto:info@arcorafoundation.org).





## Health Department & Dental Clinic



### Welcome Dr. Cody!

**The Dental Clinic is pleased to announce we have a new dentist on our team!**

Dr. Katelyn Cody was born and raised in Toledo, Ohio (Holy Toledo, Batman!). She holds degrees in Biology and Studio Art from The Ohio State University. In 2017, she earned her D.D.S. degree from The Ohio State University College of Dentistry. After completing her education, she returned to her hometown to work at a non-profit clinic for six years. Dr. Cody served as the lead dentist for Northwest Ohio during the pandemic and was awarded The Ohio State University College of Dentistry's Young Professional Alumni Award, an award that honors one dentist under the age of 40 who has demonstrated significant professional achievement, enhanced perception of the dental profession, and service to the University and community.

In addition to practicing dentistry, Dr. Cody has been actively involved in education. She served as a board member of Ross College and held the position of adjunct assistant professor at The Ohio State University College of Dentistry. Furthermore, she demonstrated her commitment to community service by leading the dental division in Tent City, an event providing various services to Toledo's homeless population. Outside of her professional life, Dr. Cody enjoys spending time with her husband and raising her cat. Her hobbies include creating miniature art, playing video and board games, hiking, and soccer. Dr. Cody is very excited to serve the Lower Elwha Klallam tribe, and if you find yourself in her dental chair, she would love to hear your favorite hiking spots or talk video games!

ʔaʔáʔiʔ nəxʷnənəčínəs ʔiyámʔaʔyəcłtáyŋxʷ  
Beautiful smiles. Strong people.

### Heart Disease Among Indigenous Communities

Overall Native people live about 11 years less compared to the national average (65 years old versus 76).

Both heart disease and cancer are in the top causes of death for Native people. Heart disease and cancer share many of the same behavioral risks that can be changed by practicing Indigenous lifeways.

Preventing cancer is preventing heart disease and other chronic illnesses.

We can reclaim Indigenous health outcomes by healing with culture!



### 6 FACTORS THAT IMPACT HEART HEALTH

Certain health conditions or other factors may also increase your risk for developing cardiovascular disease (CVD), including:

- ✓ Diabetes
- ✓ High Blood Pressure
- ✓ High Cholesterol
- ✓ Age
- ✓ Family History





## Wellness

### WE CAN PROTECT FUTURE GENERATIONS.



**Talk with kids**  
about fentanyl in  
the drug supply.

**FOR OUR LIVES**

### WE CAN REVERSE OPIOID OVERDOSES.



**Carrying naloxone,**  
also called Narcan,  
can save a life.

**FOR OUR LIVES**

### WE CAN HEAL FROM ADDICTION.



**Find treatment**  
that works for  
Native people.

**FOR OUR LIVES**





## Leap Into Wellness Event

# LEAP INTO WELLNESS EVENT!

THURSDAY  
FEBRUARY 22, 2024

LEKT GYMNASIUM  
2851 LOWER ELWHA RD.

COVID VACCINES

DENTAL EXAMS

BLOOD SUGAR  
TESTS

BP CHECKS

MAMMOGRAM  
APPTS

DONATE BLOOD

MOUTH GUARD  
FITTINGS

CHILD WELLNESS  
EXAMS

TAKE THIS TIME FOR  
YOURSELF!

3 P.M. TO 6 P.M.

SELF & FAMILY CARE RESOURCES!

RECREATION

MENTAL HEALTH

SOCIAL SERVICES

EMPLOYMENT

CULTURE AND  
LANGUAGE

NATURAL  
RESOURCES

KCS

CHILDRENS' HOL

HOUSING

SART

CONTRACT  
HEALTH

NORTH OLYMPIC  
DISCOVERY MARATHON

HIGHER  
EDUCATION

PASD

CSD

CC RESILIENCE  
PROJECT

SWAG

DOOR  
PRIZES



## Nutrition & Diabetes

### JANUARY 2024 NEWSLETTER

## KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this  
issue:

• Intermittent  
Fasting



### “Intermittent Fasting”

#### What is intermittent fasting?

An eating plan that works between fasting and eating on a regular schedule. Research shows this can help with weight management and blood sugar control.

With internet, TV and gaming available 24/7 many people end up snacking and sitting more. Years ago the portions were smaller, TV stations shut off at 11 pm and people went to bed earlier. Extra calories and less activity can create havoc on the body.

**How this works?** Intermittent fasting can be done 2 ways: 16:8 (16 hour fast and 8 hour eating window); or 5:2 (you eat normally for 5 days and then cut your calories by 25% the other 2 days). Don't eat 3 hours before bedtime though.

**Why is this important?** After 2 hours of not eating, your body starts to use up its sugar stores and then turns to burning fat. Aim for your meals to be eaten in 8 hours and then have your body fast for 16 hours. Try for 1 day a week and eventually up the days.

### Benefits of Intermittent Fasting

1. **Memory and thinking.** Can boost memory and mental awareness
2. **Heart health.** Can reduce blood pressure and resting heart rate.
3. **Physical performance.** Lower body fat.
4. **Type 2 diabetes and obesity.** Can lower fasting glucose, decrease insulin resistance, and help with appetite control and satiety.



This can be a lifestyle change for you with many positive benefits. Try it one day at a time till you get used to it.

Side note: eating this way still requires a healthy diet and not binging on processed and fried foods.

If you would like a 7 day meal plan for the 16:8 or help with this, let me know.

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

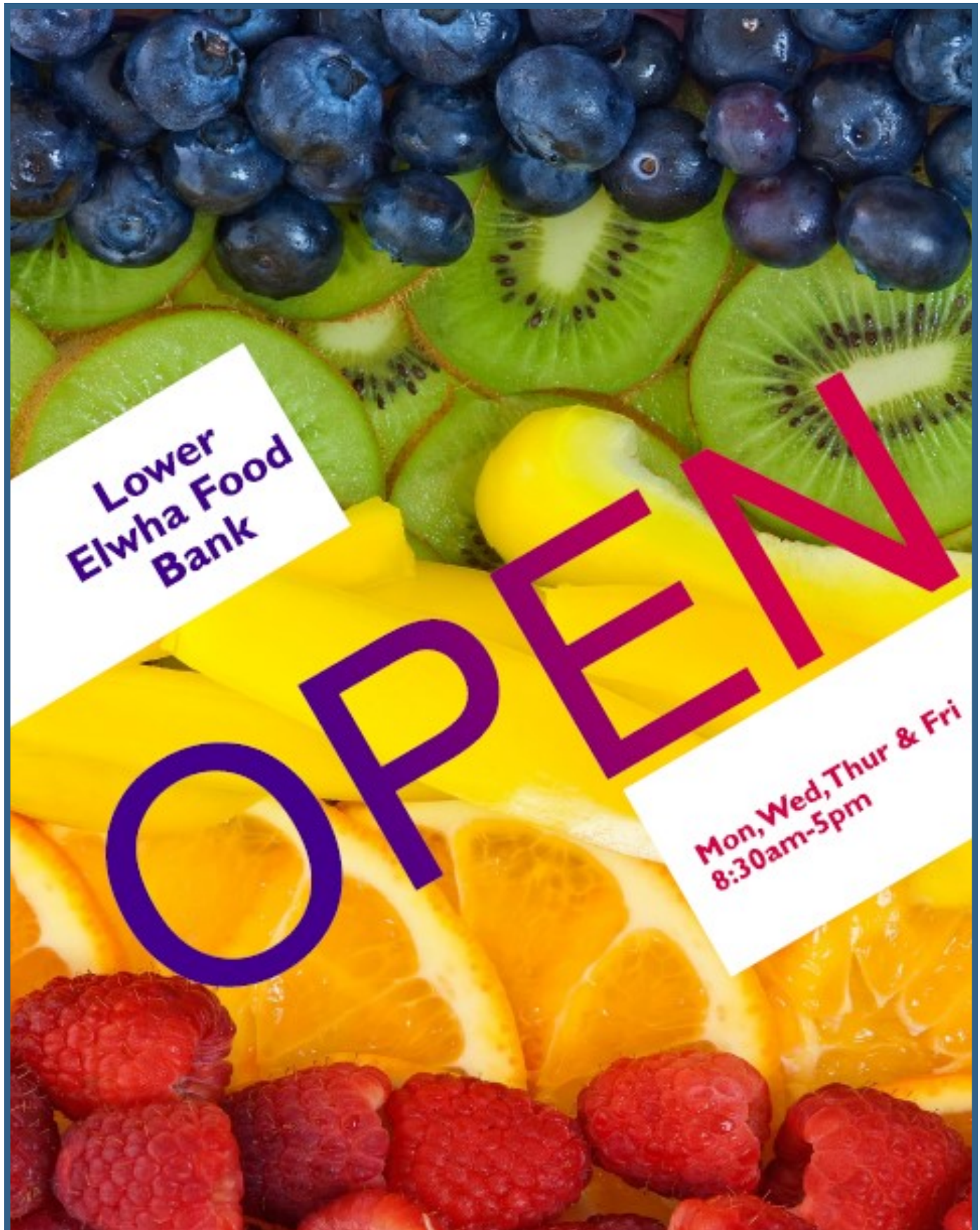
Did you know?







## Food Bank





# Winter Care Workshop



Self-Care with Local Medicinal  
Plants

Tuesday, February 13th  
10am - 2pm

SCAN TO SIGN UP!



## MAKE AND ENJOY:

### Cedar Steam

Opens sinuses and  
bronchial tubes in the  
lungs

### Mugwort Foot Soaks

Reduces inflammation,  
enhances dreaming,  
encourages good sleep

### Calendula Lip Balm

Offers healing support  
for skin conditions

HERITAGE.CENTER@ELWHA.ORG





## Heritage Center



### **The Heritage Center Presents:**



Upcoming classes and workshops. Scan the QR code to sign up!



#### **Financial Empowerment**

This online course meets every Tuesday, 12pm - 1pm.

Facilitated by American Financial Solutions and the Northwest Native Asset Building Coalition, we explore themes such as Managing Money and Cash Flow, Credit Reports & Scores, Student Loan Repayment Strategies, Buying a Home - and so much more!

#### **Traffic Control & Flagger's Certification**

February 2nd, 8am - 5pm

Get certified in one day, good for three years and accepted in all 50 states.



#### **Resume Writing & Cover Letter Workshop**

Utilize our computer lab and professional knowledge to help make your resume stand out in a crowd. We'll discuss best practices and find a style to fit your personality..

#### **Job Search Strategies**

We'll discuss the best methods of finding job openings, where to search, how to apply, and how to read job descriptions with your best interests in mind.



We are also exploring options for purse seine crew school and diesel engine repair. Please reach out if you are interested in either of these opportunities! [Nicole.Volkmann@elwha.org](mailto:Nicole.Volkmann@elwha.org)



## Head Start & Early Head Start

**100% Attendance** from the day they started school. From left to right first row **Johnathan Hales, Temperance Bolstrom, River Charles** Second Row **Hayley Valadez, Nani McCarty Gray, Gunnar Cameron Oliver Melville**, Thank you parents and guardians for setting a high standard for your children. Teachers and Staff appreciate your support for the early/head start program. Great Job!



The Eagles class has the highest attendance rate of 90% the Ravens are second with 89% attendance. It's a close race.

**Three months perfect attendance:** Chipmunks: Samantha Bamer. Otters: Liam Bamer. Eagles: Hazeleigh Menihane. Ravens: Ryan Black II, Harper Hutto, Jackson Foster. **Two Months perfect attendance:** Chipmunks: Judah Brady, Araya Hoskins-Olsen. Otters: Jackson Charles-Elofson, Madison Hopie, Lanie Menihane, LaClela Wells. Bears: Willough Rowan. Eagles: Addisu Dujue, Sarah Hopie, Rosie Sanchez. **One Month Perfect Attendance:** Charles Colter, Dylan O'Brien Bears: Carson Bruce, Robert Fancis V. Eliliyah Jackson, Zayden Oatfield, Sadie Reed, James Roland, Annalise Sanchez, Melody Temple.

You have all done such a great job of attending school. Thank you parents and guardians for continuing to work with your children to make sure they know the importance of going to school on time. The teachers and staff appreciate you.

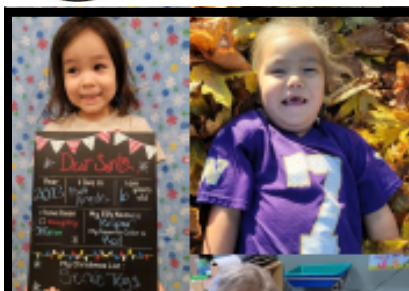
**Attendance Competition:** We are making a competition between classes to see who can have the highest attendance rate. Each Month the class with the highest will get a highlighted in the newsletter and be able to pick a prize out of the treasure chest.







## Head Start & Early Head Start



**Back in School:** This time of year goes by fast. Please turn in your Head Start applications as soon as possible.

**Holidays and day off:** February 12 Teacher In-service day February 19 Presidents' day. February 26-29 AM Classes PM No School Parent Teacher conferences in-service day.

**Family Night:** February 20 Family night from 5:30 –7:00 PM

### Recent policies that have been approved by the Policy Council

Attendance Policy, Education Home Visit/Teacher Conference, Professional Development Plans for Education Staff, Administration of Screening Tool Procedure. Copies are available upon request.



We have **open spots in our Prenatal Program**. If you know anyone who is pregnant or you are pregnant and would like to have the support of our prenatal program please come and fill an application out or go [elwha.org](http://elwha.org) and you can find one under the head start program. If you would like to refer a friend we will make contact. Thank you.

**Open application process for Early/Head Start program.** Please feel free to turn your application in for next school year early. We do have an early enrollment at the end of June for all who are on the waitlist.



We have had one accidental bite from a dinosaur this last week. But our student is fully recovered. Spirit week has been a great success. Our teachers haven't had time to upload picture so they will be in next months newsletter.

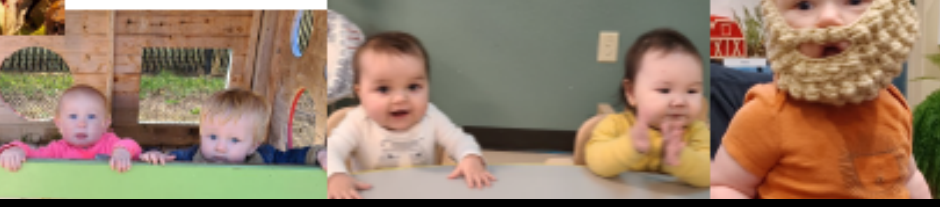
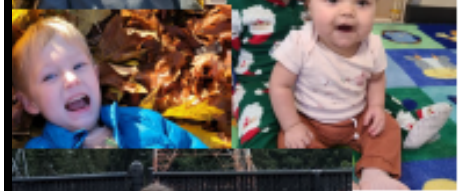


**Andrea Rogers is the new Education & Disabilities Manager.** I am a 42-year-old single parent to a 19 year-old child with autism. Getting their diagnosis has defined my life from that day forward. I never wanted another parent to have to travel the path of learning rights, finding resources, and advocating for their child alone again. I returned to school 2014 and received my Bachelor's degree in Human Services with an emphasis in Child and Family Services in 2018. I received my first Masters degree in 2021 in Human Services, focusing on Non-Profit Management. I began working for Head Start in 2018 after completing my Bachelor's degree. In 2022 I became the Disabilities Manager for a Head Start grantee, I was with in Colorado. I have long been fond of the Olympic Peninsula and wanting to move here. I found this opportunity in October of 2023, and it has been a perfect fit. I am thrilled to be living here, supporting the tribes, families and children.



**Volunteers wanted:** if you would like to volunteer here at the Head Start are welcome to come in fill out an application.

Have a blessed month! Sincerely, Ralena Cornelson





## Library

**February is Black History Month!**

Join the Library this month in celebrating African-American history and heritage! We will be featuring many books by Black authors, along with books about Black history and the Civil Rights Movement. African-Americans have had an outsized impact on American history and culture, and February is the month to recognize and appreciate that influence. Here are a few of our favorite books:



- *The Gilded Ones* by Namina Forna: "Inspired by the culture of West Africa, a feminist fantasy debut traces the experiences of an intuitive girl who is invited to leave her discriminatory village to join the emperor's army of near-immortal women warriors."
- *The 1619 Project: Born on the Water* by Nikole Hannah-Jones: "Stymied by her unfinished family tree assignment for school, a young girl seeks Grandma's counsel and learns about her ancestors, the consequences of slavery, and the history of Black resistance in the United States."
- *The Love Songs of W.E.B. Du Bois* by Honorée Fanonne Jeffers: "The great scholar, W. E. B. Du Bois, once wrote about what he called 'Double Consciousness,' a sensitivity that every African American possesses in order to survive. To come to terms with her own identity, Ailey embarks on a journey through her family's past. In doing so Ailey must learn to embrace her full heritage, a legacy of oppression and resistance, bondage and independence, cruelty and resilience that is the story - and the song - of America itself."
- *School Trip* by Jerry Craft: "Eighth grader Drew Ellis recognizes that he isn't afforded the same opportunities, no matter how hard he works, that his privileged classmates at the Riverdale Academy Day School take for granted, and to make matters worse, Drew begins to feel as if his good friend Liam might be one of those privileged kids and is finding it hard not to withdraw, even as their mutual friend Jordan tries to keep their group of friends together."
- *The Kneeling Man* by Leta McCollough Seletzky: "The intimate and heartbreaking story of a Black undercover police officer who famously knelt by the assassinated Rev. Dr. Martin Luther King Jr.--and a daughter's quest for the truth about her father."

**Weekly Class Schedule for February**

The Library's weekly class schedule can be found below. Classes labeled with NSDL have optional certification exams which can be used in job hunting. All classes are Wednesdays from 5pm-6pm and are offered through Zoom at the QR code below and may be attended in-person upon request. One-on-one tutoring is also available on a variety of digital literacy subjects; please email Jason M at [Jason.morris@elwha.org](mailto:Jason.morris@elwha.org) for more information. Additionally, if there are days or times which work better for you to attend classes, please email Jason with your preferences.

- Feb. 7: Introduction to MS PowerPoint (NSDL)
- Feb. 14: Introduction to Google Docs/Drive (NSDL)
- Feb. 21: Internet Safety for Parents
- Feb. 28: Using Email (NSDL)



Use your smartphone to scan this code to join the Zoom!





## Language &amp; Culture



Questions? Contact Harmony Arakawa,  
Community Cultural Outreach Specialist  
360.452.8471, ext. 7488  
Harmony.Arakawa@elwha.org

# Culture & Language Department February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
04	05	06 Ribbon/Cedar Roses 9-4 @ Culture Ctr	07 Ribbon/Cedar Roses 9-4 @ Culture Ctr	08	09 Ribbon/Cedar Roses 9-4 @ Culture Ctr
11 Flat Stitch Beading 10-4 @ Culture Ctr	12	13 5pm Drum Group @ Dining Hall	14 Flat Stitch Beading 9-4 @ Culture Ctr	15	16 nax'wəłəyəm' Song & Dance in Jamestown 5:30pm @ Red Cedar Hall
18	19 CLOSED for President's Day	20 Loom Beading 11-7 @ Culture Ctr	21 Loom Beading 9-4 @ Culture Ctr	22	23 Stan Purser Coastal Jam in Port Gamble Dinner @ 5pm
25	26	27 5pm Drum Group @ Dining Hall	28 Loom Beading 9-4 @ Culture Ctr	29	01

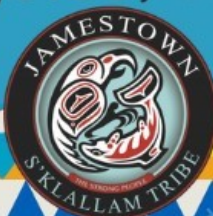


# **nəx<sup>w</sup>słá'yəm' Song & Dance at ?é?łx<sup>w</sup>a?**

**March 22, 2024**

**5:30 pm**

**Lower Elwha Tribal Center  
2851 Lower Elwha Road  
Port Angeles, WA 98363**



## **First-Time Home Buyers Workshop**

Join Rebecca Robideau and  
Meika Hall to learn every-  
thing you need to know  
about buying your first home.

**Presented By:**  
**Elwha Klallam  
Heritage Center**  
**Thursday, February 15th**  
**5pm — 7pm**





## Housing

Lower Elwha Housing Authority

February 2024 Newsletter



### **Notable days in February:**

February 14<sup>th</sup>: Valentine's Day

February 19<sup>th</sup>: President's Day – The L.E.H.A office will be closed.

### **Recertifications:**

A large percentage of annual recertifications are due during the first 4 months of the year. Reminders have been sent out to everyone due within the next 120 days. We ask that when you receive the reminder letter please call the office to schedule an appointment to complete your annual recertification.

### **Waiting List:**

We currently have less than 30 households on our waiting list, and some of those are not enrolled families. We need families/individuals who are in need of housing to apply at the Lower Elwha Housing Authority. When the waiting list dwindles, we aren't able to justify applying for grants to build more homes. Our funding for new builds is dependent on need, small waiting lists indicate less need in our community.

**Applications can be picked up in person, sent USPS, or emailed.  
Please contact the office to request a housing application.**

**We would like to remind tenants who receive Social Security to  
bring in a copy of their 2024 benefit letters.**

### **Cold weather reminders:**

Disconnect hoses from outside faucets and attach covers to protect against freezing temperatures and damage caused by frozen pipes.

When temperatures dip below freezing leave cabinet doors open under kitchen and bathroom sinks to keep the water lines warm and prevent plumbing damage.



## In Memoriam—Serena Antioquia

### *In Loving Memory*



### **SERENA ANNE ANTIOQUIA**

**“HUTCH KA DEE DEE”**

***Sunrise: March 20, 1939 to Sunset: January 16, 2024***

*Join us for a memorial service to celebrate Serena's life.*

*The family requests that attendees wear traditional regalia or Pendleton jackets made by Serena to send her on her final journey.*

**VIEWING ON MONDAY, JANUARY 22 1PM-4PM**

*Drennan Ford Funeral Home*

**TUESDAY, JANUARY 23 AT 11AM**

*Lower Elwha Gymnasium*

*Graveside Service at Lower Elwha Cemetery*

*Dinner to Follow with Head Cooks Rebecca Winn & Nadine Ward.*

*Please contact Rebecca to donate beverages, desserts, etc. @ (360) 461-5892  
or if you are able to help in the kitchen.*

*For all other donations, please contact Elaina “Z” Begay at (360) 912-2590*





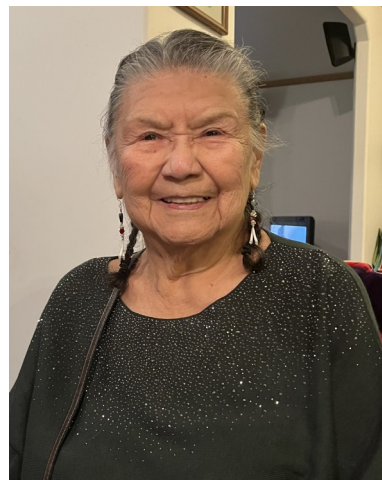
## In Memoriam—Serena Antioquia

### Serena, Mom, Gram, Sister, Aunty

Serena was born in Tulalip, Washington on March 20th, 1939. Her Mother was LaVerne Ulmer Hepfer, and her father was James Logan Jr., from the Siletz Tribe. Serena spent her first years with her Grand Aunt Lucy, who was her mom's Aunt, as her mom was working in Seattle. Serena's first language was Makah, until she started going to school in Seattle at age 5. Her Mom stopped talking to her in Makah and told her because she wanted her to do well in school.

Serena began sewing at the young age of 12 while in school in home economics class. From that time on sewing was a way of life for Serena. It brought her great joy when she began teaching regalia classes in 1970 at the Seattle Indian Center on Saturdays to the young Native Women who came to learn how to build their regalia for dancing in pow-wows, and other significant ceremonies that are completed by their people. Serena and her sister Garnet taught regalia for many years here at Elwha, and had much fun doing this together. She also supported the tribal dance group and made many dresses when getting the call.

She had fun and silly times going to sell her works with her daughter Demeree. She and her youngest daughter Lola went to the Bella Bella Canoe Journey together. She felt that the Journeys provided the cultural revival that all tribal communities needed, and felt her Native Pride beaming in her soul when she returned from the journey that year. One of her favorite memories was a trip to New York City/Washington D.C. with the Elders which she coordinated. The trip included a visit to Fenway Park, and many elders shared that they felt it was a trip of a lifetime. Another occupation that she enjoyed was when she worked on the construction of the Clallam Bay Prison with her cousin, Cindy Castenada.



Serena also mentored many young Artists in here lifetime, because she wanted everyone to practice their culture. She valued anyone who wanted to learn and practice their culture by various means. She always encouraged this to people by supporting them in differing ways, and helping them in any way she could.

Serena became the representative of the Tribe on the Small Tribes organization of Western Washington, and came to be the Chair of the Board for this organization. She traveled to Washington D.C. to represent the organization, and seeked assistance for all the Tribes. She also served on the Point No Point Board of Directors, and was not afraid to disagree sometimes. On one such disagreement to change her vote, the other Klallam Chairs were disappointed but she refused to support negotiating with the Lummi Tribe. So negotiation did not proceed, and in a few months time, the Klallam Tribes won the initial lawsuit to keep the Lummi Tribe out of the Strait of Juan de Fuca. She also served on the Northwest Indian Fish Commission as a Commissioner for the Tribe. She was a strong advocate of our Treaty Rights, and participated for years as a fisher-woman in our rivers and bays. She purchased the "Elwha Lady," and began to gillnet on saltwater in this bow-picker. She sometimes had a low-tolerance with the biologist of PNP, and would tell them that "paperfish," were not worth much when they would try and talk to her about the "Fish Models,". She loved fishing and worked to teach her children how to fish. She never quite looked at drifting the same way after she had attempted to teach her daughter Rena, and son Joe how to drift for Coho on the Elwha River.

Ultimately, Serena loved her children and was for them, their rock of stability. She always encouraged each one to pursue new interests, and their completion of goals. She loved, loved, loved her grandchildren, and enjoyed going out to "play" with them. She was also supportive of her kids, and grandkids sports events and went to cheer them on when she could.

Forever the education advocate to all people, Serena encouraged all to go school. She completed her bachelor's degree from Evergreen State College Reservation Based Program at the age of 64. She kindly reminded us that it did not matter your age, but that you completed your program.





## Enterprise



### LOWER ELWHA FOOD AND FUEL

NUMBER : (360) 452-5550

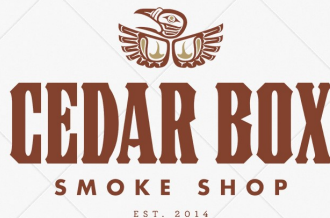
HOURS : 4:30PM - 10:00 PM



### KWITSEN GRILL

NUMBER : (360) 912-7532

HOURS : 11:00AM - 7:00PM



### CEDAR BOX SMOKE SHOP

NUMBER : (360) 452-9250

HOURS : 6:00AM - 7:00PM



### ELWHA PEAKS

NUMBER : (360) 912-7533

HOURS : 8:00AM - 10:00PM

## WANNA VEND? FOLLOW ALL SITES ON

Are you interested in vending your merchandise in our parking lot?

We would like to invite anyone who is interested to sell here in our lot!  
If interested, please get in contact with our management to submit a request to set up, as soon as possible. Get your product seen by the thousands who pull through this lot, everyday!

CONTACT : [MARKETING@ELWHAINC.COM](mailto:MARKETING@ELWHAINC.COM)





## LEPD

<b>2023 Service Record for L &amp; O</b>	<b>Dec.</b>
911 Hang-Up	6
Alarm/Alarm Check	2
Animal Calls	6
Assault	1
Business Check	136
Citizen Assist	6
Citizen Contact	2
Civil	7
Code Enforcement	2
Community Oriented Policing	8
Disabled Vehicle	1
Disturbance	2
Drug Violation	2
DUI	1
DV	1
Follow Up	13
Found/Recovered/Lost Property	1
Frequent Patrol Request	53
Harrassment	3

Malicious Mischief	1
Misc. Info/False Reporting	2
Noise Complaint	3
Other Agency Assist	20
Overdose	1
Prisoner Transport	2
Prowler/Vehicle Prowler	1
Report of Open Door/Window	11
Sex Offense/Monitor	1
Stone Garden	2
Suicide/Suicidal	1
Suspicious Person/Vehicle	3
Theft	2
Traffic Stops	27
Violation of Court Order	1
Vehicle Accidents	3
Weapons Discharge/Violation	1
Welfare Check	4
Warrant Attempts/Arrests	6
<b>Total</b>	<b>345</b>





## 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  
Rachelle Wheeler, Grants  
Administrator Ext. 7465  
Jo Klinski, Controller/Payroll  
Ext. 7460

### **Cedar Box Smoke Shop**

4779 S Dry Creek Road  
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  
360.912.7533

### **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

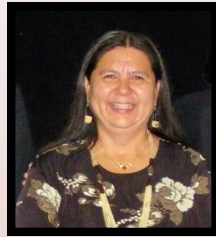
### **Social Services**

3080 Lower Elwha Road  
360.565.7257  
Becca Sampson-Weed, Director  
Ext. 7456





## BUSINESS COUNCIL



Frances G. Charles  
Tribal Chairwoman, Ext. 7411



Russ Hepfer  
Vice Chairman, Ext. 7412



Melissa Gilman  
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau  
Council Member, Ext. 7413



Anthony Charles  
Council Member, Ext. 7415

### **Dates to Remember:**

2/2 Traffic Safety & Flagger's Certification  
2/7 Intro to MS PowerPoint Class  
2/12 Teacher In-Service Day  
2/13 Winter Care Workshop  
2/14 Valentine's Day  
2/14 Intro to Google Docs/Drive Class  
2/19 President's Day  
2/20 Head Start Family Night  
2/21 Internet Safety For Parents Class  
2/22 Leap Into Wellness Event  
2/28 Using Email Class

Happy  
Valentine's  
Day

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

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## “THE STRONG PEOPLE”

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

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