



March 2024

Elwha News

čʔéʔtɬxʷaʔ syəcəm

LOWER ELWHA KLALLAM TRIBE

DO YOU *want*



FRESH

Produce boxes weekly this summer?

Scan the QR code to complete the summer produce survey, or pick up
a copy from the tribal center



Letter From the Co-Chair

March 2024

Dear Lower Elwha Tribal Community,

I know that I have missed a few monthly letters. I apologize. I have been very busy attending various meetings such as, Environmental Protection Agency (EPA) sub group meetings. These are Puget Sound Partnership leadership Council (PSPLC) meetings and Partnership/Tribal Co-management Council (PTCC). EPA Regional Tribal Operations Committee (RTOC), EPA National Tribal Caucus (NTC). Fisheries meeting such as the International Pacific Halibut Commission (IPHC), Sockeye Tribal Caucus and co-manager meetings with the state, federal and international, Fraser River Sockeye meetings and Geoduck Task Force meetings. I have also attended Northwest Indian Fisheries Commission (NWIFC) meetings.

I am proud that the 13 Treaty Tribes that harvest halibut stood together and maintained the 1.65 million pounds for Area 2A. This area includes the Salish Sea Tribes, Washington, Oregon and northern California states. The tribes did most of the speaking to keep our quota the same as last year. I think the others rely on us tribes and our treaties. Alaska harvesters have more bycatch than we have in Area 2A. Their bycatch of halibut in other fisheries is approximately 6 million pounds.

As I mentioned above we are in the new year of Pacific Fisheries Management Council activities. This involves agreeing to various fisheries, quotas and times to harvest. A very complicated process called North of Falcon (NoF). I think the non-Indians are looking out for themselves so they have something to harvest. It seems the tribes bear the burden of conservation every year. Things are getting better but we are running out of fish to harvest.

The Western Washington Treaty Tribes just celebrated the 50th Anniversary of the US v Washington U.S. Federal Court Decision from 1974. We spent two days at the new Muckleshoot Casino and Resort. I was asked to speak about the dam removal project that we are involved with. It was an honor and privilege to speak about our accomplishments and issues. Frances also spoke about our tribe at this event. I am proud of our tribe and will continue to advocate and fight for us.

As a tribe we need to eradicate our fentanyl crisis. I am sick and tired seeing and hearing about overdoses and all the other issues around fentanyl. You can see it all around our community. I have been advocating for tougher laws to fight this scourge. I have had it effect my family greatly! I think we need to exclude our tribal members who get charged and convicted for the use or sale of Fentanyl. We will keep them excluded until they receive successful treatment. I also think excluded tribal members shouldn't get any benefits from the tribe until successful treatment. As for non-Indians and others, we just exclude permanently. I hope I can rally support for this effort. We need to take action right now. Our future depends on us.

I wanted to bring up our constitution again. I hope that the solution that I brought up some



Letter From the Co-Chair

time ago will resonate with our voters when the time comes. That is, make everyone on our rolls full blood Klallam. Our grandchildren will then become one quarter blood quantum. Then future generations can decide how they want to proceed. I just think that we do need a change to our constitution, not only enrollment but other issues and outdated thing to be taken out of it. Hopefully we as a council, will set some meeting dates to inform you about how the process works to vote and then the issues to vote on. I envision having two or three dinners to inform and answer questions. After that we let the Bureau of Indian Affairs know that we want a Special Election regarding our constitution. That will start a ninety day clock to get our voters registered and to get the registered voters to vote. I am sure that our lawyers and others will that that I described this process as simple and easy. The council and literally every other council I have been on, have tried to address our constitution. We did have a successful vote but it didn't pass muster. A tribal member has to register for the Special Election and then over one half of the registered voters need to vote to make changes. This didn't happen the last time. We did amend our constitution one time to allow eighteen year olds to vote and to be able to vote from anywhere. I am excited and anxious to get this started but again we need your assistance.



Respectfully,

Russell (RAZZ) N. Hepfer

A handwritten signature in blue ink that reads "Russell (RAZZ) N. Hepfer".



Tribal Operations Officer Update

Tribal Operations/Public Health Officer Update

USDA Local Food Purchase Assistance Cooperative

We now have a supply of local beef, pork, salmon, and halibut available at the food bank. Please visit the food bank to pick up your community's food needs.

Interested in a weekly summer produce box for your household?

Local LEKT community members, we are building the summer produce order for the community and need your input on what type of food you would be interested in.

This survey will be open through March 15th, 2024.

We are also working on sourcing local beef, pork, seafood, dairy, buffalo, berries, and traditional foods to distribute through the food bank.



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.

Adult online form
found by scanning
the QR code



Youth online form
found by scanning
the QR code





Public Works

No Wipes Down the Pipes

Unless it is toilet paper, it should not be flushed!

- Flushable, disposable, cleaning, or baby wipes
- Paper towels, cloth towels, or any type of rag
- Diapers (including cloth, cotton, disposable or plastic)
- Feminine hygiene products
- Facial Tissues

Putting these items down toilets will plug up your pipes and may cause raw sewage to back up into YOUR HOME!





Wellness



culture is
prevention

Opioid misuse is preventable We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging. Build strength and resilience:

- ✓ Participate in cultural activities that bring you joy and connection
- ✓ Make time to connect with your friends, relatives and elders
- ✓ Find healthy ways to manage stress like carving, beading, dancing, singing
- ✓ If you are worried about a friend, ask them how they are doing
- ✓ If you are worried about yourself, reach out for help

Help keep our community strong

- ✓ Never share an opioid medication with someone else.
- ✓ Have a conversation with your friends and family about the dangers of opioids.
- ✓ Ask about other ways to manage pain.
- ✓ Lock up your medications.

Dispose of old or unused medications to keep your family and the environment safe. Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.



Wellness

journey to recovery

Welcome loved ones back to the community.

If you or a loved one are struggling with opioid use disorder, treatment, connection and culture can support recovery. Opioid use disorder can be successfully treated with a combination of medications, counseling and behavioral therapies designed to treat the whole person.

Recovering from opioid use disorder can be a challenging journey. **Recovery happens in community through culture and connection.**

Support may look like:

- ✓ Using kind and respectful language
- ✓ Learning about opioid use disorder and how it impacts the brain
- ✓ Talking to a counselor or other tribal health professional
- ✓ Staying positive and encouraging your loved one to get help today



Honor the Gift *of Health*

GET TESTED FOR COLON CANCER

**Colorectal cancer
is the #1 cause
of cancer death
for men under 50
and #2 for women
under 50**





Food Bank

LEKT FOOD PANTRY

22 SPOKWES DRV. Mon-Wed-Thru-Fri 8:30a.m. to 4:30p.m.

CALL TO ACTION FOR ELWHA COMMUNITY MEMBERS

**Grant recieved from USDA:
Local purchasing agreement**

**Please come together and use this wonderful
community resource. It is for LEKT *and* staff households
We have Salmon, Halibut, Pork, Beef, Dairy, Fresh fruits,
vegetables and more!**

STOCK UP ON NUTRITIOUS FOOD FOR YOUR FAMILY TODAY!





Wellness



Poison Safety Checklist

These potentially harmful items* in your home need to be used and stored safely. Keep them out of sight and out of reach of children. If possible, lock them up.

*This is not a comprehensive list

Kitchen

- ☐ medications
- ☐ drain cleaner
- ☐ lye & bleaches
- ☐ furniture polish
- ☐ powdered, liquid, & pod detergents
- ☐ cleanser & scouring powders
- ☐ metal cleaners
- ☐ ammonia
- ☐ oven cleaner
- ☐ rust remover
- ☐ carpet & upholstery cleaners
- ☐ hand sanitizer
- ☐ disinfecting wipes

Laundry

- ☐ bleaches
- ☐ soaps & detergents
- ☐ disinfectant
- ☐ bluing, dyes
- ☐ spot removers or dry cleaners

Bedroom

- ☐ medications
- ☐ jewelry cleaner
- ☐ cosmetics
- ☐ perfume

Bathroom

- ☐ drain cleaners
- ☐ shampoo & body washes
- ☐ lotions/creams
- ☐ perfume
- ☐ nail polish & remover
- ☐ cosmetics
- ☐ sunscreen and tanning lotions/oils
- ☐ deodorants
- ☐ shaving lotions
- ☐ toilet bowl cleaners
- ☐ shower cleaners
- ☐ disinfecting wipes
- ☐ diaper pail deodorizers
- ☐ hair removal products
- ☐ essential oils
- ☐ bath oils
- ☐ rubbing alcohol
- ☐ hydrogen peroxide
- ☐ boric acid
- ☐ room deodorizer
- ☐ camphor-containing products
- ☐ denture tablets
- ☐ hand sanitizer

Closets, Attic, & Storage Places

- ☐ rat & ant poisons
- ☐ moth balls

Garage, Basement, Workshop

- ☐ lye
- ☐ kerosene
- ☐ lime
- ☐ bug killers
- ☐ gasoline
- ☐ lighter fluids
- ☐ turpentine
- ☐ paint remover & thinner
- ☐ pesticides & herbicides
- ☐ weed killers
- ☐ fertilizers
- ☐ anti-freeze
- ☐ lamp oil
- ☐ glues

Some products can be especially harmful when used incorrectly or by the wrong person. Keep these items locked up at all times:

- ☐ medications (prescription & over-the-counter)
- ☐ vitamins, herbals, & supplements
- ☐ pet medications
- ☐ alcohol
- ☐ cigarettes/tobacco products
- ☐ e-cigarettes/vaping devices & e-juice
- ☐ cannabis/marijuana products (edibles, dried plant, etc.)
- ☐ any other drugs, legal or illicit

What else can I do to make my home safer from poison?

- Save the Poison Center phone number (1-800-222-1222) in your cell phone
- Put a Mr. Yuk sticker on cleaners, detergents, and other chemicals
- Install and test carbon monoxide (CO) alarms
- Visit wapc.org for additional poison prevention resources



The Washington Poison Center is always here to help, 24/7/365.

Call 1(800)222-1222 for free, confidential, and expert treatment advice & poison information.



Health Department



LOWER ELWHA HEALTH DEPARTMENT

243 511 Highway 101 West
Port Angeles, WA 98363

(360) 452-6252
Fax: (360) 452-6274

Frequently Asked Questions for Contract Health Services

- Eligibility includes: Enrolled Lower Elwha Klallam Tribal members, First Generation Decedents, Second generation (living in a qualifying CHS home, until 18 yrs. old), anyone enrolled in a federally recognized tribe (with proof of enrollment) and has lived on our reservation for 5 years consecutively (proof required).
- In order to be eligible for Contract Health Services you must have Primary insurance, for medical, dental and vision.
- All referrals must come from Lower Elwha Health Clinic providers in order to pay bills outside your Indian Health Facility, this includes for: Primary care, Specialty, Message, Chiropractic, Mental Health, and Dental.
- Glasses: Frames are every 2 years for anyone under 55, over 55 is 1 per year. Single vision lenses are covered once per year for everyone, School kids get one pair from their state medical or private vision insurance and one from the tribe per year, Contacts are 1 time a year, if you have not already utilized a glasses benefit, and we pay \$145. You cannot get glasses and contacts in the same year.
- In order for your glasses to be paid and approved you must contact Corina Bolstrom your Contract Health manager to get approval before your optometry appointment, failure to get pre-approved may result in denied claims.
- If you are having medical symptoms not life threatening you must access the after hour nursing line at 541-529-9256 and get triaged before accessing emergency room services, If the nursing lines recommends the Emergency room it is your responsibility to call and notify CHS manager Corina Bolstrom at 360-452-6252 Ext 7613 within 72 hours of accessing Emergency room in order for claims to be paid, failure to notify will result in denied claims.
- Walk in Clinic may be accessed with approval of CHS manager Corina Bolstrom, to insure no same day appointment are available at your Indian Health Facility Lower Elwha Health Clinic. Failure to get approval will result in denied claims.
- Message and Chiropractic are offered to all CHS eligible tribal members with referral from Lower Elwha Health Clinic provider, 12 visits per year for Message and 12 visits per year for Chiropractic.
- Prescriptions will no longer be reimbursed, the tribe's third party biller is open till 05:30 pm and should be accessed first, after hours can call 360-797-3156 to get approval. If you prescription is needing prior authorization you will have to wait until that is complete before CHS funds may be utilized. All prescriptions need to be called in 3 days prior to running out.

RESPECT • COMPASSION • TEAMWORK • INTEGRITY • ACCOUNTABILITY • CREATIVITY

Providing high quality, comprehensive, and culturally competent health care to all who seek our services.



Nutrition & Diabetes

FEBRUARY 2024 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- Triglycerides
- Whole grains



Best Whole Grains to Help Your Blood sugar

Carbs often come under scrutiny for managing blood sugar. The real problem is not eliminating carbs, but choosing the *RIGHT* ones.

Whole grains help stabilize blood sugar and add fiber and important nutrients. Fiber also forms a gel in the digestive tract which slows down digestion and releases the hormone GLP-1 (which is in Ozempic) in the intestines and makes you feel full.



The 5 Best Whole Grains:

1. Oats. Old-fashioned or steel cut, not instant.
2. Barley
3. Quinoa
4. Brown Rice
5. Buckwheat

“Triglycerides”

What are they? Triglycerides are ‘fats’ stored in your blood. Your body converts any calorie it doesn’t need into triglycerides. This can increase your risk of heart disease, stroke and diabetes.

What is normal triglyceride level”

- Normal < 150

Late night eating.....is a huge offender in storing unused calories and increasing your triglyceride levels.

Ways to naturally lower triglycerides:

1. Say “NO” to sugar, and this includes fruit juice. Work on your sweet tooth!
2. Look at what you are eating. High saturated foods like cheese, ice cream, fried foods and red meat (not game meat) are the worst offenders..
3. Focus on fiber and whole grains.
4. Eat the right fat: avocado, walnuts and olive oil.
5. Eat fish twice a week, “just not fried.”

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



Did you know?



Dental Clinic

Dental Assistant Appreciation Week is March 3rd— March 9th

The theme this year is “100 years of supporting oral health”!

Dental Assistants have been an integral part of the dental team for over 100 years, and are key players in the dental office. Our assistants work hard to make sure your dental experience is a good one! **Diane, Paisley, Sara, and Adaija** all do a fantastic job of keeping the dental clinic flowing and smiling as they go. Next time you see them, give them some love.



We Thank You So Much!! há?nəŋ st

Diane O'Hara

Paisley Charles

Sara Moore

Adaija Zuniga

Interested in Braces?

Keep an eye on this space for the next few months for details on the coming 2023 orthodontics program

If it has been a while since you have been seen, now is a great time to make an appointment for an exam! The ortho program is open to all enrolled LEKT members who are current with cleanings and have no other dental treatment needs.





Library

March is Women's History Month!

This month we're celebrating Women's History Month by featuring some of our favorite books about women who have made history and who have helped to get us where we are today. Here are just a few examples:



- *The Fire of Stars: The Life and Brilliance of the Woman Who Discovered What Stars Are Made Of* by Kirsten W. Larson: Astronomer and astrophysicist Cecilia Payne was the first person to discover what burns at the heart of stars. But she didn't start out as the groundbreaking scientist she would eventually become. She started out as a girl full of curiosity, hoping one day to unlock the mysteries of the universe.
- *A Grandmother Begins the Story* by Michelle Porter: Written like a crooked Métis jig, *A Grandmother Begins the Story* follows five generations of women and bison as they reach for the stories that could remake their worlds and rebuild their futures.
- *Red Paint: The Ancestral Autobiography of a Coast Salish Punk* by Sasha taq'wəb'lu LaPointe: An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage in this bold, contemporary journey to reclaim her heritage and unleash her power and voice while searching for a permanent home.
- *Classified: The Secret Career of Mary Golda Ross, Cherokee Aerospace Engineer* by Traci Sorell: Mary Golda Ross worked on many classified projects as a twentieth-century aerospace engineer – and much of what she did remains a secret to this day. Yet her work was of tremendous importance to the US space program, and she broke barriers as a Cherokee woman in a male-dominated field. Discover the story of how a math-loving girl from NE Oklahoma blazed a trail for herself and others, drawing on traditional Cherokee values throughout her career.

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 for more information. Additionally, if there are days or times which work better for you to attend classes, please email Jason with your preferences.

- Mar. 6: Internet Safety for Parents
- Mar. 13: Introduction to MS Excel
- Mar. 20: Research and Information Literacy (NSDL)
- Mar. 27: Career Search Skills & Resume Workshop (NSDL)





Library & Healing Court

Welcome Maddie McLean, our new K-6 Academic Support Advocate!

My name is Maddie McLean and in December I started as the LEKT Academic Support Advocate up at Dry Creek Elementary! I have been working in education for the last four years, including the past two years in outdoor education out at NatureBridge on Lake Crescent. In that time, I've discovered that every student is unique in what learning styles, emotional processing, and level of support is most helpful for them. At Dry Creek, I'm working to get to know every student so that I can create a learning environment that builds confidence and create a space for students who may need a break, a check in, or social and emotional support. Throughout the school day, I work with six different classes in math and drop into lunch, recess, PE or Music class when I have the spare time... it's always nice to get a break from long division and fractions and get schooled by the students on the basketball court. My favorite part of working at Dry Creek is getting to be a part of learning at the Kindergarten to 6th grade level (some grades do more coloring than others) and getting to see the older students stepping into a leadership role!

After school gets out, I head down to the Tribal Library, where in partnership with the LEKT Recreation Department, we run the After School Program. For me, this usually means homework help, after a snack and game of mushroom ball of course! The kids have quickly learned that now that I work at Dry Creek, I know if they *actually* have homework, and if they do, I'll help them. Between my time at Dry Creek and the After School Program, I hope to help students feel more confident in their own abilities in the classroom and provide them with tools or space they need to help them through the day when learning is more challenging.



Maddie skiing at Hurricane Ridge

If you have questions about the After School Program or would like to talk about ways your student can be supported at Dry Creek Elementary, please email me at madeline.mclean@elwha.org. I look forward to meeting you!

I've recently accepted the position of Healing Court Program Coordinator/Court Clerk. I've been working for the Lower Elwha Klallam Tribe for 4+ years and I'm so excited for this new chapter to begin working with families and individuals who want to better their lives, it's always been my passion. My job experience has been as a Youth Coordinator/Advocate for Healthy Transitions, Peer Pathfinder at Peninsula Behavioral Health, and Behavioral Health Technician at Specialty Services 2 treatment center.

For those of you who don't know me, my name is Kerrie Morrison. I'm the daughter of Janet Elofson and Mark Elofson, and my father is Vernon Soeneke of Neah Bay. My children are Josiah Morrison 21, Cholena 19, Dakota 13, and Kayden 12. My children and I are enrolled in the Makah Tribe. When I'm not working I enjoy watching my kids play sports, exercising and working out, cultural activities, and hiking.





Recreation Calendar

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8am-830pm Movement Class 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm Mario Kart Races 3pm Movie Night: Wonka 530pm	2 10am-6pm Mobility Session 12pm Switch 3pm Open Gym 4pm
3	4 8am-830pm Elders Movement 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	5 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Youth Sports 430pm Women's/MS/HS Girls Basketball Open Gym 630pm	6 6am-830pm AM Group Fitness 615am Elders Movement 10am & 11am Lunchtime Fitness 12pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	7 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Cultural Crafting 430pm MS/HS Boys Basketball Open Gym 630pm	8 8am-830pm Movement Class 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm Mario Kart Races 3pm Black Light Night 5pm	9 10am-6pm Mobility Session 12pm Movie TBD 3pm Or Dish Shooting 5pm
10 Volleyball	11 8am-830pm Elders Movement 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	12 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Youth Sports 430pm Women's/MS/HS Girls Basketball Open Gym 630pm	13 6am-830pm AM Group Fitness 615am Elders Movement 10am & 11am Lunchtime Fitness 12pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	14 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Cultural Crafting 430pm MS/HS Boys Basketball Open Gym 630pm	15 8am-830pm Movement Class 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm Mario Kart Races 3pm Game Night K-12 th 530pm	16 10am-6pm Family Fun Center Trip
17	18 8am-830pm Elders Movement 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	19 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Spring Fun Run/Walk 4pm Women's/MS/HS Girls Basketball Open Gym 630pm	20 6am-830pm AM Group Fitness 615am Elders Movement 10am & 11am Lunchtime Fitness 12pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	21 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Cultural Crafting 430pm MS/HS Boys Basketball Open Gym 630pm	22 8am-830pm Movement Class 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm	23 10am-6pm Mobility Session 12pm Switch 3pm Open Gym 4pm
24	25 8am-830pm Elders Movement 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	26 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Youth Sports 430pm Women's/MS/HS Girls Basketball Open Gym 630pm	27 6am-830pm AM Group Fitness 615am Elders Movement 10am & 11am Lunchtime Fitness 12pm FUNCTIONAL GROUP TRAINING 5pm Open Gym Basketball 630pm	28 8am-830pm Personal Training 10am Lunchtime Noon Hoops ASActivities 230pm Cultural Crafting 430pm MS/HS Boys Basketball Open Gym 630pm	29 8am-830pm Movement Class 10am & 11am Lunchtime Fitness 12pm ASActivities 230pm Birds Vs Monkeys KickBall Field	30 10am-6pm Mobility Session 12pm Switch 3pm Open Gym 4pm
31						



Housing

Lower Elwha Housing Authority

March 2024 Newsletter



Recertification's:

We're still working on the bulk of recertification's that occur during the first four months of the year. In order to remain in compliance with your lease agreement, please call the office to schedule your recertification appointment as soon as you receive your reminder letter.

LEHA would like to let our tenants know that we have received a few substantial water bills over the last several months. If you have a running toilet or leak inside, or outside, your unit please call the office so maintenance can evaluate the problem. We will start charging overage fees to tenants' accounts going forward. It is tempting to water the lawns and flower/vegetable gardens, as well as fill pools for the summer, but water conservation is important for our community and our future generations.



Beginning 2024-Families in homes managed by LEHA will be required to mow lawns according to LEHA Policies and Procedures. The LEHA received a grant and will have lawn mowers for your use during the mowing season. More information will be mailed to tenants.



HOME OWNERSHIP OPPORTUNITY

Tenants in the Tax Credit Units the end of the 15 year rental period is quickly approaching. The Board of Commissioners have approved a Homebuyer policy, and we will be setting up mandatory meetings to go over these policies with you for your opportunity to become a **HOMEBUYER**.





LEFA

Another successful collaboration/partnership event completed!

First, on behalf of our team organizers of Teen Dance “Night Under the stars - ḷč̓aʔáwəł tə tíyaʔtáwsənaʔ” which was held February 14th, our sincerest appreciation to all involved, such as, but not limited to: Steven Middle School for allowing Jessica, Daryl and myself go to school and invited the students, to parents and guardians for trusting us with their kids, to about 110 precious middle students for responding our invitation, and to all staff involved, volunteers and donors. We did it together!

Message from Jessica Guthrie, Victim Services Program Manager/SART Coordinator, *“I just want to give a huge thank you to gym staff, community members who donated items or their time and to Beatriz’s program and Healthy Families for teaming up with me to put on this amazing dance! 110 middle schoolers was a huge turn out and I hope to see more of these positive events in the future here at Elwha.”*

Furthermore, I would like to extend absolute gratitude by acknowledging individuals/departments’ contributions to this teen dance/awareness:

- *Honorable Business Community Council* for supporting our efforts behind-the- scene
- *LEKT Community Liaison* Nancy Hamilton – team, revised flyer and multi support
- *Grant Director* Arlene Wheeler – team, named the theme
- *Entire Social Services staff* lead by Becca Weed-Sampson – full support and permission (special thanks *TANF Case Manager* Kelsie Gish – team, in charge of promotion order and decoration, *Elder Program Coordinator* Samantha Acosta – team, in charge of raffle donations, *Healthy Transition* and Transitioning to *Family Advocacy and Victim Services* Iliana Jones – team, multi tasks, *Healthy Transition Case Advocate* Keeoma Messenger – team, multi tasks and volunteer, and *SS Administrative Assistant* Julie Helgeson – programmatic and finance matters, *HAF Clinical Supervisor* Sandra Stokes - multi task/volunteer, *TANF Case Manager* Becky Charles – team planning, Elwha Food Bank Coordinator Dorene Charles)
- *Police Dept.* lead by Chief White and Lieutenant Thompson (special thanks to Officer Hamerick, Corporal LaTourette, and Officer Hesler - securing the event; Office Manager Rachel Johnson)
- *Recreation Staff* lead by Jason Wheeler (Cheyenne and Jared - tremendous work and support, planning, set up/cleaned up and emcee).
- *Victim Services Program Manager/SART Coordinator* Jessica Guthrie – team planning, partner, and donors
- *Culture Program and Education* (Edu Director Jessica Egnew – team planning, Harmony Arakawa – planner, volunteer, and translated theme name into Klallam language and Jonathan Arakawa – 1st stage planning)
- *Healthy Families of Clallam County DV/SA Advocate and Prevention* Daryl Trowbridge – multi tasks, including but not limited to, team partner, planning, outreach, presenter, helped in dining hall and gym, and cleaned up.



LEFA

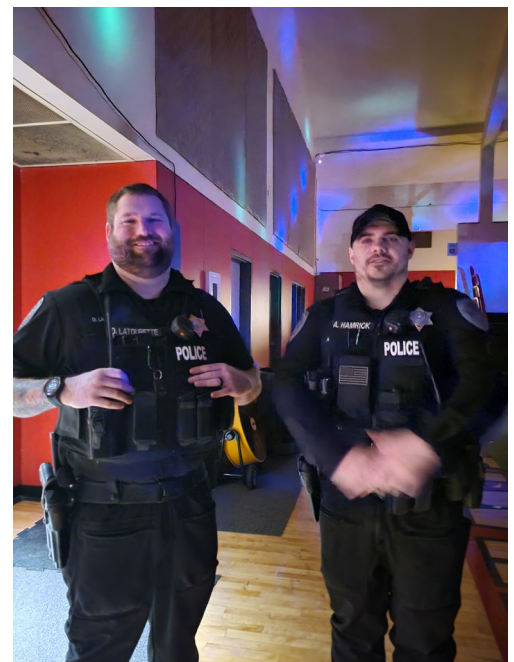
- **Volunteers:** Nancy Johnson – Thank you very much for your multi donations and for cooking the spaghetti we served; Kerrie Morrison – helped in gym; Jessica Guthrie’s family – multi tasks; Iliana Jones family – multi tasks; and others that I may have missed.
- **DONORS:**
 - Elwha Food Bank - huge chunk of the food;
 - A few anonymous donors donated money towards the soda and seasonings
 - Evergreen Meats - 10 pounds of hamburger meat
 - KCS - \$100 = different gift cards
 - Jessica Egnew - \$24.99 Xbox G.G
 - Mix It Shack - \$50
 - Rebel - \$10
 - Kerri’s Cookies Boxes – 4 boxes of cookies
 - The dough dutehess – 3 dozen cookies
 - Serene Moments – basket (a variety of items)
 - Autumn Clark– 2 baskets of crystals
 - Samantha Acosta – men’s body spray
 - Blue-Arakawa family – varieties of food
 - Jessica Guthrie and family – cup cakes and other volunteer needs
 - Kelsie Gish and her sister - Created and designed promotion items logo;

Finally, deepest gratitude and my hands goes up to the bereaved Johnson Family for giving us full blessings to proceed with Teen Dance Awareness event. Condolences to you!

Sincerely yours,

Beatriz Arakawa, Lower Elwha Family Advocacy Program

Teen Dance Team





“Parents in the Know” Prevention Class

8 days/sessions

Free class



**When: Mondays and Wednesdays of March
(4, 6, 11, 13, 18, 20, 25, & 27) 2024**

Time: 12:00—2:00 pm (2 hours)

Where: Elwha Heritage Center

401 E 1st Street

Port Angeles, WA. 98362

**Who should attend: 16 years - Up (Parents,
caretakers, providers, community members or
staff)**

Free materials will be provided



If you are interested? Contact:

Beatriz Arakawa: 360.565.7257 x 7453; 360.460.1745

LEKT - Lower Elwha Family Advocacy Program; Email: Beatriz.Arakawa@elwha.org

Partner Agency:

Daryl Trowbridge: 360.452.3811; Email: healfamed@olypen.com

Healthy Families of Clallam County

“Parents in the Know” was developed by Pittsburgh Action Against Rape and supported by funding from the Pennsylvania Coalition Against Rape’s Vision of Hope Fund. It was a pilot project of the Lower Elwha Family Advocacy Program in 2016 through the Office of Crime Victims Advocacy and WCSAP of WA State.



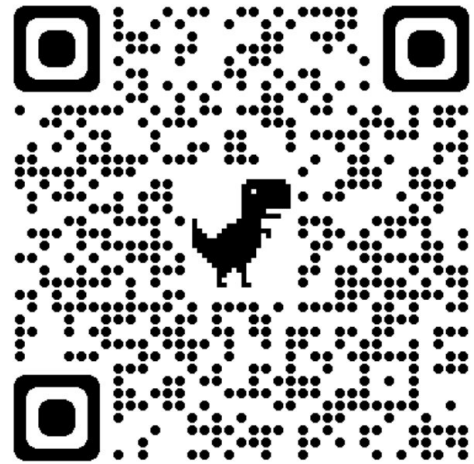
Language & Culture Calendar

2024 čənšəwi - march						
nəmə skʷači sunday	sčičəkʷtənát monday	cənənát tuesday	sčxʷtənát wednesday	sənənát thursday	sčičšənát friday	sqəméyu saturday
					1 9am-3 pm Wool Weaving	
3	4 10am - 1pm Beading in Elders Lounge	5 12pm-8pm Wool Weaving	6 9am-4 pm Wool Weaving	7 9am-4 pm Wool Weaving	8 BILLY FRANK JR. DAY	
10 1pm - 5pm Canoe Journey Gift Making	11 10am - 1pm Beading in Elders Lounge	12 5pm-7pm Drum Group @Dining Hall	13 9am-4pm Canoe Journey Gift Making	14 9am-4pm Canoe Journey Gift Making	15 9am-4 pm Wool Weaving	
17	18 10am - 1pm Beading in Elders Lounge	19 12pm-8pm Wool Weaving	20 9am-4 pm Wool Weaving	21 9am-4 pm Wool Weaving	22 Intertribal 5pm-8pm @Dining Hall	
24 1pm - 5pm Canoe Journey Gift Making	25 10am - 1pm Beading in Elders Lounge	26 5pm-7pm Drum Group @Dining Hall	27 9am-4pm Canoe Journey Gift Making	28 9am-4pm Canoe Journey Gift Making	29	

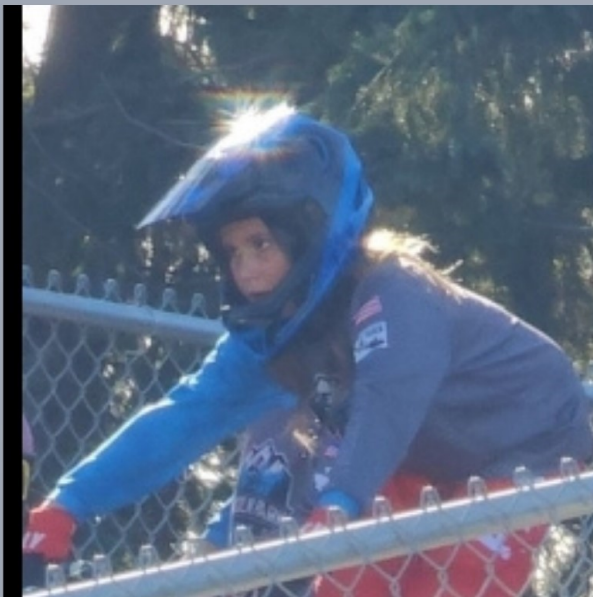
All craft classes will all be held at the Culture & Language Building, 322 Stratton Rd.
Contact info: Harmony Arakawa 360.452.8417 x7422 or harmony.arakawa@elwha.org



Community News

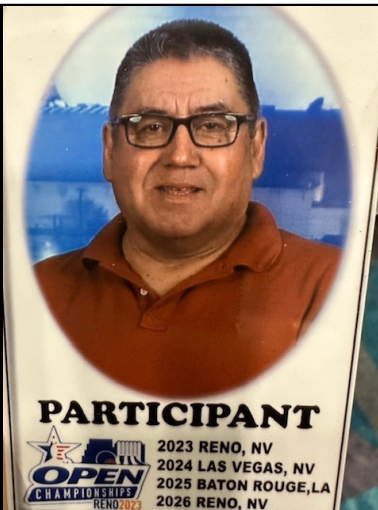


This year I am raising money in honor of my grandma Ramona Sampson who lost her life to cancer. She was a strong Klallam women Warrior who inspires me to be the best I can. this year I hope to top the \$4115 I raised last year. Thank you for helping me reach my goal. Chlo\$





Community News



Happy Birthday to my husband Mark Elofson on March 2nd. He has also been invited to go bowl the us open championship in Las Vegas, NV on March 10-13th.

Good luck Mark!! We're so proud of you.

Love, Janet, kids and grand-kids



SPRING BREAK TRIBAL YOUTH CONFERENCE

April 1- 4, 2024

**Keep an eye on Camp Crier for
details and more information!!**



Enterprise



LOWER ELWHA FOOD AND FUEL

NUMBER : (360) 452-5550

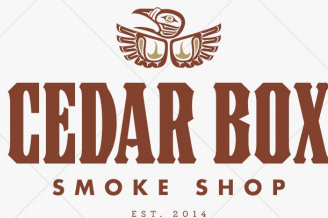
HOURS : 4:30PM - 10:00 PM



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



LEPD

2024 Service Record	Jan		
911 Hang-Up	4	Fraud	1
Alarm/Alarm Check	2	Frequent Patrol Request	67
Animal Calls	3	Junk Vehicle	1
Burglary	1	Misc. Info/False Reporting	4
Business Check	119	Other Agency Assist	29
Citizen Assist	5	Prisoner Transport	6
Citizen Contact/paperwork /service	9	Report of Open Door/Window	7
Civil	6	Suspicious Person/Vehicle	3
Community Oriented Policing	20	Theft	2
Courtesy Transport	4	Traffic Stops/Control/Emphasis/ Hazard	10
Disabled Vehicle	3	Trespass	1
Disturbance	6	Violation of Court Order	3
Drug Violation	1	Vehicle Accidents	2
Eluding	1	Welfare Check	1
Follow Up	5	Warrant Attempts/Arrests	5
Found/Recovered/Lost Property	3	Total	334





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

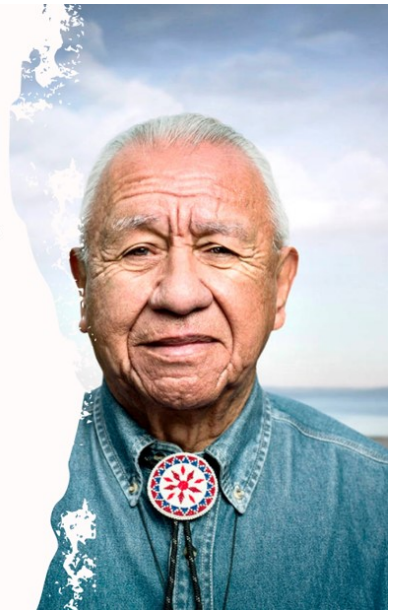
Dates to Remember:

3/4 Parents in the Know Prevention Class
3/6 Parents in the Know Prevention Class
3/6 Internet Safety for Parents Class
3/9 Billy Frank Jr Day
3/11 Parents in the Know Prevention Class
3/13 Parents in the Know Prevention Class
3/13 Intro to MS Excel Class
3/18 Parents in the Know Prevention Class
3/20 Parents in the Know Prevention Class
3/20 Research and Information Literacy Class
3/25 Parents in the Know Prevention Class
3/27 Parents in the Know Prevention Class
3/27 Career Search Skills & Resume Workshop

“

*"I don't believe in magic.
I believe in the sun and the
stars, the water, the tides, the
floods, the owls, the hawks flying,
the river running,
the wind talking. They're
measurements. They tell us how
healthy things are. How healthy
we are. Because we and they
are the same.
That's what I believe in."*

Billy Frank Jr.
March 9, 1931 - May 5, 2014



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

Port Angeles, WA 98363

Services

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