



April 2024

# Elwha News

*čʔéʔtχʷaʔ syácəm*

LOWER ELWHA KLALLAM TRIBE

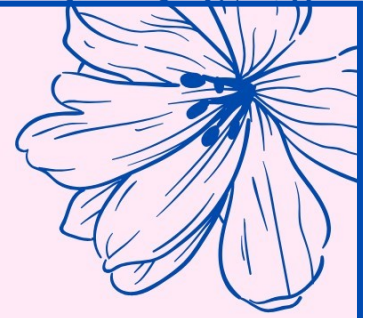


## **April is National Sexual Assault Awareness Month.**

Sexual Assault Awareness Month (SAAM) calls attention to the fact that sexual violence is widespread and impacts every person in every community. SAAM aims to raise public awareness about sexual abuse, harassment, and assault and educate communities about how to be involved in prevention.

This month, Lower Elwha Family Advocacy will be visiting several tribal buildings and businesses, and performing a ceremonial teal ribbon tying that denotes that location as a safe space. For more information, please see page 10 of this issue.

And stop by the Cedar Box during the month of April for a teal Spritzer or Italian Soda!



# Tribal Operations/Public Health Officer Update

## **65+ are eligible for a spring 2024 COVID vaccine**

All folks who are 65 and older are eligible for another dose of the 2023-2024 COVID vaccine. Yes, they are eligible for another \$250 promotion check!

Adult online form  
found by scanning  
the QR code



Youth online form  
found by scanning  
the QR code



## **Public Health Week April 1-7**

Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environment are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us – individuals, families, communities and the public health field – can achieve the goals of public health.

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

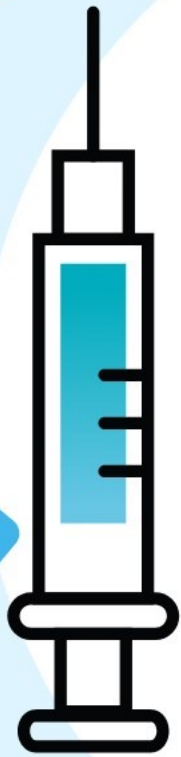
Please visit the food bank to pick up food for your family! We have a supply of fresh local produce, dairy, beef, pork, salmon, and halibut available at the food bank.

## **Summer Produce Food Boxes**

Thank you to everyone that submitted the order for the weekly summer food boxes. If you did not get a chance to submit your order, do not worry, we will have a few extra food boxes available during the summer months.

## **Lower Elwha Camp Crier Mobile App**

Make sure that you have automatic updates turned on for the Camp Crier app, the app often pushes out updates. The most recent update to version 3.0.6 was released mid-March.



# Elders 65+ can get a spring COVID-19 shot

Yes, an  
extra shot,  
in addition  
to the fall  
2023 one  
you  
already got

This extra shot will qualify for the \$250 vaccine support program

**Call 360-452-6252 to schedule**





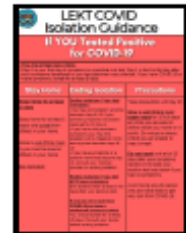
# LEKT Respiratory Virus Guidance

## How to use this guidance

Sick with COVID or a respiratory virus? You need to stay home isolate for as long as you are sick. There is no set number of days that you must stay home.

If you are sick with a respiratory virus, including COVID, follow the red page guidance

*Symptoms may include:  
Fever, chills, fatigue, cough, runny nose, and headache*



## How to Prevent Respiratory Illnesses

- Stay up to date on your vaccinations (COVID, Flu, RSV, Pneumonia, etc.)
- Talk to your healthcare provider about what vaccines you should get
- Cover your coughs and sneezes
- Wash and sanitize your hands often
- Regularly clean frequently touched surfaces
- Bring in fresh air from the outside
- Purify indoor air
- Gather outdoors instead of inside
- Wear a mask when gathering indoors
- Physically distance yourself from others, especially those who are sick
- Avoid crowded places



# LEKT Respiratory Virus Guidance

## If YOU are Sick with a Respiratory Virus

### STAY HOME WHEN YOU ARE SICK

Stay home and away from others (including people you live with who are not sick). If you have respiratory virus symptoms that are more than allergies. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

When to Return to Normal Activities	Precautions
<p>You can go back to your normal activities when, <u>both</u> are true:</p> <ul style="list-style-type: none"> <li>• Your symptoms are getting better overall for the past 24 hours, and</li> <li>• You have not had a fever for the past 24 hours (and are not using fever-reducing medication)</li> </ul>	<p>For the next 5 days, take additional steps for bring in cleaner air to your space, wash hands often, mask around others, practice physical distancing, and/or testing when you will be around other people indoors.</p> <p>Keep in mind, you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors, like how long you were sick or how sick you were.</p>

If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until: Your symptoms are improving overall for the past 24 hours, and you have not had a fever for the past 24 hours (and are not using fever-reducing medication). Then take added precautions for the next 5 days.



# Housing

## THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM



### VISUAL



Keep your eyes on the road.

Pull over to read directions.

Put your phone in “Do Not Disturb” mode.



### MANUAL



Keep your phone out of reach.

Make all adjustments before driving.

Don't reach for items while driving.



### COGNITIVE



Avoid phone calls, even hands-free.

Stay focused on the road.

Keep your emotions in check.



## Public Works



## Wipes clog Pipes!

Place these items in the **TRASH** and **NOT** the toilet:

- Disinfecting wipes
- Paper towels
- Baby wipes
- Towelettes
- Mop refills





## Mental Health

Lower Elwha Housing Authority

April 2024 Newsletter



With spring approaching we wanted to share a reminder to all of **our tenants** about water usage. Each water account user is allowed 7,500 gallons of water for \$22.00 each month, when usage goes above this amount **you will be responsible for the extra cost** associated with the overage.

Tenants will be billed for all overage charges going forward.

Water is a precious commodity in our community and we need to protect and avoid waste as much as possible. During times of drought when the community was asked to conserve water, it was taken as time to hurry up and fill swimming pools. What you may not realize is that the fire flow was extremely low during that time, and if there was a house fire we would not have had enough water to put it out.

Spring is just around the corner and now is a good time to start getting ready for the summer months when kids are out of school.

Clean out closets and drawers, share unwanted clothing with family or the clothing closet at the Headstart building.

Remove clutter.

Clean out cupboards and wipe down interior and exterior.

Sweep and mop.

Remove anything around heaters and exits.

Clean up garbage and broken toys in yards.

Take unwanted items to the dump while it is free.

A good rule of thumb is if you haven't worn it or used it in a year get rid of it!

Extra refrigerators and freezers should only be plugged into outlets in the garage or shed. The breakers inside the closets, bedrooms, and other areas are not made to handle that much power, and will create electrical issues, such as sparking, blowing light bulbs, outlets, and could cause a fire danger.

Good habits and bad habits are handed down through the generations, so remember to teach your children the good habits.





# Mental Health

♦ To request Services with Lower Elwha Mental Health, Please call 360-565-7264 Ext. 7654

♦ For Life Threatening Situations, please call **911**

♦ The 24 Hour Crisis line At Salish Regional Crisis Center **1-888-910-0416**

Or

24 Hour Online Crisis Chat [www.imhurting.org](http://www.imhurting.org)

OR dial **988** for Mental Health Emergencies

## Y/OUR TEAM

- \* **Kristina Cain, LMHC-A,**  
Mental Health Therapist- Associate
- \* **Brigid Counts, LICSW**  
Child & Family Therapist
- \* **Meghan Fitzgerald, LMHC-A,** Mental Health Therapist-Associate
- \* **Jory Kahn, LMHC-A**  
Mental Health Therapist-Associate
- \* **Sandra Stokes, LICSW**  
Mental Health Therapist
- \* **Gretchen Van Blair, LMHC, NCC**  
Program Manager/Mental Health Therapist

Lower Elwha Health Department

Lower Elwha Klallam Tribal Mental Health Services

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243511 Hwy 101 West  
Port Angeles, WA  
98363



All of our therapists are licensed in Washington State. We use culturally adapted best practices within an individualized, strength-based relational recovery model. Some of our team’s training or certifications include: Psychodynamic Psychotherapy, EMDR, Group Therapy, Trauma Focused Cognitive Behavior Therapy, Cognitive Processing, Relational Cultural Therapy, Mindfulness-Based/Stress Reduction, Play Therapy, Art Therapy, Embodied Expressive Arts, and Family Systems

### Did You Know...?

...Clinical mental health services may include:

- Individual counseling for children, teens, and adults.
- This can include treatment for trauma, depression, anxiety, behavior problems, and habit disorders, just to name a few.
- Couples counseling**
- Family counseling
- Co-occurring Disorders Treatment
- Referrals out for Specialty Treatments



## 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](mailto: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 Lower Elwha Klallam Tribal Community members and readers,

Update:

Please help me welcome **Iliana Jones** into *LEFA - Lower Elwha Family Advocacy Program* as she accepted a part-time Family Advocate and Community Outreach Specialist position. She transitioned from the Healthy Transitions Program. Her direct supervisor is Becca Sampson-Weed.

I canceled, "Parents in the Know" prevention class that scheduled March 4, 6, 11, 13, 18, 20, and 25 due to no participants. However, I hope to open it up again in the near future.

March was another busy month as staff working closely in scheduling and collaborating upcoming awareness and in-person on-site training while and helping individuals who request assistance to be free from abusive relationship.

#### Did you know?

**April is National Sexual Assault Awareness Month.** This year, instead of gathering for a walk of awareness, the LEFA and SART staff will be going to LEKT facilities to display or tie teal ribbons, which is symbolize of Sexual Assault Awareness Month. If you want to join, call us or just show up at the following locations:

**Wednesday 04/03** – Social Services (9:00-10 AM); Elwha Heritage Center (11:00 am - 2:00 pm with mini resources and cultural craft activities)

**Thursday 04/04** – Tribal Center, Public Work, Elwha Housing Authority, and Justice Center (morning); House of Learning and Elwha Food Bank (1pm-2pm); Elwha River Casino (tentative); Culture Program (3:00-4:30 PM)

**Friday 04/05** – Elwha Clinic/Klallam Counseling and Lower Elwha Food & Fuel (morning); Gathering Place/Veteran Center (3-4 pm)

**Thursday 04/18** (11:00 am-2:00 pm) and **Friday 04/19** (4:00 pm-7:00 pm) – Lower Elwha Food and Fuel Store with LEFA and SART resource table

**Monday 04/22 Earth Day & Sexual Assault Action**, commemorate and appreciate Earth Day, we will be **picking-up garbage** (9:00am to 11:00 am) from Elwha River Casino to Tribal Center and **giving seeds** at Social Services (Noon-3:00 pm).

**This project was supported by Grant No. \_ 15JOVW22GG3388TRIB\_ awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice."**



# LEFA

Furthermore, this April 2024 marks the official 23rd anniversary of NSVRC's Sexual Assault Awareness Month. However, sexual assault awareness and prevention has been going strong since as early as 1940's, so much so when a, "Wide social activism around the issue of sexual assault continued into the 1970s, bringing with it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was held seven years later. The following decades mobilized survivors and advocates to call for legislation and funding that would support survivors, such as the **Violence Against Women Act of 1993 (VAWA)**." <https://www.nsvrc.org/saam/history>. Thank you very much to all of the brave and wise survivors and advocates before current advocates.

Statistics suggest that victim of sexual assault – according to <https://www.rainn.org/statistics/victims-sexual-violence>



"On average, there are 463,634 victims (age 12 or older) of rape and sexual assault each year in the United States".

Some victims of sexual assault experienced some forms of stalking behavior activities.

**What is Stalking?** According to <https://victimconnect.org/learn/types-of-crime/stalking/>, "stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. It is a partner of behavior. It is often made up of individual acts that could, by themselves, seem harmless or noncriminal, but when taken in the context of a stalking situation, could constitute criminal acts. Legal definitions of stalking differ depending on where you live; however, stalking is a crime under the laws of all 50 states, the District of Columbia, the U.S. Territories, and the Federal government. Stalking is serious, often violent, and can escalate over time."

**Examples of actions of stalking or behaviors of stalker:** A person repeatedly calls your phone and/or hang-up calls, sends unwanted gifts, emails or texts, drives by your home or work often, damage your home, car, or other property, threaten to hurt you or your loved ones, and/or using technology to monitor of your whereabouts. A stalker may also use a third party or common friends to relay messages to you.

Whether you are a victim of **stalking, domestic/dating violence, sexual assault, and/or sex trafficking**, when in doubt of your safety call us or let your trusted friend, family, or provider's know about your situation. Remember, **you are Not Alone!**

**Emergency, Call 9-1-1**

- Lower Elwha Family Advocacy: 360-565-7257 ext. 7453; 360-460-1745; 360-775-9346 (24/7)
- National DV hotline: 800-799-7233 (24/7)      StrongHeart - Native Hotline: 1-844-7NATIVE (24/7)
- Mariposa House: 360-374-6411 (24/7)      LEKT SART: 360-775-5029/360-461-3407
- Healthy Families: 360-452-HELP (24/7)      WomenSpirit Coalition: 360-681-3701
- VictimConnect Resource Center - Stalking victim: 1-855-4-VICTIM/84-2846 (M-F 9am -5pm ET).
- RAINN Hotline: 800.656.HOPE (4673)

In Solidarity,  
 Beatriz B. Arakawa, LEFA Program Manager/Victim Advocate



# SART

# SART

(Sexual Assault Response Team)



## WHAT DO WE DO?

We provide care for patients 18 and under who have experienced sexual assault.



Melissa Ellis, Lillian Easton, January Austin, Jessica Guthrie, Iliana Jones

Office located at the Lower Elwha Health Clinic. Walk up window in the lobby.

Come grab a flyer or other materials to read more about us.

During Business Hours: 360.452-6252 After Hours: 541.526.9256



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"my voice matters"

### Mission Statement:

The mission of the Lower Elwha SART is to consistently contribute to our tribal community's reputation as a safe place to live, work, play, learn and visit.

We are here to help support and offer strength to victims of sexual assault.

We will strive to build trust with, listen to and advocate for victims.

We will encourage collaboration and communication amongst agencies working together to assist in navigating an individualized path to justice and healing.



# Nutrition & Diabetes

## MARCH 2024 NEWSLETTER

### KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

#### In this issue:

- Nutrition Month
- Eating Tips
- Did You Know
- Food & Anxiety



#### National Nutrition Month

Healthy eating is about getting back to basics and decreasing processed/convenient foods.

What's changed in our food supply over the years? Use of antibiotics and hormones in animal products, artificial flavorings, color dyes and high fructose corn syrup to name a few.

#### Healthy Eating Tips:

- Eat seafood twice a week, local if possible
- Slow down at mealtime. Take 20 minutes to enjoy the taste and textures of the meal
- Eat as a family, set regular mealtimes. Turn off devices.
- Get kids involved in meal preparation. Great way to introduce new foods. Kids will usually try something new if they help to cook it.
- Get to know your labels. If there is a word you don't know, good chance it is a chemical. The least ingredients on the label, the healthier it could be.
- Watch portion sizes. Portion size has increased greatly over the years. Protein— size of your palm, starch— fist size and rest of plate: vegies.

#### 6 Foods to help Reduce Anxiety and Depression

The following foods contain compounds that can lower stress and inflammation, support gut and brain health.

1. Fatty Fish./walnuts/chia seeds. Loaded with Omega 3 oils.
2. Fermented Foods. Yogurt, Kefir, sauerkraut.
3. Leafy Greens. Spinach, kale and chard. Easy to plant.
4. Berries. All kinds.
5. Oysters. Loaded with zinc.
6. Dark Chocolate.



#### Did you Know?

There are great healthy and kid friendly recipes at this website:

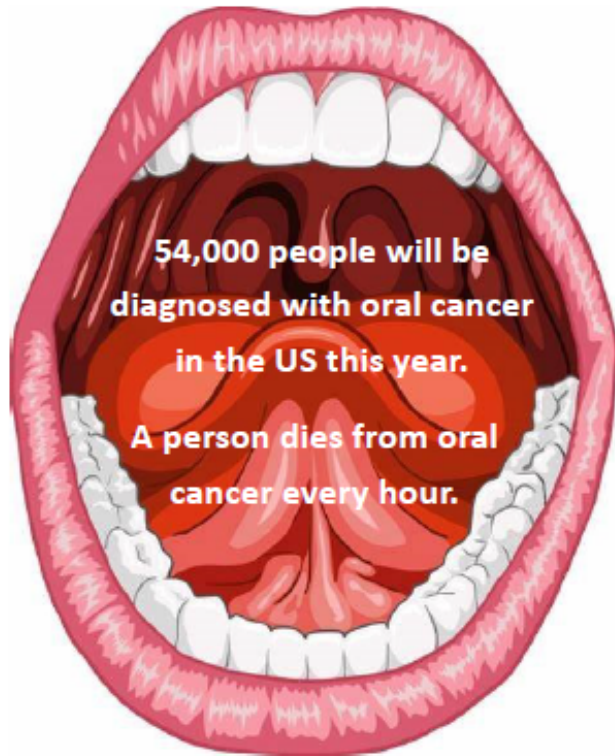
[www.foodhero.org](http://www.foodhero.org)

Please call me if you have any nutrition issues for your family that you would like assistance with from me. No charge for tribal member's and their family. 360-912-1500





## APRIL IS ORAL CANCER AWARENESS MONTH



### Detection and Prevention

Regular oral cancer screenings during dental check-ups may aid in detecting oral cancers in their early stages.

HPV is the leading cause of oropharyngeal cancers. \*Get vaccinated against HPV, and limit the number of sexual partners.

**Limit sun exposure.** Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips.



**Limit tobacco and alcohol use.** Tobacco use has been proven to increase the risk of oral cancer, and people who use **both** alcohol and tobacco are at an especially high risk of contracting the disease.

Scientists now believe that these substances synergistically interact, increasing each other's harmful effects.

### Signs To Look Out For:

- An ulcer or sore that does not heal within 2-3 weeks
- A red, white, or black discoloration on the soft tissues in the mouth
- Difficult or painful swallowing. A sensation that things are sticking in the throat when swallowing
- A swollen but painless tonsil. When looking in the mouth, tonsils on both sides should be symmetrical in size
- A persistent sore throat or hoarse voice
- A painless, hard lump felt on the outside of the neck, which has been there for at least two weeks.
- A numb feeling in the mouth or lips
- Constant coughing
- An ear ache on one side which persists for more than a few days



# Dental Clinic

## 2024 Orthodontics Program is Open!

### Space is limited!

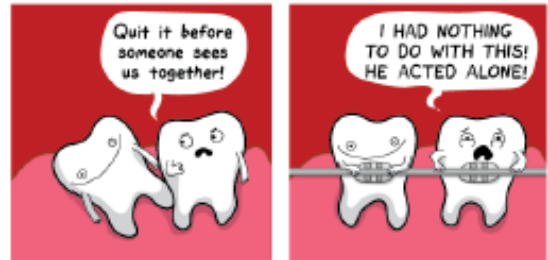
The program is limited to 10-15 tribal members

### Start Saving!

The tribe generously pays for a large portion of treatment, but for many cases even this doesn't cover the entire cost. It's a good idea to save \$1,000— \$2,000 to cover potential remaining costs.



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### Requirements for consideration

- Enrolled Lower Elwha Tribal Member
- Living in Clallam County
- Treatment Complete (No fillings, sealants, etc. needed)
- Had at least two current hygiene appointments (staying on schedule for the healthiest gums and education is important for successful orthodontics)



**Call now to schedule your screening appointment! (360) 452-6252 x2**



## *April Showers Bring May Flowers!*

Ensure you don't miss your dental appointment because, in addition to caring for your smile, you'll receive a special raffle ticket! This ticket enters you into our exclusive drawing to win an exquisite gardening basket **prize**.

It's our way of showing appreciation for your commitment to dental health while adding a touch of excitement to your visit. Don't just brighten your smile – brighten your garden too! The drawing will take place **April 29**.



# Heritage Center

Thank you to our special guest Toga Hertzog, and everyone who attended our apple strudel cooking class! It was a blast, and we hope to do this again soon. If you missed us last time, keep an eye out for sign-ups coming in the next few weeks!







## The Heritage Center Presents:



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



### **Elderberry Syrup Workshop**

Tuesday, April 16th, 9am - 4pm

Come join us in learning how to make Elderberry Syrup with Aleilah Lawson. This hearty syrup is known to have considerable benefits! It is rich in vitamin C and high in antioxidants and nutrients. It may improve cough and cold symptoms, while simultaneously being good for heart health!

### **Culture Crafting Day**

Sunday, April 28th, 10am - 2pm

Come hang out and work on cultural crafts, led by Harmony Arakawa



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

Wednesday, April 19th, 8am - 4:30pm

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

### **Summer Youth Coming SOON!**

We are gearing up for Summer Youth! Now is a great time to start the conversation with your 14 - 18 year old. 120 paid hours are available this June through August. Stay tuned for more information.



## Library

### It's National Poetry Month!

You are invited to join the Library in celebrating the incredible art form which is poetry this National Poetry Month! We are featuring works from Native American poets like Joy Harjo, Gloria Bird, Gerald Robert Vizenor, Sasha taq̓šəblu LaPointe, and Rena Priest, just to name a few. Here are a few of our other favorite books of poetry:

- *I Sing the Salmon Home: Poems from Washington State*, edited by Rena Priest, former Washington State Poet Laureate
- *Living Nations, Living Words : An Anthology of First Peoples Poetry*, edited by Joy Harjo, former US Poet Laureate
- *Rose Quartz: Poems* by Sasha taq̓šəblu LaPointe
- *Patriarchy Blues* by Rena Priest
- *Favored Crow: New and Collected Haiku*, by Gerald Robert Vizenor



### 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 this link <https://us06web.zoom.us/j/83804165861?pwd=VPd9hYIjbEbI2FtQdY2sSEUpDOEZ5F.1> 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.

- Apr. 3: Research and Information Literacy (NSDL)
- Apr. 10: Introduction to MS Excel (NSDL)
- Apr. 17: Internet Safety for Parents
- Apr. 24: Career Search Skills & Resume Workshop (NSDL)

### Do You Have Feedback for the Library?

If you have any feedback for us, including others services and classes you'd like to see offered by the Library, books you'd like to see added to the collection, or any other thoughts you'd like to share, we'd love to hear from you. Please reach out to Jason M at [Jason.morris@elwha.org](mailto:Jason.morris@elwha.org) or 360-452-8471 ext. 7431 with any questions or comments!



Recreation

# April 2024

## Recreation Gym Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> Gym Hours May Vary  Kickball Youth vs LEKT Programs 10am Bowling Trip K-6 12pm-2pm M5/H5 4pm-6pm	<b>2</b> Gym Hours May Vary  Defy Silverdale 3 <sup>rd</sup> -6 <sup>th</sup> TBD 3on3 Basketball 4pm	<b>3</b> Gym Hours May Vary  Youth Basketball Camp 9am Feiro Science Trip 10am-12pm Welly's & Arcade 12pm-2pm	<b>4</b> Gym Hours May Vary  Klallam Krushers Family Softball Tournament 12pm	<b>5</b> Gym Hours May Vary  Family Dance Masquerade Ball 7pm-10pm	<b>6</b> Gym Hours May Vary	
<b>7</b>	<b>8</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>9</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Night Gym Use 5-7pm Women's Open Gym Basketball 630pm	<b>10</b> 8am-830pm Elders Movement 11am (ONLY) ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>11</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Open Gym Basketball 630pm	<b>12</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm- 430pm Youth Night 6pm- 830pm	<b>13</b> 10am-6pm Indoor Soccer 11am Paper Plane Contest 3pm Open Gym Basketball 430pm	
<b>14</b>	<b>15</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>16</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Night Gym Use 5-7pm Women's Open Gym Basketball 630pm	<b>17</b> 8am-830pm Elders Movement 11am (ONLY) ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>18</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Open Gym Basketball 630pm	<b>19</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm- 430pm Movie Night TBD 6pm- 830pm	<b>20</b> 10am-6pm Stretching & Mobility 11am Crafting 3pm Open Gym Basketball 430pm	
<b>21</b>	<b>22</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>23</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Night Gym Use 5-7pm Women's Open Gym Basketball 630pm	<b>24</b> 8am-830pm Elders Movement 11am (ONLY) ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>25</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Open Gym Basketball 630pm	<b>26</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm- 430pm 4 On The Floor Basketball Tourney 6pm-830pm	<b>27</b> 10am-6pm Basketball 101 11am Large Games/Switch 3pm Open Gym Basketball 430pm	
<b>28</b>	<b>29</b> 8am-830pm Elders Movement 10am & 11am ASP Activities 230pm-430pm Open Gym Basketball 630pm	<b>30</b> 8am-830pm Personal Training 10am & 11am ASP Activities 230pm-430pm Women's Night Gym Use 5-7pm Women's Open Gym Basketball 630pm					



## Recreation

# Family Fun Center Mario Kart Trip

Every Friday in February, and March, Elwha Youth had a chance to compete for a spot to attend a Family Fun Center Trip. After each race points were tallied and the week before the trip, contestants were informed if they made it or not. Not all participants qualified and we encouraged them to continue showing up and taking part. This event was created to get more youth in the gym for activities and rewarded those that showed up.

Big THANK YOU to Mariah Francis for making the shirts and those that attended as chaperones.

Front Row—Cheyenne

2nd Row L-R—Mariah, Karleigh, Vanna, Jared, Jarison & Mo

3rd Row L-R - Skylar, Tiadosa, Zayne & Also Jason

4th Row L-R— Darius, Zaedyn, Zyriah & Justine





# Language & Culture Calendar

## čənmá?əx<sup>w</sup>

### Time for horsetail- April 2024

nəmə sk <sup>w</sup> áči Holy day- sunday	sčí?ək <sup>w</sup> áči The day before yesterday- monday	ceənánát Second day- tuesday	čxwáči Third day-wednesday	nəstnát Fourth day- thursday	čqčšnát Fifth day- friday	SAT
21 10-2pm Gift making @ Culture Building	22 10am-1pm Arts & Crafts in Elders Lounge	23 5-8pm DRUM GROUP @Dining Hall	24 1pm-8pm Gift making @ Gathering Place	25 10am-4pm Plant Harvest & Process @ Culture Building	26 10am-4pm Plant Harvest & Process @ Culture Building	27 Klallam Language Program
28 10-2pm Gift making @ Heritage Center	29 10am-1pm Arts & Crafts in Elders Lounge	30 12-8 Gift Making @Culture Building				
7 10am-1pm Arts & Crafts in Elders Lounge	8 10am-1pm Arts & Crafts in Elders Lounge	9 12-8 pm Gift Making @ Culture Building	10 1pm-8pm Gift making @ Gathering Place	11 10am-4pm Plant Harvest & Process @ Culture Building	12 10am-4pm Plant Harvest & Process @ Culture Building	13
14 10am-1pm Arts & Crafts in Elders Lounge	15 10am-1pm Arts & Crafts in Elders Lounge	16 12-8pm Gift Making @ Culture Building	17 1pm-8pm Gift making @ Gathering Place	18 10am-4pm Plant Harvest & Process @ Culture Building	19 10am-4pm Plant Harvest & Process @ Culture Building	20
1 10am-1pm Arts & Crafts in Elders Lounge	2 12-8 pm Gift Making @ Culture Building	3 9 am Canoe Blessing 1pm-8pm Gift making @ Gathering Place 5-8pm DRUM GROUP @Dining Hall	4 10am-4pm Plant Harvest & Process @ Culture Building	5 10am-4pm Plant Harvest & Process @ Culture Building	6 10am-4pm Plant Harvest & Process @ Culture Building	





Special Edition

# Middle School Program News

## KLALLAM LANGUAGE DEPARTMENT

### LEADERSHIP OPPORTUNITY!

Our Middle School Program will be partnering with the newly-formed Tribal Youth Program for a Youth Wellness & Healing Conference during Spring Break, April 1-5, 2024. Watch camp crier and social media for updates!



### About the Conference

For transparency purposes, the conference will be structured as a means for healing from the COVID-19 pandemic. The Planning Department and Klallam Language Department worked on the TYP grant proposal last year. The conference is the kick-off event for TYP. We're excited for this opportunity for our Elwha youth!





Community News

**Klallam Krushers**  
**-Planning-**  
**12u Baseball**  
**18u Softball**  
**18u Coed Slow Pitch**  
**We NEED Coaches!**

Call 360-452-8471 EXT 7440  
 Message 360-912-4989  
 Email jason.wheeler@elwha.org

**Practices**

2:30pm-4:30pm After School & Weekends

**Community Game**

Weekday Evenings and Weekends

Scrimmage Games w/Surrounding Tribes

**Camps & Clinics**

Spring/Summer 2024 – Day & Times TBD



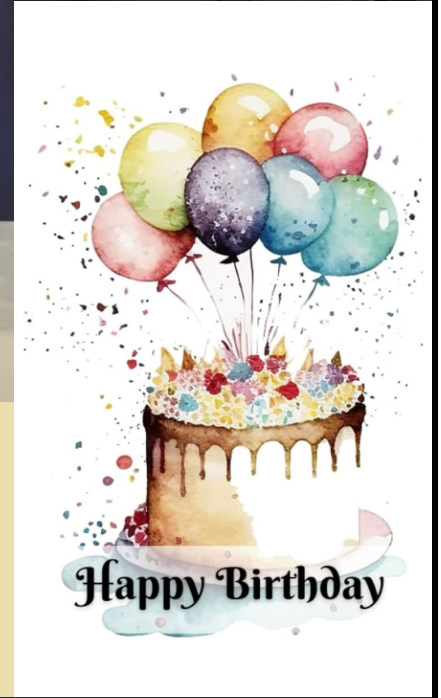
**Happy Birthday Teva!!!**

Happy "1st"  
 Birthday  
 Kailani Myla'Rose  
 Williams



**Happy 11<sup>th</sup> birthday James—April 28<sup>th</sup>**

**Happy belated birthday to Toogz for his 18<sup>th</sup> bday on 3/20 and Audrey for her 17<sup>th</sup> bday on march 23<sup>rd</sup>**



I would like a Happy Birthday wish put out for my brother Alan D. Charles, The late Viola Cagey, My granddaughter Nevaeh Korsmo, My daughter Vanessa Goldsbury and my nephew in Lummi Josiah James. Have an awesome day. I love you all!



LEPD

## **Meet LEPD's Community Resource Officer**

Hello everyone!

For those who don't know me, my name is Alex Hamrick. I grew up in Port Angeles. I have been committed to the Lower Elwha Police Department and the Elwha community for almost 5 years.

I am a veteran, serving 6 years in the Army with a combat tour to Afghanistan.

I have previously worked for 5 years at the Washington Department of Corrections and I am a member of their Emergency Response Team.

I recently volunteered to be the LEKT Community Resource Officer for the department. I really enjoy being part of the Lower Elwha community, going to events, volunteering, and interacting with people. For me, community means family, friends, your school, your neighborhood, and where you feel safe.

Just some of the things the department and myself would like to accomplish are:

- Organize a neighborhood watch

- Have a bike rodeo around summer time

- Community BBQ's

- Drug awareness events for youth

- More involvement with House of Learning/ area schools

- Coffee with a Cop/Social events

These are just some of the things we would like to do. I also want to know more of what the community would like to see.

I would like to thank everyone who took the time to come to the LEPD's Community Questions event on February 28<sup>th</sup>. We also would like to do more events like that. We cannot get better as a department unless we know what concerns the community has. From talking to people not just in our community but in general one of the biggest complaints about policing is lack of transparency. I just want to let everyone know who came to the event on the 28<sup>th</sup> that any concerns that were brought up were documented and will be addressed accordingly.

If anyone wants to reach out to me for ideas or concerns please do so. For example more lighting on certain streets and neighborhoods has been brought up. My email is [alex.hamrick@elwha.org](mailto:alex.hamrick@elwha.org) and my desk number is 360-452-6759 EXT 2945.

Again I look forward to seeing and hearing from everyone. Thank you all for letting me be part of this amazing community.

Alex Hamrick







# LEPD

<b>2024 Service Record</b>		<b>Feb</b>		
911 Hang-Up		3	Misc. Info/False Reporting	1
Alarm/Alarm Check		3	Other Agency Assist	37
Animal Calls		1	Patrol Request	71
Boating Activity/Hunting		2	Prisoner Transport	3
Business Check		121	Report of Open Door/Window	10
Citizen Assist		8	Stone Garden	20
Citizen Contact/paperwork /service		5	Suspicious Person/Vehicle	5
Community Oriented Policing		47	Traffic Stops/Control/Emphasis/Hazard	30
Disturbance		1	Trespass	3
Follow Up		5	Violation of Court Order	1
Found/Recovered/Lost Property		1	Vehicle Accidents	1
Harrassment		1	Weapons Discharge/Violation	1
Littering		1	Welfare Check	7
Malicious Mischief		1	Warrant Attempts/Arrests	2
			<b>Total</b>	<b>392</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 Cornelson, 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:

- 4/1 - 4/5 Spring Break
- 4/1 - 4/5 TYP Conference
- 4/2 First Time Home Buyer's Workshop
- 4/3 Teal Ribbon Tying Ceremony & Resource Fair
- 4/3 Research and Information Literacy Class
- 4/3 Drum Group
- 4/4 Klallam Krushers Family Softball Tournament
- 4/5 Family Dance Masquerade Ball
- 4/10 Intro to MS Excel Class
- 4/16 Elderberry Syrup Workshop
- 4/17 Internet Safety For Parents Class
- 4/19 Flagger's Certification
- 4/23 Drum Group
- 4/24 Career Search Skills & Resume Workshop
- 4/28 Culture Crafts @ Heritage Center



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

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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