



November 2024

Elwha News

čéłxʷaʔ syácam



BRUNCH WITH SANTA



Sunday, December 15th, 2024

10:00AM-1:00PM

LEKT GYMNASIUM



Volunteer Here!



Pictures 

- Wear your pajamas if you wish!
- Volunteers needed!
- You must register
- Thank you!



Register Here!



December 2024

Dear Lower Elwha Tribal Community,

Thanksgiving is over and I hope you had a good holiday. Council did our best to make sure everybody had a stipend and some food for the holiday. Christmas is almost upon us. Once again council will be distributing stipends and food. I want to thank our staff who make sure things get done. I always say that it is Council that delegates and the staff that do all the hard work. Without them, we, the council wouldn't look good. To me that's the truth. Council and Senior Staff come up with good ideas and delegate to get it done. So... thank you staff.

The Halibut Tribes had a meeting with one of the International Pacific Halibut Commissioners. He had bad news to let us know about. The last few years Halibut Area 2A, which is the Halibut tribes, Washington State, Oregon and Northern California have been blessed with 1.65 pounds of halibut. This year however, all areas coast wide will receive a reduction in overall pounds. We don't know how much but the tribes have to come together to make sure we speak about our halibut and stand up for our share.

We finished up our chum fishery. It was a successful season. We didn't have many boats participate but the ones that did I think did well. Of course we have had intertribal disputes over chum, mostly about where we can fish. Usual & Accustomed business and salm-

on catch areas. This is nothing new as it happens almost every year. I never thought I would see us fighting over chum. Chum fishing used to be the gravy after Chinook, Coho and Sockeye fisheries. Chum were the lowly species, not worth much. We would head down to the canal for chum and have fun. Now it is our mainstay. I hope we don't see the chum stocks decline more drastically like all the other salmon, because of habitat and climate change issues. The next species to fight over is the lowly pinks.

The Fish Committee and staff have been working painstakingly to revise our Fishing Ordinance. We just passed a resolution allowing our first descendants to fish with us a deck hands. I think this is a good thing as fishers are having a hard time finding deck hands. The council has been reviewing the document and are close to finalizing and approving.

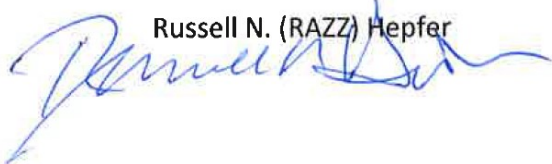
I need to mention The Department of Natural Resources Timber Sales. The Tribal Council didn't go along with the whole sale. We wanted to talk about the Alley Cat sales. These tracts were the closest to the Elwha River. I am not in the business of harvesting trees. We spent a lot of time, effort, blood, sweat and tears trying to restore the Elwha River. We are not done yet. Our scientist have told us that the sale of these tracts would not harm the river. I believe them. They are the experts. I feel that we need to take a closer look at the Alley Cat tracts. So DNR paused the sale. I am proud that we took that action. More to come on this.

Pinnipeds are taking over our salmon fishing!!!! The tribes have been working with NOAA (National Oceanic and Atmospheric Administration) to try and curtail all the seals and sea lions eating all our salmon. It is a very complicated situation. Pinnipeds are an endangered species, most of the salmon they eat are endangered also, and the salmon that Killer Whales eat are endangered also. Which one is the most important? Which one do we protect? Currently, we have to protect all of them. This issue is not something that the tribes created. The United States of America, in all of its infinite wisdom did this to our environment. Now, we tribes are working to fix it. It seems that we Indians always bear the burden of conservation!!! Things need to change and we are working on it daily.

Well. Thank you for reading my letter. I feel it's important to keep letting you know what I am up to, my meetings and how I am thinking. I always think first of our community

and our families. It is my honor to serve my community. It makes me proud that my community has backed me all these years. I will continue to do the best of my abilities to make informed decisions for you.

Sincerely,

Russell N. (RAZZ) Hepfer




My dear niece, RIP, Rachel L. Hagaman

Sexual Assault Response Team (SART)

Get free, confidential support whenever you're ready.



Lower Elwha Health Clinic
 243511 Hwy 101 West
 Port Angeles, WA 98363
 (360) 452-6252, Ext. 1
After Hours: (541) 526-9256



Whether you have experienced sexual assault yourself, or want to know more about how to help your child, a friend or someone else, we're here 24/7 with support and information to empower you to take your next steps.

SART Team Members: January Austin, ND; Lillian Easton, ARNP; Melissa Ellis, RN; and Iliana Jones

We provide support and services to youth (18 years and under) in the LEKT Tribal Community, Clallam County and surrounding Tribal Communities. SART can provide pediatric forensic exams, advocacy, support and referrals to youth and families in need of assistance.

Councilwoman Tia Skerbeck Updates

Veterans Day , Nov 11 2024

On Nov 11th we celebrated Veterans Day, a day to remember and celebrate Veterans of the past and present. There were assemblies at schools in our area, with openings from our drum group, and guest Veteran speakers. I had the honor of speaking at the Dry Creek assembly on what it means to be a veteran and shared my story as a former Dry Creek Dragon and Army Veteran.



Strong People, Strong Artists

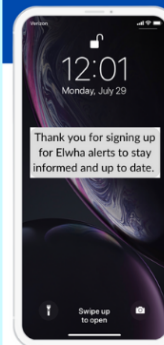
The 2024 Strong People, Strong Artists exhibit opened at the Fields Arts & Events Hall downtown Port Angeles. The opening reception included storytelling, performances, a holiday bazaar, and opening of the exhibit. The exhibit is open to the public and runs into January 2025 at 201 W. Front St.

Elwha Alerts, Sign up

Windstorms, power outages, snow, and freezing temps are right around the corner. Are you signed up for Elwha Alerts? Text the phrase "ElwhaAlerts" to the number: 78015 to sign up to receive alerts sent by the Tribe. These alerts keep you in the loop on closures, food distributions, community events, weather emergencies, and severe weather notices.

Always Be Notified

Sign up for Elwha Alerts and receive important notifications.



TRAFFIC UPDATES



EVENT REMINDERS



SEVERE WEATHER ALERTS



EMERGENCY NOTIFICATIONS



**Text: ElwhaAlerts
To: 78015**

Family Protection Code Update

At the Nov 4th, 2024 General Community Council meeting, the updated Family Protection Code was approved by Res. 149024. The updates to the code allow for the expansion and utilization of foster care resources in support of young adults who are pursuing education or trade opportunities up to the age of 21 years old.

Tribal Leaders Health Summit

LEKT was represented on a panel of health officers/public health officers at the 2024 American Indian Health Commission Tribal Leaders Health Summit. The panel discussion was aimed at helping new and current public health staff foster and maintain relationships with County and State Health Officers.



Canoe Journey Site Prep

The site clearing and leveling off of Stratton Rd. is complete, and the results of a geotechnical survey are coming soon. This survey will help us decide the best place for the future canoe journey structure and how to best make sure the land remains stable and dry during the rainy and flood season.



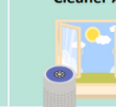

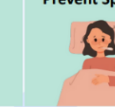
Flu & COVID season and vaccines

Now is the time to schedule your annual flu and COVID vaccines. As we move into fall and spend more time indoors, we get sicker and need protection from yearly vaccines to keep our immunity levels up. Call our healthcare provider or the Lower Elwha Health Department to schedule your 2024-2025 flu and COVID vaccines 360-452-6252

Respiratory Virus Guidance Snapshot


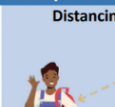
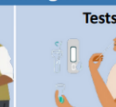
CORE STRATEGIES

Core prevention strategies


<p>Immunizations</p> 	<p>Hygiene</p> 	<p>Steps for Cleaner Air</p> 	<p>Treatment</p> 	<p>Stay Home and Prevent Spread*</p> 
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ADDITIONAL STRATEGIES

Additional prevention strategies


<p>Masks</p> 	<p>Distancing</p> 	<p>Tests</p> 
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***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better

+



You are fever-free (without meds)

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

SPOOKTACULAR HALLOWEEN CELEBRATION 2024!

We hosted a spine-tingling Halloween celebration on October 30th. The event, held in the gymnasium, was a spooktacular success, offering a variety of activities for our beautiful community.

After early release from school, kids gathered in the dining hall, where they were treated to a spooky movie screening. The Recreation Department and Mo set up pumpkin painting stations. Young artists unleashed their creativity, painting pumpkins in vibrant colors and cool designs. Mo decked out his truck and took the kids on memorable hayrides at dusk.

As more people arrived, Suz Bennett and Moe Charles greeted everyone at the sign-in table. They checked in attendees, entered them into the raffle drawings, and collected community votes for the Best Department Station.

Gifts were placed on the raffle tables for our

elders and veterans, as a special acknowledgement of their presence. Thank you Liz Bennett for always helping to set up and get those tokens distributed.

At 4:30 PM, the inaugural Chili Cook-Off Contest took place, adding an extra layer of excitement to the event. Talented

chili chefs from the community displayed their culinary skills, competing for the coveted title of Chili Champion. Brad Holloway emerged victorious, claiming the first-place ribbon, a \$100 gift certificate to Lower Elwha Food and Fuel, and bragging rights for the year.

To fuel the festivities, a mouthwatering feast

was served, featuring delicious chili, and fry bread. Many thanks to Brandy, Gina, and Pebs for their hard work in the kitchen, ensuring that everyone had a hearty and satisfying meal. Their culinary skills made the event even more special, and the food was a huge hit with everyone. Brandy also contributed many cakes to the cake walk in addition to the ones the community brought in for our families.

The Recreation and Education Departments- truly outdid themselves with gym set up for the evening. Everyone loved their Cone Dodgeball game. They wore costumes inspired by the movie Dodge Ball. They created a challenging and engaging activity.

The House of Learning -dressed up as ducks and created a fun "Pick a Ducky" station. Kids could pick a ducky to determine the amount of their trick-or-treat haul, adding an element of

surprise and excitement to the evening.

The Natural Resources Department- engaged the kids with a fun guessing game involving animal scat. They also handed

out pumpkin carving templates, inspiring creativity and a love for nature. Kenzi and Kim added

to the festive spirit with their creative costumes, dressing up as a crab and scotch broom.

The Social Services Department- truly outdid themselves with their Harry Potter-themed game. They arrived early to construct an elaborate and magical theatre like set that captured the imagination of the kids. Using a slingshot,



kids aimed at rings, earning prizes for their accuracy. The department members dressed up as iconic Harry Potter characters, adding to the immersive experience. Adults also had a chance to win Starbucks gift cards through a raffle.

KCS staff-added to the festivities by engaging with the community with a witch hat ring toss game. They handed out candy to trick-or-treaters and promoted healthy living by giving away "For Your Life" red beanies.

LEKT Housing- brought the adorable factor with their minion costumes. The kids loved the "Feed the Monster" activity, a fun and interactive game that added to the overall excitement of the event.

The Lower Elwha Health Department-dressed in magical and spooky attire and hosted a brain game station and sensory cauldron for the kids.

The Lower Elwha Dental Department- engaged everyone with dental education materials, toothbrushes, and floss, promoting good oral health and encouraging them to brush away the sugar.

The Finance Department- dressed as beautiful fairies and hosted a competitive ring toss game, adding to the festive atmosphere and encouraging family participation.

The Lower Elwha Police Department- was present in uniform at their station, handing out candy to trick-or-treaters. A special shout out to Glenn Roggenbuck for purchasing the Halloween trick-or-treat bags that were available for use, adding to the festive spirit.

The Culture Department- took us back with their Jurassic-themed station. They brought the prehistoric world to life as they roamed the Earth in their dinosaur costumes. The kids were thrilled to play Pachinko, launching coins from a vertical machine in hopes of earning a pocket prize.

The LEKT Administration team came for the pun! They wore awesome ceiling fan costumes, complete with LED hats. They hosted a Plinko game, offering a chance to win mini cauldrons full of tricks and a variety of candy

options.

Last but certainly not least, our **Planning Department** took home their metals for best department costume. They were method actors in their blind mice characters. They played Pumpkin bean bad toss game at their table for a chance to win candy.

A special thank you to Melaine Wheeler for her incredible organizational skills in planning the criteria, and prize table. Her work helped make the event a success.

Once again, the Social Services Department reigned supreme, and was voted best station by the community for the third year in row! Due to their hard work and team mindset, it does not look like that award or the gift card prize is going anywhere. Or is it? Will anyone dethrone them next year? Are they going for year 4?

Many thanks go out to the dedicated planning team, the community volunteers who helped set up and break down the event, and all the departments that contributed their time and energy to make this Halloween celebration a success. Each station was filled with fun activities for the kids, creating a spooktacular experience for everyone.

A special thanks to the judges who had the challenging task of selecting winners for the costume, thriller dance, and chili contests. Your thoughtful decisions helped recognize the hard work and creativity of the participants. All the contestants looked amazing, and the Thriller dance performances were truly impressive!

Thank you to the LEKT Business Council, LEKT Administration, Elwha River Casino, LE Food and Fuel for contributions, and Thank you to our beautiful community for coming out. We had a record 379 attendees this year!

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HIGH SCHOOL . . . AND BEYOND!



Thursday 5pm - 7pm

DECEMBER 5TH

- Scholarship Notebooks
- High School and Beyond Plans
- Christmas Cookies



This is a workshop – please bring your laptops, Chromebooks or use our computer lab.

Open to All Schools and Homeschool Students

Location

Elwha Klallam Heritage Center
401 E First St
Port Angeles, WA 98362
(360) 417 - 8545



December 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Gym Re-served	2 8am-830pm 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Basketball	3 8am-830pm 12pm Chair Volleyball 230pm ASP 5pm Pitching 630pm Women's Night	4 6am-830pm 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Volleyball	5 Gym Closed Bazaar Setup	6 Gym Closed Holiday Bazaar	7 Gym Closed Holiday Bazaar
8	9 10am-830pm 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Basketball	10 8am-830pm 12pm Chair Volleyball 230pm ASP 5pm Pitching 630pm Women's Night	11 6am-830pm 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Volleyball	12 Gym Closed	13 8am-830pm 10am & 11am Elders Movement 12pm Pickleball 230pm ASP 5pm Fun Friday Event	14 10am-6pm
15 Luncheon w/Santa	16 8am-830pm 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Basketball	17 8am-830pm 12pm Chair Volleyball 230pm ASP 5pm Pitching 630pm Women's Night	18 6am-830pm 10am & 11am Elders Movement 12pm Lunchtime Fitness 230pm ASP 5pm Youth Basketball 630pm Adult Volleyball	19 8am-830pm 815am AM Fitness 12pm Noon Basketball 230pm ASP 5pm Pitching 5pm Youth Dr Dish 630pm Adult Coed Basketball	20 8am-830pm 10am & 11am Elders Movement 12pm Pickleball 230pm ASP Ugly Sweater Family Dance	21 10am-6pm
22	23 Gym Hours TBD Holly Jolly Jam Basketball Tournament	24	25	26	27	28
29	30	31				

LEKT Christmas

PICK UP DETAILS

2024

Must have a signed note to pick up for someone else.

\$200 check	<ul style="list-style-type: none"> Local Enrolled 18+ LEKT Members with zero minor children. Enrolled LEKT 18+ members who live out of the LEKT service area. Out of area checks will be mailed by 12/16/24.
\$400 check	<ul style="list-style-type: none"> Local enrolled 18+ LEKT members with families of 4 or less, with primary custody of at least one child under the age of 18.
\$600 check	<ul style="list-style-type: none"> Local enrolled 18+ LEKT members with families of 5 or more, with primary custody of three or more children under the age of 18. <i>(1 parent w/4 kids, or 2 caregivers w/3+ kids)</i>
\$100 gift card	<ul style="list-style-type: none"> Local non-LEKT enrolled 18+ caregivers with primary custody of one or more LEKT enrolled children under the age of 18. <i>(These caregivers will be contacted by LEKT Social Services to coordinate disbursal.)</i>



Holiday Food Box

For LEKT community members including Gov't, ERC & EEI staff
(Turkey or Ham, Produce, Dairy)

Check Pick-Up at LEKT Food Pantry

@ 22 Spokwes Dr.

Tues., Dec 17th, 12pm to 6pm

Local checks not picked up will be mailed on 12/18/24.

Local Elders 60+:

The Elders Program will reach out to you to set up delivery of food and check.

Please remember to report address or phone number changes at:

keri.ellis@elwha.org

or

Keri Ellis 360-912-2239
(text or call)



LEKT Christmas

FAMILY UNIT INFO

Must have a signed note to pick up for someone else.

There can be more than one family unit in a single residence. Some homes have multiple families residing at the same address. Please provide information about your particular family unit.

LEKT Applicant's Full Name:

Date of Birth:

Spouse's Name:

Is your spouse enrolled LEKT?:

Address:

Phone Number:

List the full name of child(ren) whom you have primary custody of, along with their age(s) as of 12/15/24:

\$100 gift card

(for non-LEKT caregivers of LEKT children)

Custodial Caregivers Name:

LEKT Enrolled Child(ren) and Age(s):

Address:

Phone Number:

Attn: Locals!

Keri NEEDS this info to calculate your check.



Turn this info in

- At the Tribal Center front desk
- Submit via email to: keri.ellis@elwha.org
- Screenshot of the entire completed form sent to 360-912-2239

Local Elders 60+:

The Elders Program will reach out to you to set up delivery of food and check.

Please remember to report address or phone number changes at:

keri.ellis@elwha.org

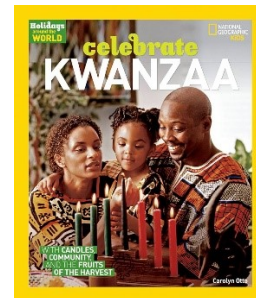
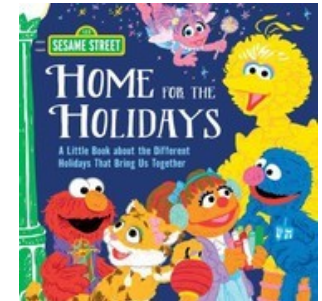
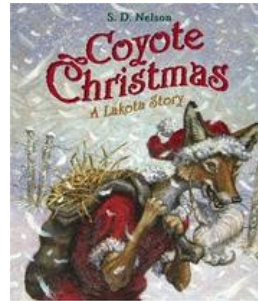
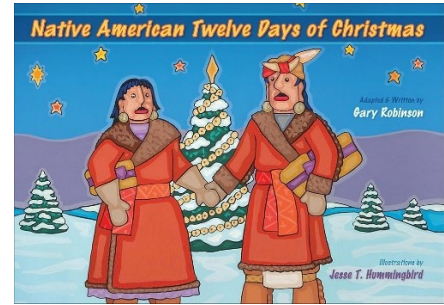
or

Keri Ellis 360-912-2239
(text or call)

Happy Holidays from the Library!

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

- *Native American 12 days of Christmas* by Gary Robinson
- *Coyote Christmas* by S. D. Nelson
- *Home for the Holidays* by Craig Manning
- *Celebrate Kwanzaa* by Carolyn Otto



Winter Reading Program Begins Dec. 21st

Kids up to 18 are invited to participate in this year's Winter Reading Program! We have lots of cool prizes, including Legos, games, toys, Fortnite V-bucks, and more. All participants need to do to be entered into the prize drawing is to read! For every 20 minutes participants read, they will earn an entry into the prize drawing, which will take place on Jan. 6th at 3pm here in the Library. Simply use the Reading Log (which you can find here in the Newsletter or come pick up in the Library) to record every 20 minutes of reading, and for every 20 minutes of reading, participants will earn one entry in the prize drawing. Additionally, for every hour of reading, participants will earn one entry into the Grand Prize drawing. Be sure to bring it with you to the prize drawing! We will draw one Grand Prize winner and three runners up, and the runners up will get to choose their prizes in the order drawn. The Grand Prize this year is a pair of Anker Soundcore Life Q30 wireless noise-canceling headphones. Winners must be present to win. The Winter Reading Program runs from Dec. 21st through Jan. 6th, and any reading done by participants during that time counts toward prize drawing entries. For any questions, call Jason M. at 360-452-8471 ext. 7431 or come into the Library.

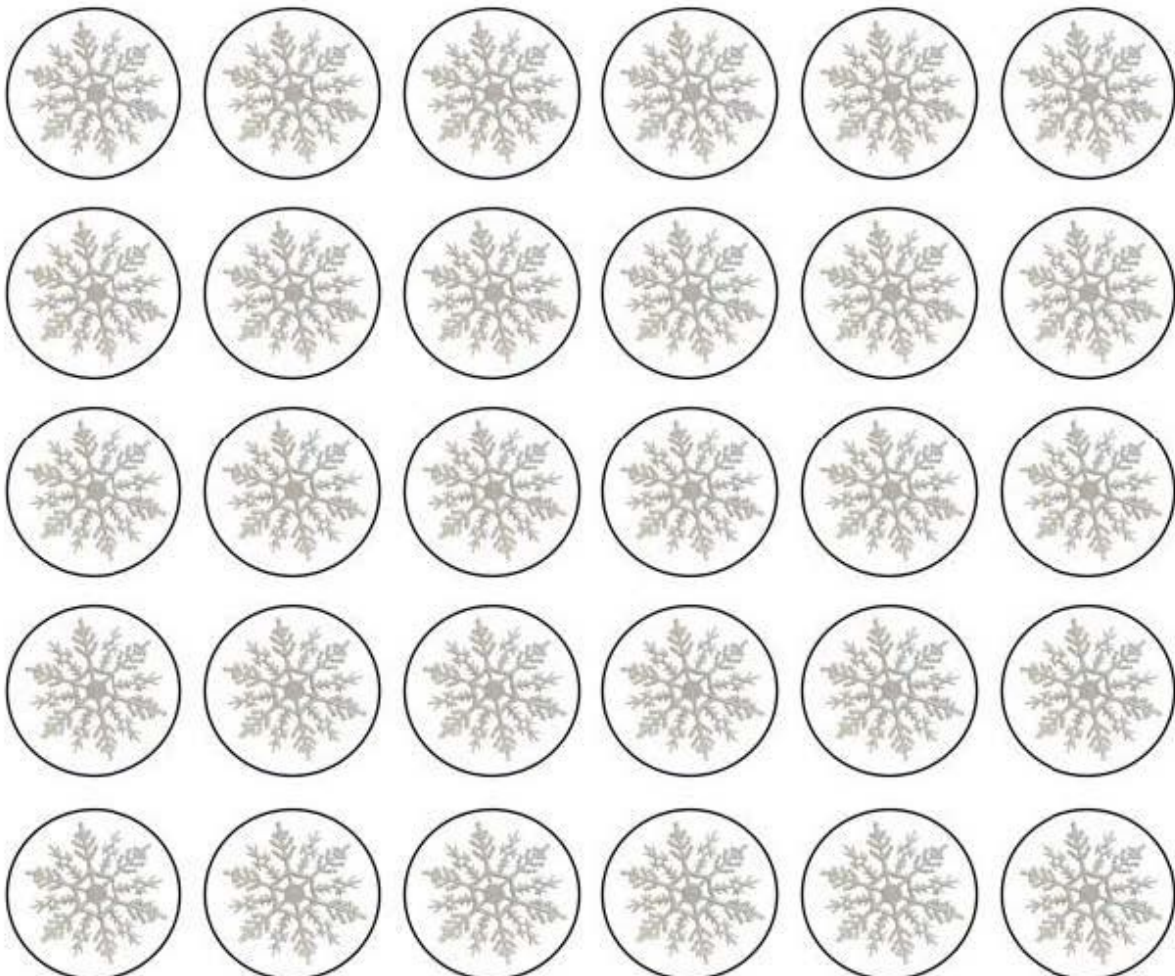
Weekly Classes for December

We are continuing our weekly class series each Wednesday at 5-6pm in the Library. This month's schedule is as follows: Dec. 4: Introduction to MS Excel with Northstar Online Learning; Dec. 11: Programming for Kids: Using Scratch to Create Your Own Video Games (all ages welcome, best for ages 9 and up); Dec. 18: Introduction to MS Excel with Northstar Online Learning; Jan. 8: Career Search Skills. Classes take place on Zoom or in person by request. Please make sure you're following the Education & Recreation channel on LEKT Camp Crier to stay updated on the latest information on class schedules and other goings-on in the Library and Education Department. The Zoom link will also be posted there.



Name _____

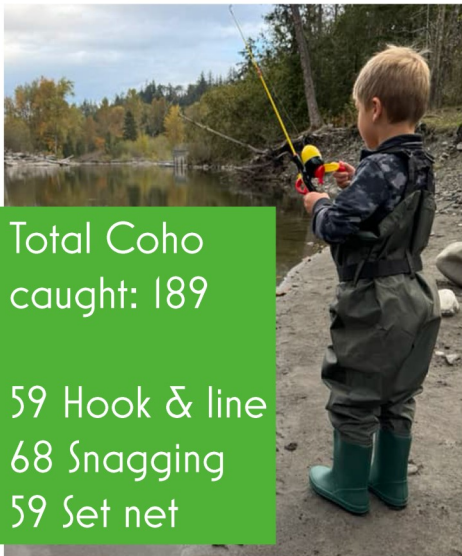
Rules: For every 20 minutes you read, fill in a snowflake. This challenge will run from December 21st through January 5th. For every snowflake you fill in, you will earn an entry in our prize drawing, which will be held January 6th at 3pm during the Afterschool Program. For every 3 snowflake you fill in, you will earn an entry into the Grand Prize drawing. The prize drawing will draw one Grand Prize winner and 3 runners up. This reading program is open to all ages up to 18. Must be present to win.





Coho Fishery Snapshot

Memorable moments & key figures from this year's Ceremonial & Subsistence harvest.



Total Coho caught: 189
 59 Hook & line
 68 Snagging
 59 Set net



57% natural origin:
 43% hatchery

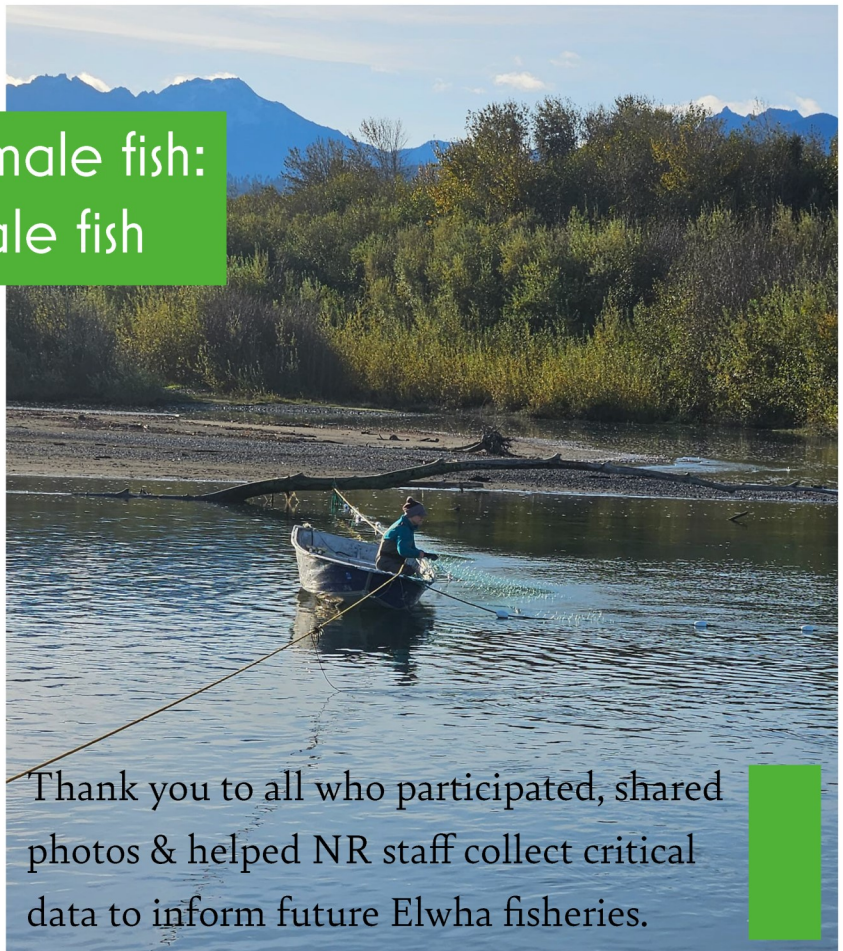


113 registered fishers





57% female fish:
43% male fish



Thank you to all who participated, shared photos & helped NR staff collect critical data to inform future Elwha fisheries.



Non-target species caught & released:
1 Chinook
45 (!) Chum



October Dry Creek Honor Roll

We want to celebrate the following students Who have 95% or more Attendance for October:

RUBEN PETERS
GENESIS PETERS
TIADOSA TOM
VANNA TOM
NICOLE YAZZIE
RAYQUAN JAMES
VIOLET AUSTIN
ELIJAH AUSTIN
FRANK BENNETT
CHRISTOPHER BENNETT
ZACHARY MCGARVIE
CHARLOTTE MCGARVIE
DASAN CHARLES-ELOFSON
REIGHLYN CHARLES-ELOFSON
KAYLEE KONOPASKI
BRAYLEY MATSON
OOSHA GOLDBURY
LILITH HENDRICKS
KATHERINE CHARLES
JAMES FRANCIS
TYLER ELOFSON- CROSS
CHLOE HOLLOWAY
FOSTER JACKSON
KARLEIGH MASON
EMMA MARQUEZ
AZALYNN LAUDERBACK
KAMIA JENNINGS
SHERRI CHARLES
PHOENIX CHARLES
JORDYN SINGLETON
ZAYNE LOK
WINTER REDNER
O'SHEA CHARLES
BRAVEN LITTLE YOUNGMAN
BRYANT SALUSKIN

October Dry Creek Awards

We want to celebrate the following students for getting awards for being Respectful, Reading, and Kindness:

RESPECTFUL AWARD:

REIGHLYN CHARLES-ELOFSON:

RESPECTFUL AWARD:

KATHERINE CHARLES

ACADEMIC AWARD FOR READING:

WINTER REDNER

KINDNESS AWARD:

KARLEIGH MASON

KINDNESS AWARD:

BRAVEN LITTLE YOUNGMAN

KINDNESS AWARD:

KAMERON TINOCO

KINDNESS AWARD:

CIARA CHARLES:

HAPPY BIRTHDAY!

12/1 Phoenix Charles
12/1 Savannah Roberts
12/2 Lydia Stephan
12/2 Shane Castillo
12/2 William Mjelde
12/3 Alexandria Charles
12/3 Caroline Granlund
12/3 Geneva Black
12/3 Marie Miller Bryant
12/4 Donna McGoff
12/4 James Muck
12/4 Meridi Bolstrom
12/5 Georgina Gilman
12/5 Maria Rapoza
12/6 Taylor Tejano
12/6 Victoria Peters
12/7 Jacob Sullivan
12/7 Jennifer Gober
12/7 Nicholas Gilman Jr
12/8 Chad Rennie
12/8 Maria Gloria
12/9 Nexcanekwen Fernandes
12/10 Jaxxon Charles-Elofson
12/10 Michael Wiechman
12/10 Rosanna Langland
12/10 Vanessa Gloria
12/11 Jessica De Vore
12/11 Tahnee Hopie
12/12 Alexis Dunn
12/12 Jaryd Stevens

12/12 Jeremy Messenger
12/12 Joseph Messenger
12/12 Joseph Bennett
12/13 Brooke Johnson
12/13 Roberta Kimberly
12/15 Brayden Charles
12/15 Frank Bennett IV
12/15 Janet Hren
12/15 Kristopher Shabel
12/16 Garnet Charles
12/16 Raven Garza
12/17 Elizabeth Bennett
12/17 Sarah Hopie
12/18 Gordon Sampson
12/19 Keri Ellis
12/19 Russell Charles
12/20 Kaidence Bright
12/20 Wade Francis
12/21 Arlene Boyd
12/21 Cecelia Charles
12/21 Joshua Needham
12/22 Joseph Boyd
12/22 Richard Sanchez Sr
12/22 Robert Charles
12/23 Andrea McLaughlin
12/23 Isaac Charles
12/24 Daniel Point
12/24 Teresa Sanders
12/25 Alison Contreras
12/25 Roy Peters

12/25 Virginia Castillo
12/26 Nancy Smith
12/26 Tracey Sanchez
12/27 Darrell Duckett
12/27 Kaiden Point
12/28 Brenda Charles
12/28 Johntay Tolliver
12/28 Rebecca Sampson-Weed
12/29 Leslie Paranteau
12/29 Mitchell Boyd
12/31 Arnulfo Antunez Jr
12/31 Jarison Moses
12/31 Kylie Mitts
12/31 Lilly Charles
12/31 Mitchell Boyd
12/31 Zayne Lok

HAPPY
Birthday



December 2024

Holiday Greetings Everyone!

The Lower Elwha Family Advocacy Program wishes you a healthy, lovely and peacefully holidays.

Due to short workdays of December, the **Soup of the Soul Support Group** will only be held December 10th from 11:00 PM to 1:00 PM at Elwha Social Services. The **Elders' Regalia Making/Elders' Learn to Sew Class** will continue for Thursdays, December 12th and 19th from 1:00 PM to 5:00 PM at Elwha Social Services.



Reality Check and Statistics:

- An average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a single year.
- 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the US have been the victim of severe physical violence by an intimate partner in their lifetime.

<https://www.thehotline.org/stakeholders/domestic-violence-statistics/>

- *It's important to note that domestic violence doesn't affect only heterosexual men and women. Across all racial and ethnic groups in the United States, about a quarter of gay men (26 percent) and more than 1 in 3 bisexual men (37 percent) have experienced rape, physical violence, or stalking by an intimate partner at some point in their lifetime.*
- *Native Gay or Two-Spirit Men may feel an additional stigma or barrier when seeking help for domestic violence. While an abuser in a LGBTQ2S relationship will use similar tactics as in a heterosexual relationship, they may also exploit their partner's identity – and the discrimination they may face surrounding their identity – to hurt them.*

<https://strongheartshelpline.org/abuse/breaking-the-silence-on-violence-against-native-american-men>

Facts why victim cannot easily leave an abusive relationship:

- **Love:** the victim has love for their abusive partner
- **Family:** wanting to maintain harmony within the family
- **Community:** escaping the abuse can mean leaving their tribal community or concerns over what community members will think if they found out about the abuse
- **Low Self-Esteem:** makes excuses for abuser's behavior, blames self for the abuse, or feels hopeless
- **Denial/Shame:** doesn't want to admit or is embarrassed that they're in an abusive relationship

- **Lack of finances or resources:** leaving an abusive partner may mean leaving behind financial resources and many basic human needs

<https://strongheartshelpline.org/abuse/domestic-and-dating-violence-myths>

In the event that you need LEFA services, please feel free to contact us. Available 24/7

Additional 24/7 resources in the event that LEFA staff missed your call:

Healthy Families: 360-452-HELP/4357

National Domestic Violence Hotline: 1-800-799-SAFE/7233

StrongHearts Native Helpline: 1-844-7NATIVE (762-8483)
Emergency: 911

Happy Holidays! Merry Christmas and Prosperous New Year!

The LEFA

Grateful to our grant funder:

“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.” OVW

LOWER ELWHA FAMILY ADVOCACY PROGRAM

We help Tribal and Community Members with:

<ul style="list-style-type: none"> • Advocacy - Domestic & Dating Violence, Sexual Assault, Stalking, and Sex Trafficking. • Support with Protection Orders • Address Confidentiality Program 	<ul style="list-style-type: none"> • Resources & Referrals • Case Management Assistance • Prevention & Awareness • Crisis Intervention Support • Support Groups
--	--

Contact Information
Beatriz Arakawa, Program Manager
3080 Lower Elwha Road
Port Angeles, WA 98363
Office: 360-565-7257, Ext. 7453
Cell: 360-460-1745
Emergency: 360-775-9346



YOU ARE NOT ALONE!

Mission: Victim's/Survivor's Safety and Autonomy through Advocacy and Awareness

December 1, 2024

Dear Community Members,
This letter serves as a reminder of services provided by the 1910 Lower Elwha Shaker Church.

Our 1910 Shaker Church assists with the following:

- Funerals
- Baptisms
- Weddings
- Hospital/Home Visits for Prayer
- Home Shakes/Blessings
- Blessing of Buildings and More Opening Prayers for Gatherings

For any requests for *Shaker work*, **contact our Church Officers.**

- **Minister:** Jonathan Arakawa – (360) 565-6957

• **Traveling Missionary:** Margaret (Sarge) Sawyer

Secretary/Treasurer & 1st Elder: Johanna Bowechop

Our prayers are with our community. God bless you. Masi.

Respectfully,

Jonathan J. Arakawa, Minister

Margaret (Sarge) Sawyer, Traveling Missionary

Johanna F. Bowechop, Secretary/Treasurer & 1st Elder





December 2-6, 2024 is Older Driver Safety Awareness Week. For older adults (65 and older) mobility and independence are essential to staying engaged and active. However, age-related changes may undermine an individual's driving ability and increase their likelihood of being seriously injured or killed in a vehicle crash. Talking with an older person about their driving is often difficult. Most of us delay that talk until the person's driving has become what we believe to be dangerous. At that point, conversations can be tense and awkward for everyone involved. But there are things you can say and do to make those conversations more productive and less tense.

Begin talking about safe driving in general long before difficulties are noticed. Encourage older adults, family members, and caregivers to be proactive about discussing safe mobility and building a transportation plan. Here are some general talking points to get the conversation going:

- Motor vehicle crashes are more harmful for older adults because older adults are more likely to have declining functional abilities and frailty which can affect safe driving and recovery time from injuries.
- Changes in vision, physical fitness, and reflexes may cause safety concerns. By accu-

rately assessing age-related changes, drivers can adjust their driving habits to remain safe on the road.

- Driving at night may become challenging as one ages.
- Plan their schedule so they are home before the sun goes down, which is much earlier in the winter, so plan accordingly.
- If out in the dark, be sure headlights are on, slow down and keep an eye out for all road users.
- Consider taking Elwha Transit when traveling on the reservation and surrounding area (Tribal Center, Food & Fuel, Cedar Box, Food Bank etc.)

Ultimately, it is a person's driving performance, not age that should determine fitness to drive. For additional information and talking points, visit <https://www.nhtsa.gov/road-safety/older-drivers>. Let's be safe out there!



November 2024 Newsletter

Klallam Strong: Nutrition & Diabetes Newsletter

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

In this issue:

- * Blood sugar control
- * Glucose testing
- * Did you know?
- * Foods to avoid



Blood Sugar And Your A1C

Knowing what your blood sugar is, tells **YOU** how your pancreas and the diabetes meds are working. Testing allows you to:

- Look for patterns
- How did that food affect you?

4 Foods that can cut years off of your life!

- ◇ **Charred Meat.** Grilled or well done meats increase the risk of colon, stomach and pancreatic cancer.
- ◇ **Processed Meats.** Cold cuts, pepperoni, ham, bacon and sausage may increase your risk of colorectal cancer.
- ◇ **Foods with added sugar.** White carbs like flour and rice have fiber removed that are heart protective.
- ◇ **High salt, fast foods and packaged foods.** Their convenience leads to hypertension and heart issues.

Did you Know?

Colon cancer rates increased 15% in adults <50. Some reasons are obesity, high calorie processed foods and less healthy foods.

Don't just test in the morning, that only tells you what happened overnight. You should also be testing on a rotating basis before a meal and 2 hours after with a goal of 100-140. If your morning numbers are good, but your A1C is >8, test after a meal, this could be where your problem is.

Factors that affect your blood sugar:

- Lack of sleep
- Stress & illness
- Drinking caffeine on an empty stomach
- Rebound hypoglycemia while you were sleeping

If you would like a nutrition session, please call me @ 360-912-1500. Free for all tribal members.





LOWER ELWHA DENTAL CLINIC

The holiday season is here and we want to wish all our patients a happy holiday season. No matter what you celebrate at this time of year, we want you to be safe, happy and healthy: here are some holiday dental tips to help you (and your teeth) stay healthy through the season.

* Hard candy is tasty and readily available during the holidays from candy canes to peppermints. Be sure to brush thoroughly after eating candy of any kind. Try not to bite, as it may crack or chip your tooth.

* Holiday parties almost always have soda: this sugary substance is never good for your teeth. Try fizzy water rather than soda. Soda and fizzy water are best with meals so the acid exposure is limited.

* Turkey is the holiday food that's great for your chompers. It's a source of phosphorus and protein: both of which can help your body fight tooth decay and keep your teeth strong and healthy.

* Skip the trays of Christmas cookies and snackies: instead fill your plate with veggies. Broccoli and carrots are great treats for your teeth because they're loaded with Vitamin A which strengthens your enamel.

* Choose cheese to snack on, the pH balancing effects help neutralize the acid and the calcium is great for your tooth health.

* Stock your stockings well this Christmas, consider giving them a cool new toothbrush as part of their holiday loot.



- BACTERIA
- BRACES
- CANINE
- CAVITY
- CHECKUP
- DENTIST
- DENTURES
- ENAMEL
- FLOSS
- GARGLE
- GUMS
- HYGIENIST
- JAW
- MOLAR
- MOUTHWASH
- OPEN WIDE
- PLAQUE
- ROOT
- SUGAR
- TEETH
- TOOTH FAIRY

I ♥ My Teeth

Directions: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

```

M I F X G S S W A O N L Q U E D S M A
Z T E G S O R J C E X A E O O K S E H
J E U C A N I N E C O A M M X V O Z G
T M D E N T I S T H Z U G D A O L M N
S R A G U S P M D E W K K C G N F W B
H L A O V L U E V C I E D I W N E P O
Y V P X A R W P T K A I S T M O U X T
G B D Q W Z T T K U Q I N V S A E D E
I I U X Z Y F O F P N Q R N E O P W T
E E G L T U F O O H I S X E T W I U O
N Q O X Q G Z T D T S E R U T N E D G
I B X S O O K H M N H A U C M C V L T
S R Q J R V H P T V C B W K X E A G Q
T A U B U T G A S Q G M R H E W T B A
S C D X E A S S F O R P O U T E E L N
X E T E R Z T T X O Z G D L S U J A W
R S T G G E U E O D Q O U G A H O A O
A K L D L N Y T C A V I T Y K R A M E
Y E G W I A C K F Y R I A F H T O O T
    
```

- TOOTHBRUSH
- TOOTHPASTE
- XRAY



November 2024 Update:

Tracey Sanchez (Dental) and Deanna Murray (Head Start) worked together to get as many of the children's house of learning kiddos an appointment with Dr. Churchill to gain and maintain healthy Oral Hygiene.



NATIONAL CALENDAR

- Eat a red apple day: 12/01/24
- Santa's list Day: 12/04/24
- National Crossword Solvers Day: 12/08/24
- Gingerbread House Day: 12/12/24
- Hot Cocoa Day: 12/13/24
- Christmas Eve: 12/24/24
- Christmas Day: 12/25/24
- New Year's Eve: 12/31/24

(make sure to complete a photo release if you're OK with photos of your kiddos in future newsletters!)

Our team hopes you have a safe, happy and healthy holiday and we can't wait to see your bright smile in the coming New Year.

Happy Holidays!





BE WINTER READY



Sandbags

- Sandbags available for LEKT community pick-up Monday - Friday 7:00 a.m.-4:00 p.m. at:
- Public Works
- 465 Stratton Road
- For assistance call or text Mo at 360.912.3301



Winter Car Preparation Checklist:

- Test the battery
- Check your brakes and your tire pressure
- Examine antifreeze levels
- Apply repellent to your windshield
- Clean your headlights
- Prepare an emergency kit for your car.
- Don't forget snacks, water, phone charger and warm blanket



Tips to Help Prevent Frozen Pipes

- Turn off supply lines to outside faucets
- Insulate vulnerable pipes
- Leave your faucets dripping, a little
- Keep garage door closed
- Seal cracks or holes in exterior walls
- Set thermostat to no lower than 55 degrees
- Install outdoor faucet covers



Don't Forget to Take Care of Your Pets

- Bring pets inside when possible
- Provide outside shelter
- Care for your pets paws
- Provide extra food and water



LEHA wishes everyone a joyous and festive holiday season!!



I would like to send a shout out to the Housing staff and Board of Commissioners Housing has completed and closed the HUD monitoring and all 3 of the audits with no findings! These are HUGE accomplishments with HUD and the IRS, and could not have been done without the dedication of our staff and Board of Commissioners.

5 Year Housing Plan

We are ready to start the new year with our 2025 Indian Housing Plan (IHP). 2025 will be a planning year for Housing and we would like to include your ideas and housing wishes for our community. Please send letters, addressed to Jennifer Hutto, explaining what you feel our community housing needs are and they will be brought to the Housing Board meetings.



Conveyance documents will be coming soon! If you haven't already, you should start looking for homeowner's insurance for 2025.



A Few Ways to Beat the Winter Blues:

1. Let in some sunlight, open the blinds!
2. Get a good night's sleep, turn off screens before bed.
3. Get regular exercise, it boosts serotonin and endorphins!
4. Learn to relax, read a book, meditate, listen to music.
5. Eat a healthy diet, fresh fruits and veggies contain Vitamin C!!!



It's time to winterize.

Remove hoses from outside faucets, drain and remove all pools from yards, and store everything in a dry location until next summer.

Winter safety reminders.

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

Your fire extinguisher should have been swapped during your annual inspection, make sure you have an up to date fire extinguisher....just in case!



The LEHA office follows the Tribal Government for closures during the Holidays and Winter weather. For after hours emergencies in LEHA rental units please call 360-912-1062 or 360-912-1108 or 360-912-1066.

911 Hang-Up	7
Alarm/Alarm Check	4
Animal Calls	5
Boating Activity/Hunting	3
Business Check	154
Citizen Assist	14
Assault	1
Citizen Contact/paperwork /service	15
Community Oriented Policing	39
CPS/APS	3
Death investigation	1
Disabled Vehicle	1
Disturbance	9
Disorderly	1
Drug Violation	3
DUI	1
DV	3
Follow Up	19
Indecent exposure	1
Harrassment	5

Malicious Mischief	2
Mental/ITA	3
Misc. Info/False Reporting	2
Other Agency Assist	19
Overdose	2
Patrol Request	56
Prisoner Transport	1
Property found/recovered	3
Runaway	1
Stone Garden	2
Supervisor Request	1
Suspicious Person/Vehicle	13
Traffic Stops/Control/Emphasis/Hazard	14
Trespass	2
Weapons discharge	1
Vehicle Prowl	2
Violation of Court Order	2
Vehicle Accidents	8
Welfare Check	12
Warrant Attempts/Arrests	12
Total	447

Elders’ Regalia Making Button Blanket And Learn to Sew Class

When: Thursdays, December 12 and 19, 2024 (1pm to 5pm)

WHERE:

**Elwha Klallam Tribe Social Services
3080 Lower Elwha Rd.
Port Angeles, WA 98363**

This event is sponsored by the Elwha Klallam Tribe Social Services Department: Elders and Family Advocacy Programs

Lower Elwha Klallam Tribe—Lower Elwha Family Advocacy Program.

This project was supported by Grant #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.



Topic: Elders have the wisdom!

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
9/23/24	132-24	Amerind Insurance renewal for ERC LEFF for FY 2025	3	0	0
9/23/24	133-24	Amerind Insurance renewal for LEKT FY 2025	3	0	0
10/7/24	134-24	Amendment to Fishing Ordinance Authorizing First Generation Tribal Descendant Participation in Tribal Fisheries	4	0	0
9/26/24	135-24	Approving Appointment to the LEHA Board of Commissioners	3	0	0
9/26/24	136-24	National Congress of American Indians Membership	3	0	0
9/26/24	137-24	Appointment of Tribes Delegate & Alternates to the Affiliated Tribes of Northwest Indians	3	0	0
9/26/24	138-24	Approval of Rental Agreement between Light & Wonder & LEKT dba ERC	3	0	0
9/26/24	139-24	Approval of Amendment to the LEK Police Department Policy & Procedure Manual	3	0	0
9/26/24	140-24	Approval of the Appointment of the Delegation for the LEKT to the NPAIHB	3	0	0
9/26/24	141-24	The LEKT to the NPAIHB	3	0	0
9/26/24	142-24	Approval of Premium Only Plan “Pop” Service Agreement	3	0	0
10/7/24	143-24	Approving Public Defender Services Agreement between the Northwest Intertribal Court System & LEKT Affirming Extension of Tribal Sovereign Immunity to Public Defense Services	4	0	0
10/21/24	144-24	Personal Service Contract w Keith Denton & Associates for Elwha River Sonar Monitoring	4	0	0
10/21/24	145-24	RAVE Mobile Safety Contract Renewal	4	0	0
10/21/24	146-24	Approving Nayax Service Agreement between Nayax LLC and the Lower Elwha Klallam Tribe dba the Lower Elwha Food & Fuel	4	0	0
10/21/24	147-24	Approval of Application for Inatai Foundation Fund for Sovereign Nations Program	4	0	0
10/21/24	148-24	Approval of Geotechnical Engineering Services for Clallam Count Parcel No. 073134410000 also known as tract 125-T06 South for Geosyntec consult. Inc dba Aspect Consulting	4	0	0
10/21/24	150-24	Accepting Washington State Department of Commerce Climate Resilience Grant Funds	4	0	0

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Clark, Ext. 7469

Tribal Operations Officer

Lorinda Robideau, Ext. 7633

CFO

Brian Carroll , Ext. 7464

Accounting

Jo Klinski, Ext. 7460

Rachelle Wheeler, Ext. 7465

Elena Lifoifoi, Ext. 7476

Jessica Wright, Ext. 7667

Jalen Sampson, Ext. 7462

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, Ext. 7471

Deann Lester, Ext. 3402

Deanna Murray, Ext. 7470

Ralena Cornelson, Ext. 7474

Darla Owens, Ext. 7475

Education

Jessica Egnew, Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Road
360.912.7533

Elwha River Casino

631 Stratton Road, 452.3005

Mike Watson, General Manager

Elder Services

Samantha Acosta, Ext. 7466

**Employment Services/HR/
TERO**

Sandra Johnson, Ext. 7429

Brandy Williams, Ext 7427

Enrollment Services

Maurice Raub, Ext .7477

Facilities & Maintenance

Warren Stevens, Ext. 7432

Food Bank

22 Spokwes Drive
360.504.3678

Gaming Commission

631 Stratton Road
360.452.5628

Elaina Begay, Director

Health Clinic

243511 Highway 101 West
360.452.6252

Heritage Center

401 E. First Street,
360.417.8545

Nicole Volkmann, Ext. 2912

Housing Authority

22 Kwitsen Drive,
360.457.5116
Jennifer Hutto, Ext. 7554

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive
360.452.6759

Klallam Counseling Services

243613 W Hwy 101,
360.452.4432

Stormy Howell, Ext. 7513

**Law & Order/Police Dept.
Justice Center**

341 Spokwes Drive
360.452.6759

Sam White, Chief of Police Ext.
2922

Library, Ext 7430

Lower Elwha Food & Fuel

360.477.1170

Natural Resources/Fish Hatchery

760 Stratton Road
360.457.4012

Matt Beirne, Ext. 7485

Planning & Development

Arlene Wheeler, Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road
360.565.7257

Rebecca Sampson-Weed, 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



Tia Skerbeck
Council Member, Ext. 7420

Dates to Remember:

- 12/5 High School & Beyond Workshop
- 12/6—12/7 Holiday Bazaar
- 12/10 Soup for the Soul Support Group
- 12/12 Elders Regalia Making
- 12/15 Brunch with Santa
- 12/17 Holiday Food Box Pick Up
- 12/19 Elders Regalia Making
- 12/20 Ugly Sweater Family Dance
- 12/21 Winter Reading Program Begins
- 12/23 Holly Jolly Jam Basketball Tournament
- 12/24 Christmas Eve
- 12/25 Christmas
- 12/31 New Years Eve



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

Submissions must be in an editable format, and will be adjusted to fit our publication.

You can view past editions at:

<https://www.elwha.org/newsletter/>



Lower Elwha Klallam Tribe

2851 Lower Elwha Road

Port Angeles, WA 98363

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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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