February comes from the Latin word februa, which means “to cleanse.”

The water is cold and sometimes unforgiving. But it also gives life and brings food. It is beautiful, alluring, and aloof. There is nothing like it, nor any more fulfilling place to be.

Heart Disease Awareness

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Dear Lower Elwha Tribal Community,

I have been pretty busy with the start of the new year trying to keep up with the new round of fish, shellfish, hunting issues and meetings. This is the time of year that all the treaty issues, fisheries co-management and all the meeting take place. Of course we have ongoing lawsuits involving fisheries also. This requires a lot of travel around the Salish Sea, up and down the coast.

My biggest concern is the federal shutdown that is going on. We, the council have had discussions with our Chief Financial Officer about this issue. We can provide services and payroll until about April. We have instructed our staff to tighten up their spending belts and conserve funds as we don’t know how long this shutdown will last. But as each day goes by I get real nervous. This affects each and every one of us. The food we buy may not be safe if the inspectors are not working. Transportation workers at our airports are working for no pay.

The United States Coast Guard is working without pay. This is the first time in history that a branch of our service men and women haven’t been paid. That is despicable in my opinion. The Coast Guard makes sure that our fishers and other boaters are safe. They are there to help them out when needed or in emergency situations. So, we received a letter requesting donations for our Coast Guard families out of Port Angeles. We approved by consensus a donation of $5000.00 toward the Chief Petty Officer Association for our families in Coast Guard Sector Port Angeles. It is not much, but we made the right decision to assist these families in their time of need.

I am so excited about our hotel project. We will be starting the demolition soon. There is clean up of toxics involved so we are waiting on permits and such that the city and state require. The city expressed that they would fast track our permits associated with the hotel project. Of course, they are the ones that were just about more excited about this project than us. So, hopefully they will help that process along. This will revitalize Downtown Port Angeles. I can’t wait to get this hotel going.

I am also excited and proud of our Native Women that ran for political offices nationwide and locally. One in particular is Debra Lekanoff. She is an Alaskan Native Woman that has worked at the Swinomish Tribe for almost twenty years. I have worked with her on a number of environmental issues locally and internationally. She ran and won the legislative seat in Washington State for the 40th District. This is the area in and around Skagit Valley. Frances and I had the honor and pleasure of witnessing her swearing in ceremony down in Olympia. After the ceremony she got the legislative floor to do a swearing in ceremony Indian style. We took the floor with prayer, singing and drumming. I estimate that there were 100 of us that witnessed the event. This had never occurred on that floor before. The Governor and Speaker of the House were in attendance also. It was pretty cool! The halls of the Capital don’t know what is about to hit them. GO DEBRA!!!!

I know that I have missed submitting my letter to the newsletter the last few months. I apologize for that. I will try to do better. Thank you for your patience. Please contact me as I like and look forward to hearing what you have to say, good or bad.

Sincerely,

Russell (RAZZ) N. Hepfer

Debra Lekanoff and Russell Hepfer, at Debra’s swearing-in ceremony
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<td>FY 19 BIA Endangered Species Program— APPROVED</td>
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<td>Approval of submission of FY1 9 Hatchery cyclical maintenance funding request to BIA regarding installation of one new well to allow rotation of fallow well.— APPROVED</td>
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<td>Approval of submission of FY 19 Hatchery cyclical maintenance funding requests to BIA to replace existing well flow meters.— APPROVED</td>
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<td>4-19</td>
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<td>Approve of submission of FY 19 Hatchery cyclical maintenance funding request to BIA regarding contribution to Natural Resources utility building to house hatchery equipment.— APPROVED</td>
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<td>PNE Contract— APPROVED</td>
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<td>Dry Creek Road permission to survey right-of-way 15711201— APPROVED</td>
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<td>7-19</td>
<td>1-15-19</td>
<td>Bureau of Indian Affairs— Youth Initiative Program grant application 2019— APPROVED</td>
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<td>8-19</td>
<td>1-15-19</td>
<td>Approval of inter-local agreement between Kitsap Co. as the administrative entity for the Salish Behavioral Health Organization and LEKT for Mental Health services contract. #KC-059-19, with a limited waiver of sovereign immunity.— APPROVED</td>
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<td>9-19</td>
<td>1-15-19</td>
<td>Approval of master lease, purchase, license, and services agt. between Aries Technology and LEKT dba Elwha River Casino.— APPROVED</td>
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Letter from CEO William (Bill) White

Lose your temper and you lose a friend; lie and you lose yourself.

Hopi Adage

It is February. The Arapaho call this the Frost-Sparkling-in-the-Sun Moon. Hopes of spring are beginning to emerge. For gardeners, it’s time to prune trees and lay out the garden for spring. For lovers, the big day for claiming your sweetheart or expressing your fondness is upon you. For tax preparers, it’s time to get ready for a confusing tax season. At the time of this writing, not even sure if our federal government is working, or for how long. So why, you may ask, am I starting with a quotation on self-control and honesty. The answer is a little more complex.

I really don’t want to address seasonal weather patterns, gardening tips, or love interest. I want to talk about values. Values as in those behaviors and actions that our ancestors tried so hard to preserve and pass on. Values of honesty, integrity and truth.

Values that recognized our place in all things, our role as stewards of the earth, teachers of “earth care”. And our values towards each other. Values of respect, of understanding the impact of harsh words, values of showing appreciation and honoring achievements.

And finally, values about our own personal worth, our individual need to honor the spirits that guide us, to help us walk the good red road.

What I am going to say next will upset some of you. From my perspective, I see how we treat each other. I see how we handle conflicts and disagreements among ourselves. I hear the comments we offer about others. And my feeling is that some of us have drifted far from the values our ancestors embraced.

But what I witness at the Tribal level pales in comparison to what I see nationally, where racism and fabrication of the truth is accepted as near normal. Where overt displays of anger, name calling, finger pointing are accepted as “just saying it like it is.”

We need to do better. It isn’t enough that we embrace the environmental stewardship values and our feelings of how sacred the land is, and then treat each other as less than equal. I see members speaking rudely to staff and other tribal members over all sorts of things, and most of them too trivial for me to remember. I see mistruths advanced to try and gain more benefits, or to try and ruin another’s reputation. I see some of us expressing the view that Native are somehow superior to non-Natives, and we, the subjects of years of racial discrimination, say the same things of them that were said of us for so many years. It was wrong for society to treat us as they did, and that does not justify treating them the same way. Wrong is wrong, regardless of who is doing it.

So, this month, in between the longing for spring and the expressions of romance, let us look inside as well and be honest with ourselves about how well we are the ambassadors of our ancestors. Are we treating each other as our ancestors would expect? Are we teaching the new ones the old ways, the old beliefs in our purpose here? Are we touching those in need, and those who are different, with love and compassion, or with harshness and judgement?

I offer these thoughts without malice towards anyone. If I have offended you, I am truly sorry. And for those who struggle daily to keep the faith, maintain the culture and further the teachings, God Bless and carry on.

~ Bill White, CEO
Health & Wellness Fair
"Encompassing the Whole person"

When:
Thursday, February 14th, 2019
9:00am-4:00pm

Where:
Tribal Recreation Center

Come join us for the Health and Wellness Fair hosted by the Lower Elwha Health Department.
Different departments and other community resources will be hosting booths to provide you with tools, resources, health screenings, and more! Don't forget to sign up for the Blood Drive!

*Prizes Sponsored by the Lower Elwha Food and Fuel and Lower Elwha Casino*

Lower Elwha Health Clinic Blood Drive
Our Community Health Department is hosting a Bloodworks NW Event on February 14th in the Elwha Gymnasium 9 AM till 3 PM

Please come to donate your blood to save a life.

Each whole blood donation can save 3 lives. Our last blood donation day saved 72 lives. Please let’s beat that number.

We need to exceed our goal.
Don’t hesitate to save a life.

Give the gift
Bloodworks NW

Also there is a shortage of Native American bone marrow donors so please come and give the gift of life. Ages accepted for marrow donation is 16—45 years only.

Please call and schedule time to donate blood!

From the desk of the WIC/CHR
Lower Elwha Health Clinic
Klallam Counseling Services

In December, KCS hosted a Cookies with Counselors open house event. This event was open to the community to give both individuals and the agencies we work with an opportunity to see our facility, learn more about our program and ask questions. Two of KCS group rooms were set up with information about KCS and included: information about addiction, treatment program information, events that happened in 2018 and upcoming plans for our program in 2019. We had a good turn out and are looking forward to hosting more community events throughout the upcoming year.

Group Room set up with information about the KCS treatment program for the Cookies with Counselors event.

KCS Cookies for the Cookies with Counselors event.

KCS Staff (Back L-R): Crystal Oravetz, CDPT; Ty Boe, CDP; Patrick Graham, CDP; Becky Shinko, CDP and Lead Counselor; Jessica Peterson, CDP; Josh McCoil, CDP; Cindy Westmoreland, CDPT and Joe Silos, Patient Services Representative. (Front L-R) Stormy Howell, Treatment Program Manager; Brad Holloway, Transportation and UA Tech; Brandy Swan, Program Assistant.
During the month of December, the treatment groups at KCS worked on using some of the Dialectical Behavior Therapy (DBT) skills that they have been learning in group to tie in with the holiday season. Groups practiced the skills of: contributing, mindfulness, activities and participation by painting holiday ornaments for the KCS Christmas tree and by making key chains for Christmas gifts for patients at the local detox and inpatient treatment center.

Left: Christmas tree in the KCS lobby showcasing ornaments made by clients. Each client was able to take home their ornament to share with their families. For several clients this was the first time that they were able to make their own Christmas keepsake.

Right: The group members made beaded keychains and wrapped each keychain in a gift box with an encouraging note or inspirational quote. The keychains were given to the local detox and inpatient centers to give to those in services as Christmas gifts. The groups made more than enough for everyone in detox or inpatient to receive a gift over the Christmas holiday. Group members were very excited about this project and the ability to give back to those still struggling with active addiction.

2019 KCS Sobriety Jam

Several months ago, Brad Holloway had the idea for Klallam Counseling Services to sponsor a Sobriety Jam. Brad took the lead on the planning and organizing of the Sobriety Jam, and on Saturday, January 19th all of the hard work and planning came together for an absolutely amazing event. There were approximately 300 people that attended the Sobriety Jam and there were attendees that traveled from places such as Neah Bay, Muckleshoot and Port Gamble to participate. The event was held at the Lower Elwha Tribal Center and started with a delicious catered meal graciously donated by the Lower Elwha Casino and beverages graciously donated by Lower Elwha Food and Fuel.

The number of people attending to participate far exceed our expectations, and the jam was moved into the Lower Elwha gym to accommodate all of those in attendance. Mark Charles did a wonderful job as the MC for the event and helped to keep everything moving throughout the night. KCS honored several individuals with blankets for their contributions to the recovery community and KCS was in turn honored by the presentation of a large drum to be used by clients at KCS. A huge thank you to everyone that attended, participated and assisted with making this event such a huge success. The evening was a very powerful and we are planning on making the KCS Sobriety Jam an annual event to help heal and support those in recovery.
I was raised in Bellevue before Microsoft, Amazon and Starbucks. I loved growing up in the Northwest. My father was a naturalist in Mt Rainier National Park and so we spent 3 summers on the mountain. I like to hike, kayak, diving/snorkling and horseback ride. I grew up dancing ballet, so the arts are also very important to me. I went to college in Oregon at Linfield College and medical school and residency in Durham North Carolina at Duke University School of Medicine. My career includes training in family medicine, integrative medicine, travel medicine and working as a trip physician for National Geographic cruises. I am a member of the Explorer's club. I believe wellness and good health come from care of the body, mind and spirit. My practice is patient centered and the patient physician relationship is an important part of healing and maintaining health.

Brenda Powell, MD

Brenda Powell, MD, ABHIM, ABoIM practices integrative medicine in the model of personalized patient-centered care with attention to mind, body and spirit. She enjoys working with patients who want to create their healthcare program through nutritional supplements, mindfulness practice and holistic methods of healing.

Dr. Powell is trained to treat children and adults. Her integrative approach has had success with a whole range of conditions, including digestive disorders, dermatological problems, fibromyalgia, chronic inflammation, and fatigue. In addition, she is an expert on menopause and women’s health.

Dr. Powell completed her training at Duke University Medical School and residency program. Her credentials include certification by the American Board of Family Practice and by the American Board of Integrative Medicine. She has published on alternative therapies for menopause, and she lectures nationally on integrative medicine. Dr. Powell was most recently the Co-Medical Director at the prestigious Cleveland Clinic, Integrative and Lifestyle Wellness Institute, serving for the last four years. While at the Cleveland Clinic, Dr. Powell also managed a travel health clinic. She has been an expedition physician to Peru, Belize and Nepal, and worked with The Explorer’s Club scientific expeditions and National Geographic as ship’s physician for adventure cruises.
Renewed, Reinvigorated, & Re-Accredited!
Continued Success for LEHD/AAAHC
Keri Ellis, Executive Administrative Assistant

Well, hello February! It seemed as if January was having a hard time deciding what kind of year this was going to start out as. Some days are bright and cheerful, while others are bitterly cold and blustery.

February is an important and welcoming month because we get the chance to finally take a deep breath after the exhilaration of the holiday season. January comes so quickly on the heels of December that it almost seems to merge into one long dream of food, gifts, and memories. February is when we fully raise our heads up and take a look around. The weather has changed, new responsibilities and opportunities have arisen. It’s time to get back to reality, but with the excitement of a new year ahead of us.

At Lower Elwha Health Department program teams have been doing some labor-intensive projects the last couple of months. They are particularly well-deserving of that big, deep breath…. 

With that being said, I’m going to jump into the most exciting news that came in January:

We are excited to announce that LEHD has had its accreditation renewed for an additional 3 years by the Accreditation Association for Ambulatory Health Care (AAAHC)!

What does this mean for us and why is it important? AAAHC accreditation means that LEHD participates in ongoing self-evaluation, peer review and education to continuously improve our care and services. Accreditation is a way of measuring how well we are doing, where we can do better, and shows our commitment to quality improvement. It allows us to benchmark our progress, processes, and remain accountable to the standards of care we promise our patients.

Renewal efforts were an enormous undertaking for our Health Department employees and tribal administrative support staff. The survey done by AAAHC requires all programs to have come together and show their compliance with AAAHC standards. It entails very detail-oriented work to take place, some of it painstaking, and at times seemingly redundant. Policies must be reviewed, approved, and often freshly written. Committees must show they’ve been meeting regularly and following through on their action plans. There must be a clearly documented path indicating our governing body’s (Business Council) consistent engagement with the Health Department. Safety drills must be completed and be an ongoing priority. Trainings such as Blood Borne Pathogens, HIPAA, CPR/AED must be completed with all employees having obtained current certification. The tasks I’ve mentioned don’t begin to scratch the surface of the workload. There are way too many projects to list. Fortunately, many of them were already being done and/or being improved, but tying it all together is always a challenge. LEHD has great programs, each of them with smart, capable employees who really stepped up to the plate.

There was a lot of work that went into prepping for the AAAHC survey that happened long before it was announced we were going to aim for reaccreditation. Dr. Whitacre and I agree that the back-end work that Meriah Gille (former Quality Improvement Coordinator and Interim Health Director) completed during her time at LEHD made a huge impact on our success. We’d like to express our thanks for the foundation she built that was strong enough to withstand us leaning heavily on it. Meriah truly had a gift for quality and process improvement that guided us down the right path. Another important aspect in quality improvement was upgrading to a new Electronic Health Record (EHR). Meriah was a critical contributor in the beginning stages of our mission to get a new EHR (NextGen). She spent countless hours analyzing costs, weighing feedback and data, creating tangible evidence that could be accessed by LEHD in her absence for the benefit of the department and patient care. Thank you Meriah, for your priceless contributions.

Again, I’d like to thank the LEHD employees, managers, Dr. Whitacre, and the various LEKT staff who really got down to business. Your commitment to quality, accountability, and service is remarkable.

Thank you to the families of LEHD employees. Without your support and sacrifice, these big steps couldn’t be taken. Many staff spent long hours at the clinic away from their families to make sure we were fully prepared.

As always, thank you to the Tribal Council. Without the support of our governing body, we would not be where we are today. Your faith in the LEHD teams has been rewarding and much appreciated.

Some of you may have already heard that I’ve recently been hired as the Executive Administrative Assistant to the CEO, Bill White. I am proud to say I have accepted this position and look forward to learning and growing my administrative skills. I will always be connected to my work at the clinic and the employees up there who continue to inspire me as I continue on new adventures and find different opportunities to help.

~ Keri Ellis

Executive Administrative Assistant to the CEO, LEKT
Are you considering college going into 2019???? Attention college students and those considering Post-Secondary Education! An important note from the Education Department:

Applications for college level courses are available in the LEKT Library for the 2019-2020 School Year. Applications are due Monday 4/15/2019.

The LEKT Library will be closed on 2/18/19 (President’s Day) in the month of February. There will be no After School Drop-In Program on this day.

During the After School Drop-In Program; Elwha Youth have been diligently working on reading and mathematics skills which earn them rewards for accomplishments.

To earn computer time (and an additional treat of individual’s choice) in the library; youth must complete one full page of homework or read for twenty minutes.

For those youth who have a mobile device and enjoy reading more at home the library will be offering the Open Books App in February. Through First Books the Open Books App will give kids access to a digital library of thousands of popular and award-winning children’s and YA eBooks for free!

The free Open Books App allows kids of all ages and their caregivers to instantly download up to 10 eBooks at a time to their mobile digital devices. Each eBook will be available for 56 days before it must be renewed. Students and their families can choose eBooks based on the topics that get them excited about reading and learning, and search for eBooks by title or author. Youth interested in the Open Books App can ask the librarian to assign them a personal code and pin number combination for app use.
I have selected a few options below involving darker and lighter journeys that may inspire some personal reflection about your own path:

~ Brian Freitag

**Fostering Together**

Our Community...Our Children—Learn how you can open your home to a Native Child in your community.

**By opening your home to a Tribal youth:**
- The Tribe can protect and promote the youth’s best interest.
- The Tribe can provide on-going connection to culture and traditions.
- The Tribe can often provide additional resources and support from Tribal Child Welfare Programs.

**Fostering Together can help.**
Fostering Together is dedicated to helping ensure that every child has a safe place to stay. Homes that honor and support culture until children can return home are needed. If you are willing and able to become a resource for a family involved with child welfare, please contact us.

**At Fostering Together,**
We are here to answer your questions, offer guidance to you during the licensing process and provide ongoing support after becoming a licensed foster parent.

**Foster Parents are PROVIDED with the following:**
- Support groups that help caregivers connect to share information and resources
- Training for caregivers and referrals for additional instruction
- Support foster parents at Family Team Decision-Making Meetings (FTDMs)
- Reimbursement process guidance
- Community resources and events
- A neutral bridge between the state or your private agency

All services are free to foster, adoptive and kinship caregivers.

Call 888-KIDS-414 (888-534-7414)
Visit fosteringtogether.org
Connect facebook/FosteringTogetherWA
## Klallam Language Immersion Culture Class

**February 2019 - Cooking in Klallam**

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Join us in the kitchen to learn Klallam vocabulary and phrases to use while cooking. Meal cooked will be served during regular song and dance practice. We will also put out remaining supplies to continue tribal journey give away crafts.

**EARN HIGH SCHOOL CREDITS & TANF/GA HOURS**

For information contact Harmony Arakawa at:
(360) 452-8471 ext. 7422 or harmony.arakawa@elwha.org
Klallam Language Immersion Culture Class

☆ March 2019 - Advance wool weaving ☆

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<td>Class 2-4 Drum Group</td>
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Join us in the dining hall to advanced wool weaving. Please note you are REQUIRED to have participation in a basic wool weaving class to attend this advanced class.

☆ April 2019 - Cedar Bark Gathering ☆

Dates TBA

EARN HIGH SCHOOL CREDITS & TANF/GA HOURS

For information contact Harmony Arakawa at:
(360) 452-8471 ext. 7422 or harmony.arakawa@elwha.org
On December 18, 2018, Chairwoman Frances Charles signed documents on behalf of the Tribe officially closing on the purchase of the downtown property from the City of Port Angeles that is the planned site of our new hotel. This momentous occasion marks a major step in our Tribe’s economic growth and returns a valuable parcel of land in the heart of Port Angeles to the Tribe. The property includes spaces previously occupied by Cock-a-doodle Doughnuts, Harbor Art, Dungeness Bus Lines, and Budget Car Rental. Now that we own the property, work can begin on the demolition and soil clean-up, which is tentatively set for late February or early March. Permitting requirements and other planning logistics ultimately set the timeline for this work. Demolition of all current building structures will take approximately 4 weeks and cleanup of the property and soil will be about 6-8 weeks. The hotel planning continues and we hope to have the opportunity to begin construction work soon after the demolition and clean-up is completed.

Elwha Klallam Museum at the Carnegie

Stop by the EKMC to check out Jalen’s Klallam word of the day, browse exhibits on dam removal, contemporary art, and our interactive kids area.

Tuesday-Friday: 1:00pm-4:00pm

Come See!
Dear Elwha Tribal Members,

Happy New Year, 2019! Wow, what a year of progress we had in 2018. I am certainly proud of our little Tribe and the great accomplishments, there many more to come throughout 2019.

I have been very busy with travel, representing our people in different capacities. During last week of December, 2018, I traveled to Canada for the Holiday Shake of our 1910 Indian Shaker Faith. We all had a very blessed time, traveling to West Saanich, Kulleet Bay, and Duncan 1910 Indian Shaker Churches’. A few people had testimonies of our Late Minister, Oliver “Bosco” Charles, Sr., and our Late Assistant Minister, Donna F. Charles – two great leaders of our community and 1910 Indian Shaker Church for many years until they reach their rewards.

The weekend of January 4th, 5th and 6th, 2019, I traveled over to the La Push 1910 Indian Shaker Church, supporting the members as they made repairs on their Mess Hall; then, weekend of January 18th, 19th and 20th, 2019, I traveled over to the Swinomish 1910 Indian Shaker Church for a Bishop and Board of State Elders Business Meeting and shake. It was a wonderful weekend. There have been many other travels in between those two weekends ever since I returned from Canada. Yes, lots of travels!

Recently in January, 2019, our Elwha Tribal Youth Council created an Action Plan for this year. My colleagues had confidence with an Action Plan containing cultural activities. I fully support their endeavors and as they pursue a strong cultural life-style. We will be sure to update you all. Also, in this time, our Elwha Youth Coalition has planned for a Retreat set for February 28, 2019, as we plan for our Coalition’s sustainability due to the Elwha Strong Youth – Drug-Free Communities Grant ending in December, 2018. Our Coalition is seeking DEER/ELK DONATIONS FOR THE ELWHA YOUTH COALITION RETREAT.

In both the Elwha Tribal Youth Council and Elwha Youth Coalition, we are planning for big moves for our youth and community ... so, please stay tuned for the work will be doing in the near future!

In closing, I hope you all have a great and blessed month of February, 2019 and may Creator God bless you all in a very special way. My love and prayers are always with you all. I look forward to keeping you all updated in future Tribal Newsletters.

Thank you for reading my letter.

Respectfully,

Jonathan J. Arakawa  
Male Co-Chairperson  
Governing Board  
Elwha Tribal Youth Council
Lower Elwha Head Start & Early Head

360-452-2587 1 INFORMATION 2 TRANSPORTATION (Francesc)
3 HEALTH MANAGER (Deanna)
4 FAMILY COMMUNITY PARTNERSHIP MGR/ENROLLMENT (Michelle)
6 EDUCATION MANAGER (Sarah Lovejoy)

čąʔyéʔyəł (Short month)
February 2019

February 2019
Feb 4 & 11/Mon: Parent teacher conferences (2 days)
February 18/Mon: Holiday/Presidents’ Day
February 21/Thurs: Family Night 5:30-7:00pm

Chipmunks class lead teacher Kayleena showing some Christmas spirit

Staff spotlight: Kayleena Clinton, Lead Teacher of Chipmunks class

"Kayleena is a great asset to the Chipmunks class. She is passionate and energetic about her new role and the kids love her." says Lester "Mo" Moses, LEHS Parent Policy Council, Community Representative. With a grandson in the Chipmunks class, he sees firsthand her interaction with the children.

Deanna Murray, Lower Elwha Head Start Health Manager says, "I'm so excited to have Kayleena with our Chipmunks! She has a natural ability to relate to children and guide them as they grow and learn. It is a joy to visit her classroom."

INTERVIEW WITH TEACHER KAYLEENA

How long have you been working at head start? November 2016, two years

What is your favorite memory at head start? I can't pick a favorite. I'm blessed to be working where I am and witness the growth of the children in the program and community.

If you could go anywhere in the world, where would you go? The Sloth Sanctuary so I can hold sloths or Australia so I can hold a koala :)”

Who is your inspiration? Why? All the strong, beautiful, kind, caring, passionate, resilient, determined women in my life who continue to inspire me to do better and be the best version of myself every day.

Interesting fact about self: I collect batman and sloth trinkets
For the month of February the theme that we will be focusing on is Dinosaurs. We will also be having our Valentine’s Day celebration, each class has eight children, but you only need to provide for your child’s class if you choose to. To make it easy for the parents, please just put your child’s name on the back of the Valentine. If you would like to send treats, these must be store bought treats. If you have any questions, please talk to your child’s teachers. Please remember to send your children with a coat and appropriate shoes (boots), as we will be going outside and on walks.

Teacher Darla, Jennifer, & Tyler

Ravens’ Rave (sk' wtú?)

Welcome January, sure hope everyone had a great Christmas break. The Ravens have been having lots of fun learning about Winter Animals and will be transitioning into Space next. We celebrated a few birthdays this month, Teigan White and Jaiydn Eastman, Happy Happy Birthday. Please remember that we are still trying to get outside everyday so make sure your kids have warm coats and shoes that you don’t mind if they get dirty. We love our outside time! Also, we will be doing teacher conferences at the beginning of February (4th and 11th) so I will be contacting you soon to set up days and times.

Thank you, The Ravens’ Teachers

The K’Eynsen class has been learning about culture, including different holiday cultures celebrated around the world. We then have been studying about space. We began by learning about our planet Earth and how it is important to take care of the planet we live in.

JOBS @ LEHS

If you or someone knows of anyone looking for a job, please apply.

♦ Bus driver
♦ Early Head Start Prenatal Educator
♦ Head start substitute janitor
♦ Substitute teacher’s aide

Call Head Start: 360-452-2587
Debbie Hales, Director (ext 9)
OR Sarah Lovejoy, Education Mgr
Always In Our Hearts
In Loving Memory

Christopher Bennett
December 29, 1969 to December 22, 2018

In Loving Memory of
Christopher Bennett
December 29, 1969, Madera, CA
December 22, 2018, Seattle, WA

Celebration of Life
Friday, January 4, 2019 • 11:00 AM
Lower Elwha Gymnasium
2851 Lower Elwha Road
Port Angeles, WA 98363

Speaking
Eulogy
Open Mic
Closing Prayer
Dinner to follow
LEKT Dining Hall

Survived By:
Mother: Beverly Bennett
Sisters: Darlene Bennett, Elizabeth Bennett & Deborah Mae Reems
Brothers: Shawn Bennett, Byron Bennett, Daniel Bennett & Frank Bennett, Jr.
Nephews: James Reems, Bradley Bennett, Sr., Brandon Bennett, Daniel Bennett, Jr., Dylan Bennett, Matt Bennett, Frank Bennett III, Donald Bennett & William Bennett.
Nieces: Suzanne Bennett, Renee Zmuda, Christina Bennett, Alisa Lawrence & Ashley Tinoco
Numerous Great Nieces, Great Nephews, Friends and Family

Preceded by:
Father: Frank Bennett, Sr.

Funeral arrangements entrusted to Drennan & Ford Funeral Home and Crematory

Footprints in the Sand

One night I dreamed a dream. As I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, One belonging to me and one to my Lord.

After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints.

This really troubled me, so I asked the Lord about it. "Lord, you said once I decided to follow you, You'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you Never, ever, during your trials and testings.
When you saw only one set of footprints, It was then that I carried you."
February 2019

Beading Class
February Mondays and Tuesdays 4pm-6pm
Elders and Youth Healthy Relationship and Mentoring Program, awareness event.
Contact info: Angelina Sosa 360-565-7527 ext 7452
Email: Angelina.sosa@elwha.org

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LIHEAP Funds Still Available

If you are in need of energy assistance, there is still LIHEAP money available. To see if you meet eligibility requirements, please pick up applications at the Social Services Department or give Tammie Stevens a call at 360-565-7257 ext 7459.
Lower Elwha Family Advocacy Program  
3080 Lower Elwha Rd. Port Angeles, WA 98363 
Office: 360-565-7257 ext. 7453; Cellular Hotline 1: 360-460-1745; Hotline 2: 360-775-9346 
Beatriz Arakawa, Program Manager and Victim Advocate; E-mail: Beatriz.arakawa@elwha.org 
Angelina Sosa, Elder/Youth Mentoring Healthy Relationship Coordinator and Prevention/Awareness Specialist; 360-565-7257 ext. 7452; E-mail: Angelina.Sosa@elwha.org 

Mission: Victim’s Safety and Autonomy through Advocacy and Community Awareness. 
Assistance to Victims of Domestic Violence, Sexual Assault, Dating Violence, Stalking, and Provide Prevention/Awareness. 

Wishing you all a wonderful year of 2019!

Our groups are as follows: LGBTQ+ is scheduled on Tuesdays from 10:00 am to 12:00/Noon at Heritage Center. Call Beatriz before attending. The Women’s Open Support Gathering is scheduled on Thursdays from 10:00 to 12:00/Noon at Social Services building. Call Beatriz if you have any questions about the groups. The Regalia Class will be held on Mondays and Tuesdays from 4:00 pm-6:00 pm at Tribal Dining Hall. Contact Angelina for participation criteria. 

February is Teen Dating Violence Awareness month! “Every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. It is also known that 3 and 4 parents have never talked to their children about domestic violence.” ----- “What is teen dating violence? Teen dating violence (TDV) is defined as a pattern of abuse or threat of abuse against teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual and digital. TDV occurs across diverse groups and cultures.” https://nrcdv.org/dvam/tdvam. 

Happy Valentine’s Day!!!

Helplines:

National Dating Abuse Helpline: 1-866-331-9474, text “loveis” to 22522; 
StrongHearts Native Helpline: 1-844-7NATIVE (1-844-762-8483) 
Lower Elwha Family Advocacy Hotlines: 1: 360-460-1745; 360-775-9346 

Written and Submitted by: Beatriz Arakawa, Program Manager and Victim Advocate
**Lower Elwha Systems of Care Year in review**

**Enrollment**
85% of referred children/youth enrolled into SOC.

Clients average 6 months duration, before graduating or discharging the program.

**124 of 150**
To be in compliance of our program goal, we needed to screen 150 clients by the end of Year 3, we met 83% of our goal. With an increase of 35% from our year 2 goal.

**85 of 85**
To be in compliance of our program goal, we needed to serve 85 clients by the end of Year 3, we met 100% of our goal. With an increase of 78% from our year 2 goal.

**Gender Enrollment**
47% Female | 53% Male

**We are...**
- Strength Based
- Family Driven
- Youth Guided
- #KlallamStrong

**Referrals - Total of 81 with 78 Accepting Services**
- 25% self
- 25% tribal programs
- 13% community
- 36% other outside agencies

**Goal Met**

**WRAP Meetings**
220 number of WRAP meetings took place in year 3. During WRAPs, the clients strengths, needs/barriers, and goal setting (short & long term) take place. WRAP meetings are typically 60 minutes - with the next WRAP set within a 2-6 week period depending on the clients need.

#CoordinatedServices #CareCoordination #IndividualizedCare

**Program Contacts:**

- **Kelly Bradley** - SOC Project Director ext. 7451
- **Melaine Wheeler** - SOC Grant manager ext. 7483
- **Wihinna Robideau** - SOC Care Coordinator ext. 7660
- **Nancy Hamilton** - SOC Family Advocate ext. 7668
- **Jessica Wright** - SOC Youth Advocate ext. 7663
Elder’s Program

We are looking for some hard working fishermen and hunters that would be willing to donate traditional foods to the Elders program. We will be using donations to serve in the kitchen for lunches & elders meetings, we would also use it to distribute to elders that are using the food bank at Social Services.

If you are willing and able to help us provide for our Elders, please call me

Leona D. McKinnon
(360) 565-7257 Ext. 7466
(360) 406-1572
Or bring your donation to Social Services
3080 Lower Elwha Road
Port Angeles, WA 98362

Elder’s Clinic— Wills, POAs, Advance Directives

Leona McKinnon (Elder’s Program) will be hosting a clinic for elders to draft their wills, power of attorneys, and advanced directives. There will be a notary present to complete paperwork as it’s finished. This will be a once a year event so please pass this information along to anyone who would find this useful.

Date: Monday, March 4th, 2019
Location: Elder’s Lounge at the Tribal Center
12:30pm Overview/presentation of what will be done for the day.
1-4pm Draft wills, POA’s and Advanced Directives

Important Note: Anyone that has BIA Trust land they would like to leave to a family member needs to contact Leona to receive the proper paperwork they need to request the documents they will need to have with them to get this taken care of during the clinic. If this is not done before March 4th they cannot help at that time.

The following people will be there to assist:
Seattle Northwest Justice 4-5 attorneys
Native American Unit 3-4 Attorneys
Port Angeles Northwest Justice Project
Notary Public
Volunteers will be available to assist the process

Please contact Leona ahead of time if you will need to arrange transportation. Leona will mail out a flyer for this event. (360) 565-7257 Ext. 7466 or (360) 406-1572
Adventures in Jamestown
Elder’s Lunch at Cedar’s Casino

As you can see, the Elders enjoyed their regular monthly lunch hosted by Jamestown S’Klallam Tribe at Seven Cedars Casino. They arrived at 11:30, stayed for prayer & lunch followed by a birthday song for our January birthdays. This event was wrapped up by a raffle of many gifts donated by participate s and Seven Cedars Casino.
If you have not registered, but are eligible to register, please contact Marilyn Edgington for a voter registration form.

Marilyn can be reached at:
360-452-8471 ext. 7444
and/or
760 Stratton Road Port Angeles, WA 98363
# Gym Events

## February 2019

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<td>630-730am AM FitCamp</td>
<td>Gym Open 12-8pm Various Youth Activities &quot;Rides Home @5pm For Lower/Middle/Upper&quot;</td>
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<td>7-9pm PA Rams Practice</td>
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<td>2-430 ASP Activities 430-6pm AthElite Program</td>
<td>630-730am AM FitCamp</td>
<td>Health Fair/Blood Drive 9am-4pm</td>
<td>630-730am AM FitCamp</td>
<td>PA AAU Tournament Elwha Gym</td>
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**Gym Time**
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<td>Runaway</td>
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<td>Wires Down</td>
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### Arrests for December

- **Leo Sawyer-Lucas**: Violation of Court Order
- **Tyron Jackson**: Obstructing a Public Servant
Monday, November 19, 2018
To Whom It May Concern,
I, William Cagey, am apologizing to the Lower Elwha Community for my recent actions in the community. I transported on and off Tribal lands some amount of illegal substance and will not do so again.
Sincerely,
William J. Cagey

12-20-18
To Whom It May Concern
Re: Elwha Community
My name is Justin Capps, and I’m writing this letter to the people of the Elwha Tribal Community to apologize for my felonious and childish actions. There is no excuse for my behaviors the community unfortunately was victim to. My judgment was clouded by anger, depression, drugs, and a lack of regard for other people. I am undeserving of the mercy that was given to me by the Court System. I hope that the community can find it in their hearts to forgive me for my faulty behavior. Please hear me when I say I am sorry from the bottom of my heart, and I am taking every chance and opportunity given to me to make myself a better person.
Thank you for your time.
Sincerely,
Justin P. Capps
IMPORTANT ANNOUNCEMENT:
ELWAHA YOUTH COALITION RETREAT

On January 17th, with a special precedent, the Executive Committee approved the following:

The Elwha Youth Coalition will be hosting a Retreat and will go as follows:

Date: Thursday, February 28th, 2019
Location: Lower Elwha Tribal Dining Hall
Time: 5:30 p.m.

We are specifically planning an Event regarding sustainability of the Elwha Youth Coalition — called: “Elwha Youth Coalition Strategic Planning for the Betterment of Our Youths’ Future.”

This event will require COMMUNITY INVOLVEMENT — Tribal citizens, elders, youth, and staff.

Ideas of outreach & recruitment from attendees is appreciated.

We are seeking Elk or Deer and potatoes, carrots, & celery
Donations for a stew to provide as a dinner for the Retreat.

Please contact Jonathan Arakawa for more information.
Cell: 360.565.6957; Email: jonathan_arakawa@outlook.com

Please pass the word — we appreciate your assistance & support.

LEKT Song and Dance Group
February 2019

Practice- every Tuesday in the dining hall.
Dinner served at 4:30 followed by singing and dancing.

We will be offering Transportation home at 7 p.m., from regular song and dance practice. There will be sign-up sheet by the attendance sheet, so we know who all needs a ride.

LAW AT THE LANDING 2019

PRESENTED BY CLALLAM-JEFFERSON COUNTY PRO BONO LAWYERS

WHEN
Saturday - February 9th, April 20th, May 4th, June 15th, July 20th, August 3rd & September 14th
12:00 P.M. – 2:00 P.M.
Bring all relevant paperwork

WHERE
Landing Mall
115 E Railroad Ave, Port Angeles (ground floor)

Call 360.504.2422 for more information or email probondlawyers@gmail.com

NEW FEATURE COMING TO THE ELWHA.ORG WEBSITE.

In the upcoming days there will be a new “Announcements” section featuring the Tribe’s latest business-related news.

You’ll find the link in the title bar farthest right next to Events.

The Strong People
February Birthdays—Tribal Members

<table>
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<tr>
<th>Date</th>
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<td>2/1</td>
<td>Anthony Charles</td>
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<td>Zoey Fletcher</td>
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<td>Leona Martin</td>
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<td>Peggy Bowechop</td>
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<td>Karen Johnson</td>
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<td>Christina Francis</td>
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<td>Elva Arakawa</td>
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February Staff Birthdays—

- 2/1 - Anthony Charles
- 2/1 - Janet Belford
- 2/1 - Martia Guiletti
- 2/2 - Larry Henderson
- 2/5 - JoNell Viaucnias
- 2/6 - Peggy Bowechop
- 2/7 - Lyelle Almond
- 2/8 - Jennifer Hutto
- 2/10 - Jason Wheeler
- 2/11 - Sasha Shaw
- 2/12 - Jace Moses
- 2/14 - Stephen Hales
- 2/16 - Chyla Greene
- 2/20 - Emma Bankson
- 2/21 - Elaina Begay
- 2/22 - Elaine McFadden
- 2/24 - Ernest Sampson JJJ
- 2/25 - Diane Cabrera
- 2/27 - Angelina Sosa
- 2/28 - Sandy Johnson
- 2/28 - Danielle Moses

2/14/2014
Happy 5th Anniversary to my very kind, brave, and thoughtful husband, Mr. Leif Ellis. Leif, thank you for continuing to make me laugh, staying true to our bond, and forever helping me to be better.

Reminder: Elder’s Meetings are every 3rd Thursday of the month.

Elder’s cards can be picked up every 3rd Friday of the month. We’ll be at:
Social Services from 9am—12pm, or at the Gathering Place from 1pm—2:30pm.

Anyone interested in fundraising for jackets should contact Leona at (360)452-8471 x7466 to find out how you can help!
COMMUNITY MEETING

FEBRUARY 6TH, 2019, 6 pm to 7:30pm

Tribal Center Dining Hall
2851 Lower Elwha Road Port Angeles, WA 98363

Please join us to provide input to the Tribe’s Wildlife Program as we begin to prepare a "Seventh-Generation Wildlife Management Plan, incorporating research on cougars, Columbian black-tailed deer, and Roosevelt elk". Contact: Kim Franklin-Sager for details 360-457-4012 x 7495

Please bring us your ideas and hopes for the future related to wildlife management and monitoring on the Tribe’s historic use area. Dinner and door prizes provided!
TRIBAL DIRECTORY

Tribal Center
2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471
CEO William (Bill) White, Ext 7469
COO of Enterprise Linty Hopie, Ext 7348
CFO Froilan Sarmiento, Ext 7463

Accounting
2851 Lower Elwha Road
Tonya Greene, Controller/Grants
Administrator Ext. 7461
Jo Kinski, Employee Benefits Specialist
360-452-8471, Ext 7460

Cedar Box Smoke Shop
4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

Child Care
322 Stratton Road
Deborah Hales, Ext 7471
360.452.3562

Education
Jessica Egnew, Ext 7425

Elwha River Casino
631 Stratton Road, 452.3005
Mike Watson, Interim General Manager

Elder Services
Leona McKinnon, Ext 7466

Employment Services/HR/TERO
Sandra Johnson, Ext 7429

Enrollment Services
Marilyn Edgington, Ext 7444

Facilities & Maintenance
Warren Stevens, Ext 7432

Gaming Commission
631 Stratton Road 360.452.5628
Elaina Begay

Head Start/Early Head Start
463 Stratton Road, 360.452.2587
Deborah Hales, Ext 7471

Health Clinic
243511 Highway 101 West
360.452.6252
Dr. Matthew Whitacre, Health Director

Heritage Center
401 E. First Street, 360.417.8545
Suzie Bennett, Ext. 2908

Human Resources
Lorinda Robideau, Ext 7430

Housing Authority
22 Kwitsen Drive, 360.457.5116
Gerald Charles, Ext. 7551

Information Technology
Ken Giersch, Ext. 7541

Justice Center/Tribal Court
341 Spokwes Drive 360.452.6759

Klallam Counseling Services
243613 W Hwy 101, Port Angeles
Stormy Howell, 360.452.4432

Law & Order/Police Dept.
Justice Center
341 Spokwes Drive
360.452.6759 Ext 2922

LOWER ELWA FOOD & FUEL
Isaiah Coley, 360.452.9250

Natural Resources/Fish Hatchery
760 Stratton Road
Matt Beirne 360.457.4012 Ext 7485

Planning & Development
Arlene Wheeler, Ext 7437

Prevention Health/GYM
Jason Wheeler, Ext. 7440

Social Services
3080 Lower Elwha Road
Kelly Bradley 360.565.7252

BUSINESS COUNCIL

Frances G. Charles
Tribal Chairwoman, Ext. 7411

Russ Hepfer
Vice Chairman, Ext. 7412

Anthony Charles
Secretary/Treasurer Ext. 7415

Steve Joaquin Robideau
Council Member, Ext. 7413

George Charles
Council Member, Ext. 7414
ELWHA NEWS
Lower Elwha Klallam Tribe
ʔaʔxʷə nəxʷsəyəm
"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 18th of the month.
Phone: 360.452.8471
Fax: 360.452.3428

Upcoming Events:

NOW- Applications for college level courses available for the 2019-2020 school year through the Educ. Dept. **Due 4/15/19**

2/6- Wildlife Program Community Meeting
2/14- Health & Wellness Fair & Blood Drive

**Happy Valentine's Day**

2/18- President’s Day
(Tribal Admin. offices closed)
2/22- KCS Recovery Game Night
2/28- EYC Retreat

TEEN DATING VIOLENCE AWARENESS MONTH