



May 2024

# Elwha News

*čəʔéʔtəxʷaʔ syəcəm*

LOWER ELWHA KLALLAM TRIBE



## LEKT WILDLIFE YOUTH EDUCATION PROGRAM

**AGES 14 - 25**  
**NOW ACCEPTING**  
**APPLICATIONS**

**Apply Online or pick up an application  
at LEKT Natural Resources.**

Come learn about the  
**LEKT Wildlife Youth  
Education Program**

You will learn:

- How to identify Wildlife Track and Sign
- Outdoor Survival Education
- To navigate in the woods safely with GPS
- To operate a game camera to monitor wildlife  
-and much more!

**We will be accepting a limited amount  
of applications this year!**

For Questions Contact Kim or Vanessa

📍 760 Stratton Rd. Port Angeles

📞 360.461.7704 - Vanessa

📞 360.477-3221 - Kim





## Letter From the Co-Chair

May— 2024

Dear Lower Elwha Tribal Community,

May is upon us, as is the voting cycle for our tribe. I hope you exercised your right to vote. This is the most important function of our tribe. We need to continue to have strong leadership for our membership. I am extremely proud and honored to have served our community for 25 years. It is not a job, it is a calling. I believe that I was placed here to help our people. I really like the fisheries management and policy duties that I perform for our fishers, tribe and more importantly for our salmon. The salmon cannot speak for themselves.

We are working to once again have a Ceremonial and Subsistence (C&S) fishery in the Elwha River. We should open this fishery earlier this time around. The Coho had already went by when we opened last season. Most had made it up river, which was good for our new sporty fishers. Who, by the way, learned how to sports fish real quickly. I didn't try. I have been raised to use a set net. I think everyone had a lot of fun during the fishery. I look forward to this season's opener. We have had a couple meetings with our fishers to see what they thought went right, what went wrong and how to improve the C&S Fishery.

Lane Jackson, our new Fin Fisheries Manager and I worked on the Halibut opener with Halibut Tribes and the state. We advocated for Elwha to fish with the ocean tribes as far as the unrestricted fishery. Inside tribes convert their unrestricted hours to restricted hours. That means that they would rather fish for a daily 500 pound trip limit. Our fishers harvest out towards the mouth of the strait. The 500 pound trip limit doesn't work as we travel and would rather get it done all at once. Surprisingly, inside tribes didn't object and we received support from others. We talked to our fishers to ensure that the opener was up to them. I hope we did well. The plan is for Elwha Tribe to purchase the harvest to distribute to members. YaHoo!!!

Speaking of Halibut distribution. Our Food Bank is no longer the stereotypical food bank that distributes food in the take what you get fashion. A customer can now grab a shopping cart and go through to pick what you want. Of course, you shouldn't grab the whole shelf. The other part is that we will now deliver produce boxes to your residence. Seafood is available to community members also. Elwha Tribe is buying seafood from our own tribal harvesters. Isn't that something! I have heard that bison is available soon. This is not driven by income qualifications! You need to be a tribal member or an employee of the tribe to access this program. It is funded by a grant that our grants department went after successfully. Thank you grant department.

We are at the end of our North of Falcon process which determines when we fish, where we fish, who fishes where and how long we fish. It is a month's long process that involves a lot of negotiation. Tribes and the state end up giving up a lot. Especially since there is not much salmon left to harvest. To me, it seems that the tribes bear the bigger burden of



## Letter From the Co-Chair

conservation than the state. Tribes are place based and the state can go fish anywhere in the state. Anyway..... It is a work in progress. Tribes do make the state give up fisheries. I have always said that the salmon can't speak for themselves and the tribes speak for them. I would like to thank Lane Jackson, our fairly new Fin Fish Manager, for his assistance to me during these tense negotiations. He does a great job backing me, speaking for the salmon and Elwha Tribe.

By the time you read this shrimp negotiations will be complete. You would think that this would be easy. NOT! We are now down to a few hours a day for a few days harvesting shrimp. It is a lucrative fishery and all the tribes and the biggest tribe, the state want in. We smaller tribes get pushed out of the fishery. Elwha has always advocated for, "One Tribe, One Share!" That doesn't fly with the larger tribes. I think that is the way to ensure that we all get equality. But we now fish with fewer pots, fewer hours and fewer days. Although Elwha consistently advocate for the one tribe, one share.

Our Hood Canal shrimp fishery ended up being a race fishery. Meaning that all four Hood Canal Tribes harvested at once. This is not good! At the time of this letter, I think we went over our overall tribal quota. We will have to take the overage off the top of next year's quota. It also means that there will not be a second fishery as there has been in previous years.

I want to talk about the drug problem we have not only in our community but all communities nationwide. We will have another Healing Court designed to get our members into recovery. The last one was very successful. I know this Healing Court will be successful also. I think that our tribe should take strong action to curb or eradicate the drug problem. We should be excluding any nontribal person caught with or dealing drugs from our community. I also would like to exclude tribal members that are convicted of drugs. This exclusion would include no benefits for the excluded member until reinstated by successful treatment. This treatment would be paid for by our tribal programs. The no benefits includes not only TANF, incentives and other programs but also should include exercising our treaty rights.

Thank you for taking the time to read my letter. I look forward to hearing from you.



Respectfully,

Russell (RAZZ) N. Hepfer



## Tribal Operations/Public Health Officer Update

# Tribal Operations/Public Health Officer Update

## **THE COVID VACCINE SUPPORT PROGRAM IS ENDING ON JUNE 20TH.**

The last day to apply to the COVID vaccine support program is June 19th. The support program will be closing and no longer providing resources for receiving a COVID vaccine. Make sure to get your vaccine now, and apply through the QR codes below.

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

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

Adult online form  
found by scanning  
the QR code



Youth online form  
found by scanning  
the QR code



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

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

### **Spring/Summer Produce Boxes**

The weekly spring produce boxes will begin arriving early June and will run for 1 month, and the weekly summer boxes will beginning July 7th and run until late November. We were able to reserve only 100 spring boxes, elders will be given priority. The full order of summer boxes will be fulfilled, each local community member that submitted a request will receive a weekly summer produce box.

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

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



Wellness



# COVID Vaccine Support Program

*Ending!*

Last day to apply is  
June 19th  
2024



Adult online  
form

Youth online  
form





# Wellness



## 60 A DAY!

Kids and teens ages 6 to 17 need **60 minutes** of physical activity every day.

- ♥ Get your heart beating faster!
- ↔ Make your muscles and bones stronger!

### Do what's fun for you.

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

I have basketball practice for an hour after school



Kickball at recess, P.E., and a walk after dinner with my dog.



I ride my bike to the park to play soccer with my friends.



Yep, they all add up!

### Lots of things count as physical activity.

Try a mix of sports and other fun activities.



They all count!



### Getting 60 minutes will make you feel good.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!\*



\*It's true — physical activity can actually help you do better in school.



## Public Works

### **Conserving Water is Everyone's Responsibility**

Using water efficiently and avoiding waste is essential to ensure we have adequate water now and in the future. It is up to all of us to use water wisely and it's as simple as each of us making small changes. When you make conserving water a daily part of your life it will save energy, money and WATER!

Here are some small changes you can make today:

- Avoid the temptation to fill pools or overwater your lawns, flowers and gardens
- Turn off the water while brushing your teeth
- Teach your children the importance of water conservation
- Take shorter showers
- When washing your hands, turn off the water while you lather up
- Don't use water to defrost foods
- Wash only full loads of laundry and make sure you use the appropriate water level or load size
- Fix leaks – always and everywhere
- Make sure you shut off the hose outside

Save Water  
For Life





# SOCIAL SERVICES

## UPDATES

Our Social Services Team strives to offer great customer service and works hard every day to meet the needs of community members. For assistance or questions, contact us at 360-565-7257. Many of our forms and eligibility requirements can be found at the Tribal Website [www.elwha.org/](http://www.elwha.org/)

### CASH ASSISTANCE PROGRAMS

**Temporary Assistance for Needy Families (TANF):** The TANF Program assists income-eligible Temporary Assistance for Needy Families (TANF): The TANF Program assists income-eligible families and children with cash assistance and other supportive services. TANF is intended to assist families in becoming economically self-sufficient and not dependent upon the program, as well as assist non-needy caretakers/relatives with services for the children. The program offers transitional, employment and training, youth, and child support services along with cash assistance and supportive services.

**General Assistance (GA):** The GA Program is designed to help eligible individuals/families gain skills to become self-sufficient and provide limited cash assistance. The cash assistance received is for costs directly related to shelter and basic living expenses. Complete eligibility requirements on the application; you must comply with an individual responsibility plan (IRP) and live within the boundaries of the Lower Elwha Reservation and Service area.

**TANF Diversion Services:** Diversion Services are available to families otherwise eligible for TANF. Diversions are a one-time payment of \$2,000 and are limited to one every 366 days and up to ten per lifetime. Families that receive Diversion Services cannot apply for a monthly cash grant until after the first day of the month, three months from the date that the Diversion Services.

### LIHEAP

**LIHEAP** is still accepting applications for LIHEAP assistance for households who have not accessed LIHEAP yet this year, 10/01/2023-09/30/2024; if you have a question about eligibility, please call us at 360-565-7257.

We are preparing for next year's LIHEAP Plan, 10/01/2024-09/30/2025, it will be available for Public Comment in May 2024 on the Tribal webpage, [www.elwha.org](http://www.elwha.org/); we will also have copies available here at social services for those who would like a printed copy.





# Welcome New Employees



Lower Elwha Head Start welcomes Courtney McGowan to our Part-Time Head Start Cook's Assistant position. Courtney has lived in Port Angeles most of her life. In her spare time she enjoys hunting, fishing, road trips, baking and crafting. Courtney's daughter is in her second year attending Lower Elwha Head Start. Courtney has many connections to the Lower Elwha Community and she is grateful for the opportunity for this position. We welcome Courtney to our team here at Children's House of Learning!

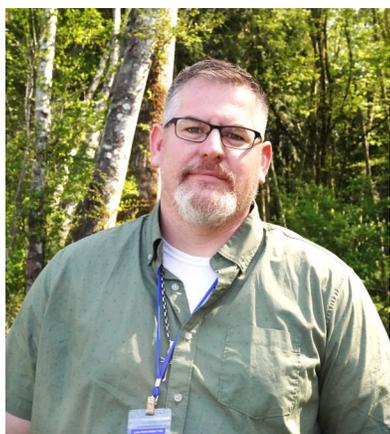
Lower Elwha Head Start welcomes Jada Cargo-Acosta as our new Children's House of Learning Administrative Assistant. Jada is the daughter of Vashti White and Jeremy Acosta, and an enrolled member of Lower Elwha Klallam Tribe. Jada enjoys working with children, and was raised on the reservation. Jada has worked for Child Care and is familiar with our families as well as her knowledge of our community. Jada enjoys playing sports, going on hikes, and spending time with friends and family. We welcome Jada to our CHOL team.



ʔáy' skwáči. Keeoma Messenger cə nəsná. Les Charles cə nəcət. Polly & Ralph Charles cə nəsisíyaʔ. čiyá cn ʔaʔ ʔéʔtɬwaʔ Good day. My name is Keeoma Messenger. Les Charles is my father. Polly & Ralph Charles are my grandparents. I am from Elwha.

I have worked for the tribe, collectively over 15 years, in various roles including the store, accounting, clinic, & social services. My current position within the tribe is in TVR (Tribal Vocational Rehabilitation). I am currently enrolled at NW Indian College, to become a certified TVR Counselor and Peninsula College, finishing my 2<sup>nd</sup> year of Klallam Language.

As a parent, it has becoming glaringly obvious that my behaviors & how I handle things, are seen and mimicked by my child. So being a healthy role model, is my goal. Making sure that healthy emotional & coping skills are being passed along and modeled for our youth. One of my healthy coping skills is softball. I am a big proponent of sports & the role it can play in shaping healthy adults. The team player mentality has served me well, in all my roles in life. I look forward to my new role with the tribe and learning all I can, to benefit my people. mán' cn ʔuʔ háʔnəŋ



Hi, I am Ted Bowen I am a lower Elwha tribal decedent from Hopie/Rhodes family I am looking forward to being a part of the healing court team as a case manager and being part of the healing and changing process for people in the Community very thankful for this position looking forward to bring skills I have attained to the community, look forward to learning more about the community and meeting everyone.



Healing Court

# LOWER ELWHA HEALING COURT

## OPENHOUSE

COME AND LEARN ABOUT THE NEW HEALING COURT  
PROGRAM AND MEET THE TEAM

MAY 10TH 2024

2-4:30 PM

GUEST SPEAKER: JERRY FOSTER

REFRESHMENTS WILL BE PROVIDED

KLALLAM COUNSELING SERVICES

243613 HWY 101 W PORT ANGELES, WA 98363



## Tribal Court



# ATTENTION PLEASE



- The Lower Elwha Tribal Court, including the Tribal Probation Office and the Tribal Prosecutor's Office, have temporarily relocated to 465 Stratton Road (Public Works/Enrollment Campus), due to the remodeling project at the Elwha Justice Center.
- Starting April 29, 2024, all court proceedings, including the Strong People's Healing Court hearings, will be held at the temporary location until the Elwha Justice Center remodel is completed.

For any questions regarding the temporary changes affecting Tribal Court services, please call (360)452-659 ext 2935, or send an e-mail to [Tribalcourt@elwha.org](mailto:Tribalcourt@elwha.org)

During this temporary relocation, documents to be filed with the Court may be submitted to the Clerk of Court by one of the following methods:

- U.S. Mail, addressed to: Lower Elwha Tribal Court, 341 Spokwes Drive, Port Angeles WA 98363
- E-mail addressed to: [Tribalcourt@elwha.org](mailto:Tribalcourt@elwha.org)
- Personal delivery to Secure Drop Box at the Public Works Bldg. lobby located at 465 Stratton Road, Port Angeles WA 98363



*háʔnəŋ cn* for your  
patience and  
cooperation.



MMIW/P

# HONORING MISSING & MURDERED INDIGENOUS PEOPLES WALK



May 5th is National Day of Awareness Day for Missing and Murdered Indigenous People.

Please join us for a Solidarity Walk on 5/3/24 to Remember and Raise Awareness for Missing & Murdered Indigenous People.

**Please Wear Red!**



## FRIDAY, MAY 3RD

### 10 AM - 2 PM

10:00 - Sign making at the Heritage Center (401 E First Street)

10:45 - Shawl Ceremony

11:00 - Solidarity Walk to Clallam County Gateway (125 E Front Street) Presentation & Sharing Event.

12:30 - 2:00 - Lunch, open sharing & crafts at Heritage Center



## YOU ARE NOT FORGOTTEN #MMIP

Have Questions or need Information, Contact:

LEFA 360-565-7257, or Ext 7453; SART 360-461-3407

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# SART

## MEET OUR NEW SEXUAL ASSAULT RESPONSE TEAM (SART) COORDINATOR

### ILIANA JONES

Iliana Jones began working for LEKT in April 2021 and started her new position as the Tribe's Sexual Assault Response Team (SART) Coordinator on April 16, 2024. The SART Program is located at the Lower Elwha Health Clinic. It provides client-centered care, forensic and medical exams for pediatric (18 years and under) sexual assault survivors, advocacy, prevention, outreach, and support to obtain legal advocacy. These services are for the Tribal Community, Clallam County Community and surrounding Tribes.

Iliana has twenty (20) years of advocacy experience working with diverse populations and is bilingual in Spanish and English. She began her employment with LEKT in the Healthy Transitions Program, advocating for youth and young adults (16–24-year-olds) who needed mental health services and life skills support. During her employment here, she has also provided support and emergency coverage to the Lower Elwha Family Advocacy Program as a DV/SA Advocate. Before working for LEKT, Iliana worked for Healthy Families of Clallam County for six years as a Lead Advocate for victims of domestic violence and sexual assault. She's been living in the Port Angeles Community for ten years with her two daughters.

She enjoys spending time with her daughters and friends and going to Zumba at the YMCA. On her free time, she likes to forest bathe and garden. She loves to forage for mushrooms, and her new passion is learning about plants.

Iliana is excited to help expand the SART Program and grow as part of a vital team supporting the community. As the Project Coordinator for the Sexual Assault Response Team (SART), Iliana will be responsible for planning, implementing, and overseeing many aspects of the program. She will work collaboratively with various Tribal and Community Partners to support the needs of youth and families needing SART services. A vital part of the SART Program will be developing and implementing inclusive community awareness and prevention.



## 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.

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.



## Employee Spotlight

# EMPLOYEE *Spotlight*



**BEATRIZ ARAKAWA**  
FAMILY ADVOCACY PROGRAM MANAGER & ADVOCATE

Please join us in celebrating Beatriz's Arakawa and her 24 years of service to the Lower Elwha Community in the Family Advocacy Program! She began her employment with the Lower Elwha Klallam Tribe in May 2000 and has been a constant pillar to the program's success over the years.

Beatriz's compassion, dedication, and support for the survivors and families she has worked with are invaluable. We are grateful for her service and look forward to many more years working together.

Sharing my biography with anyone is not easy because it reminds me of so many sensitive memories. However, I am pleased to reintroduce myself to you all; I have been an LEKT advocate for over two decades now (thank you so much).

My name is Beatriz B. Arakawa. I was married to Ken Arakawa (son of Elva Arakawa); I am the mother of my beautiful children, Harmony and son Sky Arakawa, and grandmother of Jordan and Bryant. These five significant people in my life are members of the Lower Elwha Klallam Tribe.

I have been an employee of the Lower Elwha Klallam Tribe since May of 2000 as an advocate for victims/survivors of domestic violence, sexual assault, dating violence, stalking, and now added sex trafficking.

Before my residency in Port Angeles, I lived in Hawaii for over 16 years with my family, parents, and many relatives. On the Island of Oahu, Hawaii, I started and built my foundation of higher education, my own family, employment experiences, and the importance of keeping tradition and culture. These were hard to achieve, but I managed them with many people who supported me and graced and sacrificed.

My parents are the late Sevilla and Profesia Blue. I am the youngest of eight children. Through my father, I am part of the Cordillera Tribe of Inlaud Tinguán–Itneg in the Northern Region of Luzon, Philippines, where I was born and raised. I came to America with my mother under my father's United States Immigration petition over forty years ago.

I completed my Bachelor of Arts Degree related to Humanity, Tribal Reservation Based, and some Anthropology. I am blessed to have experienced and understood many different walks of life, including but not limited to immigration, mental and physical challenges, childcare, adult care, and Hospice care (adult/elder dying). I am grateful to many agencies that employed me and took me as a volunteer: Dept. of Mental Health in Hawaii, Honolulu Bilingual Immigration Services, Hospice of Hawaii, and a few non-profit organizations, including Healthy Families of Clallam County and Crestwood Convalescence Center.

My duties include management, implementation, data collection and reporting, and monitoring the progress of the grants. I provide direct services and all types of advocacies. I co-wrote all of the Lower Elwha Family Advocacy Program grants. I am also a Board Member of Women's Spirit Coalition – Washington State Native American Coalition Against Domestic Violence and Sexual Assault.

My sincerest thank you to the Lower Elwha Klallam Tribe, the Arakawa families, my co-workers, and previous and current supervisors for all of the support and love they have been sharing and giving to me and my family. Feel free to contact if you have any questions or concerns about me or the work that I do.

Agyamanak unay (Ilocano and Itneg), Maraming salamat po (Tagalog) – Thank you very much!

Respectfully,  
Beatriz B. Arakawa, Program Manager and Victim Advocate



# LEFA

## LOWER ELWHA FAMILY ADVOCACY PROGRAM

We help Tribal and Community Members with:

- Advocacy - Domestic & Dating Violence, Sexual Assault, Stalking, and Sex Trafficking.
- Support with Protection Orders
- Address Confidentiality Program
- 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



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

**YOU ARE NOT ALONE!**

Dearest Lower Elwha Klallam Tribal Community members and readers,

The April National Sexual Assault Awareness and action events that LEFA and SART programs' scheduled in April were successful. Heartfelt gratitude to all Tribal departments supervisors/managers and LEKT Business Committee for allowing us to go around the Tribal facilities to tie teal ribbons for awareness/action. The Earth Day clean-up was awesome too. Huge thank you to all participants, partner programs and agencies, including but not limited to, Mariposa House, Elwha Food and Fuel, Elwha River Casino, Elwha Police, all Social Services, all departments, and to Jessica Guthrie – former SART Coordinator. Jessica is not with the Tribe now, but I want to THANK YOU (if you are reading this) so much for about five years of partnership, shared knowledge, and love. Good luck to you on your next journey!

SAVE THE DATES:

MMIWP – Missing and Murdered Indigenous Women and People walk for awareness will be May 3rd, from Elwha Heritage Center to the Clallam County Gateway, see flyer on page 12.

In 2022, the LEKT – LEFA has been granted more funds from OVW that include services to victims of sex trafficking, youth and LGBTQ. So, in the middle of June, LEFA will be starting a LGBTQ+ support group. More information to come.

July 9th to 10th - on-Site training about LGBTQ+ and sex trafficking in partnership with and co-sponsored by WomenSpirit Coalition. Detailed information will be available in the June newsletter and mailed-out to Elwha households.

Remember, You are Not Alone!

Emergency, Call 9-1-1

Lower Elwha Family Advocacy: 360-565-7257 ext. 7453; 360-460-1745; 360-775-9346 (24/7)

National DV hotline: 800-799-7233 (24/7) StrongHeart - Native Hotline: 1-844-7NATIVE (24/7)

Mariposa House: 360-374-6411 (24/7) LEKT SART: 360-775-5029/360-461-3407

Healthy Families: 360-452-HELP (24/7) WomenSpirit Coalition: 360-681-3701

VictimConnect Resource Center - Stalking victim: 1-855-4-VICTIM/84-2846 (M-F 9am -5pm ET).

RAINN Hotline: 800.656.HOPE (4673)

Respectfully,

Beatriz B. Arakawa, LEFA Program Manager/Victim Advocate



## Letter to the Community—Anthony Charles

**Dear Tribal Members,**

April 2, 2024

The last 15 years serving you as Councilmember has been such an honor, and I take great pride in the work we have accomplished. I would love nothing more than to continue this journey and maintain the momentum this group has created. I am asking for your vote this election season.

My family and Klallam culture are very important to me. I am the grandson of Toni (Josephine) Williams. She was one of the last recorded teachers of the Klallam Language, and a huge inspiration as a culture bearer. My parents are the late Eddie Charles, Karen and Conrad Johnson. I have been married to my wife Jennifer for 27 amazing years, and raised two biological children together, Brody and Paisley; as well as three brothers from our extended family, Sonny, Tony, and Woody. In addition to our biological children, we have been honored to open our home to 37 children through state and tribal foster/respice care.

I am proud to carry on our traditions of hunting and fishing, as our ancestors did before us. I operate a fishing & diving boat that has been a part of the Lower Elwha Fleet for 28 years. I am also the owner/operator of Anthony Charles Trucking, established in 2008. I am proud to have offered sustained employment to many tribal members over the past two and a half decades.

My heart is in this community, and I would like to see increased self-sufficiency, economic development and growth, as well as robust and accessible cultural representation.

During my time serving on Tribal Council, I have been involved in progressive construction efforts including:

- Rediscovery of the Klallam Village čixʷícən
- Lower elwha Klallam Heritage Center
- Lower Elwha River Casino
- Widening of Stratton Rd
  
- Construction of Kacee Way, Cedar Box Smoke Shop, Lower Elwha Food & Fuel
- Lower Elwha Justice Center, Klallam Counseling, Lower Elwha Department of Natural Resources
- Carnegie Hall, Removal of the Lower Elwha Dams, Lower Elwha Social Services Food Bank
- House of Learning, Elwha Peaks Cannabis , Clean up of the Manke Property

I have also been active serving as a member of the following:

- Lower Elwha Fisheries Committee, Lower Elwha Healing Court, Lower Elwha Systems of Care
- Government to Government, Affiliated Tribes of Northwest Indians (ATNI)
- National Congress of American Indians (NCAI)

I welcome the privilege of serving my community for another term if elected. For the past 12 years I have worked as support boat during Canoe Journeys. That philosophy of assisting my community follows me through the day to day in this office.

If you would like to discuss any thoughts, ideas, or concerns you have for your Tribe, Please reach out. I am honored to be your support boat.

Best Regards,

*Anthony Charles*

Anthony Charles







## Letter to the Community—Jonathan Arakawa

*Submitted by Jonathan J. Arakawa*

Greetings, Fellow Tribal Members!

It has been a while since I've written to the community on my activities at the national level. The past few months have been busy with conferences across Indian Country. I have been honored to represent our Tribe and my role as Co-President at United National Indian Tribal Youth, Inc. (UNITY). When we attend such conferences, there are unseen benefits when looking from the outside. Therefore, I'm pleased to share some of those unseen benefits here!

- **September 2023**

**ATNI Convention:** The Affiliated Tribes of Northwest Indians (ATNI) hosted its 70th Annual Convention. I had the honor to attend the ATNI convention in Grand Mound, Washington, to celebrate ATNI's 70th year defending tribal sovereignty in the Pacific Northwest. ATNI Conventions are where members convene for discussion, presentations and the work of the committees in regard to policy, legislation, and the future of Indian Country in the Northwest. This year, ATNI gathered tribal leaders, Native youth, and stakeholders at the enchanting Great Wolf Lodge, graciously hosted by the Chehalis Tribe. In a teamwork effort, our UNITY staff and I proposed a resolution to seek support for UNITY's upcoming midyear and national conferences. The submission of the resolution was timely as UNITY prepares for its 48th annual national conference to be held in Portland, Oregon, where ATNI is headquartered. The resolution first went to the Youth Committee for review, edits, and comments. I presented the resolution at the committee meeting on behalf of UNITY.

- **October 2023**

**NIEA Convention:** UNITY traveled to Albuquerque, New Mexico for the Annual Convention of the National Indian Education Association. Our delegation composed of myself, Southwest Representative Derek Capitan, and UNITY staff, Greg Mendoza, Audri Mitchell, and Caleb Dash spoke to educators and students at the Marketplace to gain more interest and potential participation in UNITY programs. In addition, we conducted two training sessions. The first training was the Healing Circle where Native educators came together to find ways to support Native youth. The second training was Advocacy in Action where Native youth, mainly middle school aged students, were able to identify issues and solutions in their communities. There were so many productive discussions.

- **November 2023**

**White House Tribal Youth Forum:** Nearly 150 Indigenous youth leaders from across the country, including 6 international Indigenous youth, attended the 3rd Annual White House Tribal Youth Forum held in Washington D.C. on November 6, 2023. We had the opportunity to engage with federal officials on issues directly impacting our tribal communities, such as climate resilience, mental health and child welfare. We also had the opportunity to sit across from and have face-to-face conversations with federal officials who oversee everything from the Department of Health and Human Services, Department of the Interior, Department of Education and more. Discussions included policies to support mental health in tribal communities, tribal-led projects focused on sustainable energy and climate resiliency and policies to address substance abuse, among other things.

**NCAI Convention:** I, along with my fellow Executive Committee members and staff, attended



## Letter to the Community—Jonathan Arakawa

the National Congress of American Indians annual convention recently hosted in the beautiful city of New Orleans, Louisiana. It was a historic week as NCAI celebrated 80 years of unwavering advocacy for tribal sovereignty and hosted elections for its administrative offices. This year's annual convention marked a second year of partnership between UNITY and NCAI. As part of this partnership and accompanied by Southeast Representative Thorn Grove and Southern Plains Representative Mahiya Ramirez, Female Co-President Kaytlynn Johnston and I delivered the 2023 UNITY State of Native Youth Address during a lunch speakers series. The address highlighted accomplishments, addressed issues, and discussed a collective path forward toward healing, collaboration, and results to best serve the needs of Native youth across Indian Country. The address also provided clear vision and hope for the future. In addition, our UNITY Delegation conducted an Advocacy in Action training as part of the NCAI Youth Commission agenda. Nearly 100 Native youth were in attendance. The training focused on asset mapping and a Perfect Rez exercise. There were many inspiring conversations among the youth in attendance.

- **March 2023**

**Reservation Economic Summit:** The National UNITY Council Executive Committee had an exceptional week at the Reservation Economic Summit (RES) in Las Vegas, Nevada. RES, organized by the National Center for American Indian Enterprise Development (NCAIED), is a dynamic event that provides unparalleled access to esteemed tribal leaders, members of Congress, federal agency representatives, state and local elected officials, and top CEOs on a national stage. This summit has been a significant gathering since its inception in the 1980s during President Ronald Reagan's administration. During the week, the NUCEC was actively engaged in various activities, including:

- Delivering an informative presentation about UNITY to attendees of the American Indigenous Business Leaders (AIBL) National Business & Leadership Student Conference.
- Participating in a joint meeting with the AIBL and UNITY Executive Committee to explore a formal relationship as we execute similar missions.
- Sharing our leadership experiences from UNITY during a session titled, "Business Leaders of Today and Tomorrow," alongside our Executive Director, Mary Kim Titla.

The RES Experience provided the NUCEC with a unique opportunity to connect with leaders from tribal governments and enterprises, members of Congress, and prominent Native figures within the entertainment industry. The event facilitated valuable networking opportunities and meaningful interactions with a diverse range of stakeholders. For this, we are very grateful.

In closing, it is always a pleasure to represent our community and Native youth across the country at every level. These are blessed opportunities my colleagues and I don't take for granted. I give thanks to our Lord for this beautiful and healthy path. Thank you for reading my letter.

Regards,

Jonathan J. Arakawa



# Culture Calendar

# čən'íluw? 2024

Time for Salmonberry- May



SUN	MON	TUE	WED	THU	FRI
			1	2	3
5	6 10 am- 1pm @Elders Lounge	7 9 am- 12pm Canoe Journey Gift Making Harvest Cedar 1-7 pm	8 1pm-7pm Canoe Journey Gift Making @ Veterans Cntr	9 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class	10 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class
12	13 National American Indian Day	14 9 am- 12pm Canoe Journey Gift Making Drum Group 5pm-7pm	15 1pm-7pm Canoe Journey Gift Making @ Veterans Cntr	16 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class	17 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class
19	20 10 am- 1pm @Elders Lounge	21 9 am- 12pm Canoe Journey Gift Making Harvest Cedar 1-7 pm	22 1pm-7pm Canoe Journey Gift Making @ Veterans Cntr	23 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class	24 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class
26	27 Memorial Day	28 9 am- 12pm Canoe Journey Gift Making Drum Group 5pm-7pm	29 1pm-7pm Canoe Journey Gift Making @ Veterans Cntr	30 9 am- 12pm Canoe Journey Gift Making 2-7pm Regalia Class	31 Contact info: Harmony Arakawa 564.215.1445



Recreation

May 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Sauna</b> <b>Fitness Room</b> <b>Cardio Section</b> <b>Functional Station</b>	<b>Personal Training</b> Fitness Sports Specific Mobility	<b>1 6am-830pm</b> 6am - AM Group Fitness 11am Elders Movement 230pm ASP Activity 630pm Adult Basketball	<b>2 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soccer Training - Field 630pm Women's Basketball	<b>3 8am-830pm</b> 11am Elders Movement 12pm Lunch Time Basketball 230pm ASP Activity 5pm NERF Night Elem 7pm NERF Night MS/HS	<b>4 10am-6pm</b> 11am Stretching & Mobility 12pm Ball Handling 2pm-3pm CLOSED FOR LUNCH
5	<b>6 8am-830pm</b> 11am Elders Movement 230pm ASP Activity 230pm VertiMax Training 630pm Adult Basketball	<b>7 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soft/Baseball Training - Field 5-7pm Women's Night Gym Use 630pm Women's Basketball	<b>8 6am-830pm</b> 6am - AM Group Fitness 11am Elders Movement 230pm ASP Activity 630pm Adult Basketball	<b>9 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soccer Training - Field 630pm Women's Basketball	<b>10 8am-830pm</b> 11am Elders Movement 12pm Lunch Time Basketball 230pm ASP Activity 5pm Switch Games 7pm Popcorn & Movie in Gym TBD	<b>11 10am-6pm</b> 11am Mushroom Ball Tournament 2pm-3pm CLOSED FOR LUNCH 330pm Movie TBD
12	<b>Mother's Day</b> <b>13 8am-830pm</b> 11am Elders Movement 230pm ASP Activity 230pm VertiMax Training 630pm Adult Basketball	<b>14 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soft/Baseball Training - Field 5-7pm Women's Night Gym Use 630pm Women's Basketball	<b>15 6am-830pm</b> 6am - AM Group Fitness 11am Elders Movement 230pm ASP Activity 630pm Adult Basketball	<b>16 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soccer Training - Field 630pm Women's Basketball	<b>17 8am-830pm</b> 11am Elders Movement 12pm Lunch Time Basketball 230pm ASP Activity 6pm Family Game Night	<b>18</b> <b>Family Softball Tourney</b> Billy Whiteshoes Field
19	<b>20 8am-830pm</b> 11am Elders Movement 230pm ASP Activity 230pm VertiMax Training 630pm Adult Basketball	<b>21 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soft/Baseball Training - Field 5-7pm Women's Night Gym Use 630pm Women's Basketball	<b>22 6am-830pm</b> 6am - AM Group Fitness 11am Elders Movement 230pm ASP Activity 630pm Adult Basketball	<b>23 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soccer Training - Field 630pm Women's Basketball	<b>24 8am-830pm</b> 11am Elders Movement 12pm Lunch Time Basketball 230pm ASP Activity 7pm Family Dance Theme TBA	<b>25 10am-6pm</b> 11am Footwork & Agility 12pm Soccer 2pm-3pm CLOSED FOR LUNCH 330pm Movie TBD
26	<b>27</b> <b>Gym Closed Memorial Day</b>	<b>28 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soft/Baseball Training - Field 5-7pm Women's Night Gym Use 630pm Women's Basketball	<b>29 6am-830pm</b> 6am - AM Group Fitness 11am Elders Movement 230pm ASP Activity 630pm Adult Basketball	<b>30 8am-830pm</b> 9am Personal Training 230pm ASP Activity 230pm Soccer Training - Field 630pm Women's Basketball	<b>31 8am-830pm</b> 11am Elders Movement 12pm Lunch Time Basketball 230pm ASP Activity 6pm Family Dodgeball Tourney	

Lower Elwha Gym – 2851 Lower Elwha Rd, Port Angeles WA 98363

360-452-8471 EXT 7440

[jason.wheeler@elwha.org](mailto:jason.wheeler@elwha.org) – 360-912-4989

[jared.moses@elwha.org](mailto:jared.moses@elwha.org) – 360-912-3995

[cheyenne.wheeler@elwha.org](mailto:cheyenne.wheeler@elwha.org)



# Recreation

## Rec Spring Break 2024!



Dave & Buster's Saturday 3/30/24



Laurel Lanes Monday 4/1/24



Feiro Science Center, Welly's Arcade  
Wednesday 4/3/24



Spruce Railroad Hike Friday 4/5/24

Glow in the Dark Family Dance  
Friday 4/5/24



Spring Break 24 was a hit this year. Working alongside the MS/HS Youth Conference, we provided daily activities and trips for all ages.

Not pictured is our trip to Shore Aquatic Center and our Klallam Krushers Kickball Game.

Big THANK YOU to the chaperones that help make these trips happen.



# TYP



## TRIBAL YOUTH PROGRAM

*“Empowering Youth Through the Ways of our Ancestors”*



**Please scan QR code or follow the link below to access TYP Survey!**

<https://tinyurl.com/LEKTTYPsurvey>

### About the Program

This is a five-year grant funded program through the Office of Juvenile Justice and Delinquency Prevention (OJJDP). It Serves youth between the ages of 12-21 years of age. The program will follow the Healing of the Canoe Curriculum, providing individual wellness with the guidance of our ancestors. There will be additional classes and activities offered through the life of the program.

### Contact Info

Here are all the ways you can contact me:

- Email: [melaine.wheeler@elwha.org](mailto:melaine.wheeler@elwha.org)
- Cell: (564) 215-1724
- Office: Lower Elwha Tribal Center

### Program Pillars

The Healing of the Canoe (HOC) is an LEKT culture-based life skills and substance abuse prevention curriculum. HOC was developed to teach youth the essential skills they need to navigate life’s journey, while promoting a sense of belonging.

Throughout the life of the program, guest speakers will be invited to talk with the youth, in-line with the topic of the curriculum.

### What to expect

- One time Registration is required for program.
- Transportation is provided.
- Culture classes
- Canoe Journey Prep
- Family Tree Project
- Intertribal Activities
- Roles within Potlatches
- and *much much more!*



TYP

## SPRING BREAK YOUTH CONFERENCE 2024

During spring break, the Tribal Youth Program (TYP) “Empowering our Youth through the Ways of our Ancestors” put on a youth conference for ages 12-21, and awareness sessions for ages 7-11.

### Thank You to the following

**The Youth:** who attended the youth conference during their spring break. Getting up early and coming in ready every day to learn.

**Planning Team:** My hands go up to you for helping pull this event together, in a short amount of time. *Planning Team:* Melissa Gilman, Arlene Wheeler, Jason Wheeler, Jonathan Arakawa, Harmony Arakawa, Chelsea Behymer, Celina Gray, Vanessa Castle, Kelsie Gish, Montesz Kelly-Shears.

**Volunteers:** *Marcos Garcia* (Dry Creek Para Educator) for stepping in and helping with the awareness sessions every day. *Drummers:* Mark Charles and Jerry Foster to coming to the conference to welcome our guests by singing.

**Tribal Departments:** Without the collaboration of the following departments, we wouldn't of had such a successful conference.

**Recreation—**For hosting the awareness sessions every day.

**Natural Resources—**for hosting our science day & helping with the Sounds Fishy Fish Bake.

**Children’s House of Learning—**for lending us your van to be able to transport the youth.

**Transportation Drivers:** Kelsie Gish (TANF) and Montesz (Education) for transporting our youth to and from the conference, and to the evening activities.

**Language & Culture:** For hosting our culture night, and including the youth from the conference to take part in the blessing of the canoe.

**Supportive Staff:** *Planning & Development Dept.:* “Auntie Peps” for being our amazing cook all week.

“Delton “ AKA Delsen for being our rowdy raffle guy! Melissa V. & Jolly for taking the lead in the attendance & raffle for the awareness sessions. *TANF:* Kelsie Gish & Sateva Henderson for helping at the conference. *Education:* Montesz for not only being a driver, but taking part in the youth conference. *Language & Culture:* Jonathan Arakawa for helping during the conference. *Maintenance:* Levi Charles for cooking.

**Lower Elwha Food & Fuel:** For providing our younger youth with “Every Child Matters” T-shirts for their awareness session.

**Heritage Center:** Thank you for being such amazing hosts all week for us, stepping in and helping when needed!

**Tribal Leadership:** Thank you for supporting all the amazing raffle prizes, and stopping by to see the youth!

**It really does take a village to take care of our youth! Thank you again to everyone who helped make this possible.**



# TYP

HUGE Thank You to **Native Wellness Institute** & **UNITY** for coming to our community and teaching our youth! The youth put in work on community projects, learning about our Natural Resources programs, and taking what they learned all week to teach the younger youth!





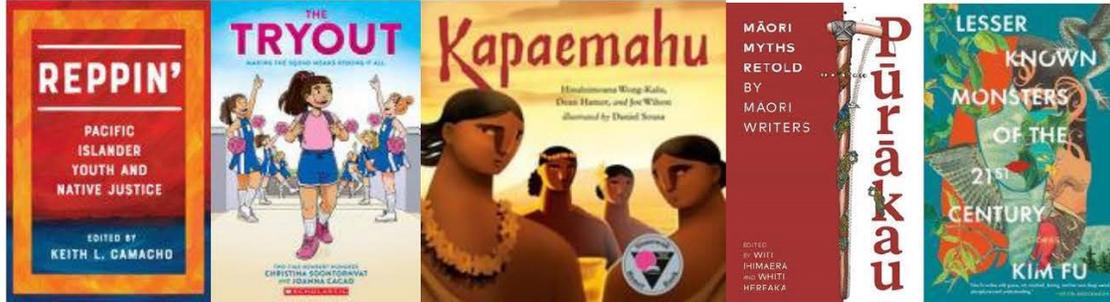




# Library

## May is Asian American and Pacific Islander Heritage Month!

Join the Library this May in celebrating Asian American and Pacific Islander heritage! To celebrate, we will be featuring some of our favorite books by Asian Americans and Pacific Islanders. Here are just a few:



- *Reppin': Pacific Islander Youth and Justice* by Keith L. Camacho: "From hip-hop artists in the Marshall Islands to innovative multimedia producers in Vanuatu to racial justice writers in Utah, Pacific Islander youth are using radical expression to transform their communities."
- *Kapaemahu* by Hinaleimoana Wong-Kalu: "Four individuals of dual male and female spirit bring their healing arts from Tahiti to Hawaii, where they are beloved for their gentle ways and miraculous cures and where they imbue four giant boulders with their powers."
- *The Tryout* by Christina Soontornvat: "As one of the only Asian Americans in her school, Christina confronts both well-meaning ignorance and cruel racism, but in middle school fitting in is important, which is why she and her best friend Megan are both excited and nervous to try out for the popular cheerleading squad."
- *Pūrākau: Māori Myths told by Māori Writers*: "Ancient Maori creation myths, portrayals of larger-than-life heroes and tales of engrossing magical beings have endured through the ages."
- *Lesser Known Monsters of the 21st Century* by Kim Fu: "In the twelve unforgettable tales of Lesser Known Monsters of the 21st Century, the strange is made familiar and the familiar strange, such that a girl growing wings on her legs feels like an ordinary rite of passage, while a bug-infested house becomes an impossible, Kafkaesque nightmare."

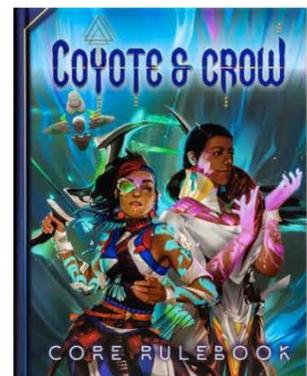
## Weekly Class Schedule for February

The Library's weekly class schedule can be found below. Classes labeled with NSDL have optional certification exams which can be used in job hunting. All classes are Wednesdays from 5pm-6pm and are offered through Zoom at this link <https://us06web.zoom.us/j/83804165861?pwd=VPd9hYIjbEbiI2FtQdY2sSEUpDOEZ5F.1> and may be attended in-person upon request. One-on-one tutoring is also available upon request on a variety of digital literacy subjects; please email Jason M at [Jason.morris@elwha.org](mailto:Jason.morris@elwha.org) for more information. Additionally, if there are days or times which work better for you to attend classes, please email Jason with your preferences.

- May 1: Intro to MS Word (NSDL)
- May 8: Internet Basics (NSDL)
- May 15: Internet Safety for Parents
- May 22: Career Search Skills & Resume Workshop (NSDL)
- May 29: Basic Computer Skills (NSDL, in-person at the Library)
- June 5: Introduction to MS Excel (NSDL)

## Do You Like Table Top Roll Playing Games?

Thanks to a generous donation from Coyote & Crow LLC, a Native-owned company, the Library now has a copy of the rulebook for the TTRPG *Coyote & Crow*! Much like *Dungeons & Dragons* (D&D), *Coyote & Crow* (C&C) is a Table Top Role Playing Game, TTRPG for short, in which players adopt the persona of a character of their creation (or choose one that's already created) and go on adventures with their fellow players. "Designed and written by Connor Alexander and a team of more than 3 dozen Indigenous writers, artists and creatives, [C&C] imagines an alternate near future where colonization never happened. It's a game where science meets spirituality and where conflicts have options for resolutions beyond just violence." If this sounds like something you'd be interested in participating in at the Library, contact Jason at [Jason.morris@elwha.org](mailto:Jason.morris@elwha.org) and we can start playing some games!





## Library

### **An Update from Maddie McLean, K-6 Academic Support Provider**

This year over spring break our elementary students stayed busy with a number of field trips to Laurel Lanes, Shore Aquatic Center, the Feiro Marine Center, and the Spruce Railroad Trail hike. Thanks to collaboration between the LEKT Education, Recreation, and Culture Departments we were able to host over 30 elementary students on multiple field trips! As we settle back into a routine at Dry Creek after two weeks of break, we are excited to see plants sprouting in the community garden, students running around the “fast track” to get punches on their mileage charts in PE, and the return of Dragon bucks at recess.



The After School Program has been staying busy with games (matt ball, mushroom ball, gaga ball, etc.) in the gym, lots of reading for ramen in the library, and guest visits from Natural Resources on Wednesday to share hands on learning experiences with the kids, from getting to learn about and touch rough skinned newts to understanding what animals skulls can tell us an animal’s life.





# Library

## LEKT to Operate Summer Food Service Program for Summer 2024

The Lower Elwha Klallam Tribe announces the sponsorship of the Summer Food Service Program for children. Meals are available at no charge to children 18 years of age and younger. Children or parents/guardians may come to pick up prepared lunches from 12pm to 1pm Monday-Friday and may choose to stay and eat or leave and eat somewhere else. This program will run starting June 25, 2024 and will end Aug. 30, 2024.

Meals will be served at the following location:

Site Name and Address	Inclusive Dates	Meals/Times	Contact and Phone Number
Lower Elwha Klallam Tribal Center Dining Hall 2851 Lower Elwha Rd., Port Angeles, WA 98363	June 25 <sup>th</sup> -Aug. 30 <sup>th</sup> , 2024 Monday-Friday (except July 4 <sup>th</sup> -5 <sup>th</sup> )	Lunch 12pm-1pm	Jason Morris (360)452-8471 ext. 7431

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD- 3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



Food Bank

# ELWHA FOOD PANTRY

## SERVING THE LOWER ELWHA TRIBAL COMMUNITY

- Come in and visit us!
- Shop for the foods you want, *please be mindful of the limitation's signs.*
- Have the items you want?
- We will help check you out!



### HOURS

MONDAY: 8:30 AM TO 4:30 PM

TUESDAY: **CLOSED**

WEDNESDAY: 8:30 AM TO 5:00 PM

THURSDAY: 12:30 PM TO 5:00 PM

FRIDAY: 8:30 AM TO 5:00 PM

**5/11/24, SAT: 9:00 AM TO 1:00 PM**

**Please bring a reusable  
bag, if you can**



22 SPOKWES DR. PORT ANGELES, WA 98363

• (360) 504-3678



# Nutrition & Diabetes

APRIL 2024 NEWSLETTER

## KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

### In this issue:

- Nutrition Tips
- Did You Know
- 5 Small Changes



### Healthy Diet Quiz!!!!

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

What has increased in our food supply over the years that is problematic? Use of antibiotics and hormones in animal products, artificial flavorings, color dyes and high fructose corn syrup to name a few.

Read the following to better determine YOUR eating habits!

### 5 Small Changes to Help Manage Your Weight!

- Don't drink sugar- based calories.
- Don't focus on calorie counts: instead focus on balanced eating: carb/protein/vegetables
- Cook most of your meals instead of eating out, but avoid frozen processed foods.
- Grow your own garden
- Be mindful what you eat and drink AFTER dinner.



### Healthy Eating Tips:

1. I get 150 minutes of exercise a week.
2. I Limit the time I spend sitting or lying down while looking at my phone, TV or computer.
3. I eat 3-5 serving of fruits and vegetables a day.
4. I eat whole grains instead of white carb products.
5. I choose drinks with no sugar.
6. I try to drink 32 ounces of water a day.
7. I rarely eat processed meats like hot dogs, bacon and sausage.
8. I take it easy on high calorie desserts like cake, cookies and donuts.
9. I rarely eat fried foods.
10. I use extra virgin olive oil when I am cooking.

### Did you Know?

Broccoli is a powerhouse vegetable! It has health benefits from cancer to heart disease. Add raw broccoli to your salad for extra crunch.

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

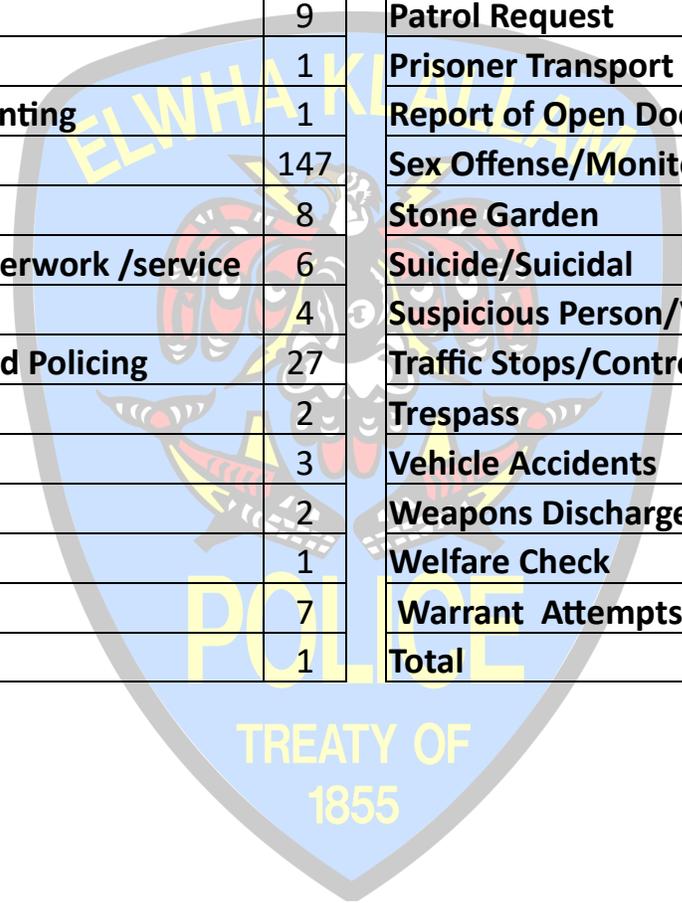




LEPD

<b>2024 Service Record</b>	<b>Mar.</b>
911 Hang-Up	6
Abandoned Vehicle	1
Alarm/Alarm Check	3
Animal Calls	9
Assault	1
Boating Activity/Hunting	1
Business Check	147
Citizen Assist	8
Citizen Contact/paperwork /service	6
Civil	4
Community Oriented Policing	27
Courtesy Transport	2
Disturbance	3
Drug Violation	2
DV	1
Follow Up	7
Fraud	1

Littering	3
Malicious Mischief	1
Misc. Info/False Reporting	6
Other Agency Assist	45
Patrol Request	80
Prisoner Transport	5
Report of Open Door/Window	3
Sex Offense/Monitor	1
Stone Garden	38
Suicide/Suicidal	1
Suspicious Person/Vehicle	6
Traffic Stops/Control/Emphasis/Hazard	36
Trespass	2
Vehicle Accidents	3
Weapons Discharge/Violation	2
Welfare Check	8
Warrant Attempts/Arrests	12
<b>Total</b>	<b>481</b>





### Community News



Happy 18th birthday Ciara Rain we love you so much and are so proud of you!! Love mom and dad and family

Happy 19<sup>th</sup> Birthday Zelby Rae Gloria. You are an amazing young lady, and your family is so proud of you. Zelby will graduate Peninsula College at the end of the Spring Quarter with her Associate of Arts degree (2 yr. degree). She has been accepted at Central Washington University (CWU) and will begin the process of moving into her dorm at the end of the summer, where she will enter CWU as a Junior. At Peninsula College she is actively involved with the First Nations Club, as the vice-chair, and will continue strong with Klallam III language class for the Spring quarter.

She is grateful to her grandmother and the elders that worked to bring back Klallam language and acknowledges the educators that came after them. Thank you, Jamie Valadez and Wendy Sampson, for being her teacher, and thank you to Harmony Arakawa in the culture department. It takes a team to keep the Klallam language a living language, thank you to all in the culture department that work hard toward this goal.



Wishing my grandsons a very happy birthday MarKeith Penn & Jayceon Tinoco Love always Grandma Dorene



Happiest birthday to my daughter and son Jessica Laungayan and Roger Tinoco. I love you so much. Love always Mom (Dorene)







LEPD

# Congratulations to Ciara Cargo-Acosta for signing her letter of intent to play for Northwest Indian College!





# Tribal Directory

**Tribal Center**

2851 Lower Elwha Road  
Port Angeles, WA 98363  
360.452.8471

**Executive Director**

Tonya Clark, Ext. 7469

**Tribal Operations Officer**

Tia Skerbeck, Ext. 7420

**Interim CFO**

Jo Klinski, Ext. 7460

**Accounting**

2851 Lower Elwha Road  
Rachelle Wheeler, Grants  
Administrator Ext. 7465

**Cedar Box Smoke Shop**

4779 S Dry Creek Road  
360.477.1170

**Children’s House of Learning  
(Early Head Start, Head Start,  
Child Care, Prenatal Program)**

291 Spokwes Dr  
360.504.3141  
Lola Moses, Early Learning Director  
Ext. 7471  
Deann Lester Interim Child Care  
Manager Ext. 3402  
Deanna Murray, Health Manager  
Ext. 7470  
Ralena Cornelson, Family and  
Community Partnership Ext. 7474  
Darla Owens, Prenatal Program  
Ext. 7475

**Education**

Jessica Egnew, Director Ext. 7425

**Elwha Peaks Cannabis**

4775 S Dry Creek Rd, Port Angeles  
360.912.7533

**Elwha River Casino**

631 Stratton Road, 452.3005  
Mike Watson, General Manager

**Elder Services**

Samantha Acosta, Coordinator  
Ext. 7466

**Employment Services/HR/TERO**

Sandra Johnson, Director Ext. 7429

**Enrollment Services**

Maurice Raub Ext .7477

**Facilities & Maintenance**

Warren Stevens, Director Ext. 7432

**Food Bank**

22 Spokwes Drive  
360.452.8471  
Dorene Charles, Coordinator  
Ext. 7690

**Gaming Commission**

631 Stratton Road  
360.452.5628  
Elaina Begay, Director

**Health Clinic**

243511 Highway 101 West  
360.452.6252  
Lorinda Robideau, Health Services  
Director

**Heritage Center**

401 E. First Street, 360.417.8545  
Nicole Volkmann, Manager  
Ext. 2912

**Human Resources**

Brandy Williams, HR Professional  
Ext 7427

**Housing Authority**

22 Kwitsen Drive, 360.457.5116  
Jennifer Hutto, Director 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, Port Angeles  
360.452.4432  
Stormy Howell, Treatment  
Manager

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

341 Spokwes Drive  
360.452.6759  
Sam White, Chief of Police Ext.  
2922

**Library Ext 7430****LOWER ELWHA FOOD & FUEL**

360.477-1170

**Natural Resources/Fish Hatchery**

760 Stratton Road  
360.457.4012  
Matt Beirne, Director Ext. 7485

**Planning & Development**

Arlene Wheeler, Director Ext. 7437

**Prevention Health/GYM**

Jason Wheeler, Ext. 7440

**Social Services**

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



## BUSINESS COUNCIL



Frances G. Charles  
Tribal Chairwoman, Ext. 7411



Russ Hepfer  
Vice Chairman, Ext. 7412



Melissa Gilman  
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau  
Council Member, Ext. 7413



Anthony Charles  
Council Member, Ext. 7415

### Dates to Remember:

- 5/1 Intro to MS Word
- 5/3 MMIW/P Awareness Walk
- 5/4 Election Day
- 5/8 Internet Basics
- 5/10 Healing Court Open House
- 5/13 National American Indian Day
- 5/15 Internet Safety for Parents
- 5/18 Family Softball Tournament
- 5/19 Culture Crafts @ Heritage Center
- 5/22 Career Search & Resume Skills
- 5/24 Flagger's Certification
- 5/24 Family Dance
- 5/27 Memorial Day
- 5/29 Basic Computer Skills
- 5/31 Family Dodgeball Tournament

### Attention 2024 High School and College Graduates and Families!



If you wish to have your photo in the June Newsletter, we must have the image no later than Friday, May 17th.

Please provide your name, school and a .jpg graduation photo.

If you are a college graduate: Also include the degree you are receiving

If you know of a high school, college or trade school graduate who may not see this announcement, please share this information.

Send photo and information to:  
[newsletter@elwha.org](mailto:newsletter@elwha.org)

