May 2025



Elwha News

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Annual Tribal Canoe Journeys for 2025 and we are ramping up to welcome you to our territory to Potlatch with us.

há?nəŋ cən (thank you)

For more information visit: PaddleToElwha.com

Councilwoman Tia Skerbeck Updates

Free Entry to Kids North Olympic Discovery Marathon

Lower Elwha kiddos can run in the Kids Marathon on Sat June 7th for FREE. The kids fun run takes place at the City Pier/Hollywood beach at 3pm. This run is a fun kids event where they get a tie dye shirt, run medal, and popsicle for completing the run. Adults and family members can run for free with kiddos!



Kids free race registration code: ElwhaKids

We also have half off registration for the team marathon on Sun June 8th. This is a great opportunity to gather a group of people to work towards a common goal of physical activity, health, and wellness. Group Relay 50% off registration code: **ElwhaTeam**To sign up, visit:www.nodm.com

Federal Gov't Uncertainty

There continues to be cuts, changes, and reorganization within the federal gov't, and we don't yet know the extent of the effect on our Tribe. Many partner offices, support staff, and funding streams have been cut. But we continue to work with our congressional representatives, partners, and local & federal non-profits to advocate and champion for Tribal consultation, and upholding trust and treaty obligations to tribes.

Fishing Ordinance Update

The fishing ordinance was out for community comment in March and some good feedback was received and incorporated into the update. Thank you to those that provided feedback and input.

Canoe Journey Prep

The shaker blessing of the Paddle to Elwha 2025 protocol site, beach, and Tribal Center took place in April. Some great work was done at each site, leaving us ready to host in July.

The Paddle to Elwha 2025 website should be live by the time you read this at www.paddletoelwha.com. Community clean up is well underway, with a full crew out mowing and removing debris from host properties. If you didn't get signed up for the first



round of clean-up, keep an eye out for the 2nd sign up. We have a hard working crew out there doing their best to make sure we have a clean, safe, hazard free environment to host. Regalia and gift making are in full swing. Thank you to all of the volunteers and helpers that are coordinating and teaching our community skills and tips to make our regalia and gifts! Your hard work and dedication to our community does not go unnoticed. Keep your eye out for future regalia and gift making dates.

New Port Angeles Middle School Groundbreaking

Groundbreaking of the new middle school took place on 4/12/25. The new school will be built over the next two years, and will be in the field area next to gym. Once the new building is done, the kiddos and teachers will move over to the new building, and the old building will be torn down, and the site it sits on will be converted into recreational shared space.



OLYMPIC DISCOVERY MARATHON

Kids Fun Run -FREE

Participants will receive a t-shirt, race medal, and popsicle.

Start Time

June 7 - 3:00 pm

Discount CodeElwhaKids

Group Marathon - 50% off

Start Time

June 8-7:30 am

Discount Code

ElwhaTeam



Register www.nodm.com



TRIBAL YOUTH PROGRAM

"Empowering Youth Through the Ways of our Ancestors"

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.

What to expect

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

Contact Info

Here are all the ways you can contact me:

- Email: melaine.wheeler@elwha.org
- Desk: (360) 452-8471 ext. 7417
- 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, inline with the topic of the curriculum.



TRIBAL YOUTH PROGRAM

Empowering Youth through the Ways of our Ancestors

REGISTRATION

Please scan the QR Code to Register



Contact:

Melaine Wheeler, Program Manager

Call/Text: (564) 215-1724 | Email: melaine.wheeler@elwha.org

March Dry Creek Honor Roll

We want to celebrate the following students for getting awards in Honesty, Writing and Kindness:

Honest Award: Frank Bennett, Jordyn Singleton, Marlei Svec, Ciara Charles, Angelo Dailing, Winter Redner, James Frances

Writing Award:

Lisa Charles, Leilani Cornelson, Jaidyn Eatman, Malena Charles

Kindness Award:

Kaylee Konopatski, Nicole Yazzie, Foster Jackson

We want to celebrate the following students who had %95 or more attendance for the month of February:

Ruben Peters Genesis Peters

Jaxon Williams Jaidyn Eastman Robert Hendricks Violet Hendricks Lilith Hendricks Nicole Yazzie Rayquan James Charlotte McGarvie Zachary McGarvie Frank Bennett Christopher Bennett Tiadosa Tom Vanna Tom Addisu Dujue Zyrriah Lok Zayne Lok Violet Austin Elijah Austin Ciara Charles Malena Charles Neveah Korsmo Oosha Goldsbury Jordyn Singleton Austyn Singleton

Oosha Goldsbury
Jordyn Singleton
Austyn Singleton
Karleigh Mason
Annabelle Mason
Huxley Heiner
Rylee Colwell
Jediyah Jackson
Foster Jackson
Kyler Robideau
Russell Jackson
Lucien Bolstrom
Jarison Moses

Kamia Jennings Max Sero Chloe Holloway Marlei Svec Sherri Charles Phoenix Charles Kameron Tinoco Tydus Woods Aurelia Dailing Bryant Saluskin Winter Redner O'Shea Charles Jonny Ermineskin Emma Marquez Azalynn Lauderback Braven Little Youngman Katherine Charles James Francis



Tsiqwəy Revegetation Restoration with 4th graders from Dry Creek Elementary

On March 6th, Lower Elwha Klallam Tribe Natural Resources teamed up with the 4th graders of Dry Creek Elementary, Clallam Marine Resources Committee, community volunteers, and Clallam Conservation District to plant backshore areas of Ediz Hook (<u>Tsiqwáy</u>') with native coastal vegetation. It was one of the first sunny spring days and the kids had lots of fungetting their hands dirty and enjoying snacks on the beach! Over the course of the project, 4,000 native plants and sowed 5lbs of native seed were planted. This is part the fourth restoration phase that LEKT Natural Resources has been leading on Ediz Hook in order to restore backshore ecosystem processes, prevent coastal erosion, and provide habitat for the animals that find refuge on the shoreline of Ediz Hook.







YOU ARE INVITED TO THE

TRIBAL YOUTH PROGRAM

5TH, 6TH & 8TH GRADE PROMOTION PARADE

When: June 12, 2025

Who: American Indian/Alaskan Native Youth, who are being promoted to middle school or high school.

Line up: 4pm at Lower Elwha Food & Fuel Please decorate your vehicle, wear your regalia or best attire and be safe.

Parade: 5pm Lower Elwha Road -> Casino Parking Lot -> Stratton Road - Ends at Lower Elwha Tribal Center

Community: Please show your support on Lower Elwha Road, Stratton Road or at the Lower Elwha **Tribal Center**

Please RSVP your student(s) with Melaine Wheeler, Tribal Youth Program Manager Email: Melaine.Wheeler@elwha.org

5th Grade Promotion for: Crescent School & Queen of Angels 6th Grade Promotion for: Port Angeles Elementary Schools 8th Grade Promotion for: Crescent, Port Angeles, and Queen of Angels

This is NOT a school-sponsored activity. The Port Angeles School District has neither reviewed nor approved the sponsoring organization's program, personnel, and activities announced in this flyer. The sponsoring organization and participants agree to protect, indemnify, and hold harmless the District, its board of directors, employees, and agents, from all claims, liabilities, damages, expenses, or rights of action indirectly attributed to the organization or its program, personnel, and activities. Permission to distribute this flyer should not be considered an endorsement or recommendation of the program by the District.



GRADUATION EVENTS

2025 JOM High School Graduation Parade & Jam

June 6, 2025 | 5pm LEKT Community & Gymnasium

Lincoln High School Graduation Ceremony

June 9, 2025 | 6pm Field Arts & Events Hall

Seaview Graduation Ceremony

June 10, 2025 | 6pm Field Arts & Events Hall

2025 5th, 6th & 8th Grade Promotion Parade

June 12, 2025 | 5pm LEKT Community

Port Angeles High School Graduation Ceremony

June 13, 2025 | 3pm Parade (Town) & 7:30pm Ceremony Civic Field

Crescent High School Graduation Ceremony

June 14, 2025 | 5:30pm Crescent Gym

Lower Elwha Head Start Graduation Ceremony

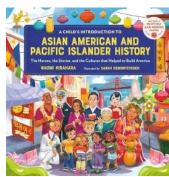
June 18, 2024 | 5pm LEKT Gymnasium

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:









- The Night Marchers and Other Oceanian Stories edited by Kel MacDonald, Kate Ashwin, and Sloane Leong
- The Squad by Christina Soontornvat
- A Child's Introduction to Asian American and Pacific Islander History by Naomi Hirahara
- Interior Chinatown by Charles Yu

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 Microsoft Teams at the link you can find in the Education and Recreation channel of Camp Crier or at the QR code below and may be attended inperson 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 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 7: Basic Computer Skills (NSDL, in-person at the Library)

May 14: Internet Basics (NSDL)

May 21: Internet Safety for Parents

May 28: Information Literacy in the Post-Truth Era: How to Tell

Fact from Fake

June 4: Career Search Skills & Resume Workshop (NSDL)



Elwha Beach Cleanup

On Friday, April 4, the LEKT Library, Recreation, Language & Culture, TYP, STRONG, and NOAA collaborated to host a cleanup of Elwha Beach with Elwha youth. Our goals were to clean up and beautify the beach, gather information on beach debris for NOAA's Marine Debris Monitoring and Assessment Program, and to collect marine plastic and glass with the goal of building a sculpture to display at Ca-

noe Journeys inspired by the book *Washed Ashore: Making Art from Ocean Plastic* by Kelly Crull (which is available in the Library!). We were also joined by Elwha Police Officer Hamrick, who gave the kids a presentation on how to stay safe during the beach cleanup, including safe handling of sharps. Chelsea Korbulic from NOAA also gave a presentation about why it's important to keep the beach clean, telling them about the nearshore forage fish which lay their eggs on the beach and



rely on having a clean beach to do so.

Fortunately, we found very little garbage on the beach, though we did find a crab pot which had washed ashore, which we turned over to Officer Woods. After we got back to the Tribal Center after a few hours of scouring the beach all the way to the mouth of the Elwha, we sorted through the debris to select the items which could come in handy for building the sculpture, though we didn't



find much. That said, if you have colorful plastic waste, like bottle caps or old, broken toys, contact Jason M at Jason.morris@elwha.org as we may be able to use it for the sculpture. Also, if you are a sculptor or other artist who would be interested in helping us to design and build this sculpture, please contact Jason! A huge thank you to all who helped out, including Chelsea, Brad Holloway, Justine Clifford, Melaine Wheeler, Bridget Weed, Megan Juran, Officer Hamrick, and Officer Woods for all their help!

Pictures from the Afterschool Program







Chelsea Korbulic presents a touch tank for the ASP.

JeDiyah Jackson holds a sea urchin while Jarison Moses and Tydus Woods look on.

Tydus Woods proudly holds a sea urchin.

The kids play kickball at the Billy Whiteshoes playfield





Middle School Program Report—May 2025 Klallam Language & Culture Department Provided by Jonathan J. Arakawa, Klallam Language Teacher

We are now in the final full month of the 2024 -2025 school year—and what an incredible journey it has been! This year has been defined by strengthened partnerships with tribal departments and programs, Stevens Middle School, and the Port Angeles School District. We had a total of 50 students take our Klallam Language class at Stevens Middle School.

In April, I had the opportunity to continue classroom presentations at Stevens Middle School, including my annual Tribal Sovereignty Overview for the 8th grade Civics classes. In collaboration with Civics teacher, Rob Edwards, we continue to refine and improve this important curriculum. This year's presentation reached all 8th grade students, offering them a comprehensive overview of tribal sovereignty and its contemporary relevance.

During Spring Break, I partnered with the TYP and STRONG programs to host cultural gift-making sessions in preparation for the 2025 Paddle to Elwha. Our youth were engaged—painting rattles, crafting nettle-mint tea bags, sanding clappers, and beading necklaces. These heartfelt gifts will be part of Elwha's giveaway during the event. A huge thank-you to our youth for their creativity and commitment, and to their parents for supporting their participation.

If you have any questions about our middle school program, please feel free to reach out to me via email at *Jona*-

than.Arakawa@elwha.org or by phone at extension 7395. I'm happy to answer any questions.

Wishing My Kids a Very Happy Birthday Roger Tinoco May 3. Jessica Laungayan May 17. I Love You with all that I have. Love Always Mom (Dorene Charles)





Wishing my grandsons a very happy birthday. MarKeith Penn 18 years old on May 9th. Jayceon Tinoco 17 on May 22. I love you both so much. Love always Grandma (Dorene Charles)



RECREATION CALENDAR

a	a news — www.eiwiia.org iway								
	.	18 Youth Basketball Tournament	11 Mother's Day	4		Sun			
	26 Gym Closed Memorial Day	19 6ym Hours Bam-9pm	12 6ym Hours 8am-9pm	5 6ym Hours 8am-9pm		Mon			
	27 6ym Hours 8am-9pm	20 6ym Hours 8am-9pm	13 6ym Hours 8am-9pm	6 6ym Hours 8am-9pm		Tue			
	28 6ym Hours 6am-9pm	21 6ym Hours 6am-9pm	14 6ym Hours 6am-9pm	7 6ym Hours 6am-9pm		Wed	May 2025		
	29 6ym Hours 8am-9pm	22 6ym Hours 8am-9pm	15 6ym Hours 8am-9pm	8 6ym Hours 8am-9pm	1 6ym Hours 8am-9pm	Thu	0.		
	30 6ym Hours 8am-9pm	23 6ym Hours 8am-9pm	16 6ym Hours 8am-9pm	9 6ym Hours 8am-9pm	2 6ym Hours 8am-9pm	<u>F</u> .			
	31 6ym Haurs 10am-6:30pm	24 6ym Hours 10am-6:30pm	17 Youth Basketball Tournament	10 6ym Hours 10am-6:30pm	3 6ym Hours 10am-6:30pm	Sat			

May2025

Dining Hall Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur- day
27	28	29	30	1	2	3
		Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm		Star Quilt Class 10am- 6pm
4	5	6	7	8	9	10
Star Quilt Class 10am- 4pm		Shawl & Vest Making 1:30- 4:30pm 5pm-7pm Drum Group	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm		
11	12	13	14	15	16	17
Hap- py Moth- er's Day	LEKT Gov. Offices Closed	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm		Star Quilt Class 10am- 6pm
18	19	20	21	22	23	24
Star Quilt Class 10am- 4pm		Shawl & Vest Making 1:30- 4:30pm 5pm-7pm Drum Group	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm		
25	26	27	28	29	30	31
	LEKT Gov. Offices Closed	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm	Shawl & Vest Making 1:30- 4:30pm		

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9 - 12pm Canoe Journey Gift Making 9 - 9-12pm Canoe Journey Gift Making 9 - 12pm Canoe Journey Gift 9-12pm Canoe Journey Gift 9-12pm Game Journey Gift Naking 9 - 12pm Canoe Journey Gift 9-12pm Canoe Journey Gift 9-12pm Canoe Journey Gift 10 - 9-12pm Game Journey Gift 10 - 9-12pm G	25 26 27 • Sam-12pm Sam-12pm Gift making @Heritage • S-7pm Drur Dining Hall	 19 9-12pm Canoe Journey 9-12pm Canoe Journey 9-12pm Canoe Journey Making 9am-12pm Field Art Hall 	113 • 5-7pm Dru • 5-7pm Dru Dining Hall	4	Heritage Center: 401 E 1st St, Port Angeles, WA 98362	Port Gamble S'Klallam Tribe: 31912 Little Boston Rd NE, Kingston, WA 98346 Heritage Center: 401 E 1st St, Port Angeles, WA 98362	Veterans Center: Port Gamble S'Klallam Tribe: 31912 Little Bosto Heritage Center: 401 E 1st St, Port Angeles, WA 9	Veterans Center: Port Gamble S'Klallam Tribe: 31912 Little Bosto Heritage Center: 401 E 1st St, Port Angeles, WA 9	Dining Hall: 2851 Lower ELwha Rd, Port Angeles, WA 98362 Veterans Center: Port Gamble S'Klallam Tribe: 31912 Little Boston Rd NE, Kir Heritage Center: 401 E 1st St, Port Angeles, WA 98362	Culture Club: 322 Stratton Rd, Port Angele Dining Hall: 2851 Lower ELwha Rd, Port Angele Veterans Center: Port Gamble S'Klallam Tribe: 31912 Little Bosto Heritage Center: 401 E 1st St, Port Angeles, WA 9	Culture Club: 322 Stratton Rd, Port Angeles, WA 98362 Dining Hall: 2851 Lower ELwha Rd, Port Angeles, WA 98362 Veterans Center: Port Gamble S'Klallam Tribe: 31912 Little Boston Rd North Heritage Center: 401 E 1st St, Port Angeles, WA 98362
9-12pm Canoe Journey Gift Making 9am-12pm Gift making @Veterans Center 9-12pm Canoe Journey Gift Making 9-12pm Canoe Journey Gift Making 9am-12pm Gift making 9am-12pm Canoe Journey Gift Song and Dance @Part Gamble Stillatam 5:30 pm 9-12pm Canoe Journey Gift Making 9am-12pm Gift making 9am-12pm Gift making 9am-12pm Gift making 9am-12pm Center	. 29	21 • 9-12pm Canoe Journe, Making	• 1 4	7 ·	8362	on Rd NE, Kingston, WA 98346 8362	on Rd NE, Kingston, WA 98346 8362	es, WA 98362 on Rd NE, Kingston, WA 98346 8362	es, WA 98362 on Rd NE, Kingston, WA 98346 8362	es, WA 98362 on Rd NE, Kingston, WA 98346 8362	A 98362 95, WA 98362 9n Rd NE, Kingston, WA 98346 8362
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HEALING COURT NEWS

Lower Elwha Klallam Tribe



Healing Court is a 12 to 18 month program that promotes wellness by assisting participants in achieving and maintaining sobriety. The program utilizes community supervision, counseling and cultural reconnection. Along with an individualized recovery plan.

Healing Court is rooted in best practice principles for Wellness courts. The Healing Court Team consists of: Judge, Prosecution, Defense/Parent Attorney, Probation, Indian Child Welfare, Tribal Law Enforcement, Klallam Counseling Treatment Providers, Healing Court Case Manager/Coordinator and Court Administrator.

For more information, please reach out to Ted Bowen at 564-215 -1632 or ted.bowen@elwha.org

ission Statement

To create a new path by ending negative cycles through community involvement, alternatives to jail and respecting traditions to provide our people the right to live in an addiction free commu-

Vision Statement

The vision of ?a?lxwa naxws layam lwawtxw is to walk the healing road with honor, respect, and yahumact; creating harmony and balance through culture and tradition.



Don't be afraid to start over.

It's a chance to create what you want. And enjoy what your deserve.

Eligibility

- Must be 18 years or older
- Member or eligible member of a federally recognized tribe
- Must be a person over which the Tribe has a civil and/or criminal jurisdiction
- Participant must be diagnosed w/ chemical dependency or substance use disorder
- Participant must be willing to engage in chemical dependency or substance use disorder treatment
- Must agree to voluntary program participation
- Participant is not a violent offender, perpetrator of sexual abuse, or perpetrator of felony child abuse

LOWER ELWHA HOUSING AUTHORITY

MAY 2025 NEWSLETTER

MEMORIAL DAY Monday May 26th The Office Will be CLOSED

We will Re-open Tuesday 8:00 A.M



Spring cleaning tips to keep the summer pests away!!

Make sure to clean up after preparing and eating meals, the ants are coming in already. You want to make sure you don't leave anything out that will attract them, they'll take over before you know it.

Keep your yards mowed and avoid leaving anything with water standing outside to help reduce mosquito breeding areas.

Attention LEHA tenants!!!!! We now have battery powered, rechargeable lawn mowers, weed eaters, and pressure washers available for use. You must complete a Lawn Care Usage Agreement and Release form in order to borrow the lawn equipment. Please come in or call the office for more information.

<u>Cleaning the exterior of your house:</u> Start by using a stiff bristle broom, brush off any large debris stuck to the siding, making sure to get into corners and under eaves and gutters. Next, spray sections of the siding with water, then use a cloth or sponge to apply a mild cleaning solution. Use the broom/brush to gently scrub any dirt stuck to the siding, once everything is loosened, spray the dirt and cleaning solution off. It's a great way to give your home a quick spruce up for the upcoming summer holidays.

Attention, LEHA Residents! We are preparing for our annual inspections! You are required to have your residence in order according to your lease agreement.

We are set to begin mowing yards for our tenants who are disabled and/or elders.

In order for us to mow safely and efficiently, we ask that your yard is completely clear of debris.



Wellness Classes at the Heritage Center

Bridgette is a holistic nutritionist and currently studying plant medicine and indigenous food pathways. Bridgette is an enrolled citizen of the Jamestown S'klallam Tribe and started working for WSU Clallam County Extension in March of 2024 as the SNAP-Ed Nutrition Educator. She will be teaching classes at the Food Bank with the Heritage Center every other Tuesday, covering a variety of food and cooking nutrition classes that are centered around tribal food sovereignty and traditional foods.





Scan the QR code to join us!



COMMUNITY GEAR LENDING PROGRAM

Available for borrowing at LEKT Natural Resources now:

- · Guide books & binoculars
- · Rain jackets & pants
- · Hiking boots & poles
- Tents
- · Backpacks adult and kids
- Sleeping bags & pads
 And so much more!

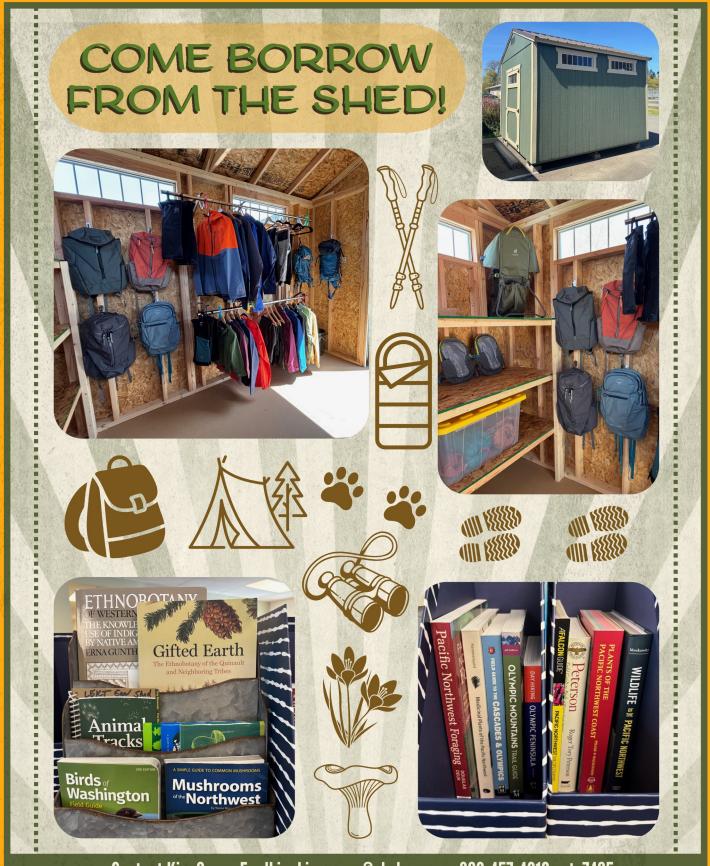




Please call ahead to horrow gear to be picked up during regular business hours (8 a.m. - 5 p.m. M-F)

Stay tuned for information about a gear shed "open house" and scheduled community hikes!

Contact Kim Sager-Fradkin: kim.sager@elwha.org or 360-457-4012 ext. 7495



Contact Kim Sager-Fradkin: kim.sager@elwha.org or 360-457-4012 ext. 7495



May 2025

Dear Community Members,

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

Our 1910 Shaker Church assists with the following:

- Funerals
- Baptisms
- Weddings
- Hospital/Home Visits for Prayer
- Home Shakes/Blessings
- Blessing of Buildings and More
 Opening Prayers for Gatherings
 For any requests for Shaker work, contact our Church Officers.
- Minister: Jonathan Arakawa (360) 565-6957
- Traveling Missionary: Margaret (Sarge) Sawyer

Secretary/Treasurer & 1st **Elder:** Johanna Bowechop

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

Respectfully,

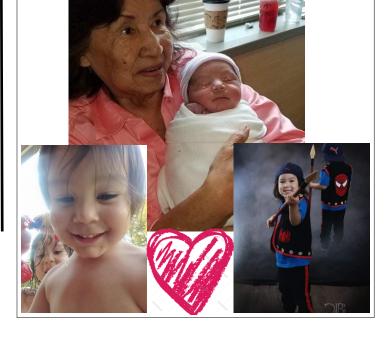
& 1st Elder

Jonathan J. Arakawa, Minister Margaret (Sarge) Sawyer, Traveling Missionary Johanna F. Bowechop, Secretary/Treasurer Attention Families - Would you like to see your High School or College Graduate featured in the newsletter? Please fill out the survey below with their name, photo, and a short description of their achievements:





"Happy Birthday Christopher Eugene Bennett! Love, Mom and Dad"



April 2025 Newsletter

Klallam Strong: Nutrition & Diabetes Newsletter

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

In this issue:

- * Care guidelines
- * MIND diet
- * Quote



Diabetes Exams

Hope your spring is off to a good start. Don't forget to schedule these important prevention exams with your provider.

The MIND Diet

To promote brain health and reduce the risk of dementia

- Foods to eat: focus on nuts, leafy greens, beans, berries, fish and whole grains.
- Foods to avoid: sugar, limit red meat, fried foods, and fast foods.
- Health benefits: to improve brain function and cognition. This diet combines the benefits of the DASH and Mediterranean diets.

Diabetes care guidelines.

These guidelines are from the American Diabetes Association to help you prevent complications.

- Yearly eye exam
- Yearly foot exam
- Twice a year dental visit
- Quarterly A1c diabetes test
- Yearly lipid and kidney function test

Nutrition Quote:

"Nutrition is the foundation of health and wellbeing"

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





Happy Spring and Autumn Everyone!

LEFA ended the month of April with absolute gratitude to each one who was partook of our events.

Your participation, your support, and your voice matters.



Highlight: The April 9th Sexual Assault Awareness Walk and Healing Court ceremony was a success. Thank you to those who helped, supported, donated time, and raffle items and food. Those who spoke/ presenters, emcees, volun-

teers, cooks, and partner representatives: Elwha Police: Chief Sam White, Lieutenant Jimmy Thompson, Officers Josh Woods, River Bower, and Glen Roggenbuck, and Fish & Wildlife Officer Detavius Woods; Elwha Food and Fuel Store (Joshua Lampman); Elwha Justice Center: Attorney Diane Cabrera, Judge Anita Neal, Rachel Johnson, Ted Bower, Christina Matson and volunteers and cook: ; Social Services (Becca for support and giving staff the To our very own Tribal Business Committee: time to attend: Kelsie Gish, Sateva Henderson, Samantha Acosta, Julie Helgeson Becky Charles, Dorene Charles, Laura Munn, and

Lazaro Tinoco; Clinic: Becky Shimko, Iliana Jones, Irene Peters; Housing Authority: Janet Hren, Corina Francis, and Christine Peters; Culture: Jonathan Arakawa; Tor Parker, Victim/ Witness Advocate | Case Coordinator at





MMIWP Office of Attorney General Nick Brown; Elwha River Casino Marketing Joseph Bennett; Special guest and presenter Amy Reed Jerry Foster; Drum/Singers Mark Charles and Jerry Foster; Natural Resources Lester Moses; Recreation dept staff and all participants.

Thank you so much to Samantha Acosta, Elder's Program Coordinator for putting on the Wellness Fair for Elders event on April 21st, that I was part-off and to Jeremy Acosta, TVR Counselor for collaborating with me for Canoe Journey gift making/Healing April 25th.

Honorable Council Melissa Gilman, Tia Skerbeck, Russel Hepfer, Steve Robideau, and Chairwoman Frances Charles, thank you very much for your unwavering support in all our awareness and cultural outreach events. Images are from April 9th SA awareness walk and Healing Court Ceremony/dinner.



What is happening in May?

May 1st around 01:00 pm to 2:00 pm, listen to join us. See attached MMIWP flyer for de-KONP radio for MMIWP educational information with Tor Parker, Chief Sam White and me.

May 05, 2025, is National MMIWP – Missing and Murdered Indigenous Women and People honor and remember Memorial Day - Holiday Awareness Day or WEAR RED Day. Collaborated programs and agencies scheduled an awareness walk to stand together to remember and commemorate those beautiful individuals who have been forcefully taken away

from their beloved families. You are invited to tailed information.

5/11 – Happy Mother's Day; 5/12 Happy National American Indian Day (per 5/13/83 President Proclamation) Holiday; 5/26 - Let us You are not Alone! Call Beatriz Arakawa, Program Manager & Victim Advocate

E-mail: Beatriz.arakawa@elwha.org

LOWER ELWHA FAMILY ADVOCACY PROGRAM

We help Tribal and Community Members with:

- Advocacy Domestic & Dating Violence, Sexual Assault, Stalking, • Case Managment Assistance and Sex Trafficking.
- Support with Protection Orders
- Address Confidentiality Program
 Support Groups
- Resources & Referrals
- Prevention & Awareness
- Crisis Intervention Support

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 Safey and Autonomy through Advocacy and Awareness

YOU ARE NOT ALONE!

"This project was supported by Grant No. _ 15JOVW22GG3388TRIB_ awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice." OVW

Congratulations to Mark Elofson. He's officially retired from 30+ years at Lakeside Industries and a 36 year member of Laborers Union Int'l Local 252. The Union representative stated that Mark is the longest tenured Native American union member in the State of WA. Our family is so proud of all his hard work, dedication to his employer and a prime example to our children/grandchildren for his work ethic. ENJOY YOUR RETIREMENT MARK!!! We love you so much.



BEADWORK GIFT-MAKING

with Michelle Fast Horse

Presented by Lower Elwha Klallam TVR

IN THIS CLASS YOU WILL LEARN:

- · Peyote Stitch, both flat and round
- Threading a needle
- Tie-In
- Tie-Out
- · Brick Stitch with and without a loom
- Lazy Stitch

Create custom bracelets or keychains as Canoe Journeys 2025 giveaway items.





Thursday May 1st, Friday May 2nd, and Saturday May 3rd
11am - 4pm | Lower Elwha Social Services
3080 Lower Elwha Rd | (360) 565-7257
Scan the QR code to sign up!

Meet Your Instructor:

Michelle is the owner of Fast Horse Beads. She is a 4th generation beadwork artist of the Northern Cheyenne Tribe.

2024 CONSUMER CONFIDENCE REPORT IS HERE!

The 2024 Elwha Heights and Lower Elwha Valley Consumer Confidence Reports and Water Quality Results are available electronically.

Simply scan the QR Code
Or visit our website at

www.elwha.org/departments/publicworks/utilities.

If you prefer a printed report, they are available at the Tribal Center main entrance or at Public Works. To request a printed report be mailed to your home contact Karl Majerle, Utilities Manager at 360-565-7272.





ERC News Letter

MAY 2025

Promotions:

Monday & Tuesday-

CAMP SET : GIFT GIVEAWAY

Elwha Reward Member Invite ONLY 12pm-8pm While Supplies Last!

Wednesday- SENIOR DA

Elwha Reward Members 55+ ONLY \$25 Hot Seats <u>11am-5pm</u> 2x Points All Day 20% OFF Salish Winds when you visit the Player's Club

Thursday-

\$99 HOT SEATS

All Elwha Reward Members 6pm-8pm

Friday May 30th

RIDE OR RICHES DRAWING



All Elwha Reward Members
7pm-10pm
Earn tickets 4/14 - 5/30

300 POINTS PER ENTRY. GRAND PRIZE DRAWING

Sunday May 11th Mom's Day Free Play

Elwha Reward Members Ladies ONLY First 50 Ladies <u>@10am</u> qualify for \$10 Free Play

Events:

Come visit the Salish Winds
Restaurant for live music played
@8pm-11pm

5/3 by The Randall Wolf Band 5/16 by Bread & Gravy

Salish Winds Specials:

5/11 Mother's Day Special:

Prime Rib Special \$24.99

No Discounts or Coupons

Daily:

Happy Hour
3pm-5pm
\$2 OFF all Drinks
\$3 OFF all Appetizers

Sun-Thurs:

Happy Hour
9pm–11pm
\$2 OFF all Drinks
\$3 OFF all Appetizers



Hours: Mon-Sat 11am-11pm Sunday 11am-7pm

2025 Service Record	March
911 Hang-Up	5
Alarm/Alarm Check	2
Animal Calls	3
Boating Activity/Hunting	2
Business Check	145
Citizen Assist	12
Citizen Contact/paperwork /service	16
Civil	35
Community Oriented Policing	48
Junk Vehicle	9
Disturbance	2
Drug Violation	2
DV	1
Follow Up	19
Assault	1
Harrassment	1
DUI	1
Noise Complaint	1
Prowler	1

Other Agency Assist	9
Patrol Request	97
Prisoner Transport	6
Report of Open Door/Window	7
Sex Offense	1
Stone Garden	1
Suicide/Suicidal	3
Suspicious Person/Vehicle	5
Theft	2
Tresspass	5
Traffic Stops/Control/Emphasis/	
Hazard	37
Trespass	5
Traffic Complaint	4
Unwanted Person	2
Violation of Court Order	2
Vehicle Theft	1
Welfare Check	7
Warrant Attempts/Arrests	5
Total	505

Sexual Assault Response Team (SART)

Get free, confidential support whenever you're ready.



Lower Elwha Health Clinic

243511 Hwy 101 West Port Angeles, WA 98363 (360) 452-6252, Ext. 1

After Hours: (541) 526-9256



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

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

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

Date Resolution Number		Title	For/	Vote Agai bstai	nst/
3/20/25	/25 26-25 Adoption of Elwha River Casino Employee Handbook		4	0	0
3/18/25	27-25	Washington State Department of Health Workplace Safety for Workers Affected by Climate Change Grant Application	3	0	0
3/18/25	28-25	Judicial Services Contract and Appointment of Anita Neal	3	0	0
3/18/25	29-25	Approval and Ratification of Pikeman LLC General Contractor for placement services; with a Limited Waiver of Sovereign Immunity		0	0
3/18/25	30-25	Professional Services Contract with Ridolfi Inc., for Technical Assistance Services	3	0	0
3/18/25	31-25	Approving Attorney Contract with Stephen H Suagee for Western Harbor and Rayonier Clean Up and Natural Resources Damage Assessments	3	0	0
3/18/25	33-25	Approval of Renalogic Contract	3	0	0
3/18/25	34-25	Removal of John Black as Healing Court Judge	4	0	0
3/18/25	35-25	Approval of HMA ASA Contract	4	0	0
3/20/25	36-25	Approval of Rental Agreements for Canoe Journeys 2025	4	0	0
3/20/25	37-25	Election Board Appointment and Membership	4	0	0
3/20/25	38-25	Fishing Committee Appointment and Membership	4	0	0
3/20/25	39-25	Game (Hunting) Committee Appointment and membership	4	0	0
4/8/25	40-25	Approval of RCO TGA 24-1315A entitled Indian Creek Habitat Protection	3	0	0
4/8/25	41-25	Amendment to Special Flood Hazard Ordinance	3	0	0
4/8/25	47-75	Approving Washington Military Dept FY2024 Homeland Security Grand Program Agreement w/ a LWSI	3	0	0
4/8/25		Professional Services Contract with Tacoma Pump and Drilling Co Inc., dba King Brothers Drilling to rehabilitate and redevelop the Groundwater Well Field	3	0	0
4/8/25	44-25	Approval of State of WA DCYF Program Agreement General Terms and Conditions	3	0	0
4/8/25	45-25	Approval of Contract for Services with 2 Grade LLC	3	0	0
4/8/25	46-25	Approval of WA DCYF Program Agreement Indian Child Welfare Services	3	0	0
4/8/25	4/-/5	Professional Services Agreement with Natural Systems Design for Green Creek Restoration	3	0	0
4/8/25	49-25	Approval of Proposal with Play Creation, Inc. to Renovate the Lower Elwha Children's House of Learning Playground	3	0	0

Tribal Center

2851 Lower Elwha Road Port Angeles, WA 98363 360.452.8471

Executive Director

Tonya Clark, Ext. 7469 **Tribal Operations Officer**Lorinda Robideau, Ext. 7633 **CFO**

Brian Carroll , Ext. 7464

Accounting

Jo Klinski, Ext. 7460 Rachelle Wheeler, Ext. 7465 Elena Lifoifoi, Ext. 7476 Jessica Wright, Ext. 7667 Jalen Sampson, Ext. 7462

Cedar Box Smoke Shop

4779 S Dry Creek Road 360.477.1170

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

291 Spokwes Dr—
360.504.3141
Lola Moses, Ext. 7471
Deann Lester, Ext. 3402
Deanna Murray, Ext. 7470
Ralena Cornelson, Ext. 7474
Darla Owens, Ext. 7475

Education

Jessica Egnew, Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Road 360.912.7533

Elwha River Casino

631 Stratton Road, 452.3005 Mike Watson, GM

Elder Services

Samantha Acosta, Ext. 7466

Employment Services/HR/ TERO

Sandra Johnson, Ext. 7429 Brandy Williams, Ext 7427

Enrollment Services

Ext .7477

Facilities & Maintenance

Warren Stevens, Ext. 7432

Food Bank

22 Spokwes Drive 360.504.3678

Gaming Commission

631 Stratton Road 360.452.5628 Elaina Begay, Director

Health Clinic

243511 Highway 101 West 360.452.6252

Heritage Center

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

Housing Authority

22 Kwitsen Drive, 360.457.5116 Jennifer Hutto, Ext. 7554

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive 360.452.6759

Klallam Counseling Services

243613 W Hwy 101, 360.452.4432 Stormy Howell, Ext. 7513

Law & Order/Police Dept.

Justice Center

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

Library, Ext 7430

Lower Elwha Food & Fuel

360.477.1170

Natural Resources/Fish Hatch-

ery

760 Stratton Road 360.457.4012 Matt Beirne, Ext. 7485

Planning & Development

Arlene Wheeler, Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

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

BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer Vice Chairman, Ext. 7412



Melissa Gilman Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau Council Member, Ext. 7413



Tia Skerbeck Council Member, Ext. 7420

Dates to Remember:

5/1—5/3 Beadwork Gift Making Workshop

5/3 Live Music at Elwha River Casino

5/3—5/4 Star Quilt Class

5/5 MMIP Walk

5/7 Basic Computer Skills Class

5/11 Mother's Day

5/12 National American Indian Day

5/14 Internet Basics Class

5/16 Live Music at Elwha River Casino

5/17—5/18 Youth Basketball Tournament

5/17—5/18 Star Quilt Class

5/21 Internet Safey For Parents Class

5/26 Memorial Day

5/28 Information Literacy in the Post-Truth Era:

How to Tell Fact from Fake Class



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

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

You can view past editions at:

https://www.elwha.org/newsletters/

Lower Elwha Klallam Tribe 2851 Lower Elwha Road Port Angeles, WA 98363

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"THE STRONG PEOPLE"

The *Elwha News* is a monthly publication of the Lower Elwha Klallam Tribe to inform, educate and stimulate interest in the Tribe and community affairs. It also raises awareness and respect for the Reservation and its resources. For news articles, please send to the address below by the third Friday of the month.

Chrissi Ducotey Administrative Education & Training Specialist Elwha Klallam Heritage Center 401 E First St Port Angeles, WA 98362 Phone: 360.417.8545 Newsletter@elwha.org

Note: This newsletter is uploaded monthly to the Lower Elwha Klallam Tribe webpage *elwha.org*

You can find it under the "Newsletter" section.

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