



September 2025

Elwha News

čʔéʔxʷaʔ syácam

Canoe Journeys 2025: Paddle to Elwha is Complete!

Thank you staff, volunteers, canoe families, vendors,
and attendees.



Councilwoman Tia Skerbeck Updates

Canoe Journeys!

Thank you to everyone that helped out for the 2025 Paddle to Elwha, We really pulled together as a community and stepped up as a host. Many MANY many months, days, and hours of hard work were put in by many - Thank You! your hard work does not go unnoticed!



Elwha Youth!

Our youth did a phenomenal job with the welcome speeches, emceeing protocol, helping each other out and taking the lead. We have strong youth that are eager and ready to become the next round of leaders.



Viral Respiratory Illnesses and Health

COVID and a few other respiratory viruses are circulating. COVID tests can be picked up from the clinic, just make sure that you call ahead and don't walk into the clinic feeling ill or with symptoms. Calling ahead helps stop the spread of the viruses and keeps those healthy folks healthy.

Sometime this fall we should see another COVID vaccine that helps offer protection against the strain that is currently in circulation. It's important for vulnerable adults and immunocompromised to make sure that they get their yearly booster.

Now that we are in the swing of back to school, we need to make sure that our kiddos are up to date on all their school physicals, vaccines, and dental checks. The hustle and bustle of summer can get us behind on personal health and wellness, and the return of school is a good time to get back on track. Call your clinic to set up an appointment for wellness exams.



The 2025 Community Health Assessment closed last month, with those that completed getting a \$100 Walmart gift card. The next steps for this assessment is data analysis, result sharing, and an action plan created to address health gaps and future needs of our community. This assessment we carried out with the help of Tribal Foundational Public Health funding that we receive from the State. This funding helps the Tribe establish and develop public health priorities and projects to better address our unique community health needs.

We Buy Native Art!

Boost your business by selling your goods with BlackFish Trading Post

You get:

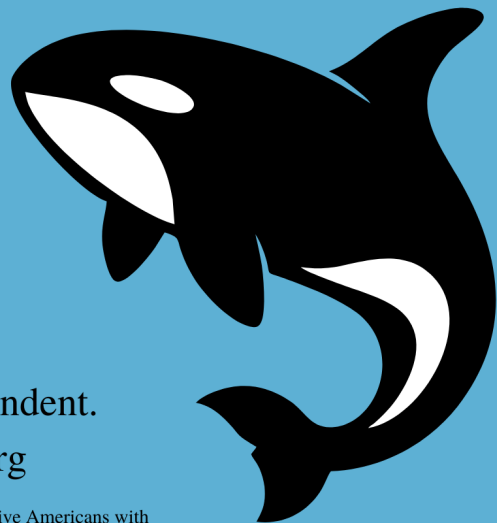
- Artist Profile with Bio on our website
- Photograph
- Your business card or marketing materials are sent with every sale.

We ask:

- Wholesale pricing
- 10 - 30 items depending on product type

Must be an enrolled tribal member or descendent.

Send inquiries to: TVRStore@elwha.org



BlackFish Trading Post helps provide vocational training and rehabilitation for Native Americans with disabilities entering or re-entering the workplace. Funding for this project by the Rehabilitation Services Administration at the US Department of Education through the Lower Elwha Klallam Tribe's Vocational Rehabilitation program.



háʔnəŋ cn! Paddle to Elwha 2025 Volunteers!

This year's Paddle to Elwha was more than an event. It was a celebration of culture, community, and the strength of our relationships with one another. At the heart of it all were you, the volunteers, whose dedication, hard work, and generosity of spirit made this gathering a resounding success.

From the earliest preparations to the final farewell, volunteers gave their time, energy, and heart to ensure every guest felt welcome and cared for. The scope of your work was immense, yet you carried it out with smiles, teamwork, and a deep sense of purpose. Our collective effort of pulling together resulted in a volunteer force of **322** external volunteers and internal staff, for a total of approximately **4,136** volunteer hours over the week leading up to Canoe Journey and over its 5-day duration.

The Week Before-Setting the Stage

The magic of Paddle to Elwha didn't begin when the canoes arrived, it started well before, in the months prior, with coordination, data collection, shawl and vest making, song and dance practice, marketing, merchandising, collaborating, as well as many other measures to ensure our successful celebration. There were countless volunteers in both external and internal organizations and groups that made gifts for giveaway. In the week leading up to our journey, the Maintenance Team came together to transform our spaces into a welcoming home for thousands of visitors.

The Maintenance Team covered incredible ground - literally! You cleaned and readied the showers, maintained waste disposal sites, repaired and built where needed, and even constructed the platform for welcoming ceremonies. You cleared and cleaned the grounds so that we looked amazing. Every step you took enhanced the beauty of Elwha, helping us present ourselves with pride to our guests.



Feeding Thousands -The Kitchen Crew

In the dining hall, the Kitchen Team worked tirelessly to feed an ever-growing crowd. Preparing food for thousands of people is no small task; it requires days of planning, ordering, prepping ingredients, cooking in bulk, and coordinating countless moving parts. Each day meant prepping, creating, serving, cleaning, and doing it all over again, often on little rest. Every meal was crafted not just with skill, but with loving anticipation, and a desire to nourish both body and spirit. Guests didn't just receive food, they received care, respect, and the feeling of being truly welcomed.

Thank you to our fishermen and women!

Safety, Support, and Guidance

The Safety Team consistently kept everything running smoothly. You managed lost and found, directed traffic, monitored parking lots, handed out water, guided visitors, offered information, and supported our emergency command center. Your visibility and readiness reassured guests and kept the environment safe and orderly.



Shuttle drivers, your dedication to early mornings and late nights kept transportation running consistently and safely throughout Canoe Journey. Golf cart drivers, your welcoming demeanor and regular rounds picking up our canoe families from their camps made every trip feel personal. Whether it was a short lift or a long haul, you ensured guests could move between activities, meals, and rest with ease.

A Lasting Impression

Every volunteer represented our community in a good way, with generosity, patience, and joy. You welcomed guests into a space of connection and respect.

Because of you, our visitors experienced Elwha at its best. They left with full stomachs, happy hearts, and stories to carry home - stories that reflect the warmth and dedication of every single person who gave their time to this event.

From the bottom of our hearts, thank you for your collaboration and support of Paddle to Elwha 2025. You were amazing, each and every one of you - and you made this year not only successful, but truly memorable.

há?nəŋ cn!



HOPE

Written by
Jamie R. Valadez

Hosting canoe journeys this summer was definitely the most amazing accomplishment our tribal community has achieved.

The pictures, videos, and comments people have shared speak volumes to the healing power of hope. This small four letter word carries a lot of meaning. Hope is to see desired goals as possible to achieve, and to figure out how to achieve it. In other words, hope is how we plan and act to achieve what we want. It took a lot of people to take the first step by believing it was possible. It takes a lot of trust to believe. By stepping up and getting involved in the process, these leaders knew there would be challenges. The gas spill in the Elwha River, and the tsunami warning just days before the event. Each barrier they faced met with stronger persistence to achieve whatever task they took on. Whether it was having enough help cleaning the grounds for campers to set up, to having enough help cleaning fish to cook for dinner.

As more people became involved and the event came closer, the uncertainty hung in the air like a thick morning fog that just doesn't want to lift. It was that uncertainty that everything will go as planned,

that held lots of possibilities, such as a reason to hope.

As time was running out so many people managed their time to focus on their task. They did this by blocking out any negative images or messages and finding supportive people to work with.

From the day the canoes arrived on Elwha beach, to the night our community came together as one to dance, sing and honor our guests, our community felt a strong bond of togetherness. We could feel the presence of our Ancestors all around us. They were so happy to hear the songs, and see the valley so full of people from so many different tribes!

Everyone stayed hopeful, we connected with each other, we helped each other, we held each other accountable and we reminded each other why our struggles matter.

When our guests were leaving, and the reservation felt empty of song, laughter and good energy. A sadness consumed our hearts as we thought, "How can we hold on to this feeling? As our Ancestors would say, "Keep doing what you just did, now that you started, keep it alive!"



What we are doing: Intro to Klallam Language- Workbooks Provided

Starting June 12th-September 11th

Elders Lounge at Tribal Center (2851 Lower Elwha Road)

Why: To keep our language alive.

For more information contact:

Keeoma Messenger at 360-461-4916

Brought & Taught to you by the TVR, STRONG, & Culture Programs

Klallam Strong: Nutrition & Diabetes Newsletter

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

In this issue:

- * **Peaches!**
- * **Sugar-Free Peach Crisp**
- * **Blood Sugar/Weight Tips**
- * **Did you Know?**

**August is Peach Month****Facts:**

- Native to China and thought to bring good luck
- High in Vitamins A, B and C
- Don't eat the pit – it's poisonous

Add fruit, veggies and grains to diet to reduce type 2 diabetes risk by 25%

(CNN) Adding about a third of a cup of fruit or vegetables to your daily diet could cut your risk of developing type 2 diabetes by 25%, while higher consumptions of whole grains such as brown bread and oatmeal could cut the risk by 29%.

Studies show that adding whole grains, fruits and veggies -- along with regular physical activity, not smoking and maintaining a healthy weight -- can significantly impact your risk of developing diabetes.

Did you know?

New research states about 46% of adults in the US have an overall poor-quality diet, and this number goes up to 56% for children.

Sugar-Free Peach Crisp**Peach Filling:**

- 6 ripe peaches
- 2 tsp vanilla extract
- 1 tsp lemon juice
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

Preheat oven to 350.
Spread the peach filling in an 8 X 8 pan.

Crumble:

- 1/2 c chopped pecans
- 1/2 c almond flour
- 1/2 c rolled oats
- 1 tablespoon milk
- 1/2 tsp cinnamon

1. Chop the peaches and mix them in a bowl with the rest of the peach filling ingredients
2. Spread the peach filling in an 8x8 baking dish
3. Chop the pecans and mix them in a bowl with the rest of the crumble ingredients (use just enough plant milk to make the mixture "crumbly", without being too wet or dry. One tablespoon was perfect for me)
4. Spread the crumble mixture on top of the peach filling in the baking dish
5. Bake for 30-40 minutes or until it's bubbling
6. Let cool for 10-15 minute so the juices can thicken

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





Carbohydrates and the Glycemic Index: “Slow” Carbs vs. “Fast” Carbs

Not all carbohydrates are created equal.

“Fast” Carbohydrates

Some carbohydrates increase the blood sugar by a lot very quickly. These types of carbohydrates are usually refined grains or foods/drinks that only contain sugar without any fat or protein.

Sometimes it is good to increase the blood sugar quickly, such as when you have a low blood sugar less than 70 mg/dL. However, most of the time we want to avoid sharp spikes in blood sugar because it makes it hard to control your blood sugar overall.

Fast Carbs	Slow Carbs
Juice	Whole fruit
Regular soda	Milk
White bread	Whole grain bread
White rice	Brown rice
Hard candy	Dark chocolate
Corn flakes	Raisin Bran
Rice	Beans

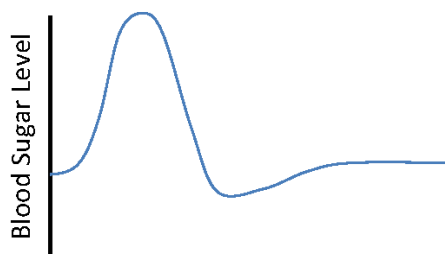
“Slow” Carbohydrates

Carbohydrates that are eaten with fiber, protein, or fat cause a slow, steady rise in blood sugar. The fiber, protein, and fat helps slow digestion and absorption of these carbohydrates and helps you stay full for longer and prevent large spikes or drops in blood sugar. Try to eat carbohydrates with more fiber in them, such as whole fruits and vegetables, whole grains, and beans or lentils.

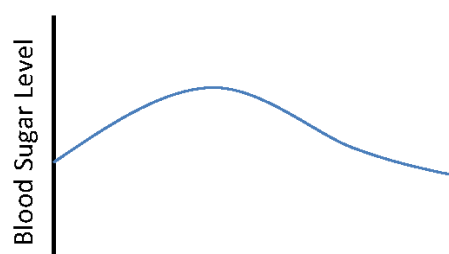


The **amount** of carbohydrates you eat also determines the effect on your blood sugar.

Grams eaten	Rise in Blood Sugar
1 gram	= ↑4 mg/dL
10 grams	= ↑40 mg/dL
100 grams	= ↑400 mg/dL



Effect of “Fast” Carbs
Ex: Juice, soda, hard candy



Effect of “Slow” Carbs
Ex: Beans, vegetables, fruit

Tips to slow down your carbohydrates:

- Always combine your *carbohydrates with a protein* and/or a fat, like meat, cheese, or nuts.
- Choose *100% whole grain* products over white, or refined, products.
- Eat *whole fruits* instead of drinking juice.
- *Include fiber* at each meal by eating vegetables, beans and lentils, and whole grains.
- *Avoid instant* foods when possible (instant mashed potatoes, pudding, rice, oatmeal, etc).
- *Spread carbohydrates out* throughout the day and don’t “overload” yourself at one time.

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!

The LEKT- LEFA-Lower Elwha Family Advocacy Program Manager and Advocate is pleased and grateful to be a part of the 2025 Elwha Canoe Journey (July 31st-August 5th, officially ended early morning of 6th) in the heart of Lower Elwha Klallam Tribe. I am thankful for the opportunity to have had resource booth at the protocol healing site, where volunteers and I were able to give community resources information, prevention and promotional items, met fabulous people and there were times we kept an eye on kids wandering around and having fun. It's an awesome experience with deepest appreciation to the LEKT to witness of took place in the kitchen, dining area, roads, protocol healing site, vendors, shuttles, countless tents, and more. Thank you very much to all volunteers including the Resource Booth volunteers: Tor P and other staff - Criminal Justice Division Cold Case Unit, MMIWP | Office of the Attorney General Nick Brown, Delphine M – WomenSpirit Coalition, Judy C – Washington State Coalition Against Domestic violence, Esther K, and Emma B.

With invitation and approval of my supervisor, I participated in the Blackberry Festival in Joyce on August 2nd by distributing education information, prevention and promotional items as well as provided advocacies. People stopped by expressing gratitude for



having LEKT representation at this event.

In addition, I worked on getting in-person training for August 27-28th at Elwha Heritage Center. The Tribe contracted the WomenSpirit Coalition as facilitator of this training in related to domestic

violence, sexual assault, stalking and trauma informed.

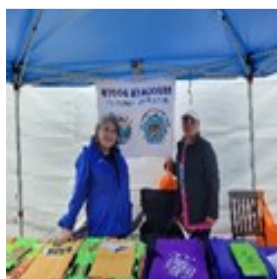
SAVE The DATES:

The ongoing Women Support Group is scheduled every Tuesday from Noon to 2:00pm at Heritage Center.

October is a National Domestic Violence Awareness/Action Month. Amongst local tribal programs, local and state agencies, LEFA will be facilitating an annual awareness/action event on Tuesday, October 21, 2025, from 1:00 pm to 4pm at Elwha Heritage Center. The DV awareness walk will start at 2:00 pm. Volunteers are needed. Additional information will be announced soon.

Grateful to our grant funder:

"This project was supported by Grant No. _15JOVW22GG3388TRIB_ awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice." OVW
Happy Labor Day! Happy Back to School and Be Safe! Respectfully submitted, Beatriz Arakawa



PAINTING AND CARVING CLASS

Join the STRONG Program for an inspiring hands-on experience with "Strong People" a powerful community art project where all ages are welcome to carve and paint this meaningful piece!

Starting September 8, 2025

@ the canoe shed behind the Tribal Center (2851 Lower Elwha rd)

Every weekday from 9:00 AM to 5:30 PM

Bring your family, bring your friends & come be part of something stronger together!

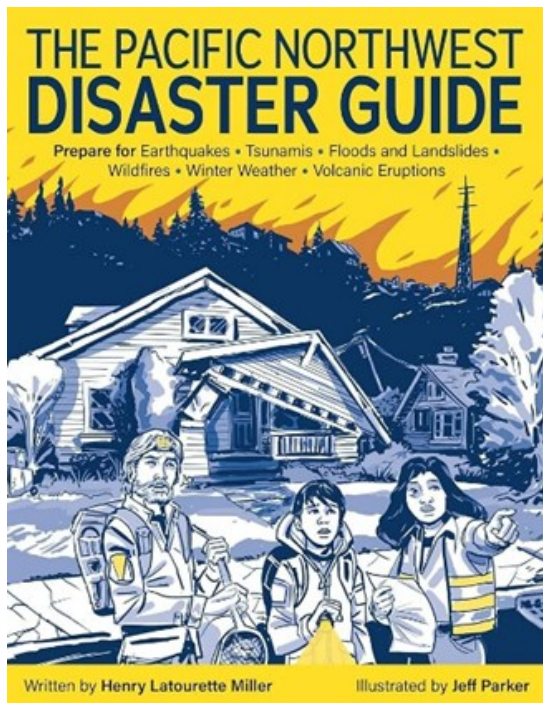
Contact info: Darrell Charles

Darrell.charles@elwha.org

564.215.1202

September is National Preparedness Month

Are you prepared for a disaster if one struck today? With September being National Preparedness Month, now is as good a time as ever to ask yourself that very question. While you won't find disaster preparedness supplies in the Library, you will find books that will help you learn about disasters and prepare for them! *The Pacific Northwest Disaster Guide* by Henry Latourette Miller is a great example. This non-fiction graphic novel, written for young adults but useful for everyone, focuses on specific natural disasters, and provides precise and helpful preparation skills through illustrations, quizzes, and guided activities fit for all ages. Disaster preparedness doesn't have to be scary, and this book proves it!



Weekly Classes Are Back for September!

After a long summer off, the Library's weekly classes are back! The 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 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 for more information. Additionally, if there are days or times which work better for you to attend classes, please email Jason with your preferences.

Sept. 3: Basic Computer Skills (NSDL, in-person at the Library)

Sept. 10: Internet Basics (NSDL)

Sept. 17: Internet Safety for Parents

Sept. 24: Information Literacy in the Post-Truth Era: How to Tell Fact from Fake

Oct. 1: AI Literacy: How to Use Artificial Intelligence Responsibly and Avoid Being Fooled by It



Opposite page: Photos from Maddie, the first three are of kids eating SFSP lunch on a field trip to the Dungeness Nature Center, the 4th is of kids picking berries at Graysmarsh Farms on the same field trip on July 18, and the last is of kids on a ride at Wild Waves.





Thank You Merchandise Team!

I don't think any of us expected what a totally massive undertaking it would be to work the official merchandise stand at Journeys this year. We fought long days, long lines, dust, wind, heat, cardboard cuts, and flying tents. But overall we served 1,609 customers, selling 3,657 individual items! Way to go!

A huge heartfelt thank you goes out to: Nicole Volkmann, Keeoma Messenger, Vashti White, Sandra Stokes, Elena Turrey, Bridget Counts, Kelsie Ritchie, Dawn Stephan and our Summer Youth crew!



Lower Elwha Klallam Tribal Vocational Rehab

Employment Services For Natives With Disabilities

**ENROLLED NATIVE AMERICANS WITH
DOCUMENTED DISABILITIES MAY BE
ELIGIBLE TO RECEIVE SERVICES AND
FUNDING TOWARD VOCATIONAL AND
EDUCATIONAL GOALS.**

For more information:

Elwha Klallam Heritage Center - 401 E First St Port Angeles

(360) 417-8545 x2910 - Jim.Allen@Elwha.org

(360) 461-4916 - Keeoma.Messenger@Elwha.org

Lower Elwha Klallam Social Services

(360) 452-8471 x7457 - Jeremy.Acosta@Elwha.org

www.facebook.com/LEKTVR



2025-2026
Elwha Royalty

applications due:

MON Sept 1st, 2025
by 4:30pm

klallam.language@elwha.org

Elwha Culture Department

Elwha Warrior Royalty Application

Applications are due on **MON Sept 1st, 2025 by 4:30 p.m.**

Please select one category:

- ☐ 3-5 years old ʔéʔʔxʷaʔ ʔaʔtsʰənəmən Tiny Tot prince/princess
☐ 6 to 9 years old ʔéʔʔxʷaʔ ʔaʔtsʰənəmən Lil Warrior
☐ 10-13 years old ʔéʔʔxʷaʔ ʔaʔtsʰənəmən Junior Prince/Princess
☐ 14-19 years old ʔéʔʔxʷaʔ ʔaʔtsʰənəmən King/Queen



Contestant's Name: _____ Age: _____

Parents: _____

Grandparents: _____

Are you an enrolled Elwha Klallam tribal member?	OR	Yes	No
A descendent (enrolled parent) of Elwha Klallam tribal member?	OR	Yes	No
Are you a community member within the Elwha Tribal community?		Yes	No

Tribal Affiliation: _____ Enrollment Number: _____

Current School: _____ Grade: _____

By signing below: I'm verifying that the information stated above is true and correct.

By signing below: I will remain DRUG, TABACCO, & ALCOHOL FREE.

By signing below: I acknowledge that I have read the rules of the competition and that I understand them to the best of my knowledge.

By signing below: I acknowledge that I am financially responsible for any tickets that are assigned to me.

By signing below: I acknowledge that I will bring 2 items for the raffle on or before the set due date.

By signing below: I acknowledge that I will have either an essay or a 2 min video turned in by the set date.

By signing below: I acknowledge that I will be doing my talent showcase **by myself!**

Contestant Signature: _____

Cell Phone : (_____) _____ - _____

Date: _____

Parent/Guardian Signature: _____

Cell Phone: (_____) _____ - _____

Date: _____

Harmony.arakawa@elwha.org
karrin.francis@elwha.org
Mariah.francis@elwha.org

Warrior Candidate Guidelines

1. Warrior Candidates must be:

- an enrolled member of the Elwha Klallam Tribe, **OR**
- their parent(s) is an enrolled member of the Elwha Klallam Tribe **OR**
- who physically lives within our community.
- and is an *active member within our community*.

(Proof of tribal enrollment and physical address within our community).

See Enrollment Officer for Certificate of Indian Blood or Tribal ID.

2. Warrior Candidates must submit their application for ʔéʔtʔxʷaʔ ʔaʔtšónəmən candidacy no later than **MON Sept 1st, 2025 by 4:30 p.m.** to the royalty coordinators at the culture building or send via email:

(harmony.arakawa@elwha.org, karrin.francis@elwha.org, mariah.francis@elwha.org)
322 Stratton Rd Port Angeles, WA

3. accepting the first 10 applicants for each age group.

Warriors Age Groups:

- 3-5 year olds ʔéʔtʔxʷaʔ ʔaʔtšónəmən Tiny Tot prince/princess
- 6-9 year olds ʔéʔtʔxʷaʔ ʔaʔtšónəmən Lil Warrior
- 10-13 year olds ʔéʔtʔxʷaʔ ʔaʔtšónəmən Junior Prince/Princess
- 14-19 year olds ʔéʔtʔxʷaʔ ʔaʔtšónəmən King/Queen

4. Warrior Candidates must complete & submit a **one-page essay** *or* a **2 min minimum video** on *“why they are proud to be a part of the Elwha Klallam Tribal Community and why Culture is important”* to the royalty coordinators at the culture building or send via email No Later Than **MON Sep 15th, 2025 by 5:00 p.m.**

(harmony.arakawa@elwha.org, karrin.francis@elwha.org, mariah.francis@elwha.org)

5. Candidates must bring in a minimum of **2 items** for the raffle prize table to the Elwha Royalty Coordinators BY **MON Sept 15th, 2025 4:30pm.**

6. Warrior Candidates can start selling raffle tickets right after submitting their application. Each Candidate must sell a minimum of \$300 worth of tickets by **TUES Oct 7th, 2025 by 4:30 p.m.** *to continue in the running for royalty!*

(Contestants *can sell* any *additional tickets* after the initial first **300 tickets are sold**).

Tickets are to be sold at \$1 each.

This money is for our royalty winners to use for tribal representation at gatherings and/or events

[more tickets sold = more money for you! (The royalty winners!)]

Tickets are to be picked up & dropped off at the Elwha Culture Building to the royalty coordinators

322 Stratton Rd Port Angeles, WA.

- Raffle winners don't have to be present to win, *make sure their number is on the ticket.*

7. Warrior Candidates are financially responsible for *all tickets* that are signed out *to them*. Candidates must turn in **all remaining tickets and money** generated from the ticket sales by the set due date **(TUES Oct 7th, 2025 by 4:30 p.m.)**
 If any tickets or money are lost and/or unaccounted for by the deadline that they are due: the contestant is responsible for paying *ANY remaining tickets/money sales* that are missing *to the* Elwha Royalty Coordinators By Set Due Date **(TUES Oct 7th, 2025 by 4:30 p.m.)**
(This money is for our royalty winners to use for tribal representation at gatherings and/or events)
8. Warrior Candidates must be **DRUG, TOBACCO, & ALCOHOL FREE.**
 - If any Warrior Candidate at any time during the competition is *caught using or under the influence* of drugs, alcohol, or tobacco products by any Elwha Tribal Community member they will be **immediately disqualified** from the competition by the Elwha royalty coordinators
 - And if at any time during your rein as ʔéʔtɬwəʔ ʔaʔtšénəmən “Elwha Warrior” that *you are caught using or under the influence* of drugs, alcohol, or tobacco products by any Elwha Community member; they will be **immediately revoked** of their title by the Elwha royalty coordinators.
9. Warrior Candidates must be a positive role model for the Elwha Klallam Tribe. Warrior Candidates must participate in cultural activities with Elwha Klallam Tribe. Warrior Candidates must be available to make public speeches and participate in any scheduled appearances and *help* during Canoe Journeys and the landings of all Klallam Territories.
10. Warrior Candidates must perform with only themselves during *your talent showcase* at the Talent Show on **FRI Oct 17th, 2025 @ 5pm** at the Elwha Tribal Gym.
 - You have a *minimum* of 1 min & a *max* of 2 minutes to showcase your talent.
 - Our ʔéʔtɬwəʔ ʔaʔtšénəmən royalty winners will be announced *at the end* of the talent show.
11. Warrior Candidates must have full Coast Salish traditional regalia.
12. All required information to enter and compete in the Warrior royalty contest must be submitted to: Harmony Arakawa, Karrin Francis, or Mariah Francis.
 By the set due dates above!
 (harmony.arakawa@elwha.org, karrin.francis@elwha.org, mariah.francis@elwha.org)
13. All contestants must be a resident of the Elwha Community/Clallam County.
14. previous Elwha Royalty Contestant winners cannot run for ʔéʔtɬwəʔ ʔaʔtšénəmən “Elwha Warrior” Royalty the following year. But they can the year after.
15. All royalty winners **must sign** a rules and regulations contract *as soon as they win* their title.

Why is Labor Day celebrated?

Labor Day celebrates the contributions and achievements of workers and the labor movement. It's a day to honor and recognize the hard work and dedication of those who help build and sustain our communities and economy.



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.

September 10

World Suicide Prevention Day

Think you know someone who is struggling?
Let them know they're not alone.



1.

Reach out

2.

Listen

3.

Seek help

Call or Text 988

for the Suicide & Crisis Lifeline

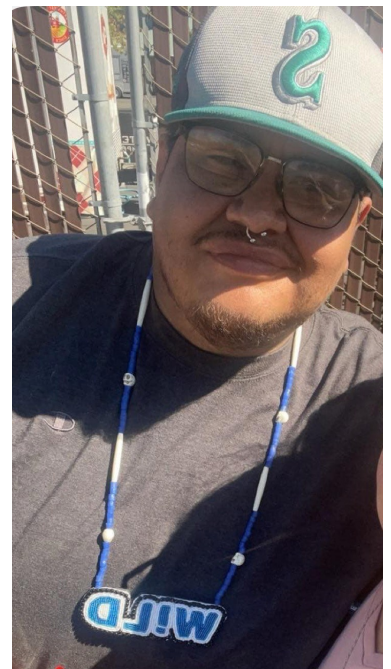
then select 4 for the Native and Strong Hotline



September 14.
Happy birthday to my Sunny.
Love always
Mom

Happy Birthday

September 17.
Happy birthday Hammer
Love always
Dorene



Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Clark, Ext. 7469

Executive Admin Asst.

Keri Ellis, Ext. 7418

Tribal Operations Officer

Lorinda Robideau, Ext. 7633

Community Liaison

Nancy Hamilton, Ext. 2960

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

Dawn Stephan

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:

9/1 Labor Day
9/2 PASD Back to School
9/1 Elwha Royalty Applications Due
9/3 Basic Computer Skills Class
9/8 STRONG Painting & Carving Class
9/10 World Suicide Prevention Day
9/10 Internet Basics Class
9/17 Internet Safety for Parents
9/24 Information Literacy in the Post-Truth Era:
How to Tell Fact from Fake



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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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