



# č?é?ƚx<sup>w</sup>a? syácəm

June 2026

## Thank You Volunteers!

Thank you to all the volunteers who have chipped in to make this a memorable graduation season! Beaded caps and feathers, cedar woven caps and accessories were created by hard-working hands all spring leading up to the festivities in June. You've really shown our graduates how loved they are. Special thank you to Jamie Valadez for organizing her "Auntie Weaver's Club" (pictured below), who met every Tuesday and Thursday beginning way back in March to create cedar caps for everyone who wanted one.



### ***IN THIS ISSUE:***

Graduation (1, 3, 8, 14) • Council Corner (4-5) • June Events (6) • Community Health (7, 27) • Museum at the Carnegie (9) • Drum Group Calendar (10) • School's Out Party (11) • Stevens Middle School (12) • Summer Food Service (13) • Recreation (15-17) • LEFA (18-19) • Community Support Specialist (20) • Nutrition & Diabetes (21-22) • Elwha Assembly (21) • Public Works (23) • Heritage Center (24, 30) • TVR (25) • Natural Resources (26) • Indian Shaker Church (28) • Two-Spirit Pride Walk (29) • SART (30) • Birthdays (31)

# Lower Elwha Business Committee



Back Row:  
Tia Skerbeck, Council Member  
Steve Robideau, Council Member

Front Row:  
Melissa Gilman, Secretary / Treasurer  
Frances Charles, Chairwoman  
Russell Hepfer, Vice-Chairman

Lower Elwha Klallam Tribe  
2851 Lower Elwha Road  
Port Angeles, WA 98363  
Phone: (360) 452-8471  
Fax: (360) 452-8479



## ᑕᑦᑭᑦᓴᑦᓴᑦᓴᑦᓴᑦᓴᑦ — The Strong People

The **Vision** of the Elwha Klallam Tribe is to ensure that the Lower Elwha Klallam people can pass on their way of life to their children.

The **Mission** is to build a strong and healthy sovereign nation where Tribal members live their values and culture.

This means enhancing the lives of our people both physically and spiritually through social well being and economic independence while preserving and enhancing our natural resources and cultural heritage.

### Two Deaf Fishermen—As told by Tom Charles Sr.

One deaf man got ready.

He went fishing.

Fishing with a partner.

Then he shoved off.

He paddled.

He hadn't yet gone far when he met another man who was also deaf.

He was a deaf fisherman.

Then one of them hollered, “Where are you going? Are you going fishing?”

So he the other one paddling said, “No. I'm going fishing.”

Then the other one said, “Oh, I thought you were going fishing.”





Class of 2026

# GRADUATION EVENTS

## **Sequim High School Graduation Ceremony**

June 5, 2026 | 6pm stáʔčəŋ Field (SHS)

## **Seaview Graduation Ceremony**

June 8, 2026 | 6pm Field Arts & Events Hall

## **Lower Elwha Head Start Graduation Ceremony**

June 9, 2026 | 5pm LEKT Gymnasium

## **Lincoln High School Graduation Ceremony**

June 9, 2026 | 6pm Field Arts & Events Hall

## **2026 5th, 6th & 8th Grade Promotion Parade**

June 10, 2026 | 5pm LEKT Community

## **Port Angeles High School Graduation Ceremony**

June 12, 2026 | 2pm Parade (Town) & 7:30pm Ceremony Civic Field | Livestream Available

## **Crescent High School Graduation Ceremony**

June 13, 2026 | 5:30pm Crescent Gym

## **2026 High School Graduation Parade**

June 15, 2026 | 2pm LEKT Community

## **Peninsula College Commencement**

June 20, 2026 | 11am & 1:30pm PC Gymnasium | Livestream available

# ᑭᓴᑦᑎᓴᑦᑎᓴᑦ Council Corner

The Tribal Business Committee is beginning to use this space to share brief updates with the community on recent work, priorities, and upcoming opportunities. We are committed to keeping our community informed and engaged.

## **RECENT ACTIONS & UPDATES**

### Land Inventory and Economic Feasibility Analysis

In early May, we approved a contract with the The Balmoral Group to conduct a comprehensive review of tribal lands and evaluate their potential for economic development, housing, and cemetery feasibility. This analysis will help identify opportunities for future growth and provide important information to guide long-term planning and decision-making.

By taking a comprehensive look at our land inventory now, we can better prepare for the future needs of the Tribe and ensure thoughtful, strategic use of tribal lands for generations to come.

### Constitution Committee

All tribal members who submitted complete applications for the Constitution Committee have now been sworn in. The members were sworn in during the May General Community Council meeting.

Congratulations to Anthony Fernandes, Becca Sampson-Weed, Carmen Watson-Charles, Keri Ellis, Marie Goldsbury, Reba Cornelson, Ryan Elofson-Charles, and Timmy Goldsbury.

The committee has important work ahead as they review the constitution, and draft and propose potential amendment language.

### Fuel Transition to Cougar Den

We are currently working on transitioning our fuel supplier to Cougar Den, a Native-owned company based out of Spokane. This transition is expected to provide long-term benefits to the Tribe, including lower fuel costs and increased flexibility in how fuel-related revenue can be utilized in the future.

The change in suppliers is part of ongoing efforts to improve efficiency and strengthen tribal business partnerships with other Native-owned companies. While work is still underway behind the scenes to complete the transition, the goal is for the change to be seamless for customers at the pump, with little to no interruption in service during the process.

### Summer Youth Employment

Please keep an eye out for upcoming Summer Youth Employment applications. This program provides an opportunity for our youth to gain valuable work experience, build confidence, and begin developing important life and career skills in a supportive environment.

Our hope is to help prepare youth for success both in and out of school by introducing workplace expectations, responsibility, communication skills, teamwork, and professional development opportunities.

### Clallam County Fair

This summer, the Tribe will be participating in the Clallam County Fair, utilizing half of a barn space to showcase our tribal programs, culture, history, and community resources to the broader Clallam County community.

This provides a unique opportunity to build on the momentum created through hosting Canoe Journey activities and continue strengthening connections, sharing our culture, and inspiring community engagement throughout the region.

## **WHAT ADVICE WOULD YOU GIVE TO THE YOUNGER GENERATION AND RECENT GRADUATES?**

Frances - Congratulations! Continue with your education. Don't be afraid to take that next step forward. Learn more about your culture and family connections. Share with other youth your challenges and experiences you faced. Believe in yourself and be strong!



Melissa - Never forget where you come from. Your family, your community, and what your ancestors sacrificed so that you could have opportunities they never had. Carry that with pride and use it to move forward

Tia -Don't be afraid to try something new or fail at something difficult. Growth comes from discomfort and perseverance

Steve- Listen to your elders, take care of those who are in need, represent the community well, get a good education, and work hard.

Razz - Tell your story and stay the course.

# EVENT SCHEDULE

## June 2026

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June 12

End of School BBQ | 11am  
Billy White Shoes Field

June 18

Coastal Protocol | 12:30pm  
Puyallup Tribe

June 19

**LEKT Gov't Offices Closed  
for Juneteenth**

June 16

Pride Walk | 1pm  
Rite Aid to City Pier

**HAPPY  
Pride  
MONTH**

June 17

To Become an Adult  
Wellness Fair @LEKT Gym  
3pm-6pm

June  
23-26

Native Youth Leadership &  
Prevention Summit

# Community Health

## Thank you!

Thank you to everyone who joined us for our Community Health kickoff celebration in April! We heard a lot of great ideas for the program including in-home support for elders, caregiver support and training, nutrition education, food access support, linking people to available resources, facilitating volunteer opportunities in service of elders, and hosting more community events!

## Highlighting Middle School Adventure Club

Middle School Adventure Club invites students to get together and get outside! On Tuesdays, Community Health Representatives Audrey Gales and Jada Cargo-Acosta lead a group of middle schoolers from Crescent, Stevens, and homeschool on an outdoor adventure. On Tuesday May 12<sup>th</sup>, the group went to the Indian Creek fish screw trap to check for fish. They were super lucky and had McKenzi from natural resources teach fish ID!

If you are, or know a middle schooler wanting to get outside on Tuesdays, you can get ahold of Audrey, Jada, or Maddie. Audrey: #564-452-3049 or Audrey.gales@elwha.org Keep an eye out for this program next school year!



## Welcome to our Community Health Nurse, Shandy!



Help us welcome Shandy Ellis, RN as our Community Health Nurse! Shandy has been working at the Lower Elwha Health Clinic for four years. Starting in April, she has taken on the new role of the Community Health Nurse, where she will assist with in-home visits, preventative health, patient advocacy, care coordination, and health education. In her spare time, Shandy is a skilled photographer specializing in capturing images of bioluminescence and other wildlife.



**Scan QR Code  
to register  
for parade**



YOU ARE INVITED TO THE  
TRIBAL YOUTH PROGRAM  
**5TH, 6TH & 8TH GRADE  
PROMOTION PARADE**

When:

**June 10, 2026**

**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](mailto: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.

# What's happening at the Museum?

Spring has been busy at the Elwha Klallam Museum, with school groups, community visitors, book club conversations, and film screenings continuing to bring people through the Carnegie doors.

We're continuing our free community film screenings throughout the year as part of our ongoing documentary series focused on Indigenous resilience, history, culture, and healing. Attendance has continued to grow, and it's been really nice seeing people stick around afterward to share thoughts, reactions, or things the films reminded them of. Even short conversations can turn into meaningful ones.

If you'd like updates about upcoming screenings, exhibits, book clubs, and museum happenings, you can follow the museum Facebook page or email us at [klallam.museum@elwha.org](mailto:klallam.museum@elwha.org) to be added to our mailing list.

We are also continuing to scan and preserve community photographs. If you have family or community photos you'd like digitally preserved, we'd love to help. A lot of our history exists in photographs sitting in albums, shoeboxes, and drawers at home. Those images matter. They capture our families, our community, our everyday lives, and moments that may otherwise be lost over time. Preserving history doesn't only happen in archives or museums — it also happens around kitchen tables, through shared stories, and in the photos people choose to save.

The museum continues to grow little by little, and I'm always grateful for the support, stories, donations, and encouragement from the community. As always, admission is free and everyone is welcome. If the door is open, come on in.



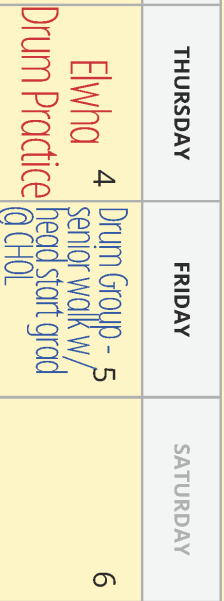
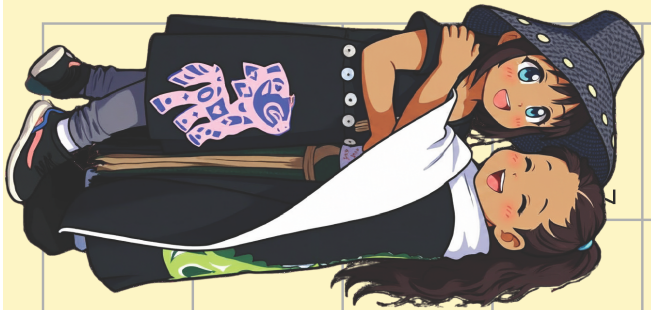
June 17

Happy 21st Birthday to our Grandson Deacon Charles. You're kind, caring, strong, independent and a bit stubborn. We love you so much and wish you a happy and fun day on your Birthday. Love you ❤️ From Grandma & Papa Elofson



# June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



*Votes:*  
 Intertribal Date: TBD  
 Elwha Drum Practice  
 5pm - Dining hall  
 drum group requested: @  
 children's house of learning  
 Senior Walk w/ head start Grads  
 10:00am  
 Puyallup Coastal Protocol:  
 12:30pm  
 Honoring the 20 Canoes that Participated  
 in the 1998 Power Paddle to Puyallup  
 3001 Puyallupbsh Tacoma, WA 98404

# Lower Elwha School's Out Party!

Friday, June 12<sup>th</sup>, 2026  
11:30AM - 4 PM

HEADSTART/ELEMENTARY  
PRIZES

MIDDLE/HIGH  
SCHOOL PRIZES



**BILLY WHITESHOES  
FIELD**

**FOOD-GAMES-PRIZES**

FOAM PIT | BOUNCE HOUSE |  
FACE PAINTING | TUG O WAR  
3ON3 BASKETBALL | MUSICAL CHAIRS |  
BIRDS VS MONKEYS KICKBALL |  
WATER BALLOON TOSS

GRAND PRIZES!  
-SIGN UP FOR SUMMER READING PROGRAM

OPEN TO PASD & CRESCENT STUDENTS

MORE INFO  
360-452-8471 EXT. 7440  
JASON.WHEELER@ELWHA.ORG

PLEASE BRING A TOWEL

PLEASE BRING A CHANGE OF CLOTHES

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# STEVENS MIDDLE SCHOOL

## May Update

### Students of the Month and what their teachers had to say!

**Cyrus Bolstrom:** Cyrus is a respectful individual who has been working hard to prove himself as a dedicated student. He is a natural leader but remains humble. Overall, he is a pleasure to work with and know!

**Makai McAfee:** Makai has a great attitude and works hard in Career Class. He is respectful and works well with everyone! Keep up the good work!

**Ruben Peters:** Ruben always gives his best effort! In the classroom he engages often by raising his hand and offering insightful noticings about the lesson or topic. In addition, Ruben is kind and respectful to everyone he meets.



### Adventure Club

Stevens and Crescent Middle School students check a screw trap on Indian Creek with the LEKT Natural Resources Department and learn about smolt, lamprey, and sculpin!



### MMIWP Day

Students make posters to attend the MMIWP walk on May 5<sup>th</sup>.



## LEKT to Operate Summer Food Service Program for Summer 2026

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 11:30am to 1:45pm Monday-Friday and may choose to stay and eat or leave and eat somewhere else. This program will run starting June 16<sup>th</sup>, 2026 and will end Sep. 3<sup>rd</sup>, 2026.

Meals will be served at the following locations:

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 16 <sup>th</sup> -Sept. 3 <sup>rd</sup> , 2026 Monday-Friday (except June 19 <sup>th</sup> and July 3 <sup>rd</sup> )	Lunch 11:30pm-12:10pm	Jason Morris (360)452-8471 ext. 7431
Children’s House of Learning 291 Spokewes Dr, Port Angeles, WA 98363	June 16 <sup>th</sup> -Sept. 3 <sup>rd</sup> , 2026 Monday-Friday (except June 19 <sup>th</sup> and July 3 <sup>rd</sup> )	Lunch 12:25pm-1:55pm	Jason Morris (360)452-8471 ext. 7431
The Gathering Place 247 NS’Klallam Dr, Port Angeles, WA 98363	June 16 <sup>th</sup> -Sept. 3 <sup>rd</sup> , 2026 Monday-Friday (except June 19 <sup>th</sup> and July 3 <sup>rd</sup> )	Lunch 1:15pm-1:45pm	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, audiotape, 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.

Please join us in honoring the

 **CLASS OF**  
**2026**



**High School Graduation Car Parade**

**June 15, 2026—1:00 PM**

**Starting location: Lower Elwha Food and Fuel**

**Thank you to everyone who participated in the Climate Change Survey! As we continue developing our Tribe's Climate Adaptation Plan, we're looking for Tribal artists to help create artwork that reflects our community, culture, and connection to our lands and waters. We'd love to connect with artists to talk through ideas and vision for the project. Selected artists will be compensated for their time and creativity. If you're interested, please contact Cameron Macias at 360-457-4012 ext. 7499 or [cameron.macias@elwha.org](mailto:cameron.macias@elwha.org).**



# June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm	2 Elwha Beach Cleanup 1pm - 3pm  Softball/Baseball Day Basketball Day	3 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm	4 After School Program 2:30pm - 4:30pm	5 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm	6 10am - 6:30pm
8 Children's House of Learning Graduation Setup  <i>Gym Closed</i>	9 Children's House of Learning Graduation  <i>Gym Closed</i>	10 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm	11 After School Program Party 2:30pm - 4:30pm	12 End of the School Year Party @ Billy Whiteshoes Field 11:30am - 3pm  <i>Gym Closed</i>	13 10am - 6:30pm
15 Elder's Fitness Class 11am - 12pm Adult Basketball Open Gym 6:30pm - 8:30pm	16 Hike MS/HS (6 <sup>th</sup> - 12 <sup>th</sup> )	17 Elder's Fitness Class 11am - 12pm  Kickball @ Billy Whiteshoes Field 1pm	18 Bowling Elem (K-6 <sup>th</sup> )	19 <i>Gym Closed Juneteenth</i>	20 10am - 6:30pm
22 Elder's Fitness Class 11am - 12pm Adult Basketball Open Gym 6:30pm - 8:30pm	23 After School Program Field Trip Family Fun Center	24 Elder's Fitness Class 11am - 12pm Capture the Flag @ Billy Whiteshoes Field Adult Basketball Open Gym 6:30pm - 8:30pm	25 Sky Zone MS/HS (6 <sup>th</sup> - 12 <sup>th</sup> )	26 Elder's Fitness Class 11am - 12pm	27 10am - 6:30pm
29 Elder's Fitness Class 11am - 12pm Adult Basketball Open Gym 6:30pm - 8:30pm	30 Dream Park Elem (K - 5)	<p>Gym Hours: Monday - Friday 8am - 8:30pm</p> <p>Bathrooms/Saunas close at 8:15pm</p> <p>Hours are subject to change.</p> <p>Field Trip permission slips are located in the Gym Office - Field Trips are <b>Tuesdays &amp; Thursdays</b>. Children under the height of 57" require a booster seat for trips.</p>			

# Elders Fitness Class

Mon, Wed & Fri - 11am-12pm



## Gym Hours

<b>Mon</b>	8am - 8:30pm
<b>Tues</b>	8am - 8:30pm
<b>Wed</b>	8am - 8:30pm
<b>Thurs</b>	8am - 8:30pm
<b>Fri</b>	8am - 8:30pm
<b>Sat</b>	10am - 6pm



## League Schedule

**Session 1: Wednesday, June 10, 2026 - 6:00 PM - 7:30 PM**

**Session 2: Wednesday, June 17, 2026 - 6:00 PM - 7:30 PM**

**Session 3: Wednesday, June 24, 2026 - 6:00 PM - 7:30 PM**

**Session 4: Wednesday, July 1, 2026 - 6:00 PM - 7:30 PM**

**Awards & Pizza Party: Wednesday, July 8, 2026 - 6:00 PM - 7:30 PM**

[usabmx.redpodium.com/lincoln-park-sn12026](https://usabmx.redpodium.com/lincoln-park-sn12026)

## **LEKT BMX Clinic Registration Deadline July 27, 2026**

Contact Jason Wheeler  
jason.wheeler@elwha.org or 360-452-8471 EXT 7440



# **BMX CLINIC**

With Professional BMX Racer Liv Armstrong

### **What Riders Will Learn**

- BMX track safety and etiquette
  - Basic bike handling skills
  - Starting gate fundamentals
  - How to ride the BMX track
- Confidence building on the bike

**No BMX experience is needed. This clinic is perfect for kids who are trying BMX for the very first time.**

**When:** August 11<sup>th</sup> - 14<sup>th</sup>

**Where:** Lincoln Park BMX

**Time:** 9:00am-12:00pm



**Only 20 Spots Available  
Waiting list after spots are filled**

# LOWER ELWHA FAMILY ADVOCACY PROGRAM

**Mission: Survivor's Safety and Autonomy through Advocacy and Awareness**

- Advocacy - Domestic, Dating Violence, Sexual Assault, Stalking, and Sex Trafficking.
- Protection Orders
- Resources & Referrals
- Case Management Assistance
- Support for court related appointments.
- Prevention & Awareness
- Crisis Intervention Support
- Address Confidentiality Program

### Contact Information

Beatriz Arakawa, Program Manager, Office: 360-565-7257, Ext. 7453

Lower Elwha Social Services

Cell: 360-460-1745

360-775-9346 - Emergency Phone Number



**YOU ARE NOT ALONE!**

Dear Community Members and Partners,  
 Happy graduation and congratulations graduates!  
 Happy **Father's Day (June 21)** to all fathers (uncle, grandfather, foster father, any father figure of a child(ren)!

For the last two months, the Lower Elwha Klallam Tribe – Lower Elwha Family Advocacy Program staff were in mission for outreach and awareness/action, while continued direct advocacies to victims and being available 24/7.

The **April 22, 2026, Sexual Assault Awareness – and Earth Day Awareness** action “ʔəsqápl ʔiyám ʔəcltáyŋxʷ ʔaʔ ti ʔənxʷcəy̓c̓sitiʔ - *Strong People Unite to Stop Violence*” and the **May 5<sup>th</sup> - National MMIWP - Missing and Murdered Indigenous Women and People Awareness Walk - We Never Forget, We Never Give Up**” -ʔáwə st c miʔmáýəqi, ʔáwə st c nəxʷqʷúʔčkʷən were accomplished successfully because of your great outpouring of support, contribution and involvement. Thank you very much. Special sincerest appreciation to the following: Our LEKT and PA City Councils, Honorable Melissa Gilman, Lola M, Ralena C, Nancy H, Mark C, **all family members of MMIWP victims**, Tessa V, LEPD headed by Chief White, Jerry F and Drum Group; The Youth and Elwha Royalty Warriors, Becca SW, Social Services staff, Rena B and staff (Elwha River Casino), Carmen WC, Ashley P, Mariah F, Karren F, Justine C, Cheyenne W, Harmony A, Melaine W, Recreation and Education staff, Tor P, Adrian S and Jamestown

S’Klallam Tribe crew, KONP Radio, Elwha Heritage Center staff and Chrissi D, Joshua L (Elwha River Food and Fuel), Port Angeles School District, Healthy Families of Clallam County (Sarah and Leslie), LEKT OVW funder, the community members, Melissa B, Clinic – Sandra S, Miranda P, Melissa E, Iliana Kat B, Audrey, Peninsula College, DSHS staff, Suzie B, WomenSpirit Coalition, attorney Diane C, Lester M, Maintenance staff, Clallam Resilience Project, Swift J, Mariposa House, Clinic – Sandra S, Melissa E, Iliana J, Kat B, Audrey G, Jada C, Roxy C, Stormy H, Josh Mc, Denise H, all participants from infant to elders, all of the planning team for SA and MMIWP, and all of you who helped in any way.

As LGBTQ+ Pride Month (Two-Spirit) takes place globally throughout June to honor the historic Stonewall Riots of 1969 and celebrate the impact of the LGBTQ+ community worldwide, the LEFA and other programs will be doing an awareness walk. More information will be announced soon.

**Juneteenth falls on Friday, June 19, 2026.** *While the Emancipation Proclamation freed enslaved Black Americans on January 1st, 1863, Texas refused to acknowledge the ruling. It wasn't until Union Troops arrived in Galveston on June 19th, 1865 that the last slaves became truly free. Juneteenth became a federally recognized holiday in 2021.*

**Have a wonderful summer and school break!**  
 háʔnəŋ cn – thank you



## Introducing: Ted Bowen—Community Support Specialist

My name is Ted Bowen, and I am part of the Hopie/Rhodes family. I look forward to working in the community as a Community Support Specialist, responding to calls and referrals for youth, young adults’ elders, I can offer support in homes, schools, jails, clinical settings, and the unhoused. My aim is to provide immediate crisis intervention and connect individuals to tribal resources.

As a descendant of the Lower Elwha Tribe from the Hopie/Rhodes family, I bring over 20 years of experience in the healthcare field, with a focus on psychiatric emergency response. Some highlights of my career include working at Western State Hospital and being a part of the Psychiatric Emergency Response Team from 2016 to 2017. It has been published in Security Magazine and the Journal of Health Care Protection. In 2021, I was recognized as a top 10 de-escalation strategist in Security Magazine and was invited to participate in the Health Care Security Podcast out of Canada, where I shared insights on building and training

healthcare security professionals in community healthcare settings.

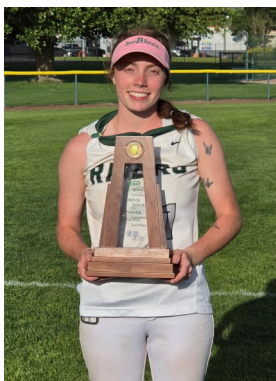
Additionally, I have trained community healthcare centers across Washington State, as well as children’s hospitals and various other agencies, to implement security and de-escalation strategies during the pandemic. My goal is to bring this experience to Elwha, and I hope to train others interested in this field so that this knowledge can be carried on in our community.

Contact:

Email: [ted.bowen@elwha.org](mailto:ted.bowen@elwha.org)

Cell: 564-215-1632

\* For referrals, please email your name, date of birth, Address, and a brief description of the circumstance you are requesting support with.



Congratulations on 3rd at State & defensive player of the year. Love you always & forever Grammy & Grandpa.

**CONGRATULATIONS KEEOMA! Graduating NWIC 2026.**



## Food As Medicine Series: Your Metabolism

By: Dawn Travelstead, RD

Having a fast metabolism is critical to optimal health which means your body can use more energy for bodily functions even while at rest. Recognizing slow metabolism and trying to fix it is what we are going to explore.

### **Here are the three main reasons our metabolism slows down:**

1. **Muscle loss.** Muscle is a metabolically active tissue that burns calories. You start losing muscle at age 30 and then accelerates in your 60's. You could lose 8% of your muscle mass each decade. OUCH!!

2. Testosterone and estrogen decrease which also leads to muscle mass loss.

3. **Health conditions.** Uncontrolled diabetes and hypothyroidism decrease how your body uses energy. Metabolic disorders like insulin resistance, high blood pressure and obesity also affect your metabolism because your body can't process carbs and fats effectively.

4. **Chronic undereating.** Eating less lets your body to adapt by becoming more energy efficient which reduces your calorie expenditure over time.

### **Signs your metabolism is slowing down:**

- Weight gain without changing any diet or lifestyle habits. A slower metabolism requires fewer calories, so if you are eating the same way, the rest is stored as fat. YUK!
- Fatigue. This can be coupled with not getting enough vitamins and minerals.
- Changes in body composition. You feel less muscle strength and more body fat even though the scale number is the same.

### **What can we do?**

1. Add strength training twice a week.
2. Incorporate metabolism-enhancing foods: legumes, fruits, vegetables and whole grains.
3. Eat 3-5 small meals a day.
4. Drink at least 32 ounces of water each day.
5. Get sufficient sleep for 6-8 hours.
6. Eat clean protein foods. Aim for turkey, chicken, beef and pork.



**Elwha Assembly**  
271 Stratton Rd. Port Angeles, WA 98363

**SERVE**

**All are welcome!**  
**Sunday: Service start at 11:00**

**Children church available**

**Lunch follows**

**Tuesday: 6:30 PM Ladies Bible Study**

**Hosted by Mary Laungayan**

**Thursday: 6:30 PM Men's Bible study**

**Hosted by Tony Delgado**

**271 Stratton Rd. Port Angeles, WA 98363**

## **Klallam Strong: Nutrition & Diabetes Newsletter**

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

### **In this issue:**

- \* **Energy Drinks**
- \* **Caffeine content**
- \* **Did You Know**



### **Energy Drinks!**

As more teens are consuming energy drinks during the day; there has been a 20% increase in calls to poison control center and caffeine-related ER visits have doubled from 2017 to 2023.

Energy drinks tend to contain caffeine, added sugars and legal stimulants such as guarana, taurine and L-carnitine.

The stimulants are meant to increase alertness, attention and energy, but can also increase blood pressure, heart rate and breathing, according to the Centers for Disease Control and Prevention.

Energy drinks often have more caffeine than an espresso and a lot of sugar, said Tamara S. Hannon, a member of the American Academy of Pediatrics Committee on Nutrition.

Drinking these beverages can cause anxiety, hyperactivity, inattention, sensation-seeking and poor decision-making.

Caffeine is a legal drug, the FDA suggest 400 mg a day for adults, no safe limits set for youths.

### **Caffeine Content:**

- K-cup: 75-150 mg
- Espresso: 120-300 mg
- Starbucks 20 oz venti: 390 mg
- 5 hour energy: 230 mg
- Monster energy: 160 mg
- Red Bull zero: 80 mg
- Monster triple Java: 300 mg
- Starbucks iced energy: 225 mg
- Starbucks cold brew: 295mg

For more information:  
www.cspi.org

### **Did you Know?**

**If you are craving salt, your body maybe depleted in electrolytes. You may need to drink more water or add electrolyte powder.**

**If you would like a nutrition session, please call me @ 360-912-1500.**





## Warm Weather Is Here! Please Do Your Part to Conserve Because Water Conservation Takes All of Us!

**Did you know:** Less than 1% of all the water on Earth can be used by people? The average household uses more than 300 gallons of water per day? It takes three thousand gallons of water and our well pumps over one hour to fill just one 12 ft. backyard pool? As the population grows, more and more people are using up this limited resource. Therefore, it is important that we use our water wisely and not waste it for our community and infrastructures wellbeing.

Here are some ways you can help conserve water:

- Turn off the water when brushing your teeth or washing dishes.
- Take shorter showers instead of baths and use a water-efficient showerhead.
- Fix all leaks such as water lines, toilets and faucets.
- Run your clothes washer and dishwasher only when full.
- Avoid filling/re-filling temporary pools and only water plants when necessary.
- Teach your children about the importance of water conservation.



## 2025 CONSUMER CONFIDENCE REPORT IS HERE!

The 2025 Elwha Heights and Lower Elwha Valley Consumer Confidence Reports and Water Quality Results are available. Simply scan the QR Code Or visit our website at [www.elwha.org/departments/publicworks/utilities](http://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.

## Heritage Center Rental Information and Policy

### Did you know??

The Heritage Center is available to all LEKT departments and programs, including Casino and Enterprise, to rent for events, meetings, and presentations!

**Raven's Edge** is a small boardroom suitable for groups of 3-10. This intimate space comes with an interactive whiteboard that doubles as a screen for connecting to your preferred remote conferencing network such as Teams or Zoom. With a coffee bar just outside, this room is great for one-on-ones, board meetings, and brainstorming sessions.

**Eagle's Nest** is by far our most popular option. This large conference room is suitable for groups of 10-40. With an onsite computer and display screen, presentations are as easy as signing into Teams or plugging in a thumb drive. U-Shaped tables, integrated microphones, and an adaptive camera make this room ideal for quarterly meetings, public comment sessions, trainings and so much more! A coffee bar is available at the back of the room, with plenty of banquet space nearby.

The **Great Hall** is available for gatherings of 50 or more. Often used for morale events, high-movement classes like CPR, and resource fairs — we can transform the space into a theater for presentations, dispersed tables for a walkable event, or up to 12 round tables for a seated gathering.

Our new **Classroom** space is often used for crafting and movement classes. A handful of portable tables allow us to adjust to the needs of the activity, whether there is a hands-on instructor teaching weaving, or a large space for painting or carving is needed—we can do it all!

Often heralded as the nicest **Commercial Kitchen** on the peninsula, we are set up for both catering and teaching events. With ample counter space, two ovens, a convection oven, smoker, griddle, baking table and commercial mixer—you can make it all here! Please note: Use of the fryer must be arranged in advance due to oil procurement and clean-up requirements.

LEKT tribal programs are not charged for room usage, but invoices are created for grant tracking purposes if needed. During business hours, personal events are subject to the pricing below:

Raven's Edge:

Half Day: \$75

Full Day: \$150

Eagle's Nest:

Half Day: \$150

Full Day: \$325

Great Hall:

Half Day: \$350

Full Day: \$750

Kitchen:

\$20 per hours with a 2 hour minimum

Please reach out for a quote for afterhours rates. We cannot guarantee availability on evenings and weekends, but will do our best to accommodate!

Send all rental requests to

Heritage.Center@elwha.org, or reach out to Chrissi Ducotey to inquire about availability.

Rental agreements can be found online at <https://www.elwha.org/departments/social-services/elwha-klallam-heritage-center/>

# EMPOWERING THOSE WITH DISABILITIES

TVR's mission is to provide a compassionate, holistic approach in serving Native Americans and Alaska Natives with disabilities. We support individuals in achieving meaningful and stable employment through training and supportive services, fostering self-sufficiency, reducing reliance on public assistance, and strengthening the Tribal community as a whole.

## Eligibility for Services:

1. Enrolled with a State or Federally recognized tribe.
2. Reside within the service area.
3. Have a physical or mental disability, documented with a provider.
4. Employment barriers.
5. The applicant requires TVR services to obtain or maintain employment.

## What may be considered a disability?

- Mental Health Diagnosis
- Substance use disorder diagnosis
- Blind/Low Vision
- Back/Brain/Limb injury or limitations
- Intellectual/developmental disabilities
- Hearing impairment
- Other physical or mental disabilities that prevent the person from finding and/or keeping employment.

## Services Available:

- Vocational Skills Assessment
- Career Counseling & Guidance
- Vocational Training and Education
- Post employment services
- Transportation assistance for job related activities
- Supported employment services, including job placement and job coaching
- On-the-job training (OJT)
- Referral to other community resources
- Job Search Skill Development
- Assistance with work related support services: tools, equipment, license fees, work clothes, uniforms and safety equipment

## TVR Team Information

**Elwha Heritage Center - (360) 417-8545**  
 Jim Allen, Program Manager  
 Keeoma Messenger, TVR Counselor

**Elwha Social Services - (360) 565-7257**  
 Jeremy Acosta, TVR Counselor

**More information at QR Code**



[www.facebook.com/LEKTVR](https://www.facebook.com/LEKTVR)

# House of Salmon welcomes 282 Port Angeles 4<sup>th</sup> & 5<sup>th</sup> graders



In the second year partnering with North Olympic Salmon Coalition and NOAA, students raised Elwha Coho salmon in all five PA elementary schools.

**This Spring, they came to release the fish into the river.**



Klallam language teachers shared traditional stories and teachings about how to care for the land and river. Students toured the hatchery and learned about what makes a healthy salmon habitat.

## Thank you WCC & volunteers who helped install fence weirs this season

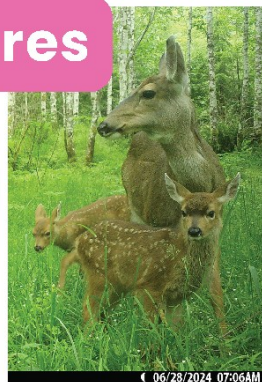


Shout out to Sateva



Henderson who came to Deep Creek on her birthday!!!

## Wildlife cam captures



It's that time of year when Blacktail deer fawns are out and about! Does usually give birth to twins end of May through early June. Fawns keep their spots as camouflage through the Summer until their first major molt, when spots fade and they grow a thicker, grayish-brown Winter coat.

## Wrapping Ediz Hook eelgrass



This was the fifth & final eelgrass planting event along the spit's South shore. Plants were grown from shoots salvaged in 2017 from the U.S. Navy pier site, as part of ongoing nearshore habitat restoration.



Plants are wrapped on rebar, attached to frames and installed along transects by divers.

# MEASLES

## IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

Measles symptoms typically include:



**High fever**  
(may spike to more than 104°F)



**Cough**



**Runny nose**



**Red and/or watery eyes**



**Rash**  
(breaks out 3-5 days after symptoms begin)

### Measles can be serious.

Measles can cause severe health complications, including pneumonia, swelling of the brain (encephalitis) and death.



**1 out of 5** people who get measles will be hospitalized.



**1 out of every 20** children with measles will get pneumonia, the most common cause of death from measles in young children.



**1 out of every 1,000** people with measles will develop brain swelling, which may lead to brain damage.



**1 to 3 out of 1,000** people with measles will die.

#### Long-term complications

A very rare, but deadly disease called subacute sclerosing panencephalitis can develop 7 to 10 years after a person has recovered from measles.



### You have the power to protect your child.

Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine. Talk to your healthcare provider.



[www.cdc.gov/measles](http://www.cdc.gov/measles)



# Shaker Church News

*Courtesy news for the Lower Elwha Tribal Community*

June 2026

Dear Tribal and Community Members,  
I hope this letter finds you well. Our Shaker Church continues to remain active in service to the Lord. We opened our church on May 15-17, 2026. We were happy to see community members and those who traveled from near and far. It was a blessed weekend for all of us.

The Lower Elwha 1910 Indian Shaker Church will continue to provide prayers and spiritual support to each and every one of you.

Our church officers, who are licensed and authorized to conduct Shaker work within the Lower Elwha Tribal Community, are listed below for your reference:

**Minister:** Jonathan Arakawa

Cell: (360) 565-6957

Email: jonathan\_arakawa@outlook.com

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

Cell: (360) 460-9283

Our Shaker Church is here to serve our community. **We offer support and assistance with the**

**following services:**

- Funerals
- Baptisms
- Weddings
- Hospital and home visits for prayer
- Home shakes and blessings
- Blessings of buildings, grounds, and more
- Opening prayers for gatherings and meetings

It is a blessing to witness our tribal members receiving homes on our reservation. If you would like your home blessed, please reach out to our church officers, Jonathan Arakawa and Johanna Bovechop. We are available and willing to do home blessings.

Please feel free to contact our church officers for any spiritual support you may need. It is both a blessing and an honor to serve God and our people.

May God bless you and your families. Masi. Love & Prayers,

**Jonathan J. Arakawa**

Minister, Lower Elwha 1910 Indian Shaker Church



## Happy Birthday Brother James L. Bolstrom Sr. June 29

Keep enjoying your pool game, you're good at it !!  
Love your sisters ....  
Linda & Pebs

# TWO-SPIRIT PRIDE WALK



When: June 16, 2026



Sign-making  
Available  
Before walk

Time: 1:00pm

Resources  
Available



Group Photo @ Pier



Open Mic @ Pier



Route:



Meet at Rite Aid/Good Will  
parking lot, walk to  
Port Angeles City Pier

*\*Rides back to parking lot available\**

For more information Contact:  
Melissa Bolstrom [360-775-9346]



Lower Elwha Klallam Tribe-Lower Elwha Family Advocacy Program. This project was supported by Grant #15JOVW22GG3388TR1B 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.





# June Birthdays

## June 1st

Tashena Francis  
Sitka Stuntz

## June 2nd

Wae-A-ka-wash-ta-win  
Fernandes  
Echo Stuntz

## June 3rd

Raelyn Bowe chop  
Hunter Charles

## June 5th

Garnet Charles  
Rose Rapoza

## June 6th

Richard Albaugh Jr  
Dana Albaugh  
Sheena Sawyer-Lucas

## June 7th

Holli Muck

## June 8th

Dylan Bennett  
Johanna Bowe chop  
Se' Ahl' Leetsa Decoteau

## June 9th

Jo Anne Charles  
Cheryl Charles-Jackson  
Garrison Johnson  
Kai Ray Langston

## June 10th

Lori Arakawa  
Kiana Watson-Charles

## June 12th

Darkfeather Black Crow  
Corina Bolstrom  
Jordan Saluskin

## June 13th

Mark Romero  
Sheldon Sampson

## June 14th

Rhonda Sullivan

## June 15th

Brylee Fiscus  
Cassandra Parker  
Rylan Sampson  
Koltyn White

## June 16th

Leandra Bolstrom

## June 17th

Aiyana Charles  
Deacon Charles

## June 18th

Jaylen Charles  
Dale Clark  
Mitchell Gloria

## June 19th

David Bolstrom  
Katherine Johnson  
Teri Swanberg  
Kharlieeca Tolliver

## June 21st

Sherrie Jean Charles  
Jennifer Vollin

## June 22nd

Chad Elofson  
JoNathan Inman  
William Sanchez

## June 23rd

Verna Henderson  
Dawn Sampson-Gomez  
Marlei Svec

## June 24th

Alice Sanchez

## June 25th

Shawn Bennett  
John Boyd Jr

## June 26th

Mark Arakawa  
Imagin Bankson  
Randall Bennett  
Alexis Charles  
Jon Clark  
Chief Knutsen

## June 27th

Tyler Elofson-Cross  
Gabriel Flores  
Melchor Gloria IV  
Dasan Sawyer-Lucas

## June 28th

Lancia Charles  
Dolores Koester  
Emelio Leonato  
Hannah Mitts

## June 29th

James Bolstrom Sr  
Adelina Fernandes

## June 30th

Travis Francis Jr  
Helen Francis



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

***Tribal Holiday Closure***

June 19th—Juneteenth