



June 2024

# Elwha News

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## 2024 Graduation Celebration

You're invited to our family  
Head Start & Early Head Start Graduation  
Tuesday, June 18th @ 4 PM



Lower Elwha Gymnasium  
2851 Lower Elwha Road,  
Port Angeles, WA 98363  
**Dinner will be provided**

### IN ONE YEAR!

ID laws for  
air travel are  
changing in  
one year!

Get in now  
before the rush!

Get your ID travel ready at

[REALIDwa.com](https://REALIDwa.com)

### That ID won't fly!



## A Message from the Russell (Razz) N. Hepfer

Dear Lower Elwha Tribal Community Members,

Congratulations to the newly elected Council Woman, Tia Skerbeck. She has been our Chief Operating Officer for a few years now. She helped guide the council through the COVID-19 pandemic. I am very grateful and proud of her for just that. She has done a number of things to improve our community. I am confident that she will be a great addition to our council. Congrats Tia.

I want to thank Anthony Charles for his years of service on our Tribal Council. I have learned a lot from Anthony. Of course I have witnessed him growing up as I have a closer relationship with his parents, Karen and Conrad. They did a good job raising that hell fire young kid to what he is today. I will truly miss him sitting around our tables expressing what he feels about a particular issue. Thank you Anthony.

Thank you to all that participated in our voting process. I am proud of my community. Voting is the most single important civil duty you as a tribal member can do. I am also proud of the nominees that stepped up to seek a seat at our council table. Thank you to them also.

The Salish Sea Tribes and the State of Washington successfully completed the North of Falcon (NoF) process. We will have the document signed by the time of this newsletter. I've been at this for quite some time now but this was one of the longer, harder and frustrating NoF's I've been a part of for a long time. We got there. Everyone is in agreement for almost all of our fishing regimes. No one came away with all we wanted but everyone gets to fish.

We are having another Ceremonial & Subsistence (C&S) fishery on the Elwha River again this fall. I can't wait! It was so much fun last year. We hope to open earlier so we can catch our 400 fish quota. Its 400 Coho because that is what our scientist think we can take right now and not harm the run. I have to believe these folks. Billy Frank jr. always said, "Follow the Science." If you have ideas that might make our C&S fishery better, please let me know and I will pass it along to the appropriate folks.

I am a member of Environmental Protection Agency (EPA), Regional Tribal Operations Committee (RTOC). This is a group of tribal leaders and/or appointed members from Region 10 tribes. There are 271 tribe in Region 10. WOW!!! I represent Western Washington Tribes. That is a huge honor that comes with great responsibility around communicating with our tribes about environmental issues we face. We at RTOC, take these issues to Region 10 Administrator Casey Sixkiller. Yes. He is related to Sonny. Casey is his son. If not resolved there, we head to EPA Headquarters in Washington D.C. I am describing it as a short process but it actually takes some time to get there.

RTOC 10 convenes a Tribal Environmental Leaders Summit hosted by a tribe from each state in our region. Alaska, Idaho, Oregon and Washington. This year we were hosted by the Confederated Tribe of Grand Ronde located in Oregon. It was a three day event at which we spoke about environmental issues with each other as tribes, to EPA officials and to various state representatives.



*Jane Nishida & myself at the Tribal Environmental Leaders Summit*

Jane Nishida was a speaker at one of our presentations. She is the Assistant Administrator of EPA’s Office of International and Tribal Affairs. Previously she was EPA’s Act-

ing Administrator before Michael Regan. I am extremely proud and honored to know Jane. I know her because she seems to be everywhere in Indian Country at once and I got to meet her early on. She makes herself available to speak to not only myself but any other person as well. This time her visit to Indian Country came after a week of meetings in Italy. She was at the G7 Environment Ministers Meeting in Turin, Italy. That ended on April 30. She came to meet us in Oregon on May 1. I don’t think she even got to go home. That shows her commitment to us tribes. There were other high ranking folks there but Jane is my favorite. Thank you Jane.

Once again. Thank you for taking the time to read my letter. I try to keep you informed. Please stop me to talk if you see me around. I have no problem with that. Give me a call, if I don’t answer I will call you back. My door is open.

Respectfully,  
Russell (Razz) N. Hepfer

**WE CAN PROTECT  
FUTURE GENERATIONS.**



**Talk with kids**  
about fentanyl in  
the drug supply.

**FOR OUR LIVES**

**Class of 2024 Graduation Events**

**June 4: JOM High School Graduation Parade—5pm, LEKT Community**

**June 7: Seaview Graduation Ceremony—5pm, Lincoln Center/PASD Office**

**June 10: Lincoln High School Graduation Ceremony—6pm, Peninsula College Little Theater**

**June 11: 5th, 6th & 8th Grade Promotion Parade—5pm, LEKT Community**

**June 14: Port Angeles High School Graduation Ceremony—3pm Parade in Town & 7pm Ceremony, Civic Field**

**June 15: Crescent High School Graduation Ceremony—5:30pm, Crescent Gym**

**June 18: Lower Elwha Head Start Graduation Ceremony—5pm, LEKT Gymnasium**

# Tribal Operations/Public Health Officer Update

## **LAST CHANCE FOR THE COVID VACCINE SUPPORT PROGRAM.**

The last day to apply to the COVID vaccine support program is June 19th. The support program will be closing and no longer providing resources for receiving a COVID vaccine. Make sure to get your vaccine now, and apply through the QR codes below. All folks who are 65 and older are eligible for another dose of the 2023-2024 COVID vaccine. Yes, they are eligible for another \$250 promotion check!



Adult online form  
found by scanning  
the QR code



Youth online form  
found by scanning  
the QR code



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

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



## **Spring Produce (bagged salad)**

The weekly spring produce (bagged salad) arrived a month early! This means that we have two months of fresh bagged salad for our households. The bigger weekly produce boxes begin on July 7th and run until late November.



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

When was the last time that you opened up Camp Crier? There are lots of good information and resources are being posted in the app. Don't forget to update the app frequently and make sure that you're logged in and checking in on the groups.



# COVID Vaccine Support Program

## Ending!

Last day to apply is  
**June 19th  
2024**



Adult online form

Youth online form



## JUNETEENTH

- Celebrated on June 19th
- Commemorates the end of slavery in America
- Also known as Black Independence Day and Emancipation Day



Why June 19th? The Emancipation Proclamation was issued January 1, 1863, but many enslaved African Americans didn't see freedom until June 19, 1865.

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

Dawn Travelstead, RD, MS,CDE, Lower Elwha Health Clinic  
Phone: 360-912-1500 or email: [dawn.travelstead@elwha.org](mailto:dawn.travelstead@elwha.org)



### **Eating Healthy On A Budget!!**

With food costs rising, it is tempting to reach for the instant/processed foods. There are ways to eat healthy and save money. Here are some ideas:

### **Best Low Sugar Fruits to Eat!**

- Limes & Lemons
- Avocado
- Raspberries
- Kiwi
- Blackberries
- Strawberries
- Watermelon
- Grapefruit
- Papaya
- Cantaloupe
- Peaches
- Cuties

### **Did you Know?**

Pairing any fruit with a healthy fat (nuts) helps to keep the blood sugar from rising too much!!

### **Healthy Eating Habits:**

1. **Plan your meals.** Each Wednesday look at the sales add for the grocery store and plan your weekly meals with foods that are on sale.
2. **Add more legumes** (beans) to your diet. Make your own chili, bean burritos and soups like split pea.
3. **Use frozen or canned fruits and vegetables.** They can be cheaper and still be nutritious.
4. **Think 'leftovers'.** Prepare a little more so you can take leftovers for your lunch instead of relying on takeout and packaged lunches.

**Make egg dishes:** omelets/quiche/frittata

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

### **How To Eat To Lower Body Inflammation**

Do you suffer from chronic pain? Tired during the day? Painful joints?

Do you have diabetes, heart disease, autoimmune disease or can't lose weight?

Having inflammation in your body can lead to a host of symptoms. Join me in a four week individualized nutrition program tailored for you!

Starting in July 2024.

The time is based on your schedule, phone or zoom, Monday-Thursday (8 AM-5 PM).

Each session 30 minutes.

Free to tribal community and family members; and Elwha employees.

4th Annual 2 Spirit Celebration Walk!



Please Join us with

**BRING YOUR  
FLAGS!**

LGBTQA+

**Pride**

In your stride!

10:00AM

**FACE PAINTING & SIGN  
MAKING-RITE AID  
PARKING LOT**



11:00AM

**WALK TO THE CITY PIER  
TO CREATE PRIDE  
TAPESTRY**

**WEDNESDAY, JUNE 12, 2024 @10:00AM-12:00PM**

**START: RITE AID PARKING LOT ON LINCOLN ST.**

**END: CITY PEIR**



AJ, you are so smart, talented, kind, and devoted to your friends and family. Your drive for the things you enjoy is inspiring. I know this world is better for having you in it. You will do great things in your life. We are all so proud of you and can't wait to see where you go in life. Love Mom, Joe, your Aunties, Uncles, and Tribal Family.

AJ this is dad, I'm proud of the man you've become! I can't



wait to see all the amazing things you do with your life son. Love Dad, Grandma, pop pop, Steph, Oliver and Maci. Aunties and uncles too!



## Lower Elwha Health Department

03/2/2024

### Re: Notice of Summer Medical Travel Program funds

This letter is to notify the Lower Elwha Tribal Community who utilize the PRC (formerly CHS) Travel Program that the summer tourist season is upon us. It happens earlier and earlier each year. We have been notified by the hotels that we utilize in the greater Seattle metro, and Silverdale/Bremerton areas that beginning April 1, 2024, these businesses will be implementing the first stages of "summer rate" changes, meaning the rates for popular tourist areas are expected to raise 3 to 4 times higher during this time and will range from \$400-\$750 per night.

**Hotels in these areas are booked well in advanced and fill up fast. We will do our best, but cannot guarantee accommodations for an overnight stay.**

I have attached the current Medical Travel Policy for reference of the overnight accommodations.

- Hotels will be provided for emergency travel up to 4 days at a time, with a maximum of 30 days.
- Tribal elders will be provided a hotel if the appointment check in time is before 10:00 am.
- Tribal members with children under 2 will be provided hotel if the appointment check in time is before 9:30 am.
- All other age groups will be provided hotel if the appointment check in time is before 9 am.
- A note is required for hotel stays from a Lower Elwha provider if none of the above criteria is met.

**\*\*Please note that all travel is subject to availability and funds. A Travel Form with proof of appointment is required to be submitted 10 business days prior to travel. \*\***

We appreciate your understanding and cooperation during this time. If you have any questions please reach out to me, Corina Bolstrom, at 360-452-6252 Ext 7613 or work phone 360-797-3156.

Thank you,

Corina Bolstrom



## FREQUENTLY ASKED QUESTIONS MEDICAL TRAVEL

### **Who is eligible for medical travel:**

Lower Elwha Klallam Tribal members who are PRC/CHS eligible.

### **What is medical travel:**

Medical travel for PRC is funds used to assist tribal members who have appointments outside of Clallam county. This program pays for a per diem stipend of \$50 per day, per tribal member. Hotel stay if applicable, and fuel of \$50(Bremerton) \$75 King county. Ferry passes

### **What are the requirements:**

PRC is the payer of last resort, tribal members who have Medicaid will need to utilize those services first for Fuel and Ferry. You will be required to submit a travel form (available at the clinic) with proof of appt outside Clallam county.

### **FAQ:**

- Travel forms must be submitted 10 business day before travel. (this gives accounting time to process checks)
- In house items include( ferry passes and fuel vouchers)
- Forms turned in will be processed in accordance with the policies, you will be called if more information is needed.
- The policies for medical travel can be found on the front page of the travel form.
- All efforts are made to get thing processed quickly, turning things in before travel helps us insure that we can help you with your travel needs.
- Upon return of travel all receipts must be turned in or you will be denied for future medical travel assistance.
- If you lose a receipt we have a lost receipt form that must be submitted.
- We only pay for patient and driver (in cases) for per diem.
- Hotel are only authorized for appts that require you to be there before 9 am. Elders that time is 10am.
- Summer time is hard to get hotels as we are a tourist spot on the northwest. We ask that you make all regular appointments for later times during the summer months as we cannot guarantee a hotel room for you.
- If you have Medicaid insurance you will need to submit your driver license, car insurance and car registration to [Fuel-docs@paratransit.net](mailto:Fuel-docs@paratransit.net) and call 1-800-756-5438 to set up account and get fuel card and ferry card.
- We will always help with travel until you get set up with paratransit, and in case that paratransit denies services, with denial in writing.

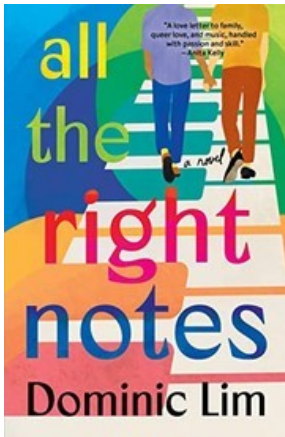
If you have any further questions please call Corina Bolstrom at 360-452-6252 Ext 7613 or 360-797-3156

## Library Corner

### Celebrate LGBTQ+ Pride Month in the Library

Happy Pride Month from the Library! As I'm sure you well know, each month we feature some of our favorite books for the theme of the month, and this month is no different! Here is just a small selection of books we're featuring for Pride:

***All the Right Notes*** by Dominic Lim: "Quito



Cruz might be a composing and piano genius, but he's a few notes short of success. Broadway, here I don't come. But Quito knows what the problem is. Or rather who. Because ever since that night in college-with pretty-boy jock Emmett Aoki-his inspiration has been completely MIA ... Now Quito's

beloved dad wants him to put on a charity performance in his hometown. And there's one hella big string attached: convince Emmett--now one of Hollywood's biggest stars--to perform. It's all shaping up to be the biggest musical fiasco of Quito's life. Especially when that undeniable vibe with Emmett is still there. But there's nothing simple about falling for a closeted movie star ... even when he's pitch-perfect"

***Fire from the Sky*** by Moa Backe Åstot:



"Ánte's life has been steeped in Sámi tradition. It is indisputable to him that he, an only child, will keep working with the reindeer. But there is something else too, something tugging at him. His feelings for his best friend Erik have changed, grown into something bigger. Ánte is

so aware of Erik and his body in relation to his own; everything he does matters so much. What would people say if they knew? And how does Erik feel?"

***Galaxy: The Prettiest Star*** by Jadzia Axelrod:



"Taylor Barzelay has the perfect life. Good looks, good grades, a starting position on the basketball team, a loving family, even an adorable corgi. Every day in Taylor's life is perfect. And every day is torture. Taylor is actually the Galaxy Crowned, an alien princess, and one of the few survivors of an intergalactic war. For six long, painful years,

Taylor has accepted her duty to remain in hiding as a boy on Earth. That all changes when Taylor meets Metropolis girl Katherine "call me Kat" Silverberg. Suddenly, Taylor no longer wants to hide, even if exposing her true identity could attract her greatest enemies."

***The Girl from the Sea*** by Molly Knox Ostertag:



"Morgan has a secret: She can't wait to escape the little island where she lives. She's desperate to finish high school and escape her sad divorced mom, and her great group of friends ... who don't understand Morgan at all. Because really, Morgan's biggest secret is that she has a lot of secrets, including the one about wanting to kiss

another girl. Then one night, Morgan is saved from drowning by a mysterious girl named Keltie. The two become friends and suddenly life on the island doesn't seem so stifling anymore. But Keltie has some secrets of her own. And as the girls start to fall in love, everything they're each trying to hide will find its way to the surface ... whether Morgan is ready or not."

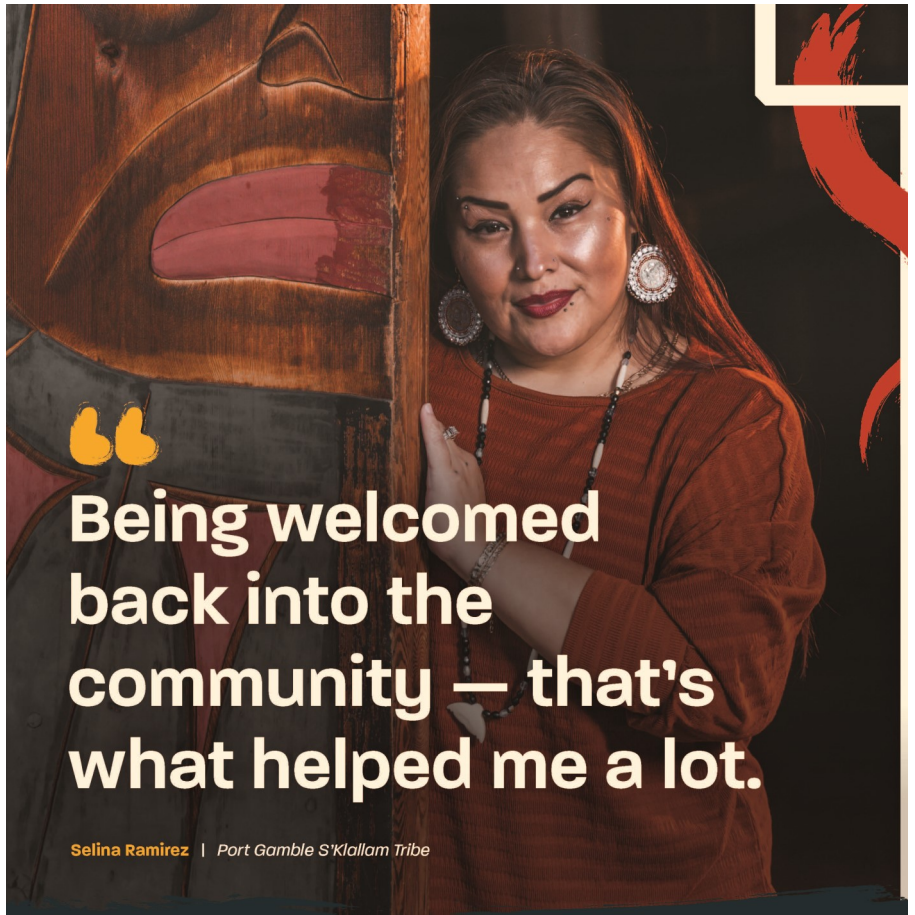
## Summer Reading Program

Summer is already almost here, and that means that the Summer Reading Program is just around the corner! Beginning June 25<sup>th</sup>, kids up to 18 can read to earn entries into weekly prize drawings, and our end-of-summer grand prize drawing. How do kids get prize entries? Simple! You can find a Reading Log in the Library. Every time kids read a book, record it and how many minutes of reading they did in the log. For every 20 minutes of reading, kids will earn an entry into our weekly prize drawing. Weekly prize drawings will take place each Friday at 3pm in the Library. For every hour of reading, kids will receive an entry into the grand prize drawing, which will take place on Friday, August 30<sup>th</sup> at 3pm, which is also the final day of the program. Prizes to be announced.

The theme for this year is "Adventure Begins in Your Library!" Be sure to come into the Library every Friday during the program for fun adventure-related programs!

In search of classes, workshops, and event requests to serve the community. What would you like to see or learn at the Heritage Center?

Please contact Nicole at (360) 417-8545 x2912



**Being welcomed back into the community — that's what helped me a lot.**

Selina Ramirez | Port Gamble S'Klallam Tribe

**In recovery, we're living through a process of change.**

### WHAT WE CAN DO



**Understand that recovery takes strength.**

Recovery from substance use disorder looks and feels different for everyone. It's a lifelong experience, with ups and downs, and relapse can be part of it.



**Do activities that make you feel connected.**

If you're in recovery, do activities that feel good for your body and spirit. Make connections with your family, community, surroundings and culture.



**Welcome people into the community.**

If you know someone in recovery, invite them to gatherings and events. Give them opportunities to contribute to your family, tribe or community.

**FOR OUR LIVES**  
Acting now to end overdose



**ForNativeLives.org/recovery**

Learn more about recovery from substance use disorder, including how to help others in your community.

## Family Advocacy Updates

Dearest Lower Elwha Klallam Tribal Community members and readers,

In May 3, 2024, we personally honored seven (7) local MMIWP, out of thousands MMIWP Nationwide. THANK YOU VERY MUCH to the families of the MMIWP whom we remembered. Our hearts are with you.

The MMIWP = Missing and Murdered Indigenous Women/People Awareness Walk that we, LEKT, partners' neighboring Tribes and several local organizations put together in May 3<sup>rd</sup> at Elwha Heritage Center and Civic Center, turned out amazing, powerful and successful, despite of last minute changed of walk route destination due to an incident nearby the Gateway. The planning team including myself want to send our heartfelt appreciation to all of you who helped us in many avenues. All of your efforts, whether through announcements, letter of invitation, proclamation, signatures, Facebook page, word of mouth, distribution of flyer, emails, telephone calls, were significant and heard by many families, friends, and by standards.

A huge shout out of appreciation to all participants, collaborators, donors and leaders. The LEKT: Business Committee Council, Chief executive office, Police, Social Services, Justice Center, Public Work, Maintenance, Clinic, Recreation, Elwha River Casino, Education, Culture, Natural Resources, & Planning; the Healthy Families, WomenSpirit Coalition, Makah Tribe, Quileute Tribe, Jamestown Tribe, Port Gamble Tribe, Mariposa House, Washington State Patrol, City of Port Angeles (Council, Recreation Manager and Police Department), Peninsula Daily News, Peninsula Community College, Sequim Gazette, First Steps, United Way, Reflections, Peninsula Behavioral Health, and DCYF.

Special gratitude to Becca - flyer & full support, Chairwoman Frances Charles and all Council- signature, full support & participation, Rachel J and Lieutenant J. Thompson -

MMIWP names and contacts, Harmony - rose, attorney Diane - proclamation, Kelsie - agenda, Janet, Emma, Jeremy, Julie, Sateva and Samantha, Lester - many tasks, Nancy - invitation letters, networking, & many tasks, Jonathan - opening prayer, and Narse Foster - closing prayer. Many thanks to Tessa Velasco - used her beautiful MMIWP art, Iliana - network, facilitated two planning meetings, and support @ event, Heritage Center staff - many tasks prep/during, Audrey - read proclamation, Tor, Sky, Garnet, Sandra, Bobi, Lorinda and Melissa - helped @ event, and Elwha River Casino - t-shirts and food (Rena, Randy, Mike, and the Cooks).

### SAVE THE DATES:

The **LGBTQ support group will be starting June 17<sup>th</sup> 10:00 am to 11:30 am at Heritage Center This is a 16<sup>th</sup> weeks of group season. Call if interested to participate.**

**Tuesday, July 9<sup>th</sup> and Wednesday, July 10<sup>th</sup> - on-Site training about LGBTQ+ and sex trafficking.** This is joined effort with WomenSpirit Coalition. I am excited to bring back **Kurt Begaye**, *Hashk'áahadzohí* (Yucca Strung Out on a Line Clan), born for *Tó'aheedliinii* (Water Flow Together Clan), is Diné (Navajo) originally from Chinle, Arizona and is the Owner/Director of Begaye Consulting. Mr. Begaye is knowledgeable about LGBTQ+ sex trafficking. LEFA invite the youth, students, providers, social workers, law enforcement, health care, Tribal community members, and anyone interested to attend.

**Women's Talking Circle** – starts Wednesday, August 14, 2024 from 11:30 to 1:00 pm. On-going weekly open group.



Thank You for Attending



## 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!

# Elwha Summer Science Camp

**Elementary** (students entering 4<sup>th</sup>-6<sup>th</sup> grade):

**July 8-12** Day Camp

**Middle School** (students entering 7<sup>th</sup>-8<sup>th</sup> grade):

**July 15-18** Day Camp

**High School Students** (entering 9<sup>th</sup>-12):

**August 12-16** Overnight

Join us in an amazing 4 or 5 day camp where you will get to enjoy science and cultural activities! Transportation, lunch, and gear (student selected backpacks, hiking shoes, water bottles) will be provided.

**Interested in participating?** Maddie McLean will have permission slips at Dry Creek and in the LEKT Library, Montez Kelley-Shears in his office at Stevens, and Wendy Sampson at PAHS. There will be room for 12 students on each program, first come, first served, LEKT members get priority.

### Elementary & \*Middle School Daily schedule:

Pick up will be coordinated for students at the Tribal Center, Middle, and Upper Housing beginning at 8:45 am and drop off each day by 5 pm.

\*Middle School will camp at Fairholme campground Wednesday night.

### High School Overnight Schedule:

Students will spend Monday through Thursday night at the Nature Bridge campus staying in cabins with programming from Monday morning until Friday afternoon.

### Questions?

Contact the Education Department at 360-452-8471, Ext. 7425 or by **Email**

Madeline Mclean  
[madeline.mclean@elwha.org](mailto:madeline.mclean@elwha.org)

Jessica Egnew  
[jessica.egnew@elwha.org](mailto:jessica.egnew@elwha.org)



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## 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.

Tribal Vocational Rehabilitation:  
Jim Allen – Program Manager  
Jeremy Acosta – Counselor  
Keeoma Messenger – Counselor  
Chrissi Ducotey – Admin

The TVR program is the result of a federal law, the Rehabilitation Act. This law is founded on the belief that all individuals with disabilities can work. The goal of the program is to assist American Indians in Clallam County with disabilities to prepare for, find, and keep good



IT'S NOT ABOUT DISABILITIES. **IT'S ABOUT POSSIBILITIES.**

On April 16th the ladies from Washington State's DVR (Division of Vocational Rehabilitation) Region 3 office joined us to make Elderberry Syrup, nettle soup, and dandelion biscuits! These dedicated professionals work out of the Heritage Center once a month so they can be better

accessible for you! If you have any questions about how state vocational rehabilitation can help you, please reach out.

Chrissi Ducotey (Heritage Center Admin), Aleilah Lawson (Instructor), Tracey House (Regional Transition Consultant), Carina Robinson (DDA Supervisor), Monique Patel (Transition Program Specialist), Lucinda Heidel (Vocational Rehabilitation Supervisor), and Ellen Charles (Tribal Member).



# Public Works News!



## 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.



## 2023 CONSUMER CONFIDENCE REPORT IS HERE!

The 2023 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](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.



### CONGRATS RAYIN!! YOU DID IT!!

You are amazing and have worked so hard to graduate! I love you so much and continue to reach for the stars. Love MOM 😊 and kids





### Scotch Broom Upper Housing Removal-

The Washington Corps (WCC) has cleared the Scotch Broom out of Upper housing’s Charles Hopie Lane loop. They pulled and hauled 18 large trailer loads out from the roadside and backyards. Scotch broom is an invasive, ever-green plant that can grow over 10 feet tall and has large yellow flowers that bloom in spring and set seeds mid summer. This plant produces 10,000 seeds per plant per year, and these seeds can be viable for up to 80 years. Scotch broom displaces native plants, such as berries and shrubs, which makes diligent management necessary. Small plants can be pulled by hand and large plants can be pulled with a pulling tool. Inquire with Natural Resources department if you ever want to borrow a scotch broom pulling tool. WCC will be back this winter to continue this effort in other areas of

upper housing.

### WCC is now hiring for the next service year (October ‘24– September ‘25) for the LEKT stationed crew.

Applicants must be 18-25 year olds, or veterans who are interested in learning about riparian restoration, power tool use, native plant identification, salmon monitoring, trail work, and more! This Department of Ecology AmeriCorps service position is a great opportunity for people who are interested in natural resources and want a wide breadth of experience in fieldwork. Members receive on-the-job training, certifications, stipends (\$1400 biweekly), and an education scholarship at the completion of their term. No experience is required! This position is an 11-month term beginning in October, with working hours Mondays-Thursdays from 7am-

Great  
Uses For  
**PLANTAIN**  
"WEED"



DIYNatural.com

Health: Insect and spider bites, urinary infections, dry coughs, ulcers and other GI inflammation, wounds, splinters/drawing out, healing of tissues. \*Always consult your doctor first.

Spiritual: Healing, cleansing, protection, strength, power, repel evil spirits, repel snakes, wishes.

## The Heritage Center Presents:

Upcoming classes and workshops. Scan the QR code to join the interest list! - We'll work together to find a class that fits your needs.



### **Work Readiness Workshop**

Before diving into the job market, it's crucial to have certain skills and resources ready to ensure a smooth and successful job search. Our Essential Pre-Job Search Skills Workshop is designed to provide you with everything you need to know and have in your possession before you begin looking for work. This workshop will help you build a strong foundation, boosting your confidence and readiness to tackle job applications and interviews.

### **Job Search Strategies**

Create a plan for your job search. In this session you will plan your job search, schedule your week to be more effective, develop your own "elevator speech" and learn how to effectively utilize your job search network through using internet and networking skills. You will learn to use the computer to investigate and become familiar with the different types of on-line job boards. In this workshop, you will also discover how to access the "hidden job market". We'll show you how to find jobs which are not online or in the newspaper. Job search engines only constitute 20% of the total jobs out there... we'll show you how to find the hidden 80%! The more you know about job searching, the faster you will find employment!!





## **Resume Writing & Cover Letter**

Now is a perfect time to get your resume up to date or create one if you haven't done so. We offer instruction in the construction of the one-page Combination Resume, the most effective format! In this session we will introduce the purpose of a resume, how to sell yourself, tips and types of resumes, and how to create the resume. A cover letter will be developed to introduce your skills and your resume to the employer. We will also provide a format to list all your references.

## **Informational Interviews**

Want to really find out about a career field or job? The informational interview is a highly effective way of gaining insight into your career interests! Here you will learn what an informational interview is, how to conduct them and how they can help you network to gain a job. Only 20% of open jobs are listed in online job search engines (indeed, monster, careerbuilder). Informational interviews can help you gain access to the 80% of jobs not advertised. This is a must workshop for those wanting to accelerate their job search.



## Mental Health Awareness Updates



As we wrap up the month of May and move towards summer, we also close on **Mental Health Awareness Month** and move into **Pride Month**, and **PTSD Awareness Month**. So many members of our community are impacted by trauma. The US Dept of Veteran's Affairs estimates about 12 million adults experience PTSD. In Native Communities rates of trauma and PTSD are roughly [2 to 3 times as frequent](#). Rates of PTSD in [LGBTQ+ Native teens and adults](#) are even higher.

### So, what can we do?

Having symptoms doesn't mean you have PTSD, but it's worth asking for help if you are feeling uncomfortable. All of the therapists on the Lower Elwha Mental Health team can assess for PTSD and talk you through next steps.

### Recognize the Symptoms

- Being easily startled or frightened
- Always Being on guard
- Self-destructive Behavior (using substances, gambling, driving too fast, risky choices)
- Trouble Sleeping
- Trouble Concentrating
- Irritability, Angry Outbursts, Aggressive Behavior
- Overwhelming Guilt or Shame
- Thoughts of self-harm, suicide, or harming others
- Depression, Anxiety, or other mental health issues

### Reduce the Stigma

- Show kindness for people in your life that have experienced trauma and **direct them towards resources that can help**
- **Talk to your loved ones** about how they are feeling and about what to do if they are worried about a friend or other family members
- **Practice Acceptance.** Difficult emotions like fear, anger, jealousy, or sadness are all an inescapable part of life. With practice, we can de-

velop habits to accept emotions and help them pass. Working on our own mental health is the best thing we can do to help others!

- **Be kind to yourself** – we often avoid asking for help when we are suffering the most. Know that everyone needs help sometimes. We can't know what is possible unless we try.

To request services with Lower Elwha Mental Health, please call 360-565-7264 ext. 7654

### Join the LEMH Team in Welcoming a new Mental Health Therapist



I specialize in clients who have experienced trauma, are working to get into recovery from substance use, or need support in understanding addiction's impacts to their family. PTSD is an issue close to my heart. It is also a big part of why I became a counselor – because I

believe we can recover from our past trauma. I incorporate nature, EMDR, traditional practices, and mindfulness into sessions depending on your interests, but use a type of therapy called Acceptance and Commitment Therapy (ACT) the most.

In my past teaching career I researched spider personalities (they have them, I swear!), and taught community college classes in anatomy, physiology, and animal behavior. I also spent a few years working with Family Treatment Courts (like Clallam's L.I.F.T court) across the state, helping courts learn how to better support recovery for families. I started another degree program during Covid, finished in 2023 and joined LEMH in late December.

Originally from the Midwest, I've lived in Washington since 2015. You'll see me around town riding my bike, walking with my soon-to-be husband, gardening, and working with my new honey bee hive.

# LOWER ELWHA CHILD CARE

The Children's House of Learning

## WATER DAY PHOTOS

ARROW ENJOYING THE OUT DOORS IN HER CUTE LITTLE SUN HAT.

ELI IS TAKING IT ALL IN AND ENJOYING THE SHADE.

TEACHER MICHELLE WITH NADIA AND GRACIE GETTING READY TO CHECK OUT THE SPRINKLERS!

## TRADITIONAL MEAL

- Elk Tenderloin
- Seaweed Salad
- Wild blueberries
- Buckskin Bread

Preschoolers enjoying the meal served on 05/10/24 in Observance of Native American Day

WE ARE HIRING 2 FULL TIME TEACHER ASSISTANTS'. COME JOIN THE FUN! [ELWHA.ORG](http://ELWHA.ORG)



# Lower Elwha Strong Peoples Healing Court

## “Reawakening the Transformation”

The Healing Court Team would like to thank Darrell Charles, Jr. for his support by donating his time to create the logo healing court logo.



The Lower Elwha Healing Court is a 12-to-18-month court program developed to promote Wellness by assisting participants to achieve and maintain sobriety using community supervision, counseling, cultural reconnection and an individualized recovery plan. Rooted in best evidence principles and practice for Wellness Courts, participants work with the Healing Court team which includes the Healing Court Judge, Prosecution, Defense/Parent attorney, Probation, Indian Child Welfare, Tribal Law Enforcement, Klallam Counseling Treatment Providers, Healing Court Case Manager and Healing Court Program Coordinator.

### Contact Information:

Healing Court Staff are located at 465 Stratton Road, 360-452-8471, Ext 2936

Kerrie Morrison, Program Coordinator  
Ted Bowen, Case Manager

### Eligibility Requirements

- Participants must be 18 years of age or older and a member or eligible for membership in a Federally Recognized Indian Tribe or a LEKT Community Member.
- Participants must be a person over whom the Lower Elwha Tribal Court has civil or criminal jurisdiction.
- Participants must be diagnosed with a Chemical Dependency or substance use disorder, moderate to severe or as determined by a certified substance use disorder/ chemical dependency professional.
- Participants must be willing to and able to engage in chemical dependency or substance use disorder treatment.
- Participants must voluntarily agree to program participation.
- Participant is not a violent offender, perpetrator of sexual abuse or perpetrator of felony child abuse.

## IS YOUR CHILD USING THE RIGHT CAR SEAT??

Do you want to have your car seat checked?  
Do you need a new car seat?

- Available for LEKT Community Members
- Certified Technician
- Free Car Seats
- First Come First Serve while inventory is available.



Sign up for an appointment through our survey

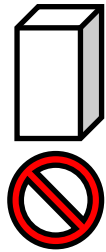


Grant Funding through the BIA Child Passenger Safety Program

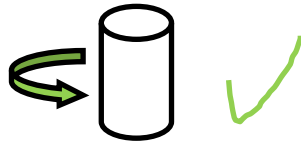
Lower Elwha Social Services  
Phone: 360-565-7257

## Learn to Floss Like a Boss

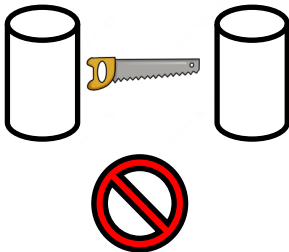
Teeth are **NOT** flat.



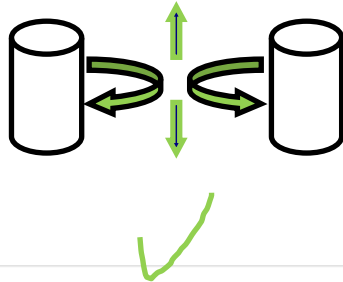
Teeth are **rounded**, which means you have to wrap the floss **around the tooth like a "C."**



Do **NOT** saw the floss.



Move floss up and down. Make sure to get the other tooth!



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.

## FLOSSING TOOLS

**STANDARD FLOSS:** This is a thin, nylon strand that can fit in between teeth. It comes flavored or unflavored as well as waxed or unwaxed. If your teeth are crowded or closer together, dental floss with a wax coating can make it easier to get in between them.



**WATER FLOSSER:** This uses water and pressure to remove plaque and food from in between teeth. A Waterpik may also be easier to use than standard floss for people with **arthritis** or for anyone who finds string floss difficult to maneuver and work with. The rinsing action of water flossers may not be enough to remove plaque completely from the surface of your teeth. A water flosser is also useful if you have braces. This device can clean in between brackets and wires.



### FLOSSING/PROXY/INTERDENTAL

**BRUSHES:** Clean out debris and plaque that can get caught on brackets and wires, and in between

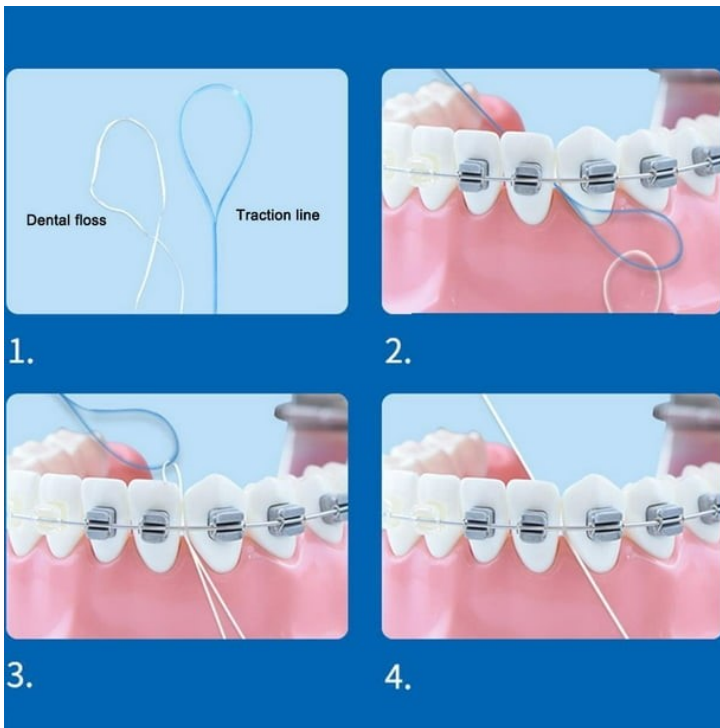


**FLOSS THREADER:** Helps get floss under wires.



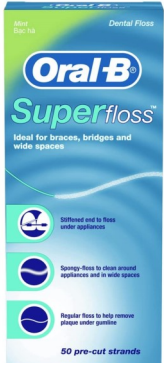
## FLOSSING WITH BRACES

Flossing with braces can be tricky, and it takes more time than flossing without braces. Choose **waxed floss**, which is less likely to tear and get stuck in your braces. Another option that works well for flossing if you have braces include water flossers, or a floss threader, a small tool that helps you thread floss under your braces. A water flosser can clean in between brackets and wires. Interdental flossing brushes can help, which clean out debris and plaque that get caught on brackets and wires, and in between teeth.





**SUPER FLOSS:** This dental floss threader can work with braces, bridges, and gaps. It has three components: a stiffened end for flossing underneath appliances, spongy floss to clean around your appliances, and regular floss to eliminate plaque underneath your gumline.



**FLOSS PICK:** They're easy to maneuver and can help you floss hard-to-reach teeth in the back of your mouth. **SKIP THE TOOTHPICK.** Using a toothpick can damage your gums and lead to an infection.



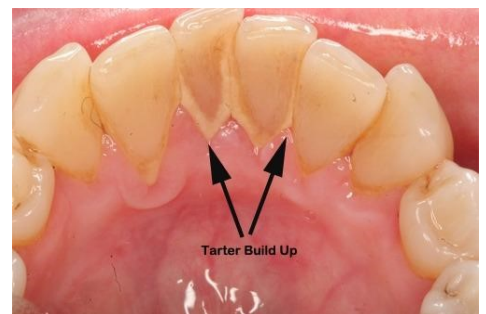
**WHY SHOULD I FLOSS?**

Your toothbrush can't reach between your teeth to remove plaque (a sticky film that contains bacteria. Flossing gets between your teeth to clean away the plaque. By flossing and brushing your teeth, you're removing plaque and the bacteria in it that feeds on sugar and particles of food that remain in your mouth after eating. When the bacteria feed, they release an acid that can eat away at your enamel (the hard outer shell of your teeth) and cause cavities. Also, plaque that isn't cleaned away can eventually harden into calculus (tartar) that can collect on your gumline and lead to gingivitis and gum disease.

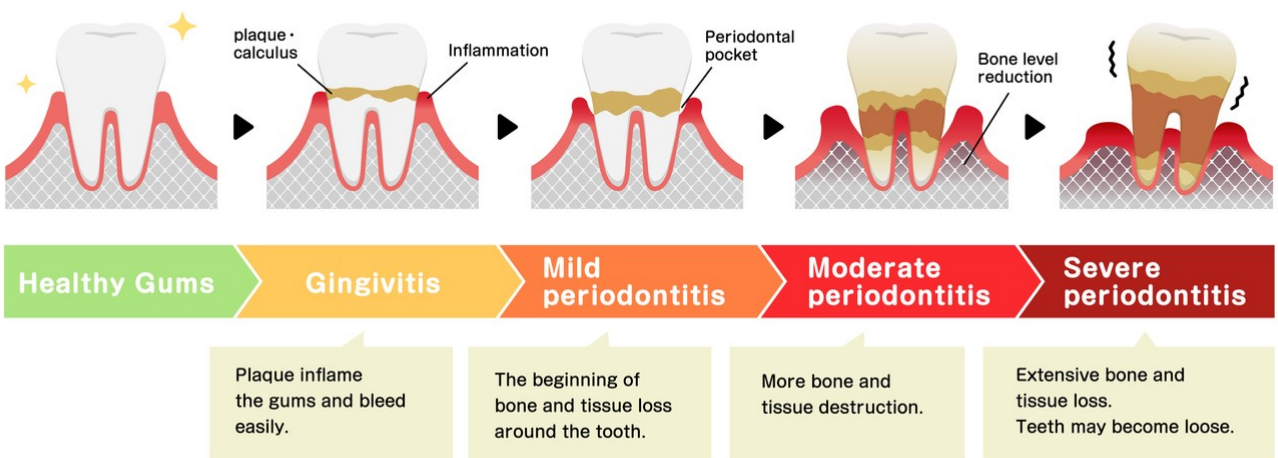


**Floss first, then brush.**

Flossing helps lift and release food and plaque stuck in between your teeth, while brushing removes these particles from your mouth. If you brush first and floss afterward, food and plaque remains in your mouth until the next time you brush.



**The stages of periodontal disease**



## HOW TO FLOSS WITH A BRIDGE

A string of floss by itself won't fit in between the abutments and pontic. They're all connected at the top, otherwise known as the occlusal surface, which means you need a tool that can fit underneath the bridge. This is where floss threaders or super floss come in handy. Interdental brushes and water flossers can also help.

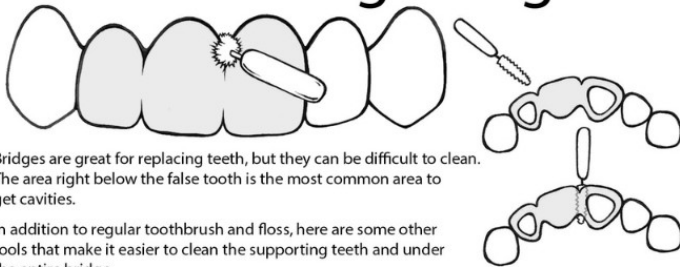


Stiff plastic threader guides brush between teeth & around implants



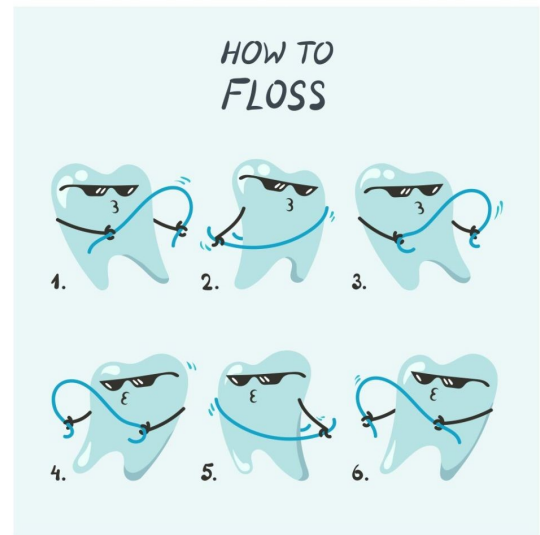
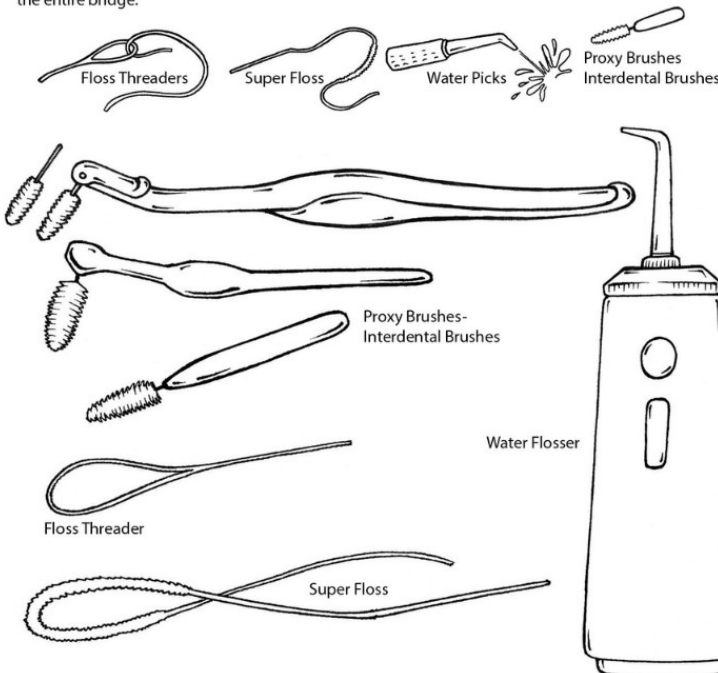
Extra-Thick brush thoroughly cleans under bridges

## Cleaning Bridges



Bridges are great for replacing teeth, but they can be difficult to clean. The area right below the false tooth is the most common area to get cavities.

In addition to regular toothbrush and floss, here are some other tools that make it easier to clean the supporting teeth and under the entire bridge.



### How To Floss Video:

<https://www.youtube.com/watch?v=rm5oAAeoEnI>

Flossing is an important oral hygiene habit. It cleans and dislodges food stuck between your teeth, which reduces the amount of bacteria and plaque in your mouth. Plaque is a sticky film that builds up on teeth and contributes to cavities and gum disease.

### FLOSSING TIPS

Everyone's teeth are different. Some people have crowded teeth or their teeth are very tight together. You may have to angle the floss differently. Flossing may be challenging. **Don't give up!** Keep practicing! **Floss first**, then brush. **Floss once a day.** Try experimenting with different **flavors** to make it fun.

JUNE 2024 GYM SCHEDULE		Hours M-F 8am-830pm; W - 6am-830pm			
Mon	Tue	Wed	Thu	Fri	Sat
<b>Chair Volleyball Fri 10am</b>					<b>1</b> 10am-6pm Soccer Camp 12pm Mobility/Stretching 330pm Dr Dish 5pm
<b>3</b> 8am-830pm Personal Training 9am Elders Movement 11am ASP Activity 230pm ASAActivity Dr Dish 330pm Sports Camp 5pm Adult Basketball 630pm	<b>4</b> 8am-830pm Personal Training 9am Noon Basketball 12pm ASP Activity 230pm ASAActivity Soccer 330pm Women's Night 5pm Women's Basketball 630pm	<b>5</b> 6am-830pm Personal Training 6am Elders Movement 11am ASP Activity 230pm ASAActivity VertiMax 330pm Sports Camp 5pm Adult Basketball 630pm	<b>6</b> 8am-830pm Personal Training 9am Noon Volleyball 12pm ASP Activity 230pm ASAActivity Footwork Agility 330pm 6th -8th Grade Basketball 630pm	<b>7</b> 8am-830pm Personal Training 9am Chair Volleyball 10am ASP Activity 230pm ASAActivity 3v3 Basketball 330pm Super Smash Bros 2v2 5pm	<b>8</b> 10am-6pm Basketball Camp 12pm Footwork/Agility 330pm Dr Dish 5pm
<b>10</b> 8am-830pm Personal Training 9am Elders Movement 11am ASP Activity 230pm ASAActivity Dr Dish 330pm Sports Camp 5pm Adult Basketball 630pm	<b>11</b> 8am-830pm Personal Training 9am Noon Basketball 12pm ASP Activity 230pm ASAActivity Soccer 330pm Women's Night 5pm Women's Basketball 630pm	<b>12</b> 6am-830pm Personal Training 6am Elders Movement 11am ASP Activity 230pm ASAActivity VertiMax 330pm Sports Camp 5pm Adult Basketball 630pm	<b>13</b> Personal Training 9am Noon Volleyball 12pm ASP Activity 230pm ASAActivity Footwork Agility 330pm 6th -8th Grade Basketball 630pm	<b>14</b> 8am-830pm Personal Training 9am Chair Volleyball 10am ASP Activity 230pm ASAActivity 3v3 Basketball 330pm NERF Night 5pm	<b>15</b> 10am-6pm Soccer Camp 12pm Mobility/Stretching 330pm Dr Dish 5pm
<b>17</b> Gym Hours 8am-830pm Personal Training 9am Elders Movement 11am ASP Activity 230pm ASAActivity Dr Dish 330pm Sports Camp 5pm Adult Basketball 630pm	<b>18</b> Personal Training 9am Noon Basketball 12pm ASP Activity 230pm ASAActivity Soccer 330pm Women's Night 5pm Women's Basketball 630pm	<b>19</b> Juneteenth Gym Closed	<b>20</b> Personal Training 9am Noon Volleyball 12pm ASP Activity 230pm ASAActivity Footwork Agility 330pm 6th -8th Grade Basketball 630pm	<b>21</b> 8am-830pm Personal Training 9am Chair Volleyball 10am ASP Activity 230pm ASAActivity 3v3 Soccer 330pm Teen Night TBD	<b>22</b> 10am-6pm Indoor Soccer 12pm Movie in Gym 430pm
<b>24</b> End of School Year Party	<b>25</b> 8am-830pm Personal Training 9am Noon Basketball 12pm Women's Night 5pm Women's Basketball 630pm	<b>26</b> Personal Training 6am Elders Movement 11am Sports Camp 5pm Adult Basketball 630pm	<b>27</b> Field Trip TBD	<b>28</b> TBD Chair Volleyball 10am Summer Time Kick Off Dance	<b>29</b> 10am-6pm Basketball Camp 12pm Mobility/Stretching 330pm Dr Dish 5pm

## THANK YOU FOR HELPING ON COMMUNITY CLEAN-UP DAY

On April 22<sup>nd</sup>, in honor of Earth Day, Elwha Staff participated in our Annual Community Clean-up Day. Every Department stepped up to the challenge to choose a road to clean. Staff, armed with gloves and trash bags, descended upon the community to remove trash and debris from the roadsides in the Lower, Middle and Upper Housing. In addition to picking up trash, Public Works, Facilities and Housing crews used their equipment to mow, blow and weed. Thank you to everyone who came out to help!

*“Small changes can make a big difference”*





Scan QR Code  
to register  
for parade



YOU ARE INVITED TO THE

TRIBAL YOUTH PROGRAM

# 5TH, 6TH & 8TH GRADE PROMOTION PARADE

When:

## June 11, 2024

**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  
via**

**Website:** <https://shorturl.at/fkBS5>

**Email:** [Melaine.Wheeler@elwha.org](mailto:Melaine.Wheeler@elwha.org)

**Call or Text:** 564-215-1724

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.

## Office of the Year Nekoda White



Every year the International Footprint Association organizes an awards ceremony to honor local public safety personnel from the various agencies on the Olympic Peninsula.

who have shown exemplary service within their department as chosen by their peers.

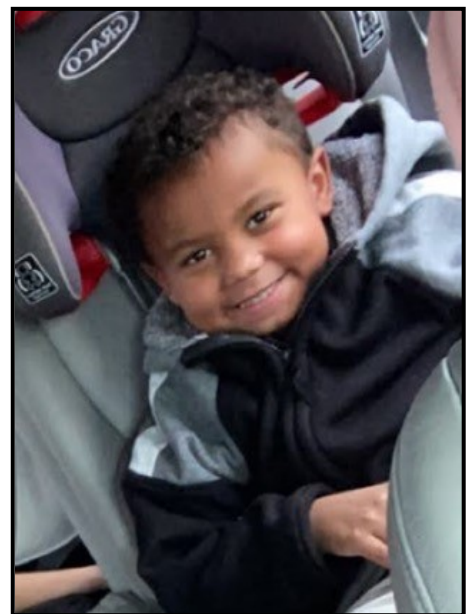
The Lower Elwha Klallam Police Department nominated Officer Nekoda White as our officer of the year. Nekoda joined the department in 2022 after serving in the U.S. Marine Corps. Nekoda was sent to the Federal Law Enforcement Training Center in Artesia New, NM for the basic police academy. He then attended the Basic Law Enforcement Equivalency Academy through the Criminal Justice Training Commission in Burien, WA. In his time with the department, Nekoda has always had a great attitude and work ethic. Nekoda is a great asset on the road, and we have a plan in place to develop him as a well-rounded officer and instructor. We are proud of Nekoda and his hard work.

The International Footprint Association is a non-profit organization that supports public safety and encourages high school students to pursue work in public safety by fundraising for a scholarship for youth interested in pursuing a career in public safety. Each year, the local chapter of the IFA recognizes officers

**nəx<sup>w</sup>słá'yəm'**  
**Song & Dance**  
**at ʔéʔtχ<sup>w</sup>aʔ**  
**June 28, 2024**

**5:30 pm**

**Lower Elwha Tribal Center**  
**2851 Lower Elwha Road**  
**Port Angeles, WA 98363**



**HAPPY BIRTHDAY TyTy!**  
**love. Aunty and Zoey!**



## Elwha Police Department Statistics—April 2024

<b>2024 Service Record</b>	<b>Total</b>		
Abandoned Vehicle	1	Fraud	2
Alarm/Alarm Check	1	Harassment	1
Animal Calls	1	Littering	1
Boating Activity/Hunting	20	Other Agency Assist	37
Burglary	1	Parking Complaint	1
Business Check	149	Patrol Request	89
Citizen Assist	5	Prisoner Transport	3
Citizen Contact/paperwork /service	5	Report of Open Door/Window	7
Civil	3	Stone Garden	10
Community Oriented Policing	36	Suicide/Suicidal	1
Disabled Vehicle	1	Suspicious Person/Vehicle	4
Disturbance	3	Threats	1
Drug Violation	2	Traffic Stops/Control/Emphasis/Hazard	46
DUI	1	Trespass	4
Field Interview	1	Violation of Court Order	2
Follow Up	16	Vehicle Accidents	1
Found/Recovered/Lost Property	4	Welfare Check	7
		Warrant Attempts/Arrests	5
		<b>Total</b>	<b>472</b>



**KEEP**  
 • EACH OTHER •  
**SAFE**

**NATIONAL SAFETY MONTH**

Elder's Lunch Menu—June 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Hamburger on bun w/ the works Potato Wedges Fruit	Swedish Pork Meat balls on egg noodles Green Beans Fruit	Fish and Chips Coleslaw Fruit	Chicken and veggie curry Basmati rice Fruit	Broccoli Salad Beef Fajita on corn tortilla Green Pepper Avocado Fruit
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Chef Salad w/ turkey, ham and boil egg Veggie Soup Ww Roll fruit	Pork Chops Brown Rice Pilaf Corn Fruit	Shrimp Pasta Salad Steamed Carrots Fruit	Spaghetti w/ Meat Tomato Sauce Capri Blend Veg Fruit	Fried Chicken Mashed Potato Broccoli Fruit
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Taco Salad with lettuce, salsa, cheese Refried Beans Fruit	Baked Ham Mac and Cheese Mixed Veggies Fruit	No lunch Holiday	Asian Slaw Sweet and Sour Chicken Rice Fruit	Shepard's Pie Fruit Ww Rolls
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Hamburger Soup Egg Salad Sand on ww bread Fruit	Bacon and Egg Quiche Brussel Sprouts Fruit	Meat Loaf Mashed Potato Green Beans Fruit	Chicken Rice Veggie Casserole Fruit Ww Bread	Clam Chowder w/ potato Biscuits Carrot Raisin Salad Fruit

Created on:5-7-24 by Gina Williams  
 Approved by Dawn Travelstead, RD: Dawn Travelstead, 5/7/24

**Salad Bar Served Daily**



# JUNE IS



# WATER



# SAFETY

# Month



## 1. Prepare

## 2. Prevent

## 3. Repeat



Supervise children when they are around water



Be aware of weather conditions



Teach children basic swimming skills



Stay sober



Learn how to perform CPR



**Wear a life jacket**



**Tribal Center**

2851 Lower Elwha Road  
Port Angeles, WA 98363  
360.452.8471

**Executive Director**

Tonya Clark, Ext. 7469

**Tribal Operations Officer**

Tia Skerbeck, Ext. 7420

**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, General Manager

**Elder Services**

Samantha Acosta, Ext. 7466

**Employment Services/HR/  
TERO**

Sandra Johnson, Ext. 7429

Brandy Williams, Ext 7427

**Enrollment Services**

Maurice Raub, 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

Lorinda Robideau,

**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 Hatchery**

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. 7415

## Dates to Remember:

- 6/4 JOM Graduation Parade
- 6/7 Seaview Graduation Ceremony
- 6/10 Lincoln High School Graduation Ceremony
- 6/11 Promotion Parade
- 6/14 PA High School Graduation Parade & Ceremony
- 6/15 Crescent High School Graduation Ceremony
- 6/17 LGBTQIA+ Weekly Support Group Begins
- 6/18 Head Start Graduation
- 6/19 Juneteenth
- 6/19 Vaccine Support Program Ends
- 6/25 Summer Reading Program Begins
- 6/28 Song & Dance Group



To submit an article or join our email distribution list please send a note to [Newsletter@Elwha.org](mailto:Newsletter@Elwha.org).

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

You can view past editions at:

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# Lower Elwha Klallam Tribe

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## ELWHA NEWS

Lower Elwha Klallam Tribe

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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.

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Note: This newsletter is uploaded monthly to the Lower Elwha Klallam Tribe webpage [elwha.org](http://elwha.org)

You can find it under the “Announcements” section titled: **Newsletter**

### IN THIS ISSUE:

■ Child Care .....	Pg 21
■ Dental .....	Pg 23-26
■ Directory .....	Pg 34
■ Elder’s Lunch Menu .....	Pg 32
■ Graduation Events .....	Pg 3
■ Healing Court .....	Pg 22
■ Health Clinic .....	Pg 8-9
■ Heritage Center .....	Pg 18-19
■ Housing .....	Pg 17
■ LEFA .....	Pg 12-13
■ LEPD .....	Pg 30-31
■ Letter From the Co-Chair .....	Pg 2-3
■ Library .....	Pg 10-11
■ Mental Health .....	Pg 20
■ NatureBridge .....	Pg 14
■ Nutrition & Diabetes .....	Pg 6
■ Pride .....	Pg 7
■ Public Works .....	Pg 16
■ Recreation .....	Pg 27
■ Tribal Operations Officer Update .....	Pg 4
■ TVR .....	Pg 15