



March 2025

Elwha News

čʔéʔxʷaʔ syácam



Shawl Making

For Lower Elwha Tribal Members, in preparation for the 2025 Canoe Journey!

Saturday March 8, 2025, 10am-6pm

Saturday March 15, 2025, 10am- 6pm

Saturday March 22, 2025, 10am-6pm

Where: Lower Elwha Dining Hall



Material Provided



Sewing Machines Available



For more information please contact:

Harmony Arakawa at
harmony.arakawa@elwha.org

Arlene "Peb" Wheeler at
360-460-5842

Councilwoman Tia Skerbeck Updates

National Congress of American Indians (NCAI) Executive Council Winter Session

The winter session of NCAI took place in mid-February in Washington, DC. A delegation from Elwha attended to gain insights into the new Federal Administration, and to learn how Tribes can remain united during these unpredictable times. We received valuable information from federal agencies, newly appointed staff, and, most importantly, fellow tribal leaders. With rapid changes unfolding in many directions, a recurring message was to remain vigilant, avoid distractions, and stand strong together.

Color Guard

I had the privilege to serve on the color guard for the presentation and retiring of the colors. As a veteran this is a honorable duty that I look forward to serving whenever called upon.

Special Diabetes Program for Indians (SDPI)

This is a critical time to inform legislators (Democrat and Republican) about issues affecting Indian country and to advocate for the preservation of programs and budgets. During the trip to DC, I visited Capitol Hill to educate senators on the importance of Congress passing the reauthorization of the Special Diabetes Program for Indians (SDPI). I emphasized the significance of sustaining this funding and showcased local success within our community in managing diabetes.



Visit From Our New Congressional Rep. Emily Randall



Our newly elected Congressional Representative Emily Randall visited in late January. The meeting was focused on getting to learn a bit more about each other, sharing our successes, struggles, and opportunities for growth. Emily is a strong advocate for healthcare and at the National level she serves on the Natural Resources Committee and Oversight and Accountability Committee. It is important to meet with our local and Federal representatives to share our priorities, garner support, gain insight into any future funding, and learn of any upcoming legislation that may impact Tribal communities.

March 9th - Billy Frank Jr. Day

Every year, the treaty tribes in Western Washington observe Billy Frank Jr.'s birthday on March 9.

The fishing rights warrior and longtime chairman of the Northwest Indian Fisheries Commission lived from March 9, 1931 to May 5, 2014.

His life is chronicled in several books and films. We encourage you to visit the following links to learn more about Billy Frank Jr. so you may pass on his messages to *Stay the Course* and *Tell the Truth*.

BOOKS

Tell the Truth: The Collected Columns of Billy Frank Jr.

For years, as Chairman of the Northwest Indian Fisheries Commission, Billy Frank Jr. wrote a column called *Being Frank*.

From September 1986 to May 2014, these columns ran in NWIFC publications and newspapers across the Pacific Northwest. His words document the challenges that tribes faced as they exercised their treaty rights, fought to responsibly manage fisheries, and raised their voices against the loss of salmon habitat.

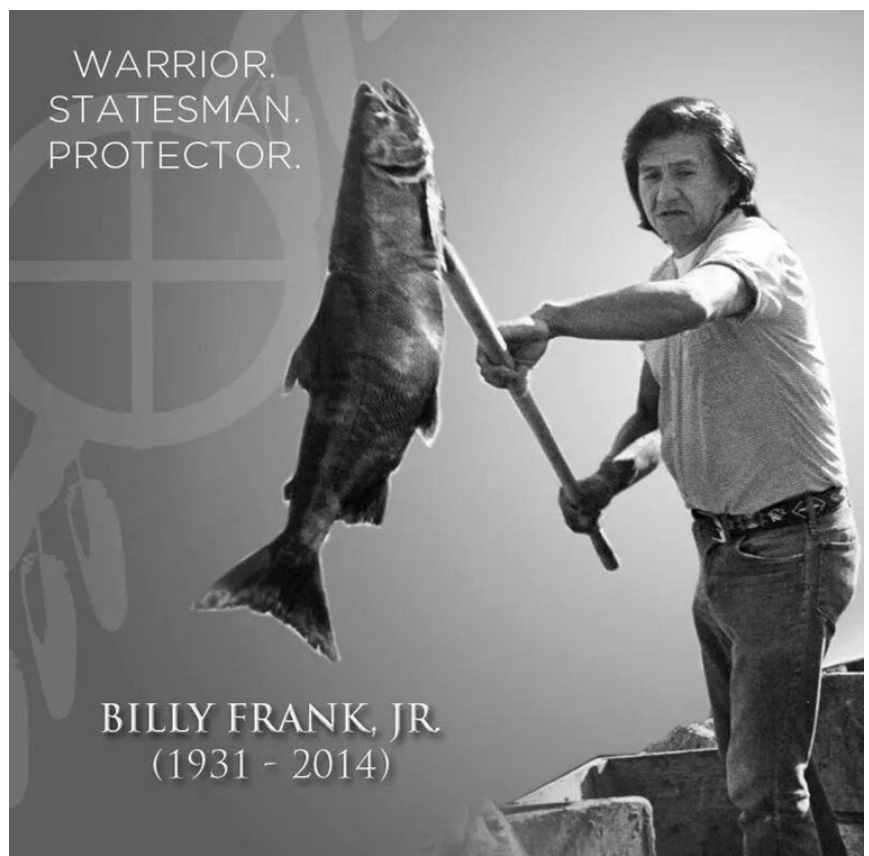
Messages from Frank's Landing by Charles Wilkinson

In *Messages from Frank's Landing*, Charles Wilkinson explores the broad historical, legal, and social context of Indian fishing rights in the Pacific Northwest, providing a dramatic account of the people

and issues involved. He draws on his own decades of experience as a lawyer working with Indian people, and focuses throughout on Billy Frank and the river flowing past Frank's Landing

Where the Salmon Run: The Life and Legacy of Billy Frank Jr. by Trova Heffernan

Where the Salmon Run tells the life story of Billy Frank Jr., from his father's influential tales, through the difficult and contentious days of the Fish Wars, to today. Based on extensive interviews with Billy, his family, close advisers, as well as political allies and former foes, and the holdings of Washington state's cultural institutions, we learn about the man behind the legend, and the people who helped him along the way.



Valentine's Day to Remember: Dance Hosted by Beatriz Arakawa and Melanie Wheeler

The gymnasium shined with excitement on Friday, February 14th, as Beatriz Arakawa of our LEKT Family Advocacy Program and Melanie Wheeler of the Tribal Youth Program (TYP) co-hosted a Valentine's Day dance for area high school youth. The space had been transformed into a dazzling wonderland, decorated to the nines for a fun and fantastic evening. Both programs were able to provide resource information and give out some awesome t-shirts.



From the moment attendees stepped inside, the atmosphere was awesome. Nancy Hamilton was our Frogtoographer and captured the memories just outside the gym doors, while inside, a feast of sweets, treats, and pizza awaited.

The evening was full of entertainment. There were raffles, dance offs, and games

A huge round of applause goes out to our incredible recreation department for their invaluable assistance in setting up the event and providing a DJ for the evening (Thank you Kenzie!). Their support was essential to the dance's success.

Of course, no event like this would be possible without the dedication of our amazing volunteers. A special thank you to Levi Charles, De-

tavious Woods, Phil Charles, Marco Rocha, Alex Hamrick, Keeoma Messenger, Pebs Wheeler, Del-sen Lauderback, and Samantha Acosta. We also extend our gratitude to anyone else who lent a hand, whether by helping during the event or assisting with the clean-up at the end of the evening. Your contributions were deeply appreciated. Thank you to the departments and programs that supported this event.



The highlight of the evening was undoubtedly the announcement of the dance contest winners and raffle prize recipients. Special congratulations to all the winners! And a resounding cheer for James Spears, who took home the grand prize: a brand new 50-inch Samsung big screen TV! Thank you to the youth for celebrating Valentines Day with us!





SHAWL & VEST MAKING CLASS

**MATERIALS
PROVIDED**

WHO: TYP YOUTH
MUST SIGNUP

SCAN HERE TO SIGNUP



WHEN: MARCH 31 & APRIL 2

2PM-5PM EACH DAY

WHERE: LOWER ELWHA DINING HALL

CONTACT: MELAINE WHEELER AT 564-215-1724



Ribbon Skirt

CLASS with Vanessa Castle

SCAN HERE TO SIGNUP



**MATERIALS
PROVIDED**

WHO: TYP YOUTH
MUST SIGNUP

WHEN: APRIL 3 & 4 3PM-6PM

WHERE: LOWER ELWHA DINING HALL

CONTACT: MELAINE WHEELER AT 564-215-1724





HOUSE OF LEARNING

Join us in Preserving our Traditions!

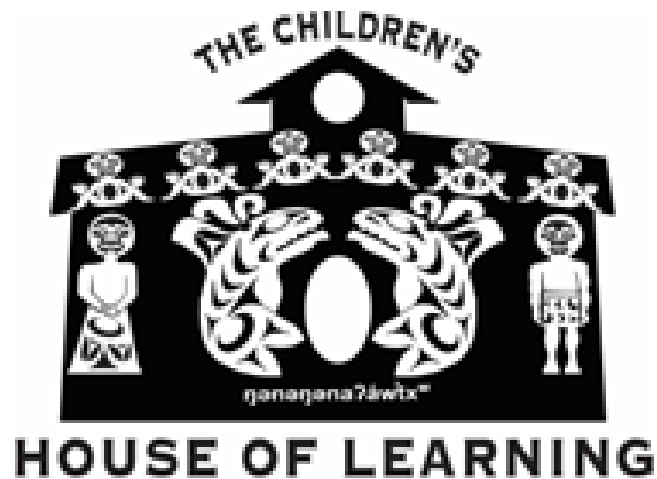
We are seeing Storytellers, Regalia teachers and cooks to share their knowledge and skills with our community.

A small stipend will be provided. Help us teach our children, their families and our staff the importance of storytelling, traditional regalia-making, and cooking our cultural foods.

Your expertise will keep our traditions alive for future generations.

You cannot be a current employee of the Elwha Tribe to receive a stipend but you can volunteer.

Please contact (360) 504-3142
Cheyenne Wheeler or
Reba Cornelson ex 7474



We are thrilled to announce that **Dr. Mary Laungayan** is transitioning from her role as Lead Teacher in the K'weynsen class to the position of Education/Disabilities Manager. Mary brings with her an impressive 16-year journey in early childhood education, when she began as a bus aide, advanced to a teacher's assistant, and ultimately became a lead teacher. Her dedication to the field is exemplified by her academic achievements, which include a Bachelor's degree in Early Childhood/Special Education, a Master's degree in Counseling, and a Doctorate in Education with a focus on Trauma Counseling. With her wealth of experience and advanced knowledge, Mary is poised to make a significant impact in her new role, where she will continue to advocate for and support the educational needs of all children. We are excited for the future under her leadership and the positive changes she will bring to the team.

We are excited to welcome **Kellie Bamer** to the Children's House of Learning as the new teacher for the Otters class! Kellie is an Alaskan Native of the Yupik tribe and has lived in Washington for most of her life. She brings a deep passion for education and community engagement, and we are thrilled to have her join our team. Kellie is eager to create a fun and supportive learning environment for the Otters class, and we know she will be a wonderful addition to our school. Please join us in giving Kellie a warm welcome.

Lower Elwha Spring Break 2025 Activities

Schedule subject to change

MON: 3/31	TUES: 4/1	WED: 4/2	THUR: 4/3	FRI: 4/4
RECREATION – PERMISSION SLIPS REQUIRED CONTACT 360-452-8471 EXT. 7440				
Elementary – Swimming 11am	MS/HS – Sky Zone 10am	Elementary- Chuck E Cheese 11am	MS/HS – Dimension XR 10am	Beach Cleanup Day 9am-12pm
LIBRARY – DROP IN CONTACT JASON MORRIS 360-452-8471 EXT. 7431				
9am-10am – Story Time 1pm-3pm – Drop in	11am-1pm – Movie 3pm-5pm – Drop In	Chuck E Cheese with Recreation	9am-11am – Drop in 1pm-3pm – Slime Time!	Beach Cleanup Day 9am-12pm
LANGUAGE & CULTURE – DROP IN CONTACT HARMONY 360-452-8471 CEXT. 7422				
9am-12pm Gift Making – Culture Center	9am-12pm Gift Making – Culture Center	9am-12pm Gift Making – Culture Center	9am-12pm Gift Making – Culture Center	Beach Cleanup Day 9am-12pm
MS/HS Gift Making 9am- 3pm Dining Hall	MS/HS Gift Making 9am- 3pm Dining Hall	MS/HS Gift Making 9am- 3pm Dining Hall	MS/HS Gift Making 9am- 3pm Dining Hall	
TYP & STRONG PROGRAMS– DROP IN & SIGNUPS CONTACT MELAINE 564-215-1724				
10am-Noon: Carving Tribal Center	10am-Noon: Carving Tribal Center	10am-Noon: Carving Tribal Center	10am-Noon: Carving Tribal Center	Beach Cleanup Day 9am-12pm
Shawl & Vest Making 2pm- 5pm Dining Hall *signups required*		Shawl & Vest Making 2pm- 5pm Dining Hall *signups required*	Ribbon Skirt Making 3pm- 6pm *signups required*	Ribbon Skirt Making 3pm- 6pm *signups required*
STRONG PROGRAM CONTACT DARRELL CHARLES 564-215-1202				

December Dry Creek Honor Roll

We want to celebrate the following students who have %95 or more Attendance for the Month of December:

Ruben Peters
Genesis Peters
Jaxon Williams
Jaidyn Eastman
Nicole Yazzie
Rayquan James
Cyrus Bolstrom
Lucien Bolstrom
Angelo Dailing
Aurelia Dailing
Tiadosa Tom
Vanna Tom
Addisu Dujue
Zyrriah Lok
Zayne Lok
Kyler Robideau
Luke Bolstrom
Ciara Charles
Malena Charles
Reighlynn Charles-Elofson
Dasan Charles-Elofson
Casey Goldsbury-Robinson
TJ Goldsbury
Oosha Goldsbury
Violet Hendricks
Lilith Hendricks
Annabelle Mason
Karleigh Mason
Jordyn Singleton
Austyn Singleton
Foster Jackson
Jediyah Jackson
Frank Bennett
Christopher Bennett
Zachary McGarvie

Charlotte McGarvie
Kaylee Konopatski
Tyler Elofson-Cross
Russell Jackson
Jarison Moses
Kamia Jennings
Max Sero
Chloe Holloway
Marlei Svec
Sherri Charles
Lisa Charles
Phoenix Charles
Kameron Tinoco
Bryant Saluskin
Winter Redner
Brayley Matson
O'Shea Charles
Huxley Heiner
Rylee Colwell
Jonny Ermineskin
Emma Marquez
Azalynn Lauderback
Braven Little Youngman
Katherin Charles
James Francis



January Dry Creek Honor Roll

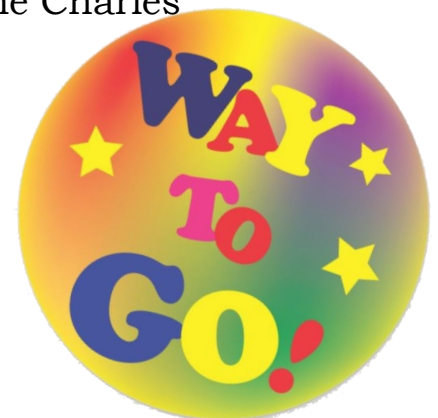
We want to celebrate the following students for getting awards for Empathy, Science and Kindness:

Jediyah Jackson—Empathy Award
Huxley Heiner—Science Award
Jarison Moses—Science Award
Casey Goldsbury-Robinson—Kindness Award
Violet Hendricks—Kindness Award
Jediyah Jackson—Kindness Award
Austyn Singleton—Kindness Award
Neveah Korsmo—Kindness Award

We want to celebrate the following students who have %95 or more Attendance for the month of January:

Ruben Peters
Genesis Peters
Jaxon Williams
Jaidyn Eastman
Klyer Robideau
Luke Bolstrom
Nicole Yazzie
Rayquan James
Charlotte McGarvie
Zachary McGarvie
Frank Bennett
Christopher Bennett
Tia Tom
Vanna Tom
Addisu Dujue
Zyrriah Lok
Zayne Lok
Malena Charles
Ciara Charles
Dasan Charles-Elofson
Reighlynn Charles-Elofson
Casey Goldsbury-Robinson


TJ Goldsbury
Oosha Goldsbury
Violet Hendricks
Lilith Hendricks
Foster Jackson
Jediyah Jackson
Austyn Singleton
Huxley Heiner
Rylee Colwell
Lisa Charles
Sherri Charles
Angelo Dailing
Aurelia Dailing
Lucien Bolstrom
Russell Jackson
Kaylee Konopatski
Tyler Elofson-Cross
Jarison Moses
Kamia Jennings
Max Sero
Chloe Holloway
Marlei Svec
Phoenix Charles
Tydus Woods
Bryant Saluskin
Winter Redner
Brayley Matson
O'Shea Charles
Jonny Ermineskin
Emma Marquez
Braven Little Youngman
Katherine Charles



**EYB - Elwha Youth Basketball
GYM Opens at 615am Wed ONLY**

LOWER ELWHA GYM

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10am-6pm Bean Bag Basketball 11am Tail Tag Game 4pm
2	3 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	4 Chair Volleyball 12pm ASP 230pm Pitching 5pm PA Rams Basketball 630pm	5 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	6 8am-830pm Noon Hoops 12pm ASP 230pm Indoor Soccer 5pm EYB Training 630pm	7 8am-830pm Elders Movement 10am/11am ASP 230pm Mario Kart Qualifier Black Light Night	8 10am-6pm Adult Mario Kart Tournament
9	10 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	11 Chair Volleyball 12pm ASP 230pm Pitching 5pm PA Rams Basketball 630pm	12 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	13 8am-830pm Noon Hoops 12pm ASP 230pm Indoor Soccer 5pm EYB Training 630pm	14 Elders Movement 10am/11am ASP 230pm Game Night	15 10am-6pm Dodgeball & Mushroom Ball Movie in Gym Mufasa 330pm
16	17 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	18 Chair Volleyball 12pm ASP 230pm Pitching 5pm PA Rams Basketball 630pm	19 Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	20 8am-830pm Noon Hoops 12pm ASP 230pm Indoor Soccer 5pm EYB Training 630pm	21 8am-830pm Elders Movement 10am/11am ASP 230pm Youth Basketball Tourney	22 Youth Basketball Tourney
23 Youth Basketball Tourney	24 8am-830pm Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	25 8am-830pm Chair Volleyball 12pm ASP 230pm Pitching 5pm PA Rams Basketball 630pm	26 615am-830pm Elders Movement 10am/11am ASP 230pm EYB 4pm Adult Basketball 630pm	27 8am-830pm Noon Hoops 12pm ASP 230pm Indoor Soccer 5pm EYB Training 630pm	28 8am-830pm Elders Movement 10am/11am ASP 230pm NERF Night	29 10am-6pm Dodgeball & Mushroom Ball Movie in Gym Venom PG-13 330pm
30	31 Elders Movement 10am/11am ASP 230pm EYB 4pm					

Xóŋ'łqá'y'č'

[ˌxɑŋ] [ˌwɪndy] to be windy [ˌtʃqayč'] [ˌmʊn] moon • MARCH 2025

nemá sk'wáci sc'íʔek'wá'nát canə'nát ʔx'wá'nát nə'st'nát ʔqč'st'nát SAT



2	3	4	5	6	7	8
	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Tunic Wool Weaving @ Culture Club 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Tunic Wool Weaving @ Culture Club 		<ul style="list-style-type: none"> Shawl Making 10am-6pm
9	10	11	12	13	14	15
	<p>Billy Frank Jr. Day</p>	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 5-7pm Drum Group @ Dining Hall 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Tunic Wool Weaving @ Culture Club 		<ul style="list-style-type: none"> Shawl Making 10am-6pm
16	17	18	19	20	21	22
	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Tunic Wool Weaving @ Culture Club 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Tunic Wool Weaving @ Culture Club 		<ul style="list-style-type: none"> Shawl Making 10am-6pm
23	24	25	26	27	28	29
<ul style="list-style-type: none"> 9am-1pm Owl Mask Carving @ Culture Club 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9am-12pm Owl Mask Carving @ Heritage Cntr 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9am-12pm Owl Mask Carving @ Heritage Cntr 5-7pm Drum Group @ Dining Hall 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9am-12pm Owl Mask Carving @ Heritage Cntr 	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9am-12pm Owl Mask Carving @ Heritage Cntr 4-7pm Tunic Wool Weaving @ Culture Club 		
30	31	<p>Culture Club: 322 Stratton Rd, Port Angeles, WA 98362 Dining Hall: 2851 Lower Elwha Rd, Port Angeles, WA 98362 Heritage Classes: 401 E 1st St, Port Angeles, WA 98362</p>				
	<ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-4pm Process Elk Hide 					

Lower Elwha Housing Authority

March 2025 Newsletter



Inspections:

Its that time of year, inspections are near! Inspection letters have been sent out with some tips on cleaning and sanitizing your home.

Recertifications:

We're still working on the bulk of recertifications that occur during the first four months of the year. Please call the office to schedule your recertification appointment as soon as you receive your reminder letter.

Maintenance Reminder:

LEHA tenants, do not take your smoke/carbon detectors down, do not remove the batteries from them either. Disabling smoke/carbon detectors is a safety hazard and considered a violation of the dwelling lease agreement.

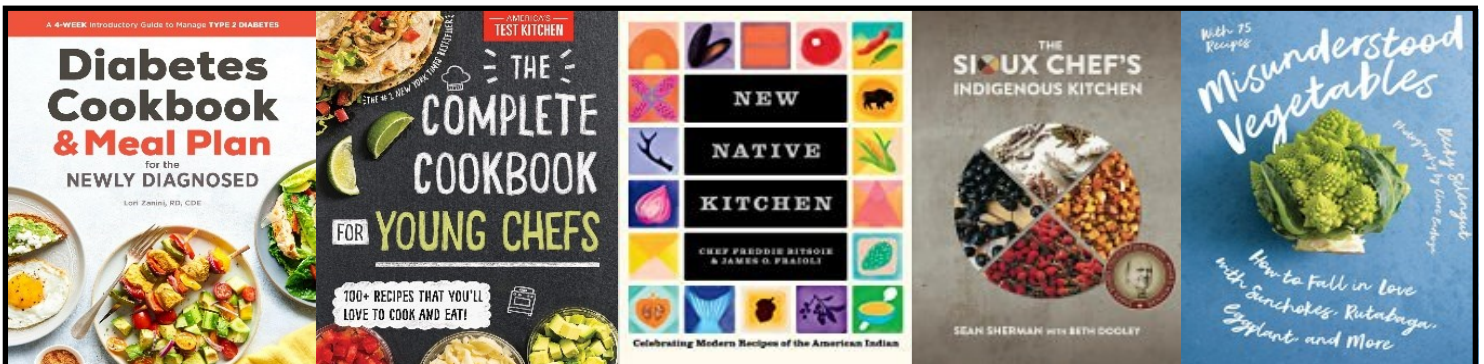
Holiday Closure: LEHA will be closed on Billy Frank Jr. day March 10th We will be open again Tuesday 11th at 8:00 AM !!



Editor's Note: Plan ahead! National "Thank a Librarian Day" is April 16th! You can show your appreciation by expressing gratitude, making a card, or checking out a book!

Check Out a Cookbook from the Library for National Nutrition Month

Did you know the LEKT Library has cookbooks available for check out? Since March is National Nutrition Month, come into the Library and have a look at some of our wonderful cookbooks to get inspiration for your next amazing (and healthy) meal! Here are just a few:



- *The Diabetic Cookbook and Meal Plan for the Newly Diagnosed: A 4-Week Introductory Guide to Manage Type 2 Diabetes* by Lori Zanini RD CDE
- *The Complete Cookbook for Young Chefs: 100+ Recipes that You'll Love to Cook and Eat* by America's Test Kitchen Kids
- *New Native Kitchen: Celebrating Modern Recipes of the American Indian* by Chef Freddie Bitsoie and James O. Fraioli
- *The Sioux Chef's Indigenous Kitchen* by Sean Sherman
- *Misunderstood Vegetables: How to Fall in Love with Sunchoke, Rutabaga, Eggplant, and More* by Becky Selengut

Weekly Class Schedule for February

The Library's weekly class schedule can be found below. Classes labeled with NSDL have optional certification exams which can be used in job hunting. All classes are Wednesdays from 5pm-6pm and are offered through Microsoft Teams at the QR code below and may be attended in-person upon request. One-on-one tutoring is also available on a variety of digital literacy subjects; please email Jason M at Jason.morris@elwha.org for more information. Additionally, if there are days or times which work better for you to attend classes, please email Jason with your preferences.

- Mar. 5: Internet Safety for Parents
- Mar. 12: Introduction to Windows 11 (NSDL)
- Mar. 19: Information Literacy in the Post-Truth Era: How to Tell Fact from Fake
- Mar. 26: Career Search Skills & Resume Workshop (NSDL)



Updates from the Afterschool Program



Chelsea Korbucic teaches the ASP kids about sčánnəx^w (salmon) anatomy



The weather in January isn't exactly great for tide pooling so Chelsea brought the tidepool to the Library! Here, the kids examine tide pool creatures including crabs, barnacles, a chiton, and several others.

Vanna Tom presents a small crab to a camera during the tidepool presentation while Lilith Hendricks examines the tiny creatures in an examination dish.



Greetings Everyone!

In February, LEFA staff successfully collaborated with LEKT programs for events planning and provided culturally arts & crafts for healing, outreach and awareness: High School Valentine’s Day Dance, Wellness Warrior Fair, Canoe Journey gift making, Quilts and regalia making class; Met with WomenSpirit Coalition for regional, visited First Step Opened House, and attended OVW grant related trainings.

For March and until further notice, LEFA staff will continue offering culturally specific activities in partnership with LEKT programs. Such as, **Elders/ Adult Regalia Making/Sewing Class and/or gift making** every Wednesdays & Thursdays 9:00am to 12pm at Culture Program building. The **“Soup for the Soul Support Circle for women”** will resume Tuesday, March 4th from Noon – 2:00 pm at Elwha Heritage Center throughout the year. We hope this group will empower victims/survivors to have peaceful and positive healing journey.

LEFA staff will be looking forward for more activities with you to support our mission.

WomenSpirit Coalition: 360-681-3701 Monday-Thursday (9:00 AM - 5:00 PM)

Additional 24/7 Resources

Healthy Families of Clallam County: 360-452-HELP/4357

National Domestic Violence Hotline: 1-800-799-SAFE/7233

StrongHearts Native Helpline: 1-844-7NATIVE (762-8483)

Peninsula Behavioral Health: 24/7 Crisis Support Call: 1-888—910-0416

Elwha SART: 360-452-6252 ext. 1; after hour: 541-526-9256

National Truck Emergency Road Service: 866-237-7203

AAA Roadside Assistance: 800-AAA-HELP
Emergency: 911

Stay Connected! Call: 360-565-7257 ext. 7453; 360-460-1745



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!

Grateful to our grant funder:

“This project was supported by Grant No. _15JOVW22GG3388TRIB_ awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.” OVW

February 2025 Newsletter

Klallam Strong: Nutrition & Diabetes Newsletter

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



- * In this issue:
- * Heart Month
- * Self Care
- * Did You Know
- * Vitamin D



National Heart Health Month

Heart disease is a leading cause of death in the US, but there’s a lot **YOU** can do to prevent it.

Learning “self-care” can help reduce your blood pressure, and your risk of heart disease and stroke.

Eating For Heart Health!!

Foods to Increase:

1. Oily fish-salmon, tuna, sardines, trout-2/week
2. Using extra-virgin olive oil
3. Daily intake of tea, onion and apples.
4. Eating a handful of walnuts or almonds 3/week.
5. Daily fiber from whole grains, beans, peas or lentils.

Foods to decrease:

1. Excess alcohol/binge drinking
2. Processed foods and fast foods, especially high in salt.
3. Red meat.

Did you Know?

That eating Omega oil foods or taking a supplement can help with anxiety and depression. How? By decreasing inflammation in the brain!

Self-Care For Your Heart

Even in these challenging times, don’t forget to LOVE you heart.

- ◆ Get a daily dose of exercise. 30 minutes a day.
- ◆ Cook meals that are low in sodium and unhealthy fats.
- ◆ Take your medications as prescribed and keep your medical appointments.
- ◆ Get 7-8 hours of quality sleep.
- ◆ Manage stress through yoga, spending time with a friend (virtual or phone counts), funny movie, a massage, or spending time with a furry friend.

Vitamin D. Don’t forget to take your Vitamin D supplement or consume these foods for immune and bone health.

Salmon/Tuna/Sardines/fortified milk

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





Public Works is thrilled to announce that Bradley Bennett successfully achieved a Washington Water Distribution Specialist Certification from the Washington State Department of Health.

This certification reflects Brad's dedication, hard work, and commitment to excellence in supporting the Lower Elwha Klallam Tribe's Utilities Division of the Public Works Department. It's a well-deserved accomplishment.

Please join us in congratulating Brad for this incredible achievement!



Happy Birthday Aaron!
Thank you for everything that
you do!

(3/22/25)

Lower Elwha Klallam Tribal Vocational Rehab

Employment Services For Natives With Disabilities

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

For more information:

Elwha Klallam Heritage Center - 401 E First St Port Angeles

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

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

Lower Elwha Klallam Social Services

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

www.facebook.com/LEKTVR



March is National Developmental Disabilities Awareness Month

This is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that they face. Inclusion is vital since about 15% of the world's population lives with a disability.



Happy birthday Bridget! You are going to do amazing things in life! Keep up the great job! I love you the mostest!! Love Aunty Teva & Zoey



**Congratulations to
Zoey on her
Gold Honor Roll!**



March 30th
Happy Anniversary to Laz &
Ashley Tinoco
Love always
Mom
(Dorene)



Elwha Wrestlers Advance to State Tournament After Strong Showing at Sub-Regionals

Two young wrestlers from Elwha have earned the right to compete at the Washington State Tournament after impressive performances at the Sub-Regional tournament in Bremerton this past Saturday, February 15th.

Oliver Martinez and Dylan Bowen battled their way through a field of dozens of hopefuls, securing second and third place respectively in their weight classes.

Both Martinez and Bowen displayed grit and determination throughout the tournament, overcoming tough competition to earn their spots at the next level. Their dedication to the sport has clearly paid off, and they now have the opportunity to showcase their skills on the state stage.

The Washington State Tournament will be held in Tacoma on Friday, February 21st, 2025. Martinez and Bowen will face off against the best wrestlers from across the state, and the entire Elwha community will be cheering them on. We wish both of these talented young athletes the best of luck as they compete for a state championship!



Elwha Beach CLEANUP

WHEN: FRIDAY APRIL 4, 2025

WHO: ELWHA YOUTH
Sign-up with Recreation

TIME: 9AM-12PM

Meet at the gym



Example Sculpture
made from beach findings

Activities Include:

Needles & Sharps Safety Course

Beach Clean up

Finding beach glass/treasures for art
sculpture (Display for 2025 hosting)

Eco-System Educational Session

Please dress your youth in weather appropriate clothing

Hot lunch provided after beach clean up

THIS EVENT IS IN COLLABORATION WITH TRIBAL LIBRARY,
RECREATION, LANGUAGE & CULTURE, TYP, STRONG AND NOAA

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
2/5/25	04-25	Approval of FY2025 Grant Application for IMLS Basic Library Services	4	0	0
2/5/25	05-25	Approval of RCO Tribal Grant Agreement 24-1315A with Washington State Recreation and Conservation Office Entitled Indian Creek Habitat Protection, with a Limited Waiver of Sovereign Immunity	4	0	0
2/5/25	06-25	Accepting Beneficial interest in McCambridge Name Trust and Identifying Authorized Signers for Lower Elwha Tribal Community	4	0	0
2/5/25	07-25	Approval of AETNA Joint Claim Administration Flex Master Services Agreement with a Limited Waiver of Sovereign Immunity	4	0	0
2/5/25	08-25	Appointment of Members of Retirement Committee	4	0	0
2/5/25	09-25	Approval of Plan Document and Summary Plan Description for Lower Elwha Klallam Tribe Group Health Plan Restated Effective October 1, 2024	4	0	0
2/5/25	10-25	Appointment of Benefits Committee	4	0	0
2/5/25	11-25	Appointment of Members Investment Committee	4	0	0
2/5/25	12-25	Appointment of members of General Insurance Committee	4	0	0

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 Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Clark, Ext. 7469

Tribal Operations Officer

Lorinda Robideau, Ext. 7633

CFO

Brian Carroll , Ext. 7464

Accounting

Jo Klinski, Ext. 7460

Rachelle Wheeler, Ext. 7465

Elena Lifoifoi, Ext. 7476

Jessica Wright, Ext. 7667

Jalen Sampson, Ext. 7462

Cedar Box Smoke Shop

4779 S Dry Creek Road
360.477.1170

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

291 Spokwes Dr—

360.504.3141

Lola Moses, Ext. 7471

Deann Lester, Ext. 3402

Deanna Murray, Ext. 7470

Ralena Cornelson, Ext. 7474

Darla Owens, Ext. 7475

Education

Jessica Egnew, Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Road
360.912.7533

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, GM

Elder Services

Samantha Acosta, Ext. 7466

**Employment Services/HR/
TERO**

Sandra Johnson, Ext. 7429

Brandy Williams, Ext 7427

Enrollment Services

Ext .7477

Facilities & Maintenance

Warren Stevens, Ext. 7432

Food Bank

22 Spokwes Drive
360.504.3678

Gaming Commission

631 Stratton Road

360.452.5628

Elaina Begay, Director

Health Clinic

243511 Highway 101 West

360.452.6252

Heritage Center

401 E. First Street,

360.417.8545

Nicole Volkmann, Ext. 2912

Housing Authority

22 Kwitsen Drive,

360.457.5116

Jennifer Hutto, Ext. 7554

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive

360.452.6759

Klallam Counseling Services

243613 W Hwy 101,

360.452.4432

Stormy Howell, Ext. 7513

Law & Order/Police Dept.

Justice Center

341 Spokwes Drive

360.452.6759

Sam White, Chief of Police Ext.
2922

Library, Ext 7430

Lower Elwha Food & Fuel

360.477.1170

**Natural Resources/Fish Hatch-
ery**

760 Stratton Road

360.457.4012

Matt Beirne, Ext. 7485

Planning & Development

Arlene Wheeler, Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road

360.565.7257

Rebecca Sampson-Weed, Ext.
7456

BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Melissa Gilman
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Tia Skerbeck
Council Member, Ext. 7420

Dates to Remember:

- 3/4 Soup for the Soul Support Group
- 3/5 Internet Safety for Parents
- 3/7 Black Light Night
- 3/8 Shawl Making
- 3/9 Billy Frank Jr Day
- 3/10 Billy Frank Jr Day (observed—tribal offices closed)
- 3/11 Drum Group
- 3/12 Introduction to Windows 11
- 3/15 Shawl Making
- 3/19 Information Literacy in the Post-Truth Era
- 3/21-3/23 Youth Basketball Tourney
- 3/22 Shawl Making
- 3/25 Drum Group
- 3/26 Career Search Skills & Resume Workshop
- 3/28 NERF Night
- 3/31 TYP Shawl & Vest Making Class
- 3/31 Spring Break Begins!



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