



April 2025

Elwha News

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In Person



Dinner Provided

Canoe Journey Community Meeting
Thursday, April 17, 2025
LEKT Gymnasium | - 5pm

**Beading materials available
for gift making during the gathering **

*"Dams Removed.
A River Reborn.
Spirits Renewed."*

Release Your Inner Wellness Warrior! LEKT Community Celebrates Health & Connection

A Red Carpet to Wellness: LEKT's Warrior Wellness Fair was so fun!

On Wednesday, February 19th, the Lower Elwha Klallam Tribe (LEKT) community transformed into a hub of health and well-being at the highly anticipated Warrior Wellness Fair.

The event, designed to foster wellness within the community. LEKT members and staff eager to explore the wealth of resources available. Each participant received a beautiful wellness warrior tote, generously provided by the Elwha River Casino, setting the stage for a day of discovery and empowerment.

Community Partners Unite for Wellness

The fair showcased the incredible collaboration between LEKT departments and numerous community partners from across the Olympic Peninsula. A diverse range of agencies and organizations came together to offer valuable information and interactive experiences. Attendees were able to engage with:

- **Physical Wellness:** Olympic Peninsula Rowing Association, Anytime Fitness, Olympic Medical Center, A Study of Massage, and Crescent/Port Angeles School Districts promoting active lifestyles.
- **Mental and Emotional Wellbeing:** Peninsula Behavioral Health, Women's Spirit Coalition, and Assured Hospice providing essential support and resources.
- **Community Support and Resources:** Department of Social and Health Services, Clallam Mosaic, Northwest Plan Services, and North Olympic Library System offering vital services and information.

Creative Expression: Studio Bob, showcasing the power of art in wellness.

Our own LEKT departments also shone, creating engaging activities that highlighted the wellness aspects of their programs, fostering a

holistic approach to health.

More Than Just Information: A Celebration of Culture and Connection

The Wellness Warrior Fair was more than just a resource fair; it was a celebration of community and culture. Attendees enjoyed:

- Health Appointment Scheduling, making essential healthcare more accessible.
- Wellness Education, empowering individuals to take control of their health.
- Polaroid photos

Exciting Door Prizes,

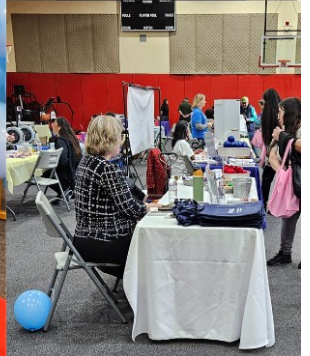
A Heartfelt Thank You

The success of the Warrior Wellness Fair would not have been possible without the generous contributions of our sponsors and partners. We extend our sincere gratitude to:

- Darrell Charles, for his beautifully carved paddle.
- Studio Bob, for the donation of inspiring art pieces.
- Black Fish Trading Post, for their generous contribution.
- Beatriz Arakawa, for their generous donation.
- North Olympic Library System, for their generous donation.

LEKT Council and Administration, for their unwavering support and generous raffle donations.

The LEKT Community Warrior Wellness Fair was a testament to the power of community collaboration and the importance of prioritizing well-being. It was a day filled with connection, empowerment, and a shared commitment to a healthier future. We look forward to building on this success and continuing to support the wellness of our community.





IDENTITY THEFT & FRAUD AWARENESS

Learn how to protect yourself and what to watch out for. First Fed experts will be onsite to answer all your questions. Snacks provided.



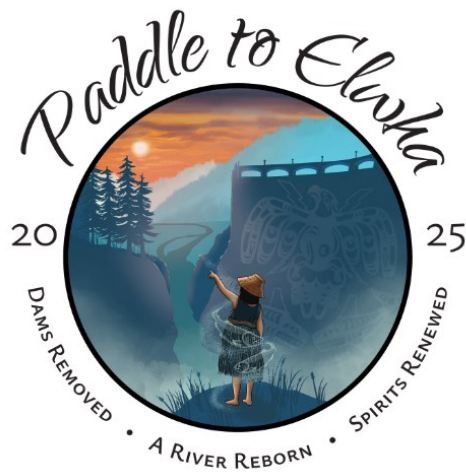
First
Fed

Wednesday, April 9th | 5pm - 6pm

Elwha Klallam Heritage Center
401 E First St
Port Angeles, WA 98362

Sign Up ►





Drum Making Class

Who: Lower Elwha Community Members

Where: Lower Elwha Dining Hall

When:

Friday April 4: 3pm - 6pm

Wednesday April 16: 4pm - 8pm

Friday April 25: 4pm - 8pm



Contact:

Mark "Hammer" Charles

564-215-1582

HEALING COURT AND SA AWARENESS WALK

‘No One Walks Alone’
ʔáwəne húʔiʔs ʔəʔ šétəŋ

APRIL 9, 2025 @ 4:00 PM

(MEET AT THE TRIBAL CENTER AND WALK TO THE CASINO)

DINNER AND CEREMONY TO FOLLOW IN THE DINING HALL



This project was supported by Grant #15JOWW22GG3388TRIB 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.

**Ever Wanted to Try Your Hand at Welding?
Now's Your Chance! This Event is Free & Open to the Public.**

OPEN WELDING DAY

- Discover what it's like to be a welding student at Peninsula College.
- Explore our state-of-the-art welding lab and broaden your knowledge of welding.
- Current students will demonstrate their welding skills.
- Get hands-on experience with our CNC plasma cutter and MIG welding stations.
- Please note that participation is restricted to those aged 16+

**THURSDAY
MAY 15**

**STUDENT SESSION:
9:00 am – 12:00 pm**

**GENERAL PUBLIC:
12:00 – 3:00 pm**

Peninsula College is an equal opportunity institution. Information about our nondiscrimination policies is available at: pencol.edu/nondiscrimination, or by contacting the college at (360) 417-6212, 1502 E. Lauridsen Blvd. Port Angeles, WA.



PENINSULA COLLEGE

Questions? Need More Information? Please Contact:

Eoin Doherty at edoherty@pencol.edu or Kelly Flanagan at kflanagan@pencol.edu
(360) 417-6541 | pencol.edu/welding

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



TRIBAL YOUTH PROGRAM

Empowering Youth through the Ways of our Ancestors

REGISTRATION

Please scan the QR Code to Register



Link will be available on Camp Crier



Contact:

Melaine Wheeler, Program Manager

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

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



SHAWL & VEST MAKING CLASS

SCAN HERE TO SIGNUP



**MATERIALS
PROVIDED**

WHO: TYP YOUTH
MUST SIGNUP

WHEN: MARCH 31 & APRIL 2
2PM-5PM EACH DAY

WHERE: LOWER ELWHA DINING HALL

CONTACT: MELAINE WHEELER AT 564-215-1724



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
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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
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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
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LANGUAGE & CULTURE – DROP IN | CONTACT HARMONY 360-452-8471 CEXT. 7422

9am-12pm Gifft Making – Culture Center MS/HS Gift Making 9am- 3pm Dining Hall	9am-12pm Gifft Making – Culture Center MS/HS Gift Making 9am- 3pm Dining Hall	9am-12pm Gifft Making – Culture Center MS/HS Gift Making 9am- 3pm Dining Hall	9am-12pm Gifft Making – Culture Center MS/HS Gift Making 9am- 3pm Dining Hall	Beach Cleanup Day 9am-12pm
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TYP & STRONG PROGRAMS– DROP IN & SIGNUPS | CONTACT MELAINE 564-215-1724

10am-Noon: Carving Tribal Center Shawl & Vest Making 2pm- 5pm Dining Hall *signups required*	10am-Noon: Carving Tribal Center	10am-Noon: Carving Tribal Center Shawl & Vest Making 2pm- 5pm Dining Hall *signups required*	10am-Noon: Carving Tribal Center Ribbon Skirt Making 3pm- 6pm *signups required*	Beach Cleanup Day 9am-12pm Ribbon Skirt Making 3pm- 6pm *signups required*
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STRONG PROGRAM | CONTACT DARRELL CHARLES 564-215-1202



Song & Dance SPRING BREAK

Youth are invited to participate in Song & Dance Spring Break Edition! We will practice a variety of songs related to the upcoming 2025 Paddle to Elwha Performance.

Where: Lower Elwha Dining Hall

Middle School & High School Students

Monday March 31 | 1pm-2pm

Wednesday April 2 | 1pm-2pm

Elementary Students

Tuesday April 1 | 9am-10am


Thursday April 3 | 9am-10am

We invite Parents & Elders to join us for these special practices

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<p>Contact Info: Harmony Arakawa harmony.arakawa@elwha.org 360.452.8471 x7422</p> 		<p>1 9-12pm Canoe Journey Gift Making</p> <ul style="list-style-type: none"> 9- 4pm Process Elk Hide 	<p>2</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9- 4pm Process Elk Hide 	<p>3</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 1-4 pm Plant Harvest 	4
6	<p>7</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-12pm Cedar Headband & Grad Cap 	<p>8</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-12pm Cedar Headband & Grad Cap 5-7pm Drum Group 	<p>9</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-12pm Cedar Headband & Grad Cap 	<p>10</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Cedar Headband & Grad Cap or Gift making 	11
13	<p>14 9-12pm Canoe Journey Gift Making</p>	<p>15</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Cedar Headband & Grad Cap or Gift making 	<p>16</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<p>17</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Cedar Headband & Grad Cap or Gift making 	<p>18 5:30 pm nəxʷsʔ áyəm' Song & Dance</p>
<p>20</p> <ul style="list-style-type: none"> 9am-1pm Cedar Headband & Grad Cap 	<p>21</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-12pm Cedar Headband & Grad Cap 	<p>22</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 5-7pm Drum Group 	<p>23</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 9-12pm Cedar Headband & Grad Cap 	<p>24</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Cedar Headband & Grad Cap or Gift making 	25
27	<p>28</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<p>29</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 4-7pm Cedar Headband & Grad Cap or Gift making 	<p>30</p> <ul style="list-style-type: none"> 9-12pm Canoe Journey Gift Making 	<ul style="list-style-type: none"> Culture Club: 322 Stratton Rd, Port Angeles, WA 98362 Tribal Center: 2851 Lower Elwha Rd, Port Angeles, WA 98362 Heritage Classes: 401 E 1st St, Port Angeles, WA 98362 	

April 2025

Yellow Highlight – Culture Center
 Blue Highlight – Dining Hall
 Green Highlight – Gym
 Red Text - Heritage Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 PASD & CSD SPRING BREAK 3/31-4/4: PLEASE SEE SPRING BREAK SCHEDULE FOR YOUTH ACTIVITIES	1 9am-12pm Gift Making 9am-4pm Process Elk Hide	2 9am-12pm Gift Making 9am-4pm Process Elk Hide	3 9am-12pm Gift Making 1pm-4pm Plant Harvest	4 3pm-6pm Drum Making Class	5
6	7 9am-12pm Gift Making 9am-12pm Cedar Headband & Grad Cap	8 9am-12pm Gift Making 9am-12pm Cedar Headband & Grad Cap 5pm-7pm Drum Group	9 9am-12pm Gift Making 9am-12pm Cedar Headband & Grad Cap	10 9am-12pm Gift Making 4pm-7pm Cedar Headband & Grad Cap & Gift Making	11	12
13 12pm Drum Group - Gym	14 9am-12pm Gift Making	15 9am-12pm Gift Making 4pm-7pm Cedar Headband & Grad Cap & Gift Making	16 9am-12pm Gift Making 4pm-8pm Drum Making Class	17 9am-12pm Gift Making 4pm-7pm Cedar Headband & Grad Cap & Gift Making	18 9am-4pm Elder's Shawl & Vest Making 5PM new*slayam Song & Dance	19 9am-3pm Elder's Shawl & Vest Making
20 Easter Sunday	21 9am-12pm Gift Making 9am-12pm Cedar Headband & Grad Cap	22 9am-12pm Gift Making 5pm-7pm Drum Group	23 9am-12pm Gift Making 9am-12pm Cedar Headband & Grad Cap	24 9am-12pm Gift Making 4pm-7pm Cedar Headband & Grad Cap & Gift Making	25 4pm-8pm Drum Making Class	26
27 12pm Drum Group - Gym 9am-1pm Cedar Headband & Grad Cap & Gift Making	28 9am-12pm Gift Making	29 9am-12pm Gift Making 4pm-7pm Cedar Headband & Grad Cap & Gift Making	30 9am-12pm Gift Making			

EDUCATION

There is now a completely online education application at www.elwha.org. You may also get a hard copy of the education application by stopping by the library, or you may request an application through the Education department.

Keep in mind policies have been updated and education applications are now due annually by June 30th for the fall of the same year. We also accept applications more than once a year. If you do not apply before June 30th, you may apply by January 31st for the spring quarter if you decide to go to school after the first due date of June 30th.

There are far too many scholarships to list. But the information listed below is a good place to begin. If you know of a tribal member or first generation descendent who would like to attend a traditional college, a trade school or a post-secondary education program, such as cosmetology, have them reach out to the Education department.

Now is the time to apply for FAFSA (Free Application for Student Aid). This is all done online. You may get assistance with the application through the education department. Please make an appointment to ensure someone is available to help you through the process. Also, keep in mind you will need financial information from 2 years prior to attending school when filling out the documentation.

SCHOLARSHIP WEB SITES

American Indian College Fund:
<http://www.collegefund.org/students>

Washington State Hub for scholarships:
www.thewashboard.org

American Indian Education Fund:
www.nativepartnership.org

American Indian College Fund:
<https://collegefund.org>

Native Forward:
<https://www.nativeforward.org>

American Indian Services:
<https://www.americanindianservices.org>

Cobell Scholarship:
<https://cobellscholar.org>

Sallie Mae: www.salliemae.com/Landing/completing-the-dream or
<https://www.salliemae.com/about/scholarship-opportunities/>

American Association of University Women: www.aauw.org

Washington Indian Gaming: <http://www.washingtonindiangaming.org/>

The college grants database:
<https://www.collegegrant.net>

Washington Opportunity Scholarship (known previously as the Washington State Need Grant)

www.waopportunityscholarship.org

United Indians: <https://unitedindians.org>

National Congress of American Indians: <https://ncai.org/native-youth/fellowships>

NEWS FROM THE AFTER SCHOOL PROGRAM

Currently we have 30 students enrolled in our ASP. Our enrollment numbers have increased since last year, which served 20 students. We wanted to open the program up for more students to attend. To accommodate the thirty students, we moved our snack into the dining hall rather than having snacks in the library.

Please keep in mind, we do have a waiting list for the ASP. As much as we would love to serve more youth, we are currently unable to due to space limitations.

The supervisors for the After School Program are currently Maddie McClean, Academic Support Provider and Jared Moses, Recreation Assistant. If you have any questions about the program, please contact them. Maddie can be reached at (564) 215-0351. Jared can be reached at (360) 912-3995.

Also, for those who have not heard Maddie will be moving to Steven's Middle School as the Academic Support Provider once we are able to fill her role at Dry Creek Elementary School.

February Dry Creek Honor Roll

We want to celebrate the following students for getting awards in Perseverance, Math and Kindness:

Perseverance Award:

Robert Hendricks, Reighlynn Charles Elofson, & Violet Austin

Math Award:

Zayne Lok, Phoenix Charles, Elijah Austin, TJ Goldsbury, Kamia Jennings & Zyrriah Lok

Kindness Award:

Tiadosa Tom, Chloe Holloway & Brayley Matson

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

Ruben Peters
Genesis Peters
Zyrriah Lok
Zayne Lok
Angelo Dailing
Aurelia Dailing

Jaidyn Eastman
Jaxon Williams
Ciara Charles
Malena Charles
Dasan Charles-Elofson
Reighlynn Charles-Elofson
Neveah Korsmo
Oosha Goldsbury
TJ Goldsbury
Violet Hendricks
Lilith Hendricks
Rayquan James
Nicole Yazzie
Foster Jackson
Jediyah Jackson
Huxley Heiner
Rylee Colwell
Charlotte McGarvie
Frank Bennett
Christopher Bennett
Elijah Austin
Violet Austin
Vanna Tom
Tia Tom
Addisu Dujue
Jordyn Singleton
Austyn Singleton
Kaylee Konopatski
Tyler Elofson-Cross
Lucien Bolstrom
Russell Jackson
Jarison Moses
Kamia Jennings

Max Sero
Chloe Holloway
Phoenix Charles
Tydus Woods
Bryant Saluskin
Winter Redner
Brayley Matson
O’Shea Charles
Jonny Ermineskin
Emma Marquez
Azalynn Lauderback
Braven Little Youngman
Katherine Charles
James Francis

Dry Creek hosted their first 6th grade honor roll, here are the students that made honor roll:

Zyrriah Lok
Violet Austin





Middle School Program Report Klallam Language & Culture Department

*Provided by Jonathan J. Arakawa, Klallam
Language Teacher*

As we progress through second semester at Stevens Middle School, I'm excited to report that our new group of students in the Klallam language class are performing exceptionally well. We are making great strides in our lessons, and the students' enthusiasm and engagement are inspiring.

Alongside Harmony Arakawa, we have been working diligently to enhance and refine our existing curriculum. We've added more relevant, culturally-rich lessons designed to deepen students' understanding and ensure the ongoing authenticity of their learning experience.

We believe it is essential to share updates like this to demonstrate that our language is thriving and continuing to evolve—far from being a dying tradition, it is alive and vibrant.

Looking ahead, our youth-serving programs and departments will soon be hosting Spring Break activities. **From Monday, March 31 through Friday, April 4**, I will be leading a Canoe Journey gift-making drop-in session for middle and high school students. This will take place at the **Tribal Dining Hall from 9:00 am to 3:00 pm**. We welcome all community members to join us in making these gifts alongside the students.

If you have any questions about our middle school program, please feel free to reach out to me via email at Jonathan.Arakawa@elwha.org or by phone at extension 7395. I'm happy to answer any questions.

The Shop With a Hero team is excited to announce a fundraiser for this year's event. The team has partnered with the Seattle Mariners to kick off this year's fundraising efforts. A block of seats has been reserved for the July 20th game. \$10 from each ticket sold using the link below goes towards the 2025 Shop With a Hero. Buy your tickets now and you'll be sitting with everyone else that has bought tickets using the link. If the allotted seats start running out more will be added, but they may not be with the initial reserved seats.

<https://fevo-enterprise.com/event/ClallamCountyHero25SEA>

Happy Birthday
WARREN!





Scan QR Code
to register
for parade



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

When:

June 12, 2025

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

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

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

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

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

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

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

Lower Elwha Housing Authority April 2025



Get a jump on spring cleaning!

We've noticed several yards that are still in need of clean-up in preparation for April yard mowing. Please utilize free dump funds as they are still available. In addition to de-cluttering, it is important to take preventative measures to keep your home happy and healthy doing simple daily cleaning tasks can alleviate potential future stress.

Birds love to make nests in safe areas, which makes gaps and crevices a good hiding spot outside your home! Consider making bird houses this time of year to give them a safe and cozy home that isn't in YOUR home.

Decluttering tips: Schedule a time each day for a routine to tidy your home, clean surfaces and floors. A quick wipe down and sweep up keeps things looking fresh!

Be wary of sales! clutter often comes with a clearance price tag. A good saying to keep in mind when you're hitting the sales, "Out with

the old and in with the new".

Keep a donation basket handy for items you don't use anymore, Children's' House of Learning accepts gently used, no holes/stains/only clean clothes, just call ahead of time to confirm availability for donations, the Clothing Closet is open every Thursday 8:30am – 4:30pm which includes a wide variety of Men's, Woman's and Children's clothing.

Use the weekend to get organized for the week ahead: clear out and stock the fridge, wash bed linens, and plan meals so you're not buying food daily. Meal planning is a great way to save money and reduce daily meal time stress!!

Resources: <https://>

serenityhouseclallam.org/resources-in-clallam-county/

The page has a live document containing local resources for the community. The links under the Resource List heading will take you to a page with additional resources including: Disabilities, Employment, Food, Education, Mental Health, Shelter/Housing and more.

The LEHA office has copies of resource lists on hand for anyone who wants them!





Wipes clog Pipes!

Place these items in the **TRASH** and **NOT** the toilet:

- Disinfecting wipes
- Paper towels
- Baby wipes
- Towelettes
- Mop refills



March 2025 Newsletter

Klallam Strong: Nutrition & Diabetes Newsletter

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

In this issue:

- * Nutrition Month
- * Eating Tips
- * Did You Know
- * Recipe



National Nutrition Month

Healthy eating is about getting back to basics and decreasing processed/ convenient foods.

What’s changed in our food supply over the years? Use of antibiotics and hormones in animal products, artificial flavorings, color dyes and high fructose corn syrup to name a few.

3- Ingredient Yogurt Cake

- 1c. Plain Greek yogurt
- 3 large eggs
- 1/3 c . Honey or maple syrup



Quote: “Take care of your body. It’s the only place you have to live”. (Jim Rohn)

Preheat oven to 350. Line a round 8-inch cake pan with parchment paper or lightly greased.

Combine the ingredients in bowl and whisk together till smooth. Batter will be thick.

Pour into pan and bake for 25-30 minutes. Golden on top.

Cool before slicing. Top with fruit.

Healthy Eating Tips:

- ◆ Eat seafood twice a week, local if possible
- ◆ Slow down at mealtime. Take 20 minutes to enjoy the taste and textures of the meal
- ◆ Eat as a family, set regular mealtimes. Turn off devices.
- ◆ Get kids involved in meal preparation. Great way to introduce new foods. Kids will usually try something new if they help to cook it.
- ◆ Get to know your labels. If there is a word you don’t know, good chance it is a chemical. The least ingredients on the label, the healthier it could be.
- ◆ Watch portion sizes. Portion size has increased greatly over the years. Protein– size of your palm, starch– fist size and rest of plate: veggies.

Did you Know?

1/4c of pumpkin seeds has > 30% RDA of magnesium, zinc, copper and manganese which helps muscle relaxation and immune health.

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



LEKT Dental

Up-dates and Upcoming



January

Nick Runningwolf is back in action! Nick is in the last semester of his Dental Therapy program, he is

seeing patients and completing his preceptorship under Dr. Churchill’s supervision.

February

National Children’s Dental Health Month: LEKT Dental Clinic saw 56 youth during the month of February 2025

March

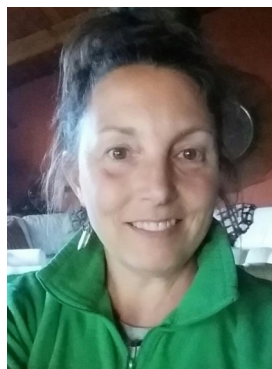
Dental Assistant Recognition week 03/03/25—03/07/25. It’s never too late to show your appreciation!

April

April is Oral Cancer Awareness Month. We routinely screen for oral cancer at the dental clinic: a good reason to come visit regularly! Did you know getting a HPV vaccine between the ages 9 and 12 dramatically lowers your risk of getting oral cancer?

Dental Hygienist Appreciation week

04/07/25— 04/11/25. Yay Betsy! Congratulations on 14 years with the LEKT!!



Elderberry Syrup Workshop

Heritage Center Interest List

Scan To Sign Up!



Elderberry syrup is rich in Vitamin C and high in antioxidants. It is also high in nutrients, good for heart health, and may improve cough and cold symptoms.

HPV vaccine is safe and it works

HPV vaccine protects against cancer for a long time. Side effects are mild and go away quickly.

Talk to your dental provider if you have questions or are ready to get your child vaccinated.

Preventing HPV related cancers

- ★ HPV vaccination works best when given to boys and girls between ages 9 and 12.
- ★ Children and young adults ages 13 through 26 years who have not been vaccinated should get the vaccine as soon as possible.
- ★ Vaccination of young adults will not prevent as many cancers as vaccination of children and teens.



If you could protect your child from future cancers, wouldn't you?



Your dental provider can answer questions and help your child get the HPV vaccine.



Tribal Members and Readers,

In March, with stakeholders and LEKT programs, LEFA staff successfully continue integrated cultural activities for grant implementation and community engagement. I am grateful to all participants, volunteers and partners who supported our efforts. The OVW Semi-annual report has been successfully submitted. Staff attended several outreaches, meetings and trainings, including eCPR – Emotional Connect Empower Revitalize, hosted by Salish Behavioral Health Administrative Services Organization and National Empowerment Center.

For April, LEFA staff will continue facilitating the **Soup for the Soul** support group for women every Tuesdays from Noon to 2 pm at Elwha Heritage Center. Drop-in is welcome! All supplies and food are provided (Disclaimer: no grant funds will be used for food). **April is National Sexual Assault Awareness Month.** LEFA staff is collaborating with



programs to do the **“No One Walks Alone”** - a walk of action, education, and commemoration of SA awareness month. The walk is scheduled **Wednesday, April 9th at 4:00 pm** from the Lower Elwha Tribal Center to the Elwha River Casino and back to the Tribal Center - Dining Hall. Dinner and celebration with the healing court graduates will follow. See attached event flyer.

Save the Date for a walk to remember the **MMIWP** – Missing and Murdered Indigenous Women and People on **Monday, May 5, 2025**, which is National MMIWP Awareness Day. More information will be sent via mail (LEKT members) or social media.

Community Resources: Morning Side organization provides varieties of educational and skills training. Contact Jonah, Career Consultant at 360-912-2137 for info. Interested in volunteering and making a difference? Contact CBREESE@CCSWW.ORG; The **PCC – Peninsula College** has many great Spring classes. Contact PENCOL.EDU/CE or 360-452-9277 ex. 5683. As always, contact us for DV/SA, dating, Stalking and Sex trafficking assistance.

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!

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**Happy Birthday Teddy!
(4/11)
Love, The Fam**

2025 Service Record	Feb		
911 Hang-Up	1	Malicious Mischief	1
Alarm/Alarm Check	2	Other Agency Assist	7
Animal Calls	3	Patrol Request	88
Burglary	1	Report of Open Door/Window	10
Business Check	136	Supervisor Request	2
Citizen Assist	9	Sex Offense	1
Citizen Contact/paperwork /service	55	Suicide/Suicidal	1
Civil	1	Suspicious Person/Vehicle	10
Community Oriented Policing	29	Theft	1
Disabled Vehicle	2	Traffic Stops/Control/Emphasis/Hazard	25
Disturbance	5	Trespass	1
DUI	1	Transport Courtesy	2
DV	1	Unwanted Person	3
Follow Up	5	Transport Inmate	3
Field Interview	2	Welfare Check	4
		Total	412

Sexual Assault Response Team (SART)

Get free, confidential support whenever you're ready.



Lower Elwha Health Clinic
 243511 Hwy 101 West
 Port Angeles, WA 98363
 (360) 452-6252, Ext. 1
After Hours: (541) 526-9256



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

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

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

Date	Resolution Number	Title	Vote		
			For	Against/	Abstain
2/19/25	13-25	Approving & Ratifying the section 106 Natural Historic Preservation Act Memorandum of Agreement Regarding the Intermodal Handling & Transfer Facility Project	3	0	0
2/25/25	15-25	Approval of FY25 Bureau of Indian Affairs, Endangered Species Program Grant Application with respect to using SONAR Technology to Enumerate Adult Winter Steelhead	3	0	0
2/25/25	16-25	Approving Agreement 24-1297R Elwha Revegetation Project 2024 Agreement between LEKT and Washington State and through the Salmon Recovery Board an the RCO with a limited waiver of sovereign immunity	3	0	0
2/25/25	17-25	Approving Professional Services Contract with Native Network, Inc regarding Fiber-To-Home Engineering and Design Services	3	0	0
2/25/25	18-25	Environmental Protection Agency—The Environmental Justice Thriving Committee Grantmaking Program Application through Philanthropy Northwest FY2025	3	0	0
2/25/25	19-25	Contract for Services with Browning & Browning Inc. for Scrap Removal Services	3	0	0
2/25/25	20-25	Approval of the appointment of the Delegation for the Lower Elwha Klallam Tribe to the Indian Policy Advisory Committee	3	0	0
2/25/25	21-25	Washington State Department of Health Capacity Building—HEAL Grant Award & Agreement	3	0	0
2-25-25	22-25	Submission of FY25 Bureau of Indian Affairs, Endangered Species Program Proposal to BIA with Respect to Using SONAR to Enumerate Chinook Salmon	3	0	0
3/3/25	24-25	Approval for Competitive Hatchery—Water Treatment System Grant Application	2	0	0
3/11/25	25-25	goCharge LLC Agreement for Purchase and Installation of Solar Charging Tables	2	0	0

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Clark, Ext. 7469

Tribal Operations Officer

Lorinda Robideau, Ext. 7633

CFO

Brian Carroll , Ext. 7464

Accounting

Jo Klinski, Ext. 7460

Rachelle Wheeler, Ext. 7465

Elena Lifoifoi, Ext. 7476

Jessica Wright, Ext. 7667

Jalen Sampson, Ext. 7462

Cedar Box Smoke Shop

4779 S Dry Creek Road
360.477.1170

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

291 Spokwes Dr—

360.504.3141

Lola Moses, Ext. 7471

Deann Lester, Ext. 3402

Deanna Murray, Ext. 7470

Ralena Cornelson, Ext. 7474

Darla Owens, Ext. 7475

Education

Jessica Egnaw, 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:

- 3/31-4/4 Spring Break
- 4/2 TYP Shawl & Vest Making Class
- 4/2 Youth Song & Dance Practice (Middle & High School)
- 4/3 Youth Song & Dance Practice (Elementary)
- 4/3-4/4 TYP Ribbon Skirt Class
- 4/4 Drum Making Class
- 4/4 Youth Beach Clean-Up
- 4/9 Identity Theft & Fraud Awareness Class
- 4/9 Healing Court & SA Awareness Walk
- 4/13 Protocol Drum Group Practice
- 4/16 Drum Making Class
- 4/17 Canoe Journey Community Meeting
- 4/22 Earth Day
- 4/25 Drum Making Class
- 4/27 Protocol Drum Group Practice



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