MENTAL HEALTH AWARENESS MONTH

Did you know that May is national Mental Health Awareness Month?

With Spring upon us, we are reminded of the old saying “April showers brings May Flowers...”

But in addition, rain showers can sometimes bring on feelings of sadness and depression for some people.

Attending to our mental and emotional health is important! But what does it mean to be aware of Mental Health you may wonder? People often think immediately towards things like depression and anxiety. But did you know stress in general has a very real effect upon our mental and emotional well-being? Our bodies usually can handle brief bursts of stress, but challenges can arise with chronic stress and fatigue. Yet, there are many approaches available to help you assist you and your loved ones with any mental or emotional concerns you may have.

The Lower Elwha Health Department has trained professionals ready and able to help assist! From an integrative approach, emotional support can include the following: exploring healthy food choices which can help the body maintain resilience, generating an activity or exercise routine, adequate sleep, and good social connections. Herbal supplements, vitamins, medications, and acupuncture, can also be helpful. In addition, having someone to talk is a wonderful way to help move through difficult emotional challenges. Mental Health therapists are trained to specifically help assist with such challenges. Talking to a Registered Dietitian Nutritionist about your diet can help you add foods to help your brain and body better cope with stress. And eliminating certain foods which can negatively impact your mental health. Your primary care provider can help discuss any questions or concerns and make the necessary referrals to for your own optimal mental health support plan.

If you feel overwhelmed and need immediate help, you can always call the Crisis Clinic of the Peninsulas (360)479-3033 or (800)843-4793.

Mental Health Awareness for others... Family, friends, and loved ones

Recognizing that someone may need emotional or mental health support if they appear more upset, angry, or sadder than usual. With a greater awareness of other’s emotional needs helps us to better respond in a more loving and compassionate way without getting swept up in the emotional currents. It can be difficult to recognize when mental health is negatively affecting our daily lives. Sometimes people withdraw and become quieter when they are struggling with mental health. Being supportive, listening and asking if they are ok can be helpful. Support and support groups are available as well as family counseling and community parenting classes. The health department is also pleased to announce that we now have anger manager classes as well. Wishing you, your friends, family, and community a Happy Mental Health Awareness Month! Now that we are through the April showers, may you enjoy the May flowers this spring.

If you have questions or need help, feel free to call the Lower Elwha Health Department at: 360-452-6252 as we are here to help.

háʔnaʔ cn
Dear Community Members,

Election season is upon us once again. This is a good time to express to nominees your questions and concerns about our past, present and future. Also please make sure you vote. This is a very important process to ensure that we have a stable government. I am proud of my tribe. We keep striving to make things better for our community, economy and environment.

I just returned from the Pacific Salmon Management Council meeting in Rohnert Park, California. British Columbia, Oregon, Washington and Alaska were in attendance. Our job was to manage our respective fisheries so our communities could have some certainty to harvest fish. We, Salish Sea Tribes and Washington State had a hard time this year. It seems to me that over many years the tribes of the Salish Sea have had to bear the burden of conservation to help ensure that our streams have fish to spawn in them. Well...for the last few years the state has had to cut back on many of their fisheries to help meet escapement. I really think that the state is starting to feel what we tribes have felt over the years. In my opinion, we have sat on the bank from the signing of our treaty in 1855 to Judge Bolt in 1974. That’s 89 years that the state owes us tribes. I voice that opinion all the time to the state representatives.

When we are at these fisheries management meetings the right people aren’t in the room. By that I mean we are curtailing harvest to meet escapement to make sure fish get back home to spawn. We also need to talk about habitat. We are losing habitat faster than we can restore it. We need to have hatcheries in the overall picture also. It has been proven and decided in federal court that hatchery fish are treaty fish.

Finally, salmon and us need clean water to survive. Washington State, Environmental Protection Agency (EPA) and the tribes finally, after at least two decades working on a Water Quality Rule agreed that 175 grams per day and 10 to the minus 6 was acceptable. 10 to the minus 6 means that one person getting cancer out of one million from eating fish was acceptable. We tribes had to concede to that amount. No one getting cancer is acceptable. Elwha Tribe eats over 800 grams per day. That is what is called a suppressed rate. Meaning if we had more fish we would eat more. Before our agreement Washington State was at 6.5 grams per day.

Industry representatives wrote a letter to EPA asking that this rule be reviewed and repealed. After more than twenty years of negotiations, it took the current EPA Administrator less than a couple months to decide to repeal the Washington State’s Water Quality Rule. We don’t know the numbers yet but we tribes feel it will revert back to 6.5 grams per day. I say that science not politics should be used to set the standard.

I went back to Washington D.C. with other tribal leaders from across the nation to speak to EPA Administrator Andrew Wheeler about this issue and the Waters of the United States (WOTUS). They are changing those rules to the benefit of industry also. We spent a week talking to various departments about these issues. I felt that we were speaking to deaf ears. Their rules and minds are already made up without consultation with tribes, the state or even their own Region 10.

Back to the elections. I really want to remind our voters to get out and vote. Over the last few years some positions have been decided by just a couple of votes. Your vote does count! I can’t stress that enough. We need to get our youth to register and then get them to the polls.

Thank you for taking your time to read about what I have been doing and what I am thinking. I’ve always felt and said that it is an honor and humbling to represent our tribe in all aspects of our business, economy, veterans, tradition, culture and natural resources.

Respectfully,

Russell N. (RAZZ) Hepfer

Russell Hepfer, Vice-Chair
# Tribal Council Resolution List

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**hāʔnəʔ cn**  
We thank you
May: čənłilu?
= time for salmonberry

As winter begins to lose its grip on us, thoughts turn to new beginnings, new growth, new opportunities. I hope each of you received the 2nd Annual Report on Tribal activities and accomplishments. It has been a busy year. And before we leave that thought, I’d like to summarize some of the major accomplishments that I have noted along the way, highlight some of the items in the Annual Report, and in some cases give you a little of the back story.

Transit ridership was up last year by 31%. That is good news as it is hard to operate that service if use doesn’t support it. New and/or additional transportation vehicles are needed, but are also one of the more difficult items to justify for grant funding. Improved ridership numbers can’t hurt.

In Education, our high school graduation rates are improving, from 70% in 2011 to just under 86% for 2018. These numbers are encouraging. And, that increase is also seen in applications for higher education and vocational schools. These are great steps toward filling all the jobs we envision with the commercial efforts now underway.

Meanwhile, on the issue of hiring natives, the ratio is almost 50-50 between native and non-Native. That easily makes us the largest Native employer in the area. Unfortunately, we still have needs for journey-man level and executive level staff, which requires either formal college education or a qualified vocational training program. We need to do much more in this area to meet future needs.

Another trend I’ve noted is the increasing awareness the surrounding community has of our presence here. One indication of that is the number of requests we get to sponsor or support a community effort. We donated over $30,000 to local groups and causes, from fencing bridges to support of teams, to sponsoring individuals to participate in various events. We are at the table now, people are aware of the Tribe, and are paying attention to your growth.

The Wellness Center is rebounding nicely from 2014 levels. Staffing has stabilized significantly. The biggest challenge now is to bring our patient count back to those previous levels, and we are about 500 patients short. For many years this Tribe had no reliable health care, just a limited amount of contract dollars that were generally near exhaustion by end of the 1st quarter. Now we have a multi-million dollar wellness center. If you aren’t using it, you should seriously think of doing so.

Housing issues have been quiet for the last few years, but new leadership there has improved communications and joint efforts. Our current housing stock is aging, presenting new problems with maintenance and upkeep, major repairs and remodel needs. I expect we will see new proposals and plans coming soon.

Criminal justice programs continue to grow. The movement from contract and part time court staff to permanent full-time has changed the level of services available. Stability in staffing allows other efforts to grow, including internal operations, investigations into a return of the Healing Court, adding a full-time public defender, to name a few.

Along with this, changes in leadership with the Police Department have also occurred recently, and hope that brings more stability to our staff turnover there in recent months. I think the main area of growth and focus for the coming year will be, in part, in emergency preparedness and response.

I cannot even comment on the Natural Resource work being done. As a believer and student of the sciences, the opportunities in being on the front lines of habitat reclamations and studies is awe inspiring. We have a unique role to play in educating the world on how this is done.

Let me close with a few comments on social service programs. This Tribe clearly values its elders. The number of elders is growing, part of the “baby boom” post WWII population explosion. The Tribe contributes about $113,000 / year total, or about $2000/year for each elder in terms of assistance, not including food and meals. That number will probably double within the next 10 years.

It has been a busy year, with many accomplishments, and much more to do. You should be aware of these activities, and the Annual Report is one way we are trying to help with that awareness. Special thanks to staff for the contributions, Carolyn St James for the editorial work, and Keri Ellis and our admin crew for getting it printed and distributed.

~ Bill White, CEO
It’s Spring Time!

Make sure to check your fire extinguishers to make sure they’re up to date, make your smoke alarms aren’t chirping at you for new batteries (we have these available at the office if you need any), clean dryer ducts, and make sure your chimney is clear of debris or build up.

Also, homebuyers and homeowners, we highly encourage you purchase a carbon monoxide detector if you have a fireplace, woodstove or garage in your home.

We encourage all tenants past and present to create your own household cleaning solutions. Such as, water and rubbing alcohol (1:1) as a disinfectant spray; or vinegar and baking soda to substitute for Draino. These are safe on septic’s and safe for the environment.

Message from Roberta Charles:

(1) This is let you know that I am continuing to see clients in my home at 407 Charles Road. I will see clients for anger management, depression, anxiety, PTSD, couples counseling and individual counseling, and teens. I use evidence-based therapy as well as ways to develop a healthy lifestyle. I take Medicaid (Apple), Regence, HCA, Premara and other forms of insurance if you let me know in advance. I will also do sliding scale. I will do home visits, convalescent homes, hospitals and juvie visits. For an appointment please call me at 360-460-5963! You can make a difference!

Roberta L. Charles, MED, CAS, LMHC.

(2) We will have Interfaith Devotions in my home at 407 Charles Road on May 9, and 30 and in June, the 6th and 20th. We start at 7:00PM and close at 8:30PM. Snack and fellowship follow the Devotions, a fun and prayerful evening for our community. Unity in all areas of our lives is essential for community growth and individual growth so let us come together and worship our Creator these evenings. If you find you cannot attend please call and let us know which prayers you would like to have said on your behalf and they will be offered. Call or text 360-460-5963.
In March, KCS hosted our first Recovery Game Night. This was a clean and sober event open to all adults in recovery to help promote positive social activities, a sense of community and most of all to have fun! Everyone enjoyed Indian Tacos and a spritzer station and all three group rooms at KCS were filled with different games including Wii Dance Party.

The whole KCS building was filled with laughter throughout the night and many of those in attendance commented about how much fun they had and that it was the first time they had gone to a sober party or event like this. We had a fantastic turn out and feedback from the event has been so positive that we will be planning another Recovery Game Night soon!

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**Increasing Access to Services with Walk in Hours**

Klallam Counseling Services is excited to be offering walk in hours every week at the following times:

- **Mondays 1:00 pm – 4:00 pm**
- **Tuesdays 9:00 am – 12:00 pm**
- **Wednesdays 9:00 am – 12:00 pm**

These hours are intended to help Klallam Counseling Services be more easily accessible and available to those seeking services. During walk in hours, we can conduct assessments, intakes and any other services needed to help get someone started on the road to recovery. For those individuals that would prefer an appointment at a set date and time, please call us at 360-452-4432 to schedule an appointment.

We are also very pleased to announce that walk in hours are now available at the Lower Elwha Health Clinic for clients of Klallam Counseling Services. These walk in times are available on a daily basis to address the medical needs of our clients and help support their recovery.
Health Department News

The Health Department is in a period of transition. We are steadily progressing towards full implementation of a new Electronic Health Record (EHR) system that will be centralized across all departments. Health Department employees are currently receiving EHR training and being repositioned in the building to accommodate the emerging needs being presented. Our main goals are to improve workflow efficiency, and above all else, solidify the quality of our patient visits. Please be patient as we learn and grow, in order to provide a higher level of services.

Another goal is for providers to get home to their families at a reasonable hour. On many nights, the providers are here until late in the evenings (for example, 11PM) and during weekends, endeavoring to give patients the care they need and deserve. Due to high patient need, the providers have shortened the hours scheduled for patient visits in order to maintain high-quality care. Our community is fortunate to have such dedicated staff.

In the past, we were sometimes able to accommodate patients who arrived late to their appointments. Please be mindful that promptness is necessary if we all want to be on time and show consideration to the next patient scheduled for care. If you are late for your appointment, it causes your appointment to run over into someone else’s scheduled appointment. We understand there are exceptional circumstances that cannot be predicted, such as car accidents and other types of emergencies.

We are grateful to have had Jenessa Balch on the Health Clinic team for almost 10 years. Sadly, she has left the clinic recently. Jenessa was the Contract Health Services Representative and did an exceptional job of completing the background work to get bills paid for tribal members. Jenessa has contributed greatly to the growth of the Lower Elwha Health Clinic and the overall Health Department. Jenessa is a natural advocate for what she feels strongly about. Team members and community members will truly miss having her at the clinic because she is such a hard worker with an enchanting personality.

We miss you, Jenessa!
Tremendous Success!!

We are pleased to announce that the Health and Wellness Fair was well-attended, educational, and enriching. Many thanks to:
Community supporters and participants, our external partners, Tribal Council, and Departmental Teams for helping it all come together so wonderfully.

Now, for the good stuff:
137 participants signed in
27 organizations and/or programs participated as “vendors”
35 individuals attended wanting to help us make healthy choices
40 donors signed up to donate blood
31 of those donors were able to complete blood donation
31 pints of blood collected
3 people are helped by each pint of blood
93 lives saved!

A special thank you to Lower Elwha Food and Fuel for the gift card donations and to the Elwha River Casino for their donation of a TV won by Allyce Miller!

CONGRATULATIONS TO OUR ELWHA COMMUNITY FOR DONATING 31 PINTS OF BLOOD!

We are able to save the lives of 93 people with your gift.
Thank you for taking the time to donate blood!
From the
Lower Elwha Community Health Dept.
Health Department – Welcome!

Patient Services Representative - Nancy

Nancy was hired as a Patient Services Representative at the Lower Elwha Health Clinic in March of 2019. She has been a part of the Port Angeles community since 2017.

How long have you lived in Port Angeles?
I have lived here for about 2 years now. We moved from Colorado, outside of Denver. We loved the area and the people are so warm and welcoming!

What did you do before joining the Lower Elwha Health Clinic?
I have worked numerous jobs in offices and in sales. My last job was for a manufactured home company in Sequim. I was the Sales and Office Manager. I have worked in customer service for all of my working life and love people and especially animals and children.

Why were you interested in working for the tribe?
I spent most of my life with my adopted Lakota family in Colorado and South Dakota. My sister Theresa worked in treatment centers for the tribes in both places and she was my hero, she passed away a few years ago. I wanted to honor her memory by following her footsteps in whatever way I could. I am so honored to be in this position and look forward to getting to know the beautiful people in the area.

Have you learned anything that you would like to share?
I have learned, in my short time here, that there is a lot of love and kindness in this clinic and with the local tribes, it really is an amazing place.

Do you want to move any further in the medical field?
I started college with Nursing as my major but had things pop up in my life and didn’t continue. I love to learn new things and if given the opportunity and if there is a need I would love to move further into the field.

Fun facts about me...
I am a singer and love to learn new Native songs. I have some Lakota and Cheyenne songs in my repertoire but would love to learn some Klallam songs and to learn some of the language. I have a farm. We have 2 dogs, 3 cats, 11 chickens, 2 turkeys, 1 pheasant, 2 bunnies, a 7 ft. python and partridges but not in a pear tree. We do have one though, and apple, plum, peach and nectarine trees.

Also, as a side note, I would really like to thank everyone that I have met so far, you have been so welcoming and I really feel like a part of the team, so thank you!

Patient Services Representative - Lindsey

Lindsey Mike is the daughter of Lorna Mike. Lindsey grew up with the Lower Elwha Community and was away from home for 13 years and has recently moved back home. This July will be 2 years home. Lindsey recently accepted a job as a Patient Services Representative at the Lower Elwha Health Clinic.

What are your favorite memories of the lower Elwha Community?
My favorite memories of growing up is the freedom we had to run around the Rez with no worries and everyone looking out for everyone. My dad taking us through all the trails he knew, Our Mike family trips and gatherings out at Deep Creek. Riding our horses and bikes. Playing softball, from t-ball to slow pitch. Growing up with my Waddell family.

What did you do before you came to the Lower Elwha Health Clinic?
Right out of High School I became a Certified Nurse Assistant, I worked at two different long term care facilities for about 6 months each. In Mid 2004 I moved away from home out of state. When I moved back to WA I started working at Little Creek Casino Resort. I worked in several different Positions in the 6 years I was there. Started as Bingo Cashier/Caller and Ended as a Class II Gaming Supervisor. Oct of 2011 I enrolled into the Everett Technical College in Tacoma WA and completed the Medical Assistant Program. After not pursuing my MA career I went back to being a CNA in 2014. As a CNA again I worked at Puget Sound Health Care in Olympia for 2 years and then when I finally moved back home in 2017 I was at Crestwood for 1 year.

Do you have any plans to move further in the medical field?
My ultimate goals are to pursue my Medical Assistant Career hopefully here at the LEHC and possible grant the wishes of many, many persons from my family to residents that I have cared for in the past to pursue a Registered Nursing Career just like my mama. I have had many residents make me promise to at least give it a try…..

What is your favorite junk food?
I have lots of favorite junk foods, I am a junk food junkie….

Do you have any animals?
I have 2 dogs at Home. I have my Bella Ella mamas and I have my Tuggy Butt actual names are Bella and Tugg.

What is one thing you have learned since you started working here that you would like everyone to know?
I have learned that Patient Services is and can be a very fast paced demanding job, lots and lots of new learning to do. It is very, very, very different from being hands on with the patients/residents. Teamwork and communication is a very important role when you work in the medical field. When you work in the medical field you need to work as a TEAM, we are all supposed to have the same goals of providing the best care to our patients and community members. There are absolutely no needs for poor attitudes or anyone thinking they are better than anyone. I like to think that if everyone knew the game of softball we may have a better outlook on teamwork and having each other’s backs. If I missed the ball, the girl at my side would back me up and make the play the best she could.
Holiday closings this month at the Education Department/LEKT Library:

*Closed Monday May 13th in observance of Native American Day.

*Closed Monday May 27th in observance of Memorial Day.

**LEKT Library**

Elwha Youth have been hard at work building their skills in Internet Literacy, Mathematics, Reading and Writing during After School Drop-In Program tutoring. Drop-In offers incentive snacks (Ramen Noodles for example) given after reading for twenty minutes or completing one full page of homework (both sides). It was a Ramen Noodles for all situation recently given a mass amount of homework completed before Easter as you can see in the photo below!

**The Great Easter Raffle**

The Education Department had a large amount of Easter candy, toys and stuffed animals donated by a most generous individual who wished to remain anonymous. The Library Drop-In Program put together a large Easter Raffle the week prior to Easter. Each youth reading twenty minutes or completing one page of homework earned a ticket toward the raffle drawing on Good Friday. There were four Easter Basket prizes and one grand prize supersize teddy bear! Wendy Sampson generously contributed some additional items to add to the Easter Baskets. Prize winners were Nyle Hepner (grand Prize), Sundray Korsmo (Easter Basket), James Gilman-Spears (Easter Basket), Justice Wells (Easter Basket) and Laniyah Moore (Easter Basket). Some youth shared prizes with their peers after the drawing and all had a great time!
The Great Easter Raffle Prize Winners:

From left to right Nyle, James, Laniyah and Sundray. Justice Wells not available for photo.

Below are a few book suggestions from the LEKT Library Collection; which may be good reading as you ease into those balmy May evenings!

We welcome you to come-in and browse, read, research, share a good story or post some interesting LEKT Community news!!

Best Wishes,

-Brian Freitag

LEKT Library Manager
BROWN BEAR

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Klallam Language & Culture

**Klallam Language Webinar**

Interested in learning Klallam? Klallam language webinar at **1pm**! To join in on the webinar go to zoom.us, click on the ‘Join a meeting’ button to the right of the screen and type in the meeting number pictured below.

**Join a Meeting**

390 173 9020

Your meeting ID is a 9, 10 or 11 digit number

Join

All the webinars hosted on Zoom will be edited and published on

www.youtube.com/user/KlallamLanguage

**April KLICC**

Spring time means we get to harvest all the new growth and Cedar bark. For the month of April we will try to harvest 100 lbs of cedar bark. The bark will be stored for a year to dry properly then used to make headbands, flower, pins and more.

Contact information: Harmony Arakawa harmony.arakawa@elwha.org
REAL ID—Notice

What is REAL ID?
The REAL ID Act was created in 2005 to help reduce fraud by improving ID documents. Washington state is in compliance with all requirements of the REAL ID Act, which takes effect October 1, 2020 in every state.

Does an Enhanced ID/Enhanced Driver License qualify as REAL ID compliant?
Yes. An Enhanced ID (EID) or an Enhanced Driver License (EDL) is Washington state’s REAL ID compliant document and is available through the Department of Licensing.

Do I need to get an Enhanced ID or Enhanced Driver License?
Not necessarily. You may already be prepared. There are several options for REAL ID compliant documents, such as a passport (either a U.S. passport or a foreign-issued passport), a Permanent Resident Card (Green Card), or U.S. military ID. People have many reasons for their choice of ID, and you have choices.

Does my child need to be REAL ID compliant?
No. There is no REAL ID requirement for anyone under 18. Current ID laws still apply.

What documents do I need to get an Enhanced ID or Enhanced Driver License?
- Proof of United States citizenship
- Proof of identity
- Proof of Social Security
- Proof of Washington State residence

If applicable, proof of name change

Will DOL still offer standard driver licenses and ID cards?
Yes. We'll continue to offer standard driver licenses and ID cards that can be used to drive or for identification, respectively. They don't indicate a person's residency or legal status. However, beginning in October 2020, they'll no longer be accepted as valid forms for ID for boarding domestic flights or entering military bases.

As of July 1, 2018, standard driver licenses and ID cards feature the marking "Federal limits apply," indicating they'll not be accepted for domestic air travel or entrance to certain federal facilities. This marking doesn't indicate citizenship or immigration status.

TSA will accept a standard Washington state driver license or ID card to board a commercial plane until REAL ID takes effect on October 1, 2020. In the meantime, you may want to consider getting an EDL or EID if you don't have a valid passport, a Permanent Resident Card (Green Card), or U.S. military ID. To avoid lines and delays as October 2020 approaches, we recommend ensuring you're prepared as soon as possible.

What if I don't have a Social Security number?
You can still get a standard driver license or ID card if you meet proof of identity and Washington state residence requirements for a driver license.

For air travel, you'll need a REAL ID compliant document such as a passport, a Permanent Resident Card (Green Card), U.S. military ID, or EDL/EID. Other modes of travel, such as driving across state lines by car, bus, or taking a train, don't require a REAL ID compliant document.

How much does an Enhanced ID or Enhanced Driver License cost?
There is a $4-24 fee to upgrade your standard Washington driver license to an EDL/EID ($4 a year for the time remaining on your license). An EDL is good for 6 years.

Where do I go to get an Enhanced ID or Enhanced Driver License?
All driver licensing offices issue EDL and EID cards. A list of locations may be found on our office locations map.

You can also visit the ID2020WA.com for more information.

Do I need a REAL ID compliant form of identification anywhere else?
A REAL ID compliant form of identification is required only for domestic air travel or entering some federal facilities, such as an airport or military base. Starting October 1, 2020, every traveler from every state will need to present a REAL ID compliant form of identification for domestic air travel.

Excerpted from the Department of Licensing Website www.dol.wa.gov
On April 9, 2019, Chairwoman Frances Charles signed documents on behalf of the Tribe to purchase the Cornerhouse Restaurant and Necessities & Temptations property. The Tribe intends to hold this property for future economic development purposes, including a possible phase 2 expansion of the currently planned hotel and related facilities. On the negotiated purchase agreement, LEKT Chairwoman Frances Charles says: “Our Tribe is pleased to have the opportunity to acquire this parcel to allow planning for future growth for our hotel and related facilities. We are proud to be a partner and leader in the revitalization of Downtown Port Angeles.”

The Tribe continues to move forward with planning of the hotel. Environmental cleanup and remediation of all hazardous substances on the site will commence once proper permits are in place, currently planned for late Spring 2019.

Preserving Family Archives

We have been receiving historical documents, family trees & photos.

The staff at the Carnegie Museum is here to help you preserve your family’s history.

Please bring us documents and photos and we’re happy to create a digital copy for you.

Museum Host: Jalen Sampson
360.452.8471 ext. 2904

Elwha Klallam Museum at the Carnegie

Stop by the EKMC to check out Jalen’s Klallam word of the day, browse exhibits on dam removal, contemporary art, and our interactive kids area.

Tuesday-Friday: 1:00pm-4:00pm
Frederick Wayne Charles Sr.
03/19/53 - 03/26/19

Frederick was born to Violet Charles Fernandes in Seattle. Preceded in death by his mother Violet, and brother Steven Fernandes.

Survived by his two children Regina Charles and Frederick W. Charles Jr., two brothers Roger and Frank Fernandes, Aunt Gloria Rapoza, and many nieces and nephews.

Funeral Services were held:
On Friday - April 5th, 2019

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Lower Elwha Health Clinic

Vaccinations Available
Don’t miss this opportunity!!!!

We have gotten our numbing cream in and are ready to vaccinate babies, children, young and old, whoever is in need of shots.

Please feel free to call
360-432-6252
so we may schedule your appointment.

Respectfully submitted,
Lorna J. Mike RN Clinic Nurse Manager.
<table>
<thead>
<tr>
<th>Position</th>
<th>Department</th>
<th>Status</th>
<th>Start Date</th>
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Elwha River Casino celebrated our 10-year anniversary on Thursday, March 28! Our guests celebrated with fun, food, live music, and fireworks.

Elwha River Casino is home to 138 slot machines and employs over 40 people.

The River’s Edge Grill is open daily for breakfast, lunch, and dinner. The restaurant is currently featuring a $6.99 Steak & Baked Potato special every Sunday.

Lower Elwha Klallam Tribe opened the doors to the casino in March 2009, which quickly became a staple for casino gaming, entertainment, and dining on the peninsula.

We would like to thank the many guests over the years for your support for our successful journey, cheer to another 10 years!

Important Elder Reminders:

⇒ Coffee Social
  2nd Thursday of each month
  Gathering Place 2pm-4pm

⇒ Shopping Trip
  1st & 3rd Monday of each month

⇒ Food Card Pickup
  3rd Friday of each month.
  Social Services 9am-12noon

Transportation is available and can be provided upon request if done so 3 days in advance.
2019 Business Committee and Chairperson Elections

Lower Elwha Klallam Tribe

**May 4 (Saturday), 2019 – Election of Business Committee member.** There will be a polling place in Room 13 of the Tribal Center, which will be open from 12:00 noon to 8:00 PM. Mail-in ballots shall also be used and all mail-in ballots must be mailed so as to be received at the official post-office box by Election Day, May 4, 2019. Any ballots not received by Election Day WILL NOT be counted, regardless when they were mailed.

**May 25 (Saturday), 2019 – Election of Chairperson.** There will be a polling place in Room 13 of the Tribal Center, which will be open from 12:00 noon to 8:00 PM. Mail-in ballots shall also be used and all mail-in ballots must be mailed so as to be received at the official post-office box by the Chairperson Election Day, May 25, 2019. Any ballots not received by Election Day WILL NOT be counted, regardless when they were mailed.

One (1) Tribal Business Committee position will be elected this year, the positions currently held by Frances G. Charles. The Election will be held from the list of eligible tribal members who accepted their nomination for the 2019 Election, or voters may write in the name of any person who is eligible to hold office as an alternative to voting for a nominated candidate. The other members of the Lower Elwha Business Committee are George Charles and Russell N. Hepfer (whose terms expire in 2020) and Anthony Charles and Steve Joaquin Robideau (whose terms expire in 2021).

**2019 Election Rules and Regulations.** The 2019 Election Rules and Regulations have been adopted by the Election Committee in accordance with the Tribal Constitution and are being circulated to the membership and throughout the Tribal community.

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If you have not registered, but are eligible to register, please contact

Marilyn Edginton for a voter registration form.

Marilyn can be reached at:
360-452-8471 ext. 7444
and/or
760 Stratton Road Port Angeles, WA 98363

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**UPDATE YOUR INFORMATION**

Message from the Election Committee

If we do not have your most current address, we will not be able to mail you a ballot or any election information. If you have not received any of the 2019 General Election information yet, please get a change of address form from the Tribal Center, correct it and turn it into the front desk. Janet Cameron will place it in the Enrollment Department mailbox. If all of your information has been updated and you did not receive a ballot, check with the Post Office as some of the mail has been returned as “Undeliverable Address”.

You will no longer be able to mail in a ballot for the 2019 General Election, but you can still vote in-person on May 4th in Room 13 at the Tribal Center. You will need to change your information for your ballot to comply with the rules of voting if you have had a change of name.

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**INFORMATION PACKETS**

Tribal Voter Information Packets were mailed to all tribal members over 18 in March. If you have moved, or changed your mailing address, update your address with the Enrollment Department. Official Change of Address forms are available online at www.elwha.org and are available in the tribal center foyer (on the end table by front desk). They can be returned to the Enrollment Dept. mail box at the tribal center front desk, or mailed to:
2851 Lower Elwha Rd, Port Angeles, WA 98363.
Lower Elwha Head Start & Early Head

360-452-2587

1 INFORMATION
2 TRANSPORTATION (Francess)
3 HEALTH MANAGER (Deanna)
4 FAMILY COMMUNITY PARTNERSHIP MGR/ENROLLMENT (Michelle)
5 EDUCATION MANAGER (Sarah Lovejoy)
8 PRENATAL EDUCATOR (Vacant)
9 DIRECTOR (Debbie)

May 2019

čən'ílu? (Time for salmon berries)

May 2019
May 13/Monday Native American Day/Holiday
May 17/Friday Regalia Picture Day
May 27/Monday Memorial Day/Holiday

** Every Tuesday until May 14 2:00-6:00pm: regalia making for school photos and gradation (see Deanna for more details).

ALL HEAD START AND EARLY HEAD START
APPLICATIONS ARE DUE BY JUNE 1, 2019

JOBS @ LEHS
If you or someone knows of anyone looking for a job, please apply.

✦ Bus driver
✦ Early Head Start Prenatal Educator
✦ Substitute kitchen aide
✦ Substitute teacher’s aide

Call Head Start: 360-452-2587 Debbie Hales, Director (ext 9)
OR Sarah Lovejoy, Education Manager (ext 6)

Χaʔxiyuʔéʔč (Chipmunks) & čaʔmús (Otters)

It is finally spring time! We will be spending a lot of time outdoors so please dress your children appropriately. We will be taking a lot of walks also, exploring what is in the neighborhood, so please be careful and keep an eye out for the little ones that are out on walks. We have experienced planting some beautiful flowers for our playgrounds recently. Again, please send your children with coats and comfortable shoes for outdoor play.

Important Early Head Start reminder:
If your child is currently being potty trained, please send an extra set of clean clothes daily, especially underwear, as we are very short on extra boys’ clothes (pants, underwear).
Hello Ravens families! The Ravens class has been talking about spring time and what that means we are outside. We talked about more sunshine, more rain and how it makes flowers and leaves on trees. We planted some flower seed and the kids have been excited to see them start growing. We will be transitioning into ‘farm life’ next and learn about what happens on a farm. The end of the year is fast approaching and in less than a month we will be doing our last round of teacher conferences so I will be contacting you shortly to get something set up. Also, I will say again, Head Start is in desperate need of pants, size 4-7, if you have any that you could donate that would be greatly appreciated. Just another reminder that Regalia Picture Day is May 17th, check your child’s regalia or get in touch with the school, this is always a busy, exciting day for us.

Thank you from the Ravens’ teachers: Sarah, Crystal, and Janet

UPON REQUEST.
LOWER ELWHA HEAD START
ANNUAL BUDGET REPORT
WILL BE PROVIDED

DONATIONS NEEDED!!
Boys pants and underwear (from the toddlers to the 4 yr olds), also girls pants and underwear

JUST IN TIME FOR SPRING!!
Raven’s teacher Janet with some students in the new head start gazebo:

ALL HEAD START & EARLY HEAD START

COMPLETED APPLICATIONS ARE DUE BY JUNE 1, 2019 per LEHS Parent Policy Council

Beginning September 2019, both Early Head Start and Head Start will begin their new classes for the school year.

Previously, EHS started in June. EHS now will begin their new school year in September along with the HS program.

Take note: ALL head start classes begin September!

ALL HOUSEHOLD CURRENT INCOME VERIFICATION MUST BE PROVIDED FOR THE APPLICATION TO BE COMPLETE. NO INCOME= INCOMPLETE APPLICATION
Lower Elwha Family Advocacy

Lower Elwha Family Advocacy Program
3080 Lower Elwha Rd, Port Angeles, WA 98363
Office: 360-565-7257 ext. 7453; Cellular Hotline 1: 360-460-1745; Hotline 2: 360-775-9346
Beatriz Arakawa, Program Manager and Victim Advocate; E-mail: Beatriz.arakawa@elwha.org
Angelina Sosa, Elder/Youth Mentoring Healthy Relationship Coordinator and Prevention/Awareness Specialist; 360-565-7257 ext. 7452; E-mail: Angelina.Sosa@elwha.org
Mission: Victim's Safety and Autonomy through Advocacy and Community Awareness.
Assistance to Victims of Domestic Violence, Sexual Assault, Dating Violence, Stalking, and Provide Prevention/Awareness.

The Lower Elwha Family Advocacy Program staff would like to THANK all participants, partners and donors on our 2019 Annual Sexual Assault Awareness and Child Abuse Prevention Walk on April 18th. Partners and donors: Some Lower Elwha students, Elwha Police (Chief Sam White, Sergeant George Black Crow and Officer Detavious Woods), Social Services (Tashena Francis, Joseph Goodfellow, Janet Elofson, Becky Charles, Kathryn Gyori, Kelly Bradley, Melaine Wheeler, Brandy Williams and Leona McKinnon), Recreation staff (Jason Wheeler, Jared Moses, and Justine Clifford), Klallam Language (Wendy Sampson and Harmony Arakawa), and Beatriz A. family.

Also, we raised up our hands to speakers: Mark Charles for drumming, singing and sharing, Beverly Lee, and Jonathan Arakawa; the cook: Leona M, Becky C, and Angelina S. Thank you to parents and/or guardians of these beautiful children (see photos) who did great and seemed enthusiastic during the event. This youngster inspired us and motivated us to do more awareness and/or prevention like this one. It is always very sensitive activity; yet, it is very important work for not just at the Lower Elwha community, but throughout the world.

Special THANK YOU to our Tribal Council for yearly support of this kind of event into the Elwha community. To those whom we are missing names in this letter, and to those that were wanting to attend but were unable to join due to other commitment, YOU are in our HEARTS.

April 18th Awareness Walk photos: Taken by Beatriz at Lower Elwha Klallam Tribe
There will be on-site free training “Mending the Rainbow” on Tuesday and Wednesday, May 7th and 8th at Heritage Center from 8:00 am to 4:30 pm. See the attached training flyer.

Our speaker Kurt Begaye has worked as Capacity Building Assistance Specialist with the National Native American AIDS Prevention Center in Oakland CA, the Asian Pacific Islander American Health Forum in San Francisco CA, and has his own consulting initiative. Mr. Begaye is well educated and experienced in presenting this type of topics. Furthermore, although this training is related to domestic violence and sexual assault in the Native LGBTQ communities, it has information that touch based on the dynamics of domestic violence and sexual assault in general. It is open to all that are interested to learn more. If you cannot attend on both days, you can come for a day or half a day. But we hope you can join us on both days. If at all possible, please RSVP by May 2nd. This will help us prepare for any training matters.

Finally, check on other activity with awareness that Angelina is putting together for elders and youth. Also, the Hoh Tribe is sponsoring a march for “Missing and Murdered Indigenous Women” at Forks Tillicum Park at 11 am on Sunday May 5th.

Happy Mother’s Day and Native American Day!!!
Lower Elwha Family Advocacy

The Lower Elwha Advocacy

Klallam Tribe—Family Program

is hosting two days FREE training on

Tuesday and Wednesday, May 7-8, 2019 @ 8:00 am—4:30 pm

Elwha Heritage Center
401 East Street, Port Angeles, WA 98362

“Mending the Rainbow”
Presenter: Kurt Begaye - Yucca Strung Out on a Line Clan, Navajo and Director of Training & Technical Assistance of SWIWC.

“Mending the Rainbow” is a two-days of training that will enhance your knowledge and understanding of the dynamics of intimate partner violence and sexual assault in the Native LGBTQ+ or some say, “Two-Spirit communities”. Together, we will learn the advocacy and share our resources that are available locally, state-wide and nationally.

This training is open to all who are interested, including, but are not limited to providers, staff, community/Tribal members, and students.

Please RSVP by Thursday, May 2nd, 2019

360-565-7257 ext. 7453; 360-460-1745
Beatriz.orkawa@elwha.org
Angelina.Sosa@elwha.org

360-565-7257 ext. 7452

https://www.elwha.org/departments/elwha-klallam-heritage-center/great-hall/
### Service Logs for L & O

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<td>Trespass</td>
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<tr>
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<tr>
<td>Vandalism</td>
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<tr>
<td>Violation of Court Order</td>
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<td>Warrants- Tribal</td>
<td>2</td>
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<tr>
<td>Warrants-Non Tribal</td>
<td>2</td>
</tr>
<tr>
<td>Wires Down</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>404</td>
</tr>
</tbody>
</table>

### Arrests for March

- **Steven Elofson**
  - Clallam County Warrant
  - Elwha-Eluding

- **Ruben Peters**
  - Violation of Court Order Warrant

- **James Jensen**
  - Violation of Court Order Warrant

- **Donald Richison**
  - DOC Warrant
If you see Officer Thompson out and about in the community, please welcome him to his new position. He has been promoted to Corporal.

Congratulations Officer Thompson! We thank you for all you do.

Please welcome Catherine Youngman to the staff at the Elwha Police Department. Catherine will be working our new Tribal Access Program (TAP) as well as providing administrative support for the Department. TAP is a public safety initiative through the U.S. Department of Justice to give selected tribes access to national crime information systems for criminal and civil purposes. As a participating TAP-FULL tribe, the Elwha Police Department will be able to run fingerprint and name-based background checks for other Tribal departments/programs, as well as the ability to track and enter certain types of orders issued by the Tribal Court. TAP will also allow us to enter offender information at the time of booking after a criminal arrest. Elwha now joins 8 other Western Washington Tribes who have TAP. The Elwha Police Department is excited for this opportunity and to have Catherine on board with us. For more information about the U.S. Department of Justice TAP, you can visit: https://www.justice.gov/tribal/tribal-access-program-tap

Welcome Back Chief

Chief Samuel White is an enrolled Lower Elwha Klallam Tribal Member and eligible to enroll in the Chickasaw Tribe. Chief White started his career in law enforcement working for Lower Elwha Klallam Police Department in 1996. From 1996 through 2007, Chief White advanced in rank from Patrol, Training Manager, Corporal and then Sergeant at the time was second in command. Chief White became an instructor in many areas of law enforcement including CPR, Defensive Tactics, Use of Force and Firearms while working for Lower Elwha Klallam Police Department. In 2000, Chief White became a Master Defensive Tactics Instructor through Washington State Criminal Justice Training Commission (WSCJTC) and he began teaching for the Basic Police Academy at WSCJTC from 2000 to 2007.

In 2007, Chief White accepted the Chief of Police position for Neah Bay Public Safety. Chief White in his first two weeks of employment was introduced to emergency management with the November 2007 storm that obliterated the Pacific Northwest. Phone lines and power was knocked out and the one roadway in or out was blocked with a landslide. Chief White was awarded with a commendation for the response to that incident and served the Makah Tribe till 2011.

In 2011, Chief White went to Suquamish Police Department. Chief White worked with longtime friend and mentor Chief Mike Lasnier. Chief White started in Patrol then quickly rose to the rank of Sergeant. Chief White was in charge of patrol shift and was given the additional duties of community policing. Chief White implemented many community outreach programs such as operation ID, If you think your neighbor is a Drug Dealer, community barbeques, community ice cream events and teaching R.A.D. (Rape Aggression Defense) to the community women and young teen girls.

In 2014, Chief White had an opportunity to apply for another Chief of Police Position working for the Port Gamble S’Klallam Tribe. Chief White accepted the Chief of Police position and served the Port Gamble S’Klallam Tribe. Chief White implemented may of the programs, techniques, and outreaches that he has learned throughout his career. Chief White served Port Gamble S’Klallam Tribe till he came he returned home to Lower Elwha Klallam Tribe.

Chief White is excited to come home. Chief White sees the potential for the Lower Elwha Klallam Police Department to return to its status as a highly respected Police Department within the Elwha Klallam Community and with its partner Law Enforcement organizations. Chief White is hopeful to bring all he has learned in the last 21 years to go after federal grants, implement community programs, build up the staff and implement policies that will better serve the Lower Elwha Community.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
</table>
|    |    |    | AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | Balance & Movement 1145-1245pm  
Soccer 101 230-345pm  
Pitching 530-7pm  
Futsal Soccer 7-9pm | AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | Youth Volleyball Tournament Fundraiser  
Family Fun Center  
Mario Kart Incentive Trip |
| 5 Warren Softball/Pitching  
Gym or Field 11am-2pm | 6 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**After School Activity** 230-430pm | 7 Volleyball 1145-1245pm  
**After School Activity** 2:43pm  
Pitching 530-7pm | 8 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | 9 Balance & Movement 1145-1245pm  
Soccer 101 230-345pm  
Pitching 530-7pm  
Futsal Soccer 7-9pm | 10 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**After School Activity** 230-430pm | 11 Volleyball Tournament  
Family Fun Center  
Mario Kart Incentive Trip |
| 12 Warren Softball/Pitching  
Gym or Field 11am-2pm | 13 **Native American Day** | 14 Volleyball 1145-1245pm  
**After School Activity** 2:43pm  
Pitching 530-7pm | 15 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | 16 Balance & Movement 1145-1245pm  
Soccer 101 230-345pm  
Pitching 530-7pm  
Futsal Soccer 7-9pm | 17 After School Activity 230-430pm | 18 |
| 19 Warren Softball/Pitching  
Gym or Field 11am-2pm | 20 **After School Activity** 230-430pm | 21 Volleyball 1145-1245pm  
**After School Activity** 2:43pm  
Pitching 530-7pm | 22 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | 23 Balance & Movement 1145-1245pm  
Soccer 101 230-345pm  
Pitching 530-7pm  
Futsal Soccer 7-9pm | 24 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**After School Activity** 230-430pm | 25 Safety Fair |
| 26 Warren Softball/Pitching  
Gym or Field 11am-2pm | 27 **Memorial Day** | 28 Volleyball 1145-1245pm  
**After School Activity** 2:43pm  
Pitching 530-7pm | 29 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**Base/Soft/T-Ball 101** 230-345pm | 30 Balance & Movement 1145-1245pm  
Soccer 101 230-345pm  
Pitching 530-7pm  
Futsal Soccer 7-9pm | 31 AM BootCamp 630-730am  
Elders Fitness 1030-1130am  
**After School Activity** 230-430pm |
**Tribal Closure Reminder**

All Tribal offices will be closed on Monday, May 13th for Native American Day Holiday Observance and Monday, May 27th for the Memorial Day Holiday. This closure will include all Lower Elwha Health Department Programs.

**LOWER ELWHA KLALLAM SONG & DANCE GROUP**

Regular Song & Dance Practice Every Tuesdays 4:30pm in Dining Hall

~ Dinner Served at 4:30pm, followed by singing and dancing. Rides home at 7pm.

~ Sign-up sheet for helping out posted on Dining Hall Wall. Help always needed setting up, shopping, cooking, and cleaning. *Volunteer cooks needed!*

**Intertribal Klallam Practice Friday May 17th, PGST longhouse 5:30pm**

~ Van leaving Elwha Tribal Center 3:30pm

~ Sign up sheet in library, participant forms required

Contact Wendy Sampson at (360)452-8471 ext.7423 for more info

---

**Supervisory & Non-supervisory positions available in Clallam County, WA**

$15.00 - $16.50 per hour

JOIN THE 2020 CENSUS TEAM

**APPLY ONLINE!**

2020census.gov/jobs

2020 Census jobs provide:

✓ Great pay
✓ Flexible hours
✓ Weekly pay
✓ Paid training

Don’t forget to check out the "Announcements" section @ Elwha.org

---

**Notary Public**

Miss Jody Potter (Wellness Manager at the Lower Elwha Health Clinic) is a Notary Public who is happy to help those who need documents notarized. Please contact her at (360) 452-6252 to arrange time with her. This is a free service, there is no charge to have your documents notarized by Miss Jody.

Picture ID is REQUIRED
Employment

There are 33 jobs currently (on 4/29/19) posted on Elwha.org

YOU MAY APPLY ONLINE AT www.elwha.org.
YOU ARE ENCOURAGED TO ATTACH A COVER LETTER, RESUME,
LETTERS OF RECOMMENDATION AND EDUCATION/TRAINING
CERTIFICATES TO YOUR APPLICATION. TO REQUEST A COPY OF A
JOB DESCRIPTION, PLEASE CALL 360-452-8471 OR EMAIL
lorinda.rohideau@elwha.org
Lower Elwha Klallam Tribe
ATTN: HR DEPARTMENT
2851 Lower Elwha Road
Port Angeles, WA 98362

WEBSITE: WWW.elwha.org

NATIVE PREFERENCE EMPLOYER
NATIVE PREFERENCE POLICY: As with all positions of
the Lower Elwha Klallam Indian Preference in hiring is
in Accordance with P.L. 93-638.

Please see job listings on
pages 18 & 19.

I CAN
BE A CENSUS TAKER

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:
✓ Great pay
✓ Flexible hours
✓ Weekly pay
✓ Paid training

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCI
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.
Happy 1st Birthday to Yeneques Smith-Avery

To our Yeni,
You have brought us more joy than we could have possibly imagined. You are smart, handsome, loveable, and funny. There is no other baby like you. Thank you for coming into our world with your big smile, big personality, and big heart. You make each of us want to be better people. We can’t wait to see the wonderful things you do as you grow. We love you so much, happy birthday!

Love Grandma, Grandpa, Dad, Mom, Great-Great Grandma, and Uncles

We Wish Payton a Happy 14th Birthday, We hope you have a wonderful year.

Love you so much, Mom and Dad

Happy Mother’s Day~ We love all you Moms out there!

Happy Mother’s Day to

Becky Charles

Thank you for being a great supporter, ally, and best friend. We would not be where we are today without your encouragement, help, and sometimes tough love. We love you and appreciate you. You’re a pretty cool grandma too!

Happy Mother’s Day Mom
### May Birthdays – Tribal Members

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<td>Louise Rose</td>
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<td>5/2</td>
<td>Isaiah Bennett</td>
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<tr>
<td>5/2</td>
<td>Drew Black</td>
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<tr>
<td>5/2</td>
<td>Denise Gloria</td>
</tr>
<tr>
<td>5/3</td>
<td>Roger Tinoco</td>
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<tr>
<td>5/3</td>
<td>Maya Turrey</td>
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<tr>
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<td>Melia Webber</td>
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<tr>
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<td>Karsten Turrey</td>
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<td>Ciara Cargo</td>
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<tr>
<td>5/5</td>
<td>Ruth Charles</td>
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<tr>
<td>5/5</td>
<td>Sonja Elofson</td>
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<tr>
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<td>Michael Romero</td>
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<td>Alfred Charles Jr.</td>
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<td>Irene Moses</td>
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<td>John Boyd III</td>
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<tr>
<td>5/9</td>
<td>MarKeith Penn</td>
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<td>Russell Hepfer</td>
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<td>Carmen Watson-Charles</td>
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<td>Mary Cooke</td>
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<td>Zoey Boston</td>
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<td>5/21</td>
<td>Verna Sampson</td>
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<td>Kristen Charles-Dunstan</td>
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<tr>
<td>5/22</td>
<td>Kiana Stephan</td>
</tr>
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<td>5/22</td>
<td>Stachen Stephan</td>
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<td>5/22</td>
<td>Jayceon Tinoco</td>
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<td>Samantha Acosta</td>
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<td>Braedan Kahl</td>
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<td>Wesley Macias</td>
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<td>Michelle Money</td>
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<td>5/23</td>
<td>Heavenly Sampson</td>
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<td>Sage Walden</td>
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<td>Timothy Webber</td>
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<td>Hailey Charles</td>
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<td>Leilani Cornelson</td>
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<tr>
<td>5/25</td>
<td>Jaine Macias</td>
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<td>5/25</td>
<td>King Towner</td>
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<td>5/27</td>
<td>Anita Charles</td>
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<tr>
<td>5/27</td>
<td>Monica Clark</td>
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<td>5/27</td>
<td>Lisa Temple</td>
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<td>5/29</td>
<td>Jonathan Sampson Sr.</td>
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<tr>
<td>5/30</td>
<td>Gloria Baty</td>
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<tr>
<td>5/30</td>
<td>Xaviar Bolstrom</td>
</tr>
<tr>
<td>5/30</td>
<td>Michael Skerbeck</td>
</tr>
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### May Staff Birthdays

- 5/2 Sam Hough
- 5/4 Michelle Charles
- 5/5 Sarah Lovejoy
- 5/10 Russell Hepfer
- 5/13 Stacey Price
- 5/14 Nina Napiontek
- 5/15 Lester (Mo) Moses
- 5/17 Jessica Tinoco
- 5/20 Bernice Ellis
- 5/20 Terri Demorest
- 5/28 Glen Roggenbuck
- 5/30 Suzie Bennett
- 5/20 Kathryn Gyori
# May 2019 Elders Nutrition Program Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6th</td>
<td>Hobo Dish over brown rice</td>
<td>Sweet and Sour Chicken over</td>
<td>Clam Chowder with HM WW rolls</td>
<td>Jamestown Lunch</td>
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<tr>
<td></td>
<td>Green Beans</td>
<td>brown rice Asian style veggies</td>
<td>Baked potato wedges</td>
<td>No Lunch</td>
</tr>
<tr>
<td></td>
<td>Green Salad</td>
<td>Green Salad</td>
<td>Green salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Oranges</td>
<td>Fruit Juice</td>
<td></td>
</tr>
<tr>
<td>13th</td>
<td>Tuna Sandwich Cheddar broccoli</td>
<td>Pork Loin</td>
<td>Baked potatoes with chili</td>
<td></td>
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<tr>
<td></td>
<td>Soup (Broccoli on the side)</td>
<td>Quinoa</td>
<td>And condiments</td>
<td>Chicken burrito bowls with brown</td>
</tr>
<tr>
<td></td>
<td>Salad bar</td>
<td>Green Salad</td>
<td>WW Roll</td>
<td>rice</td>
</tr>
<tr>
<td></td>
<td>Pears</td>
<td>Oranges</td>
<td>Green Salad</td>
<td>W/Condiments</td>
</tr>
<tr>
<td>20th</td>
<td>Black bean and quinoa enchilada</td>
<td>Meat Loaf</td>
<td>Indian Tacos</td>
<td>Pulled pork sandwiches on</td>
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<tr>
<td></td>
<td>bake (Vegetarian)</td>
<td>WW bread</td>
<td>with condiments</td>
<td>WW buns</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
<td>Green Beans</td>
<td>Green Salad</td>
<td>Coleslaw</td>
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<tr>
<td></td>
<td>Green salad</td>
<td>Green Salad</td>
<td>Fruit Juice</td>
<td>Green salad</td>
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<tr>
<td></td>
<td>Fruit Juice</td>
<td>Oranges</td>
<td></td>
<td>Applesauce</td>
</tr>
<tr>
<td>27th</td>
<td>BBQ Oven Baked Chicken WW Corn</td>
<td>Beef enchilada Casserole with WW</td>
<td>Baked fish</td>
<td>Pot Roast with roasted root</td>
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<tr>
<td></td>
<td>bread Cucumber salad</td>
<td>tortillas</td>
<td>Boiled red potatoes</td>
<td>veggies</td>
</tr>
<tr>
<td></td>
<td>Green Salad</td>
<td>Sliced tomatoes</td>
<td>Broccoli</td>
<td>WW Rolls</td>
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<tr>
<td></td>
<td>Pears</td>
<td>Green salad</td>
<td>Brown rice</td>
<td>Green salad</td>
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<tr>
<td></td>
<td></td>
<td>Oranges</td>
<td>Green Salad</td>
<td>Applesauce</td>
</tr>
</tbody>
</table>

**HOLIDAY-NATIVE AMERICAN DAY**

**NO LUNCH**

<table>
<thead>
<tr>
<th>14th</th>
<th>15th</th>
<th>16th</th>
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<tr>
<td>21st</td>
<td>22nd</td>
<td>23rd</td>
<td>24th</td>
</tr>
<tr>
<td>29th</td>
<td>30th</td>
<td>31st</td>
<td></td>
</tr>
</tbody>
</table>
TRIBAL DIRECTORY

Tribal Center
2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471
CEO William (Bill) White, Ext 7469
COO of Enterprise Linty Hrise, Ext 7438
CFO Froilan Sarmiento, Ext 7463

Accounting
2851 Lower Elwha Road
Tonya Greene, Controller/Grants
Administrator Ext. 7461
Jo Kinski, Employee Benefits Specialist, Ext 7460

Cedar Box Smoke Shop
4779 S Dry Creek Road
Isaiah Coley, 360.452.9250

Child Care
322 Stratton Road
360.452.3562
Deborah Hales, Director Ext 7471

Education
Jessica Egnew, Director Ext 7425

Elwha River Casino
631 Stratton Road, 452.3005
Mike Watson, Interim General Manager

Elder Services
Leona McKinnon, Coordinator Ext 7466

Employment Services/HR/TERO
Sandra Johnson, Director Ext 7429

Enrollment Services
Marilyn Edgington, Ext 7444

Facilities & Maintenance
Warren Stevens, Director Ext 7432

Gaming Commission
631 Stratton Road
360.452.5628
Elaina Begay, Director

Head Start/Early Head Start
463 Stratton Road,
360.452.2587
Deborah Hales, Director Ext 7471

Health Clinic
243511 Highway 101 West
360.452.6252
Dr. Matthew Whitacre, Health Services Dir.

Heritage Center
401 E. First Street, 360.417.8545
Suzie Bennett, Ext. 2908

Human Resources
Lorinda Robideau, Ext 7430

Housing Authority
22 Kwitsen Drive, 360.457.5116
Gerald Charles, Director Ext. 7551

Information Technology
Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court
341 Spokwes Drive
360.452.6759

Klallam Counseling Services
243613 W Hwy 101, Port Angeles
360.452.4432
Stormy Howell, Treatment Manager

Law & Order/Police Dept.
Justice Center
341 Spokwes Drive
360.452.6759 Ext 2922
Sam White, Chief of Police

LOWER ELWA FOOD & FUEL
Isaiah Coley, 360.452.9250

Natural Resources/Fish Hatchery
760 Stratton Road
360.457.4012
Matt Beirne, Director Ext 7485

Planning & Development
Arlene Wheeler, Director Ext 7437

Prevention Health/GYM
Jason Wheeler, Ext. 7440

Social Services
3080 Lower Elwha Road
360.565.7252
Kelly Bradley, Director

BUSINESS COUNCIL

Frances G. Charles
Tribal Chairwoman, Ext. 7411

Russ Hepfer
Vice Chairman, Ext. 7412

Anthony Charles
Secretary/Treasurer Ext. 7415

Steve Joaquin Robideau
Council Member, Ext. 7413

George Charles
Council Member, Ext. 7414
ELWA NEWS
Lower Elwha Klallam Tribe
ʔəʔxʷə nəxʷsƛ̓ayəm
“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 18th of the month.

Keri Ellis
Executive Administrative Assistant
2851 Lower Elwha Road
Port Angeles, WA 98363
Phone: 360.452.8471
Fax: 360.452.3428

Upcoming Events:

5/2 – RSVP for “Mending the Rainbow”

5/5 – “Missing & Murdered Indigenous Women” March

5/7 & 5/8 – “Mending the Rainbow” FREE Training

5/12 – Mother’s Day

5/13 – Native American Day Observance, Tribal Programs Closed

5/17 – Head Start & Early Head Start Regalia Picture Day

5/27 – Memorial Day, Tribal Programs Closed
Lower Elwha Food Bank

3080 Lower Elwha Rd, Port Angeles, WA 98363

360-565-7257

We currently are in need of donations for non-hygiene items! Shampoo, body wash, toothbrushes, toothpaste, laundry soap, dish soap, deodorant, etc. Donating hotel/motel complimentary size items helps make a difference!! Thank You!
Current list of items

~ Fresh Pears, Apples, Oranges, and Carrots
~ Milk
~ Eggs
~ Bread, Pastry, Hot Dog Buns, and Cake
~ Coho Fillets, Boneless Chicken Breasts, Ham, Breaded Cod, Chicken thigh & Wings
~ Canned Fruit & Vegetables
~ Kidney Beans, Pinto Beans, Black Beans, and Garbanzo Beans
~ Macaroni, spaghetti, and Wide Egg Noodles
~ Rice
~ Cereal, Oatmeal, and Granola
~ Canned Diced Tomatoes, Tomato Sauce, and Spaghetti Sauce
~ Cereal Bars, Protein Bars, Crackers, and assorted snacks
~ Peanut Butter & Grape Jam
~ And much More!!

What we have to offer varies from time to time, limited quantities, and may change without notice. Everyone is eligible, information required: name, number in household, ages of those in home, and address.