



July 2024

Elwha News

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“The Project Venture group poses for a photo with Marymere Falls in the background on June 19”

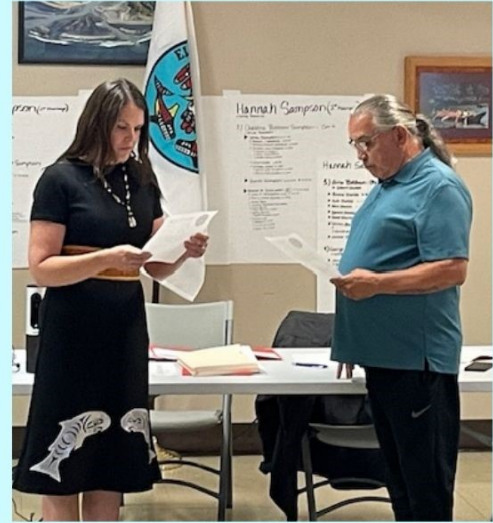


“The Afterschool Program celebrates the end of the school year with a pizza party and a movie”



Operations and Public Health Transitions

Thank you for everyone that have supported me in my journey to become the newest member of our Business Committee. I truly appreciate your support and words of encouragement. My first few weeks as a councilmember were full of changes and transitions. Many of Tribal Operations work that I previously carried out will be passed onto current staff and public health duties will be moved under the clinic.



THE COVID VACCINE SUPPORT PROGRAM HAS ENDED

The final day to apply for the COVID vaccine support program has passed and the program is now over. This program was a great resource for our community and helped ensure we stayed up to date on our COVID vaccines. Thank you Nancy for helping manage the program!

Spring Produce (Spring Veggies)

The weekly spring produce is in fully swing! Boxes full of beautiful greens and spring veggies. Make sure to pick up your box and get your weekly veggies from the food bank



Lower Elwha Camp Crier Mobile App

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





4th Annual 2 Spirit Pride Walk Celebration

June 12th is Kenny Charles Jr.'s birthday. On June 12th we gathered in town for our 4th Annual 2 Spirit Pride Celebration Walk in his honor.

We prepared for this event in collaboration with Tribal Council, LEKT Administration, Elwha River Casino, The Cedar Box, Lower Elwha Food and Fuel, The City of Port Angeles, LEPD, PAPD, Klallam Counseling Services, Lower Elwha Health Clinic, and Rite Aid Pharmacy. The sun was shining down just for the duration of our event. The energy was amazing.

For the first hour we face painted and made signs in support of the LGBTQIA+ community and in remembrance of Kenny. Elwha River Casino provided pride T-shirts for everyone to have that bore artist Jimmy Price's stunning design. For the second hour we walked down to the pier with our signs and flags waving in step to great music and supportive honks from the Port Angeles Community driving by.

Those in attendance at the pier got the opportunity to spin our prize wheel and partake in creating a handprint tapestry that will serve to represent continued support of the LGBTQIA+ Community. The LEKT drum group honored Kenny with songs and those that wanted to, were given the opportunity to speak to offer words of remembrance and love.

The Cedar Box provided water and placed pride stickers in Kenny's honor on customer's drinks throughout pride month. Each sticker had a QR code link to the Trevor Project. The Trevor Project is the leading national suicide prevention and crisis intervention nonprofit organization for LGBTQIA+ youth.

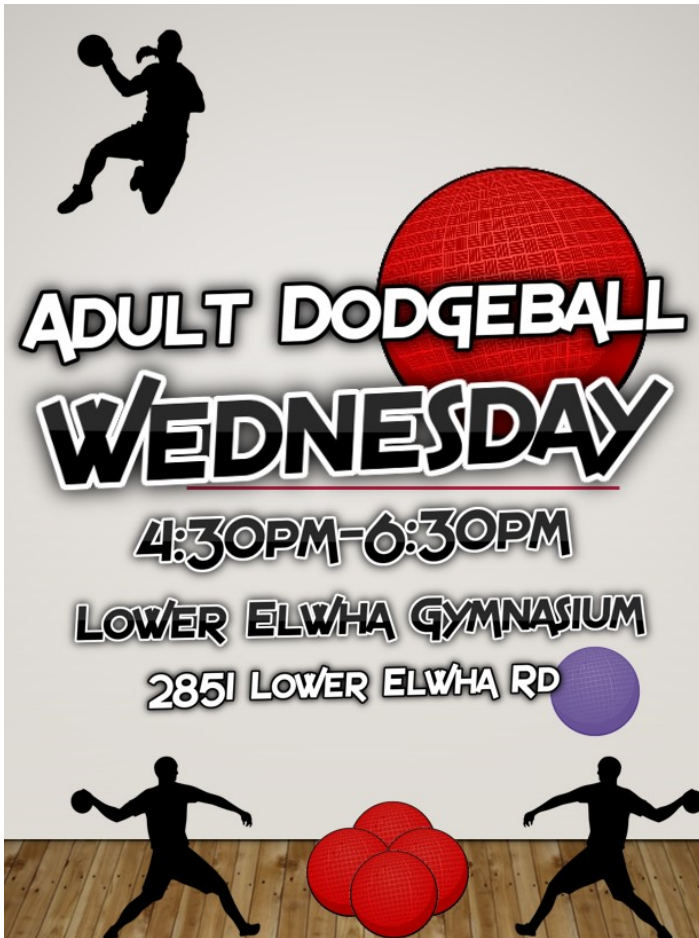
Special shout outs to Joseph Bennett and Emma Bankson for the beautiful pictures. Beatriz Arakawa for setting up the pier, Lower Elwha Maintenance crew and Bucky Johnston for helping with the tables and chairs, and to the Pride walk planning to team for weaving everything together!

háʔnəŋ cn everyone!

We are very excited about the possibilities for next year's walk!

JUNE 12, 2024





ADULT DODGEBALL
WEDNESDAY
 4:30PM-6:30PM
 LOWER ELWHA GYMNASIUM
 2851 LOWER ELWHA RD



2ND ANNUAL LEHA
 Everyone is Welcome!
 Thursday
 July 11th, 2024
HOUSING FAIR!
DOOR PRIZES!

3:00pm-6:00pm
 LEHA Office
 22 Kwitsen Dr.
 Port Angeles,
 WA 98363

DINNER PROVIDED BY: ELWHA RIVER CASINO

ANY TENANT OF THE LEHA OR TAX CREDITS HOMES WILL BE PUT IN A SEPARATE DRAWING FOR ONE FREE MONTH'S RENT!

COME AND LEARN ABOUT: HOMEOWNERSHIP, SECTION 184, USDA, FINANCIAL LITERACY, TRIBAL PROGRAMS

Elders Information

- Lunch – 55 years and older
- Monthly Assistance Checks – Will be in the mail every 3rd Friday of the month.
- Energy Assistance – 60 +
- Funds added to your account in December
- Shopping Day – Tuesday's. Call Samantha Acosta to arrange pick up 360.406.1572
- Monthly Meeting – Last Monday of the month. Located In the dining hall @ 11:45am.
- Exercise Class – with Jason Wheeler in the Gym Mon. 10 & 11 am, Wed. 11 am , & Friday 10 & 11 am

New Hours
CLOTHING CLOSET

Come check it out @ The Children's House of Learning

Every Thursday
8:00 - 4:30

291 Spokwes Drive
Port Angeles WA 98565

Want to
DONATE??

Please call ahead to see if we have room for your donations 360-504-3141

Items Accepted

- Men's, Women's, Teens, Kids, Toddler, Baby
- Shoes, clothes, hats, scarves, gloves, swimsuits.
- No under garments

Must be

- Clean
- New or Gently Used
- Free of rips and tares
- Stain Free

Have you lost a loved one? Do you feel stuck, alone, or lost in grief?

Join our Adult Grief Support Group

6 sessions starting in July

Call for details and location.

Find solace, support, and community with others as you work together through your losses, guided by

Jory Kahn, LMHCA and

Sandra Stokes, LICSW

Join us! Call to reserve a spot.

Lower Elwha Mental Health

360-565-7264 ext. 7519

ELWHA TRANSIT



MONDAY – FRIDAY MORNING SCHEDULE

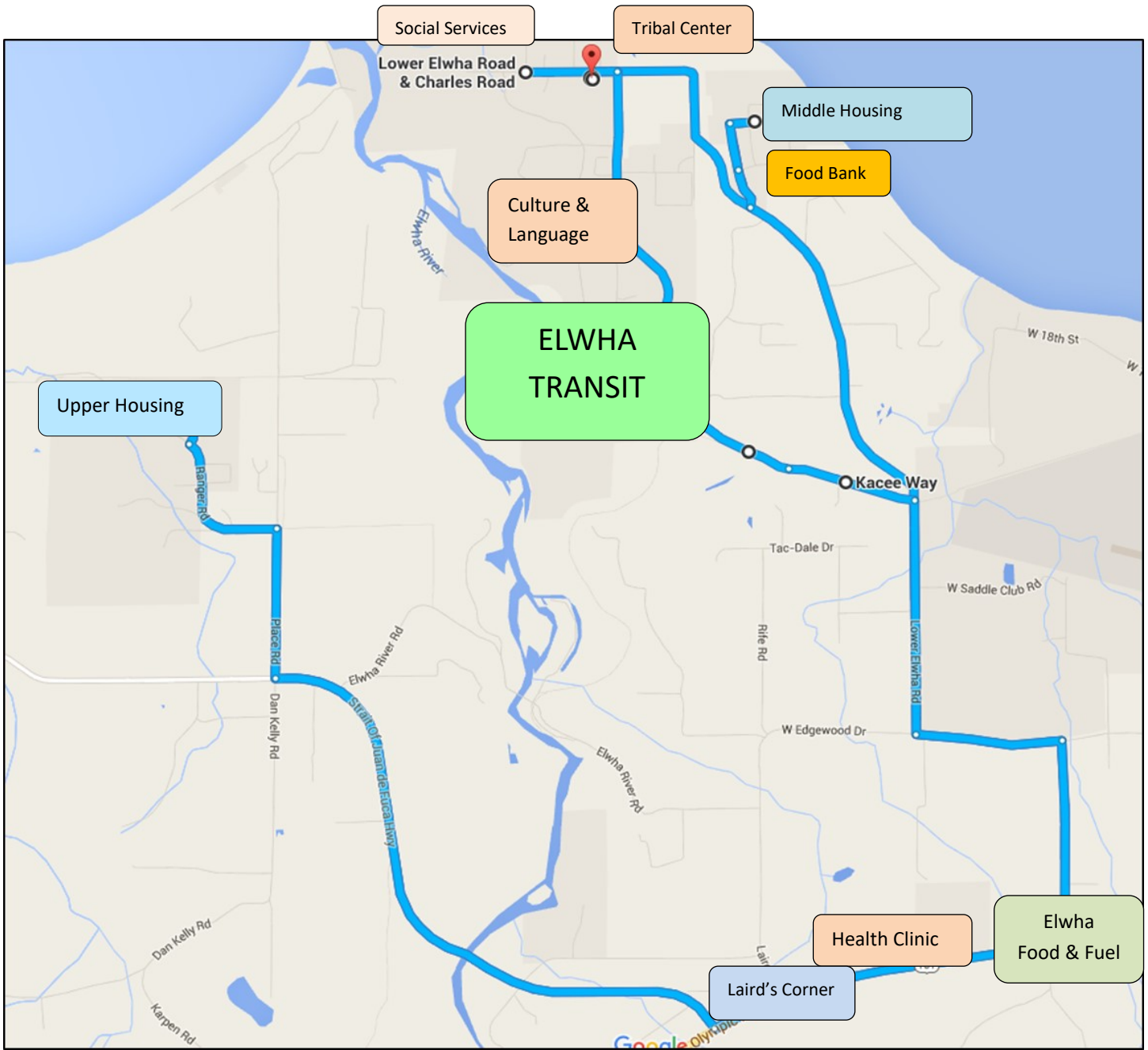
Tribal Center	9:50
Tower/Justice	9:55
Social Services	10:00
Tribal Center	10:05
Culture & Language	10:10
Elwha Food & Fuel	10:20
Health Clinic	10:24
Upper Housing	10:28
Laird’s Corner	10:36
Health Clinic	10:40
Elwha Food & Fuel	10:50
Tribal Center	11:00

MONDAY – FRIDAY AFTERNOON SCHEDULE

Tribal Center	1:50/3:20
Food Bank	1:55/3:25
Tower/Justice	2:00/3:30
Social Services	2:05/3:35
Tribal Center	2:10/3:40
Culture & Language	2:15/3:45
Elwha Food & Fuel	2:25/3:55
Health Clinic	2:31/4:01
Upper Housing	2:37/4:07
Health Clinic	2:43/4:13
Elwha Food & Fuel	2:49/4:20
Food Bank	2:55/4:26
Tribal Center	3:00/4:30



***Afternoon shuttle will stop at Laird’s Corner on request
 Contact 360-452-8471*7468 for more information
 No shuttle service provided on staff holidays**



Happy Birthday to my beautiful mom Charlene!

I hope you have an amazing 68th Birthday!!

I Love you

BE A PART OF THE SOLUTION, NOT THE POLLUTION!

Let's work together to keep our community clean and beautiful. Littering harms our environment and diminishes our collective pride in our surroundings. Please dispose of trash responsibly in designated bins. Remember, every effort—big or small—contributes to creating an environment we can proudly pass on to future generations!



**KEEP IT CLEAN,
KEEP IT GREEN!**

How To Eat To Lower Body Inflammation

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

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

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

Starting in July 2024. The time is based on your schedule, phone or zoom, Monday-Thursday (8 AM-5 PM). Each session 30 minutes.

Rsvp to 360-912-1500 or dawn.travelstead@elwha.org.



Family Advocacy Updates

July 2024

Dearest Lower Elwha Klallam Tribal Community members and readers,

Announcement and up-coming LEFA events:

Welcome, **Victoria “Tor” Parker!** Tor is a new Family Advocate and Community Outreach Specialist. She started working with the Social Services Department last week of June.

In response and support of the LGBTQ+ and two Spirit community, two support groups are being offered on two separate days, times and locations:

The **morning LGBTQ+ and Two-Spirit** support group has started Monday’s, June 17 10:00 am to 11:30 am at Elwha Heritage Center. Call if you are interested to attend.

The **evening LGBTQ+ and Two-Spirit** support group is schedule for Wednesday’s July 17 through November 6 from 5:00 PM to 6:30 PM at Elwha Social Services building.

The on-Site LGBTQ+ and sex trafficking training that scheduled Tuesday, July 9 and Wednesday, July 10, **has postponed until further noticed.**

Women’s Talking Circle will start Wednesday, August 14, 2024 from 11:30 to 1:00 pm. Location is to be determined. This will be on going and open weekly group.

Join us for a safe, non-judgement free self-

help support groups!

***“Learning to nurture yourself is critical – not only in times of crisis. It’s an important aspect of everyday life.....Self-care is at the core of healing. It’s a way that you can demonstrate love and respect for the child you were, the adult you are now, and the person you are becoming.” *The Courage to Heal* by Ellen Bass & Laura Davis

***Are you a victim/survivor of domestic violence, stalking, dating violence, sex trafficking, and/or sexual abuse/assault? Do you know anyone who is going through these types of abuse? How can we – LEFA staff be of your service? You can reach out to us in many ways.

Congratulations to all graduates of Class 2024! Congratulation to all students, you made it for next school year! Have a fabulous and safe summer everyone!

**In Solidarity,
Beatriz Arakawa. LEFA**

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



MEET OUR NEW SEXUAL ASSAULT RESPONSE TEAM (SART) & LEFA ADVOCATE & COMMUNITY OUTREACH SPECIALIST

Tor Parker

I am the granddaughter of Ernest “Kolchote” Cheeka of the Ozette Village and Joyce Simmonds of Squaxin Island. My parents are Ernest “Kolchote” Cheeka and Marchita Joyce Holden.

I am Q^wiidičča?a•txiḡ — ?a•ba•qłit?iq ła•yi•cux^wadi• (Makah- the Cape People), as are my children. I have two grandchildren and they are my and my mate Darrell’s focal point- them and our dog Obie!

I join tribal operations under two teams: The SART Team as Sexual Assault Response Advocate, located at the Lower Elwha Health Clinic, and the Community Outreach Team located at the Social Services Building. Prior, I have served in these positions with Dove House Advocacy Services, Healthy Families of Clallam County, and the Tuwaduq- People of the River (Skokomish Tribal Nation). It is with Skokomish that I truly learned cultural response to violence, and traditional healing. I have learned trial litigation for victims of crime through the Southwest Center for Law and Policy and each summer I now teach litigation at the University of Wisconsin Law School Campus. I have hope that my foundation set by my grandparents and parents (and SO many aunts) along with my formal learning will make me an asset to the community.



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!

Healing Court News

The Lower Elwha Healing Court attended a 2 day Family Healing to Wellness Court training on June 5th & 6th from TLPI (Tribal Law and Policy Institute). The Healing Court Team extends special thanks to the Business Council, Judge Black, Lower Elwha Police Dept, ICW Program, Tribal Attorney Office, KCS, Lower Elwha Tribal Court, and Tribal Probation for participating. há?nəŋ cn (thank you) to our TLPI



trainer Kristina Pacheco for positive and impactful training. Healing Court is looking forward to meaningful service to our participants and the community. To contact Healing Court 360-452-8471 Ext 2936, Kerrie.morrison@elwha.org, ted.bowen@elwha.org

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.

LIBRARY

Summer Is Here!

The Library's Summer Reading Program is in full swing, so we figured we'd share some of our favorite summer books!

This One Summer by Mariko Tamaki

The Boxcar Children: Surprise Island by Gertrude Chandler Warner

All Summer Long by Hope Larson

Diary of a Wimpy Kid: The Getaway by Jeff Kinney

Healer of the Water Monster by Brian Young

The Summer of Bitter and Sweet by Jen Ferguson



Speaking of the Summer Reading Program, it's not too late to sign up! Kids up to 18 can read to earn entries into weekly prize drawings, and our end-of-summer grand prize drawing. How do kids get prize entries? Simple! You can find a Reading Log in the Library. Every time kids read a book, record it and how many minutes of reading they did in the log. For every 20 minutes of reading, kids will earn an entry into our weekly prize drawing. Weekly prize drawings will take place each Friday at 3pm in the Library. For every hour of reading, kids will receive an entry into the grand prize drawing, which will take place on Friday, August 30th at 3pm, which is also the final day of the program. The Grand Prize this year is a pair of Anker Soundcore Q30 wireless headphones. Other Grand Prizes include a Lego X-Wing, 85 Piece Art Supplies kit, and a giant 24" Squishmallow.

Weekly Classes

We are continuing our weekly classes here in the Library every Tuesday at 5pm. This

month's schedule is: July 2 (Tue. due to July 4 holiday): Northstar Basic Computer Skills; July 10: Internet Safety for Parents; July 17: Northstar Introduction to MS Excel; July 24: Career Search Skills and Resume Workshop. Join the Zoom at <https://us06web.zoom.us/j/83804165861?pwd=VPd9hYIjbEbI2FtQdY2sSEUpDOEZ5F.1>. Please contact Jason at Jason.morris@elwha.org for any questions.

Free Summer Lunches

Meals are available at no charge to children 18 years of age and younger. Children or parents/guardians may come to pick up prepared lunches from 11:30am to 12:15pm Monday-Friday at the Tribal Center Dining Hall, 12:30-1:00pm at the Children's House of Learning parking lot, and 1:15-1:45pm at The Gathering Place parking lot, and may choose to stay and eat or leave and eat somewhere else. This program will run starting June 25, 2024 and will end Aug. 30, 2024.

RECREATION CALENDAR

July 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8am-830pm Elders Movement 10am Youth Basketball 1pm Switch Games 3pm Adult Basketball 630pm	2 8am-830pm Dr Dish Shooting 10am Youth Volleyball 1pm Kickball @ Field 3pm Women's Night Open Gym 5pm-7pm	3 8am-830pm Elders Movement 10am VertiMax Training 1pm 3v3 Basketball 3pm Adult Basketball 630pm	4 4 th of July CLOSED	5 8am-830pm Elders Movement 10am Basketball Training 1pm Kickball 3pm	6 Hours TBD
7	8 8am-830pm Elders Movement 10am Youth Volleyball 1pm Switch Games 3pm Adult Basketball 630pm	9 Field Trip TBD 1030am-630pm Dr Dish Shooting 11am Youth Basketball 1pm Women's Night Open Gym 5pm	10 8am-830pm Elders Movement 10am VertiMax Training 1pm 3v3 Basketball 3pm Adult Basketball 630pm	11 Field Trip TBD 1030am-7pm Dr Dish Shooting 11am Pickleball 1pm Board Games 3pm Youth Volleyball 5pm	12 8am-830pm Elders Movement 10am Basketball Training 1pm Kickball 3pm Teen Night 8pm	13 Hours TBD
14	15 8am-830pm Elders Movement 10am Youth Volleyball 1pm Switch Games 3pm Adult Basketball 630pm	16 Field Trip TBD 1030am-630pm Dr Dish Shooting 11am Youth Basketball 1pm Women's Night Open Gym 5pm	17 8am-830pm Elders Movement 10am VertiMax Training 1pm 3v3 Basketball 3pm Adult Basketball 630pm	18 Field Trip TBD 1030am-7pm Dr Dish Shooting 11am Pickleball 1pm Board Games 3pm Youth Volleyball 5pm	19 8am-830pm Elders Movement 10am Basketball Training 1pm Kickball 3pm Family Dance 8pm	20 Hours TBD
21	22 Gym Hours TBD	23 Gym Hours TBD	24 Gym Hours TBD	25 Field Trip TBD 1030am-7pm Dr Dish Shooting 11am Pickleball 1pm Board Games 3pm Youth Volleyball 5pm	26 8am-830pm Elders Movement 10am Basketball Training 1pm Kickball 3pm Game Night 6pm	27 Hours TBD
28	29 8am-830pm Elders Movement 10am Youth Volleyball 1pm Switch Games 3pm Adult Basketball 630pm	30 Field Trip TBD 1030am-630pm Dr Dish Shooting 11am Youth Basketball 1pm Women's Night Open Gym 5pm	31 8am-830pm Elders Movement 10am VertiMax Training 1pm 3v3 Basketball 3pm Adult Basketball 630pm			

What Happened to the Extinct Woolly Dog?

View online at: smithsonianmag.com/Smithsonian-institution/what-happened-to-the-extinct-woolly-dog-180983580/

Researchers studying the 160-year-old fur of a dog named Mutton in the Smithsonian collections found that the Indigenous breed existed for at least 5,000 years before European colonizers eradicated it.



For thousands of years, the Coast Salish people of the Pacific Northwest had what might have seemed a curious tradition to outsiders: They kept and periodically sheared fluffy white dogs, generating wool to weave into spiritually important blankets and ceremonial garments. The woolly dogs, which resembled current-day Samoyeds, were not pets. The Coast Salish people considered them to be close relatives, on par with humans, and believed they had wisdom to share. The keepers—mostly women—had a certain wealth and status. They gave the dogs a special diet that included salmon and other marine life, and they protected the animals from breeding with village dogs.

Yet, by the late 19th or early 20th century, the woolly dogs were extinct.

For more than a century, it has been accepted in non-Native circles that the Coast Salish gave up their beloved woolly dogs because of the ease of access to manufactured blankets, introduced by American and Canadian colonizers. But the fur of a particular woolly dog—which had been residing in the collections at the Smithsonian's National Museum of Natural History since before the Civil War—is now helping to tell a different, more accurate story.

The resulting paper, published in *Science* on December 14, 2023, was a collaboration between Smithsonian and non-Smithsonian researchers, along with members of Salish communities. By weaving togeth-

er the Native nations' ancestral and oral histories with advanced scientific methods—including genomic analysis—the authors were able to confirm that the woolly dog existed for at least 5,000 years. While animal remains from the distant past found in Salish territories were thought to have belonged to woolly dogs, the study is the first scientific evidence that the animals definitively existed in the region for millennia.

"We knew that," says Michael Pavel, an elder from the Skokomish/Twana Coast Salish community in Washington State who contributed to the study. "We knew what we were feeding it, we knew how it was cared for, we knew that it was unique, and much of the scientific results attested to that."

The study might never have happened without a dog named Mutton. During the Covid-19 pandemic, evolutionary molecular biologist Audrey Lin was scrolling through Twitter (now called X) and came across an article in *Hakai* magazine about the Salish and their traditional relationship with the woolly dog. She had a special interest in dog evolution but had never heard of the breed. She says she was enchanted by the description of Salish women paddling through coastal waters with their trusted and well-loved dogs in their canoes.

The article mentioned that the Smithsonian held perhaps the only known woolly dog pelt. It belonged to a dog named Mutton—named for his love of chasing sheep—and had been sent to the Institution in 1859 by his owner, an amateur ethnologist and naturalist named George Gibbs. Most likely, Gibbs—who studied Native cultures while he worked on the Northwest boundary survey—received Mutton as a gift. Mutton's pelt had been studied before, in the early 2000s, to help determine whether textiles held by various museums contained woolly dog fibers. Lin wanted to know more about the woolly dog lineage and decided to create a full genomic profile. "I was very surprised that there hadn't been any published genetic work on Mutton," she says. Specifically, she was hoping to see if he was a "pre-colonial dog," one that had been present long before colonizers came to North America.

The woolly dog was no longer in existence as of the early 20th century, and Coast Salish weaving traditions almost died out as well. Outside of Native communities, the conventional explanation had long been that the Coast Salish themselves lost interest in breeding and shearing the dogs once cheaper fibers and blankets became available.

But the Coast Salish themselves passed down a different story: European missionaries and authorities set out to eradicate the woolly dog because it was associated with Native beliefs and cultural practices. Garments created from the woolly dog fibers, such as headbands, carrying straps, robes and other ceremonial regalia, were thought to have been imbued with spiritual properties.

“The woolly dog was gifted by the Creator to have wool fibers that would retain the energy of prayer,” Pavel says. A textile made from its fur was a prized gift. It “would be one of the most sought-after and highly respected items to receive in the ancestral days,” he says. But once the British came, he says, “the woolly dog, not unlike the Coast Salish people, was persecuted.” The dogs “were either assimilated or eradicated, not unlike the policies and procedures impacting the Indigenous people.”

The Science paper supports this explanation. As colonialism spread, many Coast Salish traditions—including strict reproductive isolation for the dogs—were eradicated, says Logan Kistler, an anthropologist at the National Museum of Natural History who was part of the project. The researchers discovered that while Mutton had genes that tied him to pre-colonial times, he was only around 85 percent woolly dog. His genes suggested that he most likely had recent ancestors that were allowed to breed with European dogs. In the paper, one elder, Rena Point Bolton, recalls that her great-grandmother was forced to give up her dogs. Her ancestors “were told they couldn’t do their cultural things,” by Indian agents and law enforcement, Bolton told the researchers. “The dogs were not allowed.”

The scientists performed a forensic reconstruction of Mutton, based on information from his pelt, and found that he was bigger than the skeletal remains of other dogs in the archaeological record that were thought to have been pure woolly dogs. “He was a little bit thick looking,” says Lin, noting that he stood

40 centimeters (15 inches) tall at the shoulder.

Although Mutton was not 100 percent woolly dog, he still had enough woolly dog DNA that Lin and her colleagues were able to gain more insight into why the dog’s fur provided rich material for weaving. They identified 28 genes that have links to hair growth and follicle regeneration. And they created a reference genome for the woolly dog that will help pinpoint whether other skeletal remains found in the Pacific Northwest belonged to woolly dogs, says Lin.

Mutton’s genome also provides a valuable reference point for understanding the evolution and diversity of other dogs from the Pacific Northwest.

Mutton’s contributions to science and cultural understanding may grow in the coming years. Kistler says the pelt may make a visit back home to the West Coast in 2025 for a meeting of the Coast Salish. The Smithsonian is also collaborating with a filmmaker to create a documentary about woolly dogs and weaving.



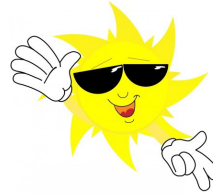
The woolly dog “had a gift to offer humanity,” says Pavel—not just their wool, but what he calls their “teachings,” the wisdom they shared with humans. “They were loved, they were embraced and in return, they showed us unconditional love. They showed us loyalty and a zeal for life.”

June 2024

Klallam Strong: Nutrition & Diabetes Newsletter

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

Self Care for Mental Health



- Mental Health
- Eye Disease
- Did You Know?

1. Practice deep breathing.

An effective way to control stress. Take a few breaths in through your nose and out through your mouth. Do this 10 times and focus on the breath.

2. Eat a Healthy Diet

Focus on less processed and more clean whole foods.

3. Spend time in nature.

Take a walk in the park, along the beach or a hike.

4. Read a book.

Keeps your mind sharp and prevents cognitive decline.

5. Be Kind to Yourself.

Practice patience and celebrate your accomplishments, no matter how small they seem.

6. Try a New Hobby or Listen to Music

Can reduce stress and improve mood.

7. Reduce Caffeine Intake.

8. Get Enough Sleep.

Strategies to Prevent Diabetic Eye Disease

Blood sugar management, exercise and annual screenings all help reduce the risk of diabetes-related eye disease.

Over time, high blood sugars can damage blood vessels all over the body, including the eyes.

As a result, people with diabetes are especially at risk for four types of eye disease:

1. Retinopathy-weakened blood vessels.
2. Macular edema—creates swelling.
3. Cataracts—cloudy vision.
4. Glaucoma—increased eye pressure.

Did you know? If you have diabetes you should have an eye exam once a year.

Please call me if you have any nutrition issues for your family that you would like assistance with from me. No charge for tribal members and their family. (360) 912-1500

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

Please contact Nicole at (360) 417-8545 x2912

Denture Care Tips from Dental



Removable partial or full dentures require proper care to keep them clean and free from stains.

-REMOVE AND RINSE DENTURES AFTER EATING: Run

water over your dentures to remove food debris and other loose particles.

-HANDLE YOUR DENTURES CAREFULLY: Be sure you don't bend or damage the plastic or clasps when cleaning. **PRO TIP:** Place a towel beneath them in case they fall. Porcelain sinks are known to break dentures from accidental drops.

-AVOID ABRASIVE CLEANING MATERIALS: Avoid stiff-bristled brushes and harsh toothpastes (including whitening toothpastes), as these are too abrasive and can damage your dentures.

-CLEAN THEM DAILY: Use a denture brush, rinse, and brush your dentures in clean, warm water. Then, soak them in a cleanser solution to help prevent buildup of bacteria. You may also use a mild soap like Dawn. Make sure to remove any adhesive.

DO NOT USE DENTURE CLEANSERS INSIDE YOUR MOUTH. Make sure to get into all the nooks and crannies, especially between the teeth (this is where we see a lot of



staining and debris).

NEVER use hot water. This can distort or warp the denture plastic and ruin them.

NEVER use bleach. This can weaken the dentures and change their color. Do not soak dentures with metal attachments in solutions that contain chlorine because it can tarnish and corrode the metal.

-NEVER SLEEP WITH YOUR DENTURES IN: Leave your dentures out before you go to bed. This may lead to fungal infections, and you don't want to accidentally swallow your denture (see picture below).

-KEEP DENTURES AWAY FROM PETS: Dogs love using dentures as chewing toys!



-BRUSH YOUR MOUTH: Brush your gums, tongue, cheeks, and natural teeth (for those wearing partial dentures) with fluoride toothpaste. It will help remove plaque, stimulate circulation, and maintain your oral health. Make sure to remove any adhesive.

-ANNUAL EXAMS: Even if you do not have teeth, please make an appointment to see us so that we can perform an exam and look for oral cancers. We can also examine how well your denture is fitting, correct sore spots and clean your dentures for you!

Ciara Rain Cargo Acosta



Ciara,
 We are so proud of you and all that you have accomplished. As you move onto this next chapter of life remember that no matter what battles you may face, we are always standing beside you, and for every victory, we are cheering you on. Keep being the sassy, strong-willed person that you are, and you will go far in life. We are so lucky to be your parents and be able to watch you grow and blossom into the beautiful spicy young lady who is going to take this world by storm we have no doubt.
 We love you, Kid!! - Mom and Dad

*Oh, the Places
 You'll Go!*

The Tribal Youth Program would like to recognize and congratulate the graduating class of 2024!

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go...” –Dr. Seuss

What a huge accomplishment you have completed! Always remember you have your family, community, tribe and Indian country behind you!



TRIBAL YOUTH PROGRAM

"Empowering Youth Through the Ways of our Ancestors"



**Please scan QR code or
follow the link below to
access TYP Survey!**

<https://tinyurl.com/LEKTTYPsurvey>

About the Program

This is a five-year grant funded program through the Office of Juvenile Justice and Delinquency Prevention (OJJDP). It Serves youth between the ages of 12-21 years of age. The program will follow the Healing of the Canoe Curriculum, providing individual wellness with the guidance of our ancestors. There will be additional classes and activities offered through the life of the program.

What to expect

- One time Registration is required for program.
- Transportation is provided.
- Culture classes
- Canoe Journey Prep
- Family Tree Project
- Intertribal Activities
- Roles within Potlatches
- and *much much more!*

Contact Info

Here are all the ways you can contact me:

- Email: melaine.wheeler@elwha.org
- Cell: (564) 215-1724
- Office: Lower Elwha Tribal Center

Program Pillars

The Healing of the Canoe (HOC) is an LEKT culture-based life skills and substance abuse prevention curriculum. HOC was developed to teach youth the essential skills they need to navigate life's journey, while promoting a sense of belonging.

Throughout the life of the program, guest speakers will be invited to talk with the youth, in-line with the topic of the curriculum.

1st Annual Promotion Parade

We had 19 youth participate in the first promotion parade. We had a lot of community members show up to support these youth moving onto the next level of their education.

The Tribal Youth Program (TYP) would like to thank the following programs for helping make this parade a success and gifting the youth with gifts: Lower Elwha Food & Fuel, Elwha River Casino, Lower Elwha Housing Authority, Lower Elwha Administration, Lower Elwha Family Advocacy Program, Lower Elwha Social Services, Lower Elwha Planning & Development, Lower Elwha Drum Group, Lower Elwha Law Enforcement, Lower Elwha Tribal Council.

We'll see all the youth again June 2025 for the 2nd Annual Promotion Parade!
Have a GREAT Summer!





We had seats for 300 people and the gym was packed. We did our celebration program first then dinner.

Attendance awards went to

Rosie Sanchez of the Eagles class only missed two days the entire year She received a weighted blanket, water bottle, and stuffed animal whale.

Gunnar Cameron of the Eagles class and **Ryan Black of the Ravens class** had perfect attendance for 8 months out of the year. They received a Native American Back pack and Native Basketball.

Isaac Gildow of the Bears class had 6 months of Perfect Attendance he received an Animal Journey

Jaxxon Charles-Elofson of the Otters class had 6 months received a Animal Journey canoe toy

Hayley Goldsbury of the Chipmunks class had 5 months of perfect attendance received a coloring book made by a Jamestown Klallam member with crayons.

Thank you Policy Council for your service: President-Yvonne Bolstrom, Vice President-Leilani Barkley, Secretary-Brittany Johnson, Treasure-Katrina Ayala, HS rep-Sasha Parrott & Saavik Cameron EHS Rep Amy Reed & Noah Brady, Member at Large Nancy Hamilton.

Family Night: Everyone who attended Family Night throughout the year had their name in the End of the Year Celebration Drawing. We had a male and female wallet, Whale water bottle, baby rattle, two beaded wallets:one Seahawks and one Bear Paw.

The grad prize 50 inch smart TV went to **Ryan Charles-Elofson**.

Thank you for a great year Head Start Families. Early Head Start is still going till August 14, 2024.

Updates From LEPD



Rachel Johnson has been a part of the Lower Elwha Police Department for more than 13 years. Rachel has been a key part of the daily operations of the department. Over the years she has ensured the department runs smoothly by overseeing department grants, manages the department's credentials with Washington State Patrol's ACCESS program, tracked and managed the department's budget, maintained personnel files, maintained police reports and ensured they get to proper departments, had a hand in getting Handle With Care started (Handle With Care is a program that ensures schools get notified of students that have been involved in a potentially traumatic incident so the school staff can better support those students)...these are just a few of the things Rachel has done for the department for over a decade.

Rachel has played a key role in the professional development of the department over the years. But nothing lasts forever. Rachel has accepted another position within the tribe. Although we are sad to see her go, we are happy that she is moving to a position where her skills can be put to good use. The Lower Elwha Police Department cannot thank Rachel enough for everything she has done for us over the years, and we wish her nothing but the best in her new position.

On June 13 **Officer River Bower** was sworn in at the Port Angeles Police Department. River has completed the Basic Police Officer Training Program at the Federal Law Enforcement Training Center in Artesia, NM and the Basic Law Enforcement Equivalency Academy at the Criminal Justice Training Commission at Burien, WA. Completing these training courses fulfills requirements set by the State of Washington to be certified as a peace officer. Along with that certification he has received a special commission with the City of Port Angeles that allows him to assist the Port Angeles Police Department outlined by the agreement LEPD has with them.

On the same day, **Corporal Dan LaTourette** received a meritorious service medal from the Port Angeles Police Department. In 2021, Cpl. LaTourette assisted the Port Angeles Police Department in an incident where somebody had been shot. Cpl. LaTourette and PAPD Officer Mueller (who received the same award) were the first responding officers to find the victim and evacuate him safely to receive medical care. Cpl. LaTourette and Officer Mueller acted quickly and put their own safety in jeopardy to get the victim to where they could receive life-saving care.



Elwha Police Department Statistics—May 2024

2024 Service Record	MAY
911 Hang-Up	1
Alarm/Alarm Check	1
Animal Calls	3
Boating Activity/Hunting	2
Business Check	126
Citizen Assist	13
Citizen Contact/paperwork /service	7
Civil	1
Community Oriented Policing	37
CPS/APS	1
Disabled Vehicle	1
Disturbance	2
Drug Violation	3
DV	1
Follow Up	20
Fraud	1
Harrassment	1
Kidnap	1
Malicious Mischief	1
Mental/ITA	2

Misc. Info/False Reporting	1
Other Agency Assist	41
Patrol Request	52
Prisoner Transport	3
Report of Open Door/Window	3
Runaway	2
Stone Garden	20
Suicide/Suicidal	1
Suspicious Person/Vehicle	5
Theft	1
Threats	1
Traffic Stops/Control/Emphasis/	23
Trespass	1
Unattended Child	1
Unwanted Person	2
Violation of Court Order	2
Vehicle Accidents	4
Welfare Check	4
Warrant Attempts/Arrests	8
Total	400





The TVR Program would like to congratulate Vickie Hawk on successfully completing her Hospitality Degree at Peninsula College.

COMMUNITY REGALIA MEETING

TUESDAY, JULY 9

5:00 PM

TRIBAL DINING HALL

Please join us for this community meeting in conjunction with Drum Group to discuss Regalia for the 2025 Canoe Journeys!

QUESTIONS?

Harmony Arakawa

564-215-1445

Harmony.Arakawa@elwha.org



Happy Birthday Koobs! Me and Zoey love you! Hope you have the best birthday ever!

EVERY TUESDAY:
WOMEN'S GYM
USE 5PM-7PM



WOMEN'S BASKETBALL
OPEN GYM 6PM-7PM

(MIDDLE SCHOOL/HIGH SCHOOL/WOMEN'S)

ELWHA FOOD PANTRY

SERVING THE LOWER ELWHA TRIBAL COMMUNITY

- Come in and visit us!
- Shop for the foods you want, please be mindful of the limitation's signs.
- Have the items you want?
- We will help check you out!



HOURS

MONDAY: 8:30 AM TO 4:30 PM
TUESDAY: **CLOSED**
WEDNESDAY: 8:30 AM TO 5:00 PM
THURSDAY: 12:30 PM TO 5:00 PM
FRIDAY: 8:30 AM TO 5:00 PM

Bring a reusable bag, if you can

22 SPOKWES DR. PORT ANGELES, WA 98363
(360) 504-3678



Feedback Form

Food bank Update: We had new refrigerators and freezers delivered! Come check them out! Come shop once a week for the things you need. Be mindful that we are serving the whole community, and we'd like to have enough for all our shoppers!

We will soon implement new software to improve our communication with shoppers and track our data for reporting to our funding agencies, WSDA Contracts, USDA, and Tribal Hard Dollars.

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Clark, Ext. 7469

Tribal Operations Officer

Tia Skerbeck, Ext. 7420

CFO

Brian Carroll , Ext. 7464

Accounting

Jo Klinski, Ext. 7460

Rachelle Wheeler, Ext. 7465

Elena Lifoifoi, Ext. 7476

Jessica Wright, Ext. 7667

Jalen Sampson, Ext. 7462

Cedar Box Smoke Shop

4779 S Dry Creek Road
360.477.1170

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

291 Spokwes Dr—

360.504.3141

Lola Moses, Ext. 7471

Deann Lester, Ext. 3402

Deanna Murray, Ext. 7470

Ralena Cornelson, Ext. 7474

Darla Owens, Ext. 7475

Education

Jessica Egnew, Ext. 7425

Elwha Peaks Cannabis

4775 S Dry Creek Road
360.912.7533

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, General Manager

Elder Services

Samantha Acosta, Ext. 7466

**Employment Services/HR/
TERO**

Sandra Johnson, Ext. 7429

Brandy Williams, Ext 7427

Enrollment Services

Maurice Raub, Ext .7477

Facilities & Maintenance

Warren Stevens, Ext. 7432

Food Bank

22 Spokwes Drive
360.504.3678

Gaming Commission

631 Stratton Road

360.452.5628

Elaina Begay, Director

Health Clinic

243511 Highway 101 West

360.452.6252

Lorinda Robideau,

Heritage Center

401 E. First Street,

360.417.8545

Nicole Volkmann, Ext. 2912

Housing Authority

22 Kwitsen Drive,

360.457.5116

Jennifer Hutto, Ext. 7554

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive

360.452.6759

Klallam Counseling Services

243613 W Hwy 101,

360.452.4432

Stormy Howell, Ext. 7513

Law & Order/Police Dept.

Justice Center

341 Spokwes Drive

360.452.6759

Sam White, Chief of Police Ext.
2922

Library, Ext 7430

Lower Elwha Food & Fuel

360.477.1170

Natural Resources/Fish Hatchery

760 Stratton Road

360.457.4012

Matt Beirne, Ext. 7485

Planning & Development

Arlene Wheeler, Ext. 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road

360.565.7257

Rebecca Sampson-Weed, Ext.
7456

BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Melissa Gilman
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



Tia Skerbeck
Council Member, Ext. 7415

Dates to Remember:

- 7/2 Basic Computer Skills Class
- 7/4 Fourth of July
- 7/9 Community Regalia Meeting
- 7/10 Internet Safety For Parents Class
- 7/11 Housing Fair
- 7/17 LGBTQIA+ Support Group
- 7/17 Intro to Excel Class
- 7/19 Traffic Safety & Flagging Certification
- 7/24 LGBTQIA+ Support Group
- 7/24 Career Search & Resume Class
- 7/31 LGBTQIA+ Support Group



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

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<https://www.elwha.org/newsletter/>



