



Elwha Athletic Traditions

There were many ways that our Ancestors participated in physical competition. Running races, canoe races, shinney (a game kind of like lacrosse), they also tested their strength by lifting heavy rocks and treading against the current of the river and swimming across to Victoria. Many of these competitions took place during potlatches when several tribes gather together. Some of these traditional ways carried on as our people were challenged with change, learning how to coexist with people from other cultures.

One of the holidays that was celebrated with competitive games took place in Port Angeles on July 4th. The men who worked at the mills participated in a log rolling contest. Well a lot of our men worked in the mills and they also competed.

There was a log rolling contest that Johnson Charles and Phillip Charles Sr. was competing in. The goal was to be able to balance on the log that is in water by rolling it. Whoever could balance the longest, without falling in the water was the winner. Both men were champion log rollers!

There also was a race (running) from Port Angeles to Sequim. Roger Hopie competed and won the race.



Four Penn (in bk)

Fourth of July Log rolling contest near where JC Penney's is located. Phil Charles (on log). Johnson Charles (in boat), third person unknown.

Joe Sampson was promoted as a wrestler. He'd travel around Vancouver Island and the Olympic Peninsula. Loggers would challenge Joe and people would bet. His last name 'Sampson' came from Joe's ability and strength as a wrestler.

There were also women who became famous for their athletic abilities. There was a family that lived up Eden Valley. They had a daughter. Her father taught her how to wrestle. As she grew into a beautiful young woman, many men would approach her father to ask for her hand in marriage.

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Lower Elwha Business Committee



Back Row:
Tia Skerbeck, Council Member
Steve Robideau, Council Member

Front Row:
Melissa Gilman, Secretary / Treasurer
Frances Charles, Chairwoman
Russell Hepfer, Vice-Chairman

Lower Elwha Klallam Tribe
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Port Angeles, WA 98363
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ᑕᑦᓃᓄᓂᑦ ᓃᓄᓂᑦ ᓃᓄᓂᑦ — The Strong People

The **Vision** of the Elwha Klallam Tribe is to ensure that the Lower Elwha Klallam people can pass on their way of life to their children.

The **Mission** is to build a strong and healthy sovereign nation where Tribal members live their values and culture.

This means enhancing the lives of our people both physically and spiritually through social well being and economic independence while preserving and enhancing our natural resources and cultural heritage.

Tribal History Highlight



This comb is one of many artifacts on display from the **č̓ix̓wícən village site**, and we warmly welcome the community to visit and explore these remarkable pieces from our history. We also invite members to share their thoughts on our exhibits and offer ideas for new ways to engage the public.

This refined and artistically complex comb is carved from mammal bone. It reaches forward through time, inviting us to connect with our ancestors. The design carries a theme of shelter and protection—two cormorants appear to embrace the human figure at the center, symbolizing care, balance, and connection.

For more information about visiting the museum, please contact us at klallam.museum@elwha.org or call 360-452-8471 ext. 2904.

**Elwha Athletic Traditions
Continued from font page**

Her father would challenge them by saying, “Only if you can beat her in a wrestling match”. Nobody could beat her, she was so good. She went on in life to become a famous woman warrior.

There was another woman who was known for her ability to jump over several canoes at one time. She’d start off by running as fast as she could, when she came close, she jumped and stretched her legs to land on the other side of the canoe! Then they would add more canoes to see how many she could jump over. Other people competed against her, but she always won the competition.

Being athletic and competing is in our DNA! Go out and support our teams as they compete! Help support our athletes

September Dry Creek Honor Roll

We want to celebrate the following students who received awards for being a motivated learner or a kindness award:

Motivated Learner Award:
O’Shea Charles, Yana White, Phoenix Charles

Kindness Award:
Reighlynn Charles-Elofson, Jedyiah Jackson, Rayquan James, Jaxon Wiliams

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

Elijah Austin
Frank Bennett
Christopher Bennett
Zachary McGarvie
Lucien Bolstrom
Ciara Charles
Malena Charles
Sherri Charles
Lisa Charles
O’Shea Charles

Katherine Charles
Reighlynn Charles-Elofson
Rylee Colwell
Huxley Heiner
Leilana Cornelson
Maya Cornelson
Aurelia Dailing
Addisu Dujue
Vanna Tom
Jaidyn Eastman
Jaxon Williams
Tyler Elofson-Cross
Oosha Goldsbury
Neveah Korsmo
TJ Goldsbury
Casey Goldsbury
Violet Hendricks
Lilith Hendricks
Chloe Holloway
Russell Jackson
Jedyiah Jackson
Foster Jackson
Rayquan James
Nicole Yazzie
Kamia Jennings
Azalynn Lauderback
Braven Little Youngman
Zayne Lok
Emma Marquez

Karleigh Mason
Annabelle Mason
Brayley Matson
Jarison Moses
Winter Redner
Bryant Saluskin
Frankie Sawyer-Lucas
Max Sero
Austyn Singleton
Jordyn Singleton
Marlei Svec
Keanu Svec
Yana White
Tydus Woods



Tribal Member Spotlight

Boatswain’s Mate Seaman **William Webber**, USS Gerald R. Ford (CVN 78)



USS Gerald R. Ford (CVN 78) Sailor Stands Watch.

Boatswain’s Mate Seaman William Webber, assigned to Deck Department aboard the world’s largest aircraft carrier, USS Gerald R. Ford (CVN 78), stands lookout watch on the ship's superstructure, Aug. 18, 2025. Gerald R. Ford, a first-in-class aircraft carrier and deployed flagship of Carrier Strike Group Twelve, is on a scheduled deployment in the U.S. 6th Fleet area of operations to support the warfighting

effectiveness, lethality and readiness of U.S. Naval Forces Europe-Africa, and defend U.S., Allied and partner interests in the region. (U.S. Navy photo by Mass Communication Specialist Seaman Jarrod Bury)

William graduated from LEKT’s Vocational Rehabilitation Program this summer and we congratulate him on his continued success.

TRIBAL VOCATIONAL REHABILITATION (TVR)

TVR specializes in helping Native Americans with disabilities overcome barriers to work. Our mission is to provide a compassionate, holistic approach in serving Native Americans and Alaska Natives experiencing disabilities. We support individuals in achieving meaningful and stable employment through training and supportive services, fostering self-sufficiency, reducing reliance on public assistance, and strengthening the Tribal community as a whole.

Eligibility for Services:

- Enrolled with a State or Federally recognized tribe.
- Reside within the service area.
- Have a physical or mental disability, documented with a provider.
- Employment barriers.
- The applicant requires TVR services to obtain or maintain employment.

What may be considered a disability?

- Mental Health Diagnosis
- Substance use disorder diagnosis
- Blind/Low Vision
- Back/Brain/Limb injury or limitations
- Intellectual/developmental disabilities
- Hearing impairment
- Other physical or mental disabilities that prevent the person from finding and/or keeping employment.



TVR is currently accepting new clients!

Applications and Contact information available at the QR Code, on the Tribal website at www.elwha.org or on Facebook at www.facebook.com/LEKTVR

NORMA "AUNTIE JIMMIE" ADAMS

Norma Sampson Adams born October 1946 to Edward and Hazel Sampson in Port Angeles, Washington passed away September 2025 at her home in Svensen, OR. She was born on the younger side of eleven tightly knit siblings. Norma was born into the Lower Elwha Klallam Tribe and she carried the pride of her family and tribe on her heart and sleeve. A pride that she passed on to her children and grandchildren. She dedicated a majority of her life and time to helping her fellow tribal members and family.

Norma married Denny Adams in April of 1967 igniting a love affair that would last nearly sixty years. They welcomed their son Denny and daughter Dawn Marie shortly after marrying. Denton, a career Coast Guard Captain, left the tasks to Norma to turn different cities such as Port Angeles, Wa. Ketchikan, Alaska, Governor's Island, New York, Paris, Tennessee, Honolulu, Hawaii, Cordova, Alaska, Slidell, Louisiana into home for the family. In return, Denny doted on Norma and treated her like the princess she was. Norma and her young family traveled to every state besides Maine, parts of Canada and multiple national parks during their early years. Norma and Denny retired in Astoria, Oregon and eventually settled in Svensen, Oregon.

Norma was full of warmth and love and no one felt that more than her grandchildren. She blossomed into the role of the best friend and oftentimes accomplice in crime. Denny and Dawn's classmates called her "Mom Adams," and her grandchildren and bonus family called her "Grandma Norma" and she was "Auntie Jimmie" to generations of Elwha children. Sporting events, award ceremonies, graduations, birthdays, holidays, there was no one cheering louder or hugging tighter. She made family gatherings warmer and brighter. Norma was a loving daughter, wife, mother, sister, aunt, grandmother and great grandmother. Norma is survived by her husband Denton, Son Denny (Nikki) and Daughter Dawn, her grandchildren Tyler, Unique, Natosha, Drew, Jake and Mickey. Norma was also a great grandmother, the most recent born in April. Her family is dedicated to ensuring her giggly, bubbly and oftentimes sassy wit lives on through each and every one of them.



Norma will return home to Port Angeles one last time to be reunited with her parents and siblings in a private family ceremony. Through all her life adventures, she most longed to be with family and her parents. Her journey is now complete and her heart resting. She's waiting for us all, sipping a crispy Diet Coke, playing her best bingo game while Elvis serenades her. Norma is watching over us. Rest in Peace.

Councilwoman Tia Skerbeck Updates

Standing Strong Through the Federal Shutdown

As the federal government shutdown continues, I've been keeping track of impacts on our community. Behind the scenes, many dedicated staff have been working hard to make sure all federal grants are current and that reporting and financial requirements are up to date. There are a number of federal programs and services now at risk, and losing access to these resources could impact many families in the community. One of the immediate effects has been the reduction in SNAP benefits and the absence of SNAP employees to support those in need.

I feel incredibly grateful that the local LEKT food bank is still available, offering locally sourced meat and produce. When visiting the food bank, please keep others in mind, more people may be turning to this resource as their federal assistance is reduced.

Hopefully, by the time this newsletter reaches everyone, there will be progress on the federal budget.

During times like this, I'm reminded of the incredible access to food that exists locally. The river has been generous this past month with the coho run. Food sovereignty continues to be a vital part of self-determination, and I believe the community holds the tools and knowledge needed to rely on traditional practices and ensure long-term food security.

House of Tears Totem Pole Gifted to the Elwha Community

I was honored to witness the gifting from the House of Tears Carvers of the Lummi Nation, of a beautifully carved totem pole that carries deep meaning and purpose. This totem traveled over 1,700 miles across the Northwest as part of a journey to raise awareness around Treaty rights, Indigenous knowledge, environmental justice, ecological balance, climate resilience, and the protection of our lands and waters. The totem stands as a symbol of unity and shared responsibility for protecting the natural world and honoring our ancestral teachings. While some site preparation remains before the totem is placed at its permanent home, the presence of this gift already brings strength, reflection, and connection to our community.

I thank the House of Tears for this generous and meaningful offering, may its message continue to guide and inspire us for generations to come.



Closing of the Circle - Paddle to Elwha 2025-

Thank you to everyone that attended the Closing of the Circle lunch on Oct 18th. This lunch was to honor the volunteers, hard workers, and community that pulled together to support and make the 2025 Paddle to Elwha a successful event. Our hands go up to you, and we thank you for the endless hours of work and dedicated to the Tribe! The event ended with recognition of volunteers and supporters, and community gifting of items received during protocol and for community.



New 2025-2026 Elwha Royalty

On Friday, October 17th, the Lower Elwha Klallam Tribe welcomed its new Royalty during a gathering in the dining hall. Six Elwha youth were honored with the responsibility of representing the Tribe over the coming year through cultural engagement and youth leadership.

To be considered for Royalty, each participant submitted essays expressing their pride in being Klallam. They also contributed raffle items and sold tickets to help support travel to cultural gatherings throughout the year.

At the crowning event, the candidates wore their traditional regalia, shared their knowledge of Klallam songs and dances and took part in a talent show, highlighting their unique gifts and dedication to our culture.

Congratulations to the 2025–2026 Elwha Royalty! I look forward to watching your leadership and culture shine in the year ahead.



2025 Elwha River C&S Fishery Brings Community Together



The 2025 Elwha River Ceremonial and Subsistence (C&S) fishery has once again provided more than just salmon, it has renewed connection, tradition, and community. Families gathered along the river to fish with both hook and line and nets during this year's opener, continuing a practice that sustains both body and spirit.

It has been a powerful time to reconnect, seeing familiar faces on the riverbanks, learning and sharing knowledge about fishing gear, trading tips for brining and smoking, and most importantly, passing these teachings down to our youth. Through this fishery, we are not only harvesting salmon, we are nurturing a deeper understanding of our relationship to the land and water.

Thank you to all who participated, and to those who continue to carry forward the responsibility and honor of fishing our river.

Vaccine Clinic Coming Soon!

Vaccines for both COVID-19 and the seasonal flu are finally arriving at the Lower Elwha Health Department. A community vaccine clinic will be announced soon, stay tuned for dates and details.

Getting vaccinated helps reduce the severity of illness, protects our most vulnerable, especially Elders and infants, and supports the overall health and strength of our community. By taking this step, we continue to care for one another and uphold our shared responsibility to keep Elwha strong, resilient, and well.



Intro to nəxʷsłayəm'úcən

Brought & taught to you by the TVR & Social Services Teams

Who's invited: All welcome

What we are doing: Intro to Klallam Language-
Workbooks Provided-also accessible at
<https://scalar.usc.edu/works/klallam-grammar/index/>

When: Mondays @ 5 pm- 6 pm

Starting Sept 29th-December 29th

Where:

Social Services Building (3080 Lower Elwha Rd.)

Why: To keep our language alive.

For more information contact:

Keeoma Messenger at 360-461-4916 or 360-452-8471 ext. 7701

Recovery Jam

Lower Elwha Tribal Center

January 31, 2026

Dinner at 4:00 PM

Jam and recovery time honoring to follow dinner.

Brought to you by:

The STRONG Program & Klallam Counseling Services

Thank you, Elwha River Casino, for the support for this event.

For Questions contact

Brad Holloway (360) 461-6381; brad.holloway@elwha.org

LEKT WIC PROGRAM

GIVE YOUR FAMILY A HEALTHY START

WIC is a nutrition program for pregnant women, new and breastfeeding moms and children under five years old.

HOW CAN WIC HELP

- Free, healthy Food
- Breastfeeding Support
- Personalized nutrition counseling
- Healthcare referrals



DO YOU QUALIFY?

Find out if you're eligible by contacting LEKT WIC or at the QR Code
Samantha Acosta
3080 Lower Elwha Road, Port Angeles, WA
360-565-7257, Ext 7466

WEDNESDAY & FRIDAY
8:30 AM to 5:00 PM



ELWHA FOOD BANK

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

HOURS

MONDAY: 10:30 AM TO 4:30 PM
TUESDAY: **CLOSED**
WEDNESDAY: 12:30 PM TO 5:30 PM
THURSDAY: 12:30 PM TO 5:00 PM
FRIDAY: 10:30 AM TO 4:30 PM
THIRD SAT OF EACH MONTH

11:00 AM TO 2:00 PM
CLOSED

MONDAY & FRIDAY
FOR LUNCH FROM
12:30 PM TO 1 PM

SERVING THE LOWER ELWHA TRIBAL COMMUNITY

- Come in and shop with us once a week!
- Shop for the foods you want, please be mindful of the limitation's signs.
- All shoppers must be checked out.

Please bring a reusable bag

WE HAVE A NEW DATABASE SYSTEM! REGISTER HERE!



If you haven't already please register today using the QR code or weblink below signing up for the Food Pantry Software:

<https://app.pantrysoft.com/login/elwha>



Food Items Offered

- Seasonal Produce
- Frozen Foods
- Dairy Items
- Canned items / Pantry Staples



Elwha Food Pantry
360-504-3678



LOWER ELWHA FAMILY ADVOCACY PROGRAM

Mission: Survivor's Safety and Autonomy through Advocacy and Awareness

- Advocacy - Domestic, Dating Violence, Sexual Assault, Stalking, and Sex Trafficking.
- Protection Orders
- Resources & Referrals
- Case Management Assistance
- Support for court related appointments.
- Prevention & Awareness
- Crisis Intervention Support
- Address Confidentiality Program

Contact Information

Beatriz Arakawa, Program Manager, Office: 360-565-7257, Ext. 7453

Lower Elwha Social Services

Cell: 360-460-1745

360-775-9346 - Emergency Phone Number



YOU ARE NOT ALONE!

Dear Community Members,

**Happy Veterans Day,
Thank you for your service!
Happy Thanksgiving Day!**

Heartfelt condolences to the family and the Elwha Community for losing family members recently.

Melissa Bolstrom, we would like to welcome you to Lower Elwha Family Advocacy Program. Ms. Bolstrom is working with LEFA and SART as a Family Advocate and Community Outreach Specialist (Social Services) and Sexual Assault Response Team (Health Clinic).

“Soup for the Soul”

SAVE The DATE: “Soup for the Soul” is a welcoming space for all women to connect, share, and support one another. Join us in person or via Zoom!

When: Tuesday now through March 31, 2026

When: 12:00 pm to 2:00pm

Where: Heritage Center & Zoom.

Zoom Meeting Information

Meeting ID: 844 7620 7239

Passcode: 130812

Thank you,
Beatriz Arakawa

“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

Newsletter Update

Starting with the December Newsletter we will move to a **digital version!** We are without a local printing vendor, we’re sorry for any inconvenience this may cause. Please view our newsletter on the Tribal Website or complete the survey to have the PDF newsletter emailed to you directly.

Limited print issues may be available at the Heritage Center, please call to reserve yours:
(360) 417-8545.

Past issues can also be found online at
<https://www.elwha.org/newsletters/>

Thank you for your patience and understanding.

Take our survey here!



LOWER ELWHA PRESENTS
NOVEMBER 2025

Community Culture Classes

BASIC WOOL WEAVING	CEDAR WEAVING	ADVANCED WOOL WEAVING
<p>Nov 7, 2-6 Nov 8, 10-4 Nov 9, 10-4</p>	<p>Nov 14, 2-6 Nov 15, 10-4 Nov 16, 10-4</p>	<p>Nov 21, 2-6 Nov 22, 10-4 Nov 23, 10-4</p>
<p>Presented by: LEKT Tribal Staff</p> <p>Learn traditional Salish weaving techniques of twilling and twinning.</p>  <p>First come first seat. Limited number of seats held for LEKT elders</p>	<p>Artist/Teacher: Jamie Valadez, LEKT</p> <p>Learn cedar prep for weaving, splitting, trimming, soaking, dyeing, and traditional techniques of weaving small projects.</p>  <p>First come first seat. Limited number of seats held for LEKT elders</p>	<p>Artist/Teacher: Kelly Sullivan, PGST</p> <p>For advanced wool weavers: learn Salish weaving techniques of design incorporation to projects.</p>  <p>Register by QR code, or call 360-565-7257</p> 

PRESENTED BY:
FOR OUR LIVES
Acting now to end overdose

Location: Lower Elwha Culture Center
322 Stratton Road Port Angeles, WA 98363
All weaving materials will be provided

ḡpay'áwtx^w — House of Cedar

With heartfelt appreciation to our community, especially Leon Miller, Marie Miller-Bryant, Reggie Miller, Bridget Weed, and Jerry Foster, who joined us in the to bring this project to life. Thank you for taking the time to joined us in the ḡpay'áwtx^w and learned alongside us throughout this process. Updated mural picture below with the Strong People Story.



This replica of the Strong People Mural now replaces the original weathered mural on the Social Services Building.

The original mural, created by Roger Fernandez, will be prepared for display at the Food Bank.

Additional project timeline photos were published in the October newsletter.

Please join us for our next community project, we will be carving two 5ft spawning salmon art piece that will be installed at the Natural Resources Building. Project will begin in November, Shop hours will be Wednesday—Saturday 10 am to 5 pm.

nəx^wsłáyəm — Strong People

as told by Beatrice Charles, told to her by Sam Ulmer



One day there was a big gathering at Elwha. They ate salmon, clams, wild berries, and lots of good things from nature.

Then they had a contest to see who was the strongest. They decided to see who could lift a big log to the top of a big house that they were building. All of the other tribes tried to lift the log. Each tribe chose their strongest men. None of them could lift the big log.

It was time for the mighty Klallams. They remembered that logs float in water. So they rolled the big log into the water.

Then their strongest young men walked out into the water until it was up to their shoulders. Then they let the log float onto their shoulders and walked out of the water carrying the log on their shoulders.

When they reached the longhouse, everyone shouted, “šaʔśúm, šaʔśúm, šaʔśúm!” On the third time they all lifted it up to the top. All the other tribes thought that the mighty Klallams must be very strong to put the log up so high, and smart to use the water to first get the log onto their shoulders.

They all shouted, “nəx^wsłáyəm! nəx^wsłáyəm!” which means, “Strong People! Strong People!”

That is how our tribe received its name.

STRONG Program Team

Substance, Treatment, Recovery, Outreach for the, Next, Generation

The STRONG Program seeks to reduce substance use and opioid overdoses by creating a safe, supportive space for community members to engage in cultural prevention activities and pursue recovery through treatment programs. Focused on serving members of the Tribal Community, the program is guided by collaboration and community involvement. STRONG partners with Klallam Counseling Services, Social Services, the Tribal Youth Program, and the Culture Department to build a unified approach. Together, they offer prevention and intervention opportunities, we will begin implementing the Healing of the Canoe curriculum, youth leadership development, and cultural activities such as drumming, weaving, and carving.

Darrell Charles, Jr. — Strong Program Manager

My Indian name is C'iyám̄tən I have been an artist since I was 17 years old. I began studying with Chucky Mike then began seeking other instructors to expand on my abilities. I've been doing artwork in British Columbia, and the U.S. building both dugout and strip-built canoes. I learned to produce cultural items commercially in various first nations shops. I am experienced in Forging tools knives and elbow adzes and D-adzes all different shapes and sizes to build masks, totem poles and canoes. I have recruited and trained individuals to carve and shape projects from totem figures to canoes. Recently, I worked with several community members to develop their skills to build rattles, paddles and other cultural items for the tribal journeys give away.

Brad Holloway - Peer Support Specialist

I've been employed with the Elwha Tribe for the past 9 years. I started at KCS as a UA tech and later took on additional roles as shuttle driver and patient service rep. After KCS, I worked for Healthy Transitions as a peer support specialist for a mental health grant for youth and young adults. I have certificates as a certified peer counselor for youth and families, the recovery coach academy, the bridge program for mental substance abuse peer support, motivational interviewing, suicide prevention, and numerous other training courses. Along with 9 years of work experience, I have a ton of personal experience, giving me a great set of tools to help those trying to make changes in their life. While everyone's recovery story is different, I am happy to have over 10 years clean from my drugs of choice. I really enjoy my job. It allows me to give back to the community that has given me so much love and support over the years. If you ever have any questions about our program or anything, please stop me. I'd love to talk to you about how we can work together to make Elwha a healthier place for our kids.

Harmony Arakawa

Community Cultural Specialist

ʔáy'skʷáči. smáxc'aʔ cə nəsná, čʔéʔłxʷaʔ nəxʷsłáyəm' cən ʔiʔ cə nəxʷsłáyəm'úcən ʔaʔkʷustáʔnəq yaʔ. Good day. My name is Harmony Arakawa. My parents are Beatriz and Kenneth Arakawa Jr., and my paternal grandparents are Elva and Kenneth Arakawa Sr.

I have dedicated more than ten years to the Culture and Language Department. Recently, I began a new professional chapter by transitioning from my role as a Community Outreach Specialist and Klallam Language Teacher at Stevens Middle School to a position within the Social Services team under the S.T.R.O.N.G. Program.

In my new position, I will continue to engage the community in culturally centered education by designing, coordinating, and delivering programs that serve the Lower Elwha community. These initiatives will remain rooted in the preservation and revitalization of Native cultural heritage, with a particular emphasis on traditional arts, such as carving, weaving, language, as well as broader teachings that honor and sustain the cultural identity of our community.

To the LEKT Community & The House of Learning Family

It has been a true honor to serve on the LEKT Parent Policy Council for the past 3 years, as both a parent and community representative. When I first stepped onto the Parent Policy Council scene, I knew it would be meaningful, because that is simply how our community is, but the journey was so much more.

Serving on the Parent Policy council gives parents the opportunity to help shape the policies and direction of our children’s early childhood education in our Head Start and Early Head Start programs. These very important programs nurture our children’s earliest learning experiences, strengthen families, and carry forward the values of our tribe. Together we work to ensure that our babies are supported in an environment rooted in culture, compassion, and community.

Through every meeting, training, and discussion, it never felt one sided or like work. We shared laughter, learning, meals, and a clear sense of purpose. The opportunities to learn spanned across family engagement, program governance, and child development. These lessons helped all of us at that table grow as advocates.

To every parent I have had the privilege of serving alongside: Thank you. Thank you for sharing your perspectives through your lived experiences, knowledge, friendship, and for enduring me and my red pen going over documents.

Witnessing this commitment to our children has inspired me.

To all the countless House of Learning Staff that stayed late to care for our kids while we met, prepared food, or did any other task behind the scenes to support the Parent Policy Council and our families. Thank you. To all of our classroom teachers for planting so many seeds of knowledge and kindness in every day. Thank you. To Director Lola Moses and Community Liaison Reba Cornelson, thank you for your patient, steady, and encouraging leadership, and for also enduring me and my red pen reading documents.

I want to encourage every Head Start and Early Head Start parent to consider putting their name forward for The Parent Policy Council. It is such a gift to be able to contribute in this way to the wellness and future of our tribe.

Although my time on our Parent Policy Council has come to an end, my love for The House of

Learning and for our community remains as strong as ever. I will be grateful for and carry with me the lessons I have learned. I will miss it.

háʔnəŋ cŋ

Nancy Hamilton

2022—2025



November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Gym Hours – Monday – Friday 8am-8:30pm Bathrooms/Saunas close at 8:15pm Hours are subject to change					
2	3 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Basketball Open Gym 6:30pm-8:30pm	4 After School Program 2:30pm-4:30pm	5 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Volleyball Open Gym 6:30pm-8:30pm	6 After School Program 2:30pm-4:30pm	7 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Nerf Night 6:30pm-8:30pm	8 10am-6:30pm
9	10 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Basketball Open Gym 6:30pm-8:30pm	11 Gym Closed Veteran's Day	12 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Volleyball Open Gym 6:30pm-8:30pm	13 After School Program 2:30pm-4:30pm	14 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm	15 10am-6:30pm
16	17 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Basketball Open Gym 6:30pm-8:30pm	18 After School Program 2:30pm-4:30pm	19 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Volleyball Open Gym 6:30pm-8:30pm	20 After School Program 2:30pm-4:30pm	21 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Black Light Night 5:30pm-8:30pm	22 10am-6:30pm
23	24 Elder's Fitness Class 11am-12pm After School Program 2:30pm-4:30pm Adult Basketball Open Gym 6:30pm-8:30pm	25 After School Program 2:30pm-4:30pm	26	27 Closed Thanksgiving	28	29
30						



Lower Elwha Dental Clinic Updates

Hours:

Monday—Thursday
7:30 AM to 5:00 PM

Walk-In time: 11:30 AM to 12:30 PM

Friday Walk-In time: 10:30 AM to 11:30 AM

Phone: (360) 452-6252, Ext. 2.

The dental clinic has 3 new staff members!

Tabbatha, Ella, and Holli all joined the dental team in early October. Ella and Holli are dental assistants, and Tabbatha will be taking care of scheduling and reception.

We are very excited to have them join us!



Gabriella Williams (who goes by Ella) is excited to join the team as a Dental Assistant at the clinic! An avid adventurer who loves to cook and bake—with the long-term goal of opening her own cafe—Ella brings a passion for exploration and creativity to her new role. She's eager to start learning new things and looks forward to contributing to the community.

Holli Clark (daughter of Peter Clark and granddaughter of Monica Clark) is our new Dental Assistant Trainee. Holli is pursuing her AAS degree at Peninsula College and is thrilled to blend her passion for healthcare with community service. She is dedicated to promoting oral health in a culturally sensitive environment that honors our traditions, growing under great mentorship, and addressing unique community health challenges. She looks forward to seeing your smile!



Tabbatha Gourley is excited to join the team as a dental receptionist. A proud Port Angeles native, Tabbatha may be familiar to some from her previous two years working at the tribal casino. Family is everything to her; she is a mother to two boys and two St. Bernards, and has been married for 13 years. She looks forward to assisting the community in a new way.

LOWER ELWHA HOUSE OF LEARNING POLICY COUNCIL

Policy Council is a volunteer opportunity, for parents to be a part of the decision making process and have a voice in the Lower Elwha Head Start /Early Head Start program. They review all the enrollment, budgets, policies, grant applications, and they are asked to sit on the hiring committee. Any program changes have to be approved by Policy Council before they can happen for the Lower Elwha Head Start /Early Head Start program. All positions are a commitment for the full 12 month period. They are all voted in by the parents of enrolled students for the year.



Policy Council members for the School Year 2025-2026

- From Left to right
- Jennifer Mobley- Head Start Representative
- Katrina Ayala- Member at Large
- Shayla Nagel- Treasurer
- Amy Reed- Secretary
- Leilani Barkley- President
- Amber Valdez -Black- Head Start Representative



Christine Matt
Early Head Start Rep



Noah Brady
Vice President



Richard Lightfoot
Head Start Rep

IN THE LOOP WITH LEHA

Your monthly update from the Lower Elwha Housing Authority

Stay informed, connected, and empowered with the latest news, programs, and community updates from the Lower Elwha Housing Authority. Whether you're a current resident, on the housing waitlist, or just looking to stay in the know—we're here to keep you in the loop.



Congratulations to Janet Hren!

We are proud to announce that Janet has been named this year's Northwest Indian Housing Association Employee of the Year!

Her years of dedicated service and unwavering commitment to our community are deeply appreciated.

Thank you, Janet, for all that you do!

If you're on the housing waiting list, make sure all your information is current. It's important to double or even triple check your file. Must be done **ANNUALLY!**

Call us today [\(360\) 457-5116](tel:3604575116) to verify your information and keep your application active!



x'ik'w'u?áčənanayan' ?a? cə sčəy'a?ča?

“Diaper room for friends/relatives”

Need a little extra help right now? Do you have a child under the age of 3 years old? The ICW Program has a limited supply of diapers and hygiene items available for families in need. Please don't hesitate to reach out.

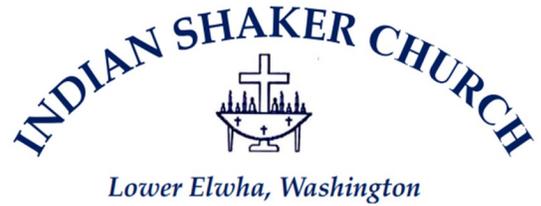
- Have a child between 0-3 years of age
- One-time Assistance to help as many families as possible, while supplies last
- Must be a citizen of the Lower Elwha Klallam Tribe

Stop by and see us Monday - Friday 8 AM to 4:30 PM
LEKT Social Services; 3080 Lower Elwha Rd.
Office: 360-565-7257

Services made available through the CCJY: Family Assistance Prevention Funding

From the Minister of Lower Elwha 1910 Indian Shaker Church

On October 11, 2025, Minister **Jonathan Arakawa** presented the **2024-2025 Church Report** on behalf of the **Lower Elwha 1910 Indian Shaker Church** with support from Johanna Bowechop, Secretary/Treasurer/1st Elder, at the **1910 Indian Shaker Church Washington State Convention** held in Queets, Washington.



Throughout the year, the Minister has remained active in serving the Elwha community. The church has and will continue to provide and support the following services:

- Funerals**
- House Shakes / Blessings**
- Home and Hospital Visits**
- Baptisms**
- Building Blessings / Brush Outs**
- Opening Prayers for Meetings and Gatherings**
- Weddings**

With this report, we affirm that the **Lower Elwha 1910 Indian Shaker Church** remains in **good standing** with the **Bishop and Board of the 1910 Indian Shaker Church**.

For any Shaker-related work or requests within the Elwha Community, please contact our church leaders: **Minister**, Jonathan Arakawa and **1st Elder / Secretary / Treasurer**, Johanna Bowechop. Per protocol, they must be contacted regarding any Shaker Church-related matters and services in the Elwha Community.

Lower Elwha Police Department Service Calls for September 2025

911 Hang-Up	3	Custodial Interference	1	Suspicious Person/Vehicle	6
Alarm/Alarm Check	6	Follow Up	15	Supervisor Request	1
Animal Calls	4	Fraud	1	Trespass	2
Boating Activity/	3	Disabled vehicle	1	Traffic Stops/Control/	22
Business Check	133	Civil Standby	3	Burglary	1
Citizen Assist	5	DUI	1	Threats	2
Citizen Contact/	26	Code Enforcement	1	Unwanted Person	1
Civil	4	Property Found	2	Violation of Court Order	2
Community Oriented	51	Other Agency Assist	17	Welfare Check	3
CPS/APS	1	Patrol Request	89	Warrant Attempts/	3
Court room Security	1	Report of Open Door/Window	4		
Disturbance	5	Assault	2	Total	430
Drug Violation	1	Stone Garden	6		
		Suicide/Suicidal	1		

November Birthdays

November 1st

Charlene Hawk
Pamela Johnson
Kevin Clark
Christina Bennett
Larissa Gloria
Alexandra Rapoza
Quannah Wheeler

November 2nd

Cedar Charles
Donald Davis

November 3rd

Elmer Charles

November 4th

Jay Bolstrom
Isaiah Charles
Joseph LaChester

November 5th

Norman Charles
Juliette Charles-Elofson

November 6th

Patrick Schaeffer
Mario Gloria
Anthony Green

November 7th

Margie Macias
Keith Clark
William Reems Jr.

November 8th

Gerald Charles
Michael Sarich Jr.
Tara Sharpe
Donna Goldsbury

November 9th

Tatum Moses

November 10th

Beverly Bennett
Kenneth Arakawa Jr.
Mariesa Manuel

November 11th

Julie Erickson
Mya Clark
Isabel Turrey
Chauncey Black Crow

November 12th

Sandra Charles
Debra Rindels
Joliene LaChester

November 13th

Lola Bright
Duane Stephan Jr.
Elilayah Jackson

November 14th

Roger Tinoco-Wheeler

November 15th

Brandon Bennett

November 17th

Cecelia Leonato

November 18th

Anthony Fernandes
Kiara Point

November 19th

Alexander Fernandes

November 20th

Kelly Kimberly
Ruben Peters
Theron Zmuda

November 22nd

Ashley Tinoco
Nicole Yazzie

November 23rd

Robert Francis Jr.
Rachelle Wheeler
Loretta Vollin

November 24th

Tera Williams
Karalynn Menihane
Shawnee Tom

November 25th

Sta-Muh-stoot Redner
Robert Cayenne
Jessica Gloria

November 26th

Denton Adams Jr.
Dancen Charles

November 27th

Janelle Charles
Katie Woods
Daniel Bennett Jr.

November 28th

Kameron Tinoco

November 30th

Leona McKinnon
Kelly Johnson
Ryan Charles-Elofson
Melaine Wheeler
Jalen Sampson
Sparrow Youngman

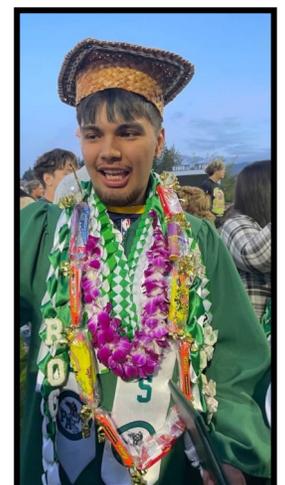


November 28th
To my youngest grandson Kameron. Happy birthday baby. I am honored to call you my grandson.



Love always
Grandma Dorene

To my firstborn grandson Roger Tinoco Jr. November 14, 2006, is the day that you came into this world, and changed my life in so many ways. You're truly my blessing, and I want to wish you a very happy birthday! Love you so much
Love Grandma Dorene



šaʔšúʔʔ ʔínəŋ skʷáči, Chauncey, Phillip, & Anthony! Love you!

Happy 16th Birthday

ChaCha! (11/11)

Happy Birthday Bullet!

(11/17)

Happy Birthday Uncle

Ant! (11/21)



HAPPY Birthday

Would like to wish Roger & Nellie Happy Birthdays!
Love Mom & Sis

HAPPY BIRTHDAY

We would like to wish the following family members a very happy birthday!

- Quannah Wheeler
- Julie Erickson
- Rae Wheeler

Love Melaine & Kids!



November 22nd

I want to wish my daughter in law a very happy birthday. Thank you for all you do for our family. Love always Dorene



Happiest of Birthdays to Dorene Charles!

Always there for her community, caring for all who walk through the door, with a, "Love you!" as folks leave. She is a true gem. My wish for her is as many return the love to her on her day.

Happy Birthday Melaine!

We love you googleplex-
Nancy Renee, Jonny Boy, Kenz, Sue,
Kaid, and Savannah Melaine

Food As Medicine Series: Controlling Blood Pressure

By: Dawn Travelstead, MS, RD, CDCES

High blood pressure as we age is very common. The vascular system, as it's known, changes with the arteries getting stiffer. We also have reduced elasticity which can be hastened by a 'not so healthy' diet and inactivity. Around 50% of people with high blood pressure are salt-sensitive; this is more common in women.

The typical American adult consumes around 3,400 mg of sodium a day. The American Heart Association recommends no more than 2,300 mg a day. Most of the sodium comes from fast and processed food. To put this in perspective, a Big Mac has about 1,050 mg of sodium and if you add cheese, the sodium level is now 1,360. Ten chicken nuggets can range from 840-950 mg of sodium.

What preventive measures can we take?

Dietary Changes:

Reduce sodium intake to 2,300 mg a day.

Increase potassium intake: banana, leafy green vegetables, potatoes and tomatoes.

Have a more plant-based diet, like the DASH diet: whole grains, nuts, fruits and vegetables.

Add ground flaxseed daily, about 1 TBL. Add flax to smoothies, cereal, baked goods.

Incorporate beets: beet root powder or chewable; this increases the nitric acid in the blood which relaxes and widens blood vessels.

Supplements such as omega 3 fatty acids, Magnesium and green tea extract can also benefit. Consult with your provider first, and do not stop taking your medicine.

Lifestyle Modifications:

- Stress reduction
- Weight management
- Exercise
- Adequate sleep
- Avoid smoking and limit alcohol and caffeine



Yoga at the Heritage Center

Everyone is welcome! Bring a mat if you have one, limited mats are available to borrow. There will be special accommodations for elders and others experiencing bone density and pain issues.

Featuring instructor Melanie McHugh Barclay of Life Force Ayurveda.

This class occurs every Thursday morning from 9am - 10am in the Heritage Center's Raven's Edge room.



Begins Thursday, November 6th | 9am
Drop In or Scan the QR Code above to sign up!



LOWER ELWHA FOOD BANK

HOLIDAY MEAL BOX

Thanksgiving Giveaway

TUE, NOV. 18TH
1 PM TO 5:30 PM

Turkey or Ham & Fixing



Christmas Giveaway

TUE, DEC. 9TH
1 PM TO 5:30 PM

Turkey or Ham & Fixing



Lower Elwha Klallam Tribe
2851 Lower Elwha Road
Port Angeles, WA 98363

PRSR STD
U.S. Postage
PAID
Olympic Mailing
& Printing

Change Service Requested

Tribal Holiday Closure

Nov 11th - Veteran's Day
Nov 27th - Thanksgiving Day
Nov 28th - Thanksgiving
Dec 24th - Christmas
Dec 25th - Christmas
Dec 26th - Christmas
Dec 29th - Christmas Admin
Dec 30th - Christmas Admin
Dec 31st - Christmas Admin