



č?é?ƚx^wa? syácam

November 2025

Letter to the Community: Vice-Chairman Russ Hepfer

December 2025

Dear Lower Elwha Tribal Community,

Merry Christmas! I hope you have a Merry Christmas! The Tribal Council is trying to find ways to supplement the loss of EBT Cards and food due to the recent government shutdown. I know these are tough times and the current administration is making it even tougher. I keep thinking that we have been on this earth for millennia, we will survive for three more years. Billy Frank Jr. used to tell us Northwest Indian Fisheries Commission commissioners, "No problem, we'll just out live 'em!"

Recently, the Lower Elwha Tribal Council met for the Annual Government to Government meeting to conduct business such as, review of Lower Elwha Klallam Tribe and Port Angeles School District Memorandum of Understanding. We also approved the Indian Policy and Procedures document that is regulated by the US Department of Education. The Council also recognized the service of outgoing School Board members Sarah Methner and Mery Herbert. That was a hard one. I have learned in my short life that things and people change. Especially in elected positions. Mary was a former principal at Dry Creek School. We and I will truly miss having her around to guide the school

system. Same goes for Sarah. Both ladies have always supported our Native American and Alaskan Indians in our schools.

I told the School Board that I felt that our schools were a lot better than when I attended as a student. We have more support and programs geared toward our needs. They have programs that even help feed and house our families in need. I found that profound. If a student is worried about where their next meal is coming from, they are not going to make the effort needed to be successful at education. I thought that the hours spent into the night was well worth learning about our school district and staff that helped make it successful for our students. Thank you PASD 121!!! I wonder when we can have G2G meetings with our other school district out in Joyce?

I have heard that our newsletter is going to be offered only online this next year. What a bummer. Our council is trying to figure out how we can keep offering it in print. I think it's important to have a printed newsletter. Other tribes have a real newspaper format. I would like to get that. I know that it takes funding to make it happen. I think that we can do it. You will have to be patient while we figure it out.

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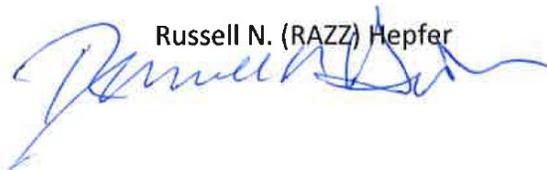
Letter From the Co-Chair (1, 3) • Head Start Prenatal Program (3) • TVR (4) • Veterans Connect (5) • Holiday Bazaar (6) • Stevens Middle School (7) • Library (9-11) • Recreation Calendar (12) • Coho Fishery Summary (13) • LEFA (14-15) • Heritage Center (16-17) • Housing (18) • Climate Change Steering Committee (19) • LEPD (19) • Birthdays (20) • 1910 Indian Shaker Church Fundraiser (21) • Food As Medicine (22) • A Fishing Story From Bosco Charles (22)

The Lower Elwha Klallam Tribe recently earned top honors at the Washington Festival & Events Associations 2025 conference. This award was for our hosting of the Canoe Journey. The Lower Elwha Canoe Paddle was named the Event of the Year in small markets. Frances Charles, our Chairwoman accepted the award in Bellevue, Washington. I haven't heard of this association before nor even heard of a hosting tribe winning an award for hosting. What a big deal. I am so proud of our tribe. Although it doesn't surprise me at all. We have what is called around our table as mini hosting every year. We are at the

center geographically, where the majority of canoes stop to rest before continuing on to the hosting tribe's lands. We have to host almost every year, so we know how to do that. Plus, our ancestors were known for their generous hosting. Too bad we had to wait twenty years to get our second hosting date. The second time around was far better than the first one. Hopefully we can do another one sooner than later. It took a lot of volunteers and strategies to get it done. Thanks to everyone who helped out.

I wanted to recognize Jewel James of Lummi Nation for the beautiful totem that he presented the tribe with. We now have it on display at the Cedar Box located at our Lower Elwha Food and Fuel store. Jewell has blessed our tribe with numbers totems over the years. Thank you, Jewell.

Thank You,

Russell N. (RAZZ) Hepfer




Head Start Prenatal Program Openings!

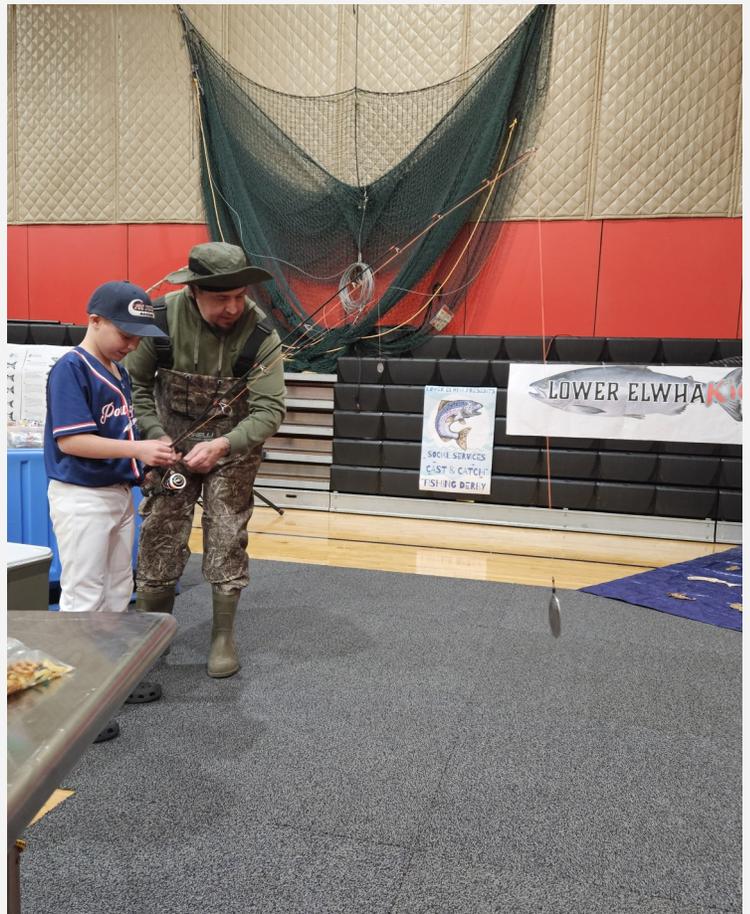
The Lower Elwha Early Head Start currently has 2 openings in the Prenatal Program and another opening coming up in December.

The Lower Elwha Early Head Start Prenatal Program provides educational information to pregnant women, fathers, siblings and extended family. We provide support to pregnant women and their family to positively affect pregnancy outcomes. The program is voluntary and is provided at no cost to the participants. We provide resources to families along with assistance with other needs that pregnant women in the program

may need.

For an application, Please contact:

Darla Owens
Prenatal Educator
darla.owens@elwha.org
(360) 504-3141, ext. 7475
Cell: (360) 460-0972
The Children's House of Learning
291 Spokwes Drive
Port Angeles, WA 98363



Social Services would like to thank everyone who came out for the Halloween Party. We had a blast and are already planning for next year!

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.

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

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.





LEKT VETERANS



CONNECT

**VA RESOURCES, INFO,
AND SNACKS**

TRIBAL CENTER ROOM 13

1:00-3:00PM

\$25
table fee



Vendor
& Buyer
Raffles!

Please Join Us
for Our Annual

Holiday Bazaar

Friday, December 12th & Saturday, December 13th
10:00am-4:00pm 10:00am-3:00pm

GIFTS ★ CRAFTS ★ FOOD

LEKT Gymnasium
2851 Lower Elwha Rd.
Port Angeles, WA 98363

Vendor fee waived for LEKT enrolled tribal members

CONTACT: nancy.hamilton@elwha.org

STEVENS MIDDLE SCHOOL

FIRST QUARTER UPDATE

Honor Roll

7th Grade

Violet Austin
Woody Cargo
Noelani Dailey
Zyrriah Lok
Tiadosa Tom
Kaylee Konopaski

8th Grade

Lela Bankson
Noah Bryant
Jonathan Charles-
Inman
Tristin Konopaski
Skylar Wheeler

Students of the Month

September

Lela Bankson
Woody Cargo
Noelani Dailey
Trace Murphy

October

Valerie Charles





Intro to nəx^wsłayəmícən

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 22nd

Where: Social Services Building (3080 Lower Elwha Rd.)

Why: To keep our language alive.

Brought & Taught to you by the TVR & Strong Programs

For more information contact:

Keoma 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.

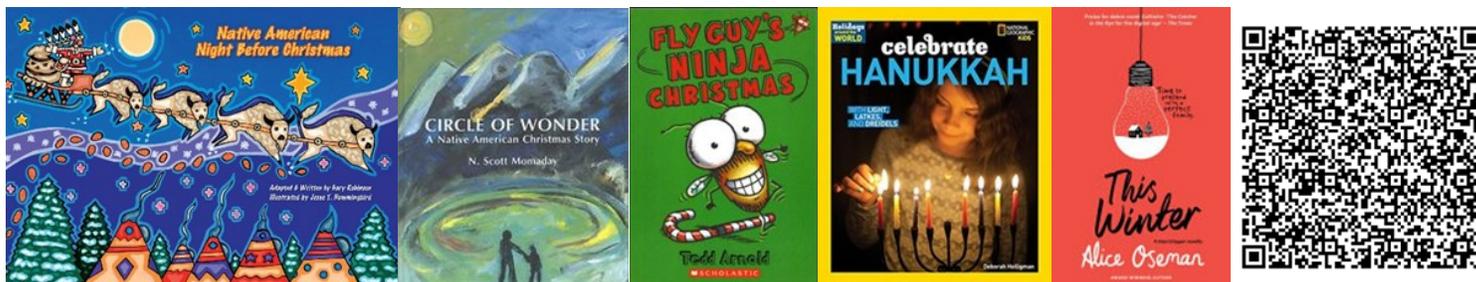
For Questions contact

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

Happy Holidays from the Library!

We're getting into the holiday spirit here at the Library and that means we're featuring books this month about the holiday season.

- *Native American Night Before Christmas* by Gary Robinson
- *Circle of Wonder: A Native American Christmas Story* by N. Scott Momaday
- *Fly Guy's Ninja Christmas* by Tedd Arnold
- *Celebrate Hanukkah* by Shira Stern
- *This Winter* by Alice Osman



You can find more information about these and other holiday-themed books for all ages in the Library.

Winter Reading Challenge Begins Dec. 20th

Kids up to 18 are invited to participate in this year's Winter Reading Program! We have lots of cool prizes, including Legos, games, toys, and more. All participants need to do to be entered into the prize drawing is to read! This year we're doing book bingo, where participants must read a book which fits the theme of each Bingo box for 20 minutes to cross it off. Get five in a row (up/down, left/right, or diagonal), and earn an entry in the prize drawing! See the Winter Reading Challenge reading log for more information, available in the Library. The Winter Reading Program runs from Dec. 20th through Jan. 5th, and any reading done by participants during that time counts toward prize drawing entries. The prize drawing will be held Jan. 5th at 3pm in the Library. And this year, we will be having a bookmark making contest! Participants need only read a book and create a bookmark based on it. The bookmark form is printed on the back of the reading log. The top three designs will be-

come the Library's new bookmarks and the creators will receive prizes! For any questions, call Jason M. at 360-452-8471 ext. 7431 or come into the Library.

Weekly Classes for December

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

- Dec. 3: Career Search Skills & Resume Workshop (NSDL)
- Dec. 10: Basic Computer Skills (NSDL, in-person at the Library)
- Dec. 17: Internet Basics (NSDL)
- Jan. 7: Internet Safety for Parents

BOOKMARK CONTEST

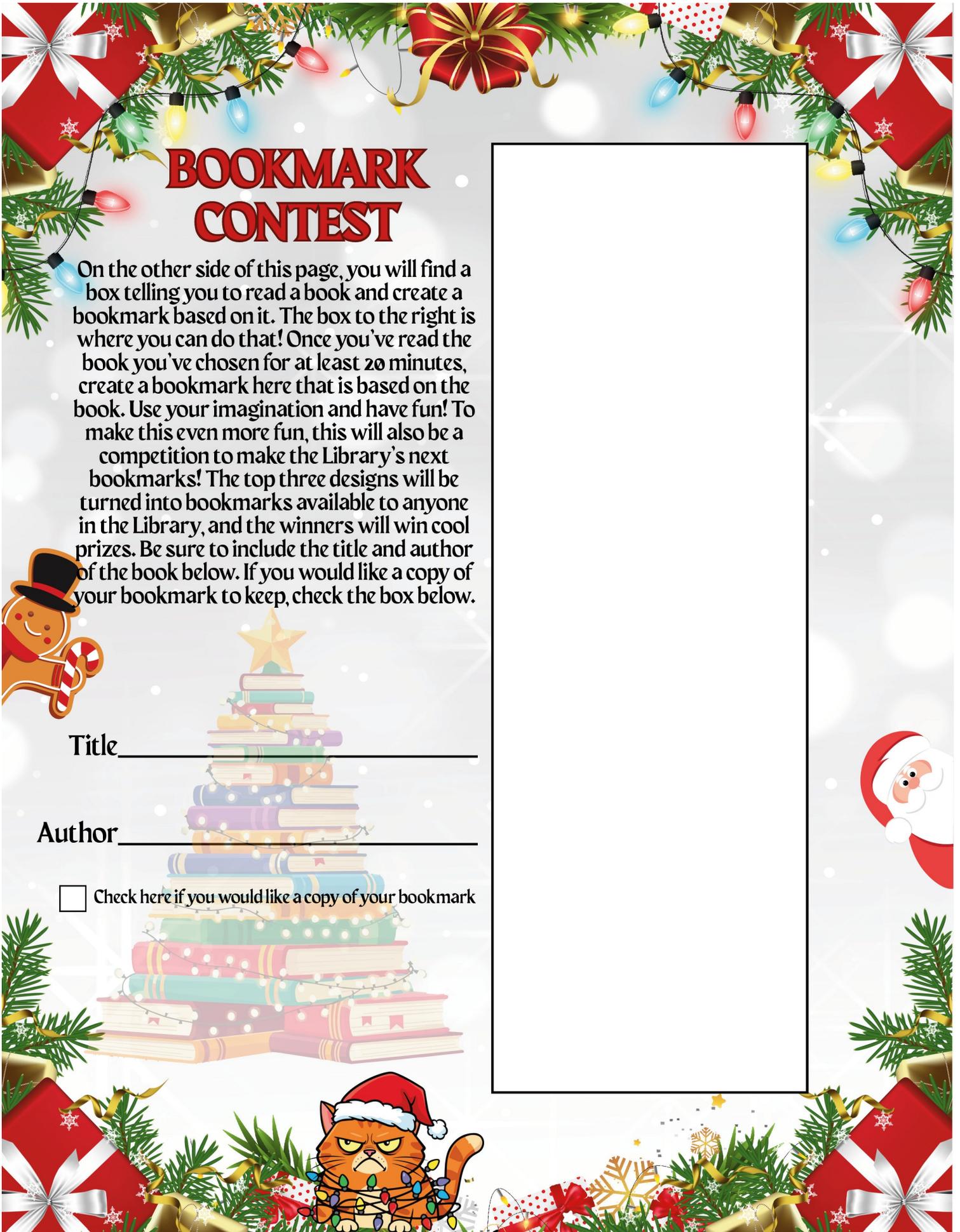
On the other side of this page, you will find a box telling you to read a book and create a bookmark based on it. The box to the right is where you can do that! Once you've read the book you've chosen for at least 20 minutes, create a bookmark here that is based on the book. Use your imagination and have fun! To make this even more fun, this will also be a competition to make the Library's next bookmarks! The top three designs will be turned into bookmarks available to anyone in the Library, and the winners will win cool prizes. Be sure to include the title and author of the book below. If you would like a copy of your bookmark to keep, check the box below.



Title _____

Author _____

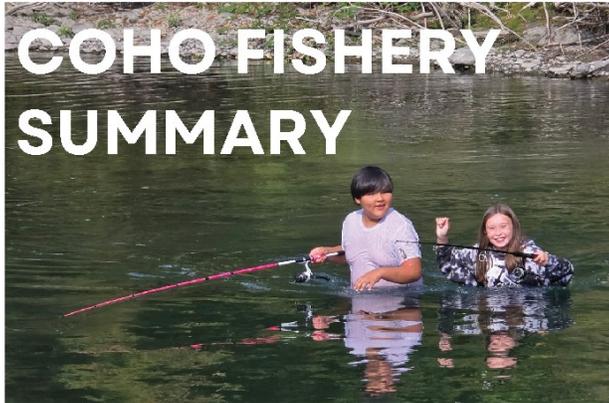
Check here if you would like a copy of your bookmark



DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>2 After School Program 2:30pm - 4:30pm</p>	<p>3 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>4 After School Program 2:30pm - 4:30pm</p>	<p>5 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Game Night 5:30pm - 8:30pm</p>	<p>6 10am - 6:30pm</p>
<p>7</p>	<p>8 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>9 After School Program 2:30pm - 4:30pm</p>	<p>10 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>11 After School Program 2:30pm - 4:30pm</p>	<p>12 CLOSED - Christmas Bazaar</p> <p>13 CLOSED - Christmas Bazaar</p>	
<p>14</p>	<p>15 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>16 After School Program 2:30pm - 4:30pm</p>	<p>17 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>18 After School Program 2:30pm - 4:30pm</p>	<p>19 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Movie Night 6:30pm</p>	<p>20 10am - 6:30pm</p>
<p>21</p>	<p>22 Elder's Fitness Class 11am - 12pm After School Program 2:30pm - 4:30pm Adult Basketball Open Gym 6:30pm - 8:30pm</p>	<p>23</p>	<p>24 Gym Closed</p>	<p>25 Gym Closed</p>	<p>26 Gym Closed</p>	<p>27 Gym Closed</p>
<p>28</p>	<p>29 Gym Closed</p>	<p>30 Gym Closed</p>	<p>31 Gym Closed</p>	<p>Gym Hours: Monday - Friday 8am - 8:30pm Bathrooms/Saunas close at 8:15pm Hours are subject to change</p>		

OCTOBER 2025 COHO FISHERY SUMMARY



266 Total Coho caught

65% caught at the Set Nets, 22% by Hook & Line, and 13% by Snagging

60:40 Male vs. Female fish

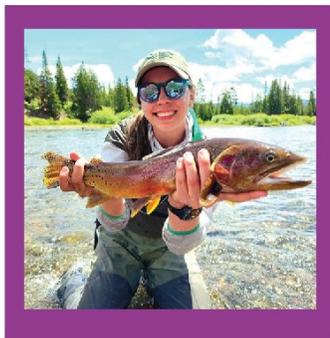
94 Registered fishers



Please remember to turn in your C&S Subsistence card filled out with your catch and releases to the Natural Resources Building by December 23rd!



THANK YOU to all who participated in this effort and helped our staff collect data that is critical to ensure future Elwha fisheries.



NEW STAFF! WELCOME KATIE FUREY

Katie joined the NR Department as a GIS Analyst in September. Katie is from North Carolina but has lived out West since 2016, mainly in Montana. Katie has a background in fisheries and most recently worked at Olympic National Park. Katie enjoys being outside, pottery, hanging out with her cat, Walter and ski patrolling at Hurricane Ridge.

WILDLIFE CAM CAPTURE: COYOTE PORTRAIT

Feel like you've been seeing more coyotes recently? It may be because in Fall and Winter months, young coyotes leave their parents. They are more likely to be active in the daylight hours than adults as they learn to live on their own.

Introducing monthly images from our camera grid! These tools give us glimpses into the behaviors of and interactions among all our wildlife relations in the Elwha watershed!



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!

Greetings Everyone!

Happy Holidays and Merry Christmas!

*The LEFA – Lower Elwha Family Advocacy Program staff would like to extend our gratitude to our partners and everyone involved in the Annual Domestic Violence Awareness/Action Walk which was held on October 21st at *Lower Elwha Klallam Tribe Heritage Center and Elwha Museum at the Carnegie*. This event was a commemoration of October as National Domestic Violence Awareness Month.

*Many thanks to the *WomenSpirit Coalition* for recognizing me as one of the **Amethyst Awards** recipients at the **16th Annual Amethyst Awards Recognition Luncheon October 23rd in Sequim**. This symbolizes a long-term partnership as I have been a WSC board member for about eight years now! I would not have this recognition without the blessings and support of the *Lower Elwha Klallam Tribe*. So, thank you very much!

*My sincere appreciation to Chairwoman Frances Charles for giving me a permission to speak at the Washington State legislative briefing on December 1st to emphasize the important of victims services for Washingtonians.

Announcements:

1. A million of thanks to the DOJ-Office on Violence Against Women for granting the *Lower Elwha Klallam Tribe* grant application that was submitted on June 26, 2025. OVW awarded the Tribe \$850,000.00 for 36 months of implementation by the Lower Elwha Family Advocacy Program. Thank you to the Grant Department,

Business Committee, Chief Executive Office, Social Services Dept, and anyone involved in this grant application. Congratulations, LEKT!

2. Please join us for a *Self-discovery Wellness Walk*. For December schedules, we will meet on the 5th, 12th, and 19th at noon from the *LEKT– Social Services* parking lot to the *Elwha River Casino* parking lot and back to Social Services or Tribal Center. Rain or shine!

What is the purpose of this walk? Walking can benefit many things. It can prevent diseases and enrich healthy self-empowerment/self-relationship or self-discovery, according to sources. LEFA will provide beverages and lite snacks.

3. The WomenSpirit Coalition has free civil legal services for eligible victims/survivors of domestic violence. For more information and consultation, contact 360-681-3701.

4. Ongoing Women Support Group – “Soup for the Soul” is scheduled every Tuesday from Noon to 2:00pm at the Heritage Center and in 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!



Heritage Center Workshops—New and Upcoming!

Continued Page 17

Thank you to everyone who attended Jamie's Weaving Classes this fall! We look forward to more classes after the New Year. If you are interested in teaching crafting workshops at the Heritage Center—please reach out! We are especially in need of instructors who are available on weekends and evenings. Please call (360) 417-8545 or email us at Heritage.Center@elwha.org if you would like to be considered.



FIREARM SAFETY CLASS

TUESDAY, DECEMBER 9TH

6pm - 8pm

Learn firearm handling and safety techniques from certified instructor and LEPD Lieutenant Jimmy Thompson. 18+ only please.

This hands-on course introduces you to safe and responsible handgun ownership fundamentals. Learn how firearms work, essential safety rules, and the basics of shooting confidently. Whether you're new to firearms or looking to refresh your knowledge, this class focuses on empowerment through education.

Brought to you by LEPD in partnership with the Elwha Klallam Heritage Center

Elwha Klallam Heritage Center
401 E First St, Port Angeles WA
(360) 417-8545

Job Readiness Workshops

December 4th: Career Exploration
December 11th: Resume Writing
December 18th: Interview Skills
1pm—2:30pm

Join our talking circle to discuss best practices and learn tips and tricks for the job search process. From where to look to how to dress—we'll discuss it all!

This is a three day training occurring on Thursdays in the Heritage Center's Raven's Edge conference room. If you can't make all classes this will be held again in January!



Beading With Leilani

December 15th & 16th
1pm—5pm

Craft Christmas ornaments and decorative bulbs over the course of this fun two-day workshop. Classes will be held in the Heritage Center Classroom for optimum lighting. Supplies and snacks will be provided. Brought to you by TVR.



Firearm Safety with LEPD

December 9th
6pm—8pm

Learn firearm handling and safety techniques from certified instructor and LEKT Lieutenant Jimmy Thompson. 18+ only please. Brought to you by LEPD and held in the Great Hall.

Yoga with Life Force Ayurveda

Every Thursday (except holidays)
9am—10am

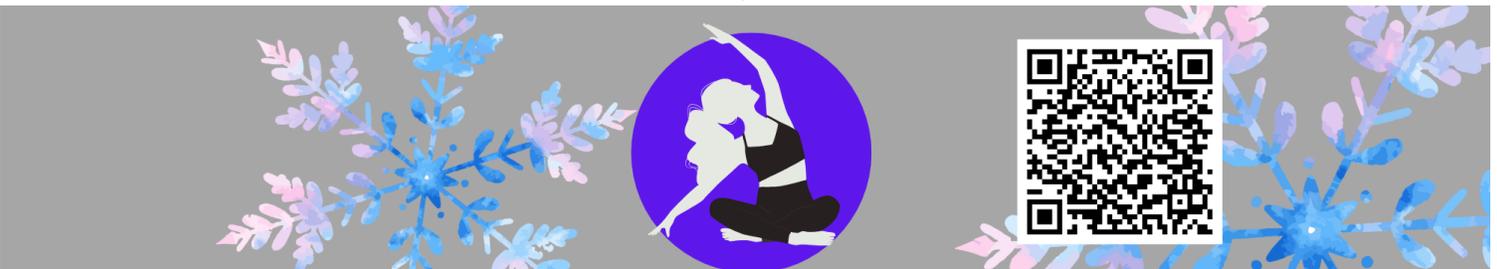
Start your day with gentle stretching and balance exercises. Great for elders and those experiencing chronic pain. This class is held in the Heritage Center's Raven's Edge conference room.



Intro to nəxʷsłʷayəmúçən

Every Monday (except holidays)
5pm—6pm

Flex your Klallam vocabulary with language practice every Monday online and in the Social Services conference room. Hosted by Keeoma Messenger and TVR.

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!

IN THE LOOP WITH LEHA

Be Gone, Fungus Among Us!

What Is Mold and Why It Grows

Mold is a common type of fungus that grows in damp or humid areas.

If a surface stays wet for 24–48 hours, mold can begin to develop.

Keeping areas clean and dry is the best way to prevent it.

How to Clean & Remove Mold

1. Find the source of moisture and fix it (leaks, condensation, etc.).
2. Clean and dry the affected area completely within 24–48 hours.
3. Wash the surface with mild soap and water, then dry it thoroughly.
4. Repeat cleaning whenever mold reappears.

 ***Tip: Always wear gloves and ensure good ventilation while cleaning.***

How to Prevent Mold

- Use exhaust fans in bathrooms, kitchens, and laundry rooms (15 to 20 minutes after you shower).
- Clean and dust regularly to reduce buildup.
- Wipe and dry walls, floors, sinks, bathtubs, and showers often.
- Keep furniture a few inches from walls to allow air circulation.

Remember

Regular cleaning, quick drying, and good airflow are your best defenses against mold!

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

Lower Elwha Housing Authority

22 Kwitsen Drive

Port Angeles, WA 98363

360.457.5116





Join the.. **LEKT Climate Change Steering Committee**

Are you interested in resiliency amidst future Climate Change projections? Would you like to contribute your ideas for the development of a LEKT Climate Adaptation Plan? We'd love you to join the discussion! We'll have meetings every two months in 2026 beginning on:

When: Wednesday, January 14th 2026, 10:00-11:00 am

Where: Lower Elwha Natural Resources Building, Conference Room

To register email or call: allyce.miller@elwha.org or (360)457-4012 x7489

(stay tuned for an evening session in the future)

Lower Elwha Police Department Service Calls for October 2025

2025 Service Record	Oct	Drug Violation	1	Stone Garden	4
911 Hang-Up	2	DUI	1	Suicide/Suicidal	2
Alarm/Alarm Check	9	Follow Up	15	Sexual Assault	1
Animal Calls	6	Fraud	2	Theft	3
Burglary	2	Indecent Exposure	1	Traffic Stops/Control/ Emphasis/Hazard	22
Business Check	171	DV	1	Trespass	2
Property Found	3	Malicious Mischief	1	Weapons Discharge	1
Citizen Assist	10	Mental/ITA	1	Unwanted Person	2
Citizen Contact/ paperwork /service	12	Malicious Mischief	1	Violation of Court Or- der	1
Civil	12	Other Agency Assist	7	Vehicle Prowl	1
Community Oriented Policing	71	Patrol Request	107	Welfare Check	9
Assault	2	Prisoner Transport	2	Warrant Attempts/ Arrests	5
CPS/APS	3	Report of Open Door/ Window	11	Total	518
Disturbance	9	Runaway	2		

December Birthdays

December 1st

Phoenix Charles

December 2nd

Lydia Stephan
Shane Castillo
William Charles Mjelde

December 3rd

Alexandria Charles
Caroline Granlund
Marie Miller Bryant

December 4th

Donna McGoff
James Byers Muck
Meridi Bolstrom

December 5th

Georgina Gilman
Maria Rapoza

December 6th

Taylor Tejano
Victoria Peters

December 7th

Jacob Sullivan
Jennifer Gober
Nicholas Gilman Jr.

December 8th

Chad Rennie
Maria Gloria

December 9th

Nexcanekwen Fer-
nandes

December 10th

Jaxxon Charles-Elofson
Michael Wiechman
Vanessa Gloria

December 11th

Jessica De Vore
Tahnee Hopie

December 12th

Alexis Dunn
Jaryd Stevens
Jeremy Messenger

December 13th

Joseph Messenger
Joseph Bennett
Brooke Johnson
Roberta Kimberly

December 15th

Brayden Charles
Frank Bennett IV
Janet Hren
Kristopher Shabel

December 16th

Garnet Marie Charles
Raven Rae Garza

December 17th

Elizabeth Bennett
Sarah Hopie

December 18th

Gordon Sampson

December 19th

Keri Ellis
Russell Charles

December 20th

Kaidence Bright
Wade Francis

December 21st

Arlene Boyd
Cecelia Charles
Joshua Needham

December 22nd

Joseph Boyd
Richard Sanchez Sr
Rober Charles

December 23rd

Andrea McLaughlin
Isaac Charles

December 24th

Daniel Point
Teresa Sanders

December 25th

Alison Contreras
Roy Peters
Virginia Castillo

December 26th

Nancy Smith
Tracey Sanchez

December 27th

Darrell Ducket

Kaiden Point

December 28th

Johntay Tolliver
Rebecca Sampson-
Weed

December 29th

Leslie Paranteau
Mitchell Boyd

December 31st

Arnulfo Antunez Jr.
Jarison Moses
Kylie Mitts
Lilly Charles
Michell Boyd
Zayne Lok



I would like to acknowledge our Elwha elder Gary Charles for always donating new plastic shopping bags to the Elwha food bank. Gary purchases the plastic shopping bags monthly and donates to the food bank. Thank you, Gary for your donations.

Sincerely,
Dorene Charles
Elwha Food Bank

Heritage Center Class Survey

What classes and workshops would you like to see offered at the Heritage Center?

Let us know by filling out this quick 2026 survey!



Lower Elwha 1910 Indian Shaker Church

FUNDRAISER



SATURDAY, DECEMBER 13TH
11:30 AM - 3:30 PM

***During the Elwha Christmas Bazaar in the
Lower Elwha Dining Hall***

2851 Lower Elwha Road, Port Angeles, WA 98363

We will be selling Indian Tacos (\$15), Cup of Chili (\$7), Frybread Blackberry Shortcakes (\$5) and Frybread (\$3). We'll also have Canadian goodies for sale.

All proceeds will benefit the Lower Elwha 1910 Indian Shaker Church

Food As Medicine Series: Polyphenols

By: Dawn Travelstead, MS, RD, CDCES | Phone: 360-912-1500 for more information.

What are Polyphenols?

Polyphenols are micronutrients that naturally occur in plants. They are powerful antioxidants that can prevent or reverse damage in your cells caused by aging, the environment and your lifestyle. Over time, this damage is linked to an increased risk to many chronic diseases.

A diet rich in polyphenols helps your body in many ways:

- Improving heart health; by keeping your blood vessels flexible and reducing inflammation.
- Lowering your diabetes risk by stimulating your body's release of insulin and lowering your level of insulin resistance (a condition where your body doesn't respond properly to insulin).
- Anticancer properties. Polyphenols may even block tumor growth and kill active cancer cells.
- Increasing your immunity. By promoting good bacteria in your gut which can help fight off infection.

Food Sources

- Berries
- Herbs and Spices: cloves, peppermint, etc.
- Cocoa powder and dark chocolate.
- Nuts: chestnuts, hazelnuts and pecans have the highest content.
- Flaxseeds
- Vegetables
- Olives
- Coffee and Tea

A Fishing Story From Bosco Charles

Submitted by Jamie Valadez

Oliver Charles Sr. was born in 1933 at Ediz Hook. His parents were Johnson and Hannah Charles. When Bosco was about four years old, his family moved to the Elwha Valley. In 1995 Bosco was interviewed by Karen James. In his interview he shared a memory about fishing.

The Claybanks was a place where I fished and where I watched my elders fish with gaff hooks. They'd go up to Claybanks carrying their long poles and gaff hooks. The poles were 20 feet long. They fished in the riffles for big kings. They'd see the kings in the water and reach out with the poles and gaff them. They also used a hand line and triple hooks in late 1940's and 1950's to snag salmon. The fish held up in there at Claybanks and then went on up the river. There was a deep hole and bed rock. They fished in the evenings. There were foot trails that led up to Claybanks along the east bank of the Elwha River.



HAPPY
Holidays

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ELWHA PEAKS

PHONE: (360) 912-7533

HOURS: 8AM-8PM



KWITSEN GRILL

PHONE: (360) 912-7532

HOURS: 11AM-6PM



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

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Tribal Holiday Closure

Dec 24th - Christmas
Dec 25th - Christmas
Dec 26th - Christmas
Dec 29th - Christmas Admin
Dec 30th - Christmas Admin
Dec 31st - Christmas Admin
Jan 1st - Christmas Admin
Jan 2nd - Christmas Admin
Jan 9th - MLK Jr. Day
Jan 26th - Treaty Day