



Volume 36, Issue 4

April 2015

We will honor several of our Tribal Elders at a Luncheon on Saturday, April 18th

11 a.m.—2 p.m. in Red Cedar Hall

Cousins George Wakefield and Marlene Shaw are both descended from Young Patsey (Twana) and Lucy Dexter (Jamestown S'Klallam). George's grandfather Francis Patsey and Marlene's grandmother Anna Duncan were the children of Young and Lucy (as was a son named Joseph). George's mother Gertrude Wakefield (Francis' daughter) was the cousin of Marlene's mother Helen Shaw (Anna's daughter).

Siblings Don, Betty, Mary, Janet and David Ellis are the children of Lyman "Matt" and Rachel Ellis. Matt was one of three sons born to Ethel Stevens and William Ellis. Ethel was the daughter of Henrietta (Sea-litza) and Lyman Stevens. Ethel later married Edwin "Art" Becker, (and gave birth to Edwin "Art," Robert, Helen, and Charlie). They all grew up together, which is why so many of the family refer to their ancestry as being "Ellis-Becker."

If you plan to attend, please RSVP by April 10th to the Tribal Receptionist at 1-800-262-6603 or 1-360-681-4600.

This Year's Honorees:

Two Patsey family cousins:

George Wakefield
Marlene Shaw

The Ellis family siblings:

Donald Ellis
Betty Kettel
Mary Ross
Janet Duncan
David Ellis



A photo of the last quilt made in 1951 by
Grandma Ethel Stevens Ellis Becker

What's Inside

- Elders Honoring Luncheon 1
- Tribal Acquires Dungeness River Habitat 2
- Update on Railroad Bridge 3
- Message from Our Tribal Chair/CEO 4, 5
- Tribe Sponsors KSQM Radio 5
- Culture Corner; Crime Prevention 6
- Annual Teen Retreat 7
- My Day as a Crab Fisherman 8, 9
- Library Corner 10
- Native Northwest Products at Gallery 11

- Emergency Preparedness; Cedar Bark Gathering 12
- News from Fish and Game; Other Committee News 13
- Sipping, Snacking and Tooth Decay; Job Openings 14
- Calendar; Committee Meetings 15
- Announcements 16, 17
- Birthdays; Contact Information 18



Tribe Acquires Dungeness River Habitat Properties

The Natural Resources Department has successfully acquired two additional parcels of fish and wildlife habitat for the Tribe. In November of last year, the Tribe received a donation of 2.3 acres south of Dungeness Meadows called the Mt. View property. Then last month the Tribe took ownership of an additional 12.7 acres north of Dungeness Meadows called the Couhig property. Both properties contain high quality salmon habitat and are important pieces of a strategy to conserve and restore the Dungeness River.

Mt. View: The landowner donated this property to the Tribe to protect the habitat. Along with salmon habitat this property includes a canal and fish screen that is part of the Independent Ditch Company Irrigation System.

Couhig: The Couhig family asked the Tribe to purchase approximately 13 acres of floodplain property and conserve it for fish and wildlife habitat. The Tribe successfully applied for grant funding from the Salmon Recovery Funding Board, the Puget

Sound Acquisition and Restoration Fund, and the Department of Ecology's Floodplains by Design program. These grants coupled with funds from the Environmental Protection Agency and a generous contribution by the Tribe helped to purchase and conserve the Couhig

Property. The property is now entrusted to the Tribe by the State of Washington to protect salmon habitat and protect against future development.

These and previous property acquisitions in this area (see map) show what can be accomplished with a strong partnership between local landowners, state and federal agencies, and the Tribe. Robert Knapp, Habitat Program Restoration Planner stated "It is exciting to see these properties added to the Tribe's conservation land holdings so that these habitats may forever be available to nurture salmon, the Jamestown S'Klallam People, and the citizens of Washington State."



Dungeness River at the Mt. View Property
Photo by Robert Knapp



Couhig property Photo by Randy Johnson

Update on Railroad Bridge

by Powell Jones, Executive Director of the River Center

During a December 2014 flood, when the flow in the Dungeness River reached an impressive 5,900 cubic feet per second (cfs), the look of the Dungeness River and Railroad Bridge Park drastically changed. New channels were cut, hundreds of cubic yards of gravel shifted, and mature trees were torn away and washed downstream. When the waters receded a new landscape remained, filled with a braided stream, a massive layered log jam, and a rejuvenated flood channel just beyond the west side of the main truss section of the bridge. If salmon and the Pacific Northwest culture associated with them are important to us, then rivers should be free to go where they want. The restoration of the Elwha River is a perfect example of how creating and promoting healthy habitat by freeing a river is the best thing we can do for



Aerial of the river showing the west (left) side of the bridge after it was damaged, and the large channel flowing under it.

salmon. Healthy rivers are complex with large woody debris creating and promoting essential habitat such as hiding spots, multiple channels, and assorted gravel beds of the right sized rocks for redds (salmon nests). This is just the type of habitat that is being created in Railroad Bridge Park by our recent flood events.

On February 6th 2015 the Dungeness River had another flood that was two-thirds the size of the flood in December. The (3,900 cfs) peak flow turned out to be more than enough to finish the job started 6 weeks earlier. The river removed large amounts of material in the newly rejuvenated west side channel and it became the main course of the Dungeness River. In a 100-yard stretch, well over a dozen alders, cedars, and cottonwoods toppled from the banks both up and downstream of the bridge. The river's powerful eroding forces took their toll on our landmark, western approach trestle and eight pilings were undermined with six being completely swept away. Just like that, one of the hallmark pieces of the Olympic Discovery Trail was disabled for the foreseeable future.

So does this leave a broken bridge and unusable trail within spectacular salmon habitat? The definitive and long-term answer is no, but at this point the timing of repairs is unknown; it will be done as soon as possible. Repairing the trestle and re-opening the trail are essential to the community and to Railroad Bridge Park. Currently the Jamestown S'Klallam Tribe, owner of the Railroad Bridge Park, is researching and assessing all funding options for the two major repair components design and construction. Repair designs vary widely with funding sources often driving the design. An ideal design will interact with the natural movements of the river and not try to force a river or land managers to react. In the end learning to interact with rivers in ways that encourage diversity, and most importantly, freedom of movement, is a must.

Through all of this, the support from the public has been nothing short of amazing. Thanks to the community, the Peninsula Trails Coalition, Clallam County, and our partners the Jamestown S'Klallam Tribe and Olympic Peninsula Audubon Society for jumping in to help. We are just beginning to figure out the solution to this situation so please keep in touch because we may need your help. If you would like to donate please visit our website and click "support," call 360-681-4076, or email RiverCenter@olympus.net.

This is an evolving story and we would love to keep you up to date! Visit our revamped website:

www.DungenessRiverCenter.org anytime for events and great local information. "Like us" on Facebook to get multiple updates on the Railroad Bridge Park, River Center, and Dungeness River throughout the week. Subscribe to our free monthly E-newsletter by emailing rceducation@olympus.net.

Honoring Elders

A Message from Our Tribal Chair/CEO W. Ron Allen

Greetings Tribal citizens! Last month, I wrote about the special Grand Opening celebration of the House of Knowledge (Longhouse) at the UW campus and how we are engaged in raising the funds necessary to be able to name the Grand Hall after Billy Frank, Jr. an Elder who we in the northwest have great appreciation for his leadership and protection of our Treaty rights. It was a great honor that Elaine Grinnell represented our Tribe at the Grand Opening Ceremony as a member of the UW Elder Advisory Committee.

Last year, we honored Hazel Sampson who passed away at 104 and we recognized Barbara Lane, the elder anthropologist who was instrumental in helping our Federal Recognition petition that resulted in Tribal recognition in 1981. At last year's Elder Honoring luncheon, we also honored George Adams, Charles Becker and his sister Helen Jarvis. All three have been actively involved with our community and have supported our efforts to restore the Tribe's identity and cultural activities.

This year we are honoring George Wakefield and Marlene Shaw (of the Patsey family) as well as the Ellis family siblings – Don Ellis, Betty Kettel, Mary Ross, Janet Duncan and David Ellis. This event is scheduled for April 18th at the Cedar Hall Community Center. We hope you can join us in sharing stories and expressions of appreciation.

I have noted in the past that in our culture, it is the responsibility of the family to take care of the needs of the Elders in appreciation for raising and providing for their families. This is the way it has been done for many generations. Elders in turn have provided help raising the children and passing on traditions, stories and teachings. But as time moved along, our Tribe as a community has stepped up to contribute to Elders maintaining a more independent lifestyle.

As we honor this year's Elders, we must reflect on those in the past who over the course of their lives have made, and continue to make contributions to the success of the Tribe, including Harriette Adams, Edith Cusack, Elaine Grinnell, Hannah Johnson, and Lyle and Les Prince.

We have regularly shared how much progress we have made to improve services and the quality of life for our citizens and community. We would not have achieved the past three decades of our long-standing goals as a self-governing and self-reliant Tribe without the Elders who helped make it happen.

I'm proud of the many ways we support our Elders including small annual stipends to help with their income needs, and contributions of traditional foods including elk, deer and salmon on a regular basis. I know our "meals on wheels" program is appreciated. We have built an Elders Lounge that is regularly used, and we host popular cultural trips to neighboring Tribes throughout the northwest, even as far east as the Mohegan Tribe in Connecticut. I deeply appreciate Mary Snodgrass who provides the staff support for our Elder Program. She does a great job coordinating all the various Elder activities.

I believe that we must continue to pursue our dreams for our community including doing what we can to provide for some of the needs of our Elders. Preserving and restoring our history, homelands and homes we are acquiring are enjoyed by many of our Elders. There are many other services including health and education, but for the purposes of this article, you understand that we care. And program by program, we do what we can to make a difference in their lives.

Please do not hesitate to call me at (360) 681-4621 or e-mail me at rallen@jamestowntribe.org if you have any questions or clarifications.

God Bless,



A handwritten signature in black ink, appearing to read "Ron".

Jamestown S’Klallam Tribe Becomes KSQM Sponsor

On March 1, the Tribe became an official sponsor of KSQM-FM, Sequim’s community radio station at 91.5 FM, and streaming live at www.ksqmfmm.com. The radio station, which has been operating since 2008, is fashioned after a 1940s radio station, and plays music from the 40s, 50s, 60s and 70s.

KSQM is a full-power, non-commercial, educational radio service of Sequim Community Broadcasting, a 501 (c) 3 non-profit corporation and registered in Washington State as a charitable organization. KSQM relies on local business and listener contributions, business sponsorships, and volunteer support.

The Tribe is the official sponsor of the Saturday Morning Show, hosted by Fred “FM” McKenzie, from 7-9 am on Saturdays, and as a sponsor, will be mentioned at the opening and the close of that show each week. We will receive five promotional mentions each week – each time the Saturday Morning Show is promoted. In addition, once a week, a 30-second announcement will highlight the Jamestown S’Klallam Tribe and its many contributions to the Sequim and Clallam County community. Listen for our name!

One of the main reasons for community radio stations like KSQM is to provide broadcasting during emergencies like storms, earthquakes or tsunamis. It makes sense for the Tribe to sponsor the radio station, since the Tribal facilities at Blyn are among the designated shelters in the Clallam County Emergency Management System, and the Tribe has been working hard over the past several years to educate and equip our staff to know how to respond in an emergency. But beyond those practical reasons, the radio station is fun to listen to and covers local events, sports and news.

KSQM 91.5FM

*Listener Supported Community Radio Playing Music
From The Great American Songbook*

“Happy Easter to All!”

**We welcome you to join us for
the Jamestown S’Klallam Tribe’s
Elders Luncheon**

Noon on Friday, April 10th

Club 7 at 7 Cedars Casino

RAFFLES

**DOOR
PRIZES**

MENU

Baked ham, Baked Chicken
Scalloped Potatoes
Mixed Vegetables
Tossed Green Salad, Rolls
Fresh Fruit, Elders Desserts
Coffee, Tea, Juice, Milk, Soda

**Meals for American Indian Elders 55 and older plus
their spouse are free through our Elders Nutrition
Program.**

**All staff and guests are welcome to join our Elders for
lunch for a donation of \$7.50.**

Please come and enjoy a lunch with all our Elders.

Food bank items are always needed, and door prizes and raffle items are always welcome and greatly appreciated!

Culture Corner

Klallam Language

ᑭᑭᑭᑭ ᑭᑭ ᑭᑭᑭᑭᑭᑭ!

Welcome, come in!

We will teach useful phrases, blessings, words and whatever else you would like to learn. Come enjoy learning our Klallam language with us. Please call or email if you are interested in learning our Klallam language.

More information coming soon.

Traditional Plants

It is a perfect time to harvest stinging nettle. Nettles are delicious steamed, fried in butter, added to soups, sprinkled over omelets or casseroles or brewed as a simple infusion (tea) by pouring boiling water over them and steeping for as little as 15 minutes or as long as overnight. I enjoy a tea mixture of 2 parts nettle and 1 part rose hips.

Nettles are known to treat: allergies, anemia, arthritis, bronchitis, burns and scalds, dandruff, fatigue, gingivitis, hair loss, internal bleeding, kidney stones, parasites, poor circulation, pre-menstrual syndrome, skin complaints, urinary tract infections, and more. There are some possible interactions. Stinging nettle may affect the blood's ability to clot and could interfere with blood thinning drugs, may lower blood pressure, may lower blood sugar and may interact with NSAIDs (nonsteroidal anti-inflammatory drugs). Please talk to your doctor before taking or using stinging nettle if any of these conditions apply to you.

For more information about anything mentioned in Culture Corner, or other cultural topics, please contact Cultural Coordinator Vickie Carroll (Johnson family) at 360-681-4659 or 10800-262-6603 or vcarroll@jamestowntribe.org.

Nettle Harvesting with Jerry Monson

Saturday, April 25th, 2015

10:00 a.m.

Meet at Social and Community Services Building. Wear gloves and long sleeves.

Limited to the first 15 to sign up.

Please contact Vickie Carroll to sign up.

Crime Prevention Tips from Deputy Andrew Wagner

Hello Jamestown Tribal citizens and employees:

For those of you that have not met me I am Deputy Andrew Wagner with the Clallam County Sheriff's Office. I am also the Tribal Liaison Deputy for the Jamestown Tribe. I wanted to give everyone a little heads up as summer approaches and the weather starts to warm up. This is helpful knowledge for both work and in your private lives. Sequim is not the same Sequim that a lot of us were born and raised in. The property crime rate is steadily rising.

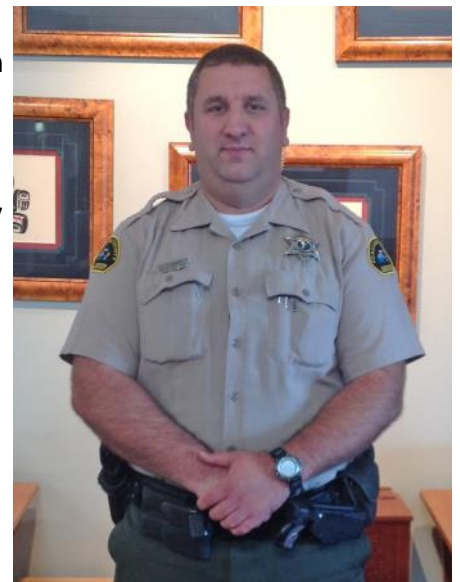
The majority of the crimes that we see in our day-to-day jobs are that of unlocked vehicles and residences/businesses. We are trying to spread the word out there to everyone that leaving your residences or vehicles unlocked is not safe. Most criminals will walk through an area and try doors and windows. When they find one unlocked they will enter it, find what looks good and steal it.

As the weather gets warmer more and more people leave their home and office windows open to enjoy the fresh air. The criminals also like the warmer air because they can easily walk around at night looking for those unlocked doors and windows. So in closing: Please lock your doors and windows. Check your work space before you leave at night to make sure the building is secure. If you notice a window open please close it before you leave. When you are at home, please try to lock your vehicles and residences. Very few criminals want to break windows to steal things...It makes too much noise.

Thank you,

Deputy Andrew Wagner

awagner@co.clallam.wa.us



Deputy Andrew Wagner

Annual Teen Retreat

The 2015 Teen Retreat included 10 middle school students, five chaperones, four high school students, two teen mentors, two parents, one Tribal Elder and one ventriloquist. The annual event, which took place during Presidents' Day weekend at Sequim Marine Resort, focused on sexual assault and domestic violence awareness and prevention. Funded by a grant from the Office of Crime Victims Advocacy, the weekend was a nice blend of relaxed time for the participants to bond as friends, and educational time, featuring these presenters:

- Dustin Brenske, Behavioral Health Specialist, for the Tribe, on Consent and Healthy Choices;
- Darryl Trowbridge of Healthy Families, on Healthy Relationships (a ventriloquist working with his dog and monster puppets); and
- Cathy MacGregor, Tribal Elder (Reyes family), a volunteer with the Office of Crime Prevention Advocates, who taught participants to weave cedar bracelets.

The chaperones were Teen Program Coordinator Carmen Maxwell, Social and Community Services Administrative Assistant Jeremy Monson, Elders Coordinator Mary Snodgrass, Scholarship Coordinator Jim Weatherly and Brenske. Teen mentors Judi Villella and Rachel Payne also joined the group Friday and Saturday, but both had to go to their jobs on Sunday. Everyone who attends the retreat has been through a background check, said Maxwell, stressing "we are very careful about who we put with the kids."

"The parents comment that they are happy that these difficult topics are brought up in a light way that speaks to the kids, which makes it seem like a less taboo subject. Our program makes the kids aware and comfortable with these topics and they support each other as a group. It also allows them to help their peers outside the Tribe by getting this important information out to their friends."



From left to right: Hailey and Sierra Gober (Lower Elwha), Rita Welch (Jamestown S'Klallam, Allen family), Danna Gober (Lower Elwha), Tommy Hall (Hall family), Abe Mitchell and Ben Mitchell (Tsimshian)



From left to right: Jayce Adams (Adams family), Hailey Gober (Lower Elwha), Rita Welch (Allen family), Madeline Garden (Weber family), Sierra Gober (Lower Elwha), Keviana Loggins (Tlingit Tribe/Hunter family), Elizabeth Smith (Cook/Kardonsky family), Mariah Sanderson (Chubby family), Danna Gober (Lower Elwha), Skyler La Tour (Sault Ste. Marie Tribe of Chippewa Indians), and Jeremy Monson (Adams family). Not pictured: Teen mentors Judi Villella (Becker) and Rachael Payne (Kotzebue)

My Day as a Crab Fisherman

by Lisa Barrell (Johnson/Wood family)



I've been on the Natural Resource Committee for nine months and I'm the newest member. I mentioned that I'd like to see how the crabbing fishery worked and Tribal citizen Lynn McKenna (Johnson/Wood family) took me up on it. Tides and daylight hours decide the start time, and I guess I lucked out because we didn't have to set out until 8:00 a.m.



Danny chopping the bait

Lynn, her husband Andrew and Tribal citizen/long time fisherman Danny Freeman (Hall/Adams family) were already in the truck when I hopped in and we headed to John Wayne Marina. When we arrived, the three of them worked together in quiet synchronization. Andrew backed the boat into the water; Danny unhooked it and tied it up while Lynn started setting up the stations on the boat. Everyone came aboard and I sat in my comfy camp chair and tried to stay out of their way.

With a menacing-looking machete, Danny started chopping the frozen bait. This was passed to Lynn, who stuffed it into the bait containers with the slits, not the holes (something about sand fleas...). All of this happened while Andrew headed the boat

to open waters and Cline Spit.

Tribal crabbers are allowed 50 pots in our catch area. Along the way we passed another Tribal crabber, Marlin Holden, and we stopped long enough to say 'hi' and for me to get a picture. We also paused to say 'hi' to a couple of non-native fisherman. These three seem to know everyone on the water, even the dogs. Yes, there are dogs.

I liked the Cline Spit area. It's sheltered, the pots are close together, and you're surrounded by land. With my healthy fear of the water, this was perfect. The sun was out, the eagles and cormorants were all over and with my four layers of clothing, wool gloves and hat, I was nice and toasty. (I did show up with tennis shoes, but luckily Lynn figured I might so she brought along extra wool socks and some type of water boot). Then the action began. Danny hooked the buoy, and Andrew put the rope onto something like a davit or motorized pulley.

They were quick to hand Lynn the bait containers and sort through the crabs. Females are thrown back, and Andrew checked the others to make sure they weren't soft and were over 6 ¼". Lynn handed over the new bait; the trap was closed, and thrown back into the water. They move fast! Lynn cleaned the bait containers while we moved to the next pot.

We waved at my nephew Josh Chapman as he was checking his pots, then headed for the *deep* water. The houses along the shore started getting smaller and I had to zip up my parka because we were



Lynn filling and showing the different bait containers



The crew: Lynn, Andrew and Danny



Danny ready with the hook



(Continued on page 9)

(Continued from page 8)

moving faster and it was cold! There was a lot of water and nothing else. Soon enough buoys started appearing. These took a bit longer to pull up, and they were further apart. For some unknown reason, the pots tended to contain one large, happy male surrounded by a harem of females.

After a few hours, when all the crab pots had been accounted for, we headed back to the marina. Lynn started cleaning the deck and for the first time I saw Danny sit. (Andrew never did get to sit). As we pulled into the marina, someone was already there waiting for the crab, and after completing paperwork, the crabs were sold.

I want to thank my sister Lynn (the only female commercial crabber we currently have in the Tribe!) and her crew for taking me out. It was a beautiful day and quite the experience. I was exhausted just from watching all of you work!



Selfie time (Lisa on board)



Measuring and testing



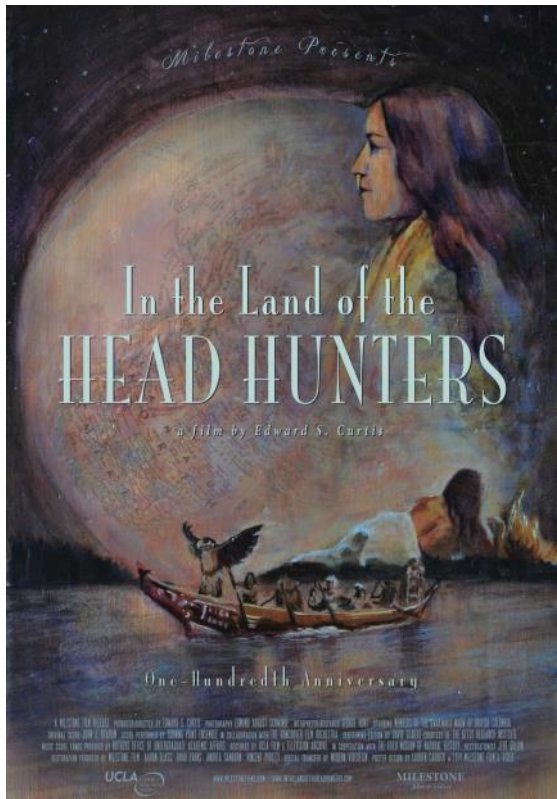
The Prize!



We saw Marlin Holden out on the water



Library Corner



Upcoming event: Native Film Night!

In the Land of the Headhunters a film by Edward Curtis,
restored by UCLA Film and Television Archive and
Milestone Films. Thursday, May 14 in Red Cedar Hall

5:30 p.m. dinner, 6:15 p.m. movie

"Selected for the National Film Registry by the Library of Congress, this early Native American drama/documentary released in 1914 is an amazing film produced in collaboration with the tribe members. The story of love and revenge among the Kwakwaka'wakw of British Columbia, Motana, the son of a great chief, goes on a vigil journey. Through fasting and hardships he hopes to gain supernatural strength which will make him a chief as powerful as his father. Curtis showcases the Kwakwaka'wakw's magnificent war canoes, totem poles, rituals, [regalia] and dancing." (Milestone Films)

Please call 360-681-4632 or email library@jamestowntribe.org to RSVP.

The classes that the Library is presenting this month, **"Marketing and Website Design for Your Small Business"** are full. However, if you are interested in taking this series, please let us know. If we have enough interest, there might be a chance that we can offer the series again. Please call 360-681-4632 or email library@jamestowntribe.org.

Brown Bag Lunch Thursday, April 2 from 12-1 p.m. Red Cedar Hall "Saving Seeds and Heirloom Vegetables"

Please join us on April 2nd from noon to 1 p.m. in Red Cedar Hall for an interesting presentation by Muriel Nesbitt, Master Gardener.

Muriel was an assistant professor at UCLA and has a Ph.D. in Genetics. She retired from the University of California, San Diego, where she taught biology. Muriel has also been the Director of the local Master Gardner program.

xčít: "to know"

After languishing for far too long in technology limbo, the Library's website is finally up-to-date! Check out some of our **new books and DVDs** and get the latest information on upcoming events.

Our newest magazine, *NBO*, from the National Basketry Organization, is in the Tribal Library and ready for checkout.

Website: <http://library.jamestowntribe.org>

Jamestown Reads Book Club will meet on Tuesday, April 28th at Napolis in Seven Cedars. Join us for "happy hour" for book lovers (plus, some of us choose to eat there so we don't have to go home and cook!)



Library:	360-681-4632	library@jamestowntribe.org
Librarian Bonnie Roos:	360-582-5783	broos@jamestowntribe.org
Library Assistant Marlene Hanson:	360-681-3416	mhanson@jamestowntribe.org
Library Assistant Jan Jacobson:	360-681-4614	jjacobson@jamestowntribe.org

Visit the Tribal Library at 1070 Old Blyn Highway in Heron Hall; Open M-F 9 a.m.-5 p.m., Sat. 9 a.m.-4 p.m..

Website: <http://library.jamestowntribe.org>

Native Northwest Products: Art by Native Artists

Art Buyer Wendy Humphries has ordered all kinds of “fun products” for the gallery this season, many of which will be in stock starting in April. For several years, she has purchased products from Native Northwest, a Canadian company based in Vancouver BC that features art by Native artists. Here’s what they have to say about themselves:

“Our story begins in 1982, with a basement publishing operation of 12 postcards and a strong desire to promote the beauty of Native art and culture to a broader audience. Our philosophy is to reproduce the artwork while reflecting the integrity of the piece, the artist and his/her culture. We feature the name and tribal affiliation of the designing artist, and when possible, a quote offering insight into the artist’s personal and cultural meaning of the design.”

Their “Native Explore” line features children’s and educational products. Their “Native Essence” line features decorative housewares.

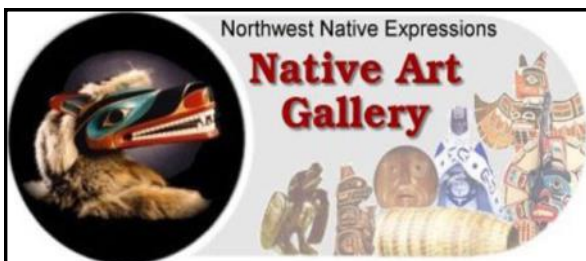
Native Northwest welcomes submissions by any First Nations and Native American artist. They prefer artists who work in the art traditions of their Nation. They encourage artists at all levels to email them at larry@nativenorthwest if you are interested in having your work considered for reproduction on their products. Here’s what they have to say about their goals and priorities:

“Our goal is to support Native art and culture and we strive to be a vehicle for artists to make their art accessible to a wider audience. One of our current priorities is to develop educational material for children, especially at the early childhood development and primary levels.”

Some of the products that will be coming into the gallery include the rayon scarves, cotton t-shirts, and wool blankets shown below.



New scarf and t-shirt designs, and a new line of wool blankets are among the spring offerings at Northwest Native Expressions Gallery and Gift Shop



Northwest Native Expressions Gallery and Gift Shop
1033 Old Blyn Highway, Sequim on the
Jamestown S’Klallam Tribal Campus
Open 9 a.m. - 5 p.m. daily.
Shop online: www.NorthwestNativeExpressions.com

Emergency Preparedness: Home Fire Safety – Version II

Our emergency preparedness article from February outlined some very basic do's and don'ts in the event of a fire in your home. Since then, one of our Tribal staff members experienced an alarm going off in the middle of the night. She recalled the advice presented in the article and realized that "in the moment" of being awakened by the alarm other life-saving actions were critical. And so she came up with a plan she calls "Evaluate-Locate-Evacuate". The most surprising thing she noted was "don't sit up in bed." Good point, and one that is counter-intuitive; sitting up in bed may put your head right in the "smoke zone."



Below is a list of strategic actions worth considering:

Evaluate: Do not sit up in bed! Roll off the bed onto the floor and evaluate the situation.

- Is it the smoke alarm or the CO detector?
- Do you see or smell smoke or flames?
- Is there any indication that this is a real emergency vs. a false alarm?
- Take a few seconds to wake up, assess the situation, and plan your next steps.
- Cover your mouth and nose with a cloth (could be a pillow case or a sock).
- Do not stand up, but stay close to the floor as you continue to safety.

Locate:

- Look and listen to locate the source of the alarm. If you have multiple interconnected alarms, the one nearest to you may not be the one initially activated by smoke, fire or CO.
- Next, locate your relationship to the source of the alarm and the nearest exit. Which way should you go to the closest, safest emergency exit?
- Locate your mobile phone; if it is within reach, take it with you so you can call 911 when you are safely outside.
- If you have located the source of the alarm and it is a small fire, do you know where your fire extinguisher is?

Evacuate:

- When you have identified the source of the alarm, the location of the fire, and the route to the safest exit, evacuate yourself and your family by staying low to the floor.
- Do not attempt to get your wallet or purse or save pets or belongings—the best bet for saving what matters to you is to call 911 and let the experts handle it.

Here is a link you might find useful:

<http://www.itstactical.com/intellicom/mindset/do-you-know-what-to-do-when-the-smoke-alarm-goes-off/>

Attention Tribal Citizens: Interested in cedar bark gathering on Indian Island?

Call Cultural Resources Specialist Gideon Cauffman at 360-681-4638 or email gcauffman@jamestowntribe.org to express interest so that he can plan an outing for May or June.



News from Tribal Fish and Game

- **Fish tax is due on April 1, 2015.** No commercial permits shall be issued for a given year unless and until the applicant Tribal fisher has paid all Tribal fish taxes due.
- Steelhead fishing is closed in all western Hood Canal freshwater areas from Hood Canal Bridge south to Ayock Point, including Biq Quilcene River, Dosewallips River, Duckabush River, and Hamma Hamma River.
- Dungeness River salmon and steelhead are closed.
- Subsistence cards expired on March 31, 2015.
- Vessel registrations will expire on June 30, 2015.
- Any Tribal citizen who hunts within the boundaries of an area closed to hunting, as designated by Title 9 of the Tribal code or regulations issued under it, is guilty of an offense. Please ensure you are not hunting on private property.
- Tribal citizens are reminded that the Tribe asserts the right to hunt and gather on all open and unclaimed land and private land that is “open” or with permission of owner. If you choose to hunt on “private land” and have permission of the owner; be aware of WDFW’s stance on this. Please talk to Anika in Natural Resources, or Enforcement for further information.
- If you participate in commercial clam harvest on the log yard tidelands, ensure you are digging in the area that is open. If you have any questions in regards to boundary lines, contact Ralph at 360-681-4630, or contact Enforcement. For further information on digging in the log yard, refer to the current regulation.
- For openings, emergency closures, and regulations refer to the PNPTC web site (<http://www.pnptc.org/Regulations.html>).
- When you are participating in fishing or shell fishing within the Tribe’s U&A, it is illegal to use a Washington State fishing license. If you are outside the Tribe’s U&A you will need a Washington State fishing license and adhere to Washington State regulations. You are only allowed to use red & white buoys outside of your U&A.
- If you lose gear, ensure you fill out a lost gear form. The form can be downloaded from the PNPTC website, or you can pick one up from the office. If you do not report it, you can be issued a citation.
- All subsistence harvest of fish and shellfish within the Tribe’s U&A must be reported on subsistence cards before you leave the harvest area. Please ensure you have your Tribal I.D. and subsistence card on you at all times.

If you have any questions or concerns please don’t hesitate to contact us:

- Rory Kallappa (Fish & Game Enforcement Manager) cell 360-477-0233, office 360-681-4629.
- Jason Robbins (Fish & Game Enforcement Officer) cell 360-460-5178, office 360-582-5797.

Editorial Committee Vacancy

Are you interested in the Tribal Newsletter and its contents? We have an opening for a Tribal citizen on the Editorial Committee. This is a staff committee with Tribal citizen representation. It is a volunteer position with no stipend. We meet monthly, on the first Tuesday of each month, at the Tribal campus, to discuss possible newsletter topics, based on current events and citizen interest.

If you are interested in serving in this capacity, please send a letter of interest to:

Betty Oppenheimer
Publications Specialist
Jamestown S’Klallam Tribe
1033 Old Blyn Highway
Sequim, WA 98382

Or by email to boppenheimer@jamestowntribe.org

Tribal Committee Appointments:

- **Lisa Barrell, Candy Burkhardt and LaTrisha Suggs** were reappointed to 3-year terms on the Health Committee.
- **Lana Kerr** was appointed as the Election Board Alternate Member.
- **Marlin Holden, Kurt Grinnell and Ken Merritt** were reappointed to 3-year terms on the Natural Resources Committee.
- **Sheila Strong and Elaine Grinnell** were reappointed to 3-year terms on the Culture Committee.

Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight: You'd better eat that--it's good for you! There's another old favorite in the parental arsenal of dietary admonitions: Don't eat that—it'll rot your teeth! Now more than ever, kids are faced with a bewildering array of food choices -- from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year! Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinses food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless – chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor beverage consumption – instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

~This article was provided by the American Dental Association,
and sponsored by the Jamestown Family Dental Clinic

Job Openings, Apply Online!

Cultural Resources Internship Opportunity; 10 weeks starting in June, 2015.

Planning Department, Open until filled

Please visit <http://jamestowntribe.iapplicants.com> to complete a "general" application for this Internship Opportunity. If you have additional questions, please call Gideon Cauffman at 360-681-4638.

Natural Resources Technician I; Temporary position for 5 Smolt Trappers

Natural Resources Department, Open until filled

Clinic RN

Jamestown Family Health Clinic, Open until filled

Please visit <http://jamestowntribe.iapplicants.com> for job description and to apply online.

Events Calendar – April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chair Exercise, page 17	1	2	3	4
5 Easter Sunday	6	7	8	9 Web Marketing Classes (full)	10 Elders Luncheon, page 15	11
12	13	14	15 Singing and Drumming, page 17	16	17	18 Elders Honoring Luncheon, page 1
19	20	21	22 Diabetes Support Program 11 a.m.-1 p.m.	23	24	25 Nettles Gathering, page 6
26	27	28 ↓	29	30 ↓		

Tribal Committee Meeting Schedule

	Meeting Date/Time/Place	Contact/Phone
Community Network	Fourth Wednesday of January, April, July and October, 5:30 p.m., Social and Community Services Elders' Lounge	Candy Burkhardt 360-681-4625
Culture	5 p.m., Social and Community Services Elders' Lounge; call for date.	Vickie Carroll 360-681-4659
Elders	Call for date. Social and Community Services Elders' Lounge	Mary Snodgrass 360-681-4637
Enrollment	Call for information.	Jeremy Monson 360-681-4617
Health	Second Tuesday in January, April, July, October, 6:00 PM Jamestown Family Health Center Community Health Conference Room	Cindy Lowe 360- 582-4876
Higher Education	Call for date, 4:30 p.m., Social and Community Services Fish Bowl.	Kim Kettel 360-681-4626
Housing Improvement	First Monday of January, April, July and October at noon in the Elders' Lounge. If the first Monday falls on a holiday it is moved to the second Monday of the month.	Casey Thrush 360-681-3411
Natural Resources	Second Monday of each month, 4 p.m. Community Center Alderwood Room	Anika Kessler 360-681-4624

Announcements

Elders Chair Exercise

Every Tuesday from 2:30—3:30

p.m.

Jamestown Family Health
Center,
upstairs workout room

Open to Jamestown citizens and
descendants 55 and older

For more information contact
Elders Coordinator Mary Snodgrass
at msnodgrass@jamestowntribe.org
or 360-681-4637



Nəxʷsłayəʔ m Song and Dance

Wednesday, April 15th at 5:30

p.m.

Red Cedar Hall

Gather to share songs, dances and stories from the
times of our ancestors!

Bring your drums, rattles and voices to share and
learn songs and dances together at S'Klallam
Intertribal Drumming, Singing and Dancing!
Contributions for the meal would be greatly
appreciated! Salads, desserts, water, etc.

**SAVE THE DATE! Thursday July 9th: Elders' Gathering
at Carrie Blake Park for Elders from all Tribes.**

Find Us on the Web

Websites:

- Tribal Government: www.jamestowntribe.org
- 7 Cedars Resort/Casino: www.7cedarsresort.com
- Tribal Library: <http://library.jamestowntribe.org>
- Tribal Online Museum: www.tribalmuseum.jamestowntribe.org
- Canoe Family: www.jamestowncanoefamily.com

Facebook Pages:

- Tribal Government: www.facebook.com/JamestownSKlallamTribe
- Tribal Library: www.facebook.com/pages/Jamestown-SKlallam-Library/4689834031
- Wellness Program/Health Department: <https://www.facebook.com/JamestownHealthandWellness>
- S'Klallam Warriors (Mud Run): <https://www.facebook.com/SKlallamWarriors>
- S'Klallam Tribal Events and Announcements: <https://www.facebook.com/groups/sklallam.events.announcements/>

YouTube Channel: Tribal Library: <http://www.youtube.com/user/jstlibrary>

100th Anniversary of the Dungeness National Wildlife Refuge

April 18, Saturday 9-11 am: Spring bird walk on the Refuge led by members of the Olympic Peninsula Audubon Society.

May 16, Saturday 1-3 pm: Presentation by the Coastal Watershed Institute at the Dungeness River Audubon Center.

June 20, Saturday 10 am-3 pm: KID'S DAY at the Refuge. Many hands-on activities.

July 18, Saturday 11 am and 2 pm: Geology walks on the Refuge.

August 15, Saturday: Shorebird walk led by members of the Olympic Peninsula Audubon Society.

September 25-26: Joint celebration of 100 years with the Dungeness River Bridge and Klahane Hike Club as part of the annual Riverfest at the Dungeness River Audubon Center.

November 21, Saturday 9-11 am: Migrating waterfowl walk on the Refuge led by members of the Olympic Peninsula Audubon Society.

Announcements

Deadlines for Jamestown Higher Education Scholarship

Applications:

(for enrolled Tribal Citizens)

Summer Term ~ April 15th

Fall Quarter /Fall Semester ~ June 15th

Winter Quarter/Spring Semester ~ Nov. 15th

Spring Quarter ~ February 15th

For information on Higher Education funding, contact

Kim Kettel at 360-681-4626 or

kkettel@jamestowntribe.org

Jamestown Family Health Clinic


808 North 5th Ave. Sequim, WA 98382

Phone: 360-683-5900

Hours: Mon. - Fri. 8:00 a.m. to 5:00 p.m.




Sat. 10 a.m. to 3 p.m.

Olympic Peninsula 2015
BirdFest
Come bird with us!




- ♦ San Juan Island Cruise
- ♦ Neah Bay Birding Excursion
- ♦ Guided Birding Trips
- ♦ Bird Drawing Class
- ♦ Auction & Raffle
- ♦ Photography Workshop
- ♦ Gala Banquet with speaker
Lynsy Smithson-Stanley

April 10 - 12, 2015
For more information:
www.olympicbirdfest.org
info@olympicbirdfest.org
or 360-681-4076



For lodging and visitor information,
call 800-942-4042 or click
www.olympicpeninsula.org



First Federal

7 Cedars Casino Restaurants

Napoli's Stone Fire Cuisine

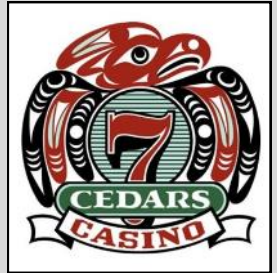
Open Sunday –

Thursday

9 a.m.-10 p.m.; Friday

and Saturday 9 a.m.

- Midnight



Totem Bar and Grille

Open 7 days a week

Breakfast 9 a.m.-noon;

Lunch 11 a.m.-4 p.m.;

Dinner 4 p.m.-Close

Salish Room Buffet

Buffets Fridays and Saturdays,

11 a.m.-10 p.m.

Seafood Extravaganza, 4 -10 p.m.

on the first Friday of every month.

Rainforest Bar

Monday-Saturday

4 p.m.-Midnight;

Sunday 10 a.m.-9 p.m.

Happy Hour 5-7 p.m. and

10 p.m.-Midnight

Live Music Friday and

Saturday 7 -10 p.m.

Cedars at Dungeness Restaurants

The Double Eagle

Open daily 4-9 p.m.

Stymie's Bar and Grill

Open 7 days a week

7 a.m.-9 p.m.

Breakfast Monday-

Friday

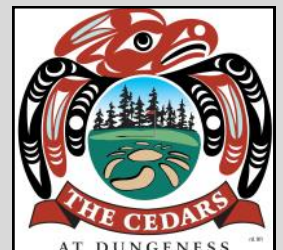
7 a.m.-11 a.m.

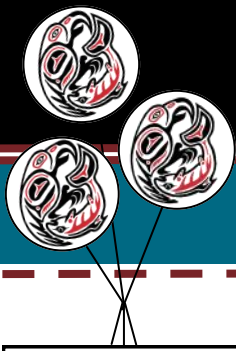
Saturday and Sunday 7 a.m.-Noon

Lunch 11 a.m.- 4 p.m.

Dinner 4 p.m.-9 p.m.

Happy Hour 4-6 p.m. and 8 p.m. to Close





Happy Birthday!

*Tribal Council sends birthday wishes to these
Tribal citizens this month!*

2	Jamill Vieth	20	Ronald Barkley
3	Douglas Lapointe	21	Dawn Laclair
4	George Mason	21	Kwa Kwain Price
5	Sharon Champagne	21	Mary Ross
6	Rosie Zwanziger	21	Thomas Taylor
7	Gary Harner	22	Rolena Marceau
7	Wayne Cope	22	Unique Robinson Adams
8	Alonah Greninger	24	Danielle Lawson
8	Audrey Burgess	25	Charles Farmer
8	Lillian Croft	26	Michael Cusack
10	Charles Becker	27	Donald Ellis
11	Samuel Barrell	27	Evan Harner
12	Doris Broten	28	Julie McKenzie
13	Arthur Kardonsky	30	Kiya Hensley
13	Liz Mueller		
13	Nicole Prince		
14	Louis Wilson		
15	Frank Cobarruvias		
15	Paula Allen		
15	Timothy Kardonsky		
16	Scott MacGregor		
16	Sherry McAllister		
17	Juanita Campbell		
18	Criquet Orr		
18	Michael Lowe		



**Want to read our newsletter
online?**

**Scan this QR code (or visit
www.jamestowntribe.org)**



Jamestown S'Klallam Tribal Council

W. Ron Allen, Chair, rallen@jamestowntribe.org, 360-681-4621
Liz Mueller, Vice-Chair, lmuellder@jamestowntribe.org, 360-808-3103
Theresa R. Lehman, lehman1949@hotmail.com, 360-457-5772
Heather Johnson-Jock, heatherjohnsonjock@yahoo.com, 253-862-8840
Kurt Grinnell, k_grinnell@msn.com, 360-461-1229

Tribal Administration: 360-683-1109

Toll free: 1-800-262-6603

www.jamestowntribe.org

7 Cedars Casino: 360-683-7777

www.7cedarsresort.com

Toll Free: 1-800-4LUCKY7

Carlsborg Self Storage: 360-681-3536

www.carlsborgministorage.com

Casino Gift Shop/Gallery: 360-681-6728

**Double Eagle Restaurant/Stymie's Lounge:
360-683-3331**

Dungeness River Center: 360-681-4076

www.dungenessrivercenter.org

Economic Development Authority:

360-683-2025

Jamestown Dental Clinic: 360-681-3400

Jamestown Excavating: 360-683-4586

Jamestown Family Health Clinic:

360-683-5900

Jamestown Networks: 360-683-2025

Jamestown Fireworks: 360-683-5375

Longhouse Market and Deli: 360-681-7777

Newsletter Editor: 360-681-3410

Northwest Native Expressions Gallery:

360-681-4640

www.NorthwestNativeExpressions.com

The Cedars at Dungeness Golf Course:

1-800-447-6826

Tribal Library: 360-681-4632

<http://library.jamestowntribe.org>

Tribal Digital Archives Online

www.tribalmuseum.jamestowntribe.org

Tribal Gaming Agency: 360-681-6702

The Jamestown S'Klallam Tribal Newsletter is published monthly. Please submit news, informational items and Letters to the Editor by email to Betty Oppenheimer at boppenheimer@jamestowntribe.org, or by U.S. mail to the address below or call her at 360-681-3410.

The Editorial Committee meets on the first Tuesday of each month at 10:30 in the Ironwood Room to discuss the articles for the following month's edition. The meetings are open to the Tribal Community.

The deadline for submissions to be included in the following month's issue is the 15th day of the current month.

© 2015 Jamestown S'Klallam Tribe

1033 Old Blyn Highway

Sequim, WA 98382

On the cover: Sketch of the Healing Pole, by Dale Faulstich.
Carved pole located at Jamestown Family Health Center.