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## Allen Elected NCAI Treasurer; Gives Jamestown a National Voice

Tribal Chair/CEO W. Ron Allen was elected Treasurer of the Board of the National Congress of American Indians (NCAI) at the November convention recently held in San Diego. He had served on the NCAI board since 1989, with a brief hiatus from 2003-2005 and 2013-2015.

He decided to run for Treasurer because, he said, he was "disappointed in the direction of the last NCAI Executive leadership, which focused on personal and internal matters with NCAI and not on national issues, as well as generating revenue

and sponsorships for the organization. I have a great deal of respect and confidence in Brian Cladoosby (who was re-elected NCAI President), and Jackie Johnson-Pata, NCAI Executive Director and what she has accomplished in her 14 year tenure. The last set of NCAI leaders were focused



Jamestown Tribal youth Madisen Sigle (Cook-Kardonsky), Victoria Hall (Hall), and Makenna Hensley (Johnson) campaigned for Tribal Chair/CEO W. Ron Allen's campaign for NCAI Treasurer in San Diego in October.

*(Continued on page 8)*

## What's Inside

NCAI 1, 8  
Andrea Champagne Memorial 2  
Helen Becker Jarvis 3  
Beading Group Revitalized 4  
New Cultural Resources Specialist 5  
Message from our Tribal Chair 6, 7  
Election News 7  
Danish Crew Shoots Documentary;  
Native Film Night 9  
Gathering and Using Medicinal Herbs 10, 11  
Culture Corner 12

Library Corner 13  
Update on Railroad Bridge Trestle 14  
NAHASDA Housing Report, Opportunity for  
Comments 15  
Dungeness Bay Water Quality Upgrade 16  
Tribal Vehicle for Sale; BirdFest 17  
Fish and Game; Vacancy on Natural Resources  
Committee 18  
Calendar; Committee Meetings 19  
Announcements 20, 21  
Birthdays, Contact Information 22

# Monument Placed for Andrea Champagne

**Andrea Renee Champagne    September 26, 1969 – February 26, 2013**



It's taken a couple of years, but in October Andrea's monument was placed. Mom (Sharon Champagne) and I ordered her monument a few months ago. We wanted the stone, as a reflection of Andrea, to be elegant and beautiful. We picked out black granite with simple straight lines.

At first we had thought the inscription should be Loving Daughter, Sister, & Mother and a poem of the love we had for her. But in the end, we wanted what was placed on the stone to represent who Andrea was.

Mom decided to have the (Jamestown S'Klallam) family name Fulton-Wood placed on back with the S'Klallam eagle/salmon seal, and I wanted the family

canoe paddle on it, so it was placed in the front on the bottom. It reminds us of the wonderful times we had together. Andrea was proud of our heritage and loved her family. Andrea loved her children and would say just that, almost daily. So we decided to place the children's names at the top of the monument. Everything she did was to better their lives and to pass on our family traditions and culture.

Andrea supported her children in any school program or activity. She volunteered at Chief Leschi School to support their education. Andrea would always say "I want to raise leaders, not followers."

Andrea was fun. She loved to celebrate life. Simple things like making a point to sit down with family and have dinner, playing on the beach, movie night with the kids, family game nights, BBQs (in the rain or snow!), Super Bowl parties. Every holiday she would plan something for her children – St. Patrick's Day, 4th of July, Halloween - she would even dress up with the children. She made some of her Christmas gifts. The wrapping was just as thoughtful as her gifts. She would make time for her family and friends.

Andrea would always ask me how I found the time to craft, but she did so much more than I did. When she was younger, Andrea sewed her clothes for high school; she made her children's clothes when they were young. I don't know how she did as much as she did through the years. Once she moved to Washington, Andrea learned to carve paddles, make rattles, make her own carving tools, make a bentwood box, weave cedar and make drums with the help of Jeff Monson and others. Andrea passed on her knowledge when she could. I learned through her. We were planning to work with cedar and finish the children's paddles in 2013. We just ran out of time.

Andrea passed from a brain aneurysm at the age of 43. An honor student - we would call her "Ms. 4.0." Yet I think Andrea always saw herself as a work in progress. She received her Bachelor of Science in Nursing and in Mathematics, and was working on her Masters. She wanted to save lives and talked about teaching nursing once she got her Doctorate. And in the end she saved five people lives and gave two people sight. Andrea was an organ donor. Her heart, liver, kidneys, eyes affected seven people's lives.

Andrea became a part of our spirit. There isn't a day that goes by I don't think of "little sister." For me, the monument was the last thing we could do for her in this world, and the monument is a reminder of how lucky we were to have her in our lives.

~Vicki Champagne



# **Helen Becker Jarvis: *87 Years of Gracious Living***

## **March 6, 1928-Nov. 8, 2015**

Excerpts from a past interview with Helen:

Helen Becker Jarvis was the third of four children born to Edwin Arthur Becker and Ethel Stevens Ellis. Her S'Klallam heritage comes from her mother Ethel, who was the daughter of Lyman and Henrietta (Sea-litza) Stevens. Sea-litza was the granddaughter of the Princess of Nanaimo.

Helen, a curly-haired little girl, was welcomed into the family by her two older brothers Edwin (Art, 1922-2000) and Robert (1925-2011), and her half-brothers Joel (1910-1943), Matt (Lyman, 1913-1993) and Archie (1915-1979) Ellis, born of Ethel's first marriage to William Ellis.

"My brother Matt said that from the time I was born, he loved having a baby sister. He continued to tell me that story throughout his life,"

Helen recalled, adding that there was really no distinction drawn between the brothers born of different fathers. When Helen was four, her brother Charles was born. They were a close family.

She was born in Dungeness, and when she was still a baby, the family moved into the cedar shake house built by her father on Towne Road where she grew up. As the only girl among many boys, she was cherished, but also expected to do "girls' work."

Helen loved school, and was in a class of six students who graduated from the 8<sup>th</sup> grade in only 7 years.

She went on to Sequim High School, graduating in 1945 as valedictorian of her class. Following high school, she did a four-month stint as a cadet nurse at Virginia Mason Hospital in Seattle, but "I felt everyone's pain and realized that nursing wasn't for me," she explained.

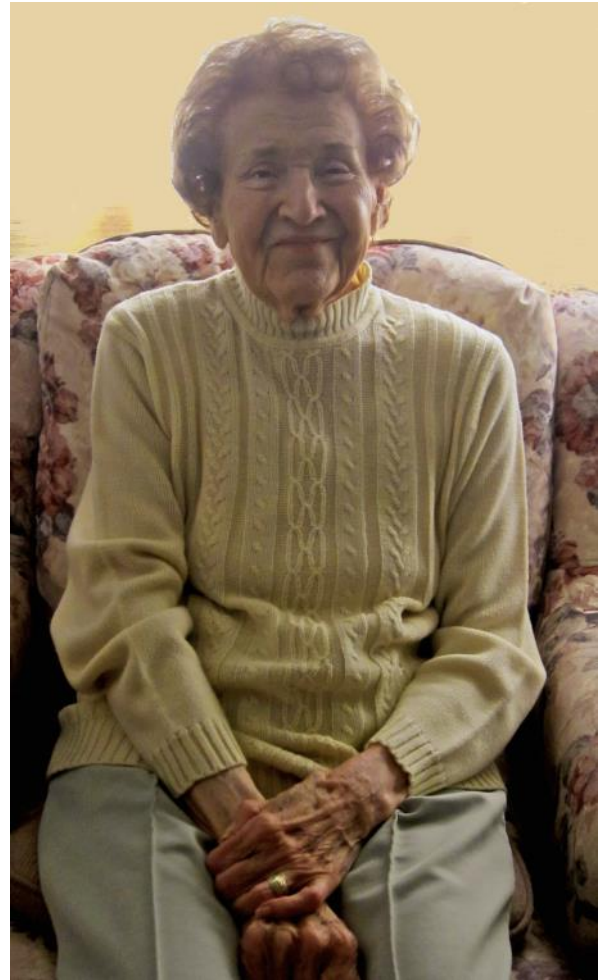
At the age of 17, she went to work at Sequim Bank, where she worked for 31 years. It gave her the opportunity to know everyone in town, since it was the only bank in Sequim, and she loved working there. She lasted one year at the bank after it was bought by SeaFirst, and then retired.

At 19, she married Joe Jarvis from Bremerton. Her family thought she was too young to marry, but, as Helen said, "It lasted 51 years, until his death."

In recent years, Helen enjoyed crabbing and fishing with her adopted son Joe Jeromchek.

She was so proud of where the Tribe is now. "We've gone from nothing to where we are now, and it is wonderful how much they are giving back to all of us," said Helen.

*Loved and admired by all who knew her, she will be dearly missed.*



### **SAVE THE DATE**

## **FEBRUARY 13, 2016**

Celebration of the 35th Anniversary of the Jamestown S'Klallam Tribe's  
Federal Recognition on  
February 10, 1981. Look for more details in the January and February  
newsletters!

# Beading and Other Traditional Arts Revitalized

Tribal Elder Janet Duncan has made herself available as a beading mentor for many years. She has been beading for 30 years, and can't recall exactly when she started holding weekly beading sessions in Blyn, but she does remember that it started in the building that is now the fireworks stand – back when it housed Social and Community Services – probably in the late 1990s.

Attendance has waxed and waned, but lately it has been on the upswing. At times, the Elders Lounge has been filled to overflowing. That is why these days, Janet asks that people call her before attending, so that she can be certain there will be room for someone new.

You can contact her at home at 683-9070 to learn more.

"I started coming about five years ago, and for the next few years, there were usually only three of us," said Cathy MacGregor, who has become an avid weaver since moving to Sequim from California. "Now, it is so gratifying to see a resurgence of people wanting to learn different traditional Tribal arts. This is a group of creative people who can share ideas. Sometimes, I bring things projects I'm working on, and ask for feedback on how to proceed. It's a really nice forum."

To what does Janet attribute the new interest?

"It's a fun group. It's a social group. We don't just do beading. People can bring their own projects," she said. Hazel Lowe was crocheting; Cathy MacGregor was weaving with waxed linen. Cynthia Wallace was weaving with cedar.

"Sometimes people just come in and visit."

"I'm not a teacher," said Janet Duncan. But everyone in the room disagreed loudly with that statement.

"Janet is a mentor," said Cynthia Robertson, who has been weaving for years, but discovered a new side of herself in beading. "Janet helped me get started. She taught me what beads, needles, thread to use, and something happened." Since then, Cynthia has been making beautiful beaded flatwork – fabric completely covered in beaded designs.

"Beading was one of the things I knew I'd missed not growing up here," said Lana Kerr, a Tribal citizen from the Prince family who recently moved to Sequim. "Janet has helped me learn something that was on my to-do list, and I've been doing it for almost two months now," she said, showing her wooden needle case, partially covered in peyote-stitched beads.

Do you have an interest in beading, or crave the company of a creative group of Tribal people working on their art? The beading group meets weekly on Tuesdays from 9 a.m.- noon in the Elders Lounge in the Social and Community Services Building. Call Janet at 683-9070 for details.



In this photo, from left: Hazel Lowe, Cynthia Robertson, Cynthia Wallace. Cathy MacGregor, Janet Duncan, Lana Kerr, and Social and Community Services Supervisor Sue Mapes. Not shown: Betty Brooks, Claudia Murray and Leah Peck.

## Happy Holidays, Tribal Citizens!

Tribal Council is happy to announce that:

- *Elder Checks (for enrolled citizens age 55 and over) were mailed on November 19th.*
- *Gift Cards (for enrolled citizens age 18-54) will be mailed the week of December 7th.*

# Meet Our New Cultural Resources Specialist

David Brownell started work as the Tribe's Cultural Resources Specialist on October 26<sup>th</sup>. David brings with him nearly 5 years of experience with the Seminole Tribe of Florida, a nation of almost 5,000 citizens and 90,000 acres of reservation lands spread across the state.

David will oversee the Tribe's Cultural Resources, including Section 106 of the National Historic Preservation Act, the Native American Graves Protection and Repatriation Act and other legal requirements; protect and enhance historic properties for current and future generations; assist with cultural revitalization programs; and manage the Tribe's archives and artifacts.

In his role with the Seminole Tribe, David was Research Coordinator with the Tribal Historic Preservation Office, working on, sorting, cataloging and archiving the thousands of artifacts in the Tribe's collections. He also worked with Tribal citizens to gather history and relate it to the public.

"A Tribe knows its history," he said. "The challenge (and the part David most loves doing), is taking the cultural elements into account. What does this place mean to a people?"

He recalled that while attending middle and high school in South Florida, there was no mention of the Seminole Tribe. A "Seminole," he said, "was the mascot of Florida State University. The Seminole Tribe's history, although we were surrounded by it, was not taught."

One of the big projects his department did while he worked for the Seminole Tribe was to create a Tribal Register, modeled on the National Historic Register, to recognize and honor places of importance to the Tribe. Two that are on both the National and Tribal Registers are the Council Oak, a huge old tree where the Tribal constitution, and many documents since, have been signed; and the Brighton Red Barn, an old barn used by the Brighton reservation citizens who were historically ranchers, and today are still among the top ten beef producers in the country. David describes the Seminole reservations as wilderness, so spread out that families still travel to their "clan camps," to visit and tell the stories of the olden days when their families lived there.

David drove the 3,000+ miles with his father from Florida, with a U-Haul and his cat (whose name is alternately Miss Kitty or Swamp Cat, depending on her behavior). He has always dreamed of coming west, and in the few weeks that he has been here, he has been impressed by the open spaces, the mountains, the clear, cold water, and the friendliness of the people. In fact, his father was so enamored of the Pacific Northwest that his parents are already considering being snowbirds –between the Olympic Peninsula and the Florida Keys.

David grew up all over the place, since his father is a jet engine mechanic who traveled to many different air force bases. His homes included Florida, Ohio, South Carolina, Texas, Florence, Italy, and Ankara, Turkey. He speaks Spanish, and a little Italian. He received his BA in History from Hanover College in Indiana, and his MA in Public History from Wright State University in Dayton, Ohio.

David loves fishing and kayaking, but it didn't take long for him to realize that the water here is a lot colder than in Florida. "We put on wet suits when the temperature is below 78°F. I put my toe in the water here and realized that this is not the same. I'm looking forward to learning to fish and kayak here," he said.

David's office is in the Planning Office on the Jamestown S'Klallam Tribal Campus. You can reach him at 360-681-4638 or [dbrownell@jamestowntribe.org](mailto:dbrownell@jamestowntribe.org).



David Brownell





# 7th Annual White House Tribal Nations Summit and Tribal Youth

## Message from W. Ron Allen, Tribal Chair/CEO

Greetings Tribal citizens! On November 5, 2015, I attended the 7<sup>th</sup> Annual White House Tribal Nations Summit with Tribal Leaders from across the nation. Once again, President Barack Obama and his full Cabinet continued to set a new precedent for future Administrations by their participation in the Annual Tribal Summits and their commitment to supporting the goals of American Indian and Alaska Native Nations.

The President wanted to highlight the importance of youth and future generations, which was a theme throughout the meeting. When the President came in to wrap up the summit, he hosted a round-table discussion with a group of Tribal youth. The Umatilla Basketball star, Jude Shimmel, moderated the session. It was a very interesting discussion on how the older generations can improve communications and better understand the new emerging generation's balances such issues as cultural traditions, higher education and health and wellness.

The discussion was oriented around how to encourage and support the younger generations to become interested in leadership roles and engage with Tribal programs. The President has launched an initiative called Gen-I focused on improving living conditions for youth in and around our reservations. Gen-I has many goals, but one of the targets is to improve the graduation rates of Indian communities; a goal for which we at Jamestown are proud to have an impressive success rate. The President wants his administration to collaborate with Tribal leadership to provide the best opportunities for our youth to have the fullest opportunities for their education and employment.

This White House "Government-to-Government" summit, like many of the others, had numerous breakout meetings with senior Cabinet level staff to address health care, education, housing, transportation and infrastructure, public safety and justice, culture and natural resource needs. I attended one of the breakout sessions entitled "Protecting and Advancing the Nation-to-Nation Relationship - Tribal Self-Determination, Consultation, and Treaty and Federal Trust Responsibilities" Panel with the Departments of State, Justice, Treasury, Interior, Health and Human Services.

I co-chaired a second breakout titled "Strengthening Tribal Economies – Jobs, Energy, Housing and Infrastructure" with many of the same Departments plus Transportation, Agriculture, Labor, Small Business Administration, Federal Communications Commission and Housing and Urban Development.

The different breakout sessions continued our theme to strengthen and reaffirm the Tribal governments' legal status, jurisdiction and authority including tax reform initiatives. We reminded the Cabinet leadership that most Tribes do not have a tax revenue source like most governments, and our businesses *are* our tax revenue base. We urged that Obama's legacy not be simply about meeting with Tribal leadership in unprecedented ways, but instead strengthening Tribal governmental capacity to generate new unrestricted revenue through business development, diversification and the development of a tax base.

Again, reflecting over the past seven years of the Obama Administration and the challenging Congress, we did make a lot of progress with respect to our collective and individual Tribal goals. We ran into setbacks with the Budget Control Act and the sequestration impacts on Indian program budgets. But the Obama Administration *has* made a difference including making a commitment to pay 100% for our Contract Support Costs for our Self-Governance Compacts and settling on a historic \$940 million payout to cover past underpayments to Tribes that hopefully will be realized next summer. This achievement was a goal Tribes have been pursuing for over 25 years.

The President made it clear we still have fourteen months under his leadership and that he intends on making the most of it. He expressed his commitment to building partnerships to close the vital gaps in resources needed by the Tribes to achieve our goals including equipping broadband capacity, rebuilding infrastructure and our economies, as well as accessing renewable energy.

In today's political environment in Congress it is difficult to make the kinds of progress Tribes seek to become truly self-governing and self-reliant, but I feel he has done a great job, including making a difference with Indian Country. He has



(Continued on page 7)

# Election Results: Allen and Barrell Elected

*From November 3, 2015:*

- **W. Ron Allen won his contest for Tribal Council Chair, as he ran unopposed.**
- **The race between Lisa Barrell and Rochelle Blankenship for Tribal Council Secretary is too close to call at this time.** Inadvertently, a small number of Registered Voters were not on the Registered Voters list and therefore were not mailed a ballot on October 9, 2015. The Election Board feels strongly that every registered voter should have the right to vote and so mailed ballots to these people on October 30<sup>th</sup>. In order to give them sufficient time to vote, they have until November 19, 2015. Only ballots that were mailed out on the 30<sup>th</sup> will be counted. Therefore the race for Secretary will be determined on November 19<sup>th</sup>.

Thank you for your understanding.

Election Board - Cathy MacGregor, Dana Ward and Lana Kerr

## **Update: November 19, 2015: Lisa Barrell (Johnson) is the new Tribal Council Secretary!**

*Here are the results:*

**Lisa Barrell, 105 votes (52.8%)**

**Rochelle Blankenship, 94 votes (47.2%)**

***há?nəŋ cn, nəščáyə?čə?***

***Thank you, my friends and relatives.***

I am honored to represent your voice as Tribal Council Secretary. I would like to give my thanks to those who supported and encouraged me during this election. This has been a long process and I'm ready to join with other Council members to work toward what is in the best interest of all Tribal Citizens. To the citizens who approached me, I would like to say that we are all on this journey together. Continue to stay or get involved and I will continue to seek out ideas to reach more people.

Nelson Mandela used the word "Ubuntu" in one of his speeches. It has many different definitions in South Africa, but I'm choosing, "I am what I am because of who we all are," and "we are one." Let us continue as one.

Lisa

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*(Chairman's article, continued from page 6)*

appointed many talented Indians to high level positions that are not what we consider "traditional" Indian positions. He not only has established two key roles for Intergovernmental relations and domestic policy, but now has hired an Indian to coordinate with his Cabinet Secretaries. He has set the bar high for all future Presidents. For that achievement, I continue to raise my hands.

Please do not hesitate to call any of the Council members or me at (360) 681-4621 or e-mail me at [rallen@jamestowntribe.org](mailto:rallen@jamestowntribe.org) if you have any questions or need clarification.

God bless,

*W. Ron Allen*

on replacing her without justification rather than leading on the complex issues they should be championing for Indian Country in Washington, DC. Over the years, I have established many contacts and friends throughout Indian Country and the federal government. I felt that I could help strengthen the NCAI leadership and generate revenue to retire their debt for the Embassy and strengthen their funding base.”

With 22 years of experience as a member of the NCAI Executive Board, Allen has a firm understanding of the Treasurer’s role and responsibilities.

“I still have the strong passion and energy for my Tribe, and feel that I can advance our Tribal agenda at Jamestown as a national leader with NCAI. As an appointed Tribal leader with Department of the Interior/Bureau of Indian Affairs, Department of Health and Human Services, Department of Justice and Treasury/Internal Revenue Service, I can provide the kind of leadership to assure that small Tribes like ours are treated fairly and respectfully. A most recent example is the success of a large settlement with the BIA over Contract Support Costs (CSC) and persuading the federal government to pay 100% of what is due the Tribes.”

According to current and former Tribal staff members who have watched Allen’s NCAI involvement through the years, this is not the first time that he has stepped in to help stabilize and refocus the organization. Over the years, Allen has served as Treasurer (1989-1993; 2003-2007; 2009-2013), First Vice President (1999-2001), President (1995-1999) and Secretary (2007-2009) of NCAI.

“When Ron was first elected NCAI Treasurer (in 1989), he and a few people he pulled in as advisors, literally brought NCAI back from near debt/bankruptcy. He spent many long days going through all the finances, paying bills, looking at grant funds, etc. He truly kept NCAI from a dire situation. As a result, he remained committed to keeping the organization solvent and building it to remain strong for the future,” said Cyndi Ferguson, the Tribe’s former Government Affairs Director.

Ferguson continued, “I know he was comfortable being the Treasurer, but he wanted to remain on the Board in any capacity so that he could be effective. He ultimately made the decision to run for President when he was approached by many long-term members and former NCAI officers who requested that he put his hat in the ring and who offered to support him. “

As Fundraising Chair of the organization since 1999, Allen was responsible for leading the effort to raise the money that enabled the organization to purchase a building on DC’s Embassy Row, clearly signifying that Native Nations are, in fact, sovereign nations. Recently, when Ron was being sworn in by Juanita Ahtone (Kiowa, Chair of the NCAI Resolutions Committee) she said, “You know I call our NCAI office (Tribal Embassy) in Washington DC “the house that Ron built.” Her comment illustrates how strongly “Tribal leadership recognizes what Ron has done to advance Tribal budgetary, legislative and policy agendas. He is viewed as a strong political champion for Tribes,” said Jennifer McLaughlin, Self-Governance Legislative Associate for the Tribe. “Unless there is unity in Indian Country to move issues forward, Congress will not act to address them. Ron has been able to unify Tribes behind issues that are important to Jamestown,” and at the same time, benefit all of Indian Country.

Congratulations, Ron! Keep up the good work for Jamestown, and for all of Indian Country!

**Teen Program Coordinator Carmen Maxwell chaperoned three Tribal teens during their trip to San Diego for the National Congress of American Indians conference. In addition to campaigning for Ron Allen, who was running for NCAI Treasurer, Madisen Sigle (Cook-Kardonsky), Victoria Hall (Hall) and Makenna Hensley (Johnson) attended sessions where they learned about various issues and court cases being championed by Tribes.**

**“Ron checked on us frequently, and spent time with us when he could,” said Maxwell. “We had meals with Kurt Grinnell and Theresa Lehman, and all of us participated in a round table discussion about what we each view as areas that require Tribal focus in the future, to help individual better themselves. I think it really gave the youth a sense of what it means to be a Tribe, and for them to begin to think about their futures, and the Tribe’s future.”**



# Danish Film Crew Shoots Documentary about Tribe

A film crew from the Danish Broadcasting Corporation, based in Washington, DC, came to Sequim in early November and interviewed Tribal Chair/CEO W. Ron Allen, Children's Program Assistant Jessica Humphries, Carver Dusty Humphries, Council Member/Geoduck Manager Kurt Grinnell, 7 Cedars Accounting Manager Rochelle Blankenship, and EDA Executive Director Doug Sellon. Here is an explanation of their project from US Correspondent Oliver Routhe Skov:



*Our project here is a short documentary for the Danish Broadcasting Corporation - the public broadcaster in Denmark. Our program is a 25-minute program about tribal economics, and the differences in tribal living across the United States. The program will be shown in December or more probably January next year. Every Monday we have a program from somewhere in the world, and we produce five or six programs here in the US every year. The team is Oliver Routhe Skov, who's the US Correspondent, and the cameraman and editor, Jacob Albert Lorenzen. We travel all over the country to do stories on politics, economics, and culture. We also do breaking news for the Danish audience, like school shootings, hurricanes and other major news stories. We love coming to this part of the country - the great Northwest is our favorite part of the country because of the nature and the people here. Jamestown S'Klallam is a very interesting example of how a tribe manages to grow its economy, ensure growth and at the same time try to preserve the original culture of the tribe. We were told of Jamestown by a researcher at University of Washington who did a study on the differences in living standards across the tribes in America. We are hoping to also include some other tribes that are struggling harder to make progress for their members. The Danes don't know a lot about Native Americans. I think most Danes picture Native Americans living in a teepee or sailing a canoe wearing feathers. What we are trying to do is offer a portrait and give an extensive look into modern life in America - in this case the life of ordinary Americans who happen to be members of a tribe."*

## Native Film Night



More than eighty people braved the gusting wind storm that swept the Peninsula to enjoy dinner and watch the documentary Princess Angeline. Participants engaged in thoughtful, and sometimes emotional, discussion with directors Sandy and Yasu Osawu (seated at round table in front at right).

# Gathering and Using Medicinal Herbs

story and photos by  
Lisa Barrell

I remember, as a child, my mother showing me how to pick horsetail plants to drink the water they held but I didn't know that the mature plant could be picked, dried, crumbled and used in a tea for colds and asthma. We picked elderberries, but I didn't know you could use the flowers for tea to help break a fever or ease the symptoms of colds and flu. I also remember peeling bark from crab apple trees to use in a tea to help with diarrhea, but I didn't know you could also use dried rose hips for mild diarrhea. What did your parents, grandparents, aunts and uncles share with you about gathering plants, herbs, bark, roots etc.? I'd like to know (lbarrell49@gmail.com). I'm in awe of our ancestors who relied on plants to help with healing. Most of us have forgotten or never knew how to use what nature has to offer in the way of remedies, so I was thrilled when the Lower Elwha Klallam Tribe offered a workshop in October on "Herbs for Winter Health" at their Heritage Center in Port Angeles. The workshop was led by Elise Krohn author of Feeding the People Feeding the Spirit (available in our library) and Elizabeth Campbell, through Washington State University's Cooperative Extension Service. Cultural Coordinator Vickie Carroll has contracted with Elise for teachings at the Tribe and has plans to invite her back to Jamestown to hold another class. It was obvious that both Elise and Elizabeth are filled with knowledge and passion when it comes to medicinal plants. There are so many medicinal plants available to us in the Pacific Northwest that they had to limit the class discussion to their top sixteen favorites. Sixteen seemed manageable, plus they had handouts which they are willing to share with everyone and I have copies I can send out if you're interested.

Cultural Coordinator Vickie Carroll, Tribal citizens Cathy MacGregor and Janet Duncan and I arrived early to the class and were able to assist in the prep work. We started by clipping cedar leaves into small pieces. The room was immediately filled with the essence of cedar trees. When everyone arrived, we each grabbed a handful of clippings and placed them in a bowl. Boiling water was poured over the clippings and we proceeded to place a towel over our head in a tent-like fashion to give ourselves a facial steam. Breathing in the steam is good for coughs and sinus congestion. Eucalyptus, rosemary, peppermint, lavender and thyme can also be used for a refreshing facial steam. Five minutes later we were all glowing and refreshed.

Elise and Elizabeth brought items that they had been working on for several days. Ginger, elecampane root, osha root and lomatium seed had been added to honey 4 days previously and Elise had been warming the honey for 4 days. It was never brought to a boil, since heat will destroy the anti-bacterial properties. The warm honey and herbs were strained through a piece of muslin and volunteers proceeded to squeeze any remaining honey out of the herbs. The "candied" herbs were saved and will be used by stirring a spoon into tea. We each took some of this "cold medicine" home. Once I was home, I gave mine to my daughter Olivia who has had a cold since she started school in Redmond. I've ordered ingredients from <http://mountainrosesage.com> to concoct my own cold syrup. I have a feeling this winter is going to be filled with colds and flu.



Above, Janet Duncan, Cathy MacGregor and Vickie Carroll clip cedar. At right, participants steaming under towels. Below, honey steeping with herbs.





They had also been simmering ingredients for several days for a chest rub. Cottonwood buds were infused into olive oil by keeping it over a low heat for several days. The same was done for cedar leaves. These herbal infused oils were added to beeswax and castor oil to create a salve that could be rubbed on the chest to ease cough, congestion and lung tightness. We formed an assembly line where each person added a specific number of drops of essential oils. The essential oils included eucalyptus, peppermint, rosemary, lemon, lavender and spruce. We were each able to take home a small container. In the spring I will be gathering cottonwood buds to make my own oil to use in a salve to ease arthritis and aches and pains.

While Elizabeth showed us pictures of the plants and trees we had been using, Elise was combining equal parts of dried elderberry flowers, peppermint and yarrow to make a cold and flu tea which helps fight infection, is cooling and anti-inflammatory and helps ease discomfort. They scooped the tea into little bags and we were able to take these home.

They also discussed the various herbs that could be placed in a distillery where the essential oils could be separated for use in chest rubs, lip balm and spritzers. The spritzer was my favorite. Small vials of the essential oils were passed around and each was discussed on their healing properties. We each chose two or three oils to be added to a spritzer bottle that contained a couple drops of pure alcohol and distilled water. I chose black spruce oil and peppermint. The combination is good for memory and energy. I keep the bottle in my car and spritz it on every once in a while for a little invigoration! Does it work? I don't know. I just like the smell and the refreshing spray.

It was an information-packed day and I plan to work on my apothecary. There are a few things you can gather in the fall and since the class I've gathered rose hips for tea and jelly. They're packed with Vitamin C and help prevent colds and flu. They also have antioxidant properties and are said to be protective to the heart, arteries and veins. I've also been out with my husband, Adam, to gather Devil's club. The stem and root bark and rhizomes are used in tea or as a tincture for colds, coughs, tuberculosis and fever. Devil's club encourages the lungs to work in a more efficient way. In the spring I will be dedicating part of my garden to medicinal plants and by next year I will be looking for guinea pigs to try out my cold and flu concoctions.... Any takers?



**Above, deseeding rose hips. At right, bagging herbs for tea. Below, the completed chest salve. Bottom, the assembly line for making the salve.**





# From Our Cultural Coordinator

## Jamestown Community

### **Are you interested in learning to use herbs for health and wellness?**

There are herbs for the respiratory system, essential oils for cough, cold or asthma, help clear congest

Many plants are available for tea, salves, balms, spritzers. Read Lisa Barrell's article on pages 10 and 11 for much more information about what is possible!

Please contact me if you are interested in learning more about various herbs. There is a possibility, if enough interest is expressed, of a class mid-January.

Thank you and I look forward to hearing from each of you.

Contact Cultural Coordinator Vickie Carroll at 1360-681-4659 or 1-800-262-6603 X-4659 or email [vcarroll@jamestowntribe.org](mailto:vcarroll@jamestowntribe.org).



Herbal spritzer



## **Storytelling with Elaine Grinnell**

Winter is the traditional time for storytelling!

Master Storyteller and Tribal Elder Elaine Grinnell will share traditional stories on Saturday, December 5<sup>th</sup> at 2:00 p.m. in Red Cedar Hall.

Presented by the Tribal Library.



## **Seeking Women's Art for New Exhibit for Sequim Museum**

The Sequim Museum and Arts Center display in the Longhouse room (located inside the museum) will soon be changed to display "Jamestown Women Artists."

We would like to include as many of our women artists as possible. If you have a large item, such as a cedar bark hat, then please submit one item or if your items are smaller, you may submit two smaller items.

Please contact Vickie if you have an item you would like to display for 4 to 6 months. She will need the to see the item (or a photo of it), and information on the piece, what it is made of, what it symbolizes (if anything), and your name as you would like it to appear with your work.



# Library Corner

## What makes Jamestown Kúl?

### Lunch and Learn with Shellfish Biologist Ralph Riccio December 9<sup>th</sup>, 12:00pm Red Cedar Hall



The Tribe began experimenting with oyster culture in Sequim Bay in 1990. The tidelands associated with the property now called the Annex were purchased, and have been a commercial oyster farm. There have been ups and downs with this effort over the years. Over the last five years the Natural Resources Department has been refining techniques to grow an exceptional oyster destined for the raw market. That oyster is the Jamestown Kúl. Kúl is the S'Klallam word for gold and pronounced like "cool" as in something awesome, or not hot. We have been selling these oysters to nearby restaurants and distributors for premium prices with rave reviews. Join Ralph and other staff that make our oyster world go round for an afternoon oyster hour on December 9<sup>th</sup>. You will learn how the oysters are grown, sold, and (most importantly) eaten. Bring an open mind and a hungry tummy.

### Gift Tags, Mulling Spices & Potluck! Wednesday, December 9<sup>th</sup>, at 5:15pm in Hummingbird Hall

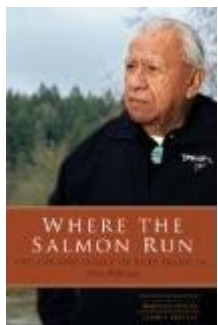
If you're having trouble getting into the holiday spirit, this class is bound to help! You can make gift tags or mulling spice bundles (to flavor apple cider) or both. Materials and recipe will be provided but there will be a small charge for the mulling spice bundles, to cover our costs.

Please bring a salad, side dish, or dessert to share. Let us know if you will join us so we can have enough materials for all.

RSVP to 360-582-5783 or [library@jamestowntribe.org](mailto:library@jamestowntribe.org)



### Jamestown Reads Book Club will take a break for the holidays.



The next book club will be Tuesday, January 12<sup>th</sup> at 5:30pm in Napoli's at 7 Cedars Casino.

The late Billy Frank recently received the nation's highest civilian accolade, the Presidential Medal of Freedom. For our January book club, we will read "Where the Salmon Run: the Life and Legacy of Billy Frank, Jr." Our library has 2 copies and the North Olympic Library System has 6 copies.

### Did you know? x'cít: to know

There are various tablets and Ereaders in the Library that you can try out if you're thinking of purchasing one.

Library:

360-681-4632

[library@jamestowntribe.org](mailto:library@jamestowntribe.org)

Librarian Bonnie Roos:

360-582-5783

[broos@jamestowntribe.org](mailto:broos@jamestowntribe.org)

Library Assistant Jan Jacobson:

360-681-4614

[jjacobson@jamestowntribe.org](mailto:jjacobson@jamestowntribe.org)

Library Assistant Shantelle Kallappa

360-681-3416

[skallappa@jamestowntribe.org](mailto:skallappa@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>



## Update: Dungeness River Trestle Replacement

On February 6<sup>th</sup>, 2015 high waters washed out part of the Railroad Bridge's trestle section, closing the Olympic Discovery Trail. Rather than simply repairing the aging and environmentally harmful 585-foot long trestle, the Tribe decided to replace the entire trestle with a salmon-friendly 750-foot long steel and cement pedestrian bridge. Between February and August, Annette Nesse and Randy Johnson and Hansi Hals of the Natural Resources Department collaborated to secure \$2.7 million in funding, acquire permits, produce a final contract to complete the demolition work and build the new trestle. In September demolition was completed, a temporary construction road was built across the floodplain, and a work bridge was installed over the river. In October four cement piers were constructed to replace the 185 creosoted piling that had supported the old trestle. In early November placement of the new bridge spans was completed, except for the viewing platform, and the temporary work bridge was removed from the river. Pouring the bridge's cement deck is scheduled for the week of November 16. The bridge is scheduled to be completed and opened to the public by the end of December.



**Above, BEFORE:** This photo shows the damaged trestle after the February floods. **Below, AFTER:** This photo shows the new span, which replaced 185 creosote pilings to allow better access for migrating salmon.



~Randy Johnson, Habitat Program Manager

## Tribe to Receive Tribal Partnership Award

The Tribe was recently informed that it will be receiving an award from the Washington Association of Conservation Districts during their annual meeting in Spokane Washington in early December. The award is called the "Tribal Partnership Award," and the Tribe was nominated by the Clallam Conservation District.

"This is but one more example, one more way in which the community as a whole demonstrates its feelings towards the Tribe, its conservation accomplishments and your leadership," wrote Natural Resources Director Scott Chitwood to Tribal Council. "I think I speak for everyone in our Department when I say that it is a great feeling to share in the Tribe's success."

Kurt Grinnell will accept the award on behalf of the Tribe.



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# **Tribal Members' Comments Welcome**

## **Jamestown S'Klallam Tribe**

### **Housing Program Annual Report**

#### **Department of Housing and Urban Development**

#### **Fiscal Year 2015**

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Each year for the past nineteen years, the Jamestown S'Klallam Tribe has received money from the Department of Housing and Urban Development (HUD) under the Native American Housing Assistance and Self Determination Act of 1996 (NAHASDA) for housing. Although this program allows us great flexibility in developing and administering our program we are mandated to report to HUD annually concerning our progress. We complete an Annual Performance Report (APR) and send it to HUD for review and approval. The reporting criteria state that citizen comments be called for as a part of the process.

The report is organized into fourteen sections that provide information about different elements of the housing program as follows:

- Section 01 – Cover Page
- Section 02 – Housing Needs
- Section 03 – Program Descriptions
- Section 04 – Maintaining 1937 Act Units, Demolition, and Disposition
- Section 05 – Budgets
- Section 06 – Other Submission Items
- Section 07 – Indian Housing Plan Certification of Compliance
- Section 08 – IHP Tribal Certification
- Section 09 – Tribal Wage Rate Certification
- Section 10 – Self-Monitoring
- Section 11 – Inspections
- Section 12 – Audits
- Section 13 – Public Availability
- Section 14 – Jobs Supported By NAHASDA

If you are interested in reviewing the APR and offering comments on the information contained in the report please contact:

Annette Nesse – Chief Operating Officer  
1033 Old Blyn Highway  
Sequim, WA 98382  
(360) 681- 4620  
[anette@jamestowntribe.org](mailto:anette@jamestowntribe.org)

**Comments are due by December 17, 2015 by the end of the business day.**

Thanks!



# Dungeness Bay Water Quality Upgraded

Hundreds of acres in and around Dungeness Bay are now open for year-round commercial shellfish harvesting after state officials recently upgraded the area's water quality classification.

Although the upgrade doesn't impact fisheries like crab, nor recreational clam diggers (because all beaches on the Dungeness Spit are in the Dungeness National Wildlife Refuge with limited public access), it does target filter feeders, such as clams and oysters and those with commercial shellfish or aquaculture interests, like the Jamestown S'Klallam Tribe who once operated an oyster farm in the bay.

Officials with Washington State Department of Health (DOH) reclassified 688 acres in the bay from "Conditionally Approved" to "Approved" and 40 acres from "Prohibited" to "Conditionally Approved" — reflecting a reduction of fecal coliform bacteria sampled from the bay and used to indicate the potential presence of harmful bacteria or viruses.

The bay had undergone significant downgrades in 2001 and 2003.

The downgrade in 2003 classified the entire inner bay as "Conditionally Approved," leaving it open to commercial shellfish harvest from February-October only, and closed during the winter months because of elevated fecal coliform bacteria throughout November-January.

The downgrade caused Jamestown Seafood, the Jamestown S'Klallam Tribe's seafood business and oyster farm located within the growing area, to close in 2005.

"We tried to keep the oyster operation going for a few years, but it just wasn't economically viable," Scott Chitwood, Jamestown S'Klallam tribe natural resources department director, said. "It was sad, and a lot of people lost jobs."

"Now, 10 years later here we are, and the question is whether we can get another oyster farm back in operation, and I think the answer is yes," he said. "The Tribe is very interested in pursuing aquaculture in the bay again."

The past downgrades were consistent with the bay's historic association with high levels of fecal coliform bacteria, according to Clallam County records. By 1997, the bacteria levels near the mouth of the Dungeness River and entering the bay exceeded the federal limit for fecal coliform.

In 2001 the Board of Clallam County Commissioners formed the Sequim-Dungeness Clean Water District that encompasses the Dungeness watershed and those waters influenced by it through the irrigation system, and other independent tributaries to the Strait of Juan de Fuca, from Bagley Creek east to and including, the Sequim Bay watershed.

Collaborative watershed clean-up projects and monitoring by, but not limited to, personnel with Clallam County Environmental Health Services, the Clallam Conservation District, Jamestown S'Klallam Tribe and private landowners began to better the bay.

By 2011 DOH officials were able to upgrade about 500 acres of the Dungeness Bay commercial shellfish growing area from "Prohibited" to "Conditionally Approved."

"We're very pleased with the bay upgrade," Joe Holtrop, Clallam Conservation District executive director, said. "We've been working very hard on this for a long time."

More than 21 miles of irrigation ditches that once transported nonpoint pollution and contaminated tailwater to Dungeness Bay are piped as a result of the Clallam Conservation District. The district also works with farmers and ranchers within the watershed to implement agricultural best management practices to reduce possible pollutant sources, as well as nearby homeowners to repair failing septic systems. Through the Onsite Septic System Repair Cost-Share Program launched a year and a half ago by officials with the Clallam Conservation District in partnership with the Clallam County Environmental Health Services, six failing septic systems, including four draining into Dungeness Bay, were repaired last year.

To combat future downgrades, collaborative efforts between the various agencies and local stakeholders, including the Tribe, are emerging and continuing. These include the Clallam Conservation District's development of the Pollution Identification and Correction plan (PIC plan). The PIC plan now being implemented by Environmental Health Service officials seeks to increase the effectiveness and efficiency of improving water quality in the bay and surrounding waterways.

Excerpted from an article by Alana Linderorth,  
originally published in *The Sequim Gazette* on Oct 21, 2015

# Tribal Vehicle for Sale by Lottery

The Tribe has a 2000 HONDA CRV for sale for \$2,200.00

This vehicle is sold in an "As Is" condition.

The mileage is 102,524

\$1,076.64 has been spent on repairs for this car (does not include oil changes) over the last five years of our ownership.

This vehicle may be inspected at 1033 Old Blyn Highway, Sequim WA.

A one-hour test drive will be permitted.

If you are interested, write or e-mail **your name and phone number**

to: Whe-Whe Olitza

Jamestown S'Klallam Tribe

1033 Old Blyn Highway

Sequim WA 98382

360-582-5782

wolitza@jamestowntribe.org

**THIS INFORMATION MUST BE RECEIVED BEFORE DECEMBER 13 AT 5:00 PM.**

On December 14, 2015 Annette Nesse will draw the winner at random from the entries received and the winner will be given five (5) days to conclude the purchase. If they should fail to conclude the purchase, Annette Nesse will continue to draw another name at random until the sale is concluded. For more details or questions, please contact Whe-Whe Olitza at the address above.



# BirdFest 2016: Come Bird With Us

Grab your binoculars and join the 12<sup>th</sup> annual **Olympic BirdFest 2016** celebration at the Dungeness River Audubon Center, April 15-17, 2016. The stage is set...quiet bays and estuaries, sandy beaches, a five-mile-long sand spit, and a protected island bird sanctuary on the Strait of Juan de Fuca; wetlands, tide pools, rainforests, and lush river valleys. The players are ready ... Marbled Murrelets, Rhinoceros Auklets, Harlequin Ducks, Black Oystercatchers, Peregrine Falcons, Barred and Pygmy owls will be sporting their finest spring plumage for this celebration. Enjoy guided birding trips, boat tour, and a gala banquet. Our featured speaker this year is noted artist Tony Angell, "Revealing the Secret Lives of Owls". Come bird with us and experience with others the spectacular landscapes of the Olympic Peninsula ...you just might go home with a new bird for your life list! Check out the offerings by going online ([www.olympicbirdfest.org](http://www.olympicbirdfest.org)).

Precede your BirdFest weekend with a three-day, two night birding cruise of the spectacular **San Juan Islands** on April 12-14, 2016. Visit San Juan and Sucia Islands, and more. Stay at the historic Roche Harbor Resort. Get cruise information and register online at: [www.pugetsoundexpress.com/audubon](http://www.pugetsoundexpress.com/audubon).

Extend your Birdfest weekend with the **Neah Bay post-trip**, April 17-19, 2016: two and one-half days exploring northwest coastal Washington, a region rarely seen by birders.

Contact us by phone, at 360-681-4076, E-mail us at [info@olympicbirdfest.org](mailto:info@olympicbirdfest.org), Or write to us at:

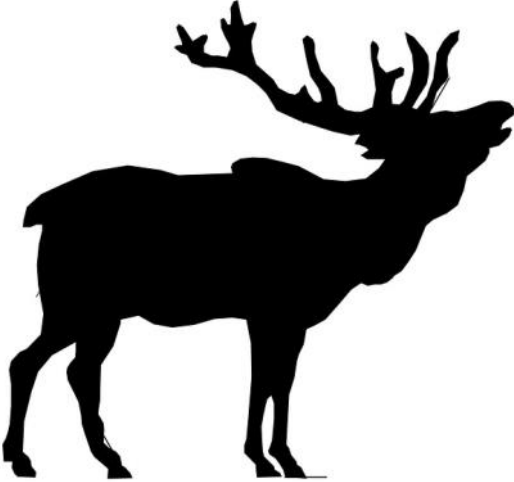
Dungeness River Audubon Center, P.O. Box 2450, Sequim, WA 98382





# News from Tribal Fish and Game

- Waterfowl hunters are required to immediately record their harvest on a harvest record card when hunting duck, goose, or brant this season. See section 12 (K) of the 2015 Annual Hunting Regulations.
- Buyer cards expire on December 31, 2015. Please come into the office and fill out a renewal.
  - Female elk season closes December 31, 2015.
  - Forest grouse, quail and pheasant closes December 31, 2015.
  - GMU 603 (Pysht) is closed to the harvest of antlerless elk for conservation purposes.
  - GMUs 602 (Dickey), 603 (Pysht) and 607 (Sol Duc) are closed to the taking of antlerless deer this season for conservation purposes.
  - When you are hunting this season please ensure you have your hunting tags with you at all times. Tags must be returned to the fisheries office within 10 days of harvest. Please refer to the annual hunting regulations for seasons and bag limits.
  - For openings, emergency closures, and regulations refer to the PNPTC web site (<http://www.pnptc.org/Regulations.html>).
  - 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 Jamestown Natural Resource office.
  - 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.
- Before you go subsistence crabbing;
  - Know how to measure the male crabs.
  - Know the types of crabs and how to identify them.
  - Know how to record your Dungeness crab on your subsistence card.
  - Ensure your traps and gear meet all the requirements.



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.

## Natural Resources Committee Vacancy

The Jamestown S'Klallam Tribe has a vacancy on its Natural Resources Committee. The Tribe is reaching out to our citizens in order to discover who has an interest in serving on the Committee. The Natural Resources Committee is made up of 7 members and normally meets once per month, on the second Monday, starting at 4:00pm.

Do you have an interest in how the Tribe manages its fish, shellfish and wildlife resources? Are you intrigued by treaty rights reserved by the Tribe for fishing, hunting and gathering? Then the Natural Resources Committee might be for you! Please send letters of interest to Anika Kessler, Program Assistant for the Natural Resources Department by close of business January 4<sup>th</sup>, 2016. The Committee hopes to make a recommendation about filling this vacancy to the Tribal Council soon afterwards.

If this sounds like the Committee position for you please send a letter of interest to:

Natural Resources Committee

c/o Anika Kessler, Jamestown S'Klallam Tribe, 1033 Old Blyn Highway, Sequim, WA 98382

Or, via email: [akessler@jamestowntribe.org](mailto:akessler@jamestowntribe.org)

# Events Calendar – December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note: The Jamestown Family Health Clinic is OPEN on Christmas Eve, Dec. 24th.		1	2	3	4	5 Elaine Grinnell Storytelling, page 15
6	7	8	9 Mulled Spices, Gift Cards and Potluck, page 15	10	11 Elders Luncheon, page 20	12
13 Deadline to enter lottery for Tribal vehicle, page 17	14	15	16 Singing and Drumming, page 21	17 Deadline for comments on NAHASDA Housing Report, page 15	18	19
20	21	22	23	24 Christmas Eve, Tribal Offices Closed	25 Christmas, Tribal Offices and Clinic closed	26
27	28	29	30	31 New Year's Eve	January 1 Tribal Offices Closed	

## 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	Quarterly, 5 p.m., Social and Community Services Elders' Lounge	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

## Job Openings, Apply Online!

### Clinical Pharmacist

Advanced Nurse Practitioner (ARNP) Healthy Aging

Physician Assistant (PA-C) Healthy Aging

Physician – Family Practice/Healthy Aging

Jamestown Family Health Clinic

### Dental Hygienist

Jamestown Family Dental Clinic

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

## Happy Holidays! Elders Luncheon Friday, December 11 at Noon Club Seven at 7 Cedars Casino

*\*Please be sure to bring a dessert with you. We rely on people to bring desserts to the luncheons.* Food Bank, raffle and door prize donations are always welcome.

*Meals for American Indian Elders and their spouses are free through the Jamestown S'Klallam Tribe Nutrition Program. Guests and staff are welcome to come and join the Elders for lunch for a donation of \$7.50, and all children for a donation of \$4.00.*

### MENU

BAKED HAM, SALISBURY STEAK,

MASHED POTATOES, SWEET POTATOES, GRAVY

MIXED VEGETABLES, DINNER ROLLS, BUTTER

TOSSED GREEN SALAD, FRESH FRUIT

COFFEE, TEA, JUICE, MILK, SOFT DRINKS

## Deadlines for Jamestown Higher Education Scholarship Applications:

(for enrolled Tribal citizens)

Winter Quarter/Spring Semester ~ Nov. 15<sup>th</sup>

Spring Quarter ~ February 15<sup>th</sup>

Summer Term ~ April 15<sup>th</sup>

Fall Quarter /Fall Semester ~ June 15<sup>th</sup>

For information on Higher Education funding, contact Kim Kettel at 360-681-4626 or [kkettel@jamestowntribe.org](mailto:kkettel@jamestowntribe.org)

## Find Us on the Web

### Websites:

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

### Facebook Pages:

- Tribal Government: [www.facebook.com/JamestownSKlallamTribe](https://www.facebook.com/JamestownSKlallamTribe)
- Tribal Library: [www.facebook.com/pages/Jamestown-S'Klallam-Library/4689834031](https://www.facebook.com/pages/Jamestown-S'Klallam-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>



## Announcements

**Thank  
you to  
everyone  
who  
baked for**



**the Holiday Craft Fair,  
and who came to shop!  
We raised \$2,200.<sup>00</sup> for  
the Tribal Food Bank.**

### **Nəxʷsłayə'm Song and Dance**

Wed. December 16

5:30 p.m.

Red Cedar Hall

Bring a side dish, beverage  
or dessert to share



**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.**

**We are open from 10 – 3 on Saturdays  
for both routine and as-needed  
appointments, but we are not a walk-in  
clinic. Please call ahead for a Saturday  
appointment.**

## **Time to do some holiday shopping!**

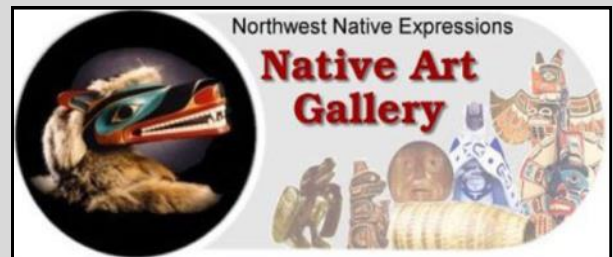
**Northwest Native Expressions Gallery and  
Gift Shop**

**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](http://www.NorthwestNativeExpressions.com)**



*Happy Holidays to one and all!*

*Wishing you very best in the new  
year.*



## **Elders Chair Exercise**

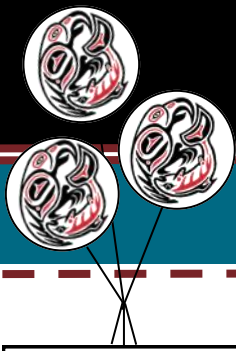
**Every Tuesday from 2—3 p.m.**

**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](mailto:msnodgrass@jamestowntribe.org)  
or 360-681-4637**





# Happy Birthday!

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

1	Jack Hopkins	16	Joshua Chapman
1	Christopher Juel	16	Natalie Mair
1	Jason Obermiller	17	Deanna Osmer
1	Kyle Obermiller	17	Joseph Prince
2	Ronald Murphy	18	Joanne Heitz
2	Jacob Hendricks	19	Whe Whe Olitza
3	Robert Kardonsky	19	Dakota Taylor
3	Jennifer Shelton	21	Lisa Barrell
3	Christopher Bill	22	Joshua Vieth
6	Charlene Dick	23	Lois Davis
6	Wendy Humphries	24	Max Fairchild
8	Airvee Elofson	25	David Ellis
8	Saroya Elofson	25	Lola Beaver
9	Richard Nordberg	25	Sandra Bill
9	Gary Croft	25	Erik Thompson
10	Pepper Kerr	25	Amanda Reeves-
10	Heather Johnson-Jock		Imbiorski
10	Ryan Church	26	Verna Johnson
10	Joshua Holden	26	Eugene Bill
10	Billie Adams	27	Tatum Kerr
13	Virginia Hagadorn	28	Maria Lawrence
13	Connie Fisher	28	Lavern Purser
13	Dwight Patsey	28	Thaddeus O'Connell
13	Tyler Anderson	30	Phillip Hunter
14	Ron Allen	31	Laci Allen
14	Lou Boatwright	31	Aliya Shelton
14	Raven Hunter		

**Want to read our newsletter online?**

**Scan this QR code (or visit  
[www.jamestowntribe.org](http://www.jamestowntribe.org))**



## **Jamestown S'Klallam Tribal Council**

**W. Ron Allen, Chair, [rallen@jamestowntribe.org](mailto:rallen@jamestowntribe.org), 360-681-4621**  
**Liz Mueller, Vice-Chair, [lmuellet@jamestowntribe.org](mailto:lmuellet@jamestowntribe.org), 360-808-3103**  
**Theresa R. Lehman, Treasurer, [lehman1949@hotmail.com](mailto:lehman1949@hotmail.com),  
360-457-5772**  
**Lisa Barrell, Secretary, [lbarrell49@gmail.com](mailto:lbarrell49@gmail.com), 360-681-3418**  
**Kurt Grinnell, Council Member, [k\\_grinnell@msn.com](mailto:k_grinnell@msn.com), 360-461-1229**

**Tribal Administration: 360-683-1109**

**Toll free: 1-800-262-6603**

**[www.jamestowntribe.org](http://www.jamestowntribe.org)**

**7 Cedars Casino: 360-683-7777**

**[www.7cedarsresort.com](http://www.7cedarsresort.com)**

**Toll Free: 1-800-4LUCKY7**

**Carlsborg Self Storage: 360-681-3536**

**[www.carlsborgministorage.com](http://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](http://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**

**Mobilisa Enterprise Wireless 360-683-2025**

**Newsletter Editor: 360-681-3410**

**Northwest Native Expressions Gallery:  
360-681-4640**

**[www.NorthwestNativeExpressions.com](http://www.NorthwestNativeExpressions.com)**

**The Cedars at Dungeness Golf Course:  
1-800-447-6826**

**Tribal Library: 360-681-4632**

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**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](mailto:boppenheimer@jamestowntribe.org), or by U.S. mail to the address below or call her at 360-681-3410.

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

### **CHANGES OF ADDRESS:**

Tribal Citizens: Please send changes of address to Jeremy Monson at [jmonson@jamestowntribe.org](mailto:jmonson@jamestowntribe.org).

Other newsletter recipients: Please send changes of address to Betty Oppenheimer at [boppenheimer@jamestowntribe.org](mailto:boppenheimer@jamestowntribe.org)

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