



News From The Strong People

MAKING EVERY VOTE COUNT by Jimmy Hall

Even in an uncontested election, the Election Board ensures the integrity of their task of counting every Tribal citizen's vote when Election Day arrives. On November 5th, votes were meticulously counted for Tribal Chairman Ron Allen and Secretary Lisa Barrell.

Putting in the afternoon's worth of work were Election Board's Dana Ward, Lana Kerr and alternate Gloria Smith. The Election Code requires that there must be three members present for the ballot counting.

The Board members came together at noon at the Alderwood Room and then retrieved the padlocked, wooden ballot box from the Tribal Administration Building. The box held last year's ballots, which were stored in a secure filing cabinet to make room for this year's ballots.



Escorted by a Tribal Enforcement officer, the Election Board members took the box to the Sequim Post Office, where all ballots were collected as they came in. Ballots, along with other junk mail, were secured in the wooden box with a zip tie, which was numbered. Upon returning to the Alderwood Room, the box was opened after ensuring the zip tie's number matched, thereby ensuring it wasn't tampered with between the Post Office and Blyn.

Before the envelopes were opened, they are counted by each Board member. The trio wrote down their count on an individual sticky note and flopped them over so none could see their result. Until each count is in agreement with one another is when the process can continue.

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JAMESTOWN S'KLALLAM TRIBAL NEWSLETTER, VOLUME 40, ISSUE 12, DECEMBER 2019

FIRST FOODS CEREMONY by Jimmy Hall

Tables filled for the second annual First Foods Ceremony on November 16th at the Red Cedar Hall.

Lisa Barrell (Johnson), Traditional Foods Program Manager, said the purpose of the annual ceremony was to thank the foods that got the Tribe through the year and ask for a good harvest in the following year. Despite some setbacks, such as having to harvest clams in the late evening due to a rare algae bloom in the bay, and a lower year in salmon intake, it all came together, Barrell said. She went on to explain where and how all the foods were gathered, thanking food contributors Liz Tobin, Roy Sargent, Daniel Csizmadia and Madrona Murphy.

To formally open the ceremony, the S'Klallam Singers sang the "Chief Dan George Prayer Song," which is considered as the Coast Salish anthem, co-led by Loni Greninger (Prince) and Alisha Adams (Hall/Adams). Seven foods that were essential for the early S'Klallam people were celebrated. These included water, deer, horse clam, salmon, camas, goose and evergreen huckleberries. Young servers stopped at each plate to place a small sample the foods. The foods were introduced by Greninger and her Klallam language students.

In the spirit of celebrating traditional foods, Tribal Elder Kathy Duncan (Chubby/Fitzgerald) was asked to explain how the early Klallam people preserved blueberries. This necessitated making a water tight basket, digging a hole near a creek, and burying the basket so they would be preserved through the winter.

After everyone received their small portions of the first foods, one by one they were eaten. Each food represented some facet of what sustains us—including water, land, fish, hooved animals, winged animals, roots, berries, etc. Greninger and Timothy O'Connell (Cook/ Kardonsky) recited the Klallam word for each of the foods after each sampling.

Displayed at the event were the original paintings that Timothy O'Connell created for the 2020 Tribal calendar, which focuses on the Klallam language.

After the ceremony, a hearty lunch was served. Prepared by Vicki Lowe and Marg DeFord, Mel Melmed, and Michelle Grinnell, the menu consisted of seafood, including salmon, dried salmon soup, grilled octopus, steamed littlenecks and manilas, oysters, seaweed salad and burdock and carrot sauté.



A tasting plate



Mary Norton (Reyes) announces foods in Klallam, while her sister Ann waits to take her turn to speak. Below, Tim O'Connell speaks, while Michael Lowe (Lowe) waits his turn.



The most unique of the foods was the black moss pudding. Traditional Foods Program Assistant Mack Grinnell (Prince) spoke about the process of preparing the food, which meant finding the black moss, describing it looking

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INTERTRIBAL SINGING AND DANCING FOR DECEMBER 2019 HAS BEEN CANCELLED DUE TO THE BUSY HOLIDAY SCHEDULE

JAMESTOWN COMMUNITY DRUMMING, SINGING AND DANCING

Please join us: Friday, December 20, 2019 6:00 p.m. to 8:00 p.m. in Red Cedar Hall *Stay tuned for other monthly opportunities for song and dance practice! For more information contact: Loni Greninger Igreninger@jamestowntribe.org, 360.681.4660

(First Foods, continued from page 2)

like hair, high in the mountains. The moss was then reduced several times until it turned into a thick black pudding. The process took a few days to complete, he said.

"I was taught about black moss pudding from an Elder in Suquamish," Grinnell said, adding that his grandmother, Elaine Grinnell (Prince), had asked him to make it for at least a year. As a bitter, Grinnell said it is "good for the gut" and "good for digestion," as well as to lift the eater's spirit. "It's good for ceremonies," Grinnell added. "The Elder told me that you have to try things six times before you like it or not, so this is try number one." With Elders dishing up first, everyone received a good helping of lunch as the S'Klallam Singers filled the Red Cedar Hall with the "Dinner Song" and closed the event with the "Love Song."



Lisa Barrell speaks about the First Foods Ceremony.



Jamestown Singers serenaded the group.



Loni Greninger and Alisha Adams singing and drumming.



Elder Kathy Duncan is served berries.

DYBECK STEPS DOWN AFTER 16 YEARS ON EDA BOARD

Celeste Dybeck (Cook/Kardonsky) has resigned her position as Vice-Chair of the EDA and JKT Development Boards, effective in September 2019, for health reasons. She had served since 2003.

Current board members include Jack Grinnell, Matthew C. Adams, Lou Kardonsky and LaTrisha Suggs. In the past, Dybeck also served with Heather Johnson-Jock and Linda Ruffcorn.

"It was an honor to serve on the Board and represent the tribe. I am proud of the work done by our stellar staff at the EDA. My cousin Linda Ruffcorn invited me to join the JKT Board in 2003. I have her to thank for years on the board. I wish Kyle and his staff much success," said Dybeck.

Marlin D. Holden was the Executive Director of JKT Development when she first came on board, and in 2005, the EDA was established as a political subdivision of the Jamestown S'Klallam Tribe, to oversee the businesses owned by the

Jamestown S'Klallam Tribe and develop additional enterprises to assist the Tribe in 🚺 becoming economically self-sufficient. In 2008, Douglas Sellon became the EDA's

Executive Director. In 2016, when Sellon retired, David LaSarte Meeks held the



Celeste Dybeck

position for one year, after which Kyle Johnson took the helm, a position he still holds today.

The boards meet to learn about how each business is progressing, to examine research about possible future businesses, and to make decisions about new businesses, or closing existing businesses,

Dybeck has seen many changes over the years. In fact, the only business that the Tribe owned when she began on the board that it still operates today is Jamestown Excavating. Over the years, the Tribe has successes with Jamestown Construction and Jamestown Homebuilding until the market crash in 2009. The EDA currently oversees Cedar Greens Cannabis, Jamestown Networks, Carlsborg Self Storage, and JST Capital.

"I am so grateful to have served with Celeste at the EDA. She is tough, kind, smart, and she loves her Tribe and her community with an incredible passion. Her leadership at the Board will be greatly missed," said EDA Executive Director Kyle Johnson.

When she was first joined the boards, they met in the Log Cabin on Highway 101. Then, the EDA offices moved to the building in front of the Casino (that most recently housed Jamestown Fireworks, and then the model rooms for the upcoming hotel). In 2008, the EDA moved to its current offices in the Carlsborg Business Park.

We wish Celeste the best in all of her future endeavors. The current EDA Board is conducting interviews of potential board candidates, and will make a recommendation to Council to fill Dybeck's position.

Thanks for your years of dedicated service, Celeste!

FIND US ON THE WEB! 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 Healing Campus: www.jamestownhealingcampus.org Tribal Government: www.facebook.com/JamestownSKlallamTribe Tribal Library: https://www.facebook.com/Jamestown-SKlallam-Tribal-Library-468983403143461/ S'Klallam Tribal Events and Announcements: https://www.facebook.com/groups/sklallam.events.announcements/ Children and Youth Programs: https://www.facebook.com/jsktchildrenandyouth/ yəhúməct Traditional Foods and Culture Program: https://www.facebook.com/jamestown.tfp/ Jamestown Family Health Clinic: https://www.facebook.com/Jamestown-Family-Health-Clinic-191450454240502/ https://www.facebook.com/7CedarsCasino/ https://www.facebook.com/TheCedarsAtDungeness/ https://www.facebook.com/LonghouseMarket/ https://www.facebook.com/HouseOfSevenBrothers/

Websites:

Facebook Pages:

COLLEGE TO CAREER - BRAYTON RUFFCORN

I'm proudly from the Kardonsky/Cook family. My grandma, Annie Balch, worked at the Tribe for years. My mom, Linda Ruffcorn, was an integral part of launching the casino, serving as its Chief Financial Officer for more than 15 years. My mom, brother, and I moved to Sequim just before I started kindergarten. I was fortunate enough to attend the same school district for my entire K-12 education. Directly after graduating high school, I attended Stanford University for a year and a half. Unforeseen life circumstances drew me back to Sequim. Upon my return, I worked in the Casino's accounting department for two years while taking prerequisite courses at community college.

"I thoroughly recommend taking advantage of the Tribe's Higher Education Program to anyone considering it. The Tribe is an invaluable resource to lean on: reach out, ask questions, and don't be afraid to ask for help."

~Brayton Ruffcorn

Education opens up so many opportunities. Growing up in Sequim, I saw a number of individuals benefit from the Tribe's investment in education. Specifically for me, I knew that I wanted to be an engineer and I knew that without going to school, that would not be a possibility. Therefore, after spending several years in Sequim, I returned to school at the University of Washington and graduated from its Civil and Environmental Engineering program.

I work for Clark Construction, a national general contractor that focuses on large-scale commercial projects. I'm currently working on the delivery of SeaTac Airport's International Arrivals Facility, which will double the number of international gates. With a budget just under \$800 million, it's a lot of fun (and a great learning experience) to be part of such a significant project. It's especially rewarding to work on a project that my friends, family, and I will use when we fly in and out of Sea-Tac in the future. I've always enjoyed math and been fascinated by construction sites so it's fitting that I ended up working for a general contractor.

I wouldn't be where I am today if it wasn't for the Tribe's support, especially the Higher Education Program. I'd also like to give a big thank you to Kim Kettel for all her help during her time as Higher Education Program Coordinator. I thoroughly recommend taking advantage of the Tribe's Higher Education Program to anyone considering it. The Tribe is an invaluable resource to lean on: reach out, ask questions, and don't be afraid to ask

for help.



THE OPIOID CRISIS, EXPLAINED

by Dr. Paul Cunningham, Chief Medical Officer, Jamestown Family Health Clinic

In recent months, there has been renewed and spirited attention to the topic of both the legal and illicit use of opioids in our community, with the announcement that the Jamestown S'Klallam Tribe is planning to build a Medication Assisted Treatment (MAT) clinic in Sequim. Long before the current community discussion erupted, we've all heard about the opioid crisis, both locally and across the country. Some may be wondering how did we get to this point, and what has the Jamestown Family Health Clinic been doing to address this problem?

Opioid Use Disorder (OUD) is the medical term we use to describe those who are addicted to Opioids. Opioids are a class of drugs that include legally prescribed medications such as morphine, hydrocodone, oxycodone, and fentanyl. It also includes the illegal drug heroin. Opioid Use Disorder is most simply defined as those using any of these drugs compulsively and despite harm. OUD should be differentiated from the legal and appropriate use of opioids to treat pain, by a licensed health care provider, in a controlled and monitored fashion.



Dr. Paul Cunningham

As recently as a decade ago, it was considered reasonable medical practice to prescribe opioids long term in the treatment of chronic pain. For many patients, the doses of their prescribed opioids grew steadily over many years. Unfortunately, the unintended consequences of these liberal prescribing practices sometimes resulted in the misuse of these medications and a resultant dramatic rise in those struggling with Opioid Use Disorder. This practice combined with the availability of inexpensive heroin and/or diverted prescription opioids, wreaked havoc on communities across America.

From 2012 to 2016 Clallam County had one of the highest per capita opioid overdose and death rates in Washington State. This included 62 overdoses and a death rate of 17/100,000, compared to 10/100,000 statewide and higher than the 11/100,000 traffic accidents. Statewide, in 2017, Opioids resulted in 739 deaths, 1,615 overdose hospitalization, 14,329 treatment admissions, and an estimated 324,000 Washingtonians over the age of 12 misusing pain medications.

In 2010, the Washington State Legislature passed one of the first laws in the country mandating protocols for prescribing these drugs, and for weaning patients down from unsafe , high daily doses. The new laws set forth guidelines based on "safe and effective pain management." They caution providers not to use these drugs unless absolutely necessary; to prescribe the minimum amount necessary, to monitor carefully; and to wean patients off opioids as soon as it is feasible. In 2013, the Centers for Disease Control passed similar national guidelines. In 2015, the Washington State Agency Medical Directors' Group (AMDG) also published its own guidelines. Current treatment guidelines recommend the preferred use of non-opioid pain relievers, exercise, cognitive behavioral therapy, and other classes of medications, depending on the nature of a given patient's pain condition. Opioids should be prescribed only after exhausting other effective options, and preferably in very limited circumstances. With a better understanding of the potential hazards of long-term use of opioids in the treatment of chronic pain, prescribers began limiting the use of opioids. Many patients needed their opioid dosing reduced, over time, to safer levels, sometimes after many years of high daily doses. When done in a collaborative and informed fashion, patients generally tolerated such deliberate and monitored reductions, without sacrificing reasonable pain control. Others, who might have been experiencing undiagnosed opioid use disorder (OUD), instead sought out illicit sources of prescription pain medications and/or shifted to the use of heroin. During the same time that the

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(Opioids, continued from page 6)

medical community was recognizing the need to reduce opioid prescribing in treatment of chronic pain, many communities experienced an increased availability of inexpensive and dangerously potent heroin. As the scope of the problem became apparent, Jamestown leadership chose to appropriately embrace the new opioid prescribing guidelines. Through a careful assessment of our patient population, combined with education for all clinic providers and staff, those patients at risk for adverse events, including overdose and death, were identified. A critical part of the effort to more safely and appropriately use opioids in the treatment of chronic pain included educating many patients as to the emerging science of pain management and importance of adjusting prescribing habits. Through a coordinated and sustained effort of provider, staff, and patient education, Jamestown Family Health Clinic was able to partner with our patients and the greater community to markedly reduce the use of opioid prescribing and to fully embrace current evidence-based treatment guidelines. "There are three pillars that we work with in dealing with opioids," said Dr. Larri Ann Mishko, then Medical Director at the Jamestown Family Health Clinic. First is the chronic pain aspect. We want to provide safe and effective pain management, using non-opioids when possible, the smallest amount of opioid when those are needed, and getting the patient off the drugs as soon as they are no longer necessary, or deemed not to be working. Second, is Medically-Assisted Treatment (MAT), which allows us to prescribe Suboxone to help the 10-25% of the opioid users who have become addicted, to break that addiction. Third is the use of Naloxone, which is given to an opioid user who is at risk for overdose, to save their life".

In 2019, Jamestown Family Health Clinic continues to adhere to evidence based guidelines for the safe and effective use of opioids in the treatment of chronic pain. For those with a diagnosis of Opioid Use Disorder, JFHC continues to expand its capacity for offering medication assisted treatment (MAT), which is a safe and effective treatment option for those seeking treatment for OUD.

Prescribing and monitoring pain medications is fairly straightforward for the average patient who is having acute pain, or post-surgery. For those who might be candidates for chronic opioid treatment, Jamestown is providing ongoing education and support to clinic staff and patients and monitoring the use of opioids in the treatment of chronic pain. In general, opioids are not prescribed during the first visit to the clinic. Patients always receive a comprehensive review of the cause of their pain, past medical history, previous treatment regimens, evaluation and treatment of co-morbid conditions such as depression/anxiety, a focused physical exam, and administration of assessment tools to evaluate the risk for abuse.

For those with chronic pain which might impair their daily activities, medications are just one facet in their pain management. Various safeguards are now in place to help providers more safely care for their patients. Each time a patient receives an opioid prescription, JFHC staff access Washington State's Prescriptions Drug Monitoring Program, which allows physicians to check a statewide registry of pharmacies. This database allows prescribers to monitor for other opioid prescriptions from outside the clinic, that might indicate a risk for overdose or misuse of prescription pain medications. Additionally, random urine drug testing is used, to ensure that the patient is using medications in the manner they are prescribed, and not combining opioids with other risky drugs or illicit substances.

In addition to an emphasis on the safe and appropriate use of opioid medications in the treatment of acute or chronic pain, and expanding capacity for primary care based MAT treatment for those with OUD, Jamestown is in the process of developing an outpatient clinic with a focus on the treatment of those with OUD, for whom primary care based MAT is not sufficient. The planned Jamestown Healing Campus will include an outpatient clinic offering daily dosing MAT options with wrap around services. Wrap around services include: on-site chemical dependency counseling, behavioral health evaluation and treatment, and on-site medical and dental care. Offering comprehensive care to those with OUD offers the best evidence-based treatment option for a successful and sustained path to recovery. The Healing Campus MAT clinic will address common barriers to treatment, by providing transportation to/from the clinic, on-site child watch, and partnering with local care agencies to address the social determinants of health including: housing and food insecurity, vocational and educational assistance, and support to families and others integral to a successful and sustained recovery. Through a combined effort of safer prescribing, increased access to evidence-based MAT treatment, and the availability of naloxone for overdose treatment, Jamestown continues to address the opioid epidemic head on.

MEET OUR NEW SCS STAFF

Melisa Pippen is the Tribe's new Higher Education and Career Development Coordinator. She will oversee Higher Education scholarships, the Enrichment Program, and the Teen Career program, including summer internships. She began work at the Tribe on October 24th. Her office is in the upstairs, east wing of the Social and Community Services building. You can reach her at 360-681-4626 or mpippen@jamestowntribe.org.

Pippen's career seems to perfectly match the job, as she spent 23 years as a high school Business Education teacher, helping students with career exploration and preparation as well as computer skills. The school had the highest Native population of any high school in Tucson. Pippen holds a Bachelor's degree in Business, and a Master's degree in Education. She is also a certified Microsoft trainer in Word, Excel and Power Point.

"This job offers me the opportunity to do all of the things I love," she said, "including helping people of any age explore possible careers, and then finding them the resources to move into that career."

She and her husband moved to Port Angeles from Tucson, AZ, where he taught on the Tohono O'odham reservation. He is now employed by Olympic Medical Center. The couple have two children – a son who is a senior at Portland State University, and a daughter who is a freshman at Goucher College outside Baltimore, MD.



Melisa Pippen, Higher Education and Career Development Coordinator

Pippen's great-great grandmother was full-blooded Cherokee, and she has begun researching her ancestry with information provided to her by her father.

Toni O'Connell is the Tribe's new Social and Community Services Administrative Assistant.

Toni is a Tribal citizen from the Cook/Kardonsky family, who grew up in Port Angeles (PAHS Class of '80), lived 26 years in Hawaii, returned to Portland in 2016, and moved back to the Olympic Peninsula this past June. She is the mother of two sons – Artist Timothy O'Connell, who works in the Tribe's House of Myths Carving Shed, and Thaddeus O'Connell, a musician currently living in Portland, attending school and playing trumpet in a band that protests global warming. Toni has worked in many sectors, including collecting agricultural statistics, and doing home visits in a pilot child abuse prevention program. In 2011 she earned her Bachelor's degree in Psychology, with honors. But probably her most important job, she said, was being a stay-at-home mother.

"As a hippy feminist, I decided after my first son was born that the best thing I could do was stay at home to raise my children," she said. "They are complete opposites – Tim is an introvert, and Thaddeus is an extrovert."

Toni is also a singer. She has sung alto in many choirs, including performing at New York's Carnegie Hall at the 2008 Concert for Peace on Martin Luther King Jr. Day. She has used her music as a kind of personal ministry – once singing over the



Toni O'Connell, SCS Administrative Assistant

phone to help put a 6-year old to sleep before each of his chemotherapy treatments (he is healthy and in his midtwenties now), and singing to homeless people in laundromats, where they would congregate to hear her music. She has taken in children who were falling through the cracks, and she has done stand-up comedy.

"I am so happy to be working here, participating in the Tribe's journey," she said.

Find Toni at the reception desk in the SCS building, or reach her by phone at 360-681-4616 or by email at taoconnell@jamestowntribe.org.

HONORING NATIVE VETERANS by Jimmy Hall



Back row: Joe Torre, Lower Elwha (Army), and Jamestown veterans Les Prince (Navy), Marlin Holden (Navy), Michael Lowe. Front row Albert Fletcher (Army), Les' wife Betty Prince (Marines), Merle Holden (Navy).



Michael Lowe attaches an eagle feather to a Jamestown S'Klallam Tribal flag that will eventually hang at the new Native Veterans Memorial in Washington DC. A second eagle feather will be placed on a second flag for the Parade of Flags at the National Congress of American Indians annual conference in Portland next year. Both events will take place on November 11, 2010.

A group of Tribal citizens who proudly carry the veteran tag gathered at the Veterans Memorial on the Tribal campus following the monthly Elders Luncheon at Club Seven on the afternoon of November 8th. Tribal Elder Marlin Holden (Prince) led off with a blessing, as those who came to remember their years of service held hands in a circle. He then presented the group an eagle feather and invited Michael Lowe (Lowe), a Vietnam veteran, to tie the feather on top of a Jamestown S'Klallam Tribe flag, which will be flown at the at Washington, D.C. Native Veterans Memorial at its dedication next year.

Tribal Veterans Representative Al Fletcher (Patsey) spoke about how the construction of the Jamestown Veterans Memorial came about, saying that it started in stages to become what it is today. The Veterans Memorial was blessed two years ago on Veterans Day. The group of veterans and their families exchanged their thoughts on service in and their fellow servicemen the armed forces.

Theresa Lehman, Tribal Council Treasurer, was present to express her own gratitude for the servicemen and servicewomen who were present and those whose names were inscribed on the memorial.

After a few pictures were taken of the group of veterans, many lingered to thank one another and visit.

NCAI THANKS ALLEN FOR YEARS OF SERVICE



At the National Congress of American Indians' 76th National Convention, Joe Garcia (Ohkay Owingeh Puelbo) Traditional Councilman and NCAI Southwest Regional Vice President Alternate) congratulated Tribal Chairman Ron Allen on his many years of service to the organization. Allen has served in every position on the elected NCAI Board. After decades of service on the NCAI Board, Allen decided not to run for office this year.

Greetings Tribal Citizens, I want to extend my deepest appreciation for your continued support for my re-election as your Chairman. It has always been an honor and privilege to represent our Tribe and advance our vision for Self-Governance and Self-Reliance. We are a proud people and are proud of our achievements over the past 38 years. We are making a difference for our people and our community. I want to wish you all a Very Merry Christmas and Happy New Year!!! Enjoy the season with your family and friends.

~Ron Allen

MONUMENTS WIN NATIONAL AWARDS

Two of the Tribe's recent projects designed by Artisan Manager Bud Turner, have won national recognition. The Veterans Memorial Plaza took third place in the Public Monuments division of the American Institute of Commemorative Art (North America) in 2018.

The monument recently installed in front of the Public Safety and Justice Center took third place in the Public Monuments division of the American Institute of Commemorative Art (North America) in 2019.





JAMESTOWN S'KLALLAM TRIBE

DECEMBER 2019

(Vote Count, continued from page 1)

Every one of the 147 envelopes received was systematically opened. Each enveloped ballot and blue paper affidavit was pulled from their envelope and separated face down on the Tribal Council horseshoe table, protecting the identity and integrity of each vote. Each affidavit and ballot was counted by each of the members, just as had been done with each stamped envelope. During the quiet counting process, the board found 13 invalid ballots. These are ballots without the accompanying affidavit. Without signed affidavits, the vote cannot be verified as legitimately from a Tribal citizen.

The envelopes that held the ballots were then opened. Using a "stacking method," where ballots for the Chair were stacked in tens, the board started to count votes for Chairman Ron Allen.



Election Board members (from left) Lana Kerr, Dana Ward and Gloria Smith work with CFO Diane Gange to arrive at the final count for certification.

Once all counted by all members, they were then counted for Secretary Lisa Barrell.

The final count of the day came down to 147 ballots received through the US Post Office. A total of 134 valid ballots were counted, while 13 were deemed invalid. For the Chair position, incumbent W. Ron Allen was reelected with 131 votes. Incumbent Lisa M. Barrell tallied 126 votes for the Tribal Council Secretary position. Dana Ward, Vice Chair of the Election Board, sitting in for Chair Cathy MacGregor, stated, "the mission of the Election Board is to encourage integrity and transparency in all Tribal Elections, and the board will ensure that every Tribal citizen has an opportunity to cast a vote for an eligible candidate, as set out in the Tribe's constitution and Code. After each election, the board meets to evaluate the election process, make suggestions/changes in order to achieve a higher degree of success. We will follow up with our feedback of this election in a future Jamestown S'Klallam Tribal newsletter."



Kerr and Smith examine blue affidavit forms.

Thank you to the Jamestown people who supported me in my first four years on Council and to those who elected me for another four years. I will continue advocating for you as Tribal Council Secretary. I am honored and look forward to the work that lies ahead. I have truly enjoyed meeting many Tribal citizens and listening to your stories. Please continue to reach out to me with questions and concerns.

~Lisa Barrell

yahúmact TRADITIONAL FOODS AND CULTURE by Lisa Barrell

yəhúməct - take care of yourself

This year has gone by so incredibly fast! Hard to believe we're over half way through our three-year grant from the Center for Disease Control – Wellness in Indian Country. Over the last seven months we've offered 20 events and had almost 200 participants... more if you include those willing to try our foods at the annual picnic. Ok, that does include return participants, and a special thank you to those who keep coming back and those brave enough to try something new. Program assistant Mack Grinnell and I are still enthusiastic and ready to take on the second half. We're always interested in hearing what you'd like to gather or learn more about, so feel free to drop us an email or give us a call.

It was great getting back together for our **qpáct ?i? k^wúk^w - gather and cook** monthly dinner after a three-month

break. We ate sčq^wáyʻəč - bear/bison meatballs with different sauces while we discussed what to do at the next gathering. Since we have all succumbed to the early round of colds and flu or knew people who were sick, we made a fire cider to get us through the season. Fire cider is said to boost energy, ward off colds and flus, ease sinus congestion, aid digestion, help with acid reflux... and the list goes on. Remember to keep shaking those jars. It was good to see everyone and be together again! Julie Powers will host Gather and Cook next time,



October ?i? k^wúk^w - gather and cook

Recipe: Fire Cider

Choice of ingredients: Onion, Horseradish, Garlic, Jalapeno, Lemon zest, Ginger root, Turmeric - powder or root, Cayenne powder or fresh, Devil's Club, Rosemary, Sage, Thyme, Peppercorn, Elderberry, Huckleberry, Honey, Apple cider vinegar. *Directions from Mountain Rose Herbs*

- 1. Prepare your roots, fruits, and herbs and place them in a quart-sized glass jar. If you've never grated fresh horseradish, be prepared for a powerful sinus-opening experience!
- 2. Pour the apple cider vinegar in the jar until all the ingredients are covered and the vinegar reaches the jar's top.
- 3. Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one. Shake well.



Making Fire Cider

- 4. Store in a dark, cool place for a month and remember to shake daily.
- 5. After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquidy goodness as you can from the pulp while straining.
- 6. Next comes the honey. Add ½ cup and stir until incorporated.
- 7. Taste your cider and add more honey until you reach the desired sweetness.

(Traditional Foods, continued from page 12)

By the time you receive this newsletter we'll have created cookbooks that we can hand out as gifts. There will be no December qpáct ?i? $k^w \dot{u}k^w$.

On October 25th we offered a **Wellness Workshop**. Another way to ward off cold & flu season or at least make it bearable. Fourteen people joined in the making of cold & flu tea, elderberry syrup, ?ápələs/rosehip gummies and smokeless smudge. We are now fortified to make it through the winter!

Recipe: Elderberry Syrup

(Elderberries are used for upper respiratory infections, as preventative for colds and have been proven to be effective against several strains of influenza according to LearningHerbs.com) 2 c dried elderberries 4 c. water 1 T dried ginger Cinnamon stick Simmer elderberries, ginger and cinnamon stick in water for 30 minutes. Turn off heat and let steep for 1 hour then strain with cheese cloth. Measure final liquid and add an equal amount of honey. Feel free to experiment... add other healing roots like echinacea, devils club, osha. Enjoy a tablespoon everyday when those around you start getting sick.



The group who attended the Wellness Workshop posed outside at twilight.

The following day, October 26th we met at my house for **?ápələs - Apple Palooza**. My husband Adam had picked buckets of apples to start us off peeling for apple butter. We welcomed back Michael Lowe (Lowe) who shared his ?ápələs butter making skills last year. While Cathy MacGregor (Reyes), Marg DeFord (Anderson), Sandy Johnson (Johnson/Dick), Susan Johnson (Johnson/Dick), Julie Powers (Prince) and her sister Beth Anders peeled ?ápələs, a group of ?ápələs knockers (real name for pickers in the ?ápələs industry) Mack Grinnell (Prince), Nick Grinnell (Prince), Jayden Madden (Beth's granddaughter), Wade Stark (Port Gamble), Jesse Ferdig (Dick) went out to pick more ?ápələs. We were in full swing by the time the ?ápələs knockers returned. The ?ápələs butter was cooking, the ?ápələs cider press was set up, Gabe Kessler had washed all the jugs while his wife Anika Kessler (Port Gamble) bounced around helping wherever she was needed. At the end of the day everyone went home with ?ápələs pie, a jug of cider and a jar of ?ápələs butter. Until next year... ?ápələs PALOOZA 2020!

We had ten new weavers at the November Weavers and Wannabes. We will welcome Danielle Lawson back in December : **Weavers and Wannabes** will continue with our cattail coil baskets. New participants welcome. Where: Hummingbird Hall When: December 10th, 5:30

2020 Plans:

Keep refrigerated.

We are planning a day of Devil's Club which will include gathering & processing. Rachel Sullivan will teach us the medicinal uses and we will be making salve. Ginnie Kitzmiller will be teaching us how to make devil's club beads. Watch the newsletter for date and time.

LIBRARY PROGRAMS AND INFORMATION



NATIVE FILM NIGHT FROM SOURCE TO SEA: THE STORY OF WATER IN THE DUNGENESS WATERSHED

December 4th

Red Cedar Hall Community Center 6:00 pm

This film studies the rising concerns about decreasing ground water, the effects of climate change, and diminishing snowpack as well as the beauty and dynamics of the Dungeness Watershed.

This is part of a larger project. <u>The Story of Water</u> is a collaborative project of the Clallam County League of Women Voters and local community partners, including the cities of Sequim and Port Angeles, Clallam County, The Jamestown S'Klallam Tribe, Dungeness River Audubon Center, Olympic Peninsula Audubon Society, North Olympic Land Trust, Clallam Conservation District, PUD#1, and local hydrologists. The program is designed to educate our local community about the water challenges facing Clallam County in maintaining a healthy and sustainable water supply for personal, agricultural and business consumption. Our project begins with the Dungeness Watershed and will move west in focus in the next several years. For more information, visit <u>https://my.lwv.org/washington/clallam-county/story-water</u>

Special Guests:

Ann Soule, Resource Manager, City of Sequim Carrol Hull, League of Women Voters Clallam County Hansi Hals, Natural Resources Director, Jamestown S'Klallam Tribe

ANOTHER GRANT!



The Tribal Library has been awarded \$149,989.00 in an IMLS Enhancement grant. This grant allows us to hire a professional exhibit designer to turn our vision of telling the Jamestown S'Klallam story into displays for the planned library expansion. We have hired a consultant, Andrew Whiteman Exhibits, to help guide us in the process of taking the Tribe's story and turning it into visual representation using archives, artifacts and digital resources. We will start planning the storyline with the Culture Committee and the Library Advisory Committee in January.

JAMESTOWN READS BOOK CLUB: THERE WILL BE NO BOOK CLUB MEETING IN DECEMBER.

Next Meeting: January 21st, 2020, in the Tribal library at 5:15 pm **Book for January:** <u>Educated: A Memoir</u> by Tara Westover

Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned

peaches and sleeping with her "head-for-the-hills bag". <u>Educated</u> is an account of the struggle for self-invention. It is a tale of fierce family loyalty and of the grief that comes with severing the closest of ties. With the acute insight that distinguishes all great writers, Westover has crafted a universal coming-of-age story that gets to the heart of what an education is and what it offers: the perspective to see one's life through new eyes and the will to change it. (Goodreads)

Books are available for pick up at the Tribal Library.

KLALLAM PHRASE OF THE MONTH

w mán k u? ?áy ?a? ti nask wannúna! It's very good to see you! To listen to this phrase (# 10) and other phrases, go to: http://klallam.montler.net/Phrases/index.htm

ΧČÍĽ –ΤΟ ΚΝΟΨ

We've added content to our Coast Salish Culture webpage. Check it out at: http://library.jamestowntribe.org/ home/culture

NEW BOOKS

Exploring the Olympic Mountains: Accounts of the Earliest Expeditions, 1878-1890 by Carsten Lein Indigenous Food Sovereignty in the United States: Restoring Cultural Knowledge, Protecting Environments, and Regaining Health by Devon A. Mihesuah



Gardens: Indigenous Recipes and Guide to Diet and Fitness by, Devon A.



Queesto, Pacheenaht: Chief by Birthright by Charles Jones

Mihesuah

Messengers of the Wind: Native American Women Tell Their Life Stories

by Jane B. Katz In Messengers of the Wind, Native American women, old and young, from a variety of tribal groups, speak with eloquence and passion about their experience on the land and in urban areas; about their work as artists, activists, and healers; as grandmothers, mothers, and daughters; as modern women with a link to the past. (Goodreads)

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be at home: ʔaʔáʔmət						wish for something: ťəŋʔáʔŋət				
snow (on ground): ŋáqa?						bag, sack: sʔɬnáy				
cold weather; chilly: ɬáʔɬaʔči						present, gift: məq'á?s				
share food or drink: qwa?cínəŋ						be glad (happy): ša?šú? \				

Answers on page 18.

Library:	360-681-4632	library@jamestowntribe.org	
Librarian Bonnie Roos:	360-582-5783	<u>broos@jamestowntribe.org</u>	
Library Assistant Jan Jacobson:	360-681-4614	jjacobson@jamestowntribe.org	
Library Assistant Gloria Smith:	360-681-3416	gsmith@jamestowntribe.org	
Library Assistant Brandon Taft:	360-681-4632	<u>btaft@jamestowntribe.org</u>	
Visit the Tribal	Library at 1070 Old Bly	1 Highway in Heron Hall; Open M-F 9 -5	
	Website: <u>http://libra</u>	ry.jamestowntribe.org	

A TALE OF THREE CRANES

On a crisp fall day in October, I was standing at the intersection of Sophus Rd and Hwy 101 next to the Longhouse Market. It was fascinating watching the many cars turning into the Longhouse and construction vehicles drive towards the recently completed Justice Center and Loop Road. The U.S. economy has done well in 2019 and the work in "downtown Blyn" is not just a sign of the times. It represents a real-life example of a successfully executed economic development policy by a sovereign Tribe. Looking to the East I could see the long arm of a sky crane topping off the last and highest structural piece of the Jamestown Cell Tower. Directly to the West I could see a working crane at the future 7 Cedars Resort Hotel. And directly in front of me was yet another crane setting the monument sign for the new Cedar Greens (shown at left). It was amazing to observe that there were three cranes operating at three separate projects in Blyn, each one helping to build economic resiliency and self-sufficiency for the Jamestown S'Klallam people.



~Kyle Johnson, EDA Executive Director

JAMESTOWN SINGERS PERFORM

The Jamestown Singers have been performing at more and more events in the past year. This photos is from one of those venues.



Jamestown Singers at Waterfront Days, John Wayne Marina. From left: Mike Williams (a friend of the Hall/Adams family), sisters Julie Powers and Beth Anders (Prince), Vicki Lowe (Lowe), Alisha Adams (Hall/Adams) and Loni Greninger (Prince).

BRINGING THE ANCESTORS HOME

On September 23 Tribal Elder Kathy Duncan (Chubby-Fitzgerald) and THPO David Brownell travelled to Oakland California to retrieve the remains of a female S'Klallam ancestor from the Phoebe Hearst Museum of Anthropology at the University of California, Berkeley. The short trip was funded by a NAGPRA repatriation grant from the National Park Service; though brief, this trip was just the last stage of a long journey for this ancestor. NAGPRA, or the Native American Graves Protection and Repatriation Act, was passed by Congress in 1994 and requires any agency or institution receiving federal funds to consult with Tribes and return any ancestral remains, funerary objects, and objects of spiritual patrimony to their respective Tribe of origin.



Removed from her original resting place near Dungeness over 100 years ago somewhere, this ancestor was originally taken to the American Museum of Natural History in New York. However, she was then later transferred to the Phoebe Hearst Museum of Anthropology and separated from the other ancestors she had been removed with. When Kathy Duncan travelled to New York to repatriate the other ancestors held at AMNH, there was no record of this additional ancestor who had been removed. However, after long years of research and consultation, her remains were reinterred in the Jamestown Cemetery on October 16 near the other ancestors from Dungeness.

Repatriating, reburying, and protecting ancestral remains is one of the primary duties of the Jamestown Tribal Historic Preservation Office: in addition to the NAGPRA repatriation, this year the THPO has participated in or conducted reburials for five S'Klallam ancestors from Discovery Bay, Whidbey Island, Port Townsend and Sequim

Bay. Often the remains are "inadvertent discoveries," uncovered during construction and other ground-disturbing activities; other times, remains are brought to the THPO that were found in an attic, or came into their possession in some other manner. While the Jamestown THPO takes the lead on human remains cases that occur in eastern Clallam and Jefferson counties, we also work closely with the THPO programs of the Port Gamble S'Klallam and Lower Elwha Klallam Tribes to ensure that all three S'Klallam/Klallam Tribes are informed of reburial and repatriation activities.

The Tribe's goal is always to rebury the ancestor as close as possible to their original resting place. However, when this is not an option, S'Klallam ancestors are reburied in a special section of the Jamestown Cemetery. Ancestral remains are wrapped in a natural cotton cloth and buried in a cedar burial box. You may have noticed the ancestor reburial area in the Cemetery just to the south of the canoe shed has many burial plaques that say something like, "Honored S'Klallam Ancestor." If you are interested in learning more about the repatriation of S'Klallam ancestors, or attending future reburials, please contact Tribal Historic Preservation Officer David Brownell at (360)681-4638 or dbrownell@jamestowntribe.org.



fireplace, hearth: sx^wčq^wu?cáyə be at home: ?a?á?mət snow (on ground): ŋáqa? cold weather; chilly: łá?ła?či share food or drink: q^wa?cínəŋ sit on someone's lap: ?əpĭyəŋ wish for something: təŋ?á?ŋət bag, sack: s?łnáy present, gift: məqá?s be glad (happy): ša?šú?ł

CAREERS AT JAMESTOWN S'KLALLAM TRIBE

We are excited to announce our most current job listings at Jamestown S'Klallam Tribe and 7 Cedars Resort Properties and invite you to submit an online application today! Please note to check our websites for the most current listings. When you submit your application, it is sent directly to that position's hiring supervisor for review. Remember to provide up to date phone and email references, cover letter, and resume

JAMESTOWN TRIBAL ENTERPRISES CAREER OPPORTUNITIES APPLY AT 🔪 🛌 HTTPS://JAMESTOWNTRIBE.APPLICANTPOOL.COM/JOBS/

ARNP, Full-time

- Certified Medical Assistant, General Posting
- Clinic LPN, Full-time
- Cultural Resources Specialist, Full-time
- Custodial Maintenance II, Swing Shift
- Excavating Superintendent, Full-Time
- Equipment Operator / Laborer, General Posting.
- Family Practice Physician, Full-time
- Internal Medicine Physician

JEX Office Manager

- Licensed Clinical Social Worker
- CEDAR GREENS CAREER OPPORTUNITIES https://cedargreenscannabis.applicantpool.com/jobs/

Equipment Operator / Truck Driver, General Posting If you are interested in a career with JST, and would like to be

Deli Shift Supervisor

Bartender, Full-time/Part-time

Marketing Database Specialist

considered as part of our general pool of applicants, please apply to the "Future Job Opportunities" listing!

Dishwasher, 7 Cedars Casino, Full-time

 Totem Rewards Customer Service

7 CEDARS RESORT PROPERTIES CAREER OPPORTUNITIES APPLY AT https://7cedars.com/careers/

Bar & Cocktail Supervisor

Cage Cashier, Full-time/Part-time

- Napolis Cook, Part-time
- Table Games Dealer, Full-time
- Cocktail Server, Full-time/Part-time = Banquet Server, Seasonal
- Gift Shop Cashier, Part-time
- Valet Attendant, Full-time/Part-time
- Security Officer, Full-time
- Dishwasher, LHM, Part-time
- Deli Clerk, LHM, Full-time
- Porter, Full-time/Part-time
- If you are interested in a career with 7 Cedars Resort, and would like to be considered as part of our general pool of applicants, please apply to the "Future Job Opportunities" listing!

QUESTIONS? CONTACT HUMAN RESOURCES



Jamestown S'Klallam Tribe **HR Workforce Analyst** P: 360-582-5789

E: tkettel@jamestowntribe.org



7 Cedars Resort Properties HR Recruiter P: 360-582-2494 E: hpearce@7cedars.com

#JAMESTOWNSKLALLAMTRIBECAREERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Movie, page 14	5	6 MacGregor Open Studio, page 21	7 MacGregor Open Studio, page 19
8	9	10 Weavers and Wannabes, page 13	11 Holiday Gift Cards Mailed	12	13 Elder Luncheon	14 MacGregor Class, page 19
15	16	17	18	19	20 Jamestown Community Singing and Drumming, page 3	21
22	23	24 Christmas Eve Holiday—Tribal Clinics open morning only; Offices closed	25 Christmas— Tribal Clinics and Offices closed	26	27	28
29	30	31	Happy New Year! 2020			

MACGREGOR WILL BE NORTHWEST HERITAGE RESIDENT DECEMBER 2-15TH IN PORT TOWNSEND

Cathy MacGregor (Jamestown S'Klallam) is a weaver and teacher dedicated to rediscovering the traditional techniques of her ancestors. As an awardee of a Centrum Northwest Heritage Residency, MacGregor will be in residence December 2-15, 2020 and then returning in May 2020. During this residency MacGregor will focus on cedar, the "Tree of Life" for her and her ancestors. She will practice traditional cedar bark weaving, including harvesting and processing, dying with native materials, and weaving one of her largest baskets to-date.

Visitors can drop by MacGregor's studio on December 6 from 2-6 p.m. and December 7 from 1-4 p.m. to check out her work. On December 14, MacGregor will offer a workshop at the Port Townsend School of the Arts on weaving round ornaments. Learn more about the Northwest Heritage Residency Program at www.centrum.org/northwest-heritage-residencies/



This program is made possible through a National Endowment for the Arts "Our Town" grant and is presented by Centrum in partnership with the Port Townsend School for the Arts and Fort Worden Public Development Authority (PDA).

HEALTHY LIVING SENIOR SUPPORT GROUP



A Safe Environment for SHARING concerns specific to seniors, and exploring SOLUTIONS

Second Thursday of Every Month JFHC Upstairs Meeting Room 1:00pm - 3:00pm

SAVE THE DATES WED. JAN. 22ND AND WED. FEB. 26TH ADVANCED CARE PLANNING

On January 22nd, learn how Advanced Care Planning can assure that your wishes are carried out in the event that you are incapacitated by accident or illness. On February 26th, get help filling out the forms and making certain that they are filed with your primary care provider, so that they can be located if needed.

This program is a partnership between Olympic Medical Center and Jamestown Family Health Clinic. But you do not have to be a patient at either facility to join us for these educational sessions. We are reaching out to the Tribal community to increase the number of people who have Advanced Care Directives on file with their health institutions.

The training is from 10—Noon each day. We will provide lunch after each of these sessions. More information will be included in the January Tribal newsletter.

THE JAMESTOWN TRIBE WILL BE ADMINISTERING HEATING ASSISTANCE PROGRAM(S) AGAIN THIS YEAR.

Jamestown S'Klallam energy assistance program (s) require that applicants reside in the Jamestown S'Klallam Tribe's service area; be a household that has not received a Low Income Energy Assistance Program (LIHEAP) grant from another agency during the current program year (Oct-June), and meet <u>strict income guidelines</u> for the program. You <u>may</u> be eligible for a LIHEAP grant. The income limits are set at 150% of the

federal poverty level (FPL). If you would like an application mailed to you, please call Christine Kiehl at (360) 681-4636 to leave a current mailing







Do your holiday shopping at Northwest Native Expressions Gallery!

Jewelry, dream catchers, calendars, coffee, scarves and umbrellas, blankets, tote bags, baby moccasins, dishware, limited edition prints, books and music, and much more!



NORTHWEST NATIVE EXPRESSIONS GALLERY

1033 Old Blyn Highway, Sequim, WA 98382 360-681-4640 Open 9 a.m.-5 p.m. daily. Shop online! www.NorthwestNativeExpressions.com

DEADLINES FOR JAMESTOWN HIGHER EDUCATION SCHOLARSHIP APPLICATIONS (FOR ENROLLED CITIZENS)

Winter Quarter/Spring Semester - November 15th

Spring Quarter - February 15th Summer Term - April 15th Fall Quarter /Fall Semester - June 15th Contact Melisa Pippen at 360-681-4626 or mpippen@jamestowntrribe.org

JAMESTOWN FAMILY HEALTH CLINIC 808 North 5th Ave. Sequim, WA Phone: 360-683-5900

Hours: Mon. - Fri. 8 a.m. to 5 p.m.; Sat. 10 a.m.-3 p.m. for both routine and as-needed appointments. Thank you to all who helped set up, volunteered to sell baked goods and raffle tickets, shopped, and sold handmade wares at our 10th annual Jamestown Holiday Craft Fair! We raised over \$3,100 for the Children's Program, and customers donated 167 pounds of food and non-food essentials for the Tribal Food Bank!

If you are an artist/craftsperson who would like to be added to our mailing list for vendors at the 2020 fair, please contact Betty Oppenheimer at 360-681-3410 or boppenheimer@jamestowntribe.org



HAPPY BIRTHDAY!

TO TRIBAL CITIZENS BORN THIS MONTH

Jamestown S'Klallam Tribe 1033 Old Blyn Highway, Sequim, WA 98382 1-800-262-6603 1-360-683-1109 www.jamestowntribe.org

1 Jack Hopkins 14 1 Jason Obermiller 16 1 Christopher Juel 16 1 **Kyle Obermiller** 17 2 17 Ronald Murphy 2 Jacob Hendricks 18 3 Robert Kardonsky 19 3 Jennifer Shelton 19 3 Navena Hedin 21 3 **Christopher Bill** 22 6 Wendy Humphries 23 6 Charlene Dick 24 8 Saroya Elofson 25 8 25 Airvee Elofson 9 **Richard Nordberg** 25 9 25 Gary Croft **Billie Adams** 26 10 10 Pepper Kerr 26 10 Heather Johnson-Jock 27 28 10 Joshua Holden 10 **Ryan Church** 28 13 Dwight Patsey 28 13 30 **Tyler Anderson** 13 **Connie Fisher** 31 14 Ron Allen 31 14 Lou Anna Boatwright

Raven Hunter Natalie Mair Joshua Chapman Joseph Prince Deanna Osmer Joanne Heitz Whe Whe Olitza Dakota Taylor Lisa Barrell Joshua Vieth Lois Davis Max Fairchild David Ellis Erik Thompson Sandra Bill Amanda Cadwell Verna Johnson Eugene Bill Tatum Kerr Maria Lawrence Lavern Purser Thaddeus O'Connell Phillip Hunter Laci Williams Aliya Shelton

7 Cedars Casino: 360-683-7777 Carlsborg Self Storage: 360-582-5795 Casino Gift Shop: 360-681-6728 Cedar Greens Cannabis: 360-489-6099 Cedars at Dungeness Golf Course: 1-800-447-6826 Double Eagle Restaurant/Stymie's Lounge: 360-683-3331 **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: 360-582-5796 Jamestown Social and Community Services: 360-681-4617 Longhouse Market and Deli 360-681-7777 Newsletter Editor: 360-681-3410 Northwest Native Expressions Gallery: 360-681-4640 Tribal Library: 360-681-4632 Tribal Gaming Agency: 360-681-6702 **Tribal Veterans Representative:** 360-434-4056

Want to read our newsletter online? Scan this QR code or visit <u>www.jamestowntribe.org</u>. Click on More, then on Tribal Newsletters. The online version is in color, so if you want to get the most out of our photos or print copies for your archives, use the online version.



JAMESTOWN S'KLALLAM TRIBAL COUNCIL

W. Ron Allen, Chair, <u>rallen@jamestowntribe.org</u>, 360-681-4621 Liz Mueller, Vice-Chair, <u>Imueller@jamestowntribe.org</u>, 360-808-3103 Lisa Barrell, Secretary, <u>Ibarrell@jamestowntribe.org</u>, 360-460-5563 Theresa R. Lehman, Treasurer, <u>lehman1949@hotmail.com</u>, 360-457-5772

Kurt Grinnell, Council Member, k_grinnell@msn.com, 360-461-1229

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 <u>boppenheimer@jamestowntribe.org</u>, or by US Mail to the address above, or call her office at 360-681-3410.

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

Changes of Address:

Tribal Citizens: Please send changes of address and name changes to Enrollment Officer Kayla Holden at <u>kholden@jamestowntribe.org</u> or call her at 360-681-4617.

Other newsletter recipients: Please send changes of address to Betty Oppenheimer at the address/ phone above.

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