

Jamestown S'Klallam Tribal Newsletter, Volume 41, Issue 9, September 2020

7 Cedars Hotel Opens

7 Cedars Hotel opening on August 4th, with celebrations beginning the previous night. The Land of Sea-to-Sky totem pole was blessed on Monday evening, with Tribal Elders in attendance, kicked off by the Jamestown Singers. Elder Elaine Grinnell spoke of the 400 year old Western Red Cedar tree that will live on for generations as a totem pole, protecting those who enter the hotel. Designer/Carver Nathan Gilles was honored (in absentia) as was Artisan Manager Bud Turner, for their work in creating and installing the newest totem (more about the totem on page 2). Jerry Allen, Executive Director of 7 Cedars, was honored for his vision and persistence in managing the hotel project, and for finally making it a reality.

On Tuesday morning, the ribbon cutting began with the Jamestown Singers and proceeded with a prayer and blessing by Elaine Grinnell, who praised the heart and spirit that had gone into this project over the past 25 years.

She shared a touching memory of seeing the Allen brothers swimming on the wrong side of the Jamestown

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From left: Gaming Board members Cliff Prince, Jim Haguewood, Paul Moore, 7 Cedars CEO Jerry Allen, Elder Elaine Grinnell, Tribal Council members Ron Allen, Rochelle Blankenship, Loni Greninger, Kurt Grinnell, Theresa R. Lehman, and Hotel Manager Debbie Wardrop cut the ribbon in front of the new hotel on August 4, 2020.

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7 Cedars Hotel Totem

"Welcome to the Land of Sea-To-Sky"

The Story of the pole designed and carved by Nathan Gilles

The unique and beautiful setting of the Tribal lands at the head of Sequim Bay inspired this 42.5-foot tall, 400-year old Western Red Cedar totem pole, weighing nearly 2 tons. The edge of the salt water quickly transitions into the lower foothills, and then up into the wilderness of the Olympic Mountain range. One cannot be here without feeling a deep sense of place.

The creatures on the pole include animals that hold significance to the S'Klallam people.

At the base is a Killer Whale (orca) that represents life in the saltwater of the Salish Sea. The whale is an apex species (at the top of the food chain) and iconic of our region. He is parting the waves and water with his power. There are many S'Klallam stories about the whale, its significance to the ancient ways, and interactions with the S'Klallam people.

The S'Klallam people honor the Wolf, believing themselves to be descended from a family of wolves. The next figure up the pole is a Wolf Person with a human face and wolf ears. He is holding onto the Whale, with his face in between the flukes of the whale's tail and his arms and legs grasping the killer whale's body. This combination of imagery hints at an honoring of the S'Klallam wolf society that in historic times was a central cultural practice. The Wolf Person represents an ancient time when the animals were people (before the Changer came along and made the animals clothes). The Wolf figure pays homage to the ecology of the past, when the wolf was a prevalent and important apex species on the land of the Olympic Peninsula. The killer whale and wolf are said to be able to shift back and forth from land to sea. Salish black dugout canoes often reflect this relationship, with their indication of a wolf head at the bow, with the body and tail of a killer whale at the stern. This depiction of the relationship between wolf, killer whale, and human is meant to both honor S'Klallam cultural history and lean toward a contemporary representation of the ecological setting in which the 7 Cedars Hotel is located.

Next, the black bear bites and grasps a spawning chum salmon. The bear and salmon are very significant in the local ecosystem. Gilles saw many black bears when he lived in the foothills above the Tribal campus. Bears are commonly seen as symbols of strength, protection and wisdom. The bear is a nod to Tribal Chairman W. Ron Allen, whose spirit animal is the bear, and who has been so instrumental in the progress made by the Tribe over the past 40 years.

The Salmon of the Northwest coast gave sustenance to the ancient people, and continue to provide for the contemporary people of the coast. This is a spawning Chum Salmon with its decaying flesh and backbone showing, and even the little teeth that the chum get when they are in this spawning transition in life. The salmon holds a place of tremendous importance to the Tribe, but this figure honors the Tribe's great dedication to environmental stewardship, including the rehabilitation of creeks and rivers in the area that has brought the dwindling salmon populations back.

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(Hotel opening,, continued from page 1)

bar, struggling to get into shore as their grandmother Amy Allen stood on the beach with her hands on her hips. "You should know better than that!" she said when they arrived on shore. Elaine said that not only were Jerry and Ron influenced by Amy's spirit, but their drive and determination, and willingness to take risks was already apparent even then.

"Risk is the only price you pay for all of the opportunities that lie ahead," she said. "Risk drives us on, especially we Jamestown S'Klallam people. We can stand proud and say that this generation helped to build this."

Chairman Ron Allen brought his brother Jerry to the podium. Jerry thanked the Council – Ron Allen, Loni Greninger, Teresa R. Lehman, Rochelle Blankenship, and Kurt Grinnell - as well as all of the Council members of the past who had kept the dream of a hotel alive since the Casino opened "exactly 25 years and six months ago." He also thanked the Gaming Board – Ron Allen, Jim Haguewood, Paul Moore, Josh Chapman, and Cliff Prince – who have kept the same vision alive for the many years they have served the Tribe, working through the details and financial challenges along the way.

90-minute celebrations took place throughout the day, with groups of about 50 people invited to each, to maintain social distancing during this pandemic. The mood was festive. This hotel has been a long time coming, and it felt like the culmination of a long-awaited dream for those who have worked so hard to bring it to fruition.



Top: Tribal Elder Elaine Grinnell and her granddaughter Tribal Council Vice-Chair Loni Greninger sing a family song as part of the blessing of the hotel.



At right, Tribal Council Chair/CEO W. Ron Allen presents his brother Jerry Allen, 7 Cedars CEO, with a framed photo of the completed hotel, in recognition of his many years of steadfast determination to get it built.

(Totem, continued from page 2)

The Mountain Goat and Marmot represent the highlands of the Olympic Mountains. The Mountain Goat is holding onto a rock, and a Marmot Person is emerging out of his rock house hole. These cute Marmots live all over the Olympics. Both are important creatures of the highland mountain ecology. The Mountain Goat represents wealth, as the most valued blankets and textiles of historic times had mountain goat wool woven into them. Mountain Goat wool and horns were a rare and prized possession, because of what it took to acquire them. The horns were carved into heirloom spoons and bracelets to be worn and used in shows of ceremonial status.

The round, notched pole is a length of wealth rings, symbolizing the anticipated success of 7 Cedars Hotel. On the very top, a Thunderbird is perched up high. This Thunderbird represents the sky world. There are cultural stories of Thunderbirds from up and down the west coast of North America. It is said that Thunderbirds live on specific peaks high in the mountains, and that their spirits are manifest there. In one S'Klallam story, Thunderbird taught the S'Klallam how to whale, and provided the first weapons to the first people and warriors of old. The Thunderbird joined wolf and killer whale in Wolf Society rituals.

Candidate Statement: Rochelle Blankenship For Tribal Council Secretary



To My Fellow Tribal Citizens,

I have had the opportunity and honor of serving our Tribe as our interim Secretary for the last six months. Upholding the traditions and values of our people from the lens of a Council member has been a great responsibility and commitment; one that I have not taken lightly. It is with great pride and humbleness that I come forward seeking your vote as Tribal Council Secretary so I can continue this incredible privilege of serving you.

2020 has been a year like no other. We are dealing with insurmountable challenges such as a global pandemic, political discourse, instability, inequality, and economic downturn. These challenges are not lost upon Jamestown. As a newly appointed interim Council member I have had the opportunity to rise to the level of leadership necessary to navigate these uncharted waters. Through a shared vision, our Council's resolve has remained steadfast to secure the protections and safety of our Tribal Citizens and our community. During these last six months of tremendous ambiguity, our Council came together, in one clear mission, to ensure our food banks, education needs, medical assistance, elder stipends, cultural programs and natural food programs to maintain the resources necessary to sustain these vital programs. The goals of my candidacy

are to lead with direction, vision and commitment and continue the synergy and hard work of our current and previous Councils.

A little about me. I have been blessed with the opportunity of formal higher education. I hold a Master of Business Administration. Like many of you, I have served our Jamestown Community in various roles and capacities over the last twenty years. The last four years I have served as the Executive Director of our Tribal Gaming Agency. In 2013, I was appointed to the Higher Education Committee and have found it to be inspiring to be able to make a difference in the educational advancement of our Tribal citizens.

What I have learned through my experiences is that there is not a one-size-fits-all decision when it comes to our members. We are citizenry of diverse, strong and unique voices. My goals as your Secretary and Council member is to honor the diversity of our Tribe and govern our Tribe in the Spirit of looking toward the next seven generations. I believe continued focus on education and mentoring will help us achieve this goal. I am extremely proud of what our Tribe has been able to accomplish. If I have learned anything in the last few months, I am more certain of the need for our tribe to continue to strive for economic diversity. Our legacy of self-reliance is one I will continue to work tirelessly for.

I am delighted in the prospect of helping move our Tribe forward. My passion, education, enthusiasm and dedication will be invaluable to furthering the Tribe's goals. Regardless of the outcome of the election, I am honored by how far we have come as a people and excited to see how far we can go.

Let us be the ancestors our descendants will thank. — Winona LaDuke

If I can answer any questions, please feel free to email me at rblankenship@jamestowntribe.org or call at 360.460.0045.

~Rochelle

Candidate Statement: Loni Greninger For Tribal Council Vice-Chair



ʔáy'sk^wáči! As I continue my campaign for the Vice-Chair seat, I want to share with you my in-depth experiences in my educational and career journeys.

Bachelor's in Psychology, Pacific Lutheran University, from 2008-2012

With utmost gratefulness to the Tribe, I now use my degree to navigate the business of people. I strive to build workplaces, policies, and services in partnership with staff at Jamestown, the State, and Federal programs that benefit clients we serve.

Washington State Department of Social & Health Services (DSHS) from 2013 to 2017

As a Regional Manager within the Office of Indian Policy, I worked directly with eight tribes and two Indian organizations. I helped find ways that DSHS could meet any gaps in social services, as well as train staff in tribal-state laws. In 2015 I transferred to a statewide Tribal Liaison position, focusing primarily on behavioral health. I worked directly with all 29 tribes and seven Recognized American Indian Organizations within Washington. From these two positions I learned how to coordinate and facilitate large meetings and trainings, became familiar with laws for social services, and form policies, auditing procedures, and contracts that gives tribes room to do services on their terms.

Master's in Public Administration from 2014 to 2016

In this time, I connected educational theories to practical use in the workplace. I performed ethical research, learned how to create programs and policies, budget and memo writing, and public speaking.

Continued Work with Washington State from 2017 to Current

Working at Jamestown, I partnered with Liz to work with many State Agencies. We worked to form policies, contracts, and corrective action plans for the State to meet goals and priorities. This led to my nomination to be one of two Tribal Representative on the Governor's Oversight Board for the Dept. of Children, Youth & Families. In these experiences I learned each Agency's system and how they interact with other agencies and governments. I also learned to speak on behalf of Jamestown and other Tribes. I gleaned from subject matter experts and partnered with different members of our Washington community.

Partnership with Federal Programs

In 2017 I attended my first Federal Tribal Consultation with the Administration for Children & Families (ACF), where we discuss social services from the federal and tribal perspective. The next year, I represented Jamestown as the Primary Delegate. In 2019, I co-facilitated the Consultation with the ACF Commissioner. These experiences taught me how to stand up for services that are imperative to Indian Country. I gained confidence in my ability to partner with others and speak with the authority of my ancestors and Tribe standing behind me. In conjunction with ACF, I have worked closely with the National Indian Child Welfare Association. I have grown more aware of child welfare laws from this partnership and have presented with NICWA in partnership to show how Washington State adheres to the laws.

I am very grateful for these opportunities and experiences! Thank you for your time. Until next month!

há?nəŋ cn! (Thank you!)

~Loni

Tribal Citizenship Meeting September 26th

In person at the 7 Cedars Hotel Conference Room, or the stay-safe-at-home option, virtually on Zoom. Information on obtaining the Zoom meeting ID will be sent to each household on the meeting flyer. Hear from the candidates. Just log in to listen and chat!

Candidate Statement: Theresa R. Lehman

Incumbent Tribal Council Treasurer



Honored Tribal Citizens

My name is Theresa R. Lehman and I wish to say hello to the many I have come to know over the past several years and introduce myself to the many who don't know me. I am from the Cook-Kardonsky family. My Great Grandmother was Nora Johnson, who married John Cook who is my Great Grandfather.

My Grandmother was Lillian Cook who married my Grandfather Louis Kardonsky (the greatest Jewish Ukrainian gentleman I have known in my entire life). My mother Leona Kardonsky Cope passed away Sept 25th, 2015. I have 2 daughters - Toni Sigle and LaTrisha Suggs who currently sits on Port Angeles City Council. I have 6 grandchildren and 2 great grandchildren.

I want to thank each and everyone for your continued support these past 12 years and hope you will continue your confidence and support for me as I run for Jamestown S'Klallam Treasurer. Throughout the past years I have learned the quality of leadership on Council. It is important for our Tribe to continue to have stability, experience and strong leadership. As I have indicated before I will continue to work hard to maintain trust, dignity and respect as a Tribal leader.

In the past 4 years many of you have seen or read about our Tribal infrastructure changes including:

- 7 Cedars Hotel - Opened 8/4. It's awesomely beautiful and thank you Jerry Allen and crew.
- Public Safety and Justice Center
- Dungeness River Audubon Center- dedication expansion began.
- Veterans Memorial Wall - This truly is beautiful and respecting the men and women who served their country for our freedom. Thank you
- Sophus-Corriea Loop Road - Come visit take a ride or walk from the back of the casino to the Longhouse Deli. Enjoy the serenity and nature.
- Cedar Greens Cannabis - They are open.

Other current projects, to name a few

- Jamestown Excavating is working on the Port Angeles Waterfront Art Center.
- Mat Facility - scheduled to start construction for the Healing Center this fall.
- Columbarium - Jamestown Cemetery still under construction.

Tribal Council continues to focus on past and current issues and works hard to prioritize improvements whether short or long term. These could be programs from Social Services, Health, Natural Resources Economic Development, Resort Properties, Law Enforcement, just to name a few. It is important to remember that many of these programs (from social services) are short term as staff works with our citizens to be self-reliant. We must remember vision and life passion can lead to self-healing and hope.

Due to Covid19 restrictions: On August 8th Tribal Council and Education Committee Members had a "Cruise Through" for our Graduating Seniors and Volunteers of the Year. Everyone had a great day and vehicles were decorated. Many of our students received " Incentive Awards" for their hard work and grades. My current advice to students is simple: develop passions, develop skills and develop connections. Look for something you love to do and the right person who will help you. The sky is the limit. Good luck in your journey and bring these life lessons you have learned back to the Tribe. Thank you again for all your hard work.

Volunteers - Each year the Tribe has recognized and honored individuals for their achievements in giving back to the Tribe. Our volunteers have said simply "I am proud of my Tribe's accomplishments and just wish I could give back more." Kudos to all.

Tribal Elders continue to be a priority to me. Their health, safety and wellbeing are important during this pandemic and our staff from the Wellness and Social Services programs continue to see to their needs. I can say our Elders are the most active Elders when it comes to volunteering for the "sweatshop," language

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Candidate Statement: Jessica Johnson For Tribal Council Treasurer



Honorable Elders and Tribal Members,
I am running for the position of Treasurer of the Jamestown S'Klallam Tribal Council. I am honored to write this letter and share with you who I am; and how I'd like to best serve you, our most valuable resource, our Tribal members. Without Tribal members we would cease to exist as a unique sovereign Nation.

My name is Jessica Johnson and I am from the Johnson and Dick families. I grew up learning about our cultural traditions from many Elders, including my Grandmother Hannah (Dick) Johnson and Uncle Brick and Auntie Iris Johnson. One of the most important things I learned was respecting and helping our Elders. From this teaching I went out with my Uncle Brick to help him dig clams, observed and did what I could to help him with smoking salmon in the smokehouse and crabbing.

I spent much time with my Elders making sure they were comfortable at the Annual Tribal Picnics, getting their food and serving them. It was important to do things like helping them with shopping, gathering wood or whatever else needed to be done, but most of all taking time to visit and listen while they shared stories.

I was taught respect for our Ancestors for without them we would not be here today. My Ancestors showed me how to use my inner strength. The Ancestors knew our continuing growth depends upon

caring for our Elders, learning our cultural traditions, living in the present while preparing our youth for ever-changing life experiences. Preserving and protecting our natural resources for future generations to enjoy as we have is crucial.

Throughout the years I've actively participated in canoe journeys as a puller. I learned Tribal protocol and when my children were old enough I took them on the journeys where we watched the canoes arrive at many beaches, staying many evenings for Tribal protocols of songs, speeches, and dances.

Protecting our Tribal artifacts is so important because these are keys to the past. Beginning with working at the Tse-whit-zen village site, also known as the Graving Dock, in Port Angeles, I worked as an archaeological monitor, followed by working at several other archaeological sites. This was a spiritual and powerful involvement which prompted me to learn more about our traditional values and culture from viewing the past. I continue to gather oysters, catch crab, and dig clams for the personal use of my family. My family has also learned to gather traditional foods, pull cedar for weaving, and many of our cultural practices.

My goal is to work to reunite our Tribal community in Spirit and with Pride of who we are so we remain vital and strong as a people. We have much for which we can be proud. We have a thriving Family Health Clinic, a Dental Clinic, economic development ventures such as the Longhouse, the new hotel with 7 Cedars, an innovative higher education program, and an Elders program that assists our Elders in many meaningful ways. The Tribe provides many services, as a community we exist from many directions and distance can separate us, we may not be as closely tied as a community as we were just one generation ago.

We are living in unprecedented times. The COVID-19 pandemic has dramatically changed the courses of our lives. We stay home to stay healthy yet yearn for the company of friends and family. Many of us may struggle with increased stress perhaps due to loneliness, unemployment, the uncertainty of having job stability, or not knowing how we will be able to pay our bills and have enough food to sustain our families. At this time in our lives we need each other more than ever, we have the continuing strength of families, and the power of belief that we will once again become a strong Tribal community. We must include every Tribal member while pursuing the betterment of the quality of life of all Tribal members regardless of where we reside or our social and economic diversity, each of us matter to each other and to our community.

I want the opportunity to listen to you; what you have to say is meaningful and should be heard and spoken about. Allow me the honor of being a voice to your concerns and needs as we work together to move forward our plans for the benefit of you, your families and our Tribal community as whole.

This is not the first time we have faced challenges. Challenges bring us options and opportunities. We are

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COVID-19 Pandemic & Leadership Discretion

Message from our Tribal Council Chair/CEO



Greeting Jamestown S'Klallam Citizens!

The last few months have been dominated with the everyone coping with the COVID-19 Virus and the challenges it has created within our daily lives. I have written the last two messages about how we at Jamestown are dealing with it and how we are balancing our limited resources including the COVID relief funding that we have received from the federal government. The Council and I received some questions regarding whether we are doing enough for our people.

I have noted in the past two articles that all Tribes have different circumstances to address to help their citizens. All Tribes have citizens living within their local communities including their reservations, and have many citizens living outside of their areas. We do too.

First and foremost is our focus on health care and how we can do our part in preserving or basic health care needs including our reimbursement program for our out-of-the service area citizens.

Upgrading our clinic's capacity to provide for corona virus testing has been a challenge, but we are doing well for our over 17,000 patients.

Our Tribe continues its pursuit of becoming more independent from federal resources by generating our own revenue resources through our

businesses. This goal does create a complex responsibility to our close to 800 Tribal and Non-Tribal employees in both our government and businesses.

Our Council and I are proud of what we have accomplished and as we make decisions to cope with the revenue impacts to our operations, we have to be careful to look forward and make decisions that retain the stability of our programs, services and business capacity to adjust to this new healthcare-driven economy.

We must remember most of America's citizens have received CARES Act assistance through the immediate \$1,200 individual/\$2,400 married and extra \$500/per child benefit. Many who have been laid-off or furloughed were making more income (including the extra \$600/week from unemployment checks) than when they were working, which in many cases made it difficult to get them to return to work.

One of our priorities for the COVID-19 federal funds was to determine how we could use it to offset employee retention costs previously paid for through our Tribal revenue sources, the largest impact coming from when the Casino and Shellfish operations were temporarily closed.

I noted in the past we used this approach to retain our Annual Elder Spring stipend of \$500. We know that helped a large sector of our community both in and outside of our service area.

Our Council knows that many other Tribes have sent funds directly to individual citizens 18 and over, and we intend on doing the same thing, but we are taking a more conservative approach to get documentation of need from our citizens before checks will be sent out. We know it will become an audit issue next year, as we will have to account for how we used these funds. The Council has been working for the past month on a COVID Assistance program. We have created a survey and you should have received our survey to determine if the pandemic has caused you financial hardship. If any of these conditions apply to you or your family, just check the box and return the survey to us. We will provide financial assistance.

We have been looking at other possible assistance programs to help citizens with children in this changing social and economic environment. School across the country are struggling to come up with plans regarding reopening, these plans change at times what seems to be weekly, and we know this creates stress and possible hardships for our citizens. We are trying to develop programs including computer assistance that are flexible and meet these challenging family circumstances.

Many do not spend much time reading and understanding the CARES Act of 2020 and the guidance on how these funds can be used, interpreting key phrases such as covering "unbudgeted expenditures due to the coronavirus."

I have mentioned in the past how we have used these funds to cover costs that were not expected including making facility changes to assure a safe work environment and protective health measures for each employee. All Tribes are making serious operational facility modifications and so is Jamestown resulting in more unbudgeted expenditures. Our biggest costs will be the very large unemployment bills from the State

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Meet Morgan Snell, New Higher Education and Professional Development Coordinator



Morgan Snell (Allen) has been hired as the Tribe's Higher Education and Professional Development Coordinator, and Enrichment Program Coordinator. She told us a little about her aspirations in the new position, and her history with the Tribe.

I love that there are so many different dynamics to this position with it involving the Higher Education Program, the Career Development Program, and the Enrichment Program. I have been fortunate enough to have been able to utilize the Higher Education Program to get my Bachelors and Masters Degree, so I'm excited to assist other Tribal citizens through the process. I also am interested in working with the Youth Program to help them develop their career skills, find internships and/or new jobs.

For the past three years I have been working as the Tribal Health Benefits Assistant in the Health Department. I was able to work with both in and out of area Tribal citizens to help with medical payments/reimbursements, insurance coverage, and various health questions. I've enjoyed getting to know so many more people in the tribe, even all across the country, than I ever thought I would.

Morgan attended Johnson & Wales University in Denver Colorado where she received her Bachelor's degree in Management in 2010. In 2019 she earned her Masters in Business Administration from Walden University.

Morgan is from the Allen Family. She grew up in Port Angeles. Her parents are Jerry and Elise Allen. Her paternal grandfather was William "Bill" Allen.

She married Garrett Snell in August of 2018, and they just had their first

child, Calvin, in March of this year. They live in Sequim.

Melisa Pippen has been generous enough to stay on a bit longer to train me on the three programs, and be a resource so that it will be a smooth transition. If you have any questions or concerns in any of the three programs, don't hesitate to call or e-mail me. I look forward to working with you all!

My contact info is below, let me know if there is anything else I can help with.

Thank you!!!

~Morgan Snell, 360-681-4626, msnell@jamestowntribe.org

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that Tribes, including ours, must pay due to the hundreds of people we had to lay off.

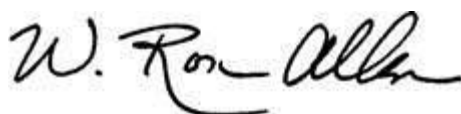
These developments do have silver linings, including that with one of the concerns - finding ways to provide for alternative food sources – has allowed us to use some of these COVID funds to advance our Traditional Foods Program, led by Lisa Barrell. We believe this project will compliment our great food assistance program.

Our Public Health Care officials continue to provide outstanding counsel and recommendations on how we all can contribute to Governor Jay Inslee's "Stay-at-Home" containment order to control the virus spreading, and his Safe Start plan. There is no question it continues to be difficult for all of us and for all of America to adjust. We continue to persevere and firmly believe we will survive this unusual lifetime challenge. We are all working hard to do our part in stabilizing our health care environment.

Meanwhile, we urge you all to stay safe, practice good hygiene, wear masks in public and have faith as we emerge from this historic world-wide crisis. It is not clear if there will be a second wave or how long into the summer, fall or winter this pandemic will last. All our revenue sources, including the CARES Act funds, must be used prudently for the long haul. It does require good leadership discretion as we prepare for the final months of 2020 and looking forward into 2021.

If you have questions or need clarifications, you are always welcome to call me at 360-681-4621 or e-mail me at rallen@jamestowntribe.org and I will be more than happy to share them or respond to your inquiries.

Sincerely,



Tribal Citizen Promoted at Dental Clinic

Tribal citizen Jorene Dick has been promoted to Front Desk Lead at the Jamestown Family Dental Clinic (JFDC), said Dental Office Business Manager Kathy Coventon. Dick has worked as a Front Desk Receptionist since September 2016. In her new role, she will be working closely with Coventon in training, coaching and implementing new workflows at the Dental Clinic. Jorene's willingness to problem solve and her desire to improve clinic efficiency is invaluable to the clinic. This position is responsible for ensuring that Tribal citizens and other Dental Clinic patients receive the highest quality professional treatment during all aspects of their interaction with the Dental Clinic. The Dental Clinic Front Desk Lead is also responsible for promoting oral health care and enhancing the oral health status of members of the Tribe.



Jorene Dick and Kathy Coventon

She will continue to work with Accounting to reconcile the books and use her information technology skills (which she is augmenting with classes at Peninsula College) to solve computer problems in-house.

"Jorene's dedication to continuing her education and clinical knowledge makes her the perfect employee for this new position," said Coventon, who is just finishing up her first year of employment at JFDC after having worked in private dental clinics prior to her employment with the Tribe.

Jorene has worked in various capacities at the Tribe, and attended all of the Tribal children and youth programs as she was growing up. She currently serves on the Tribal Gaming Commission.

COVID-19 has added a new layer of complexity to the dental clinic work flow, requiring slightly longer appointments to do COVID screening prior to escorting patients into the clinic from the parking lot. The goal is always to make the patient experience as smooth as possible, while following strict protocols for the health and safety of clients and staff.

Many staffing changes have been ongoing at the clinic, with some part time workers going fulltime, and internal promotions as well as new outside hires. And the clinic is looking toward the future in a new larger facility next to the medical clinic in downtown Sequim. Pediatric Dentist Dr. Bri Butler, who has worked at the JFDC since 2015, is the new Dental Director. A new leadership team comprised of Butler, Coventon, Operations Manager Julie Grinnell and Dental Assistant Supervisor Bette Smithson is meeting weekly to improve current work flow efficiencies, and to brainstorm best practices for the eventual move.

Tribal Council Election News

The last day to declare your candidacy for this year's Tribal Council election is Sept. 4th.

Ballots will be mailed at the end of September, and must be received at the Sequim Post Office by 5 p.m. Monday November 2nd. Please vote early to ensure that your ballot arrives on time!

Questions? You can leave the Elections Board a message at 1-800-262-6603 Extension 2029.



Lowe Stands Against Racism in Sequim

As soon as the Tribe submitted its plans to build a Medication Assisted Treatment facility (MAT), with \$7 million passed down from the federal government through the State Legislature to combat opioid addiction in rural areas, a small group formed in opposition to the idea. Save Our Sequim (SOS) is led by Jodi Wilke of Port Hadlock. The group raised money for an attorney and began a campaign to gain traction against building the facility in Sequim. The Tribe purchased acreage between Costco and Highway 101 in an area zoned for out-patient facilities and moved forward.

Over the months that followed, SOS's Facebook page began filling with racist comments against Native Americans. Tribal descendant Vicki Lowe began attending City Council meetings, to counter the negative propaganda being spread by SOS. Lowe, who is the Executive Director of the American Indian Health Commission for Washington State and who has worked her entire career with Native Americans, has seen firsthand the effects of intergenerational trauma on those who have had to withstand hatred and violence.

"I have lived my whole life here, and while there has always been some racism, this was pervasive and accepted. It just wasn't ok that it seemed to be becoming the norm. People have a right to feel safe where they live," she said.

After a particularly nasty City Council meeting in January, in which it seemed to her that "SOS was running the City Council meeting, with people saying nasty things about Ron Allen, Brent Simcosky and the Tribe," she tried to figure out what she could do to counter that behavior. She connected with people from Indivisible Sequim, and Voices for Health and Healing, two groups who were already working to oppose SOS and in favor of the MAT, and she met Sheena Younger. The two of them, along with Nicole Clark, met and took screen shots of over 100 racist comments that were posted on the SOS Facebook site.

"We picked the ten worst comments and made large signs that we showed at the March 9th City Council meeting," she said,

"and each of us spoke about our concerns. We asked the City Council to pass a Resolution Against Racism, because without that, they were not representing us."

Nothing happened regarding the resolution. But two big things did happen – the COVID-19 pandemic meant that no further in-person meetings were held, and the murder of George Floyd sparked Black Lives Matter protests across the country and the world.

"Rather than a protest, I wanted to talk about the trauma that racial deaths and violence cause in communities of color, including Native American communities," she said. Lowe and her friend Karen Hogan, a leader in Voices for Health and Healing, decided to host a silent vigil in front of City Hall and the Police Station. The vigil on June 5th was well attended, and Lowe opened with her statement about the impacts of trauma. Here is an excerpt:

Historical trauma is the phenomenon where those who never directly experienced trauma (enslavement, rape, lynchings, murder) can still exhibit signs and symptoms of the trauma.

Historical trauma can be observed in unresolved grief, expressed as depression and despair and harboring of unexplained anger. Often oppression is internalized by accepting the lie of inferiority, which can then lead to self-loathing.

Brian Cladoosby, Former President of NCAI shared in 2016 - "We have inherited an anguished history that should not be ignored but understood—so it will never be repeated. Our history produced generations of trauma, poverty and abuse that we are still fighting to undo."

We cannot change history, but we need to acknowledge what happened. We need to acknowledge these



Nicole Clark holds up signs of the ten worst comments posted on the Save Our Sequim Facebook site, as Vicki Lowe discusses her concerns about racism in Sequim at the March 2020 City Council meeting.

(Continued on page 12)

National Team Mascot Retired



This is the Port Townsend Redhawks logo, first used in 2013. The Tribe contributed to the fund to pay to repaint the gymnasium and purchase new uniforms.

The term "Redskins" is considered to be derogatory toward Native Americans, and for decades the public has called on teams to retire the name.

In June 2013, the Port Townsend School District voted to retire their Redskins mascot, and over the course of the next year, they replaced it with the Redhawks logo. Although deciding to make the shift took many years and many hours of meetings, with many locals believing that they could never accept a new mascot, the Redhawks logo has now become synonymous with the Port Townsend teams.

Seven years later, on July 3, 2020, the Washington Redskins, a D.C.-based football team, finally decided to retire their logo, "after a thorough review of the team's name in light of events in the country and feedback from the community," the team said in a press release. They were, of course, referring to the recent renewed interest in eliminating institutional racism in this country. The team decided that until they can come up with a new name and related colors, logos and related designs, they will be known as the Washington Football Team.

(Racism, continued from page 11)

traumas have impacts that we see playing out today in communities across our nation. This is not about blaming and guilt. It is certainly uncomfortable to talk about this history, but it is necessary. Pretending the trauma did not happen or saying it was in the past, get over it, contributes to the hurt. How do we move forward? By saying it out loud- the trauma is real, these atrocities happened.

More than that, we need to learn to accept each other and honor that we have different experiences, beliefs, and values. When we are able to honor the beliefs of others, they are able to be who they were truly meant to be and not who they are expected to be. Assimilation continues. When we talk of historical trauma we also need to talk about ongoing discrimination and racism. These acts are often not intentional but need to have attention called to them, so they can begin to be addressed.

At the City Council meeting the following week, Lowe and her cohorts again tried to get the City Council to consider a Resolution Against Racism, but the council instead decided to "wait until the dust settles" on the Black Lives Matters issue. Lowe was livid.

On June 9th, they realized that it had been three months since they had asked for an anti-racist stance from the Council. They did outreach to Councilors, in an attempt to impress upon them the importance of responding sooner than later. And they created a petition, which had 2,700 signatures by the next week's City Council meeting.

"Thankfully, Councilman Brandon Janisse stepped up and worked to get a resolution passed," said Lowe, adding that unfortunately, new Councilwoman Sarah Kincaid insisted that the words "hate speech" be removed from the document (even though that is exactly what SOS had been promoting, according to Lowe). After that meeting, Wilke said that those extreme comments did not represent SOS. But the comments remained. Wilke claimed to be the victim of Facebook "trolls," and the Facebook page moderator said she could not control what was posted on her Facebook site. Yet according to Lowe, the comment about "Indian idiots" was posted by that same woman.

"How can she expect people to be civil when she isn't?" asked Lowe.

Still angry about the SOS posts continuing, two weeks ago Lowe made and posted a YouTube video called "Are the Posts Still There?" Lowe had been blocked from the SOS site, but her friends again made screen shots and the video showed the racist comments made by SOS members.

"Finally, they have begun to delete the comments, and to limit what can be said on their site," said Lowe. Wilke continues to fight against the MAT facility, most recently making a presentation to the Behavioral Health (BH) Board in which she tried to show that the State has no jurisdiction over the Tribe. At the same meeting, the BH Board voted to send a letter of support to the Tribe for its MAT facility.

And most recently, City Manager Charlie Bush is moving City staff forward with a training program called Government Alliance in Race Equity Training, which will also include a complete review of all City policies and procedures to ensure that none contain institutional racism.

"We need a community in which these issues can be discussed. Right now, our City Council does not represent me or most of the people I know," said Lowe. "I decided to step up and put my money where my mouth is. I will be running for City Council in the Fall of 2021, unless an opening occurs earlier.

(Theresa R. Lehman, continued from page 6)

program, canoe journey, drumming and singing, or just volunteering for Elders Luncheons, to name a few. Hoping in the future we will be able to increase our Elder Stipends and benefits for our out-of-area citizens. Presently we must be very conservative with our dollars.

I was saddened our Elders Honoring was cancelled for this year but am hoping next year to honor the Adams Family siblings. Remember our Elders are a valuable resource

Our Tribe has so many programs to assist our citizens, it is hard to recognize them all. Over the past 12 years I have worked to promote and support them all for the betterment of our Tribal community.

We have experienced a pandemic like none of us has seen before. These have been challenging times and will continue, presently we have no idea when the virus will go away so we must look at events in our lives and the Tribe from day to day.

This has created financial loss for our Tribal businesses at roughly \$1 million per month. The Tribe has received federal COVID funding with restrictions on how these dollars can be spent. These monies may never replace the Tribal dollars we have lost. During phase one our Tribe continued to support our services for our Tribal citizens and currently with limited staff (some working from home). We have continued to assist our citizens. Social Services has been the program that has been inundated with requests locally and from out of the area.

Tribal Council worked with our Accounting department and was able to look at using limited dollars to assist all our citizens over 18 years old. You should have received this form. Should you have been affected in anyway please return the form for some COVID financial relief.

Our Tribal fishermen funding is in the Cares Act and these monies have not been released as of this date. In May I took the opportunity to call many of our Tribal citizens across the United States to do a wellness check on them. It was an opportunity to communicate with many and to see if they were okay. Surprisingly 90% were prepared and did not want for anything. The other 10% I was able to make referrals to different Tribal departments. What was so unique about my conversation with the many citizens was the response from them. I felt very proud to have served them. They indicated they were honored to be Jamestown and had high regards for Tribal Council and wanted us to continue along the same path.

I will close for now and thank each and everyone of you for taking the time to read my letter. I know at election time you will receive much correspondence and will feel overwhelmed. Should you have any questions please call me or email me.

3604575772/ Lehman1949@hotmail.com.

Continue to stay safe, wear your mask, continue social distancing and live. Again, thank you for your continued support and please remember to vote.

há?nəŋ cən (thank you)

~Theresa



Zelby and Kailoni, granddaughters of Tribal Council Treasurer Theresa R. Lehman, and daughters of Latrisha Suggs, pose in the lobby of 7 Cedars Hotel. Note the large photo of Harris "Brick" Johnson's Jamestown Beach Crab Shack in the background.

(Jessica Johnson, continued from page 7)

strongest as a community and the time to reunite as Jamestown S'Klallam people is waiting for us to reach out and bring our Tribal people together. We will not only persevere but do so with courage, pride, unity and with the Spirit of our Ancestors guiding us forward.

With these words I respectfully ask that you vote for me in the upcoming Tribal Council elections.

~Jessica Johnson

Upcoming Wellness Gatherings

Attention Jamestown S'Klallam Tribe Men Ages 18+:

Is the daily grind getting to you? Do you need some time to rest, regroup, reflect? You are not alone. Come meet, eat and retreat, all in the comfort and convenience of your own home. Meet on Zoom. Eat at home—with meals delivered to you. Retreat for a little while from the often-exhausting everyday routine.

Where: Zoom (invite will be sent when you RSVP at egreninger@jamestowntribe.org) + a comfortable, solitary space at home.

When: Friday, September 11, at 6:00 PM for dinner and Saturday, September 12, at 12:00 PM for lunch

What: As One: Father, Uncle, Brother, Son: Navigating the Challenges of Your Many Roles & Relationships

Who: You, other men ages 18 & up, JST SCS Case Manager Eric Greninger & Special Guest Speaker

Women's Wellness Gathering (ages 18 and up) September 22nd, 2020

We will be creating a Life Story and Healing Dream Catcher together with our special guest Tribal Citizen and Elder Miss Arlene Red Elk who is also a facilitator at *Mother Nation: Honoring the Beauty and Strength of Native Women*. Miss Arlene specializes in multi-abuse trauma of violence against women. Not only does she hold a Master's of Arts degree but Miss Arlene has also mastered the skills of combining culture to clinical practice. Mother Nation is a 501(c)(3) non-profit organization offering cultural services, advocacy, mentorship and homeless prevention services to celebrate and inspire the success of Native American woman.

Please join me in this special event from 12:00 pm- approximately 2:00 pm on September 22nd. All supplies will be included, and a Zoom link will be sent to all RSVP-ed participants before the gathering.

Items for a special blessing and lunch to share during our gathering will also be delivered with your supplies.

Please leave a voice mail or send an email to participate or for any questions to Dustin Brenske at or 360-681-4612 or dbrenske@jamestowntribe.org

Influenza Vaccination More Important Than Ever for 2020-2021

By Dr. Tom Locke, MD, MPH, Tribal Public Health and Safety Officer

As Summer ends, the days get shorter and colder, and people spend more time indoors, the conditions that favor the spread of influenza, common cold virus, and COVID-19 will all increase. Dealing with outbreaks of Influenza and COVID-19 at the same time could overwhelm our health care system if we don't do things now to prevent it.

Fortunately, there is a lot we can do. Influenza is vaccine preventable. Everyone should plan on getting a flu shot this year including children. There appears to be ample supply of the vaccine in all three forms: a nasal spray for children and healthy adults, the conventional injectable quadrivalent vaccine (that anyone over 2 months of age can take), and a high potency vaccine for people 65 years of age or older. Higher potency vaccines are necessary as we get older because our immune systems need more stimulation to achieve protective immunity.

In addition to getting vaccinated this year, it is critically important that we all continue to practice the masking, physical distancing, and good hand hygiene that prevents Covid-19 spread. All of these strategies also prevent the spread of influenza and the common cold. It is also very important that anyone who develops any signs of respiratory illness (fever, cough, sore throat, trouble breathing) or other COVID-like illness symptoms stay home from work and isolate themselves from friends and family until you can be tested for COVID-19.

Tribal citizens who suspect they may have a respiratory infection should call their Primary care provider to arrange for evaluation and testing.

Refurbished Pole Reinstalled at Pioneer Park

A totem pole carved by the late Jamestown S'Klallam Elder Harris "Brick" Johnson has been refurbished and reinstalled at Pioneer Park in Sequim. The park is owned and managed by the Sequim Prairie Garden Club, who requested the repairs, as well as the picnic shelter that was installed. Soon to follow will be a bench and signage explaining the history of the pole.

The pole was installed in May 1969, when Tribal citizen Celeste (Kardonsky) Dybeck was Irrigation Festival queen. In 1987, her daughter Alexis Younglove Erickson raised money to have the pole repainted by members of the Sequim Kiwanis Club under Johnson's direction. And most recently, Terry Johnson, nephew of Brick, did the woodworking repair and recurving, and a team (including Tribal citizens Dybeck, Cathy MacGregor and Toni O'Connell, and interested community members Anne Weaver, Bobbie Hasselbring, Anna Watters, Sigrid Cummings, Kate Lore, Terry DuBeau, Tom Jacobson, Mary Lakes, Emma Joy Jacqueth, and Aledandra Peck painted the pole, with Tribal citizen/artist Timothy O'Connell as lead.

This is what Brick Johnson wrote about the pole when it was first installed:

Thunderbird, as guardian spirit, evolved from a parallel concept in ancient mythology known throughout Siberia and half of North America, along with Raven.

Regionalized on the North Pacific Coast, he is, to the Coast Salish, Chief of all guardian spirits by order and creation of Khaals. He has many characteristics of the eagle; he sometimes resembles certain hawks, and he occasionally looks like some large water birds.

Talooch or Tsoona is the instrument of "he who dwells above," and carries out the creative will, including creating other spirits, the elements, and so forth. When he flies, his flopping wings cause lightening. As a totem crest, the position of the wings conveys the crest owner's feeling as to Thunderbird's power in his life.

Living in the highest mountains, he eats Killer Whales and sometimes sharks and rays. The protector of good Indians, he is, to Southern Tribes, the most important of all spirits. Among other tribes, he is the great Sparrow Hawk, Skyaiinsen or Scain-sum. Thunderbird is holding a small face figure, meaning the soul.

Indian Medicine man wearing a headdress holds a medicine or soul-catching device in each hand. Skwa-dee-lick is its name.

Wolf bestows its happy spirit to help people. Coast Salish search for this spirit in order to become fine hunters. Women obtaining this spirit become skilled weavers of blankets and mats. The holders of wolf's spirit also become skilled in woodcraft and their senses are extraordinary, being highly developed. As a crest symbol, Wolf frequently clutches his sectioned tail with forepaws; has prominent nostrils, and occasionally a nose that is quite long.

Beaver, called Tsing by the Haida, is usually shown with this scaly tail pointing upward, and with a log or fish clutched in his forepaws. Almost always, he can be identified easily by his very long incisor teeth. This spirit bestows "medicine power" and the ability to change snow or bitterly cold weather to rain or mist by chanting his song. During creation, he was a large animal.

Around 1800, the symbol of beaver on a totem pole indicated that the owner was very wealthy (the fur trade with Europeans increased this spirit's attraction). He is still an important crest. The soul symbol is between his hind legs.



The Jamestown S’Klallam 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 strict income guidelines for the program. You may 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 address.

Indigenous Film Festival is Going Virtual!

For the first time, Vision Maker Media will be hosting an online, five-week-long celebration of American Indian, Alaska Native and worldwide Indigenous films from August 31 – October 5, 2020. Accompanying the films, our festival will host a collection of inspiring filmmakers in engaging digital conversations, creating a space for both healing and learning. The Vision Maker Film Festival is FREE. Every attendee will have access to individual film pages, which will have more information about the films such as the trailers and Q&A session information. VMM also has plans to hold filmmaker panels for aspiring filmmakers in our audience. Visit <https://visionmakermedia.org/online-film-festival/> to register.

National/Presidential Election: Register and Vote!

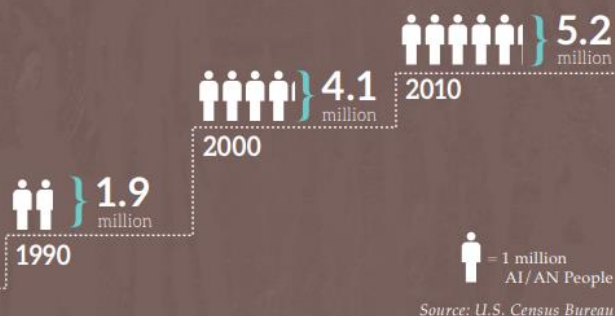
Be one of the millions of Native Voices that cast a ballot this year!

In Washington State, you can register at the Secretary of State’s website: <https://www.sos.wa.gov/elections/register.aspx>

The deadline for online and mail-in voter registrations (in person) is November 3rd, but we strongly recommend registering and voting and dropping off your ballot EARLY!!!

The General election is November 3rd

Increase in American Indian and Alaska Native US Populations



Key Issues that Bring Native People to the Ballot Box



Cell Tower Improves Blyn Phone Service

The Tribe is pleased to announce the completion of a telecommunications tower in Blyn, now known as Jamestown Tower.

This 150-foot monofir tower was truly necessary, as the Blyn corridor has been notorious for having spotty cell phone, internet and emergency service communications coverage. With the help of the Tribe's Economic Development Authority (EDA) and Jamestown Networks (JNET), the Tribe was able to make this need a reality. The Tower structure was completed in October of 2019 on Tribal land off Chicken Coop Road. COVID-19 caused a bit of a delay in getting the tower functional, but in August of this year Verizon Wireless completed their equipment installation onto the tower to expand their coverage to the Blyn area. The tower meets a critical economic need by improving cell service in the area, which is especially important for the new 7 Cedars Resort Hotel, but also benefits all residents of East Clallam County.

Jamestown Tower will boost the safety of East Clallam County residents by improving first responder communication capabilities for Clallam County Fire District #3 and the Clallam County Sheriff's Department, both of which will have communications equipment placed on the tower.

The tower also allows for more efficient, faster broadband speeds for Tribal citizens, businesses, residents, travelers and visitors to the area. Plans are in work to house additional cell phone carriers as well as local internet service providers on the tower in the future.

In early 2019 the Tribe qualified for a Community Economic Revitalization Board (CERB) Grant and a low interest loan in order to obtain partial funding to help build the tower. CERB provides these loan/grant packages to help underserved broadband areas obtain the funds necessary to develop their communities.

It was also important to the Tribe that the aesthetics of our beautiful landscape were not impeded by a large metal tower. Designed to blend with the surrounding trees, imitation fir branches were added to the top portion of the towering structure.



In the Spirit Exhibit is Virtual This Year

The fifteenth annual *IN THE SPIRIT* exhibition is open in virtual form, featuring 24 juried selections created by 20 artists. We invite you to lift your spirits by perusing works of art ranging from whimsical to poignant. View the exhibit here: <https://www.washingtonhistory.org/exhibit/15th-annual-in-the-spirit-contemporary-native-arts-virtual-exhibition/>

The exhibition normally culminates with the Northwest Native Festival and Arts Market in mid-August, in partnership with Tacoma Art Museum and the Museum of Glass. For 2020 the festival is being re-imagined as a series of online programs and a virtual marketplace.

"With the pandemic, we have expanded our advisory committee who will help guide us in creating a virtual festival and arts market to offer online access to inspiring artists and educate patrons about contemporary Native arts," said Molly Wilmoth, the History Museum's lead programs manager. Stay tuned for more details!

yəhúmæct Traditional Foods Program

by Lisa Barrell and Mackenzie Grinnell

August q̓péct ?i? kwúkʷ -gather and cook

I may be biased but I really loved our July virtual guest cooks, Emma & David Brownell. Ok, they are my daughter and son-in-law... but they did a great job preparing kelp wrapped salmon and a quinoa salad with kale from the community garden.

Comments included:

"Your goat cheese made it over the top delicious. Thank you!" – Jack & Michelle Grinnell

"Everything was delicious. Thank you David and Emma for hosting tonight!..." – Ann Tjemsland

"so delicious I scarfed!..." Loni Greninger



Above, kelp wrapped salmon and quinoa, kale and goat cheese salad.

Below, Mack digs Lomatium (biscuit root)

September q̓péct ?i? kwúkʷ -gather and cook

Jaiden Bosick (Prince) will be our guest cook at the end of August. Jaiden, daughter of Kurt Grinnell, Granddaughter of Elaine Grinnell lives in Kasilof, AK with her husband Gregory, 4 year old son Brock, and 9 month old twins Colt & Grant. She will be preparing Wild Game Meatloaf (moose if you have it) and 30 minute dinner rolls. Can't wait!! If we're lucky maybe the kids will make an appearance!

If you are interested in leading a virtual cook-along let us know. We ask that it include one traditional food item and if the item is unique to your area, we can always work out a substitution. We can make it work! We do provide a \$100 thank you stipend plus \$50 for you to purchase the supplies you'll need. Those interested must have ability to log into ZOOM to present and guide citizens/descendants through a cooking demonstration. We ask that the recipe be applicable to all levels of cooking and that it can be prepared within 1 1/2 - 2 hours.

Trip to Travis Spit

The Tribe's Tribal Historic Preservation Officer David Brownell arranged for Mackenzie and I to harvest Lomatium seed and root (biscuit root) from Travis spit. Adam Barrell boated us over to Travis Spit then we spent time gathering seed and digging root. We will be planting the roots and spreading seed at the Community Wellness Garden. Lomatium has been used for lung problems, fevers, pneumonia, and respiratory virus infections. There is record of lomatium helping with the Spanish influenza in 1917 and the influenza epidemic of 1920. Wonder if it would help with COVID-19.?! há?nəŋ st - thank you to David for making it possible to continue gathering from our usual and accustomed areas.

Plant of the Month: Blue Elderberry (by Mackenzie Grinnell & Chava Haller)

Identification

Elder is a small tree that grows up to 20 feet high. Each leaf has five to nine opposite leaflets with serrated edges. Thin star-shaped flowers are whitish-yellow and grow in dense flat shaped clusters. The flowers bloom in early summer in lowlands and late summer in the mountains with berries ripening in August through October. The biggest difference between Red Elder and Blue Elder is when they bloom. Blue Elders start blooming after Red Elderberries have formed.

Also Red Elder flowers grow in a pyramid shape where Blue Elder flowers form an umbrella shape.



(Continued on page 19)

Where to Harvest

Blue Elder can be found in well-draining soil in full sun at low to mid elevations. It is often planted in restoration projects.

Traditional Uses

Elder Flowers are used to make a delicious tea that opens your lungs, break fevers and alleviates the symptoms of colds and the flu. A tea made from Elderflower, Peppermint and Yarrow has been called an early warning tea used for colds and the flu.

Elderberries are highly nutritious, containing vitamins A, B and C, calcium iron and potassium. Elderberry syrups, gummies, and teas are a favorite remedy for both kids and adults as they are both delicious and effective in treating colds and flus.

The leaves and stems of Elderberry trees are toxic and should be avoided. It is always best to cook the berries before eating to neutralize the compounds found in the seeds. The leaves and stems can be used to make a tea that is an insect repellent that can be used in a garden.

Harvesting Methods

Flowers are harvested in late spring early summer and berries in mid to late summer. Using a long stick with a hook on the end the berry or flower clusters are brought down and cut to be later picked off the stalk. The flowers can be dried on the stems in a tightly woven basket or paper bag which makes removing the flowers much easier. The berries can be frozen in a plastic bag for later use. After frozen the berries are much easier to remove from the stems.



Blue Elderberry

yé?xəm qəpən – Evergreen Huckleberry Gathering

September 5th 10am Miller Peninsula State Park

It is yé?xəm season! We have really missed getting together this year to harvest. We had to cancel nearly all our village camps due to COVID-19 however, we will be having one this month! Join us for a day as we go out and harvest these delicious berries. We are meeting September 5th at 10am at the Miller Peninsula State Park parking lot off Diamond Point Rd. If you don't know what yé?xəm looks like, no problem Lisa will be there to show you what they look like and where to harvest. We are asking those that can physically venture further into the woods to do so and leave the closer berry patches for elders. With that said, the further you go, the more berries there will be. Bring your hiking boots, məhúy' (basket) or bag and pick to your hearts content. There will be a tasty lunch from the community garden!

Don't want to harvest berries? Just come and visit! We will set up chairs 6ft apart for those that just want to come and chat. I am sure that Lisa will have extra berries for you to try too!

stətiłəm ?iyəm sqéča? ?éyəs – Jamestown Strong Harvest Celebration

September 23 5:30-7pm 182 Marinas DR. Sequim

It is harvest season! Come celebrate with us! We will have our Jamestown Singers bless the harvest followed by a meal from the garden! RSVP and bring your families. Each family will have their own table and tables will be limited since we will be practicing COVID-19 safety.

qá?əxw ?éyəs - Apple Palooza

October 3rd 10-2 182 Marinas Dr

qá?əxw season is just around the corner. We have already started to see them dropping from trees! This year we will be having our qá?əxw ?éyəs at the community garden. If you have apples you want to press bring them along. There is also an entire orchard to pick from. Bring your families to pick, wash and press apples. We will have one family at a time at the press so we can maintain social distancing. Contact Mackenzie so we can safely plan out the event. If you still have your cider jugs, don't forget to bring them!

PLEASE, PLEASE RSVP to our events by contacting Mackenzie Grinnell

mgrinnell@jamestowntribe.org or (360) 681-3408

Join us, whether it's virtually through one of our workshops or in person at the garden. Check out what we're doing on our Facebook page Jamestown S'Klallam yəhúmæct Traditional Foods & Culture and leave us a message. We'd love to hear from you.

yəhúmæct – take care of yourself

Lisa & Mack

lbarrell@jamestowntribe.org, 360-681-3418

mgrinnell@jamestowntribe.org 360-681-3408

Friendly Reminders from the Tribe's Wellness Program

When Moving into The Service Area

When moving from out of the service area to in the service area, please contact Billie Adams to enroll in the In Area Tribal Health Benefits Program. To qualify, you must hold primary residency within the service area of Clallam and East Jefferson County. To enroll in the program, you will need to provide documentation showing your address is in the service area. The document could be a any type of bill, rental agreement, paystub, or proof from the post office that shows mail is regularly received at the local address.

Address or Phone Change

If you move or change your phone number, please contact Billie Adams as soon as possible to update your address with the Tribal Health Benefits Program. It is important that we can get in contact with you to coordinate your healthcare.

Additional/Ancillary Services Coverage for In-Area Tribal Citizens

Prior authorization and approval of Treatment Plans is required by Tribal Health Benefits for the program to pay for chiropractic services, massages, acupuncture, and over-the-counter medication. These services are limited to \$1,500 per person per fiscal year (October 01-September 30). Over-the-counter medications taken in lieu of a prescription are not subject to this limit.

Medical Services for Tribal Citizens Who Use the Jamestown Family Health Clinic Primary Care Services

Tribal Citizens are encouraged, but not required, to use the Jamestown Family Health Clinic for their primary medical care. The Jamestown Family Health Clinic will not charge Citizens a co-pay for a visit or bill for deductibles and co-insurance applied to covered primary care services. When Citizens use the Jamestown Family Health Clinic for primary care, the services are provided at no cost to the Tribal Citizens.

Specialty Medical Services

The Tribal Health Benefits Program will pay for or reimburse Citizens for co-payments, co-insurance and deductible applied to covered services when the referral to Specialty Medical Care is made by a Jamestown Family Health Provider and the Program Manager pre-authorizes payment. Specialty Medical Care includes any clinical service or outpatient surgical service that is not provided by a Jamestown Family Health Provider.

Medical Services for Tribal Citizens Who DO NOT Use the Jamestown Family Health Clinic

The Tribal Health Benefits Program provides a **limited benefit** to Tribal Citizens who choose to receive primary care services at locations other than the Jamestown Family Health Clinic. **No payment** will be made by this Program for primary care services or specialty care services when received or referred by a clinic or provider other than through the Jamestown Family Health Clinic.

****The only exception to this policy:***

Jamestown S'Klallam Tribal Elders living in the service area prior to July 1, 2011 and who had already established with a primary care provider at a clinic other than the Jamestown Family Health Clinic will receive benefits for primary care services. This group of Elders will need to receive Prior Authorization from the Program Manager for payment or reimbursement of copays, deductibles and co-insurance applied to covered services for all Specialty Care Services, Hearing Services and Hearing Aids.

Billie Adams, Tribal Health Benefits Manager
Jamestown S'Klallam Tribe
808 N 5th Ave, Sequim, WA 98382
P: (360) 582-4858 **F:** (360) 582-4885
E: badams@jamestowntribe.org

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

Spring Quarter - February 15th

Summer Term - April 15th

Fall Quarter /Fall Semester - June 15th

Winter Quarter/Spring Semester - November 15th

For information on Higher Education funding,
contact Morgan Snell at 360-681-4626 or
mpippen@jamestowntribe.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, face-to-face and
telehealth appointments.

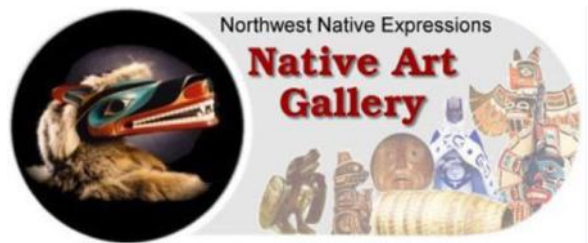
**2020 Quilcene
Coho Salmon
Surplus Distribution**

Tribal citizens, please contact Amber Almond at
(360) 683-1109 if you would like to be added to
the list for any coho salmon surplus events this
fall. Anyone who was on the list last year is on
this year's list.

If you have any questions regarding the distribu-
tion please contact Aaron Brooks at
(360) 582-5784.

**Census Deadline is
September 30, 2020
Go to www.Census2020 to
complete yours!**

We have masks!



NORTHWEST NATIVE EXPRESSIONS GALLERY

1033 Old Blyn Highway, Sequim, WA 98382

360-681-4640

Shop online! www.NorthwestNativeExpressions.com

Calendar of Events: September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Evergreen Huckleberry Gathering, page 19
6	7 Labor Day Holiday: Tribal Offices and Clinics closed	8	9	10	11 Men's Gathering, page 14	12 Men's Gathering, page 14
13	14	15	16	17	18	19
20	21	22 Women's Gathering, page 14 Gather and Cook, page 18	23 Jamestown Strong Harvest Celebration, page 19	24	25	26 Tribal Citizenship Meeting
27	28	29	30			Oct. 3: Apple Palooza, page 19



Websites:

Tribal Government: www.jamestowntribe.org

7 Cedars Resort/Casino: www.7cedars.com

Jamestown Family Health Clinic: <https://jamestownhealth.org>

Jamestown Family Dental Clinic: <https://jamestownfamilydentalclinic.com/>

Tribal Library: <http://library.jamestowntribe.org>

Tribal Online Museum: www.tribalmuseum.jamestowntribe.org

Healing Campus: www.jamestownhealingcampus.org

Northwest Native Expressions Gallery: www.NorthwestNativeExpressions.com

Find Us on the Web!

Facebook Pages:

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/>



háʔnəŋ cən Thank you
to all of the birthday singers who came out to my house to wish me a
Happy Birthday!
Janet Duncan (Ellis/Becker)

CAREERS AT JAMESTOWN S'KLALLAM TRIBE

Career opportunities at both Jamestown S'Klallam Tribe and 7 Cedars Resort. Submit an online application today! Applications are reviewed directly by hiring managers. To virtually introduce yourself, share your profile, resume, and cover letter. We look forward to meeting you!

Apply Online At ↘

TRIBAL ENTERPRISES

JAMESTOWNTRIBE.ORG/CAREERS/

CEDAR GREENS

JAMESTOWNTRIBE.ORG/CAREERS/

7 CEDARS RESORT

7CEDARS.COM/CAREERS/

Human Resources ↘

QUESTIONS? CONTACT US!



Tarynn Kettel

Jamestown S'Klallam Tribe
HR Workforce Analyst

P: 360-582-5789

E: tkettel@jamestowntribe.org



Hayley Pearce

7 Cedars Resort Properties
HR Recruiter

P: 360-582-2494

E: hpearce@7cedars.com

#JAMESTOWNSKLALLAMTRIBECAREER



ʔáyəstx^w ʔínəŋ sk^wáči HAPPY BIRTHDAY!

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

1	Darlene Stahlnecker	16	James Rowling Jr.
2	Shawna Priest	18	Justin Obermiller
4	Carol Musial	19	Jason Holden
4	Anthony Nichols	19	Richard Johnson
4	Annette Erickson-Murallo	20	Kristy Myers
6	Sheri Higgins	20	Dylan Allen
6	Charles Jenkins	23	Medelaine Depouli
9	Bonnie Nichols	23	Kenneth Morrow
9	Jerelyn Allen	24	Heather Misanes
0	Theda McCallum	25	Kenneth Hall
10	Darlene Crawford	25	Catherine MacGregor
10	Gloria Donnelly	25	Carol Woodard
10	Pharis Gusdal	26	Randy Smith
10	Brianna Robinson	26	Dana Ward
11	Elizabeth Ann Adams	27	Clara Abbott
11	Ann Tjemsland	27	Scott Harner
11	Merle Holden	28	Albert Fletcher
11	Desari Schmitt	28	Jessica Humphries
13	Nicholas Kardonsky	28	Juanita Walker
13	Russell George	29	Edward Anders
14	Thomas Hall	29	Jerry Allen
15	Jesse Holden	29	Gary Peterson
16	Jacob King	29	Kayla Holden
		29	Ginnie Kitzmiller

7 Cedars Casino and Hotel:
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
Public Safety and Justice Center:
360-681-5600
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 www.jamestowntribe.org. 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, rallen@jamestowntribe.org, 360-681-4621
Loni Greninger, Vice-Chair, lgreninger@jamestowntribe.org, 360-681-4660
Rochelle Blankenship, Secretary, rochelle.lynn.blankenship@gmail.com, 360-460-0045
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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 boppenheimer@jamestowntribe.org, 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 kholden@jamestowntribe.org or call her at 360-681-4635.
Other newsletter recipients: Please send changes of address to Betty Oppenheimer at the address/phone above.
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