

Jamestown S'Klallam Tribal Newsletter, Volume 41, Issue 11, November 2020

Lowe Appointed to Women's Commission

The Washington State Women's Commission is excited to welcome Vicki Lowe as its third new commissioner.

The Washington State Women's Commission improves the life of every woman by ensuring equitable opportunities and removing systemic barriers through engagement, advocacy, and public policy, while being inclusive of our diverse populations. The legislature finds women face unique problems and needs. For economic, social, and historical reasons, a disproportionate number of women find themselves disadvantaged or isolated from the benefits of equal opportunity. The legislature believes addressing women's issues and improving the well-being of women will have a positive impact on larger societal issues. The development of public policy and the efficient delivery of governmental services to meet the needs of women will be improved by the Women's Commission being the focal point for the interests of women in state government.

Vicki Lowe has been the Executive Director of the American Indian Health Commission for Washington State (AIHC) since July 2015. She is a descendant of the Jamestown S'Klallam Tribe and Bella Coola First Nations. She worked in the Tribe's Health Department beginning in December of 1996., helping set up the Managed Care program for Tribal citizens.

"I am honored to have been appointed to serve on the Washington State Women's Commission. I am a little bit in awe of the women I am serving with; they are all fearless. I am happy to bring an indigenous perspective to the group as well as my own personal perspective from being a teen parent/single mother in the 1980s. We have come a long way since then but there is still so much work to do," said Lowe. (Learn about the other 12 commissioners here: <https://www.wswc.wa.gov/about-us/commissioners>)



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Two Clinic Docs Best of Peninsula

Two of the providers at Jamestown Family Health Clinic (JFHC) were chosen by the community as the “best” on the Peninsula.

Dr. Alison Unthank, who has worked for the Tribe since 2016, is currently working one day per week in our Respiratory Clinic. She was selected “Best of the Peninsula” in the Peninsula Daily News’ 2020 poll. Most of her time is being spent as Clallam County’s Public Health Officer during the COVID-19 pandemic. Unthank graduated from Johns Hopkins University, where she earned her medical doctorate and a masters in public health in epidemiology and biostatistics. Unthank completed a residency in family medicine at the University of Washington, where she practiced primary care and hospital medicine at Harborview Medical Center.



Dr. Jerry Oakes is the clinic’s newest provider, and we are pleased to have him on staff. He was selected “Finalist” in the Peninsula Daily News’ “Best of the Peninsula” poll.

Jerry is a Port Angeles native graduating from Port Angeles High School and the University of Washington. After schooling Jerry returned to Port Angeles in 2005 and worked for Olympic Medical Physicians over the last 15 years. Putting the patient first while providing quality, evidence-based primary care is his goal. He’s joining JFHC because of the friendly staff and focus on Primary Care which he sees as the most challenging but also most important and most rewarding specialty in medicine. Outside of work Jerry enjoys spending time with his family in the outdoors or taking in a show arranged by his wife Kayla who is the director for the Juan de Fuca Festival of the Arts. If you have questions about skiing or snowboarding at Hurricane Ridge, Jerry is active in running the lifts during the winter months.

(Lowe, continued from page 1)

On March 15, 2018 House Bill 2759 was signed into law by Governor Jay Inslee, establishing the 13-member Washington State Women’s Commission.

Working with the AIHC, Vicki has utilized her knowledge of the Indian Health Care Delivery System, state and federal regulations that govern the Indian Health, to implement statewide strategies supporting Tribal and Urban Indian health programs.

She developed Tribal Assister/Patient Navigator Project and Indian Health Care Reform Manual for Washington State and ensured Tribal engagement and inclusion in Medicaid Transformation. Vicki has also helped with drafting and passage of the Washington Indian Health Improvement Act (2019) and the Washington Indian Behavioral Health Act (2020).

Vicki is very involved in the Jamestown S’Klallam Tribal Community. She has been part of the Jamestown Canoe Family since 2009, pulling in the Tribe’s canoe since 2012. She also supports singing and drumming, language, weaving classes and other culture programs. In 2012, Vicki was honored as the Jamestown S’Klallam Tribe’s Volunteer of the Year. Most of all she enjoys spending time with her family, husband Jim, five children and seven grandchildren.

Congratulations, Vicki!

Lowe put in an application to fill the vacant Sequim City Council position. Six people were interviewed on October 12th. The City Council says it will announce its decision on October 26th. Whether she is chosen or not, Lowe plans to run for the Sequim City Council in the next election.

Candidate Statement: Tribal Council Vice-Chair, Loni Greninger



ʔéy' skwáči to our Tribal Citizens and Descendants!
I thank you for continually participating in our events and connecting wherever possible. To our citizens, I specifically want to thank you for your continued support in the voting arena for Tribal Elections. This month I will repeat a few of my goals, as well as state additional points mentioned at the September 26th General Citizenship Meeting.

For those that attended the September 26th meeting in person or via Zoom, your participation is appreciated; I heard we broke our attendance record! Meetings via Zoom have been a good experiment and we thank you for your patience as we navigate the virtual world. The Tribe's IT Department has plans for updated technology that will allow folks on Zoom to see everyone in the room who is participating in person. More to come!

A quick summary of a few goals I want to accomplish within the next four years:

Learn and absorb; succession planning; continue momentum in culture; and support budgeting decisions that balance services, economic development, and savings.

Also, here are some highlights from the General Citizenship Meeting:

Q: Where do you see the Tribe in 10 years?

A: I see us focusing on succession planning and transition, focusing on natural disaster planning so we can respond thoughtfully and

methodically, and I see us investing more time on our internal structures and programs.

Q: What is your plan to help Tribal citizens in the next two or three years?

A: First is to learn from the various Departments, Boards, and Committees at the Tribe. The more I know of what we provide, I can direct citizens to the right programs and problem solve. Second, Tribal Council has given support for the creation of a bridge program to help citizens and descendants build job experience and find out what education requirements are needed for their desired career. Additionally, I want to see a career information session for citizens and descendants to learn "a day in the life" of jobs at the Tribe.

Q: What area will you focus on, as Councilmember, at the State and Federal levels?

A: My focus will remain on social services. We need holistic services to bring healing to our people. I am tired of losing our people to suicide and addiction, our children to state child welfare systems, and our people to human trafficking. I currently sit on state social service policy advisory committees, and also currently working on becoming a representative at the federal level as well.

An additional note stated at the meeting: I welcome citizens and descendants to ask me how I am doing with my work-life balance, my marriage and friendships, and my spiritual life. I have Elders who do this currently, and it is very helpful and necessary. Holistic balance is essential to sustain a healthy lifestyle, and therefore remain a healthier leader. Also, please come to me with ideas, visions, questions, and concerns.

há?nəŋ cn (Thank you) for your time.

~Loni

Senior Support Group

A community for:

Sharing Wisdom, Exploring Solutions, Improving Self and Relationships

When: Every second Thursday of the month from 1-3 p.m.

Where: Jamestown Family Health Clinic, Hall of Ancestors

Facilitated by Lloyd Hannemann, LMHC

Verna Johnson Marks 25 Years with Tribe

Verna Johnson has worked continuously for the Tribe for 25 years; even longer if you consider her teen internships and work at Boardwalk Square and the Fireworks Stand in the 1980s.

She took a fulltime job with the Casino before it opened, taking six months of training to become a table games dealer. For a person who loves working with her hands, Verna excelled at shuffling cards and cutting into piles of chips. She recalls that Bill Matsko, a close friend of Fred Napoli (who worked together in Las Vegas before relocating to Sequim to set up 7 Cedars Casino) told her that her personality and her smile would bring her success as a dealer.

"I had never even been in a Casino before that," she said. "But it turned out to be the most fun job I've ever had." I would like to write a book "Life As A Dealer" about my 18.5 years. All about it! That title would be an attention grabber."

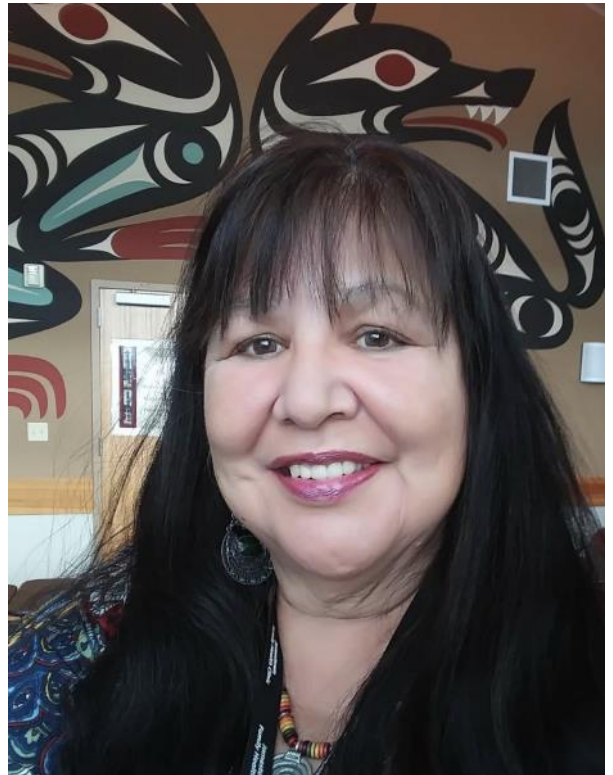
And indeed, she loved the social nature of the job, and the fun atmosphere of a gaming floor where people were laughing, playing and winning. When the floor was slow, she'd invite people to sit down and she'd teach them the games, and offer tips on winning. She enjoyed seeing them able to relax and begin to really enjoy the game. And when people were winning big, Verna, known as the "Vernanator," had a knack for winning their money back.

"I loved working at the Casino," she said. "Highlights were the opening day, February 4, 1995, when I worked a 12-hour shift. The floodlights were like in the movies, and I had so much energy in those days. I also loved the concerts. I took my family to see The Coasters, and my mother caught the eye of the singer, who sang "Searchin" directly to her. It was fun when they sang "Charlie Brown." The Coasters are great performers."

After 18 ½ years, it became difficult for Verna to stand for an entire shift, and when physical therapy didn't alleviate the pain, she decided to change careers. She was hired in 2012 by Jamestown Family Health Clinic, first as an Office Assistant making reminder calls in the Call Center.

"After so many years of working in such a loud, fun atmosphere at the Casino, it took a little time for me to get used to being serious at the clinic," she admitted. "But I still love the social nature of working with so many other people here."

Then she took classes and extensive training to become a registered Medical Assistant, which



Verna, October 2020



Verna, Iris, Susan and Sandy Johnson in regalia.

(Continued on page 5)

(Verna Johnson, continued from page 4)

gave her the credentials to operate the autoclave (which sterilizes the medical instruments) for the past five years. What she loves about this job is her varied duties. She runs the autoclave daily (wearing her full protective equipment), manages deliveries to and from the clinic, including mail, UPS, Fed Ex, Shred It, Steri Cycle and many more (which requires a very specific disposal regimen), and the clinic's 11 paper shredding bins.

"I'm out and about, with my cart," she said. "It's very social."

Verna loves the fact that many on staff call her "auntie." It reminds her of how many people used to call her mother Hannah Johnson "mom" or "grandma." She recalls her own teen years, when her Aunties Iris (wife of Harris "Brick" Johnson) and Edith Cusack, managed the teen programs. Iris taught them to dance and make regalia (and participate in the Irrigation Festival Parades), and Edith got them summer jobs.

She worked at Sequim High School painting the bleachers and doing groundskeeping at the State Park. Then in the mid-80s, after I had my son (Erik Thompson, born in 1976), I worked as a supervisor at the Fireworks Stand and did office work at the Tribe's first offices at Boardwalk Square. She even worked in Fisheries, maintaining charts and delivering from the company truck full of salmon for cooking and smoking across the North Olympic Peninsula. In fact, her aunt Edith thought Verna should become a flight attendant.

"I kind of wished I had, but there were so many opportunities here that I have worked steadily ever since I started," she said. "I have learned so much working for the Tribe."

Verna is the daughter of the late Hannah and Harold Johnson, and sister of Vickie Carroll, Steve, Sandy, Susan and Terry Johnson.

Congratulations, Verna!



Verna (right) with Jorene and Charlene Dick, in the Tribal Canoe at the Irrigation Festival.



Verna and her brother Terry at the Casino. Terry has also worked there since the Casino opened.



Verna and her longtime friend Jean Nelson dealing at 7 Cedars Casino

Changes to Shellfish Program Staff

Since April of 2003, Kelly Toy has been working in the Tribe's Shellfish Program; for the first 9 months as a biologist, and since then as Shellfish Program Manager. During that time, she has worked with four outstanding Shellfish Biologists – Aleta Erickson, Chris Whitehead, Ralph Riccio, and most recently, Liz Tobin.

"I have so enjoyed working here," said Toy. "It's been challenging work, but our Natural Resources staff is such a great group of people; I've always had the support of the natural Resources Committee and Tribal Council. I couldn't have worked at a better place for 17 ½ years."

Effective October 1, Toy will be a parttime employee, helping Tobin transition into the position of Shellfish Program Manager.



New Shellfish Program Manager Liz Tobin, and former Shellfish Program Manager Kelly Toy

The Shellfish Program Manager

oversees the entire shellfish program, including negotiations with the State and other coastal Tribes to co-manage the resources. Much of that work depends on the research being done by the Shellfish Biologist, including population surveys, installing, and evaluating data from environmental sensors, water quality, reproductive success of various species, restoring Olympic oyster populations, and much more.

Toy's work has included many collaborative projects with the University of Washington, and many other Tribes. While Toy came to the Jamestown Tribe with 10 years of experience managing the Shellfish Program for the Tulalip Tribe, one of the main lessons she appreciates from Jamestown has been learning the importance of relationship-building. "The benefit of that is that it can make the difference between butting heads and coming to a compromise to find a resolution that works for all parties. It's really hard to manage resources when you're fighting all the time."

Liz Tobin has been working with Toy since June 2017. As the Shellfish Biologist, she has been immersed in the permit application for reinstating the Tribe's Dungeness Bay Shellfish Farm, as well as many other research projects. The Shellfish Biologist is also the Dive Safety Coordinator, ensuring that the Tribe's geoduck and staff divers are certified, up to date on their physicals, training drills, and safe to dive.

As Toy reduces her hours to part time, Tobin will take over as Shellfish Program Manager. Both women agree that while they both trained in biology and love working out in the field, it is the practical application of those scientific skills that really makes a difference for Tribes. Much of the work of the Program Manager is policy-based, working with legal issues regarding intertidal and private tidelands.

"Our focus is protecting Tribal Treaty resources, while working to ensure that the resources are sustainable. Moving into this job will utilize my depth of knowledge in applied science," she said, adding that the job "keeps me on my toes," and there is still a lot to learn, so I am glad that Kelly will be around for at least a year to continue teaching me more about the managerial side of this program."

In addition to the oyster farm that will hopefully be planted in Dungeness Bay in the coming year, the Shellfish Program is also involved in many local and regional efforts. The Indigenous Aquaculture Group plans to begin meeting in the coming year, and the Tribe just applied for a Shellfish Community Garden grant, to teach Tribal citizens about shellfish cultivation and food processing.

"It is important to me to maintain and keep building the relationships that Kelly has fostered over the years, and to continue to balance the needs of our Tribal citizens with issues of sustainability of the many species we manage, so that the resources last at least seven generations," said Tobin.

A new shellfish biologist named Annie Raymond started work at the Tribe on October 19th.

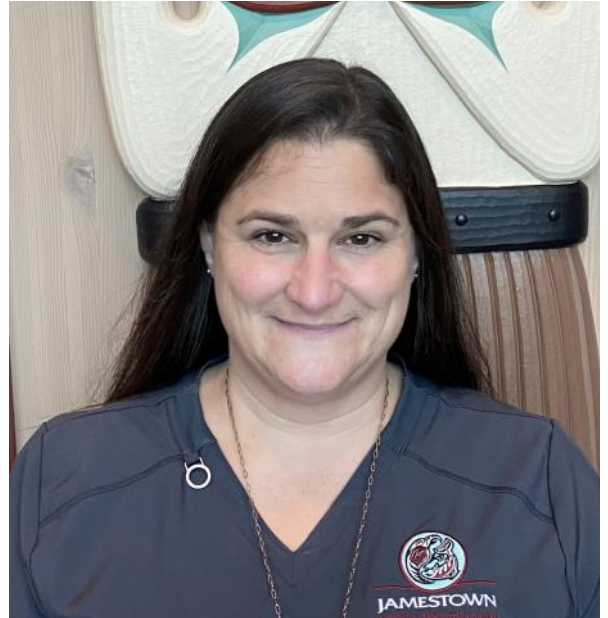
Wellness Pathways: Providing Optimal Care for Tribal Citizens of Jamestown Family Health Clinic

Within Jamestown Family Health Clinic, there are a variety of resources not commonly found in other primary care clinics. Under one roof we have numerous unique programs and services, as well as health care professionals who possess a wide range of skills and expertise. Through the development of the Wellness Pathways Program for Tribal Citizens, we aim to help guide each citizen to the resources in the clinic that will best meet their health needs. By doing so, we can partner with each Tribal citizen and empower them to optimize their overall health.

Every Tribal citizen who receives primary care from JFHC can access the Wellness Pathways by contacting the Tribal clinic nurse, Donna Short. Donna will then perform a comprehensive health goals/needs assessment and work with the tribal citizen to create a customized wellness pathway. Components of a wellness pathway may include (but not limited to):

- Health and Wellness coaching with Tribal Clinic Nurse
- Preventative exams/care
- Medication consultation with pharmacy team
- Medicare Wellness visits
- Quit smoking program
- Comprehensive diabetes care (diabetes department and tribal diabetes program)
- Diet/nutritional education
- Exercise education/coaching
- Chronic disease management
- Care coordination
- Mental health care
- Substance Use Disorder treatment

Each pathway is fluid and may change as a citizen meets a goal or has changes in their health; the staff engaged in the citizen's wellness path will offer suggestions for pathway modifications as necessary. Throughout this process, Donna will also provide oversight and coordinate with other care providers to ensure that Tribal citizens' needs are being met to the fullest.



**Did you get your Flu Vaccination this Fall?
Please make sure you add this important
item to your healthcare To-Do-List.**

Tribal Citizens who live within the Service area are encouraged to contact the Donna Short, LPN, our Tribal Clinic Nurse to get a flu shot if they missed getting one earlier.

Donna's direct line is: (360) 582-4940.



River Center Parcels Placed into Trust Status

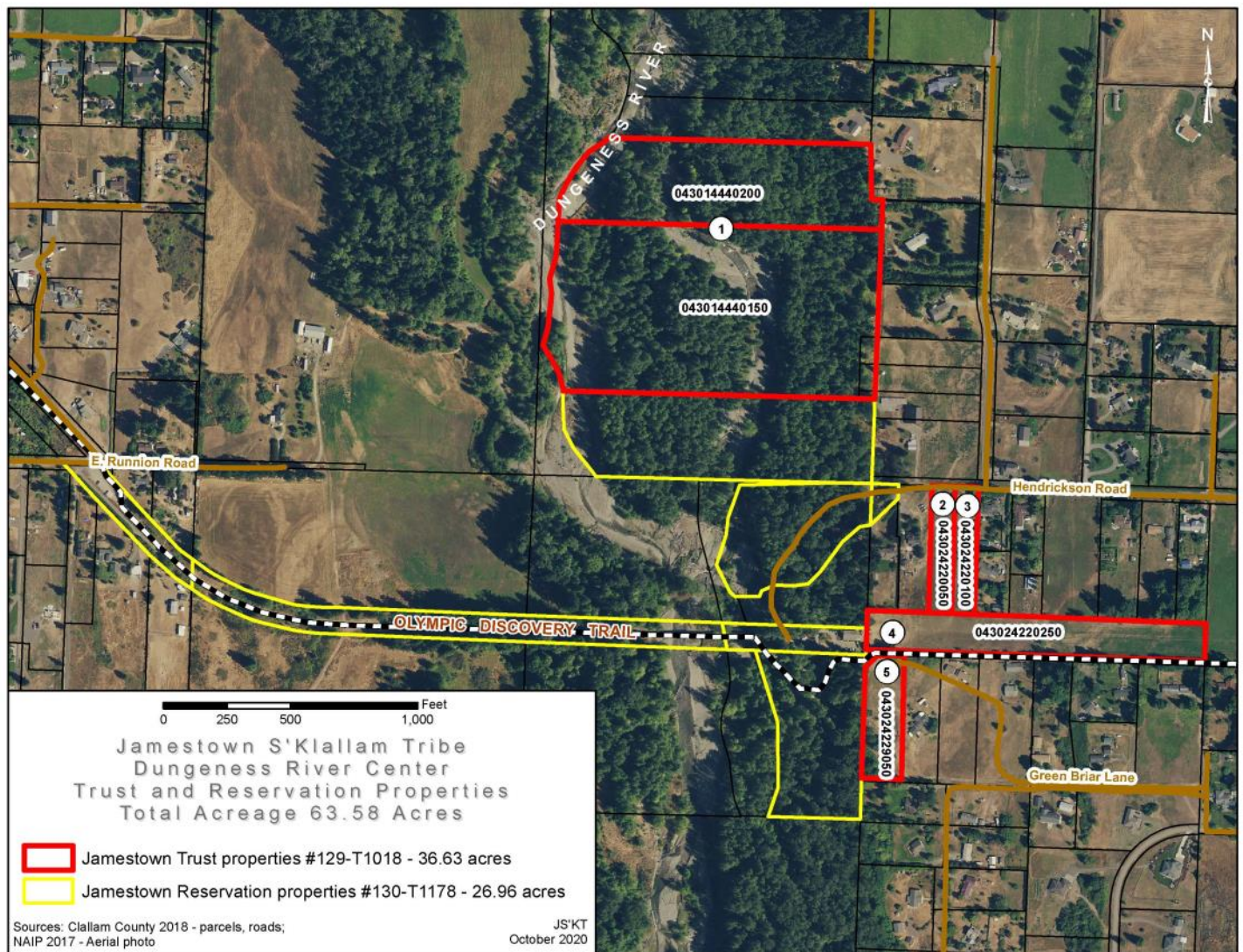
The Tribe accepted ownership and stewardship of the Dungeness River Center land in the early 1990's. At the time the land was in fee (taxable) status and subject to state and county jurisdictional oversight.

Recently the River Center property was converted to trust status and is now held in trust by the United States for the beneficial interest of the Tribe. The Tribal government retains control of the land and continues to manage it. Trust status allows greater control over how the property is developed for public access and how it is conserved for habitat and riverine functions. Tribal ordinances are in place and are now applicable to guide the Tribe in balancing development and conservation.

The current River Center expansion project, in response to greater public interest and the need for more environmental education, is subject to the Tribe's own Building and Development Code. The Tribe also has a strong Tribal Environmental Policy Act (TEPA) Ordinance which helps ensure the surrounding forest land and the Dungeness River are protected from development impacts.

~ Annette Nesse

The map below shows the properties that are in reservation and trust status.



Cooke Aquaculture Recognized for Sustainability

Cooke Aquaculture recently received two accolades for its sustainability. The Tribe has a partnership agreement with Cooke Aquaculture Pacific Ltd., to grow black cod and trout in Port Angeles net pens. The first award was from Seafood Source, recognizing North American seafood suppliers making strides in the realm of sustainability and conservation. “The Top 25: Seafood Sustainability & Conservation” list is categorized alphabetically by supplier name, and is not ranked. Each profile gives an overview of the listed seafood supplier’s recent sustainability history and some of the unique facets informing their approach to environmental and social responsibility and conservation. In its press release dated September 24, 2020, Seafood Source reporter Madelyn Kearns



wrote “It should be noted that there is more work to be done to ensure healthy oceans, people, and planet. Each of the suppliers listed here is by no means finished with this work. They have all struggled with their sustainability journeys at one time or another, and will most likely continue to do so as new challenges arise. The second milestone for Cooke was when its True North Seafood division, which ships seafood products to over 67 countries, partnered with the Ocean Wise Seafood program to ensure that its aquaculture and wild caught seafood products come from sustainable, responsibly harvested resources. The Ocean Wise Seafood is a conservation program that makes it easy for consumers to choose sustainable seafood for the long-term health of our oceans.

“With this Ocean Wise Seafood recommendation for our wild fishery and aquaculture products, our customers can feel confident that the work our fishermen and sea farmers do every day ensures our products come from a sustainable, responsibly harvested resource,” said Joel Richardson, Vice President of Public Relations, Cooke Inc.

Jamestown’s Aquaculture CEO Kurt Grinnell said “The field of aquaculture is dynamic and constantly improving, and Cooke is actively participating in those strides. We are proud to be in partnership with an industry leader as we work toward approval for our aquaculture venture in Port Angeles.”

Construction at Blyn North Campus

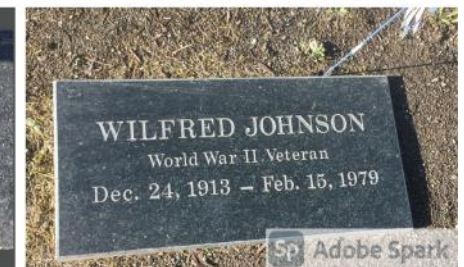


The Administration building is under construction, and the parking lot is blocked off. We are remodeling office space for better social distancing, and installing RFID (key fob) touchless locks on all Blyn buildings, in order to track entries in case we need to trace contacts in the event of a COVID-19 outbreak.

During construction, the “front office” has been relocated to Red Cedar Hall.

Local Group Cleans Tribal Vet Headstones

The local Daughters of the American Revolution group cleaned the headstones of veterans at Jamestown S'Klallam Cemetery. "The DAR's Michael Trebert Chapter was honored to preserve the 6 veterans markers plus the additional 8 ancestor marker by the canoe. We sure felt privileged to restore and protect the markers. We



look forward to helping you maintain at least annually," said Judy Tordini, Regent for the Chapter and former Nursing Manager at Jamestown Family Health Clinic. Headstones of Tribal veterans that were cleaned were Joseph Allen, Donald Dick, Pete Holden, Wilfred Johnson and Milton Lombard. They also cleaned the ancestor marker by the Tribal canoe. Stone markers were cleaned with Orvus Soap, D2 Cleaner and water; bronze markers were cleaned with Bar Keepers Friend Soft Cleanser, Dark Brown Leather Dye with Parafin, and 1500 grit sandpaper. See more about the group's Wreaths Across America event on page 16.

Deer (hú?pt) Meat Available

Deer meat is going to be available to all Enrolled Jamestown Tribal Elders.

Please contact Jeremy Monson by the end of the day Wed. Nov. 4th to get on the distribution list.

Mobile/Text 360.460.1402 ~ Office: 360.681.4617 ~ Email: jmonson@jamestowntribe.org

The meat will be available for pick up on Thursday November 12 between 9:00 AM & 12:00 pm

Jamestown S'Klallam Tribe Elder Lounge

70 Zaccardo Road

Sequim, WA 98382

Delivery arrangements can be made for local Elders that don't drive.

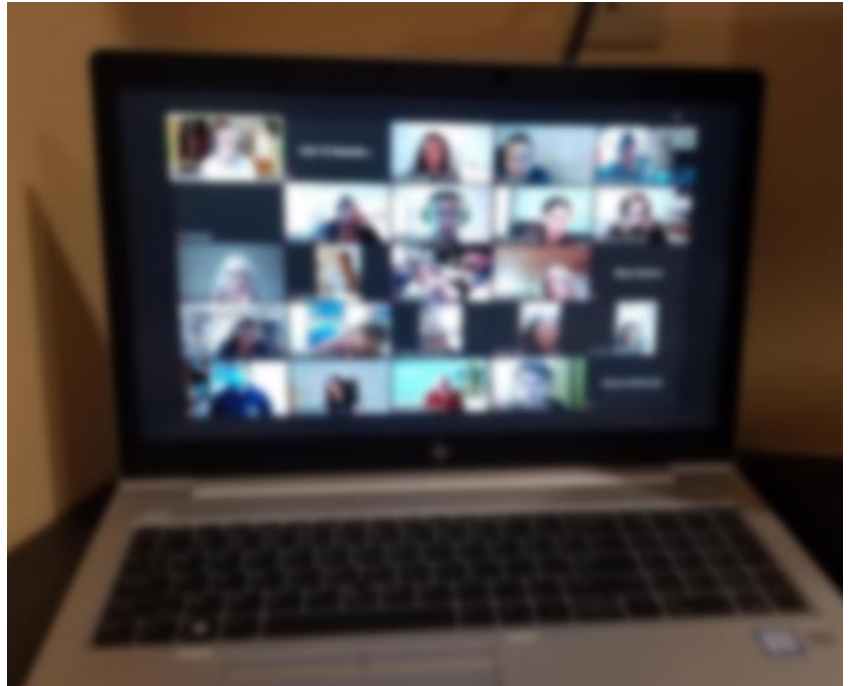
Quantity is limited and the amount distributed to each person will depend on the number of responses.

Delivery by mail is not available.

há?nəŋ cən Thank you to Lori Delorm (and family) for hunting and preparing the meat for distribution!

Klallam Language at Peninsula College

The first few weeks of Klallam Language at Peninsula College have kicked off with 40 students registered! Students include representation from the three S'Klallam/ Klallam Tribes, but also non-native community members. The class is taught by linguist Dr. Timothy Montler, who helped the Sister Tribes with the production of the Klallam Dictionary and Klallam Grammar book. The class also includes Teaching Assistants from each of the Sister Tribes: Loni Greninger (Jamestown), Wendy Sampson and Jonathan Arakawa (Lower Elwha), and Karron McGrady and Laura Price (Port Gamble). These first couple of weeks have been spent on how languages are placed into "families" due to similarities, as well as learning what each letter of the Klallam alphabet sounds like. Coming up next is teaching students the foundations of Klallam grammar, which will allow students to begin forming sentences and have simple conversation.



Here is a photo of the October 6th Zoom class, with participants' faces intentionally blurred to meet privacy law for community colleges

~Loni Greninger

New Art and Study Room Ready

We have a new art room almost ready for our youth that may also be used to provide socially distanced homework help and the ability to spread out with our smaller groups during the cold months more safely. We have started small group programming during the week for youth. We encourage families not to send children who have any symptoms or who have been exposed to anyone ill so we can continue providing the program! All the youth have expressed a desire for on-site programming and we do not want to have to stop. We are also trying our first full day to provide support to a small group of older students who have expressed need for extra

school support. This includes one-on-one tutoring and technical support and a quiet space to do their studies.

If anyone is interested in volunteering for tutoring help time, please contact Dustin Brenske at 360-681-4612 or Jessica Humphries at 360-681-5602.



Pictured is the Healing of the Canoe group seeing the room for the first time.

yəhúmæct Traditional Foods and Culture

by Lisa Barrell and Mackenzie Grinnell

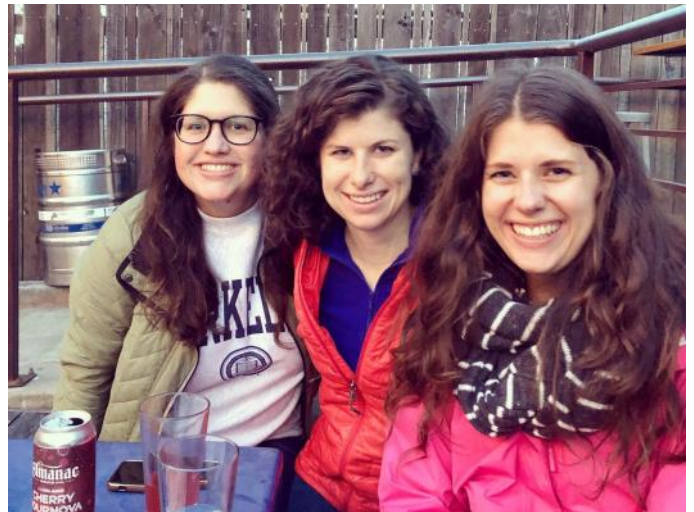
September 22nd q̄p̄æct ʔiʔ kwúkʷ -gather and cook

In September gather & cook was led virtually by Vicki Lowe, currently the Executive Director for AIHC - American Indian Health Commission. Vicki (Chubby) prepared ʔáʔč̄x̄ - crab cakes, s̄c̄ánnəx̄ʷ - salmon patties & roasted root vegetables with potatoes from the Community Wellness Garden. We are grateful to Tribal fisherman Josh Chapman for donating the crab to everyone participating in the event. I even managed to can enough salmon from our surplus hatchery salmon distribution to hand out to participants. *"Thank you for letting us join in the fun"* – Melissa Rae (all the way from Michigan!! Melissa was joined by her parents, Walter (Reyes) & Deb Norton who were visiting from Hadlock) *"So good to see so many faces. Thank you, Vicki thank you Lisa and Mack and a big thank you to Cousin Josh"* – Michael Lowe *"Hands up for Vicki!"* – Marg DeFord

October q̄p̄æct ʔiʔ kwúkʷ -gather and cook

We'll let you know in December how the family cook-along with the Tjemslands turned out. Allison (Washington, DC) Amanda (Silverdale, WA) and Andrea (San Antonio, TX) will be preparing húʔpt - venison pumpkin chili, corn bread and dessert on October 27th. It is truly exciting to be connected to people across the nation.

We will be taking a break from virtual cooking due to the dates coinciding with Thanksgiving and Christmas. If you are interested in leading a virtual cook-along beginning in January 2021, 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 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.



Above, the Tjemsland (Reyes) sisters

ʔápələs Pressing

Mackenzie pulled together a fantastic socially distanced, outdoor apple pressing event with help from the stə́tíʔəm ʔiyém – Jamestown Strong Wellness & Community Garden crew Chris Tipton, Jessica Johnson & Eli Smith. Sisters Julie Powers and Beth Anders cooked up some outdoor frybread and brought a chocolate cake, and Lisa provided clam chowder and a curried squash soup made from the garden's squash.



Chairs were set up in different sections of the tribe's orchard around food, a fire pit and the apple press. The intention was for each family or group to pick apples, bring them back to the press, make cider then enjoy some food and conversation. You could rotate to any station once it was empty. Apples were picked ahead of time for those who weren't interested in picking apples and wheelbarrows of squash and pumpkin were brought over from the garden.

It was so refreshing to be outdoors, to enjoy the company of others, to breath fresh air (albeit through a mask) and to share the fruits of our labor. Forty-two people dropped in over the four-hour period and a few squash and jugs of cider were delivered afterwards. We're already looking forward to next year!

There are still plenty of apples in the orchard if you'd like to stock up and dehydrators are available for check-

(Continued on page 13)



cácu sxičínéŋŋ - Riverside Garden
 It has been a great harvest at the garden! We are still finding squash hidden in the rows even after pulling 2 heaping wheel barrows full of squash out. The corn is ripening up and we are looking forward to harvesting that and turning it into corn meal and flour in the coming months. Over the next couple of weeks you will see more and more of the garden put to bed for winter. November is the time to harvest the sunchokes/Jerusalem Artichokes so let us know if you would like any, or a lot. Also the squash have been curing the past two weeks and are ready to be eaten! Give us a call or send us an email if you want any produce from the garden!

(Traditional Foods and Culture, continued from page 12)

out in the yehúmæct Traditional Foods & Culture program if you're interested in drying apples or other foods.

Plant of the Month: Hawthorn Tree Identification:

Hawthorn is a deciduous tree. Branches are armored with large thorns. Leaves are serrated and are medium to dark-green colored. Fragrant flowers are small, pinkish-white, and bloom in thick clusters. Berries have large seeds like a cherry. Our native black hawthorn has deep green leaves and blue-black berries. European hawthorn has small deeply lobed leaves and red berries. There are over 100 species of native and cultivated hawthorns in North America, which are variable in characteristics and can be difficult to distinguish. Try to avoid hybridized varieties that are commonly planted in cityscapes.



Where to harvest:

Hawthorn is native to America, Northern Africa, Central Asia, and all of Europe. Native black hawthorn grows on forest edges, and often along rivers. European hawthorn is a weedy species and is commonly found in fields, forest areas, and city landscapes. Hawthorn berries are a favorite nutritious food for many types of birds including robins. In exchange for the plants generosity, the birds distribute the seeds far and wide. Bird stomach acid breaks down the seeds' coat and makes it easier to germinate.

Harvesting Methods:

Leaves and Flowers: Prune healthy looking small branches when the flowers are just opening. Do not be deterred if you detect a slight fishy odor of the fresh flowers. Your nose is picking up a compound called trimethylamine. This is hawthorn's ingenious way of attracting flies and other pollinators. The smell disappears when the flowers are dried. Dry branches in baskets, in paper bags or bundle with rubber bands and hang them. Once completely dry, the leaves and flowers will easily come off the branches. Be careful to avoid the thorns! Berries: Prune branches that are thick with berries, pull berries off and dry in baskets or a dehydrator.

Traditional Uses:

Hawthorn berries and flowers are used to make a delicious tea that helps support our hearts. Hawthorn increases the heart muscles' ability to contract while it gently relaxes blood vessels. Being high in antioxidants hawthorn helps our heart in many different ways. The berries can be made into a jelly alone or mixed with apples and rosehips, it can even be made into ketchup! They can be dried and ground into a flour. The berries are high in chromium which enhances the

(Continued on page 14)

First Foods Ceremony - Drive-by, Take Home!

**First Foods Ceremony November 17th
RSVP by Nov. 10th to Lisa Barrell to be included!**

We've been celebrating the 1st Foods Ceremony the last two years and it was disappointing to think we would not be able to offer the feast and celebration this year. Mackenzie and I were contemplating a drive-by, take home, clam bake after several people mentioned they missed this years' tribal picnic that was cancelled due to COVID-19, then... I was talking with Teresa Smithlin (Chubby) about the 1st Foods Ceremony and the ideas started flying regarding a drive-by, take home 1st Foods Ceremony!

We will be putting together aluminum trays containing all the foods needed for a 1st Foods Ceremony; clams, venison sausage, sunchokes & potatoes, salmon, chicken with a side of apple/blackberry crisp which will be available for a drive-by pick-up at the Tribal Center on November 17th. You will take the tray home, stick it in the oven for 15 minutes, then enjoy. It should contain enough for 1 or 2 people. If you are interested in having your personal 1st Foods Ceremony tray contact us by **November 10th** to get on our list. Details for pick-up will be given once you've contacted us.

If you've been unable to attend the ceremony in the past, this story will be new to you on how the ceremony was brought back to the Tribe. Cathy Macgregor (Reyes) invited me to a 1st Foods Ceremony at the Skokomish Longhouse several years ago. OJ, the late Olivier Jones from Port Gamble turned to me during the ceremony and told me I needed to start having these ceremonies at Jamestown. I whined and hemmed and hawed a bit and said it would be hard to get people interested, etc. He waved his hand in a dismissive manner and said the important part was having a ceremony to give thanks for the food that has sustained us through the year and to ask for a bountiful coming year. (ok, he didn't use that many words, I guess I've embellished on the story over the years.) He shared with me that there were times when his grandmother and grandfather had this ceremony between only themselves. It is that important. So, here we are at the end of a year that seemed never-ending and I'm asking you to have your own ceremony. Offer gratitude to the foods that have sustained us over the last year and ask for a bountiful coming year.

Have a plate ready with a bite of the six foods representing each of the food categories and a glass with a sip of water. Give gratitude for q^wu[?] - water, q^wu[?] is life, drink your q^wu[?]. Give thanks to hu[?]pt - deer or another hooved animal or mammal, take a bite. Offer gratitude to the sk^wáá?i[?] -clams, ááx^wááx^w - oyster or other shellfish that will represent all shellfish, take a bite. Offer gratitude to ááx^wááx^w salmon or other fish which represents all the foods swimming in the waters, take a bite. Offer gratitude to q^wú?i -camas, sqáwc - potato, sunchoke, whichever you choose to represent root foods, take a bite. Give thanks to mú?uq^w - duck, číkən – chicken or other winged creature, take a bite. Offer gratitude to sčá?yíq^w - any berry, representing berries and plants, take a bite.

Food is medicine and culture is what makes us a tribe. We are grateful for all that has been given to us this year. We are still here; we are resilient, we are grateful for what we have, and we will not forget our ancestors or our ceremonies.

(TFP, continued from page 13)

function of insulin. The thorns have been used as needles for puncturing leather.

As always this short description only scratches the surface of the uses of hawthorn. Also if you want to consume this plant as a medicine check first with your doctor to make sure it wont contradict any medications.

Check out what we're doing on our Facebook page Jamestown S'Klallam yəhúməct Traditional Foods & Culture and leave us a message. We'd love to hear from you.
yəhúməct – take care of yourself

Lisa & Mack
lbarrell@jamestowntribe.org, 360-681-3418
mgrinnell@jamestowntribe.org 360-681-3408

Vets Memorial Opens at National Museum

The National Museum of the American Indian will open the new National Native American Veterans Memorial Wednesday, Nov. 11. The moment will be marked with a short virtual message to honor the service and sacrifice of Native veterans and their families. The message will be on both the museum's website (<https://americanindian.si.edu/visit/washington/nnavm>) and its YouTube channel (<https://www.youtube.com/user/SmithsonianNMAI>).

"The National Native American Veterans Memorial will serve as a reminder to the nation and the world of the service and sacrifice of Native American, Alaska Native and Native Hawaiian veterans," said Kevin Gover, director of the museum. "Native Americans have always answered the call to serve, and this memorial is a fitting tribute to their patriotism and deep commitment to this country."

The memorial, which sits on the grounds of the museum, was commissioned by Congress to give "all Americans the opportunity to learn of the proud and courageous tradition of service of Native Americans in the Armed Forces of the United States." Native Americans have served in every major military conflict in the U.S. since the Revolutionary War. This will be the first national landmark in Washington, D.C., to focus on the contributions of American Indians, Alaska Natives and Native Hawaiians who have served in the military.

The memorial design is by Harvey Pratt (Cheyenne and Arapaho Tribes of Oklahoma), a multimedia artist, retired forensic artist and Marine Corps Vietnam veteran. The design features an elevated stainless steel circle resting on a carved stone drum. It also incorporates water for sacred ceremonies, benches for gatherings and four lances where veterans, family members, tribal leaders and others can tie cloths for prayers and healing.

Major support for the National Native American Veterans Memorial has been provided by the Cheyenne and Arapaho Tribes; Chickasaw Nation; Margaret A. Cargill Philanthropies; Poarch Band of Creek Indians; San Manuel Band of Mission Indians; and Shakopee Mdewakanton Sioux Community. The memorial has also been widely supported by tribal governments and tribal veterans organizations. More than 85 tribes, individuals, corporations and other organizations have contributed to the memorial. The Jamestown S'Klallam Tribe donated \$20,000 towards this worthy project. Our Tribal Veterans Representative Albert Fletcher, attended the groundbreaking for the memorial last year.

Why We Serve: Native Americans in the United States Armed Forces Book and Exhibition

To coincide with the completion of the National Native American Veterans Memorial, the museum has published *Why We Serve: Native Americans in the United States Armed Forces*, a 240-page book that commemorates the history of Native American military service. Native Americans serve in the military at one of the highest rates of any ethnic group, and the book explores the many reasons why—from love of home to the expression of warrior traditions.

The book is co-authored by Alexandra Harris and Mark Hirsch, senior editor and historian, respectively, at the National Museum of the American Indian. Other contributors include Sen. Ben Nighthorse Campbell (Northern Cheyenne), Rep. Deb Haaland (Pueblo of Laguna), Rep. Markwayne Mullin (Cherokee Nation), Gover (Pawnee), Jefferson Keel (Chickasaw) and Herman Viola.

The museum will host a virtual discussion with Harris about identity and the warrior stereotype of Native people serving in the military, as well as actual—and remarkable—traditions of peace and war within American Indian communities. The event takes place Thursday, Nov. 12, at noon EST. Details for registering for this Zoom event are available at AmericanIndian.si.edu.

The exhibition "Why We Serve" tells poignant, personal stories of Native American veterans. It details the history of more than 250 years of Native American participation in the military, from colonial times to the present day. The exhibition will be on online and on view in the museum's Potomac Atrium beginning Nov. 11.

Join the Museum events virtually:

Nov. 11th: Opening of the Veterans Memorial View at <https://americanindian.si.edu/visit/washington/nnavm> or <https://www.youtube.com/user/SmithsonianNMAI>

Nov. 12th: Virtual Discussion with Alexandria Harris, author of *Why We Serve: Native Americans in the United States Armed Forces*. Register for this Zoom event at AmericanIndian.si.edu.

Holiday Happenings



Honoring Veterans

Sequim Veterans Day Ceremony, 10 a.m. on Wed. Nov. 11th at Pioneer Park, co-sponsored by Jack Grennan Post 62 American Legion, Michael Trebert Chapter—NSDAR, and Pioneer Memorial Park. Attend in person or stream on Facebook at www.facebook.com/nwvrc

Opening of Native Veterans Memorial, National Museum of the American Indian, see page 15

Wreaths Across America

The Michael Trebert Chapter of the Daughters of the American Revolution is sponsoring its first year of Wreaths Across America.

Their website states: Each year, millions of Americans come together to REMEMBER the fallen, HONOR those that serve and their families, and TEACH the next generation about the value of freedom. 2.2 million veterans wreaths were placed in 2019 at over 2,000 participating locations. On Saturday, December 19, 2020, our local chapter of Daughters will be facilitating and helping the North Olympic Peninsula to Remember and Honor our veterans by laying Remembrance wreaths on the graves of our country's fallen heroes.

Please help us LOCALLY - to honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths. Join us on Saturday, December 19, 2020-"Wreaths Day" – at Sequim View Cemetery at 9 a.m.

To donate, visit <https://www.wreathscrossamerica.org/pages/163808>

Winter Wonderland

The Youth Programs staff will be hosting a Winter Wonderland Gifting Event for our families whose children/teens are in our programs.

On Saturday, Dec 19th, families will be scheduled into time slots between 11-3:30pm. We will send time slots invites to each family as we get closer.

We will have snacks and hot chocolate and S'Klallam Santa and maybe a couple surprises! Our goal is to be outdoors, physically distanced, in small groups, a kind of walk-through event.

Our gift themes will be outdoor fun and warm clothing. If people want to donate, they can make purchases of hats/gloves/etc. or a child-safe toy, and bring them to the reception area (in Red Cedar Hall while the Administration building is under construction), labeled "for Winter Wonderland."

We will also have gift making for the Children's program and youth, on Dec. 21st for the Children and Dec. 23rd for Youth/Teens. More info in the December newsletter.



Some Upcoming Dates to Know (for enrolled Tribal citizens)

- If you plan to fill out your CARES Act survey to claim a direct payment from the Tribe (if you were financially affected by COVID-19), the Tribe must receive it before December 31st, as that is the deadline for distributing these funds.
- Elder Holiday Gift Checks will be mailed November 19th
- Adult Holiday Gift cards will be mailed the week of December 7th
- 2021 Tribal Calendars will be mailed before Thanksgiving.

Library Corner

The Library is slowly coming back with some services:

- **Book mobile services**—Tribal citizens can request books, videos, magazines, etc. to be delivered on the 2nd Wednesday of each month. If you would like items delivered or picked up, please call 360-681-4632 and leave a message or email library@jamestowntribe.org.
- **Curbside service**—You may browse our collection at <https://library.jamestowntribe.org/home> and click on the red “Search Library Catalog” button. If you remember your log-in information you may reserve items or you can always call/email the Library. If you want something to read/watch but don’t really know what, let us know and we can bring you a “grab bag” of items. We have a lot of new books that are just begging to be read.
- **By Appointment Only**—Tribal citizens and descendants can schedule a 30-minute block of time to use the computers, do research, look for reading/watching materials. Only two people at a time are allowed and masks covering nose and mouth are required at all times. See our **COVID-19 Policy** on the Library’s website Spotlight at <https://library.jamestowntribe.org/home>.

If you have any questions or concerns, would like mobile services, or would like to schedule an appointment, please call us at 360-681-4632 and leave a message or email library@jamestowntribe.org.

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/](https://jamestowntribe.org/careers/)

CEDAR GREENS

[JAMESTOWNTRIBE.ORG/CAREERS/](https://jamestowntribe.org/careers/)

7 CEDARS RESORT

[7CEDARS.COM/CAREERS/](https://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



Calendar of Events: November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Veterans Day Holiday, Tribal Offices Closed	12 Senior Support Group, see page 3	13	14
15	16	17 First Foods Drive-by, Take- home Ceremony, page 14	18	19	20	21
22	23	24	25	26 Thanksgiving Holiday, Tribal Offices and Clinics Closed	27 Native American Heritage Day Holiday, Tribal Offices Closed	28
29	30					

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

Dungeness River Audubon Center: www.dungenessrivercenter.com

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/>

yəhúmæct *Traditional Foods and Culture Program*: <https://www.facebook.com/jamestown.tfp/>

Jamestown Family Health Clinic: <https://www.facebook.com/Jamestown-Family-Health-Clinic-191450454240502/>

7 Cedars Casino: <https://www.facebook.com/7CedarsCasino/>

Cedars at Dungeness Golf Course: <https://www.facebook.com/TheCedarsAtDungeness/>

Longhouse Market and Deli: <https://www.facebook.com/LonghouseMarket/>

House of Seven Brothers Restaurant: <https://www.facebook.com/HouseOfSevenBrothers/>

Dungeness River Audubon Center: <https://www.facebook.com/dungenessriverauduboncenter>

Find Us on the Web!

November

Native American Heritage Month

#NAHM

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 msnell@jamestowntribe.org

The Jamestown S’Klallam Tribe will be administering heating assistance programs 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.

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.

Christmas at Northwest Native Expressions Gallery!

Ornaments, cards, lots of gifts!



NORTHWEST NATIVE EXPRESSIONS GALLERY

1033 Old Blyn Highway, Sequim, WA 98382

360-681-4640

Shop online! www.NorthwestNativeExpressions.com

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	Richard Reuter	13	Dawson Cope
2	Dean Hill	13	Jesse Prince
3	Charlotte Fitzgerald	15	Khia Grinnell
3	Robert Decouteau	16	Eugene Becker
4	Carol Martindale	17	Jacqueline Vekich
4	Denise Ulowetz	17	Lana Kerr
4	Mackenzie Grinnell	17	Lisa Wylie
5	Harold Hensley	19	Taylor Hensley
5	Heather Dakus	21	Brandyn Patzer
6	Toni O'Connell	21	Frank Hernandez
7	Daniel Hall	22	Jason Hutsell
7	Gloria Smith	22	Nicholas Fryett
7	Sally Hopkins	23	Jeffrey Hall
7	Susan Riordan	24	Makenna Hensley
9	Breanna Johnson	25	James LaPointe
9	Lisa Emperado	25	Jordan Dechenne
10	Christopher Piltz	25	Kissendrah Johnson
10	James McDonald	26	Margaret Adams
10	Steven Rowling	27	Barbara Shearer
11	Alice McCauley	27	Patrick Maher
11	Karolyn Bartman	27	Walter Norton
11	Kurt Grinnell	28	Raymond Lounsbury
11	Walter Kemp	29	Darcel Shearer
12	Antoinette Sigle	30	Morgan Snell

- 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
Dungeness River Audubon Center:
360-681-4076
- 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 Events and Announcements, 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
Theresa R. Lehman, Treasurer, lehman1949@hotmail.com, 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 items 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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