



Jamestown S'Klallam/stə'tí'ləm nəx'w's'łáyəm'

TRIBAL NEWSLETTER



Volume 42, Issue 2, February 2021

Celebrate Our 40th Anniversary by Lisa Barrell (Wood/Johnson)

February 10th marks 40 years since the Jamestown S'Klallam Tribe was officially re-recognized by the US government as a sovereign Indian Nation. In 1855, S'Klallam leaders signed the Point No Point Treaty, ceding millions of acres of land in exchange for government services and the rights to fish, hunt and gather were retained. Over 100 years later a change in government policy made clear that there would be a huge difference between Tribes that were officially "recognized" or "acknowledged," and those that were not.

I was 18 in February of 1981 when Jamestown was re-recognized, and it's always seemed a funny term to me since I've been an Indian all my 58 years. In the early 70's I rode around in my mom, Edith Cusack's car while she was gathering the necessary documents for Jamestown's petition. I recall travelling to Vancouver Island when she met with anthropologist Barbara Lane, who was instrumental in the Tribe achieving Federal Recognition. More recently I've talked to Elders from Port Gamble and Lower Elwha who recall my mom pulling up in her car, where the "Tribal office" was housed in her trunk. Back then I didn't know what it meant to be "recognized." I grew up thinking I had the same rights as any other Tribe's members, but that wasn't the case.

My sister, Rosie Zwanziger attended Peninsula College as the first and only Jamestown student on the 1972-73 list of "Indian college students." This was entered into the petition for recognition that Jamestown submitted. Jerry Allen was on the 1973-74 list which was also entered into the petition. These were entered as proof that Jamestown was acknowledged as a recognized Tribe.

The Tribe will be hosting a virtual 40th Anniversary celebration on Saturday, February 13, 2021 10:00 - 12:00. We will be celebrating Council members of the past 100 years who helped us achieve re-recognition. Many have passed, but they are not forgotten. Feathers beaded by several Tribal citizens will be presented to descendants of those who have passed.

As part of the celebration, the Traditional Foods & Culture program will be providing a feast available for "drive-by" pick-up the day before the virtual event, February 12th, 4:00 – 6:00. Meals will be available for delivery for those in Sequim.

To RSVP, Contact:
Rachel Sullivan, Cultural Coordinator 360-681- 4659
Mackenzie Grinnell, Traditional Foods Coordinator 360-681-3408

RSVP to receive the ZOOM link!

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40th Anniversary of Federal Recognition



A Message from Our Tribal Council Chair/CEO

Greeting Jamestown S'Klallam Citizens!

I trust all is well and everyone made it healthy and safely through the holidays. This COVID-19 pandemic has seriously challenged all of us, but the vaccines are arriving, and we have optimistic expectations with the strong commitment of newly confirmed President Biden to address the crisis and get back to normal. I share the view that in 2021, we overcome the challenge. It has required a lot of patience, trust and confidence.

Meanwhile, this month we have a lot to celebrate and be thankful. 40 years ago, after 7 long years of effort, we received our federal recognition on February 10, 1981. Wow! this causes me to stop and reflect that journey and how much has happen as a result of the achievement.

I know when you read this article, we will have a new U.S. President and Administration and many of us have hopes of 'normal' in many respects, i.e. COVID-19 control and a more stable federal government. Yet, this month is a time of reflection for our own Jamestown community.

Over 40 years ago, the Jamestown leadership embarked on a journey to re-establish its relationship with the federal government. For those of you who

have Thirty Years and Time Immemorial, a book we produced for the 30th anniversary, it captures the recognition of the countless Tribal leaders who contributed to this Tribal achievement, i.e. Harriett Adams, Edith Cusack, Lyle and Les Prince, as well as our attorneys (Frank LaFontaine, Russell Barsh, Emily Mansfield and Jeff Schuster). I was reminded that Jim and Joe Bowen (Jamestown) assisted in reviewing our petition. There were many more who contributed to many versions of Tribe's petition to the federal government and you can find them on our website, in the exhibit in our online museum (www.tribalmuseum.jamestowntribe.org) or in publication book that we'll eventually update.

It is easy to reflect on how far the Tribe has come since February 10, 1981 in our pursuit of Self-Governance and Self-Reliance. Our governmental political and legal infrastructure has developed to address our laws, codes, regulations, and policies to stabilize our operations and services. In pursuit of our Self-Reliance Vision, our business arm of the Tribe has done well with the 7 Cedars Casino and Resort operations including the Longhouse and Golf Course, and of course, our Medical and Dental clinics and Northwest Native Expressions Gallery.

Our Economic Development Authority (EDA) is continuing to grow and stabilize with the Jamestown Excavating, Storage operations, J-Net and providing the seed operations for our Tribal CDFI and now the Cedar Greens Cannabis business. Meanwhile our Jamestown Seafoods continues to grow with expanding oyster farm, Pt. Whitney Hatchery and fish farming operations, and plans for a Seafood Retail operation. We keep expanding the diversification our business portfolio.

What we must celebrate is that the spirit of our Jamestown S'Klallam heritage has weathered many challenges since the 1800s (and earlier), and still survived. Here we are today, not just surviving, but thriving, proud of who we are as a unique Indigenous community with all our history, culture, traditions and strong resilient character.

All Tribes have enormous pride in their history and culture and so do we as Jamestown S'Klallam. We are proud of our sister S'Klallam Tribes and mutual relations with so many stories and experiences over the countless generations. Our Tribes over the past 40 years have been consistently building our Tribal foundation for our future generations.

I am proud of how much we have accomplished over the past 40 years, due to the vision and persistence of our past Jamestown warriors, and we have become an influencer in our community. When you think of our over 800 employees, we are the 2nd largest employer on the northern Olympic Peninsula and given the amazing success of our Clinic we are on the front lines of getting the COVID-19 pandemic under control in our community. Jamestown has and is making a difference!

My expectation is that our younger generation leaders who are picking up our past and current effort, e.g.

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New Cannabis Reimbursement Program



Jamestown S'Klallam Tribe has initiated a Cannabis Assistance Policy to provide support for Tribal Citizens and Elders who use cannabis in the treatment of a health concern. The policy provides limited reimbursement on qualifying purchases of medical cannabis products from the Tribe's cannabis retail store, Cedar Greens. To read the policy in full and learn more about how you might qualify, visit www.cedargreenscannabis.com and click on the "CITIZENS" tab. You can also call Cedar Greens at 360-489-6099 to speak with someone who can answer your questions.

Tribal Citizenship Meeting

Saturday March 20th, 10 a.m.– 2 p.m.

Due to COVID-19 the meeting can be attended either by Zoom
or in person.

To attend via Zoom: Please contact Amber Almond at 360-681-4600 or email aalmond@jamestowntribe.org if you'd like to Zoom in or attend in person.

To Attend in Person: Come to the 7 Cedars Hotel Blyn Bay Room. In person attendance will follow safety protocols—masking and distancing—for COVID-19.

*THERE WILL BE A DRAWING FOR DOOR PRIZES FOR
IN-PERSON ATTENDEES ONLY*

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Loni Greninger and Rochelle Blankenship, and others to come, will continue our journey. It does amaze me that no matter how much growth and success we achieve, we are always chasing even higher expectations. As I have said in the past, "we may have disappointments, but we never get discouraged."

President Biden has made many promises in his campaign including respect for our sovereignty, treaty rights, etc. and we intend on continuing our Self-Reliance journey leveraging those commitments. Our Tribe has never wanted to be dependent on federal programs, as our vision is to maintain our independent, strong historical S'Klallam character.

Meanwhile, I trust you all are staying safe and healthy in this crazy time we are experiencing due to the pandemic. We are all doing everything we can to get the virus under control, waiting patiently for vaccines to be available so that we can get back to normal lifeways.

I persist with my firm, unwavering faith that we will continue our journey that never ends to a better future for our Jamestown people and the 7 generations to come. Working with new, inclusive leadership in Washington, DC is reason for encouragement.

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 ,

Yəhúmæct Traditional Foods and Culture Program

by Lisa Barrell and Mackenzie Grinnell

It's a new year and the TFC Program is jumping right in. In January we came together to give a little love to the Tribe's apple orchard. Garden Manager, Chris Tipton lead us on how to properly prune trees. We were lucky to be joined by the Tribe's Restoration Manager Robert Knapp and his wife Anita who is an apple tree enthusiast. She shared her apple tree knowledge and also a spreadsheet she has been working on to identify the trees in the orchard. We pruned, drank a little mulled cider, pruned, picked kale and dug sunchokes in the community garden, pruned... It was a great day to be outside and a good COVID safe environment to see others. háʔnəŋ st to volunteers who travelled over to help: Dana Ward, Annette Erickson and her son Tim, Jack & Michelle Grinnell, and Cathy MacGregor. It may take years to make our way through all the trees, but I have no doubt we will do it!



Dana Ward "attacks" an apple tree in the orchard.

Apple Pruning Workshops

For those of you that missed our apple pruning workshop, or those of you that want to join us again, we will be meeting regularly at the Community Garden Orchard. We will be working our way through the orchard cleaning up all the trees! Weather dependent we will be at the orchard every Tuesday. If it is raining we won't be there, as pruning trees in the rain puts the tree at risk for infections and diseases.

What: Apple Tree Pruning

Where: Community Garden Orchard

When Every Tuesday 2:30 pm-Dusk

q̓páct ʔiʔ kwúkʷ -gather and cook

Virtual gather and cook continues the 4th Tuesday of the month. Let us know by February 15th if you are interested in participating. Mackenzie will be our guest cook preparing a cod and rice loaf. The cod will be provided.

If you are interested in leading a virtual cook-along let us know. We ask that the meal 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.

What: Gather & Cook

Where: Virtual, Zoom address will be forwarded once you sign up

When: February 23, 5:30 p.m.

Nighttime Clam dig – Volunteers needed

This month we will be celebrating the tribe's 40th anniversary for recognition. We will be offering a drive-by meal pickup similar to what we did for the 1st Foods Ceremony. We are in need of volunteers to dig clams on Wednesday February 10th 8:00 p.m. for the event. Contact Mackenzie to add your name to the volunteer list. Bring a lantern, bucket and rake if you have them. We have extras if you don't have these items. Dress warmly!

What: Nighttime Clam Dig

Where: Blyn, in front of the Tribal Offices

When: February 10th, 8:00 p.m.

Winter Wellness Kits

Since we were unable to gather for our usual Winter Wellness workshop, we prepared over 30 kits for making fire cider and elderberry syrup.

Fire cider is used to restore and invigorate one's system, it's claimed to boost energy, ward off colds and flu, ease sinus conditions, lower blood sugar, curb cravings, aid in digestion, and it contains antibacterial and antioxidant properties. Is this true? We don't know for sure, but we're willing to give it a try every year. The fire cider kits contained apple cider vinegar, horseradish, garlic, onions, jalapeno, ginger, peppercorn, sage, and devil's club. We also included a list of the benefits of each of the ingredients.

Elderberry syrup can be used for upper respiratory infections, as preventative for colds and has been proven to be effective against several strains of influenza according to LearningHerbs.com. The Elderberry syrup kits included dried elderberries, dried ginger and cinnamon.

The kits were handed out on January 15th and we had more participants this year than in previous years.



Community Garden Update

At the end of the gardening season this past year we asked those of you that helped put the garden to rest what you wanted to see next year. Now that we are well into winter it is time to start planning our garden for the coming season! We are replanting the squash, beans, corn, potatoes, and onion but want input on what varieties you are looking forward to, and if there is anything else you want to see planted as well.

We also want to plant a raspberry patch. So for those of you that will be doing any raspberry thinning let us know and we will happily replant them at the community garden!

If you have any thoughts on the garden give Mackenzie a call.

A Growing Traditional Foods and Culture Team

Next month we'll introduce you to the Tribe's newly formed Traditional Foods & Culture team (listed below) and give a little tour of the program's newly remodeled building. The Traditional Foods & Culture Program has joined with the Cultural Program and will be located at the new "House of yəhúmæct -Traditional Foods & Culture" building.

Join us, whether it's virtually through one of our workshops or in person, during one of our outdoor activities. 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

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COVID-19 Update

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

Immunization with the newly released Moderna COVID vaccine began for Jamestown S’Klallam citizens, medical and dental workers, and Tribal employees in late December. To achieve full immunity, the vaccine requires a second dose, administered 28 days after the first. After the second vaccination, full immunity is thought to develop in 10-14 days.

Here are the questions I am hearing most often concerning post-vaccination risk of either acquiring or spreading COVID-19.

1) Do I still need to wear a mask, practice social distancing, and restrict interaction with non-household members after I am fully vaccinated?

Yes. While we do have strong scientific evidence that the vaccine is highly effective in preventing illness caused by the SARS-CoV-2 virus, we do not yet know if vaccinated people can develop asymptomatic infection that can spread to others. Studies are underway to answer this question but until we know for sure it is wise to behave as if vaccinated individuals can potentially spread infection to the unvaccinated. In addition, even though the vaccine appears to be 95% effective, 1 in 20 people who are vaccinated can develop COVID -19 and spread it to others. Fortunately, in the clinical trials of the vaccine, those who did develop infection despite the vaccine had much milder infections and none developed life threatening complications. As we learn more about the vaccine, recommendations will likely change but for the immediate future the only thing that changes is your personal risk of developing the infection. Masking, distancing, hand hygiene will continue to be crucial ways to slow the spread of COVID-19 until the pandemic is over.

2) Does being vaccinated make it safer to travel?

Yes. While masking, etc. will still be required on planes and public transit, your risk of contracting COVID-19 will be markedly reduced. Once vaccine supplies become sufficient to meet the demand, it is likely that airlines will require passengers to show proof of immunization. States like Hawaii and Alaska may allow vaccination to take the place of current quarantine and testing requirements.

3) Can I relax my guard with family members after we are all vaccinated?

It will be a while before all household members can be vaccinated. The Moderna vaccine has only been tested on people 18 years of age or older. A pediatric vaccine is being tested and will hopefully be available by Summer. For adult-only households where everyone is vaccinated, risk of COVID transmission is dramatically reduced. Specific guidelines for what is and isn’t safe have not yet been developed but given the high degree of protection offered by the vaccine, it is likely that a return to a more normal social life can occur in fully vaccinated households. This will especially be true once a high percentage (70% or more) of the Country is vaccinated. That is when the COVID-19 pandemic will finally come to an end and life can return to pre-COVID times.

4) Should I have any long-term safety concerns about the Moderna COVID vaccine?

Due to the national health emergency created by the COVID-19 pandemic, vaccines were developed, tested, and deployed at an unprecedented speed. Initial licensing tests for the two available vaccines were done on 37,000 volunteers and had a remarkable lack of serious side effects. As of January 14, the vaccines have been given to over 11 million people and the same safety profile is being seen. While long-term adverse effects are highly unlikely, ongoing safety monitoring will continue for many years. With what we know now, both the Pfizer and Moderna vaccines are extraordinarily safe and effective. Any Tribal citizens experiencing any concerning side effects are asked to contact the Clinic to have their condition evaluated.

JFHC Offers First 1B, Tier 1 Vaccinations in State

On Tuesday, January 12th, the Jamestown Family Health Clinic, in partnership with local police, public works, fire department, and community emergency response team volunteers, offered the first drive-through COVID vaccination event in the state. With staging at Trinity United Methodist Church and the vaccination tent set up at Carrie Blake Park, it was a first come, first serve event that caused a traffic jam across the North Olympic Peninsula.

In a display of local enthusiasm for the COVID-19 vaccine, so many people age 70 and above showed up for the event that 1,500 cars had to be turned away. The staff vaccinated 500 people. On Saturday, more people showed up, and 650 were vaccinated. On Tuesday January 19th, the 500 slots were filled by 7:30 a.m., although the event did not begin until 9 a.m. Both staffing and vaccine distribution impact how many vaccines can be offered in one day. A decision was made by the Clinic to skip clinics the last week of January to allow for replenishment of vaccine, and then in February, to go forward using a software that allows people to sign up in hour-long time-slots, to prevent people from feeling that they have to get in line hours ahead of time in order to get a vaccine.



The Jamestown Family Health Clinic staff who worked the first vaccination event were, from left: Kelly Bower RN; Lauren Harmon MA-R; Dr Paul Cunningham MD Chief Medical Officer; Molly Martin DNP Deputy Medical Director;; Donna Short RN Clinic Tribal Nurse; Lesli Mays CMA; Kailee Wise CMA; Ly Thu Hardon CMA; Tasha Furbee CMA Supervisor;; Brent Simcosky JST Director of Health; Jessie Cox CMA; Bill Laubner Facilities Manager. Kneeling: Shelly Tweter, Executive Assistant; and Chris Lounsbury, JFHC Facility Supervisor



The first vaccine given on Tuesday January 14th, 2021, at the drive-through event at Carrie Blake Park.



A drone photo of the drive through.
John Gussman photo

Tribal Elders and Pandemic Stress

By Rob Welch, MPH, Ph.D., Director of Social & Community Services

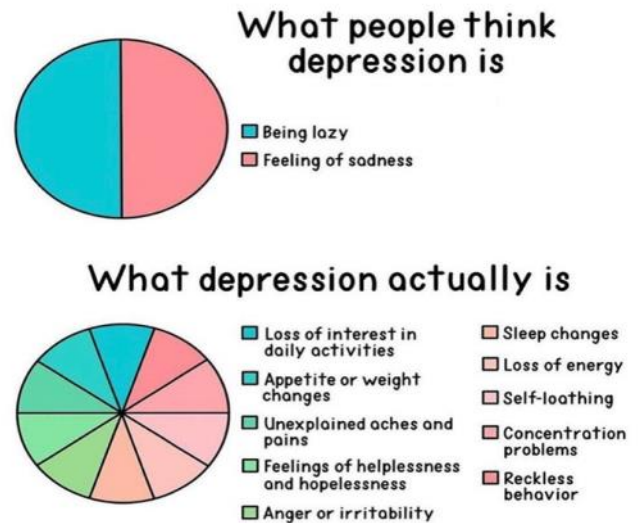
This was a difficult year. Politics aside, this was a very hard year for many people and for many reasons. And for some, continues to be so. Concurrent with, or because of the tragedy of the COVID, many have faced the prospect of illness, death, financial ruin and/or family disintegration. Grieving is very difficult during a pandemic. It is really hard to practice gratitude in the face of major losses.

Yet I know that the people of our Tribal community are strong and resilient. They know how to survive as well as come together to help and support each other. But what happens when that is not possible? What if you are alone, with limited resources to cope with all of the stressors of the last year?

Two of the greatest risk factors for hindering our coping competence and mental health are aging and isolation. Together, both can bring a potentially deadly combination to some situations. Whether that is being cut off from family and friends, inability to get basic needs met, like groceries, or limited access to medical or mental health services. These are potentially tough times for our Elders.

In particular, the problems that escalate quickly are depression, family conflicts, drug and alcohol problems and possible suicidal thinking. Any or all of these problems can be present at the same time and interact with each other, as well as other factors, to make every stress or issue in one's life worse and more difficult to deal with, especially if alone.

So, to be truly present for our Elders, we must be reaching out to them and be on the lookout for such problems.



(Source: @what.is.mental.illness)

For depression, especially during the winter months, some things to look out for are:

- Feeling tired most of the time, more than usual.
- Feeling little interest or pleasure in doing things that you usually enjoy.
- Feeling down, sad, or hopeless for long periods of time.
- Having trouble falling or staying asleep, or sleeping too much
- Loss of appetite, or finding yourself overeating with or without feeling hungry.
- Feeling bad about yourself or obsessing about perceived failures regarding yourself or your family.
- Trouble concentrating on things, such as reading the newspaper or watching television.
- Unusually lethargic and apathetic, or
- Chronically irritable, hyperactive or unable to sit still.
- Thoughts of hurting yourself or that you would be better off dead.

(Source: Adapted from the DSM-5)

Deep Reflective Listening is harder than you might think, but it is one of the few ways we would be able to detect whether someone is struggling, particularly with suicidal thinking. Classes are available for this, if you want to develop the skill of being a better listener. It is important. Regardless of your skill level, however, never be afraid to ask someone you care about if they are suicidal. You cannot make it worse, and you will not give them any ideas.

Stay connected, while social distancing

But probably more important than anything else is staying aware of the need for connection and support. This is true for almost everyone, not just Elders. While we adhere to social distancing guidelines as well as stay-at-home orders, we must work hard to not isolate at the same time. Reaching out to old friends or forgotten relatives, writing that long overdue letter or email is a very satisfying feeling.

Technology, of course, is available through the phone and the computer to connect to others via software (i.e., Zoom or Skype). Help is available to teach you, if you need assistance. But either way, finding ways to

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"Being on a spiritual path does not prevent you from facing times of darkness; but it teaches you how to use the darkness as a tool to grow."
~ Sadhak Anshit



(Depression, continued from page 8)

have a safe quarantine bubble with just your family or household, and/or socialize with distance and masks in very small selective groups outdoors, as weather allows, can keep connections (and your emotions) healthy.

Don't forget exercise & healthy diet

While "Zoom Fatigue" is real, and requires taking breaks from sharing any screen time with anyone, balancing these activities with exercise (even a casual walk) and a healthy diet (minimizing the things you know you shouldn't eat), are critically important to include in your daily routine.

Have you considered a workout routine right in your own home? Online videos are everywhere, and DVDs are available from our library (when it opens). For those more active, Perhaps a trail hike, solo or with a friend? There are many to choose from.

Another endeavor that helps a lot of people is having a regular routine and schedule. Getting up and going to bed at a regular time also helps to get enough sleep, which is extremely important.

Checklists help. Also, giving yourself a reward for accomplishments (e.g. a special movie) is a grant incentive. But try to stay away from food rewards.

Also, please limit your intake of alcohol whenever you can. Alcohol affects your sleep, mood and outlook on life as well as your physical health. (Note, anything more than 3 drinks in one sitting is considered unhealthy.)

With the luxury of time, feed your mind

"When Isaac Newton stayed at home to avoid the 1665 plague, he discovered the laws of gravity, optics, and he invented calculus".

~ Neil deGrasse Tyson on Twitter @neiltyson.

Nobody needs to be like Newton. But quarantine and social distancing make it the right time to indulge yourself in healthy things you may enjoy. Reading, singing, dancing, or taking an online class in something you always wanted to study. The Tribe also offers occasional online classes/retreats through the Traditional Foods, Behavioral Health and Elders Programs. Eventually, in-person, but masked and socially distanced beading and gift making groups should resume, hopefully by the spring.

Experiment. Try something you haven't done before. Learn a new skill. Cooking? Cutting hair? Art? Gardening? Pottery? How about cedar bark gathering or mushroom collecting?

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People to call, if you need help

Crisis Line: 1-888-910-0416 (Peninsula Behavioral Health)

**Mental Health: 360-681-4612 (Dustin Brenske) or
360-582-4868 (Rob Welch)**

Medical Services: 360-683-5900 (Clinic)

Financial Services: 360-681-4636 (Christine Kiehl)

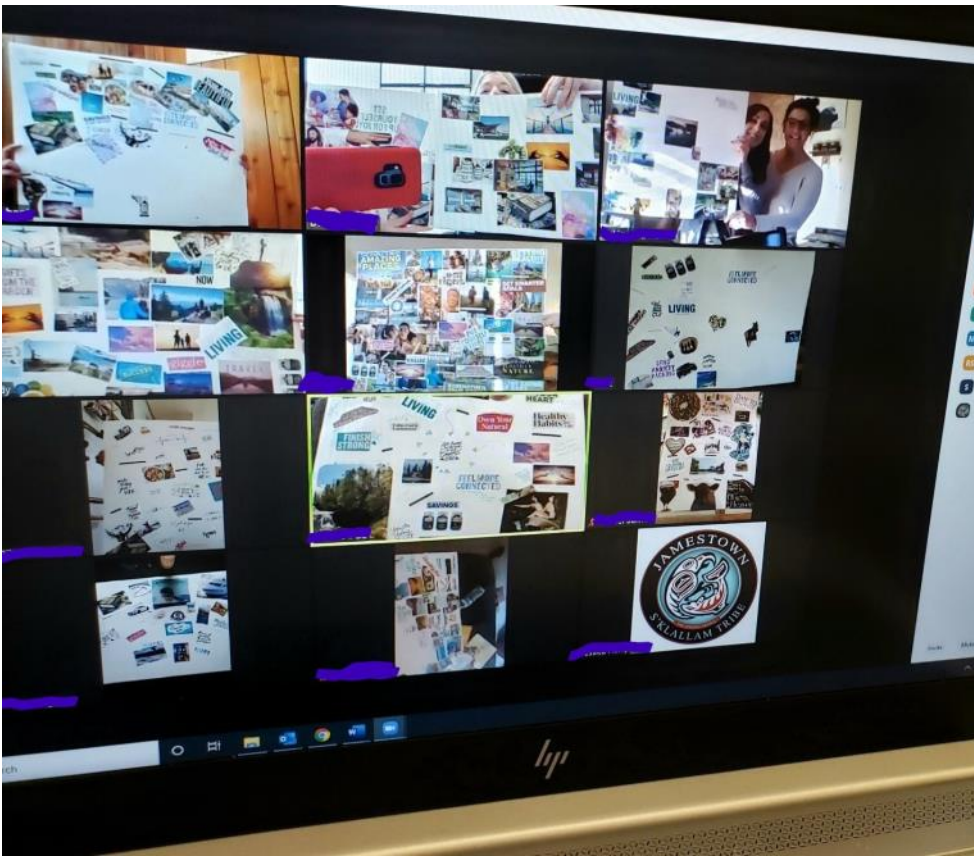
Tribal Housing Services: 360-681-3411 (Ann Jagger)

Cultural Classes: 360-681-3418 (Lisa Barrell)

Elders' Activities: 360-681-4637 (Jeremy Monson)

Client Services: 360-681-4606 (Rachel Sullivan)

January Women's Retreat a Success: Next One Will Be in March



At a new Women's support gathering for Moms juggling COVID and it's challenges for a mother's role, we had discussion and then created Vision Boards (shown at left) to start the New Year focusing on self-care, goals and dreams.

We will have another Women's Gathering in March. Keep an eye out for details in the March newsletter. The topic will be Depression during these times, due to isolation, fear, and the many changes we have all endured.

(Depression, continued from page 9)

For some, if your situation allows, this is a time to consider adopting the pet that you have been thinking about and wanting. My turtle, Max, is a good listener, but doesn't help much with exercise. If not your own pet, just offering to help care for or walk a friend's dog is a great gesture (and exercise). Don't forget the plastic bags.

Volunteer somewhere. The act of giving is a great activity for addressing your own healing & health. Often you can volunteer from home on the computer or on a phone support line. Closer to home, you can even just pick up trash and clean up your block or neighborhood or housing complex.

The only limit is your imagination. But whatever you do, make sure you do something, even if, and especially if you don't feel like it.

One note of exception, however. Please limit your consumption of political news. While it may not be as big of a factor by the time this is published, it has been shown consistently, both clinically and in research, that overconsumption of political news is detrimental to your mental health. (It certainly has been for mine.)

Be a better partner & support for your family

For me, one of the strange side-effects of getting older is forgetting that other people are getting older too. Not sleeping well, possibly waking up in pain every day, forgetting simple details of one's schedule or chronically losing one's keys, or not being able to do the things you used to be able to do and enjoy are just a part of the normal course of aging. And still, they are stressful for most. And as a result, we are often irritable. So, if you catch yourself in a bad mood for a large portion of time, being nippy, reactive and irritable with your partner or family members, or you see that in others, be patient. Take a moment to figure out what you need, in terms of self-care, or what your partner or family member might be needing. Some have gone a long time without physical contact. Others might just need some understanding and someone to listen to them. Other needs, however, might be more serious and you may need to consult a doctor or counselor. (See box above.) So, please stay aware, mindful and vigilant regarding taking care of yourselves as well as watching out for our Elders. It is the least we can do for each other & ourselves.

Special Thanks to the following for their contributions to this article:

Dustin Brenske, M.A., Behavioral Health Therapist
Sissi Bruch, M.A., Ph.D.

Winter Wonderland Attracts 120 Participants!



Above, the Hedin family with S'Klallam Miss Santa.

At right, guests at the event await refreshments.

Below, the Carver and Barclay families.

Approximately 120 people attended our Socially Distanced Winter Wonderland event!

Families received family gift bags that included games, essentials, cozy items and other cultural gifts. We served 77 youth!

A thank you to all who helped and donated, to make a holiday gathering during COVID a success!



An Indigenous Celebration of Black History Month

By Thaddeus O'Connell

Black liberation is irreversibly tied to indigenous sovereignty. Enslaved black people were forced to till the land that was stolen from us. Exclusionary laws based around anti-blackness were used to create the white race as a form of social control.¹ This set the precedent of the United States's exclusionary legal system that disenfranchised our ancestors from the land and drove our Klallam language to nativized linguistic extinction. A full restoration of our people's sovereignty will not occur without the liberation of black people from the system that took it away.

What I am about to say goes against many ramblings of political pundits, both liberal and conservative. The United States is no longer a "Republic with a well developed bourgeois tradition." It's a young, unstable, fledgling Democracy with universal suffrage codified by law. Even though we gained citizenship in 1924², Native Americans had to fight for the right to vote in each individual state on a case by case basis. Further still, the same tactics used against black voters were used to quash the native vote, including but not limited to poll taxes, literacy tests, and straight up intimidation. It was not until the organization of a racially diverse coalition, centered around liberating black voters from their oppression, that Native Americans were truly granted the right to vote. When Congress passed the Voting Rights Act of 1965, the activists of the civil rights movement cemented themselves as the true founding fathers of our Democracy.

Resisting black liberation on account of one's own oppression is like a crab pulling down it's brethren as they are about to escape a fisherman's bucket. When enslaved black people kept on escaping colonial England to the swamps of Spanish Florida, did the Native Americans living there return them to their captors? No. They allied with them, learning African foodways such as rice farming and barbecue, and teaching them in return the warrior traditions of their people. The emergent *Seminole* culture was an amalgamation of black, Carribean, indigenous, and Spanish traditions that allowed armed communities to form all over Florida that would serve as safe havens for black and indigenous people alike. It took the USA two wars, fought as a traditional military campaign against an equally matched enemy, to break up this alliance and force the Seminole on the trail of tears.³

Exciting changes are coming to Indian Country. Deb Haaland is not only set to become the first Native American Interior Secretary, she will be the first native appointed to *any* cabinet level position. The possibility of the Bureau of Indian affairs becoming a cabinet level department seems increasingly likely to be debated by the 117th United States Congress, with our own Tribe's chairmen Ron Allen on the list of names being floated for secretary. It is important to recognize that these changes are delivered on the shoulders of the "Black Lives Matter" movements sparked by heinous police killings of *multiple* unarmed black people. Key swing states such as Pennsylvania, Wisconsin, Arizona, Michigan, and most notably Georgia, (where a pastor has been elected the first black senator in state history) saw significant protest movements in major metropolitan centers. It is these movements that mobilized an unprecedented amount of black voters, black *women* voters, to the polls, delivering us a Biden presidency and flipping the senate. Indigenous solidarity with black liberation will ensure we **ALL** survive past the next seven generations.

About the author: Thaddeus is a Jamestown Tribal citizen from the Cook/Kardonsky family, younger brother of Timothy O'Connell and son of Toni O'Connell. He is a student with a full course load intent on earning a bachelor's in American Indian Studies and a juris doctorate of law. He lives in Portland, Oregon where he has proudly partaken in black lives matter protests. He has been tear gassed with a modified flamethrower by Trump's secret police, illegally detained by city police, attacked by white supremacists, and doxxed by racist internet trolls. Likewise, he has picked up protest trash, swept glass off the street, helped businesses board up windows and clean graffiti, and met more indigenous people in 9 months of protesting than he has in 4 years of living in Portland.

Bibliography

1. William Allen, Theodore (1976). *Class Struggle and the Origin of Racial Slavery: The Invention of the White Race* (PDF). Stony Brook, NY: Center for the Study of Working Class Life, SUNY, Stony Brook, https://www.jeffreybperry.net/attachments/allen_class_struggle.pdf
2. Little, Becky (2018), "Native Americans Weren't Guaranteed the Right to Vote in Every State Until 1962", History Magazine, <https://www.history.com/news/native-american-voting-rights-citizenship>
3. "The Florida Seminoles" *Florida Memory*. State Library and Archives of Florida, <https://www.floridamemory.com/learn/classroom/learning-units/seminoles/>

Tribe Joins Lawsuit to Save Seattle National Archives

Washington State's Attorney General Bob Ferguson has filed a lawsuit against the federal government in an attempt to stop the sale of the National Archives and Records Administration's building at Sand Point in Seattle.

The Jamestown S'Klallam Tribe has joined in this suit, along with 39 other plaintiffs including federally recognized tribes, community organizations, historical preservation societies and museums and the state of Oregon.

"Our Tribe has joined this united effort to stop the move of this critically important archive from the northwest as it is an essential repository for our Northwest Indigenous and Alaska Native culture and history. We need access to this information here in the northwest, not in California or Oklahoma. We are deeply disturbed about potentially losing critical documents in the transfer to new sites, since so little of this information has been digitized for safekeeping," said Tribal Council Chairman Ron Allen.

The building is home to a vast collection of historically significant documents from this region of the country, including treaty and other records for 272 federally recognized tribal governments in Alaska, Washington, Oregon and Idaho. The Seattle facility also is home to records related to the internment of Japanese Americans and Chinese Exclusion Act case files.

If the sale goes through, the records would be transferred to facilities in other parts of the country, making them far less accessible to residents here.

The decision to sell the building was made after the Public Buildings Reform Board identified 12 facilities across the country as "high value assets" and recommended their sale. According to the board's report, the archives building has a deferred maintenance backlog of \$2.5 million. Relocating the archives center would make "10-acres of highly valuable land available, likely for residential housing," according to the report. Spread out nationally, the other facilities in the sale proposal included two excess land sales at job corps centers, a fisheries science center, a veterans affairs medical center, a federal courthouse and an office building, among others.

In October, board officials decided the COVID-19 pandemic's effects on commercial real estate made for an accelerated sale of these properties, including Seattle's National Archives building, according to a release from Ferguson's office. The buildings are set to be sold early this year, a decision Ferguson said went under the radar for two months.

If the sale is completed, the records would be moved to archive centers in Missouri and California.

Only .001% of the facility's 56,000 cubic feet are digitized, making it even more important that the paper records remain local.

Monthly Presentation

by our Tribal Historic Preservation Officer David Brownell

Thursday, February 11, 3 - 4:30 p.m.

Ancestral Villages of the Jamestown S'Klallam Tribe

Did you know the Jamestown S'Klallam trace their ancestry primarily to six ancestral villages located on the northeast Olympic Peninsula? We will review historic documents, oral histories, and archaeological data related to these sites and examine the historic factors that led to their abandonment.

Join us on Zoom: Meeting ID: 833 3255 7790 Passcode: 447316

For more information, 360-681-4632 or library @jamestowntribe.org

<https://library.jamestowntribe.org/home/ProgramEvents>

North Olympic History Center Presents Lecture Series

(formerly the Clallam County Historical Society)

February's presentation will be given by David Brownell, Tribal Historic Preservation Officer for the Jamestown S'Klallam Tribe and North Olympic History Center board member, on February 14 at 2:00 pm. Brownell will also speak in April, June, August, October, and December. The intervening months' speakers and topics will be announced.

North Olympic Voices will be livestreamed until further notice on the second Sunday of each month from 2:00 to 3:00 pm at <https://bit.ly/2Lssx2w>. It is free and open to the public.

A Big Step Towards Accountability for Habitat Impacts

By Lorraine Loomis, Chair, Northwest Indian Fish Commission

Habitat loss and damage is the driving factor for the decline of salmon in our region. It doesn't discriminate and never stops. Every hour of every day it kills salmon, including salmon listed under the federal Endangered Species Act (ESA).

The National Marine Fisheries Service (NMFS) has taken a big step in the right direction by holding habitat loss and damage more accountable for the harm done to salmon recovery. It marks true progress.

In a first for our state, NMFS is requiring property owners, ports, marinas and others to mitigate for their impacts to protected salmon caused by the maintenance of their bulkheads, docks and other nearshore construction.

Treaty tribes in western Washington have urged the federal government for decades to consider the legacy effects of shoreline armoring, piers and other nearshore projects in Puget Sound that harm salmon habitat, migration, rearing and survival.

NMFS is using the ESA to protect Puget Sound chinook, which have been listed as threatened since 1999 and are showing no signs of improvement. Endangered southern resident orcas that depend on Puget Sound chinook also will benefit, along with forage fish, shellfish and other species.

In the past, overwater and nearshore construction were thought to have few impacts to threatened or endangered species and were exempt from mitigation when maintaining these structures. Structures built prior to a species receiving protection provided by the ESA required no permit or government consultation for maintenance work.

We now know that docks, ramps and other structures can have widespread impacts to salmon by damaging and destroying rearing habitat, increasing predation of young salmon and harming prey species that salmon depend on for food.

Owners now will have to account for and pay for potential harm to chinook, orcas and their habitats caused by maintenance of existing structures. They can choose to reduce the cost to themselves by improving habitat through approved steps like planting vegetation and installing soft armoring such as logs instead of concrete bulkheads.

The first round of mitigation payments is expected to bring in about \$7 million from about 40 maintenance projects in western Washington. Funds will be passed through the Puget Sound Partnership – the state agency in charge of cleaning up and protecting Puget Sound – for restoration projects.

The NMFS action is significant because the federal agency is acknowledging a key fact: A dead fish is a dead fish no matter how it dies.

For many decades, fishermen have been unfairly blamed for the decline of salmon in western Washington. Tribes have cut harvest by 80-90 percent since the mid-1980s, but no one wanted to talk – let alone take action – about the effects of lost and damaged habitat on salmon populations.

Hatcheries can help support salmon populations but are no substitute for lost natural salmon production. Both hatchery and naturally spawning salmon depend on the same habitat for their survival. Putting more salmon into degraded habitat does not result in more fish.

Many think the solution is to just stop fishing and salmon will recover. The truth is that more salmon are lost to damaged and disappearing habitat than will ever be harvested by fishermen.



Reminder! Deadline is Feb. 9 to purchase a unique gift for your valentine! Help landscape the new River Center grounds with native plants. Your valentine receives a beautiful card with a message from you!

Click here: <https://dungenessrivercenter.z2systems.com/np/clients/dungenessrivercenter/donation.jsp?campaign=52&&test=true>

Library Corner

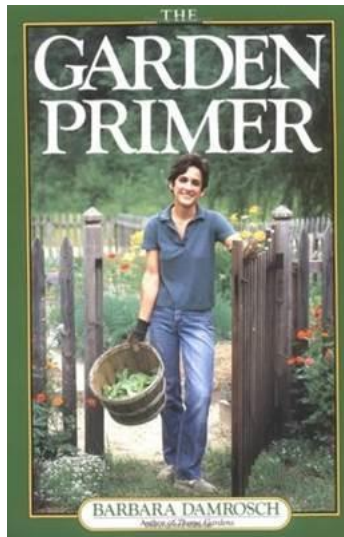
Current Library Services:

- **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 or curbside services, or would like to schedule an appointment, please call us at 360-681-4632 and leave a message or email library@jamestowntribe.org.

New Books

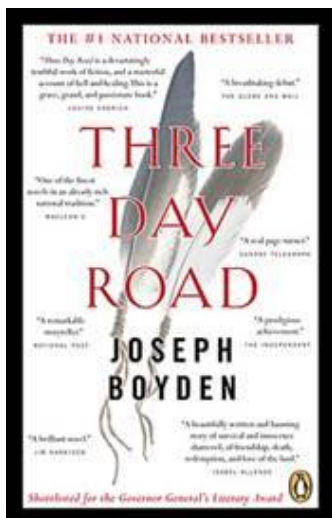
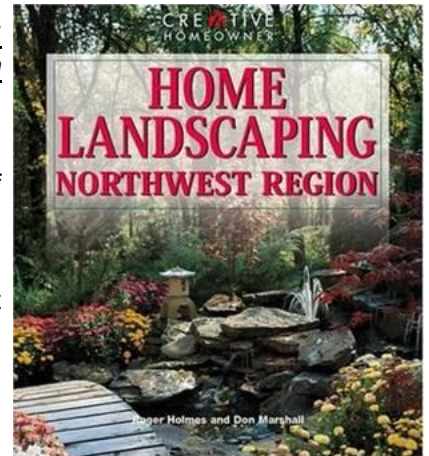
Garden Primer by Barbara Damrosch reflects the latest research on plants, soils, tools, and techniques. Get information on planning a garden, recommended plants, and best tools. Ecological issues are addressed, covering lawn alternatives, the benefits of native species, wildlife-friendly gardens, and how to avoid harmful invasive species.



Home landscaping: Northwest Region

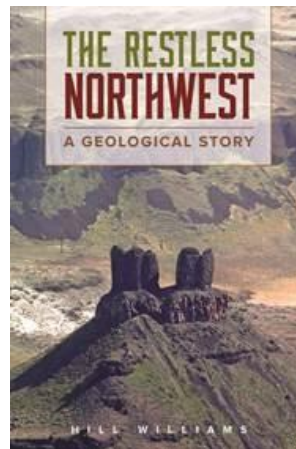
by Roger Holmes and Don Marshall

Take the guesswork out of landscaping with designs and detailed descriptions of plants that fit situations and seasons of the Pacific Northwest region.



Three Day Road (Bird Family Trilogy) by Joseph Boyden

It is 1919, and Niska, the last Ojibwe woman to live off the land, has received word that one of the two boys she saw off to the Great War has returned. Xavier Bird, her sole living relation, is gravely wounded and addicted to morphine. As Niska slowly paddles her canoe on the three-day journey to bring Xavier home, travelling through the stark but stunning landscape of Northern Ontario, their respective stories emerge—stories of Niska's life among her kin and of Xavier's horrifying experiences in the killing fields of Ypres and the Somme.



The Restless Northwest by Hill

Williams provides a brief, easy-to-follow overview of the geologic processes that shaped the Northwest. In an informal conversational style, Williams explains complex processes and enlivens the story of long-ago geologic events with fascinating asides on everything from enormous undersea tube worms to the Willamette meteorite, the largest ever found in the United States.

Dungeness River Audubon Center Construction Update



Most of the exterior walls are now up at the Dungeness River Center expansion at Railroad Bridge Park. Interior framing began two weeks ago. The roof structure for the low-roof areas is in place over the Center's new kitchen, conference room and restrooms. T and D Contracting, Sequim; North Peninsula Electric, Port Angeles; and The Plumbing Connection, Port Angeles, have been working on site over the past month. Photo by Annette Nesse.

(40th Anniversary Celebration, continued from page 1)

Quoting Rosie, "It was thanks to Uncle Brick, (Harris Johnson) who called Al Kalland, the BIA head higher ed guy in the Hoquiam regional office, to tell him I should be funded because I was Jamestown Clallam (the spelling at the time). Uncle Brick made the case for me being "near" the reservation, the reservation being Lower Elwha. He was pretty persuasive. So, initially, it was stretching it because not only is "near" open to interpretation/definition, but also, it was "near" to a Tribe that was not ours, but...Uncle Brick had a good relationship with Al Kalland. After they funded me, I did, too. Kalland said I made their stats look better (brought the averages up with my gpa). That page, with my name on it is in the petition for recognition..." Jamestown people's unique circumstances of not being on a reservation led to decades of flip-flopping by the government; at times wholeheartedly providing services to the Tribe, and at other times refusing to do so. Formal recognition would mean that the United States government publicly acknowledged the Jamestown S'Klallam Tribe as a sovereign nation, thereby confirming the pre-existing relationship. The formal recognition process took 15 years to complete. The petition for recognition was first filed in 1975 and it took another 6 years for the Jamestown S'Klallam Tribe to officially be re-recognized.

Former Tribal Council Members to be honored at the 40th Anniversary Celebration

Joe Allen Billy Hall Wilson Johnson Harris Johnson David Prince Jacob Hall Lowell Hall Lydia Dick Leonard Wood Lyle Prince	Charlie Fitzgerald Harriette Adams Walter Reyes Elaine Grinnell Art Becker Edith Cusack Marlin Holden Ron Allen Les Prince Elsie Tuttle	Jeff Allen Hannah Johnson Vickie Carroll Helen Shaw Pete Holden Marion Taylor Cynthia Larson Sandra Johnson
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CLALLAM & JEFFERSON COUNTY VIRTUAL JOB FAIR

Jamestown S'Klallam Tribe, 7 Cedars Resort, and many other local businesses will be participating in the Clallam and Jefferson County Virtual Job Fair hosted by Brazen on February 16th, 2021 from 10AM-2PM!

If you are interested in attending this online event, register at:
<https://app.brazenconnect.com/a/wesd-olympic/e/LeL2m>

If you need any support registering, or attending this event, please submit a request through: <https://support.brazenconnect.com/hc/en-us/requests/new> and a Brazen Support Team member will assist!

Register Online at ↘

[HTTPS://APP.BRAZENCONNECT.COM/A/WESD-OLYMPIC/E/LEL2M](https://app.brazenconnect.com/a/wesd-olympic/e/LeL2m)

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
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E: tkettel@jamestowntribe.org



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

#JAMESTOWNSKLALLAMTRIBECAREER



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Apple tree pruning, page 4	3	4	5	6
7	8	9 Apple tree pruning, page 4	10 Federal Recognition Holiday: Tribal Offices and Clinics Closed Nighttime Clam Dig, page 5	11 THPO Presentation, page 13 Senior Support, page 19	12 Pick-up feast bags for 40th Celebration, page 1	13 Virtual 40th Anniversary Celebration, page 1
14 NOHC Lecture, page 13	15	16 Virtual Job Fair, page 17 Apple tree pruning, page 4	17	18	19	20
21	22	23 Apple tree pruning, page 4 Gather and Cook, page 4	24	25	26	27
28						

Websites:

Tribal Government: www.jamestowntribe.org
 7 Cedars Hotel/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: NorthwestNativeExpressions.com
 Dungeness River Audubon Center: www.dungenessrivercenter.org

Find Us
Online!

Facebook Pages:

Tribal Government: www.facebook.com/JamestownSKlallamTribe
 Tribal Library: <https://www.facebook.com/Jamestown-SKlallam-Tribal-Library-46893403143461/>
 S'Klallam Tribal Events and Announcements: <https://www.facebook.com/groups/sklallam.events.announcements/>
 Children and Youth Programs: <https://www.facebook.com/jstchildrenandyouth>
 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/>
 7Cedars 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: [heep://www.facebook.com/dungenessriverauduboncenter](https://www.facebook.com/dungenessriverauduboncenter)

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 Center, Hall of Ancestors

Facilitated by Lloyd Hannemann, LMHC

Deadlines for Jamestown Higher Education Scholarships

(for enrolled citizens)

Spring Quarter: February 15

Summer Term: April 15

Fall Quarter/Fall Semester: June 15

Winter Quarter/Fall Semester: November 15

For information on Higher Education funding, contact Higher Education Coordinator Morgan

Snell at 360-681-4626 or
msnell@jamestowntribe.org

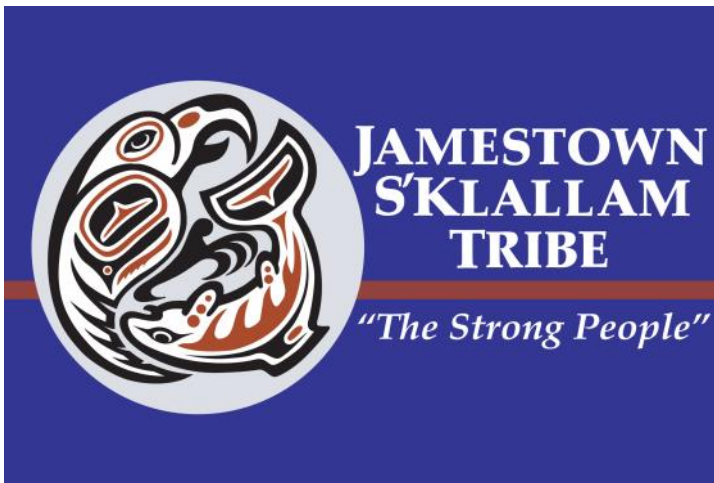
Jamestown Family Health Clinic

808 North Fifth Avenue
Sequim, WA 98382
360-683-5900

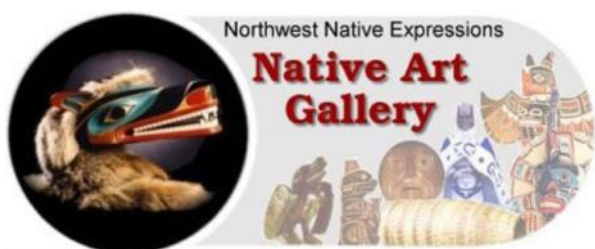
Hours: Mon.— Fri. 8 a.m.—5 p.m.

Saturday 10 a.m.-3 p.m.

For both routine and as-needed, face-to-face and telehealth appointments



Stay warm and cozy this winter with
Native hats, tuques, and socks!



Northwest Native Expressions Gallery
1033 Old Blyn Highway, Sequim, WA 98382
360-681-4640

Shop Online!

www.NorthwestNativeExpressions.com
Open Daily from 10 a.m.—4 p.m.

HAPPY BIRTHDAY!

February Birthdays

1	Jesse Reeves	15	Jonna Obermiller
1	Mark Becker	17	Anita Russell
3	Emma Brownell	18	Ruth Roath
4	Joseph Hall	18	Deborah Hutsell
4	Joel Schmitt	19	Mark Cullivan
5	Weston Lickiss	19	Valerie Kardonsky
5	William Anderson	20	Nathaniel Olson
6	Timothy Wilsie	20	Alexander Gaschk
6	Patrick Moore	21	John Adams
6	John Williams	21	Nicholas Ulowetz
6	Danielle Dressel	22	Devin Peterson
7	Michelle Jimmy	22	Dawn Buoncristia
7	Ryan Reuter	22	Candace Munger
7	Walter Reyes	22	Leslie Prince
7	Michael Patsey	22	Jody Allen
8	Dolores McConaghy	22	Caitlyn Hensley
8	Patricia Armenta	24	Brandi LaPointe
8	Jessica Reeves	26	Cheyenne Tyler
8	William Brown	27	Wallace Norton
9	Douglas Piltz	27	Florence Monson
9	Jo Matheny	27	Cody Holden
10	Russel Buckmaster	27	Timothy Hillerman
11	Madison Eisenhour	28	Sandra Johnson
12	April Davis	28	Cameron Fairchild
13	Duane Niatum	28	Mark Reuter
13	Mary Ann Maher	29	Renee Hoerath

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

Contact Information

7 Cedars Hotel and Casino	360-683-7777
Carlsborg Self Storage	360-582-5795
Casino Gift Shop	360-681-6728
Cedar Greens Cannabis	360-489-6099
Cedars at Dungeness Golf Course	
	360-447-6826
Child Advocacy Center	360-681-5601
Double Eagle/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

The Jamestown S'Klallam Tribal newsletter is published monthly. Please submit items by email to Betty Oppenheimer at boppenheimer@jamestowntribe.org or by US Mail to the address below, 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.