

Jamestown S'Klallam/stə'tí:təm nəx^ws'á'yəm'

TRIBAL NEWSLETTER

Volume 44, Issue 9, September 2023

2023 Canoe Journey Paddle to Muckleshoot

There is plenty that can be said about this year's Canoe Journey, and as-a-matter-of-fact, the Traditional Foods and Culture Program has a write-up about Canoe Journey starting on page 10.



Above: Tribal Councilmembers, Rochelle Blankenship (Cook/Kardonsky), Dana Ward (Chubby Family) and Loni Greninger (Prince Family) greeting canoes at Jamestown Beach canoe lading.



Above: Jamestown Canoe Family waiting to come ashore at Alki Beach.

Tribal Citizen Receives Art Award

By Tribal Citizen Toni A. O'Connell

On July 22, Timothy W. O'Connell III (pictured to the right) entered the juried "In The Spirit Contemporary Native Arts Show" held by the Washington State Historical Society at the Museum of Natural History in Tacoma WA. It was a thought provoking and fun day! Artists came from all over the west, themselves spiritually classic and in touch with their relationship to Creator. The Museum of Natural History Native Art Show is steeped in generational energy giving hope for the future. The art show produced masterpiece after masterpiece in rich and varied ways. Still on display are paintings, carvings, baskets, and receptacles fashioned as characters.



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Now Hiring Cultural Coordinator

We're now searching for a Cultural Coordinator to join the Social and Community Services team! The role will be benefited at 32 to 40 hours per week.

This position interacts not only with our own tribal community, but also serves to educate the non-tribal community on our traditional values. The role provides coordination of sacred ceremonies, cultural activities, and various classes that includes Klallam language education, song, and dance; improving confidence and a powerful connection to our traditional ways. We're looking for someone with a strong Jamestown S'Klallam culture background in tribal history, culture, community and traditions. Plus a willingness to learn and pass on our teachings and traditions alongside the Traditional Foods & Culture Program.

Apply online at: <https://jamestowntribe.org/careers/>



One display is a depiction of Marvel comic-esque paintings in a story-telling series which takes up a whole wall. Impressively huge and bursting with color! Yet, it is an exquisite display of bead workmanship depicted as a modern handheld toy--a Beanie Baby, that was purchased by the museum for permanent display. And, an elegant teeny tiny basket took home top award status.

Tim won a prestigious "Spirit of the Northwest" award for his painting "Cloudy Day At The Beach" where the original text for the title is written in the Klallam language (mural pictured right). The painting is oil on canvas and uses a limited palette to depict a wonderful cloudy day. The work of art will remain on display at the museum in Tacoma until September 24, 2023. Tim is a loving and proud citizen of the Jamestown S'Klallam Tribe, raised on the Big Island of Hawaii and holds a fine art degree from the University of Hawaii at Manoa on Oahu. Tim currently stays Sequim-side of the Salish Sea and works by day at our Jamestown totem carving shed. Tim spends his nights in his home studio painting into the wee hours of the morning. If one wishes to see some of Tim's work closer to home, three other paintings are on display at the new Field Hall in Port Angeles, Washington.

A quote from the artist: "A cloudy day at the beach can still be beautiful. I wanted to convey that through the use of a limited palette; as well as symbolism that is both elemental (the eagle in the sky, the salmon in the sea, the wolves on the beach) and symbolic (the Eagle and Salmon are used in the Jamestown S'Klallam Seal; the wolves recall the story of the Wolf Mother.)



(This missive is lovingly brought to you by Toni A. O'Connell in the spirit of the Motherly art of Mothering.)

Klallam Phrase Matching

For the following Klallam phrases, match each phrase with the letter of the English translation from the list below.

1. mán' kw u? ʔáy' ʔa? ti n'sʔənʔá. _____

A. It's very good that you got here.

2. mán' kw u? ʔáy' ʔa? ti n'stáči. _____

B. Thank you for your gifts.

3. háʔnəŋ cn ʔa? ti n'sʔátə. _____

C. It's good that you're here.

4. ʔáy' kw ʔa? ti n'sʔátə. _____

D. Thank you, my friend.

5. háʔnəŋ cn ʔa? ti n'sʔəŋaʔtəŋ. _____

E. Thank you for what you've given me.

6. háʔnəŋ cn ʔa? ti n'sʔəŋaʔc. _____

F. Thank you for being here.

7. háʔnəŋ cn, nəščáʔčáʔ. _____

G. Thank you for coming

From the Election Board:

There is still time to submit your application to run for Tribal Council!

Applications will be accepted through **September 8, 2023.**

Contact Liz Barbee by phone or email to pick up or turn in an application.

Email: lbarbee@jamestowntribe.org

Phone: (360) 683-1109

Next General Citizenship Meeting!

Mark your calendars for **October 7, 2023** for the next General Citizenship Meeting.

For more information, contact Ann Sargent.

Email: asargent@jamestowntribe.org

Phone: (360) 681-4661

Fall Registration for Children and Teen Programs

Open registration is **September 6, 2023 from 3:30 p.m. to 5:30 p.m. at Humming Bird Hall,** and applications will be accepted on a first come, first serve basis. This program may fill up quick, so make sure to turn your application in early! A special gift will be given for any families that attend—this includes parenting resources for behavior management, mental health concerns and more! We appreciate when families make time to meet the teachers to learn more about our programs and provide feedback!

Chicken Coop Creek Barrier Removal

By LaTrisha Suggs (Kardonsky/Cook Family), JST Restoration Planner

The project location is on the beautiful Olympic Peninsula, in Northwest Washington. The two barriers are in Sequim, Washington., Clallam County. The area is also referred to as Blyn. The Tribe owns 130 parcels totaling 718 acres at the Southwestern end of Sequim Bay.

Jamestown S’Klallam Tribe requested and received \$4,209,810 million to complete final designs, permitting, and construction for replacement of two complete fish passage barriers on Chicken Coop Creek, in Clallam County, Washington (See Map 2). The County owns & maintains the two culverts on Chicken Coop Creek. The creek crosses tribally owned lands upstream and downstream the culvert crossings are adjacent to Trust property. The culvert that runs under Old Blyn Hwy also runs under Olympic Discovery Trail. The Olympic Discovery Trail (ODT) is on Tribal Trust lands.

Washington State Department of Transportation (WSDOT) is preparing for replacement of their barrier culverts directly upstream under U.S. Highway 101, there is urgency for Chicken Coop Creek culverts replacement (WSDOT Culvert Information for Clallam & Jefferson County). For the upstream WSDOT culvert corrections to make a difference for fish passage and productivity the Tribes proposed Chicken Coop Creek barriers, downstream of WSDOT fish barrier removal projects must be undertaken immediately.

The Washington Department of Fish and Wildlife have evaluated the two barriers and identified them as complete barriers to salmon migration.

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Map 2:



The upstream habitat was evaluated by WDFW using their standard habitat assessment protocols. Washington Department of Transportation will monitor the stream for five years following the completion of their barrier replacements on Highway 101. Chicken Coop Creek supports runs of ESA-listed Puget Sound steelhead, Puget Sound coho, chum, sea run cutthroat and resident trout. Adult spawning and juvenile rearing take place in the creek.

The project will result in design, permitting, and construction that will restore stream processes, reconnect, and restore access to nearly 4 miles of spawning and rearing habitat in Chicken Coop Creek. The desired future condition is a restored site with natural stream morphology, hydraulics, and sediment transport resulting in access to improved salmon spawning and rearing habitat.

The two fish passage barrier culverts, one on E. Sequim Bay Road and the other barrier is on Old Blyn Highway/ Olympic Discovery Trail (ODT). The project will incorporate habitat improvement that include re-grading of the stream channel, addition of large woody materials, and the restoration of riparian habitat adjacent to the culverts. The specifics of habitat improvements will be designed during the design phase of the project. The watershed above these culverts is inaccessible. The project will increase ecological connectivity by providing new spawning area of 36,414 SF and new rearing area of 60,353 SF.



The Tribe is partnering with North Olympic Salmon Coalition (NOSC), a local non-profit organization that works to promote robust wild salmon stocks by furthering habitat restoration and education on the North Olympic Peninsula. NOSC is one of fourteen regional fisheries enhancement groups in Washington State, working directly with State agencies, Tribal governments, and local communities across the Olympic Peninsula. The Tribe and its partner will work with and coordinate with Clallam County roads department for design review, permitting, and traffic flow. North Olympic Salmon Coalition (Salmon Coalition) will manage implementation of the design and permitting process as well as oversight of the project on the ground.

The proposed estimated timeline is presented below:

January 2024: Tribe contracts w/ NOSC for project management.

February 2024: RFP for engineering/permitting/contract documents/bidding. Tribe conducts Cultural & Consultation

March 2024: NOSC hires Design Engineer.

April – Sept 2024: Studies & 60% design (wetland delineation, Geotech, hydraulic modeling). Coordinate with stakeholders.

October – Dec 2024: NOSC & Design Engineer submit permit applications.

Dec ‘23 – June 2025: Permitters consider project, issue permits.

June – Sept 2025: 100% Final Design, Specifications, Bid Package/Contract Documents, Coordinate with Stakeholders.

October 2025: Tribe puts project out to bid.

July – Sept 2026: Construction. Project Completion.

Timeline by Year:

Year 1 (2024): 60% Design & Prepare Permit Applications for 2 Culverts

Year 2 (2025): Permitting & Final Design, Specifications, Bid Package

Year 3 (2026): Construction of 2 Chicken Coop Ck. Culverts



Brain Health For Elders and Everyone

By Dr. Paul Cunningham, Chief Medical Officer

Longevity comes at a price. But does it have to? Can we live to be centenarians AND remain mentally sharp too? When considering what healthy aging entails, historically much attention is focused on cardiovascular health. It may not come as a surprise that what is good for the heart is also good for the brain. The greatest risk factor for most forms of neurodegenerative conditions, dementia in particular, is advancing age. But are the detrimental effects of aging on the brain inevitable? The answer is no and there are actions we can each take now to optimize our brain health over time.

There are multiple causes for memory impairment, including Alzheimer's Disease, vascular dementia, and Lewy Body dementia, to name a few. All forms of dementia result in not just memory loss, but also impaired function in language, reasoning, personality, motor functions such as walking, eating, and bathing, and troubling behaviors. Stealth deleterious changes to our brain occur long before even the earliest signs of cognitive decline become apparent.

While studies show that the pathological brain changes may occur decades before impaired brain function, this suggests that we are afforded the opportunity to implement preventive strategies that might delay age-related cognitive impairment. Acting accordingly is important since currently there are no medical therapies that have proven effective in the prevention of dementia.

Globally humans are living longer, and for children alive in 2010, in nations with the highest life expectancies, many alive today will live 100 plus years. Optimal brain health is important to us as individuals and also for its public health implications. The impact of positively bending the curve of the growing population of older adults with dementia on a strained healthcare system, including financial and caregiving demands, cannot be overstated.

If we consider, for example, the risk of developing Alzheimer's type dementia, research is clear that people who have genetic predisposition to developing Alzheimer's, can cut their risk by up to a half via readily attainable lifestyle modifications. Encouragingly, a healthy lifestyle isn't an all-or-nothing venture. Attending to two or three healthy lifestyle habits reduces risk, while having four or five healthy habits reduces risk even further.

There are numerous variables that impact the aging brain. Here we will focus on three of those for which we can immediately start making positive changes: Exercise, Nutrition, and Sleep. Out of necessity I will highlight and summarize what can be an expansive discussion on each.

Exercise

If you forced me to pick one change to make this year for better brain and overall health, exercise gets my vote. The evidence for investing in daily exercise to optimize our health is irrefutable. Our brain and central nervous system are subject to the same vascular and inflammatory influences as our heart and other vital organs. There is voluminous data on the benefits of exercise contributing to improved brain and heart health, mood, one's overall sense of well-being, and stress reduction. It has been calculated that about 3% of all dementia cases could be prevented by increasing levels of physical activity. An increasing number of studies have emerged indicating the importance of physical activity and exercise for the prevention of the pathological process and complications of dementia.

What is the best form of exercise? Whatever you can do, will do, and enjoy doing, on a daily basis works. The current consensus is that 20-30 minutes a day of activity that gets your heartrate up is a good start. Improved vascular health directly benefits our brain. Additionally, resistance and weight training are important for maintaining muscle strength, bone health, and overall physical functioning. The sooner we incorporate strength training into our daily routines, and build reserves for later in life, the better. Muscle mass tends to diminish as we move from our 50s into the later decades. Increased muscle mass improves our overall metabolic health, including our body's ability to process glucose (sugar), utilize energy stores, and reduce our risk of developing diabetes. Reduced muscle mass and strength increase the risk of falls later in life, and in worst case scenarios hip fractures, resulting in markedly increased morbidity and mortality.

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By maintaining optimal physical functioning, we improve our ability to engage more fully with the world around, resulting in improved brain health along the way.

Nutrition

Pairing regular exercise and strength training with healthier dietary choices is a potent 1-2 punch. My professional bias is that we all should endeavor to get our nutritional needs met primarily through the foods we eat, and that supplements ought to be considered a secondary rather than primary source of essential nutrients. For some individuals the use of dietary supplements may be essential, including those with: dietary restrictions (strict vegans and vegetarians), chronic malabsorption conditions such as celiac or inflammatory bowel diseases, or those with a history of weight loss surgeries. The topic of dietary supplements for a healthy brain and body will be reserved for another time.

Food is the fuel for our body and the brain uses 25% of that each day. The goal ought not be that we always eat perfectly, but rather to make incremental steps towards healthier food choices via a sustainable and palatable diet that meets our individual and family needs. Altering long-standing eating habits is challenging. Rather than thinking about what specific favored foods we need to sacrifice to the altar of better health, I encourage individuals to think about how we can substitute healthier choices for less healthy choices one at a time. The simplest and immediately available shift in thinking is to consider each meal as a fresh opportunity to nourish and fuel our body and brain, rather than acting robotically to satisfy hunger or the various cravings we may experience day to day.

Research indicates that a whole-food, plant-based diet, low in sugar, salt, and processed foods positively affects both cardiovascular and brain health.

Many readers may be familiar with the Mediterranean diet, and some with the similar but less well advertised DASH (Dietary Approaches to Stop Hypertension) diet. The Mediterranean diet has a proven track record of promoting overall good health while reducing the risk of cardiovascular disease, type 2 diabetes and cancer. The DASH diet is a similarly healthy eating plan (rich in veggies, fruits, whole grains, low fat dairy, fish, poultry, beans, nuts) that is effective for lowering high blood pressure. The Mediterranean diet is similar, with an added emphasis on fish and foods rich in healthy fats, especially extra virgin olive oil, along with low intake of meat and dairy.

It's been said that if the Mediterranean diet and the DASH diet had a baby, it would be the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet. This is a mouthful and current research suggests that the MIND diet is a promising way to eat for a healthy brain and, importantly, its simple and attainable. It's also more forgiving and has been shown to cut risk for Alzheimer's (by half) and to keep the brain younger by up to 7.5 years!

The MIND diet can be considered a neuroprotective approach to eating, and is based on nine foods to eat regularly and five foods to limit. The nine foods recommended are: dark leafy green veggies, other vegetables, nuts, berries, beans and legumes, whole grains, fish, poultry, and extra-virgin olive oil. The five foods to limit are: red and processed meats, butter and stick margarine, full fat cheeses, fried/fast foods, and pastries or other sweets. While keeping track of dietary recommendations and meal planning can seem overwhelming at times, if we take it one meal at a time and fill our plates with the above recommended nine, we will naturally elbow out the less healthy choices. Furthermore, this practice will satisfy our palates and reduce some of the cravings that lead to unplanned food choices and binging.

Other diets including Keto, Paleo, Nordic, vegetarian/vegan are topics unto themselves, and best evaluated in the context of individual wellness goals, underlying medical conditions, and likelihood of long term adherence and sustainability.

Sleep:

The importance of restorative sleep is increasingly recognized as right up there with exercise and nutrition for optimal brain health. Spoiler alert: There are no shortcuts to quality sleep. Any prescription medication available, while perhaps sleep inducing, does not necessarily lead to the type of restorative sleep we all need for improved brain function.

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Downstream consequences of poor sleep impact every major physiologic system in the body including: immune, metabolic, thermoregulatory, endocrine, and cardiovascular.

Sleep quality and duration is critical for cognitive processing. It impacts our ability to learn, store and retrieve new information and memories. Disturbed sleeping represents both a risk factor for and symptom of dementia.

Older adults do not sleep as well as younger adults. It remains a point of research as to whether older adults need less sleep, or rather, are unable to generate the sleep that they still need.

More generally, we all are familiar with the consequences of a bad night of sleep: daytime drowsiness, decreased ability to concentrate and complete tasks, and irritability. Chronically poor sleep contributes to cognitive decline, is considered a risk factor for developing dementia, and results in diminished quality of life in the near term.

How can we improve our sleep?

1. Alcohol is a sedative, but sedation is not sleep. Alcohol results in fragmented and less restorative sleep. It's best to avoid alcohol within 3 hours of bedtime.
2. Marijuana may be relaxing and help one fall asleep, but unfortunately it impairs REM sleep, which can result in increased anxiety during our waking hours.
3. Regarding CBD products, the non-psychoactive version of cannabis, limited data suggests it is not harmful to sleep.
4. Caffeine gives energy by blocking adenosine and promoting dopamine release. This is a complex dance of neuroactive brain chemicals which ultimately impairs restorative sleep. Similar to alcohol, it's best to avoid caffeine in the hours approaching bedtime.
5. There is no catching up on lost sleep. While it is possible to sleep longer after a short night of sleep, irregular sleep times and routines are associated with obesity, diabetes, negative cardiovascular and brain health, and overall more poor health. Recommendation: get consistent sleep during the week. You cannot shortchange during the week and catch up on weekends.
6. Snooze button? Consistent bedtime and wakeup time is important, with 8 hours sleep being the goal. Repeatedly hitting snooze can be a significant cardiovascular strain.
7. Basic sleep hygiene is key: brush teeth, dress for sleep, prepare the bedroom, avoid screentime, noise, and maintain a cooler room temperature.
8. The circadian rhythm and melatonin release (huge topic by itself) are largely light related. Melatonin tells the body and brain that it is time to sleep, but it does not promote sleep directly. Concentration of commercially available melatonin products vary widely. Over the counter formulations run 5, 10, up to 20 mg which is far above what is physiological normal. 0.1 to 0.3 mg would be the target dose. If you have benefited from melatonin then that is fine, but generally not recommended. Notably, the niche for melatonin may be for older adults.

A side note on the use of melatonin for children: *In children melatonin is released continuously and acts to suppress the onset of puberty. While short term use of melatonin is considered safe in children, long term use has the potential to delay the onset of puberty.*

9. Napping can be beneficial for cardiovascular health, blood pressure, learning and memory, and emotional regulation. Limit naps to 20-25 minutes, which avoids deeper state of sleep which can result in a nap hangover. For those struggling with sleep at night, such as difficulty falling asleep, it may be best to avoid napping. But if you benefit from naps, then great!

Note: *If you have a bad night of sleep, DO NOTHING. Don't nap, don't drink more caffeine, don't go to bed earlier in an attempt to compensate. Regular bedtime and waking time are the key to good sleep hygiene. Put a bad night of sleep behind you and stick to your routine.*

10. Have a Wind Down Routine: Sleep is not a light switch. Sleep is a physiological process and takes time: meditate, reading, stretching, avoid stimulating activities. Think about bedtime routines of children...
11. Lastly, if you are experiencing difficulty sleeping: don't count sleep, rather visualize a peaceful activity. Rumination and catastrophic thoughts seem to come out at night. Use of a catharsis/worry journal a while before bed may be helpful.

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A super valuable reference for those wanting to learn more about sleep is: Dr Mathew Walker, author of *Why We Sleep*. He is a Neurophysiologist and sleep researcher at UC Berkley and a good jumping off link for his work is at sleepdiplomat.com.

In summary, the more we learn about brain health and wellness, the more we come back to the basics. Regular exercise is always beneficial. Eating whole foods, maintaining a healthy balance of lean proteins, healthy fats, vegetables, berries, and nuts, and eating fewer processed and sugary foods is always advisable, one plate at a time. Supplements may have their place but are less reliable and bioavailable than micronutrients found in our diets. A good night's sleep sets the stage for a productive day and increasingly is recognized as essential for a long and well lived life.

Elders Support and Caretaking Presentation

Do you have a family member, relative, or friend who provides unpaid care for you and you would like to help them? Or do you provide unpaid care for an Elder and would like some extra support? If so, please attend a presentation put on by Elder Services on Monday, September 11th from 12-1pm at Red Cedar Hall. They will provide an overview of the program and support that is available.

Vaccines Available To Prevent “Tripledemic”

By Tom Locke, Public Health and Safety Officer

Seasonal surges of respiratory infection are a fact of life. Last year this surge was especially severe and became known as the “tripledeemic”, a simultaneous outbreak of COVID, Influenza, and a virus known as RSV. Fortunately, this year vaccines are available to prevent all three infections. Jamestown Family Health Clinic (JFHC) staff have begun planning for how best to make them available to community members.

The RSV vaccine is the newest of the three and protects against an infection that causes up to 120,000 hospitalizations and 10,000 deaths nationwide each year. The new vaccine is recommended for those 60 years and older and for anyone with chronic heart or lung disease or immune suppression. The vaccine is currently available through pharmacies and one dose provides lasting protection. An updated Influenza vaccine is also available. The two currently available vaccines, RSV and Influenza, can be given at the same time. They are covered by health insurance and available through pharmacies now.

This year a new COVID vaccine is being developed based on the variant of the virus that is currently circulating (known as XBB). It will likely be available by early October. When the updated COVID vaccine becomes available, JFHC is planning to offer special clinics for Tribal citizens to receive the updated vaccine. Influenza vaccine can also be given at the same time as COVID vaccine.

Public health officials are predicting a repeat of last year's “Tripledemic”. Fortunately, this year we have new tools to protect vulnerable populations from these dangerous infections.

Please contact Tribal Nurse Donna Short at 360-582-4940 with any questions or requests for additional information.

For information regarding using your insurance to receive vaccines at the pharmacies, please contact Billie at 360-582-4858.

yəhúmæct Traditional Foods & Culture Program

Paddle to Muckleshoot

Over one hundred twenty canoes landed at Alki Beach, Muckleshoot territory, on July 30th. Jamestown's newly repaired laxqínəm was one of the canoes. Our canoe carried eleven first timers with a total of twenty-seven helping along the way. Jamestown joined the journey from Jamestown beach on July 26th and everyone was anxious to get back on the water to take part in the canoe journey after a 4-year hiatus due to COVID.

Muckleshoot took good care of us during our seven days stay by feeding us breakfast and dinner, and providing shower and laundry trailers for the 10,000+ campers. Although

they tried to host twenty-four hours of protocol (each tribe sings, dances, tells stories, etc.) each day, things usually wrapped up around 4:00 a.m. to allow enough time to clean the newly built facility and allow a little reprieve to those who were trying to witness all of the tribes' protocol.

Klallams/S'Klallam took the floor on August 4th and we rocked the house!! Extra chairs had to be brought out to seat all our Elders and we proudly represented Jamestown, Elwha and Port Gamble as one group.

Two of our councilmembers, Loni Greninger and Dana Ward helped out during the journey witnessing first hand all that goes into the journey and I'm sure they will bring new ideas back to council.



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There will be no Canoe Journey next year, so we may plan another Klallam/S'Klallam mini journey. Be prepared for 2025 when Lower Elwha will host 20 years after their first hosting.

Jamestown hosts over 1,200 during Canoe Journey Landing at Jamestown Beach

We originally planned to host 500 people when they stopped at Jamestown to camp and share a meal on their way to Muckleshoot. That was soon increased to 800 after noticing all the interest in the journey

after not having one in four years, and the day prior to their arrival we were shocked to see that there were over 1,000 at Lower Elwha intending to stop at Jamestown. Vicki Lowe and Michael Lowe, the cooks for the Jamestown Landing, seemed unphased as the numbers increased. They had over a dozen volunteers helping prep the meal the day before then cook and serve the meal the following day. They were amazing and our hands are raised!

New this year, we reached out to tribal employees, citizens & families looking for volunteers. To our delight, over 80 people signed up and we were then faced with the task of assigning jobs to the volunteers. Thanks go to retired Natural Resources director Kelly Toy, for taking on this job and seeing it through to the end.

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Above: Julie Grinnell-Borde (Prince Family), Elaine Grinnell (Prince Family) and Tribal Elders sitting in the bleachers at the Muckleshoot Protocol.



Above: Justin Hill (Ellis/Becker Family) being wrapped in a blanket at Muckleshoot Protocol.

Below: S'Klallam and Klallam singers and drummers on the floor at Muckleshoot Protocol.





Above: Emma Barrell (Johnson Family) and Eli Smith (Cook/Kardonsky Family) dancing in their regalia at the Muckleshoot Protocol.

Below: Cook/Kardonsky cousins at Jamestown Beach canoe landing, LR: Theresa Lehman, Gloria Smith and Linda Ruffcorn.



Above: Emma Barrell (Johnson Family), Eli Smith (Cook/Kardonsky Family), Loni Greninger (Prince Family), Mackenzie Grinnell (Prince Family), Jesse Osmer (Twiggs/Newman Family) and Dezi Osmer (Twiggs/Newman Family) at the Muckleshoot Protocol.

Below: S'Klallam and Klallam singers and drummers at Jamestown Beach for the canoe landing.



A BIG shout out to all those who volunteered! It was amazing seeing so many people come forward and we hope you found it rewarding. We're still figuring out how it works, but we have two years to figure out how to host 5-6,000 in 2025.

Jamestown's Singing & Dancing and Harvest and Hang

Join us with your drums, rattles and voices and stick around for a light dinner. A couple things are ready to harvest at the garden! Volunteers are welcome to come any time between 3:00-5:00 to help with weeding, planting and good company, then "hang" around for a light meal with singing to follow.

Jamestown's bi-weekly singing and dancing at the Community Wellness Garden on Wednesday's 5:00-7:00 pm.



Above: Members of the Jamestown Canoe Family pulling the laxqinam to shore at Alki Beach.

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What: Harvest & Hang, Jamestown Song & Dance

When: 13th, 27th **Song and Dance** 6th, 13th, 20th, 27th **Harvest and Hang**

Where: Community Wellness Garden, 182 Marinas Way, Sequim

Jamestown's Community Garden Volunteer Day

We are continuing to ask for assistance at the garden and opening it up to the non-native community and coworkers through the summer. Volunteers are welcome the second Thursday of each month (through October). Garden staff are grateful for the help and look forward to the community connection. If you know anyone outside of our community that wants to give back to the Tribe tell them to swing by for our fourth Community Garden Volunteer Day.

What: Community Garden Volunteer Day

When: September 7th 2023

Where: Jamestown's Community Garden, 182 Marinas Way, Sequim

Clam Digging

There will be a clam dig on September 27th if biotoxin levels are good. We will be meeting outside the Admin building in Blyn. This is a great opportunity to learn more about harvesting shellfish if you have not done so before or a great opportunity to dig clams for a tasty meal with the company of others while you dig.

Please bring your subsistence cards and remember that whatever you dig, you'll need to carry back to your car! If there are elders that are unable to dig, please contact Ricky Johnson.

What: Clam Digging in Blyn

When: September 27th, 8:00 a.m.

Where: Blyn outside the Admin Building, 1033 Old Blyn Hwy

Salal Harvest and Fruit Leather Making

Mackenzie is venturing out into the woods again, this time to gather salal berries. We'll return to the TFC kitchen afterwards to blend up a mix of berries to make fruit leather.

What: Salal Harvesting

Where: Meet at the TFC building, 197 Corriea Rd, Sequim

When: September 16th, 10:00 a.m.—2:00 p.m.

Gather & Cook

We're starting up our monthly Gather & Cook and looking for someone to lead us in cooking a meal. Please contact Emma by September 11th if you are interested in being a guest cook, you can lead from anywhere! We ask that the meal include one traditional food. We provide a \$100 thank you stipend. Those interested must have the ability to log into ZOOM to present and guide citizens/ descendants through a cooking demonstration unless they choose to cook in the TFC kitchen. We ask that the recipe be applicable to all levels of cooking and that it can be prepared within 1 1/2 - 2 hours.

If you'd like to cook the meal along with us at your home, reserve your ingredient kit by September 22nd. Kit pick-up will be Tuesday September 26th 11 a.m.—5:30 p.m. unless you arrange an alternate time with Emma.

If you're not interested in cooking, the TFC kitchen will be open for up to 8 people who are interested in watching staff follow along and cook the meal for everyone in attendance to enjoy together after the camera is off.

What: Gather & Cook

Where: ZOOM and at TFC kitchen

When: September 26th, 5:30 p.m.

yəhúmæct – take care of yourself

Lisa Barrell, lbarrell@jamestowntribe.org, Cultural Programs Supervisor 360-681-3418

Mackenzie Grinnell, mgrinnell@jamestowntribe.org, Traditional Foods Coordinator 360-681-3408

Emma Barrell, ebarrell@jamestowntribe.org, Traditional Foods & Culture Assistant 360-681-3414



Library Corner

Learning Our Landscape

September 14, 2023

3:00 pm — 4:30 pm

Online

Sluicing the Hogback: The 1914 Port Angeles Regrade Project

David Brownell, Executive Director of the North Olympic History Center

will talk about the 1914 "sluicing of the hogback," when the street levels of Port Angeles were raised over 10 feet in some areas by sluicing the "hogback," a hill on the east side of the city. The NOHC recently digitized an album of over 100 photos documenting the project from start to finish, which are now available online.

Join Zoom Meeting <https://us02web.zoom.us/j/81505777609>

Meeting ID: 815 0577 7609

Film Night is Back!

The Tribal Library is partnering with the Dungeness River Nature Center to present a series of films this fall/winter starting in September.

Thursday, September 14th

6:30pm-8:30pm

At the Dungeness River Nature Center

"Stuffed" a documentary on the art of taxidermy, followed by a panel discussion with Annette Hanson, Powell Jones, and Elizabeth Barrett, West End Taxidermy. Elizabeth recently refreshed the cougar's snarl for the River Center's exhibit room.



Washington State Library Digital Heritage Grant

The library was recently awarded \$14,536 to continue our work with the digital archives. We will identify items in the physical archives that need to be digitized, make physical copies of "born-digital" items, and scan a treasure trove of documents in the Tribal Historic Preservation Officer's files.

New Books



***Classified: The Secret Career of Mary Golda Ross, Cherokee Aerospace Engineer* by Tracy Sorell (Cherokee)**

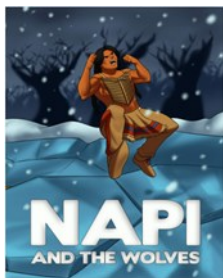
Mary Golda Ross designed classified airplanes and spacecraft as Lockheed Aircraft Corporation's first female engineer. Find out how her passion for math and the Cherokee values she was raised with shaped her life and work.



***Great Bear: The Misewa Saga, Book Two* by David Robertson (Norway House Cree)**

In this second book in the Narnia-inspired Indigenous middle-grade fantasy series, Eli and Morgan journey once more to Misewa, travelling back in time.

(Continued on page 15)



***NAPI & The Wolves: Level 3 Reader*
by Jason Eaglespeaker (Blackfeet/
Duwamish)**

NAPI Level 3. For the "eager reader", these stories are full of new vocabulary, humorous dialogue and deeper insights. When NAPI is warned not to jump too long on the ice — he quickly learns a gross lesson about the

value of listening.

Who is NAPI? He is a trickster character that Blackfoot families have used for thousands to empower and educate others about the world around them.



Library Construction Update

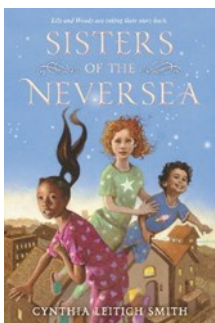
Jamestown Excavating has returned to finish the storm system, install the grinder pump, and grade finish grade for sidewalks. Interior painting and bathroom tile work has begun and will continue into this week.



***Power of Style: How Fashion and
Beauty Are Being Used to Reclaim
Cultures* by Christian Allaire
(Ojibwe)**

Style is not just the clothes on our backs—it is self-expression, representation, and transformation. As a fashion-obsessed Ojibwe teen, Christian Allaire rarely saw anyone that

looked like him in the magazines or movies he sought out for inspiration. Now the Fashion and Style Writer for Vogue, he is working to change that—because clothes are never just clothes.



***Sisters of the Neversea* by Cynthia Leitich Smith (Muscogee Creek)**

"In this incisive, thrilling modern version of *Peter Pan*, two stepsisters, one Muscogee Creek and the other white, discover Neverland is not as advertised. Socially conscious readers may most appreciate Smith's supportive portrayal of blended families and Native youth, but any reader looking for a brilliant, suspenseful fantasy adventure should also find SISTERS OF THE NEVERSEA thrilling and tremendously fun." —Shelf Awareness, starred review

Library Services

Book mobile services—We will continue to take a break through September--unless you are desperate for new reading material! If so, we fully understand and will be happy to make a special delivery! Just 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 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.

Research—If you have a question or topic that you need to research, we are happy to help. If you have any questions or concerns, would like mobile or curbside services, or help with research, please call us at 360-681-4632 or email library@jamestowntribe.org.

Cedar Greens

is pleased and excited to extend our Health Services!

We have partnered with Puyallup Tribe's natural healing center, called Qwibil. Qwibil will be sending a Naturopathic Physician to Blyn once a month. Call for an appointment!



Please join us in welcoming Drs. Katrina Liams-Hauser and Selena Eon.

Qwibil's doctors are experts in medical cannabis. They can incorporate cannabis into a complete treatment plan utilizing the best of natural and conventional medicines and treatments. They provide medical cannabis authorization ("Medical Card") and renewals.

Example of a WA state Medical Cannabis Recognition Card:



Regular appointments are available, including Telehealth, and they will collaborate with your other healthcare providers as needed. They carefully follow all WA state laws and work with medical cannabis patients of ALL ages.

In addition to medical cannabis consultation and authorization, these physicians offer a natural approach to healthcare that can include herbal medicine, nutritional counseling & supplements, and lifestyle medicine (sleep, movement, stress management, spirituality).

The word "Qwibil" is a Lushootseed word that literally means to fix oneself mentally, physically, and spiritually. "Qwibil" implies personal responsibility for a journey to transform your body, mind, and life, to become the best version of yourself.

* Contact Qwibil to set up your appointment at the Jamestown location 253-392-2400. *
LOCATION: the Jamestown Tribe Justice and Enforcement Center, 110 Sophus Road.

We are currently in network with Cigna, First Choice, Regence, Premier Blue Cross, Medicaid/Managed Medicaid Plans (not including United Healthcare). We cannot accept Medicare.

FREE Health Professional Cannabis Consultation Available!



Cedar Greens works with a *Pharmacist* and a *Registered Nurse* to offer consultations regarding safe and effective cannabis use.

These professionals can answer your questions about drug interactions or disease interactions that might arise with cannabis use, and can provide examples of approved products that might help with specific conditions.

**Call 360-489-6099 to
schedule an appointment.**



Court Fines and Debt Relief

Provided by the Native American Unit of Northwest Justice Project



Dear Legal Aid Abby,

I owe money from a past criminal conviction that I'm not able to pay. I've heard you can reduce or cancel these debts, how do I get started?

-Frazzled Francesca

Dear Frazzled Francesca,

You are right, there are two new laws that may allow you some relief from court debt from criminal convictions, called "legal financial obligations" or "LFOs." These LFOs not only create a financial burden, but sometimes they can prevent you from vacating your conviction or hurt your chances of securing a job or housing.

The new laws, HB 1412 and HB 1169, took effect this year. These laws gave Washington courts more leeway to lower LFOs and opened up LFO relief to more people. The laws also limited courts' ability to collect some old legal financial obligations.

If your case is old enough (in many cases about 10 years old), the court may no longer be able to collect the LFO debt, but you do have to ask the court to cancel your debts. If you have cannot afford to pay, you can ask to reduce your debt or set up a payment plan. If your LFOs are with a private collection agency, you can ask the court to take the debt back so you can make payments to the court. This means your payments go to the debt and not to collection fees.

The process to ask the court to reduce your debt is usually not very difficult, but it can get complicated, especially if you have multiple cases in different cities or counties. First, you need to find the case numbers for your original cases. You can also request a copy of your criminal history from Civil Survival by filling out their form at <https://civilsurvival.org/contact/request-criminal-history/>. If your case was in Superior Court, you can use the Living with Conviction webapp to prepare all the necessary documents to file with the court. That is available at this address: <https://livingwithconviction.org/lfo-help>.

If your case was in District Court or Municipal Court, you or your lawyer may need to prepare the court forms. It is best to start by contacting the clerk at the court your case was heard in and ask for their process in filing a petition for LFO relief. You may be able to resolve your LFOs in some courts just by filing this petition; other courts might require a hearing in front of a judge.

You may need the assistance of an attorney. Contact a private attorney or, if you are low-income, you might qualify for free legal help from the Northwest Justice Project: Apply online at nwjustice.org/getlegal-help or call CLEAR 1-888-201-1014 weekdays 9:15 a.m. until 12:15 p.m. This line is often busy. Keep trying!

-- Legal Aid Abby

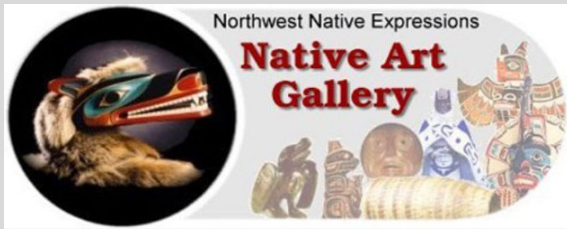


Northwest Justice Project

nwjustice.org

Find free information and court forms at:
washingtonlawhelp.org





Freshen up your home décor! These beautifully designed boxes are created by Dennis Allen (Skokomish) and are perfect addition to home!

Northwest Native Expressions Gallery
1033 Old Blyn Highway
Sequim, WA 98382
360-681-4640
Shop Online!
www.NorthwestNativeExpressions.com

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!



Mitch Koonz
Jamestown S'Klallam Tribe
Talent Acquisition Specialist
P: 360-582-5782
E: hr@jamestowntribe.org



Nadine Dekema
7 Cedars Resort Properties
HR Assistant
P: 360-582-2492
E: hr@7cedars.com

#JAMESTOWN SKLALLAMTRIBECAREER  

Klallam Phrase Matching Key:

- | | | |
|---|---|-------------------------------------|
| 1. mán' k ^w u? ʔáy' ʔa? ti n'sʔənʔá. | G | It's very good that you've come. |
| 2. mán' k ^w u? ʔáy' ʔa? ti n'stáči. | A | It's very good that you got here. |
| 3. háʔnəŋ cn ʔa? ti n'sʔátə. | F | Thank you for being here. |
| 4. ʔáy' k ^w i ʔa? ti n'sʔátə. | C | It's good that you're here. |
| 5. háʔnəŋ cn ʔa? ti n'sʔəŋaʔtəŋ. | B | Thank you for your gifts. |
| 6. háʔnəŋ cn ʔa? ti n'sʔəŋaʔc. | E | Thank you for what you've given me. |
| 7. háʔnəŋ cn, nəscáʔčaʔ. | D | Thank you, my friend. |

Interested in Attending Tribal Council Meetings?

Contact Ann Sargent at asargent@jamestowntribe.org receive the date, time, and Zoom meeting address for the next meeting.

New Edition of Totem Book !

If you would like to receive the latest edition of *Poles of the Jamestown S'Klallam Tribe, The Art of Dale Faulstich*, please contact Jackie Johnson, jjohnson@jamestowntribe.org

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
Jamestown Healing Campus: www.jamestownhealingclinic.com
Northwest Native Expressions Gallery: NorthwestNativeExpressions.com
Dungeness River Nature Center: www.dungenessrivercenter.org
Kurt Grinnell Aquaculture Scholarship Foundation; www.kurtgrinnellscholarship.org

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/jsktchildrenandouth>
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 Nature Center: <https://www.facebook.com/dungenessrivernaturecenter>
SCS Client Navigator: <https://www.facebook.com/jamestownnavigator>

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.

Men's IXG (Strong Cedar Group)

Men's wellness and recovery support group held in the Blyn
Campus Elders Lounge. For more information,
contact Eric Greninger at 360-681-4625 or
egreninger@jamestowntribe.org

Jamestown Healing Clinic

Need help with your substance abuse disorder? Prospective patients interested in services from Jamestown Healing Clinic are encouraged to visit www.jamestownhealingclinic.org or call the clinic during business hours at (360) 681-7755.

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day	5	6 Men's IXG Harvest & Hang	7 Community Garden Volunteer Day	8	9
10	11 Caregiver Support Presentation	12	13 Harvest & Hang Song & Dance	14	15	16 Salal Harvest & Fruit Leather Making
17	18	19	20 Men's IXG Harvest & Hang	21	22 Annual JST Elder Luncheon	23
24	25	26 Gather & Cook	27 Clam Digging Harvest & Hang Song & Dance	28	29	30

Mens IXG ʔiyém' xpayíłč (Strong Cedar Group)— A wellness/recovery support group held in the Elders Lounge. A safe place to speak from the heart and feel free to share your story. Food and coffee provided. When: Wednesday, September 6, 1—2 p.m. @ the Elders Lounge.

Annual JST Elder Luncheon— Join us for our Annual JST Elder Luncheon on Friday, September 22 at the Vern Burton Community Center. Doors open at 10am. Lunch starts at noon. Buck Ellard takes the stage from 1—3 p.m.

For more details about Elder Services events call:

Ricky Johnson (360)582-6779
Sandy Kardonsky (360)477-3842
Bridgette Light (360)809-9441
Crystal Chavez (360)809-8858
Christine Kiehl (360)460-1656



September Birthdays

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

The Jamestown S'Klallam Tribal newsletter is published monthly. Please submit items by email to Jackie Johnson at jjohnson@jamestowntribe.org or by US Mail to the address below, or call her office at 360-.681-5629.

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 360-681-4606. Other newsletter recipients: Please send changes of address to Jackie Johnson at the address/phone above.

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 Nature 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 Healing Clinic	360-681-7755
Jamestown Land Survey	360-681-4586
Jamestown Networks	360-582-5796
JST Capital	360-460-6890
Longhouse Market and Deli	360-681-7777
Newsletter Editor	360-681-5629
NWNE Gallery	360-681-4640
Public Safety & Justice Center	360-681-5600
Social & Community Services	360-681-4617
Tribal Library	360-681-4632
Tribal Gaming Agency	360-681-6702
Tribal Veterans Representative	360-434-4056

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

rblankenship@jamestowntribe.org, 360-460-0045

Theresa R. Lehman, Treasurer

lehman1949@hotmail.com, 360-457-5772

Dana Ward, Council Member

dward@jamestowntribe.org, 360-774-0773