

TRIBAL NEWSLETTER



Volume 45, Issue 5, May 2024

Early Cancer Screenings Save Lives and JFHC Tribal Clinic Nurse Provides Comprehensive Support

by Jackie Johnson, Tribal Communications and Publications Specialist

The United States Centers for Disease Control and Prevention (CDC) indicates that “American Indian and Alaska Native people were more likely to get liver, stomach, kidney, lung, colorectal, and female breast cancers than White people in most regions.” Specifically for breast cancer, current statistics show that 1 in 8 Native women will get breast cancer in their lifetime. This rate is 7% higher than the cancer rate of non-Hispanic white women.

Sadly, with all the different types of cancers, breast cancer is the second most life-threatening type of cancer for Native women. To gain a visual of this statistic, imagine being in a room with eight Native women, one of those women will likely have had breast cancer. This is why early cancer screenings are so important to follow through on. The American Indian Cancer Foundation recommends that Native women between the ages of 45 to 54 have annual screenings, with the option to begin early screenings at 40, and once 55+ to opt for screenings every two years.

Remembering to schedule these appointments can be challenging, but luckily Tribal Citizens have a Tribal Clinic Nurse at Jamestown Family Health Clinic whose job is to help with nearly everything health related! Donna Short is a friendly and familiar face to many, and if you haven't had the chance to meet her, now is the time!

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Indigenous Pink Breast Health

1 in 8 women will get breast cancer in their lifetime

Increased Risks

- GENETICS:** Inherited DNA changes in genes
- GENDER:** Being female
- FAMILY HISTORY:** Mother, sister, daughter has had breast cancer
- BREAST DENSITY:** High density breasts
- AGE:** Getting older (40)

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations

- Age 40-44: Option to begin annual screening
- Age 45-54: Annual screening
- Age 55+: Screening every 2yrs, Option to screen yearly

What can I do?

- BREASTFEED:** Breastfeeding reduces estrogen exposure that helps prevent breast cancer
- WEIGHT CONTROL:** Overweight or obese women are at a higher risk
- EXERCISE:** Exercising 3 days/week may lower your risk
- REGULAR MAMMOGRAMS:** Women 40+ should have the option to have a mammogram once a year
- LIMIT ALCOHOL USE:** Alcohol can increase estrogen which can increase risk
- REGULAR BREAST EXAMS:** Speak to your health care provider for options

Breast cancer is the 2nd leading cause of cancer death for American Indian women. A mammogram may save your life.

American Indian Cancer Foundation.

Talk to your health care provider about when screening is best for you. @AICAF_ORG

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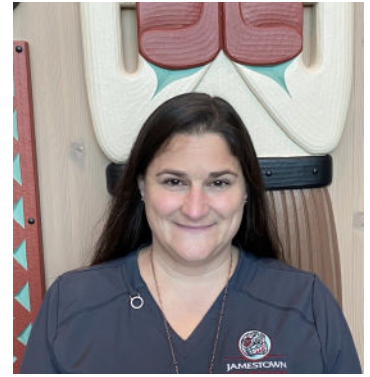
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Not only does Donna assist with communicating with physicians, referrals, and one-on-one appointments with Tribal Citizens, in the event there is a diagnosis, she is your number one supporter and advocate throughout treatment, too.

Recently a Tribal Elder, Cathy MacGregor, received an early diagnosis of breast cancer, and has undergone treatment with Donna's support.

"Donna was sitting right next to me the whole way," said Cathy, "so when I deal with anxiety and like those types of doctor's appointments, it's so much easier when you have somebody else there. She's fantastic because she's one of the people I can go to who knows a lot of what I'm going through and is optimistic during times when I'm not. It's wonderful to have someone who can really understand what I'm going through."

Support with early cancer screenings and treatments is one of the many services that Donna Short provides to Tribal Citizens. To schedule an appointment with Donna and to learn more about her services email dshort@jamestownhealth.org or call (360) 683-5900.



Donna Short, Tribal Clinic Nurse, Jamestown Family Health Clinic

Tribal Elders Attend Chehalis Annual Elder Luncheon

The Jamestown Elders recently attended the Chehalis Tribe's Annual Elder Luncheon in Rochester, WA. While most elders spent the night at the Lucky Eagle Hotel, some attended the event just for the day. During their visit, they also visited Centralia Fur and Hide, a key supplier for many tribal programs. The group included Walt Norton, Michael Lowe, Vince and Kim Prince, Arlene and Bob Red-Elk, John and Andrea Adams, Vicki Bill, Deborah Hutsell, Pat and Patsy Adams, Mary Norton, Jack Grinnell, Elaine Grinnell, Victor Knickerbocker, Steve and Megan Johnson, along with Elder Program Staff member Justin Hill.



Above: Tribal Elders, Janet Duncan (left) and Elaine Grinnell (right).



Above: Patsy Adams, Pat Adams, Vince Prince, Kim Prince, Walt Norton, Mary Norton, Michael Lowe

If you know a Tribal Citizen or Descendant graduating from high school or college, we want to recognize their achievement in the Jamestown S'Klallam Tribal Newsletter!

Please provide the graduate's

- Name
- Tribal family and any relatives
- School and the degree earned
- Future plans
- A photo

Please submit content by June 7.

For more information, contact Gage Jackson by email, gjackson@jamestowntribe.org, or phone, 360-681-4617.

TRIBAL NEWSLETTER GRADUATE FEATURE



**CONGRATULATIONS
CLASS OF 2024!**

Election Board Announcement

Dear Tribal Citizens,

Postcards went out to all un-registered voters.

To register to vote or update your signature verification form, please contact the Election Committee Chair, Michael Lowe, at: 360-460-7168.

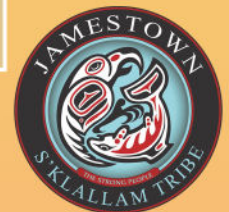
He will send you the necessary form to fill out and return.

Editor's Note

In previous newsletters, when identifying members of the Johnson/Wood Family, the name was accidentally misspelled as "Johnson/Woods". We regret this error, and thank you for your understanding and patience.

ATTN: TRIBAL CITIZENS

IF YOU DID NOT RECEIVE A BALLOT IN PREVIOUS ELECTIONS, MAKE SURE TO COMPLETE A SIGNATURE VERIFICATION FORM.



To receive a form or if you have any questions about voter eligibility contact the Election Committee Chair, Michael Lowe.

Phone: 360-460-7168

To be eligible to vote in the upcoming Tribal Election, a Signature Verification Form is required to be on file.

Once you have completed your Signature Verification Form, please mail it, or drop it off at the Tribe's Administration Building.

Jamestown S'Klallam Tribe/Election Committee
1033 Old Blyn Hwy,
Sequim, WA 98382

Powell Jones Begins New Role With Tribe as Land Stewardship Manager

After more than two decades with the Dungeness River Nature Center — the past 12 as its director — Powell Jones is shifting into a new role for the Jamestown S’Klallam Tribe. Starting on May 1st Powell will begin his new position as the Tribe’s Stewardship Land Manager.

As land stewardship manager for the Tribe, Jones will be overseeing numerous conservation properties on the North Olympic Peninsula, including Railroad Bridge Park and dozens of properties along the Dungeness River.

Powell said that overseeing Railroad Bridge Park and being a part of its development as habitat for Pacific salmon, birds and other animals has been one of the highlights of his career at the River Center.

Jones said he is looking forward to taking the next step in caring for conservation properties. “It has been amazing to help develop the River Center into a World Class nature center and in my new role I will have opportunities to help meet the same level of excellence that the building and center do, with Railroad Bridge Park and many other Jamestown S’Klallam conservation properties,” he said.



For his new position, Jones said he will look to help enhance habitat, maintain, and improve recreational opportunities, and assist in monitoring these conservation properties over time.

“Looking at all these pieces of land that are being restored interests me,” he said. “I am looking forward to helping the conservation properties become examples of how private and public landholders can responsibly manage conservation properties.”

As for his thought on leaving the River Center after 20 plus years Jones said, “I am so grateful for continued and growing support that (visitors) have shown the (Dungeness River Nature Center) and to myself as director,” Jones stated in a press release. “Without your belief, and the support that comes with it, the Center would not be in the wonderful position it is today. Together we have made a huge impact in our community and beyond.”

It meant a lot to him to see the River Center and park grow.

“Being from here, it’s been incredible,” he said, attributing that growth to efforts of staff and volunteers. “I don’t think I would have imagined it looking anything like this in 2016. So to see it come this far, I’m extremely proud of it.”

As he reflected on the River Center’s transformation in 2022 following massive renovations, Jones said he loves that he “got to help people’s dreams come to fruition.”

He added that he’s proud of the dedicated exhibit space and that he lobbied for the outdoor cedar hat classroom.

“As an educator, I love that space,” he said.

A final selection for a new director is underway with the Tribe posting the position on its website. A final selection of a new director will be made by the River Center’s board of directors. Currently, Annette Nesse, former chief operations officer of the Tribe and long-time River Center advocate, is serving as the interim director during the selection process.

For more information, visit [jamestowntribe.org/careers](https://www.jamestowntribe.org/careers).

Tribal Descendants Join Culture Department

Jesse Osmer (Twiggs Family) - Culture Gatherings Assistant



Jesse Osmer joins us from the Healing Clinic. Jesse is from the Twiggs Family and will be the new Culture Gatherings Assistant. Jesse has been very active at our events and you've most likely seen him at the singing & dancing events and language classes. He will be assisting our Culture Coordinator, Emma Barrell (Johnson/Wood Family) with the day-to-day activities, ceremonies and other "duties as assigned." His biggest task will be coordinating the annual canoe journey.

Jesse Osmer (Twiggs Family), Culture Gatherings Assistant, josmer@jamestowntribe.org, 360-681-5617

Jesse Osmer (Twiggs Family), second from right .

Mikaya Haller (Cook/Kardonsky & Chubby Family) - Traditional Foods Assistant



We are welcoming back our Culture Department/Traditional Foods intern from 2021, Mikaya Haller! Mikaya is from the Cook/Kardonsky-Chubby Family and will be filling the Traditional Foods Assistant (TFA) position. As the TFA, Mikaya will be helping our Traditional Foods Gathering Coordinator, Mackenzie Grinnell, organizing our traditional foods and community wellness garden activities.

"I am excited and grateful for the opportunity to be returning to the Traditional Foods and Culture Program! I am looking forward to sharing the knowledge that I have as well as learning and growing together. I raise my hands for the opportunity and the warm welcome!" - Mikaya Haller

Mikaya Haller (Cook/Kardonsky-Chubby Family), Traditional Foods Assistant, mhaller@jamestowntribe.org, 360-681-4659

2024 Jamestown Holiday Craft Fair Postponed

We are sorry to have to inform you that we have decided to cancel the 2024 Jamestown Holiday Craft Fair, originally scheduled for November 2nd. Due to personal reasons, I am unable to run the fair this year.

If you have requested to be on my list for applications or were a vendor at our Fair in 2023, you will receive information and applications next Spring for the 2025 Craft Fair.

Thank you for your understanding,

Jorene Dick (Dick/Chubby Family)
Jamestown Craft Fair Organizer

Optimizing Your Primary Care Visit

By Dr. Paul Cunningham, Chief Medical Officer



Family Medicine physicians, Nurse Practitioners and Physician Assistants at Jamestown Family Health Clinic and elsewhere care for patients young and old. Many patients enjoy good health. Others do not. Obtaining high quality, evidence based, and patient centered care entails attending to chronic disease management, preventative care, and responding to unexpected acute health care concerns and/or exacerbations of underlying medical conditions. My hope here is to bring an understanding to the complexities of providing high quality primary care in the context of an often bewildering, frustrating, and increasingly fragmented healthcare system. By offering tips and aligning expectations, my goal is to offer insight and suggestions as to how you might optimize your primary care office visits. We will begin with what healthcare professionals refer to as chronic disease management.

At any given visit, primary care providers may be tasked with addressing and managing a variety of recent or long standing medical conditions. Such chronic diseases may be stable, while others may be poorly controlled and/or evolving. These conditions may include: diabetes, high blood pressure, heart disease, depression/anxiety, dementia or memory loss, and degenerative arthritis, amongst others. Often individuals are unaware, unsure, or perplexed by the status of their own medical conditions. Providing thorough, appropriate, and patient centered care can be challenging, particularly when tasked with reviewing and managing numerous conditions all at once, especially when a given office visit affords a limited amount of time to do so. Properly attending to and reviewing ongoing medical conditions, even those deemed stable, entails your provider asking about current symptoms, new or evolving patient concerns, reviewing existing treatment plans and medications, along with pertinent diagnostic and lab results. What some patients may view as a simple “medication refill” is, for the provider, a carefully orchestrated and organ systems focused review, intended to reveal new areas of concern and determine whether the current treatment plan, including medications, remain effective, safe, and appropriate. More on this in a moment.

A well trained and attentive Family Medicine provider endeavors to partner with their patients in a holistic manner in order to offer the best care possible, tailored to the needs and wellness goals of each individual patient. In addition to attending to chronic and acute medical conditions, your primary care team cares equally about age and gender appropriate preventative care. Such care includes: screening tests and questionnaires related to cardiovascular health, early stage cancer detection, mood disorders, unhealthy substance use, cognitive decline, fall risk, immunization status, and more. This seemingly ever expanding list of screening options and interventions are intended to keep one healthy and/or detect asymptomatic conditions at a stage in which they remain highly treatable. Such preventative care discussions take time, are dependent on individual patient’s past medical history, wellness goals and preferences, and subject to a dizzying array of insurance coverage parameters and co-pays. Advising patients regarding optimal nutrition, exercise, vitamins and supplements, and responding to patient questions about the latest healthcare or diet fad promoted in print, television, or social media takes time and involves informed shared decision making between provider and patient. One size does not fit all, and the risk vs benefit calculation varies for each patient. Even assuming ample time and a trusting patient-provider relationship, a confounding factor is your insurance coverage, be it Medicare, Medicaid, VA/Tricare, Commercial, or other. Despite how some may feel about the Affordable Care Act, ie “Obama Care”, it largely leveled the playing field as to how payers (insurance companies) are required to offer a spectrum of preventative services, often with no co-pays for the healthcare consumer. This is a good thing. More on this in a moment.

While you and your provider can spend your time together, in any given visit, in the manner that best meets your needs, it behooves us all to understand how medical clinics are paid for their services. Briefly and simply, in the world of healthcare billing and insurance, a service provided to you by your primary care provider is either problem-oriented vs preventative in nature. Problem-oriented services entail managing, evaluating, and treating existing or new medical conditions. This includes going to your doctor for a medication review and refill, addressing new symptoms and concerns, or following up on any type of condition outside the realm of preventative care. Problem-oriented visits generally include co-pays as determined by your insurance company. On the other hand, a visit dedicated exclusively to preventative services, as previously outlined, most patients have no co-pay for that office visit. It is the same logic as to

(continued on pg 7)

why screening diagnostics such as mammograms, Pap smears, or colorectal cancer screening procedures are usually provided at no cost to the patient whereas elective or other procedures and surgeries may incur significant out of pocket expenses. I point out this business side of problem oriented vs preventative care billing in order to align expectations and avoid patient confusion and frustration. This brings us to my recommendations for getting the most from your primary care visits.

1. While there are no rules that forbid mixing problem focused and preventative care services, beyond the out of pocket costs consideration outlined above, you will be best served dedicating a visit every 1-2 years exclusively to preventative care discussions with your primary care provider. Doing so allows them to complete a thorough and thoughtful review of your preventative care needs, engaging in informed shared decision-making with you, and giving you both the time to ask and answer questions.
2. If able, when coming in to discuss your chronic medical conditions, bring your medication bottles with you, even if you rely upon a weekly pill organizer. Medication errors are one of the biggest risks for patients as they age and accumulate more than a couple of prescription medications. This is particularly true if you have been in and out of the hospital, emergency room, or rehabilitation nursing facility since your last visit, because such transitions in care are a common way that medications change without your primary care provider knowing about it. Bringing your pill bottles in allows the medical assistant and provider to accurately reconcile what you are actually taking vs what your chart says you are. The standard question: "have any of your medications changed since your last visit?" is wrought with uncertainty and inaccuracies.
3. Prior to your visit, write down the topics or concerns you hope to cover in that visit. Sharing this information with the medical assistant who rooms you and takes your vital signs is a good start to aligning your visit agenda with that of your provider. Items on your list may need to be prioritized and some may require a subsequent visit but having such a checklist ensures your concerns are addressed then or in the near future.
4. What about bringing a family member or friend along to your visit? This is almost always okay, and sometimes advisable with the following qualifier. First and foremost, your provider wants to hear from you. A valuable part of a visit is for your provider to measure your understanding of things and also observe how you respond to questions. Having someone along to fill in history gaps or provide another perspective, upon request, can be valuable and productive, as long as the intent is to offer support and additional input, rather than taking the lead or subordinating the patient's autonomy in a visit. As a geriatrician, even when I am engaging with a patient whom I know to have significant cognitive impairment, it is most respectful and appropriate for me to direct my attention and questions to the patient initially. A side note regarding younger patients. In Washington state, when a child turns 13, their parents no longer automatically have access to certain parts of their medical records. The law specifically recognizes a teen's right to privacy and autonomy around mental and reproductive health care. For this reason, during a visit in which a parent accompanies a teen, the provider may ask for the parent to leave the exam room briefly in order to allow the teen to discuss such topics in a confidential manner. Importantly, if a provider were to obtain any information that indicates the teen might be at imminent risk for self-harm or harm to/from others, either the parent or appropriate authority would be notified, as circumstances dictate.
5. Lastly, do your best to accurately and directly communicate your needs and expectations with your provider and their care team, while recognizing that time restraints may limit the number of items that can be thoughtfully addressed in a given visit. While no hard and fast rules exist, if you expect thorough and careful attention to your concerns, expecting to address more than 2-3 problems in a given 20 minute appointment is not a recipe for success. Work with your care team to prioritize items for each visit. On a case by case basis, there are situations in which your provider can offer a longer visit and/or schedule a visit in a time slot that may allow more time together. If you are new to a provider or clinic, and you have a long list of medical conditions that require attention and/or new concerns, expect to take a few visits for both of you to acquaint yourselves with one another and your care needs, and work in a collaborative manner on a plan to address your concerns while setting a realistic timeline for getting through them.

Speaking on behalf of Jamestown Family Health Clinic, we have a team of clinically astute, caring, and holistically minded physicians, nurse practitioners, physician assistants, nurses, medical assistants, mental health counselors, and patient care coordinators, who are dedicated to providing high quality, timely, and patient centered primary care. We believe that the best healthcare is dependent upon a mutually respectful and trusting patient-provider relationship. We are also imperfect and don't always do everything just right every single time, and remain open to honest and constructive feedback, so that we can continue to grow, improve, and best need the needs of our patients now and into the future.

yəhúmæct

Culture Department Announcements & Events

ʔáyəſ čən'íluʔ – Happy May!

All Culture Department hosted events are open to all Jamestown Tribal Citizens, Descendants, and their families.

Song & Dance

Join us for our bi-weekly song and dance. Song and dance will be held at the Community Garden every other Wednesday. This is a good time to learn our songs, learn how to lead, or learn how to dance! We will provide a light meal beforehand.

Both Lower Elwha and Port Gamble have opened their bi-weekly song and dance to Jamestown and you're welcome to stop by and join in on their days. If you plan to attend LEKT or PGST, please check with them to make sure it has not been cancelled.

What: Jamestown Song & Dance

When: May 1st, May 15th, May 29th, 5:30 p.m. to 7 p.m.

Where: Community Wellness Garden, 182 Marinas Way, Sequim

What: Intertribal Song & Dance Hosted by Port Gamble S'Klallam Tribe

When: May 24th, 5:30 p.m.

Where: Red Cedar Hall, 1033 Old Blyn Highway, Sequim WA, 98382

Tribal Canoe Journey 2024

More information to come on Jamestown's participation in the 2024 Canoe Journey. The focus of this year's journey is uplifting youth. Additional preliminary plans are to help train our youth in the canoe with a local journey, rather than the longer journey to Puyallup. We are still in the planning stages, but will be collaborating with Port Gamble for a mini journey this year.

Canoe practices will start up in May, every Tuesday and Thursday and every other Saturday. Please come down and join us! This will be a great year to learn more about pulling! You do not need prior experience to pull in the canoe, and do not be intimidated. We welcome new pullers in the canoe. Please reach out to Emma Barrell or Jesse Osmer with any questions.



What: Canoe Pulling Practices

When: May 7th, 9th, 11th, 14th, 21st, 23rd, 25th, 28th, and 30th

Where: 2577 W Sequim Bay Rd, Sequim, WA 98382

JST Community Garden

Harvest and Hang has started back up for the year! Spring has sprung, planting has begun and we are out there getting our hands in the dirt. Harvest and hang is a great time to come help plant, weed, pick up plant starts or, just come to hang out and chat. There are activities for all ages.

What: Harvest and Hang

When: Every Wednesday

Where: 182 Marinas Way, Sequim, WA 98382

Klallam Language

Mary Norton and Timothy O'Connell III will continue with weekly language classes. Join us in-person at the new location – Dungeness River Nature Center or live on Facebook. All levels are welcome!

What: Klallam Language

When: May 6th, 13th, 20th, and 27th, 5:30 p.m. to 6:30 p.m.

Where: Dungeness River Nature Center, 1943 W Hendrickson Rd., Sequim or Live on Facebook

Intertribal qʷtúʔi - Camas Dig/Bake on Whidbey Island

We'll be heading back to Whidbey Island. For the 6th Annual Camas Bake. Several elders and youth joined us last year to camp out, then dig camas and pit bake them in a traditional earth oven. Contact Mikaya by **May 6th** if you are interested in camping for three nights. Youth stipends may be available if you respond early. Limited spots are available if you are interested in attending but would rather stay at a motel.

What: 6th Annual Camas Bake

When: May 16th—May 19th

Where: Pacific Rim Institute, Whidbey Island

Gather From the Sea

Mark your calendars for our Annual 3-day Gather from the Sea. Join us one day, two days or all three! We'll be harvesting seaweed at Freshwater Bay, harvesting gooseneck barnacles, mussels, limpets, and chiton at Salt Creek and on the final day we'll be digging clams and enjoying our bounty. Reach out to Mikaya for details and transportation requests. Some of you may remember the feast TFC had at Jamestown a couple of years ago, this should be even better!

What: Gather from the Sea

When: Friday, June 7th—Freshwater Bay; Saturday, June 8th—Salt Creek; Sunday, June 9th—Jamestown Beach

yəhúmæct – take care of yourself

Culture Department Email: CD@jamestowntribe.org

Loni Greninger (Prince Family), Culture Director, lgreninger@jamestowntribe.org, 360-681-4660

Lisa Barrell (Johnson/Wood Family), Culture Deputy Director, lbarrell@jamestowntribe.org, 360-681-3418

Mackenzie Grinnell (Prince Family), Traditional Foods Gathering Coordinator, mgrinnell@jamestowntribe.org, 360-681-3408

Emma Barrell (Johnson/Wood Family), Culture Coordinator, ebarrell@jamestowntribe.org, 360-681-3414

Jesse Osmer (Twiggs Family), Culture Gatherings Assistant, josmer@jamestowntribe.org, 360-681-5617

Mikaya Haller (Cook/Kardonsky-Chubby Family), Traditional Foods Assistant, mhaller@jamestowntribe.org, 360-681-4659



May is Mental Health Awareness Month

Don't underestimate the power of:

- Getting 8 hours of sleep consistently
- Having a healthy balanced diet
- Staying hydrated while limiting caffeine and alcohol
- Exercising 30 minutes a day
- Talking with core friends and family
- Breathing exercises
- Taking breaks
- Asking for help
- Saying "no"

Questions to ask when overwhelmed:

- What am I feeling and why?
- Is this something I need to process (talk with someone) externally?
- What is something enjoyable I can do now to help my mind?
- Am I in a place where I can do a breathing exercise?
- Would writing help me process what is troubling me?
- Is there another thing happening in my life that is overwhelming?
- Do I need to ask for help or do I need validation?



Social and Community Services Nutritional In Area Food Pantry Program Update for 2024



More Food Options & Services!

We're excited to introduce culturally relevant foods like frozen wild fish and elk meat, alongside our usual local, nutritious offerings. Elders can now enjoy home delivery, while families in our children's program benefit from To-Go boxes. Schedule an appointment to explore a variety of foods.

Health and delicious eating for our community is our mission.

Food Pantry Guidelines:

Jamestown Tribal
cit and dec
Income (See
below)
In James in service
area

Household Size	Annual Income	Monthly Income	Twice per Month Income	Every Two Weeks Income	Weekly Income
1	\$60,240	\$5,020	\$2,510	\$2,317	\$1,158
2	\$81,760	\$6,813	\$3,407	\$3,145	\$1,572
3	\$103,280	\$8,607	\$4,303	\$3,972	\$1,986
4	\$124,800	\$10,400	\$5,200	\$4,800	\$2,400
5	\$146,320	\$12,193	\$6,097	\$5,628	\$2,814
6	\$167,840	\$13,987	\$6,993	\$6,455	\$3,228
7	\$189,360	\$15,780	\$7,890	\$7,283	\$3,642
8	\$210,880	\$17,573	\$8,787	\$8,111	\$4,055
For each additional family member, add:	\$21,520	\$1,793	\$897	\$828	\$414

Contact us to learn more, schedule a pick-up, or arrange home delivery, please contact us at:

Elders:

Contact Crystal Chavez at (360) 809-8858. Deliveries Thursdays and Fridays

Youth Programs:

Reach out to David Krzensi at (360) 460-1471. Weekend bag programs deliv Fridays

Adults & Families:

Get in touch with Eric Greninger Monday, Wednesday, Thursday and Friday from 12PM-4PM 360-681-4625

Adrian Soliz Tuesdays 12pm-4PM at (360) 809-9495

See the back
for our menu!



NUTRITIONAL FOOD PANTRY

Subject to Availability

In order to stock our Tribal Food Bank with more culturally appropriate, fresh, and nutritious foods we are in partnership with local farms and processors, offerings to include:

MEATS

Purchased from the local meat market 100% natural (no hormones or antibiotics added) meats including beef, pork, lamb, poultry. Seafood is purchased from a local distributor that purchases from Tribal fisherman. All items are vacuum packed in 1 lb. increments.

Flash frozen wild king salmon fillets

Flash frozen wild coho salmon fillets

Flash frozen wild halibut fillets

Flash frozen wild ling cod fillets

Ground elk patties

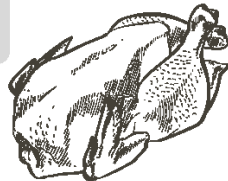
80/20 ground beef

Hemplers center cut bacon

Ground breakfast sausage

Ham steak

Chicken breast



DAIRY

Milk 1%

Milk 2%

Milk whole

Butter unsalted

Butter salted

Cheese -sliced American

Cheese -sliced Colby jack

Cheese -sliced mild cheddar

Cottage cheese 2%

Yogurt -variety

Eggs -cage



BREAD

All bread is purchased from Franz Bakery Outlet

Sliced -White

Sliced -Wheat

Sliced -Sourdough



DRY GOODS

We stock a variety of essentials including:

Peanut butter

Jelly -variety

Canned meat:

Tuna

Salmon

Chicken

Pasta

Variety

Rice -white

Rice -jasmine

Canned fruits -variety



PRODUCE

All produce is purchased is locally grown organic subject to season and availability from the following farms:

Chi's Farm

Sea Basket Farm

Greymarsh Berry Farm



Library Corner



Spring Has Arrived and So Have Saturday Hours!

The month of March had nearly 600 visitors into the newly reopened library space. In late April, we welcomed author, poet, and essayist Sasha taqʷšəblu LaPointe (Coast Salish). Her visit has launched the library's new Saturday hours. Stop in between 10am and 4pm on Saturdays to check out books, see the historical exhibit, or just sit and enjoy the view of the bay. We're sure you'll be pleased and proud of this new addition to the Jamestown campus. Visit the library online at library.jamestowntribe.org or follow us on Facebook to learn more about hours and events.

Library hours are Monday to Friday from 9am to 5pm and Saturdays from 10am to 4pm. The library will be closed on Monday, May 27th, in recognition of Memorial Day.

New Staff Have Joined the Library Team

Stop in and meet the new library staff that joined the library in April. Eli, Tayona, and Lusa have joined Brandon and Cheryl in helping meet your library needs.

Visitors to the Library

While we see Tribal Citizens, staff, and the general public through the library doors, it is the youth in the after-school program (ASP) that bring joy and energy to the library. The ASP youth visit a few times a month and had an extended visit over spring break that had them participate in a scavenger hunt and counting how many herons they could find in the Heron Hall Library. (18 if you are curious!).

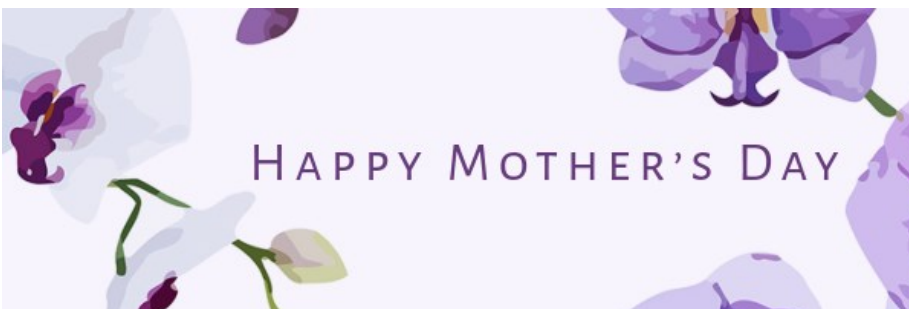
Tribal Elders visited the library in April for a private screening of the award winning film *Killers of the Flower Moon* in the library theater. Due to the length of the film, they will be viewing the second half in May.

Klallam Connections

If you have played the New York Times game "Connections," this will look familiar. In the grid below are four sets of four words each that share a common topic. Find the four words for each topic. We'll make it a bit easier, however, and give you the topics.

Topics:
Trees
Monsters
Weather
Clothing

ʔapələsítč	łiyaq'əyu	çiyáʔtkʷ	sqʷqʷəy'
stipúykʷt	χw'étaʔšən	páʔq'č	nuʔséntən
čičəy'iqʷtən	kapú	sqáʔηət	lišán
skʷáči	paasítč	siyátkʷ	sqʷúηətč



Did you know this year you can celebrate Mother's Day twice? Mother's Day is officially Sunday, May 12th, but our Tribal Calendar has it listed as May 19th so that you have two weekends to celebrate Mother's Day!

JAMESTOWN NEAH BAY RETREAT
2024
 05/31 - 06/02

"SATURDAY SWEAT" AND "STRONG CEDAR" MENS GROUP WELCOMES YOU TO RECONNECT WITH CREATION, CULTURE, AND COMMUNITY ON THE BREATHTAKING MAKAH RESERVATION.

LIMITED LODGING. RSVP ONLY. CALL OR TEXT:
 ADRIAN SOLIZ 3608099495 RICKY JOHNSON 3605826779

JAMESTOWN SKLALLAM TRIBE
SATURDAY SWEAT
 MENS GROUP

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11
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JAMESTOWN SWEAT & SAUNA FACILITY
 MANY FEATHERS X JAMESTOWN RD
RECOVERY x CULTURE
 CONTACT ADRIAN 3608099495 OR
 RICKY 3605826779 FOR MORE INFORMATION

FOR THOUSANDS OF YEARS, **S'KLALLAMS** ("THE STRONG PEOPLE") LIVED IN VILLAGES ALONG THE NORTH COAST OF THE OLYMPIC PENINSULA, THE S'KLALLAM RELIED HEAVILY ON THE WESTERN RED CEDAR TREE FOR SHELTER, CANOES AND BARK. THIS TREE REMAINS A SYMBOL OF **STRENGTH AND RESILIENCY.**

STRONG CEDAR
 MENS GROUP

THE **STRONG CEDAR GROUP** WELCOMES YOU TO JOIN US AT THE JAMESTOWN FRY BREAD SHACK, MAY 15TH AT 1PM AS WE DISCUSS HOW TO LIVE **STRONG AND RESILIENT** IN DIFFICULT TIMES. FOR MORE INFORMATION, PLEASE CONTACT
 ERIC GRININGER
 (360) 681 - 4625
 EGRININGER@JAMESTOWNTRIBE.ORG

Save the Date
May 28th-30th, 2024
Ocean Shores

2 nights connecting with your sisters, healing with nature, Yoga, cultural crafts, beach walks, bike rides, and other outdoor activities.

Jamestown S'Klallam Women 18+ who have been impacted by abuse or violence anytime in their lives, please join us.
 Max 20 participants. RSVP as soon as possible to ensure a spot!
 dbrenske@jamestowntribe.org or kholden@jamestowntribe.org

Women's Healing Gathering



2024 Jamestown S'Klallam Tribal Elders Honoring

SAVE THE DATE!
SATURDAY, MAY 4, 2024
11 A.M. - 3 P.M.

RED CEDAR HALL, 1033 OLD BLYN HWY
SEQUIM WA 98382

REMEMBER TO RSVP!

Please RSVP by **April 22** with Liz Barbee.
Phone: 360-683-1109
Email: lbarbee@jamestowntribe.org

HONORED ELDERS:
Wallace Norton
Mary Norton
Walter Norton
Ann Tjensland

The children of Pearl Mercedes Norton
(Reyes Family).

THEME:
Connecting past and
future generations.



**May 8th - Discussion
Researching & Respecting
the Wisdom of our Ancestors**

**JAMESTOWN FAMILY
HEALTH CLINIC PRESENTS:
THE WISDOM OF
THE ELDERS GROUP**
For Jamestown Elders & Direct Descendants

This group promotes mental, emotional,
and spiritual wellness.
It is a safe, confidential and supportive
environment for our Elders to come together, share
experiences, and build a sense of community.

2nd Wednesday of the Month
11:30 to 12:30pm
JFHC Upstairs Conference Room
Light Lunch
Facilitated by Rob Welch, PhD



**Jamestown Family
Health Clinic**



**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.

**Missing or Murdered
Indigenous Persons
Awareness Day**



Come join Lower Elwha Klallam Tribe
for the annual MMIP Walk. Opening ceremony at the
Heritage Center May 3rd 10 am to 6 pm.
For details contact Adrian Soliz (360) 809-9495.

Deadline for Jamestown Higher Education Scholarships

Enrolled Tribal Citizens, the next quarter deadline for Higher Education Funding is **June 15, 2024**.
For more information contact Gage Jackson at gjson@jamestowntribe.org.

CAREERS AT JAMESTOWN S'KLALLAM TRIBE

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

Apply Online At ↗

TRIBAL ENTERPRISES
JAMESTOWNTRIBE.ORG/CAREERS/

CEDAR GREENS
JAMESTOWNTRIBE.ORG/CAREERS/

7 CEDARS RESORT
7CEDARS.COM/CAREERS/

Human Resources ↗

QUESTIONS? CONTACT US!

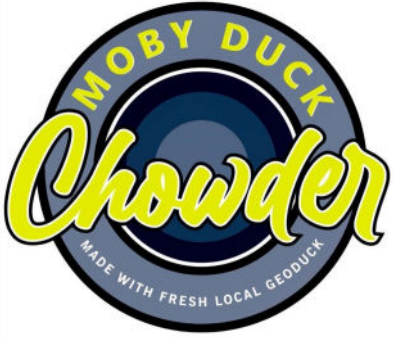


Sara Goss
 Jamestown S'Klallam Tribe
 Talent Acquisition Partner
 P: 360-681-5610
 E: hr@jamestowntribe.org



Ariana Robbins
 7 Cedars Resort Properties
 HR Recruitment Specialist
 P: 360-681-6704
 E: hr@7cedars.com

#JAMESTOWNSKLALLAMTRIBECAREER  



Moby Duck Chowder & Seafood
 222 Lincoln Street, Suite 101,
 Port Angeles, WA
 (360) 477- 4299
 Hours: Mon.– Sat. 11 a.m.—8 p.m.
<https://mobyduckchowder.com>
****Tribal Citizen Owned****



JAMESTOWN
CONCRETE

www.jamestownconcrete.com 360-683-4586




www.jamestownexcavating.com 360-683-4586



JAMESTOWN
LAND SURVEY

360-683-4586 jamestownlandsurvey.com



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

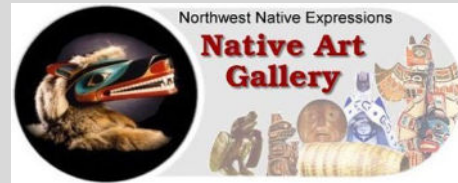
Elder Services Contact Info

For information and the latest updates on the Elder Services events and programs, email: ElderServices@JamestownTribe.org or Contact Ricky Johnson at (360)582-6779 or rajohnson@JamestownTribe.org.

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

Support Tribal Citizen
Shawna Priest
(Johnson Family).
These mugs and
earrings make a great
a Mother's Day or
graduation gift!



1033 Old Blyn Highway
Sequim, WA 98382
360-681-4640
www.NorthwestNativeExpressions.com

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.

Klallam Connections Key

ʔapələsítč	łiyaqáyu	ciyáʔtkw	sqwqwáy'
stipúykwt	xwétaʔšen	páʔqč	nuʔséntən
skwáči	paasítč	siyátkw	sqwúŋəč
čičəyíqwtən	kapú	sqáʔŋet	lišán

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/jsktchildrenandyouth>
yəhúmæct Traditional Foods and Culture Program: <https://www.facebook.com/jamestown.tfp/>
Jamestown Family Health Clinic: <https://www.facebook.com/Jamestown-Family-Health-Clinic-191450454240502/>
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>

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JST Song & Dance/ Harvest & Hang	2	3	4 Elders Honoring Lunch
5	6 Klallam Language @ DNRC	7 Canoe Practice	8 Harvest & Hang	9 Canoe Practice	10	11 Canoe Practice Men's Group Saturday Sweat
12 Mother's Day	13 Klallam Language @ DNRC	14 LEKT Song & Dance Canoe Practice	15 Strong Cedar Men's Group JST Song & Dance/ Harvest & Hang	16 Camas Dig/Bake Garden Volunteer Day	17	18
19	20 Klallam Language @ DNRC	21 Canoe Practice	22 Harvest & Hang	23 Elder BBQ Canoe Practice	24 Intertribal Song & Dance @ JST	25 Canoe Practice
26	27 Memorial Day	28 Women's Healing Gathering Canoe Practice	29 JST Song & Dance/ Harvest & Hang	30 Canoe Practice	31	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Klallam Language @ DNRC	4 Canoe Practice	5 Family Dinner Harvest & Hang	6 Canoe Practice	7 Gathering From the Sea	8 Men's Group Saturday Sweat
9	10 Klallam Language @ DNRC	11 Canoe Practice	12 JST Song & Dance/ Harvest & Hang	13 Canoe Practice	14	15
16	17 Klallam Language @ DNRC	18 Canoe Practice	19 Juneteenth	20 Garden Volunteer Day Canoe Practice	21	22 Canoe Practice
23	24 Klallam Language @ DNRC	25 Canoe Practice	26 Mental Health Fun Run/Walk JST Song & Dance/ Harvest & Hang	27 Canoe Practice	28	29
30						



May Birthdays

5/1	Joshua Chitwood	5/16	Theodore Woodard Jr.
5/2	Michelle Lamanna	5/16	Cory Shoemaker
5/2	Nichole Magill	5/20	Latrisha Suggs
5/4	Jon Donahue	5/21	Veronica Davidson
5/5	Sylvia Perry	5/21	Jeremy Holden
5/5	Crystal Neu	5/21	Jason Holden
5/5	Victoria Davidson	5/22	Denise Doud
5/8	Jokton Schmitt	5/22	Rachele Thummel
5/8	Nathaniel King	5/22	Christian Lounsbury
5/8	Jerry Lawrence	5/24	Sherryann Courtney
5/8	Dixie Herman	5/24	Theresa Lehman
5/8	Betty Kettel	5/25	Alan Kardonsky
5/8	Dean Holden	5/25	Ethel Colon
5/10	Kathleen Duncan	5/25	Norman Stahlnecker
5/11	David Prince	5/26	Gladys Howard
5/12	Michael Daniels	5/26	James Hall
5/13	Victor Knickerbocker	5/27	Dawn Callea
5/13	Marian Straker	5/29	Nicholas Grinnell
5/14	Emily Croft	5/30	Sandy Kardonsky
5/15	Candace Burkhardt	5/31	Hannah Carver
5/15	Wachekya Roberts	5/31	Kathryn Holling
5/15	Kriska Obermiller		
5/15	Clyde Bill		

June Birthdays

6/1	Jorene Dick	6/15	Angel Freeman
6/3	Helen McElroy	6/16	Gary Balch
6/4	Andrew Sampson	6/17	Janis King
6/4	Terra Smithson	6/19	Anna Adams
6/4	Thomas Hernandez	6/19	Vicki Turner
6/5	Derek Sanderson	6/21	Abigayle Wolf
6/7	Alexis Erickson	6/21	Trina Jeffrey-Bridges
6/7	Jay Timothy Gill	6/22	James Shelton
6/7	Patrick Adams	6/22	Michael Maher
6/8	Drew Balch	6/22	Frank Qualls
6/9	Myrna Rightmire	6/23	Marcos Hunter
6/9	Donna Acaldo	6/23	Nathan Zwink
6/10	Maya Zwink	6/23	Harvey Harner Sr.
6/10	Alisha Adams	6/24	Kristopher Lacross
6/10	Melanie Cable	6/24	Leah Myers
6/10	Julie Powers	6/24	Michael Adams
6/12	Christopher Kardonsky	6/24	Jeffrey Monson
6/12	Nolan Nutsell	6/25	Jack Grinnell
6/12	Darcel Obermiller	6/29	Talon Tangedahl
6/12	Thomas Williams	6/29	William Trippett
6/15	Trisha Dechenne		

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.

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