

Jamestown S'Klallam /stə'tí:təm nəx'ˈsɫá'yəm'

TRIBAL NEWSLETTER



Volume 45, Issue 8, August 2024

First Year of Jamestown Family Health Weight Loss Program Sees Remarkable Success, Tribal Elder Michael Lowe Shares His Story

By Jackie Johnson, Tribal Communications and Publications Specialist



Tribal Elder Michael Lowe outside Jamestown Family Health Clinic.

One year ago, Tribal Citizen and Elder Michael Lowe (Chubby/Lowe Family) decided to join Jamestown Family Health Clinic's (JFHC) Weight Loss pilot program. In April 2023, Michael weighed 262 pounds, and a year later, since starting JFHC's program, he has lost over 50 pounds and consistently has maintained this new lifestyle and diet.

This program is for in-area Jamestown S'Klallam Tribal Citizens who are 18 years old and older with a BMI equal or greater than 30 or BMI equal to 27 with one or more weight-associated diagnoses, such as hypertension, diabetes, hyperlipidemia, or heart disease. This program has been showing incredible results. So far, 20 Tribal Citizens have joined this pilot program and collectively have lost over 560 pounds.

The main reason for the implementation of this program is to combat the disproportionate rates that Native Americans face with obesity and heart disease. According to the U.S. Department of Health and Human Services Office of Minority Health, adult Native Americans "are 50 percent more likely to be obese" than the non-Native and non-Hispanic demographic group. Additionally, nearly 33 percent of Native Americans are dealing with obesity.

Many health issues are interconnected. Even so, one health issue can lead to others. Being overweight can make an individual more susceptible to high blood pressure and cholesterol. High blood pressure and cholesterol are risk factors for heart disease and stroke, and according to the American Heart Association, heart disease is the leading cause of death in the United States.

"Tribal Citizens are not alone in their journey. They are given a notebook, one-on-one check-ins, group meal preparation sessions, and individual equipment training at the Tribal Gym at Jamestown Family Health Clinic," said Tribal Clinic Nurse Donna Short. This sense of community and support is a crucial part of the program, making each individual feel included and supported.

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Often with weight loss, there is not a one "fix" or one-size-fits-all solution, which is why this program is tailored to the individual's needs and goals providing diet and exercise counseling and coaching. What may work for one person may have different effects and outcomes for another. Some participants are prescribed Ozempic, an injectable used for diabetes and weight loss, however this is not a requirement for the program.

"I have tried everything under the sun, but nothing has ever stuck until this program," said Michael.

Michael is 77 years young and is a husband, veteran, father, uncle, grandfather, and mentor to many for his Two-Spirit LGBTQIA+ advocacy. Michael has an incredible life story filled with perseverance and strength.

Feeling confident in oneself and overcoming and addressing trauma is not an easy endeavor for individuals, primarily generational trauma. Michael reflected on the previous times he attempted to lose weight, which wasn't successful because he was dealing with life challenges and used food as a coping mechanism.

"Food is my addiction. It always has been," reflected Michael. "I wasn't in a safe place before. But now I am now and have my incredible husband Dale at my side."

The JFHC's Weight Loss Program meets participants where they are at, and the participants set their own goals.

Tribal Clinic Nurse Donna Short is there to support each participant through out this year long program. She meets participants where they are, and can identify services that could benefit participants or even save their lives.

"One of the reasons why this program is so effective is that it's more than just calorie counting," said Lowe, "I was able to identify other things going on in my body."

Michael had an early detection of a very aggressive lung cancer. The cancerous lobe tripled in size in a month, and because of the early detection, he was able to schedule a life-saving surgery.

Michael's journey is a testament to the program's effectiveness. This is not the first time he has lost weight, but it is the first time he has maintained the new weight. As a three time cancer survivor, Michael understands the importance of a healthy weight, balanced diet, and a change in lifestyle. His success with the Jamestown Family Health Clinic's program all the more inspiring.

He met his weight loss goal of 15 pounds within the first few months and has now set new goals that go beyond the scale.

"I feel amazingly different! I want to live one day longer than my grandfather. He was 94 when he passed," reflected Michael.

Weight loss is a lifestyle change for both the body and the mind. Becoming healthy and bettering one's self is multifaceted and not merely a singular action. The Jamestown Family Health Clinic's Weight Loss Program is unique, with a multidimensional approach to supporting participants with their goals. As a result, each participant has reached their initial weight loss goal.

For more information about this weight loss program, in-area Tribal Citizens can contact Tribal Clinic Nurse Donna Short at dshort@jamestownhealth.org or call (360)582-4940.



Michael Lowe in April 2024 (left) and November 2022 (right).



Tribal Elders Michael Lowe (Chubby/Lowe) and Gloria Smith (Cook/Kardonsky)

From Our Chairman:

Elections, Voting, and Leadership Matter

By W. Ron Allen (Allen Family), Chairman/CEO Jamestown S'Klallam Tribe



Greetings Tribal Citizens!!! I write regarding the upcoming primary elections and why it is important to vote and consider who would be the best leaders for our nation, state, and local leadership. Voting does matter. I will share with you who I would encourage you to consider supporting and voting for them.

Throughout America, we are all alarmed about the attempted assassination of former President Trump. The current environment has caused people to try to overthrow our democracy based on lies and misperceptions. This is very disturbing for anyone who has confidence in our peaceful transition in leadership. When the people vote and the votes are counted, we must accept the results and pray for the elected leadership. They have a duty to lead and do the best for all who they represent and not just for those who support them or a select few. All elected leaders are challenged to find ways to understand the needs of those who they represent and find the balance in their actions to assure no one is left behind. Not an easy task.

We have no place for violence in reaction to an outcome you didn't like nor who you feel threatened by your values or priorities. We must find ways to maintain order and stability our society. I must share that I am not a supporter of Trump and do not condone the actions of the young man who tried to kill him. I do not believe Trump would be a good President and feel he would push us toward autocracy, the opposite of democracy. Retribution and retaliation against your opponents are not good qualities of leadership at any level.

I agree President Biden is getting older and glad we have the younger candidate of Vice President Kamala Harris. This is one of the reasons I'm retiring from Chairmanship of our Tribe at the end of this term. I will be 80 and after 50 years at the helm and it's time for the next generation to continue Jamestown on its journey to Self-Governance and Self-Reliance as a nation.

But, if President Biden hadn't stepped down, he was clearly a much better candidate than Trump. Yes, he will be 82, but this term has shown he can form a strong balanced and inclusive team that includes Department of Interior Secretary Deb Haaland, Pueblo of Laguna. He too has an amazing 50-year career in public service and is a huge friend of Tribes and Vice President Kamala Harris will continue this good work.

I now turn to our more local politics. I am a strong supporter of Bob Ferguson, who's been our current State Attorney General for the last 12 years. He has been a good friend of the Tribes and has an extensive background and experience with respect to the complex challenges and needs of our state.

I support Nick Brown for Attorney General. Nick has worked with our current Governor Jay Inslee for the better part of Jay's 12 years as Governor and just recently left the Northwest U.S. Attorney for our region. He and Bob have a strong support and respect for our sovereignty and goals.

For the Department of Natural Resources Commissioner, I have been supporting our current State Senator Kevin Van de Wege. He has served our district extremely well on a number of fronts, including our efforts to enhance our health care programs (primary, dental, and now opioid/substance abuse Healing Clinic). Kevin has a great grasp of Natural Resources.

Now I turn to our U.S. Representative for our District 6 that has been well served by Derek Kilmer for the last 10 years. I fully support Emily Randall, who lives in our district in nearby Poulsbo and has grown up in our community. Emily is currently a State Senator for our neighboring 26th District. She is truly 'homegrown'. She has a great representation as a leader in Olympic strongly endorsed by Senator Patty Murray, former Governor Chris Gregoire, Planned Parenthood and many others. I have deep appreciation for her integrity, leadership qualities and know that among her high priorities are healthcare, education, economic development and jobs.

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She clearly is ready to step into Derek's role and lead. Similar to Derek, she is exceptional at reaching across the political aisle to get legislation passed. I urge you to vote for her.

Ok, I have many more recommendations, but thought since the primary elections is just around the corner on August 6th, I'd encourage every to get registered if you're not and vote because voting and quality, effective and visionary leadership with integrity matter.

Remember if you have questions, please don't hesitate to reach out to me either at rallen@jamestowntribe.org or my cell phone (206) 369-6699.

God Bless, Ron

Sequim Pride 2024

By Rochelle Blankenship (Cook/Kardonsky Family), Tribal Council Secretary/TGA Executive Director

Our own Tribal Elder, Michael Lowe was selected as the Grand Marshall for the Sequim Pride event this year at the Sequim Community Plaza. Michael, of course, graciously accepted this role. After all, he had the spirit that brought Pride to the town of Sequim, something he made a goal when he returned home. Micheal was one of the founders three years ago at the first Pride event in Sequim.

During his words of welcome, he donned his rainbow two-piece suit and top hat, letting the crowd know that he decided to "tone down his outfit" for the celebration. City Council member and tribal descendant, Vicki Lowe presented Michael with a proclamation from the City and other speakers included Clallam County Commissioner Mark Ozias, Deputy Mayor Rachel Anderson, Sequim Farmers & Artisan Market Board Member, Eric Pickens and myself. I am proud that our Tribe supports events like Pride for our community because our goals should always be to strive to be inclusive. The numbers of participants have steadily grown, showing there is a need and desire for Pride and the unity it represents.



Elder's Program Crab Distribution, 8/20

The Elder's Program will be distributing 36 frozen crabs on a first-come-first served basis on **August 20, 2024 from 12 p.m. to 3 p.m.**

Tribal Elders can reserve their crab by calling Sandy Kardonsky at (360)477-3842.

Reminder: Fishing Tabs Expire 9/30.

Tribal Fishermen, this is a friendly reminder that your fishing tabs expire 9/30 and are due back to tribal offices by October 14.

Tribe Receives \$1.6 million dollars from Washington State Climate Commitment Act

By Robert Knapp, Environmental Planning Manager

The Tribe received three grants from Washington State totaling \$1.6 million dollars. The funding is provided through the WA Climate Commitment Act (CCA). The Tribe will use the funding to advance climate resilience and carbon neutral goals including designing a new Natural Resources department lab/shop/office space, add additional electrical vehicle charging locations, and improving the efficiency of Tribal low-income housing. The CCA requires that at least 10% of all funding awarded go to projects with Tribal support. The CCA faces opposition in the next election.

In April, the Tribe adopted Resolution #23-2024 *“Opposition to Initiative 2117 To Repeal The Climate Commitment Act”*. The resolution recognizes the benefits of the CCA: to Washingtonians from pollution reduction and investments in clean energy, climate resilience, and salmon recovery; hundreds of millions of dollars invested in communities; as well as millions of dollars to Tribes for environmental protections and carbon reduction initiatives.

For additional information about the CCA and the benefits to Tribes please see *“Being Frank: Repealing Climate Commitment Act comes at too high a cost”* *Being Frank* is a column by Chairman Ed Johnstone of the Northwest Indian Fisheries Commission. As a statement from the NWIFC chairman, the column represents the natural resources management concerns of the treaty tribes in western Washington.

<https://nwtreatytribes.org/being-frank-repealing-climate-commitment-act-comes-at-too-high-a-cost/>

Enrichment Program Updates

Tribal Citizens!!

Please take note that we have created a new Enrichment Program email address for your convenience.
enrichment@jamestowntribe.org

Along with the new email, the SCS Enrichment team has decided to split the citizen population in half and designate you to your lead staff member according to your last name!

Gage Jackson will field questions and process requests for last names A-I.
Kayla Holden will field questions and process requests for last names J-Z.

In addition to enhancing our processes for everyone's benefit, we will prioritize transparency and clarity in communicating timelines for all Enrichment Program requests.

Here's how it works:

When a request is made, the lead staff will check the balance of the individual's funding as well as making sure the expenditure falls under the Tribal Council approved policies and procedures. Next, the staff member will initiate a purchase order. The purchase order then undergoes an approval process in SCS and once approved, the Accounting Department will undergo an processes for the request. Subsequently, the funds are deposited into the designated bank account on file. Please consider your personal banking institution may add additional time to deposit.

For requests involving specific gift cards or items, staff members will place the order online if possible. This overall process may include factoring in the time spent going offsite to purchase the gift card/item as well as shipping and delivery times.

Tribal Citizen Appointed as Tribal Representative to Olympic Area Agency of Aging Advisory Council



Ricky Johnson, a member of the Allen Family and a citizen of the Jamestown S'Klallam Tribe, has been nominated and appointed as the Tribal Representative on the Advisory Council of the Olympic Area Agency on Aging (O3A).

The O3A's mission is to assist elderly individuals and persons with disabilities in maintaining their dignity, health, and independence in their homes through a comprehensive and coordinated system of home and community-based services.

As the Tribal Representative, Ricky will serve the tribes by offering advice and recommendations to the O3A staff and Council of Governments. The tribes he will represent include the Chehalis Confederated Tribes, Hoh Tribe, Jamestown S'Klallam Tribe, Lower Elwha Klallam Tribe, Quileute Nation, Makah Tribe, Quinault Nation, and Shoalwater Bay Tribe.

Staff Updates at SCS

We are thrilled to announce that Dylan Allen (Allen Family) has joined our team as the new SCS Administrative Assistant! Dylan will be taking on the front administrative office duties, greeting our visitors with a friendly smile, and assisting with our administrative needs.

Dylan is a Jamestown S'Klallam Tribal Citizen and a product of our internship program. Having just graduated, he brings a fresh perspective and enthusiasm to the role. Dylan will work Monday through Thursday from 8:30 AM to 4:00 PM while also continuing his college journey.

Please join us in welcoming Dylan, and feel free to contact him for any administrative assistance you may need. We're excited to have him on board and look forward to the positive energy he will bring to our team! Danielle has a new role as an executive assistant, and part of her new duties involve managing our North Star Program. This 10-year pilot program, based on the Icelandic Prevention Model, is geared toward alcohol and drug prevention for adolescents. The Jamestown S'Klallam Tribe is one of the five recipients in Washington State selected to take on and roll out the Washington State Tribal Prevention System Model (WSTPSM) so that other tribal communities may implement a North Star Program.

A Message From the Election Board

In November's election, the seats for vice-chair and treasurer positions will be open. If you are interested in running for either of these positions, please contact the Election Board Chair, Michael Lowe, to receive an application. His phone number is (360)460-7168.

Applications are due by Monday, September 9th.

From Our Cemetery Committee

The Jamestown S'Klallam Cemetery Committee will host a training on how to clean headstones for Tribal Citizens, Descendants, Families, and staff volunteers at the Jamestown Cemetery on Saturday, August 17, 2024 from 10 a.m. to 11:30 a.m. A short training will be required prior to working on the headstones. Equipment, training, and a brown bag lunch will be provided to attendees. To RSVP for the training please contact: Allie Taylor, Tribal Historic Preservation Officer, ataylor@JamestownTribe.org, or Dana Ward, Jamestown S'Klallam Tribe's Cemetery Committee Chair, dmward57@hotmail.com.

Library Corner



June and July continued with a steady stream of visitors to the Cultural Exhibit and Library with around 500 visitors each month. The library can be a nice, cool, reprieve from the hot summer weather. Stop in, explore the exhibit and theater, get a library card, and check out some books.

Great news! The main library parking lot to the east of the building is now open. There is plenty of parking and with quick access to the ODT, visit the library and take a quick walk or bike ride while you are here.

North Olympic Library System (NOLS) Bookmobile visits the Jamestown library on the 1st and 3rd Thursdays every month. You will find them in the small parking lot on the west side of the library right next to the outside library book return box. You can place holds for pick up on the bookmobile at <https://www.nols.org/>. The NOLS bookmobile will be the Jamestown Library on:

August 1 and August 15 from 11am to 1pm

A Jamestown S'Klallam Library card gets you access to a variety of great resources online. While the Language Connections game is taking a break this month, you can still explore language resources on the Jamestown S'Klallam Tribal Library Klallam Language page: <https://library.jamestowntribe.org/home/KlallamLanguage>

The page features links to basic and advanced instructional language videos, and a link to the Klallam language page. This page contains a wealth of resources, including links to the Klallam Dictionary and Grammar books, and Klallam tongue twisters like this one:

təs cə céts ʔaʔ cə cácu ʔiʔ ccíʔən.

Tribal Elders interested in receiving Jamestown book deliveries at home or at the Elder's Lounge can reach out to library staff in person, by email at library@jamestowntribe.org, or by phone at 360-681-4632. Ask for Brandon or Cheryl.

Check out some of the new books in the library this month:

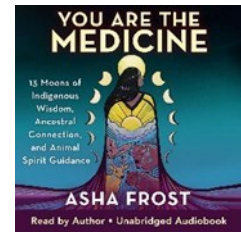
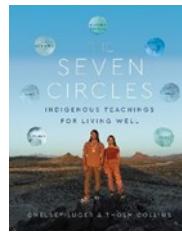
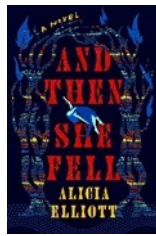
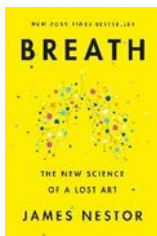
Breath: The New Science of a Lost Art by James Nestor

A Mind Spread Out on the Ground and ***And Then She Fell*** both by Alicia Elliott

The Seven Circles: Indigenous Teachings for Living Well by Chelsey Luger & Thosh Collins

Living resistance: An Indigenous Vision For Seeking Wholeness Every Day by Kaitlin B Curtice

You Are The Medicine: 13 Moons of Indigenous Wisdom, Ancestral Connection, and Animal Spirit Guidance by Asha Frost



August Library hours are Monday to Friday from 9am to 5pm and Saturdays 10am to 4pm.

Tongue Twister answer: 'His father got to the beach and stood.'

Deadline for Jamestown Higher Education Scholarships

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

yəhúmæct

Culture Department Announcements & Events

ʔáyəs čən'táqaʔ– Happy August

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

2024 S'Klallam/Klallam Mini Canoe Journey to Fort Flagler

Wow! What a great four days this Mini Journey was! It is such a rich experience to spend time with our relatives and in our ancestral spaces. We have been consistently in awe that our ancestors were pulling in these same waters, looking at the same landscapes, eating off the same land, and we can tell the same stories about the sacred sites that are still very visible today. This Journey also made Jamestown history—our first year taking youth in the canoe through scíəqʷ - the Passage Through (or Marrowstone Island Bridge)! In 2022, our first Mini Journey took us through that passage for the first time in over 80 years; that canoe was made up of adult and elder pullers. This year, we had five youth pullers! Our youth pullers were Cameron Colfax (Collier), Caitlin Humphries (Collier), Timmy Manly (Tuson), Sofia Chavez (Shoshone Tribe), and Frank Johnson (Maidu Tribe). These youth completed all six of their practices and cold-water training to be on this Journey—it takes a lot of time, and they did it! We are also grateful to our adults and elders who also prioritized time to be in the canoe so that our youth could participate—it takes a village! Many other youth also participated in the event through meeting at the landing sites, being on ground crew, and participating in singing, drumming, and dancing each night. Many thanks to Jessica Humphries (Collier), David Krzesni (Youth Program), and Justin Hill (Ellis-Becker) for bringing out youth and elders to be a part of this ceremonial weekend! Here is a summary of our itinerary during the four days:

07/11: Passage Through Day! Canoes departed from Ajax Boat Launch in Port Hadlock. Major event of the day was to pull the canoes, with youth, through scíəqʷ (Passage Through), under Marrowstone Island Bridge. The canoes stopped at Mystery Bay on Marrowstone Island for lunch and rest. Then, they landed on Lower Campground Beach at Fort Flagler. After a time of rest, the evening was filled with a partnered seafood feast with Port Gamble, followed by singing, drumming, and dancing.

07/12: Exploration Day! The canoes departed from Fort Flagler and first pulled to Boggy Spit at Indian Island. This area is well known for some ancestral homes. Then they pulled to Ajax Boat Launch to view a Creation Site called Elk Island (also known locally as Skunk Island), then Creators Heel, and Young Woman Rock.

07/13: Indian Island Exploration Day! The canoes departed from Fort Flagler to Walan Point, the northwest point of the island. This area is a known homestead site for our ancestors. Some of the house posts can still be found underground. From there, they pulled to Crane Point further south, at the halfway point of the island. At Crane Point, everyone came together for a picnic and rest. Then, everyone went back to Fort Flagler for dinner, singing, drumming, dancing, and a few smores!

07/14: We woke up and spent the morning cleaning our campsites, loading the canoes on the trailers, and all left for our homes.



Pictured Above: Jessica Humphries (Collier) mentors Jamestown Youth, Zara Hill (Ellis-Becker) and Calvin Snell (Allen), while singing and drumming. Around the circle are Dezi Osmer (Twiggs), Sofia Chavez (Shoshone Tribe), Justin Hill (Ellis-Becker), Jesse Osmer (Twiggs) and Joseph Price (Port Gamble). PC: Morgan Snell



Above: Jamestown Youth, Zara Hill (Ellis-Becker) and Calvin Snell (Allen), follow Loni Greninger (Prince) while dancing to the Salmon Homecoming song by George Taylor (Alert Bay). The song was given to Joe Ives (Port Gamble) and his family. PC: Morgan Snell

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A few of our pullers (left to right): Dezi Osmer (Twiggs), Morgan Snell (Allen), Darcie Dechenne (Prince), Jesse Osmer (Twiggs), Cameron Colfax (Collier), Ann Tjemsland (Reyes), Walt Norton (Reyes), Mack Grinnell (Prince), Trisha Dechenne (Prince), Sofia Chavez (Shoshone Tribe), Timmy Manly (Tuson), Mary Snodgrass (Fitzgerald).

Right: Today, we Tribes use tools such as tide tables and Google Maps to help us plan our Journey. Here is an example of where our canoes travelled from July 11-14. PC: Joseph Price (PGST).



Above: laxqínəm (JST canoe, right) and nəxʷqíyt (PGST canoe, left) pulling toward scləqʷ (Passage Through or Marrowstone Island Bridge).



Above, left-to-right: Joe Price (PGST) and Loni Greninger sing off the canoes leaving from Crane Point, Indian Island. PC: Emma Barrell.



Left: Laxqínəm pulling through through scləqʷ (Passage Through) under Marrowstone Island Bridge. PC: Joseph Price (PGST)



Right: laxqínəm (JST, left) and nəxʷqíyt (PGST, right) rest next to each other on Lower Campground Beach at Fort Flagler. PC: Joseph Price (PGST)

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Next Gen Advisory Group – Looking for new members!

The Traditional Foods & Culture “Next Gen” advisory group participants hated seeing our time end! The group was formed as part of a requirement for our CDC –Center for Disease Control, TPWIC – Tribal Practices for Wellness in Indian Country grant. This five-year grant funds Jamestown’s Traditional Foods program. For a “first-time” group, it felt like we accomplished several things. We revamped the monthly Gather & Cook, changed the calendar in accordance with tribal seasons, and provided input for a new Overdose Supplemental grant which we received!

We will be forming a Next Gen II group in October and will be adding members. ***If you are interested in adding your voice to the Traditional Foods program, please submit your name to Lisa Barrell.*** We are looking for members who can represent different sectors and interests among the Tribe. (ex: youth, working with children, single parents, out of area, disabled, vet, individual in recovery, subject matter experts, LGBTQ+, active participant in tribal activities and non-participants). We continually seek ways to improve our programs and identify ways to connect families with their culture. We try to balance the group, so it doesn’t have too many from one family or sector. Talk to a current member for more details; Ann Tjemsland, Marg DeFord, Jesse & Eva Osmer, Jesse Holden, Jenifer Hedin, Eli Smith, Mack Grinnell, Lisa Barrell.

What: Next Gen II advisory group

When: submit name & letter of interest to Lisa B by September 13th, Selections will be made at the October meeting.

Mountain Huckleberry & Indian Tea Harvesting

Mackenzie and Mikaya will be heading into the woods above Blyn for Jamestown’s annual mountain huckleberry and Indian tea gathering. This hike is for the sure footed and will take the entire day.

What: Harvesting Huckleberries and Indian Tea

Where: Meet at TFC building, then carpool to local site

When: August 6th, 9:00 a.m. – 5:00 p.m.

Shout out to Tribal Elder Wally Norton

We want to take space to give a shout out to tribal elder Wally Norton. Wally seems to always show up whenever we need help. He helped stomp the geoduck tubes into the mud at our shellfish garden at Blyn, then helped with the laborious task of removing them when the geoduck were large enough to survive without the tubes. He’s taken staff on his boat to show them how to catch salmon and he and his brother Walter have supplied the TFC program with salmon for the program. Wally’s latest deed is providing the garden with a beehive from a swarm he captured in the TFC back yard! Wally’s been spending quite a bit of time at the Community Garden before he sails to Alaska, but you might catch him on a Harvest and Hang day if you want to know more about bees.



JST Community Garden

Things are slowing down at the garden. There’s not a lot of work that needs to be done, but you can still harvest! Check out the sign board and produce baskets at the garden which will change weekly listing the items ready to harvest and take home!

Garden manager Frankie is sending out a poll to tribal citizens and descendants working at the tribe to gauge interest and needs for food from our garden and how best to get this food to you. Contact Mackenzie if you are not an employee but are interested in receiving the poll.

What: Harvest and Hang

When: Wednesday August 7th and 21st, 3:00 p.m. - 5:00 p.m.

Where: 182 Marinas Way, Sequim WA 98382

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Community Volunteer Day

Non-tribal community members are invited to come to the community garden for an afternoon of helping in the garden. Stay for as long or as little as you like! For questions, please contact Mikaya.

What: Community Volunteer Day

When: August 15th; Any time between 3:00pm-7:00pm

Where: 182 Marinas Way, Sequim WA 98382

Klallam Language

We are on a break! We will see you again on August 12th! Our next session will be exciting as we have a new teaching tool, called a Surface Hub, that will make in-person and virtual teaching a lot easier. More information will come out soon!

Putting the Canoe to Rest & Summer Feast

Toward the end of this month, please join us in ceremony as we Put the Canoe to Rest for the season. This will include singing and drumming, cleansing the canoe, and a seasonal meal.

What: Putting the Canoe to Rest & Summer Feast

When: August 27th, 5:30 p.m.

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

Clam Dig

We'll be headed to the beach on August 30th if toxin levels are good. Summers tend to bring on PSP – Paralytic Shellfish Poisoning which make clams and other shellfish unsafe for consumption. Thanks to Jamestown's Natural Resource Department, levels are tested regularly to make sure we all stay safe.

What: Clam Dig

When: August 30th, 7:30 a.m.

Where: TBD (Blyn or Jamestown)

yəhúməct – take care of yourself

Loni Greninger, lgreninger@jamestowntribe.org, Culture Department Director, 360-681-4660

Lisa Barrell, lbarrell@jamestowntribe.org, Culture Department Deputy Director 360-681-3418

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

Emma Barrell, ebarrell@jamestowntribe.org, Culture Coordinator 360-681-3414

Jesse Osmer, josmer@jamestowntribe.org, Culture Gatherings Assistant, 360-681-5617

Mikaya Haller, MHaller@jamestowntribe.org, Traditional Foods & Culture Assistant 360-681-4659



Left to Right: Ann Tjemsland (Reyes), Walt Norton (Reyes), Cameron Colfax (Collier), Timmy Manly (Tuson), Jeff Sterling (Irwin), Paul Bowlby (Sands), Morgan Snell (Allen), Caitlin Humphries (Collier), Darcie Dechenne (Prince), Mary Snodgrass (Fitzgerald), Jesse Osmer (Twiggs), Dezi Osmer (Twiggs), Sofia Chavez (Shoshone Tribe), Mack Grinnell (Prince). PC: Joseph Price (PGST)



New Jamestown Health Clinic Employees

New Employee Notice



JAMESTOWN FAMILY HEALTH CLINIC



Welcome
Ariana Stangle
 Patient Care Coordinator

Hello, my name is Ariana. With a decade of experience in the healthcare system, I've dedicated my career to helping guide individuals through their healthcare needs meanwhile building meaningful relationships with my patients. For me there's nothing more rewarding than putting a smile on someone's face and making their day a bit brighter or easier. I'm passionate about working in the community I grew up in, as it allows me to give back to the place that has helped shaped who I am. Beyond my professional life, I find joy in nurturing my plants, working out in the yard, and crafting. I also love volunteering at my children's school and capturing moments in time through photography. Whether I'm at work or at home, my goal is always to spread positivity and make a difference in the lives of those around me.

New Employee Notice




JAMESTOWN FAMILY HEALTH CLINIC




Welcome
Karla Tinoco
 Patient Care Coordinator

I have lived in Sequim since I was about three years old, I'm originally from Michoacan, Mexico and love to visit when I have the chance to spend time with relatives I don't see on a regularly basis! I chose to join Jamestown after hearing about the wonderful reputation through both patients and staff, I'm excited to be a part of this awesome team that has such a meaningful impact on our community. On my time off I like to throw the ball around with my nine-year-old pup or cozy up and watch a good thriller, I'm open to suggestions! 😊

New Employee Notice



JAMESTOWN HEALING CLINIC



Welcome
Darrin Hyatt
 UA Tech

Before and currently, (part time) I am a self employed video editor for various YouTube channels and documentaries. In my younger years I had served in the Army and also worked as a carpenter. I chose to work at JHC because of the outreach and community help that is provided to our area, there are few jobs that, at the end of the day I can feel that I have made a difference, a positive impact. This is my first job in healthcare but I hope to grow as an employee and person at the JHC and I look forward to what the future brings for me here. In my spare time I enjoy Hiking, mountaineering, photography and movies on the couch.

HOSTED BY:
 JULIE GRINNELL AND BETTE SMITHSON

Yours for the day

The Jamestown Family Dental Clinic Presents...

Tribal
CITIZEN DAY

AUGUST 15, 2024

8:00AM-1:00PM
 &
 2:00PM-5:00PM
 Jamestowndental@jamestownhealth.org

IF YOU WOULD LIKE TO BE SEEN BY THE DENTIST, PLEASE CALL AND SCHEDULE AN APPOINTMENT. (360)681-3400

Jamestown S'Klallam Tribe

12

August 2024

Clallam County PUD \$200

Electric Bill Assistance

The Clean Energy Credits for Washington Families Program will offer **bill credits of \$200 per household to eligible residential customers by September 15, 2024.** Applying takes only 30 seconds. Really.

Visit <http://wacleanenergycredits.com> to learn more and apply.

Eligibility

Low- and moderate-income residential customers may be eligible for assistance.

How to Apply

Visit: <http://wacleanenergycredits.com>

Call: 1-844-941-2939



Application assistance is available by contacting Promise.

Monday through Friday 8 a.m. to 5 p.m. PST

IN THE SPIRIT
CONTEMPORARY NATIVE ARTS EXHIBITION
ARTS MARKET & NORTHWEST NATIVE FESTIVAL

**A SUMMER CELEBRATION OF
NATIVE ARTS & CULTURE**

**19TH ANNUAL JURIED EXHIBITION: ON VIEW:
JULY 20 TO SEPTEMBER 29**

**ARTS MARKET & NORTHWEST NATIVE FESTIVAL
FREE EVENT | AUGUST 10TH | 10AM TO 5PM**

WASHINGTON STATE
HISTORY MUSEUM

TACOMA
VENUES & EVENTS

WWW.INTHESPIRITARTS.ORG

IN THE SPIRIT is funded in part by Tacoma Venues & Events. The Washington State Historical Society is generously supported by ArtsFund, City of Tacoma, HD Fowler Company, Humanities Washington, Institute of Museum and Library Services, Cascade Public Media, Norcliffe Foundation, Office of Superintendent of Public Instruction, Pendleton & Elisabeth Carey Miller Charitable Foundation, Umpqua Bank, our members, individuals, and state partners.

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, AUGUST 21ST AT 1PM AS WE DISCUSS HOW TO LIVE STRONG AND RESILIENT IN DIFFICULT TIMES. FOR MORE INFORMATION, PLEASE CONTACT ERIC GRENINGER (360) 681 - 4625 EGRINER@JAMESTOWNTRIBE.ORG

JAMESTOWN SKLALLAM TRIBE

SATURDAY SWEAT

MEN'S GROUP

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JAMESTOWN SWEAT & SAUNA FACILITY
MANY FEATHERS X JAMESTOWN RD

SMUDGE & DRUM KITS AVAILABLE

CONTACT ADRIAN 3608099495 OR
RICKY 3605826779 FOR MORE INFORMATION

Tribal Picnic !

The Qwen Seyu Tribal Picnic will be held on Saturday, August 10th at the Canoe Landing Site, 1272 Jamestown Road Sequim, WA, from 11 a.m. to 3 p.m. Please don't forget to bring your specialty! Food plates of salads, desserts or casseroles are always welcome!

Good relatives watch out for others.

When we know the signs of suicide, we can help our friends and family get support.

Learn what to look for at
NativeAndStrong.org.

For support, call 988 or (800) 273-8255,
or text NATIVE to 741741.



We all
make us
all strong.

Clallam County Parks and Recreation Survey

Your voice matters! Take a few minutes to complete the 2027 Clallam County Parks and Recreation Comprehensive Master Plan Opinion Survey. <https://clallamcountywa.gov/SurveyParks>

The survey results impact the planning of future improvements to Clallam County parks, so weigh in with your thoughts and recommendations.

♦ 6th Annual Charity Golf Tournament ♦

Benefiting Dungeness River Nature Center

AUGUST 24, 2024

Cedars at Dungeness Golf Course



Fish War Movie Screening

Fish War movie produced by NWIFC and North Forty Productions screening in Red Cedar Hall, August 9th, 2024 screening will start at 3:30 pm and run till 5 pm. Both Tribal Staff and Tribal Citizens, Descendants and their families are invited to attend.

When: 3:30 p.m. to 5 p.m., Friday, August 9th

Location: Red Cedar Hall, 1033 Old Blyn Hwy, Sequim WA 98382

Pacific Northwest Indigenous Aquaculture Summit, August 26–28

For more information on how to register visit
<https://kurtgrinnellscholarship.org/pacific-northwest-indigenous-aquaculture-summit-august-26-28-2024/>



Elders Group To Resume in October

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



www.jamestownexcavating.com 360-683-4586



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.



Community Survey: Miller Peninsula

Washington State Park is conducting a survey for
community members to weigh in on what the Miller
Peninsula park renovation should consist of. If you are
familiar this property, take 5 minutes and provide your
opinion at
<https://www.surveymonkey.com/r/7GTGJBJ>

Jamestown Family Health Clinic



808 North Fifth Avenue,
Sequim, WA 98382
360-683-5900
Mon.– Fri. 8 am–5 pm,
Saturday 10 am–3 pm for
both routine and
as-needed, face-to-face
and telehealth
appointments.

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

Interested in Attending Tribal Council Meetings?

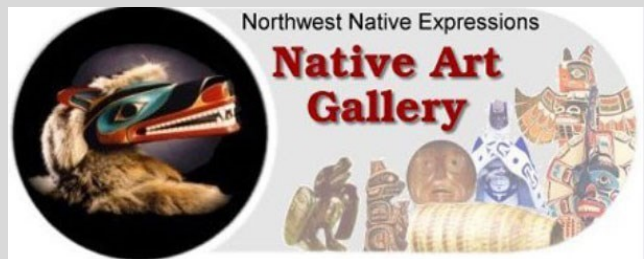
Contact Liz Barbee at lbarbee@jamestowntribe.org receive the date, time, and Zoom meeting address for the next meeting.

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



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



Patrick Adam (Hall/Adams Family) is very talented with cedar! His artwork is absolutely beautiful and makes a great gift to a loved one.

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Hazard Mitigation & Climate Resilience Planning Workshop Harvest & Hang	8	9 Fish War Movie Screening	10 Tribal Picnic Men's Group Saturday Sweat
11	12 Klallam Language @ DNRC	13	14 Harvest & Hang Strong Cedar Men's Group	15 Tribal Citizen Day-Dental Clinic Garden Volunteer Day	16	17 Headstone Cleaning @ JST Cemetery
18	19 Klallam Language @ DNRC	20 Elders Crab Distribution	21 Harvest & Hang	22	23	24
25	26 NW Indigenous Aquaculture Summit Klallam Language @ DNRC	27 Putting Canoe to Rest	28 Harvest & Hang	29	30 Clam Dig	31

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day	3	4 Harvest & Hang	5	6	7
8	9 Tribal Election Applications Due Klallam Language @ DNRC	10	11 Strong Cedar Men's Group Harvest & Hang	12	13 Next Gen II Advisory Group Letters of Interest Due	14 Men's Group Saturday Sweat
15 Higher Education Scholarship Apps Due Garden Volunteer Day	16 Klallam Language @ DNRC	17	18 Harvest & Hang	19	20	21
22	23 Klallam Language @ DNRC	24	25 Harvest & Hang	26	27	28
29	30 Klallam Language @ DNRC Fish Tabs Expire					



August Birthdays

8/2 James Arey	8/20 Susan Johnson
8/2 Cheyanna Gill	8/21 Deborah Woodard
8/4 Taylor Lapointe	8/22 Danny Freeman
8/4 Sheila Strong	8/23 Dusty Humphries
8/4 Raven Tangedahl	8/24 Jason Lamanna
8/7 Brett Allen	8/25 Wayne Cope Sr.
8/10 Darcie Dechenne	8/26 Sonni Creech
8/11 Christopher Burden	8/26 Clayton Davidson
8/11 Laurel Lucy	8/26 Clifford Prince
8/11 Sandra Lopeman	8/27 Jennifer Porter
8/11 Loretta Lahr	8/27 Jessica Roberts
8/13 Joshua Carver	8/28 Jaiden Bosick
8/13 Lauren Davis	8/28 Judith Shaw
8/14 Olivia Barrell	8/28 Kathy Schmitt
8/14 Daniel Cable	8/29 Xyan Hedin
8/16 Judith Putas	8/30 Karle Keogan
8/16 Edward Brown	8/30 Jacob Powers
8/16 Kenneth Merritt	8/30 Ha?qwenith Grinnell
8/18 Roxanne Roberts	8/31 Matthew Chapman
8/18 Julie Grinnell	8/31 Tyson Reeves
8/19 Vickie Carroll	8/31 Rosa Hunter
8/20 Elyse Ulowetz	

September Birthdays

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

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

Jamestown S'Klallam Tribal Newsletter Info:

The Jamestown S'Klallam Tribal Newsletter is published monthly. The deadline for submission to be included in the following month's issue is the 15th day of the current month. Please submit items by email to Jackie Johnson at jjohnson@jamestowntribe.org by US Mail to the address below. Additionally you can reach Jackie at (360)681-5629.

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.