

### Volume 46, Issue 2, February 2025

## Elders Exercise classes help boost health, friendships

By Mike Dashiell, Tribal Communications and Publications Specialist, Jamestown S'Klallam Tribe

When Mary Norton talks about the benefits of the Elder Exercise classes — particularly those benefits in helping people recuperate from illness or injury — she speaks from experience.

The class hosts Tribal Elders three times a week (Monday, Wednesday, Friday) at 10 a.m. at the Jamestown Family Health Clinic at 808 N. Fifth Ave., Sequim.

Norton, who helps lead the classes, said it was a gradual but obvious boost to her own health.

"I started noticing (a change) in six to eight weeks," she said. "I don't have good balance; it's helped tremendously with that. I was walking with a cane. I don't do that anymore."

Attendees — about five to six men and women are regulars, another five or six attend occasionally, Norton said — follow along with the "Grow Young" online video series, selecting from hundreds of sessions.



Photo by Mike Dashiell

Elders Exercise class attendees enjoy a session at the Jamestown Family Health Clinic. Classes are at 10 a.m. Mondays, Wednesdays, and Fridays. Pictured, from left, are Cindy Wallace, Merle Holden, Beth Anders, Cathy MacGregor, and Mary Norton.

"We encourage people to come when they can," she said.

Open to Jamestown S'Klallam Tribe Elders, each program offers a rounded, overall workout, with some geared toward skill sets such as cardio, core, balance, or overall strength.

"They never repeat, so it's never boring," Norton said.

The exercise programs are also easy enough that anyone can take part, she said. One participant has chronic issues with her shoulder, Norton said, so she finds other things to do if there is, for example, an upper body range-of-motion exercise.

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# <u>From Our Chairman:</u> <u>New President, New Governor Now What?</u> <u>Happy New Year and Continuing our Tribal Journey</u>

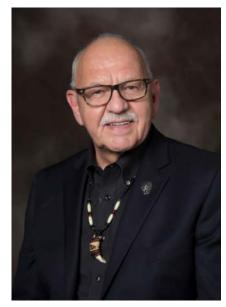
#### By W. Ron Allen, Chairman/CEO, Jamestown S'Klallam Tribe

Greetings Tribal Citizens!!! So, we now have a new U.S. President and a new Governor, and Indian Country's leadership are asking the questions: Now what? What is our strategy? How do we continue our journey toward stronger Self-Governance and Self-Reliance goals?

The answer: Stay the course and stay focused, reflecting on the confidence in our knowledge of the political system and the stability we have built through our Nation-building agenda. I reminded you all last month that we have "weathered" many political storms over our history in America and our state, and still have many successes we can point to that put our journey and vision in perspective.

Each new leader at all levels of our American governmental system brings new challenges for all Tribes, and that truth will be no different with President Trump, Gov. Ferguson and all other new leaders who will have an impact on Tribal rights and interests.

Our mission is to remember what we have accomplished over the past 40-50 years and how much we have learned. Our system has built into it a 'check-and-balances' foundation. Tribes have solidified America's commitment and trust obligations to all 574 Indian Nations. We must continue our



journey by educating all decision-makers throughout the system, about how strong Tribal governments and economies are a part of the solution to countless needs of our Tribal communities.

That same foundation and strategy is true at our state level with respective agenda of our new Governor and Attorney General Nick Brown. We can take great confidence in their strong background and knowledge of our state's commitment to the 29 Tribes within the State and their affirmed respect for our sovereignty and Treaty rights in the 1989 Centennial Accord Agreement.

Over the past administrations at the federal and state levels, Tribes have worked hard at establishing Tribal advisory committees for all agencies and programs serving Indian Country. We will need to preserve these communication vehicles to highlight our needs for all matters that are important to our Tribal citizens, including cultural and traditional rights, health care, education, veterans support, natural resource protection, and public safety and justice systems that keep our communities safe.

I repeat from last month's message that we as Tribal political leaders have a lot more experience regarding new administrations, congressional leaders and state legislators. Those lessons are driven by education of our unique political standing in the American political system and the needs of our communities. And this strategy is not just targeted at political leadership, but their support staff. That will be how we continue our journey of Self-Governance and Self-Reliance. As our past Northwest Treaty Rights leader Billy Frank, Jr. (Nisqually) said, "Keep telling your story!"

When people ask me "What's next?", I say, "Stay focused and keep telling our story, including sharing how our journey of Self-Reliance works." Self-Governance is making a difference, and we are on the same page regarding strengthening our economy and creating opportunities to achieve our goals. Any successful mission and goals don't happen overnight. We must continue our journey one day at a time, staying focused.

We will continue trusting in the wisdom, patience and perseverance of the Great Spirit, we will continue our Tribal journey.

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

Jamestown S'Klallam Tribe



# Tribal News & Notes

### <u>Announcement from the</u> <u>Election Board</u>

Tribal Citizens: Your Election Board wants to make sure each of you has your voice heard in Jamestown S'Klallam Tribe's annual elections. In 2024, several ballots were returned to us because we didn't have your current address.

If you have a new address or didn't receive a ballot, contact Election Board Committee Chair Michael Lowe at 360-460-7168 or Kayla Holden, Enrollment Supervisor and Client Navigator, at 360-681-4606.

(Note: The administration office may have your address but the Election Board may not, so please contact us.)

Also, those who are not registered and are at least 18 years old are encouraged to contact Kayla or Michael to get registered.

In 2025, the Tribal Council will be electing an atlarge Council member.

### Elders Committee seeking board member to fill vacancy

The Elders Committee has a vacant position to fill. Elders who are interested in filling this position to serve on the Jamestown Tribe Elders Committee, please send a letter of interest to Kayla Holden at kholden@jamestowntribe.org, or:

Jamestown Tribe

ATTN: Kayla Holden SCS 1033 Old Blyn Hwy

Sequim, WA 98382

All letters of interest will be presented to and reviewed by the Elders Committee at the next scheduled meeting.

Elders Committee members are expected to meet in-person on a quarterly basis.

### JKT/JEX seeking new board member

The JKT Development (JKT)/Jamestown Excavating (JEX) board has a board position to fill.

This member oversees business management and growth of JKT/JEX. A business and/or construction background is beneficial. Meetings are held, on average, a bi-monthly basis.

Those who are interested in filling this position are asked to send a resume and letter of interest to:

Samantha Benedict, EDA interim director 257 Business Park Loop Sequim, WA 98382

### <u>7 Cedars Resort's</u> Surveillance Team gets kudos

Members of the 7 Cedars Resort Surveillance Team got a hearty "thanks" in early January for their hard work.

Rory Kallappa, Chief of Public Safety & Natural Resources for the Jamestown S'Klallam Tribe, recently presented the team with a Certificate of Appreciation.

The certificate reads:

"We want to honor your team and thank you for your unwavering dedication and partnership with Law Enforcement.

"Your exceptional vigilance, steadfast commitment to identifying and responding to suspicious activities, and timely actions in spotting thieves in the act and recognizing trespassers have played a critical role in protecting our community and upholding safety and security.

Your commitment to excellence and teamwork is commendable and a shining example of responsibility and courage. With sincere gratitude, we honor your remarkable contributions."

#### Elders Exercise, from page 1

The exercises can be done seated, but most are done standing, she said. Some programs call for weights and/or stretching exercise bands, though some participants choose not to use them.

"You can do as much as you can do," Norton said. "You can modify (the exercises) easily to do what you're capable of."

Most participants are focused on the exercises, she said, but the time has become social too, with attendees often grabbing a coffee and a chat afterward.

"The social part of it does help keep [them] coming back," she said.

#### Big benefits at advanced ages

The Centers for Disease Control (CDC) notes that even a single session of moderate to vigorous physical activity provides immediate benefits for one's health, and that regular physical activity helps prevent many chronic diseases. (See www.cdc.gov/ physical-activity-basics/health-benefits/older-adults. html)

Immediate benefits for physical activity for adults 65 or older include improved quality of sleep, reduced feeling of anxiety and reduced blood pressure.

The U.S. Department of Health and Human Services' study "Physical Activity Guidelines for Americans (2nd edition)" found that physical activity for older adults:

- Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Lowers risk of heart disease, stroke, and Type II • diabetes
- Lowers risk of eight can-• cers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach)
- Reduces risk of weight gain
- you're capable of." Helps in people live independently longer
- Improves bone health
- Reduces risks of falls

In addition, the CDC noted that emerging research suggests physical activity may also help boost immune function.

The American Association of Retired Persons (AARP) has a host of free exercise videos for those in their 50s, 60s, 70s and older, with 10- and 20-minute routines focusing on core strength, cardio, overall fitness, plus stretching- and yoga-centered routines. (See www.aarp.org/health/healthy-living/staying-fit)

#### The top exercise as we age

The No. 1 exercise to do as people get older. according to The American Association of Retired Persons (AARP), is the squat.

Squats strengthen all muscle groups in one's legs, including calves, quadriceps, hamstrings and glutes, AARP representatives note, as well as muscles in the lower back and core. Those muscles provide a foundation for most daily activities.

In addition to being a kind of "antidote" for challenging moments when we struggle to get up from a cushy sofa or chair, squat exercises can also help protect joints, improve balance and prevent falls, according to fitness expert/author Denise Austin. "Squats are one of the best overall exercises," she said. "They strengthen the major muscles of the lower body we need to keep strong and also protect two joints we need help with on a regular basis – our knees and our hips."

AARP also has a host of resources offering tips on how to get active, maintain muscle, eat a healthy diet, maintain one's metabolism, and build healthy habits.

#### From the heart

The Elders Exercise classes started about a year before the COVID, Norton noted, with initial participants learning to use health center gymnasium's equipment from a trainer.

Ethel Cologne found a video series online for the group's use, Norton said.

"We just kept doing it," she added, noting that most of the initial participants are regular attendees

"We recruit people as we can," she said.

The classes, guite literally, hold a special place near Norton's heart. Amidst the pandemic, she said, she had heart surgery, and used the Elder Exercise classes to help her recover her overall health.

"I feel like I'm nearly back," she said.

One doesn't need to be in recovery from that kind of surgery to see the benefits, Norton noted. The exercises, Norton said, would help a would-be participant improve their overall physical fitness or be able to do simple things like bending down to tie their shoes, or stretching up to open and get items from a cupboard.

Plus, she said, "It would make them feel a lot better."

"You can modify

- Mary Norton

(the exercises)

easily to do what

# Update: European Green Crab

By Jenna Ziogas, Environmental Program Specialist, Jamestown S'Klallam Tribe

Jamestown environmental biologist Neil Harrington spends a fair portion of his time, spring through fall, setting traps in salt marshes to capture and search for European green crabs, otherwise known simply as green crabs.

Since they were first found at Dungeness National Wildlife Refuge



Photo by Jamestown S'Klallam Tribe A female European Green Crab caught in the Jimmycomelately estuary in August 2017.

(DNWR) in 2017, he, along with other staff with the Natural Resources department, have set traps in south Sequim Bay around the mouths of JimmyComeLately and Chicken Coop creeks, Washington Harbor and Travis Spit. In addition, he works in cooperation with state wildlife officials on eradicating a population that has established itself at the south end of Discovery Bay.

With Jamestown's new role as co-manager of the Dunge-

ness National Wildlife Refuge (DNWR), Neil will help new DNWR manager Fawn Wagner get up to speed on green crab trapping efforts. Neil will assist Fawn and other Tribal DNWR staff trap next year after 89 green crab were caught by the U.S. Fish and Wildlife Service in their efforts.

#### What is so concerning about these crabs?

In other areas where green crabs have established themselves outside of their native range in Europe, such as the U.S. East Coast, they have eaten clams and led to collapses in aquaculture, created bank erosion in salt marshes, replaced native crab species and decimated of eelgrass meadows.

Unlike some of our native crabs, they are generalized feeders, so they will eat whatever they can get their claws on — from clams to eelgrass. It is important to protect treaty resources by not letting these crabs get established in our usual and accustomed fishing area, as they could prey on clams and oysters and alter important salmon habitat.

#### If green crabs are from Europe, how did they get here?

First, we have to understand how these crabs transport themselves around. They start off as very small larvae (<1mm) that can float around in the water and be transported by currents for up to 80 days. They can also be transported as larvae inadvertently during that time. This is likely how they came over from Europe to the East

Help Save Our Shores: European Green Crab Information Session

Did you know invasive European green crabs threaten our local ecosystems? Join a fun and informative session to learn about these unwelcome visitors and the efforts to trap and monitor them in our waterways.

Discover how the National Wildlife Refuge system and the Jamestown S'Klallam Tribe are working to protect our coastal habitats — and how you can join the team!

Speakers include:

• Fawn Wagner, Wildlife Refuge Manager for Jamestown S'Klallam Tribe's Dungeness and Protection Island Refuge Management Program

 Neil Harrington, environmental biologist, Jamestown S'Klallam Tribe No experience is needed; just bring your curiosity.

RSVPs are appreciated but not required.

When: Tuesday, February 25, 6–7 PM

Where: Rainshadow Hall, Dungeness River Nature Center

More info/RSVP: Contact Leshell at leshell@dungenessrivercenter.org.

# Passing on knowledge, know-how





In December, Tribal Historic Preservation Officer Allie Taylor describes various tools that the S'Klallam people used in their hunting and fishing. Tribal Elder Cathy MacGregor skills, helping them understa using construction paper and

Photos by Jamestown S'Klallam Tribe

Tribal Elder Cathy MacGregor shows youngsters her basket-making skills, helping them understand the "over-under" weaving technique using construction paper and glue.

#### Green Crab, from page 5

Coast in the late 1800s — by being transported as larvae in the ballast water of ships.

From the East Coast they made their way to San Francisco, likely as small crabs in seafood packing material, and were first noticed there in 1989. Since that time, they have been transported up and down the West Coast as larvae by currents and have established themselves in Coos Bay in Oregon, Willapa Bay in Washington state, and Barkley Sound on Vancouver Island.

The first population established in the Salish Sea was noticed in Sooke Harbor on Vancouver Island in 2012. The first green crab in Washington's interior waters was found in 2016 in Westcott Bay on San Juan Island. Since that time, small numbers (one to five crabs) have been found in Padilla Bay, Whidbey Island and Port Angeles Harbor.

#### Trapping efforts in Sequim Bay

Jamestown has focused its efforts on south Sequim Bay, where several green crabs have been caught. In 2021 sixteen green crabs were trapped in Jimmycomelately, Dean and Chicken Coop Creek estuaries. Extensive follow up trapping was conducted that year to try and eradicate the population. The following year over 800 traps were set and only two green crabs were captured, and none were caught in 2023.

#### 2024 trapping season

This past year the south end of the bay was trapped in the spring, summer and fall. A green crab was caught near Jimmycomelately Creek on the last day of scheduled trapping. Follow up trapping did not yield any more green crab, but more traps will be set in the early spring to determine if there are any more in the salt marsh.

Another area of concern is Discovery Bay where more than 200 green crab have been caught this year by the Tribe and Washington Department of Fish & Wildlife (WDFW). The Tribe will continue to work with WDFW next year to try to eradicate this population of green crab.

#### How do you identify a green crab?

They are similar in shape to a Dungeness or Red Rock crab but have five teeth along the margin of their carapace between the eye and widest part. They are not particularly big, maxing out at 4-5 inches.

They are not necessarily green either, and not all green crabs you will find are European green crabs. In fact, our native kelp crab is green and weird looking but is not the right shape, with a much more pointed nose.

Get more information on the WA Seagrant Crab Team website at wsg.washington.edu/crabteam.

If you think you have caught a green crab, contact Neil at 360-681-4601 or nharrington@jamestowntribe.org.



# GENERAL CITIZENSHIP MEETING

10 a.m.-2 p.m.Open to all Tribal CitizensSaturday, March 29Agenda includes a review of 2024 Report<br/>to Tribal Citizens and enrollment surveys

#### Seeking surveys!

A blood quantum survey was mailed out to enrolled Jamestown citizens in late 2024. If you did not receive your survey, please contact Kayla Holden at kholden@ jamestowntribe.org or 360-681-4606.

For more information, contact Ann Sargent at asargent@jamestowntribe.org or Liz Barbee at lbarbee@jamestown.org, or call 360-683-1109. New Employee Notice

### JAMESTOWN FAMILY HEALTH CLINIC



Welcome Terri Rae LPN II

New Employee Notice I have been an LPN for 22 years, with a varied background of experience. The past 5 years I have enjoyed working in Urgent Care in Dallas, OR.

Truth be told, I knew very little about JFHC and the S'Klallam Tribe before applying to Jamestown. My daughter sent me the job posting, but I figured it was a shot in the dark. A few weeks later, here I am! I've never experienced such a genuine, warm welcome before. I feel incredibly grateful and blessed for this opportunity. I look forward to making an impact in this wonderful community.

In my spare time, I am usually hanging out with my almost 1 year old grandson, Trigg. I also like assisting my daughter with her photography business from time to time and helping with their beef business (Sequim Valley Angus).

If I haven't met you already, I am looking forward to meeting you soon!

# JAMESTOWN HEALING CLINIC



New Employee

Notice

Welcome Angela Bill, Child Watch Attendant

My name is Angela Bill. I am a Jamestown S'Klallam elder. I am a descendant from the Hall family. My grandfather's name was Lowell T. Hall. My mother's name was Delores Hall. My husband and I area from Tacoma. We found a beautiful forever home in Sequim. We love it out here. I worked at the casino when we first moved out here. It was fun for a while, but then I decided I wanted to go back to childcare, so I worked at a nice little daycare by our house, as a toddler teacher. I made some good friends there. I'm very happy to be hear and be a part of this beautiful Healing Center. I love meeting new people ... taking care of small children ... going to thrift stores ... crafting ... going on walks on the River Bridge and Jamestown Beach with my dog. Oh, and of course, watching football with my husband. GO HAWKS!!

New Employee Notice

# JAMESTOWN HEALING CLINIC



Welcome Amy Bell, SUDP Before I came to JHC, I worked at Peninsula Behavioral Health for about 3.5 years. I started as a Case Manager through the PATH program, and then I worked as an SUDP-T for over 2.5 years. Prior to that I worked from 2005 to 2019 for the Natural Resources Conservation Service. I also have over 8 years

experience working in mental health, and a year working at a Detox Facility for Adolescents.

I came to JHC because I have wanted to be here since I became a SUDP-T. JHC is beautiful, MAT saves lives. Also, working with NRCS it was easy to see some of the best conservation practices were known by Native Americans for hundreds if not thousands of years, and we were just finally promoting them. On my time off I like to go hiking with my dog and take pictures as I go, and I like to listen to and play music.

Welcome Alyssa Alcaraz UA Tech My name is Alyssa Alcaraz, and I am a former dental sterilization technician! I chose to join the JHC because the team matched my excitement for helping our beautiful Olympic Peninsula

MESTO

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community. This past May I graduated from Arizona State University with a bachelor's degree in Anthropology. The addiction studies course I took while enrolled in college helped me decide

where I wanted to make a positive impact after graduating. When I am not working, I love to take my puppy to the

beach, continue various 'work in progress' acrylic paintings, and to go on road trips with my friends and family. I am so excited to have joined this wonderful team, and I look forward to getting to know everyone! New Employee Notice

## JAMESTOWN FAMILY HEALTH CLINIC



Welcome

Trisha

DeChenne

Medical Office

Assistant

I am a Jamestown Tribal citizen was born and raised in Boise, ID and have had the opportunity to live in Georgia and Eastern, WA. Being from the Northwest and having visited Sequim throughout my lifetime, it has always been a potential location to settle down. I'm looking forward to exploring the area and creating a home here on the peninsula.

I came to JFHC because it's always been a goal of mine to work for the Jamestown S'Klallam Tribe. My background is in Financial and Managerial Accounting and Administration. I love being able to immerse myself into an industry that I have

not previously worked in. I'm looking forward to working with the JFHC Team, being a contributing member and expanding my knowledge and skillset.

During my time off I enjoy indoor and outdoor activities such as canoeing, hiking, frisbee golfing, beading and spending time with friends and family. Being in a new area gives me the opportunity to create new experiences memories. I'm always up for an adventure!

# JAMESTOWN HEALING CLINIC



New Employee

Notice

Welcome Danielle Wyatt Patient Care Coordinator I was a part-time office secretary for a locally owned business in Port Angeles for the last 10 years. I split my time between the office and taking care of my Mother, while also being a fulltime Mom to my two daughters. Before that time, I worked as a Supervising Lead for the Lower Elwha Early Head Start Program. Currently, my husband and I own and operate a mobile equipment repair business located here in Clallam County.

During my time off, we spend a lot of time doing outdoor activities such as camping, traveling and fishing with our family and friends.

I had just recently started looking to establish a full-time position with a company when I was told about the Personal Care Coordinator job posting. I have really enjoyed my time here so far and am looking forward to expanding my knowledge and experience with the Clinic.

New Employee Notice

# JAMESTOWN HEALING CLINIC



Welcome Leah Vaara Transportation Driver Until April 2024, I worked in the Financial Aid Department at Peninsula College for about 6 years. After that, I briefly worked as a job coach to help people with developmental disabilities learn how to engage within their communities such as teaching job skills and using public transportation.

The requirements on the job announcement seemed to fit my job skills and interests. Many people told me that Jamestown was a wonderful place to work and I have to

say, they were right!

Swim, play with my dog and watch high school sports, especially basketball and baseball. My two children recently

graduated from high school (one from Sequim and the other from PA) and were very involved in athletics so my husband and I still like to go to games and support our local athletes.



www.jamestownexcavating.com

360-683-4586



# Wednesday February 12th Topic "Spirit Quest"

# 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**

Lunch served at 11:30

Meeting 12:00 - 1:00 pm

JFHC Upstairs Conference Room Facilitated by Rob Welch, PhD

Jamestown S'Klallam Tribe

# Families step into a 'Winter Wonderland'

By Dustin Brenske, Social & Community Services Director, Jamestown S'Klallam Tribe

We had an incredible event and turn out for our seventh-annual Winter Wonderland on Dec. 21.

About 40 families (approximately 140 people) showed up to our holiday event, where they got to visit with S'Klallam Santa and his helpers, bead, craft, eat brunch and receive their family gift bag.

We were hosted this year for the first time by 7 Cedars Resort, due to the overwhelming response of participants. Melody Bowers and her catering team went above and beyond to create a family friendly space with decorations, breakfast, and hot chocolate bar for our anticipated event. This allowed our staff to focus on visiting with families, provide more crafts and take lots of pictures.









Jamestown S'Klallam Tribe

# Elders' Corner

**New to the Tribal Newsletter!** Welcome to Elders' Corner, a new monthly feature. Check here for Elder news, updates and events.

Note: The February Elders' Monthly Luncheon has a date change, and will be held from noon-2 p.m. on Thursday, Feb. 13, in Club 7 at 7 Cedars Resort.



KAYLA HOLDEN IS AN ENROLLED MEMBER OF THE JAMESTOWN S'KLALLAM TRIBE FROM THE PRINCE FAMILY. DAUGHTER TO DAVID HOLDEN AND GRANDDAUGHTER TO MARLIN HOLDEN. PREVIOUSLY, KAYLA HELD THE POSITION OF ENROLLMENT SUPERVISOR AND CLIENT NAVIGATOR. SHE WILL CONTINUE ON AS ENROLLMENT SUPERVISOR, AS SHE TAKES ON THIS NEW ROLE. SHE WILL PROVIDE OVERSIGHT TO ALL ELDER SERVICES TO ENSURE QUALITY PROGRAMS AND COMPLIANCE WITH GRANTS, POLICIES AND PROCEDURES. CONTACT HER AT 360-461-3606. KAYLA, AN ADDITION TO THE EXISTING ELDERS SERVICES TEAM, IS EXCITED TO JOIN THIS AMAZING CREW AND HELP TO CONTINUE THEIR GOOD WORK!



Please come enjoy clam chowder, garlic bread, and salad at an event held by our Elders and Youth Program.





COME CHECK OUT OUR NEW, EASY ACCESS PATHWAY AND AUTOMATIC DOOR TO OUR ELDERS LOUNGE!



# <u>yəhúməct</u>

# Culture Department Announcements & Events

?éyəs č'a?yé?ił łqíyeč — Happy February! (short month) All events the Culture Department host are open to all Jamestown Tribal Citizens, Descendants and their families.

#### Our apologies ...

First off, we'd like to apologize to Cathy MacGregor for leaving her out of January's newsletter.

Cathy is a regular at any type of Cultural Event Jamestown hosts. She's the first to volunteer and always willing to extend her teachings beyond the day or two available at workshops or events. Cathy led several people in the weaving of cedar ornaments at the Winter Cultural Weekend. The cedar balls are always a favorite of participants! há?nəŋ st. We thank you Cathy!

#### Klallam Language

It's a short month for Klallam language with the Jamestown Re-recognition on Feb. 10 and President's Day on Feb. 17. Thank you to Mary Norton and Timothy O'Connell, who will continue the year with simple vocabulary, phrases, and basic grammar! Come learn at your own pace! We are still working on getting our new virtual platform working! Our IT department is coming up with some possible solutions. When we are ready, we will get that information out!

What: Klallam Language

**Where:** Dungeness River Nature Center, 1943 W. Hendrickson Road, Sequim

When: 5:30-6:30 p.m. Monday, Feb. 3, and Monday, Feb. 24

#### Jamestown's 44th Re-Recognition Dinner

Come join us in a celebration of our sovereignty! We will share a meal, songs and stories to celebrate the 44th Annual Re-Recognition of the Jamestown S'Klallam Tribe. This year's Canoe Journey will be hosted by Lower Elwha and our tribal calendar has a Canoe Journey theme, so



Photo by Jamestown S'Klallam Tribe/Culture Department Cathy MacGregor displays a weaved cedar ball ornament.

the Re-Recognition event will be centered around the Journey. We will hear the story of carving the laxqínəm, to becoming a well-known landing location. Hope to see you there!

What: Jamestown Re-Recognition Where: Red Cedar Hall When: 11 a.m.-2 p.m. Saturday, Feb. 8

#### JST Song & Dance for February 2025

Song and dance will start back up for the new year in February. We will be hosting song and dance practice every second and fourth Wednesday at the Dungeness River Nature Center. This is a great chance to come learn our songs and dances.

Lower Elwha is hosting the final landing for Canoe Journey this year and we want to represent Jamestown well! We will start the evening sharing a light meal then jump right into practice.

What: Jamestown Song & Dance

Where: Dungeness River Nature Center, 1943 Hendrickson Road, Sequim When: 5-7 p.m. Wednesday, Feb. 12, and Wednesday, Feb. 26

(Continued on page 14)

#### **TENTATIVE:** Intertribal Song & Dance with Lower Elwha and Port Gamble

At this time Intertribal is tentative. Our host is Port Gamble, but there are many singing and drumming jam opportunities this month across the area at different tribes. As we have more information, we will get that out through the all-calls and Facebook events.

#### **Canoe Family Meeting**

Join us for a light meal and some planning for Journey! Last month we started discussing who would take on leads for certain Canoe Family tasks for 2025, and during this meeting we will finalize that. We would love to get a jump start on gift making as well! We will share any new details that we have from Lower Elwha and go over upcoming dates for our song and dance practices.

What: Canoe Family Meeting

Where: Dungeness River Nature Center, 1943 Hendrickson Road, Sequim

When: 5:30-7:30 p.m. Friday, Feb. 21

#### Participating in the Jamestown S'Klallam Canoe Family -2025 Canoe Journey to Lower Elwha Klallam Tribe

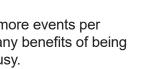
The Canoe Family is comprised of Jamestown S'Klallam Tribal citizens, descendants, and their family members. Members always take to heart that they are representing the Jamestown S'Klallam Tribe, their family, and ancestors. Participation in the Canoe Family is voluntary, and not a paid position. Participants may be of any age; however, some roles may have age and physical requirements.

What are some benefits to being a member of the Canoe Family?

- Learning about Tribal culture (language, songs, protocols, culture significances);
- Learning how to work together; and •
- Learning how to honor your ancestors, family, Tribe, and other tribes.
- What are some of the events that the Canoe Family participates in?
- The Canoe Journey is a large event that lasts about two weeks. Jamestown hosting will be at Jamestown Beach on July 30. Protocol at Lower Elwha will be Aug. 1-5, 2025.
- The Family represents Jamestown at each beach landing and during Protocol (sharing songs and dances • at each tribe).
- Members may participate for all or part of the event, as Pullers in the canoe, Ground Crew, Kitchen Crew • and Support during the hosting at Jamestown Beach.
- Bi-monthly song and dance at Jamestown, and intertribal with Port Gamble and Lower Elwha allow us to • become confident in our songs and dances, particularly for Canoe Journey Protocol or other Jamestown events.
- Members can participate in ceremonial events such as the First Salmon Ceremony, Federal Re-Recognition, and First Foods Ceremony.
- Making gifts for the host tribes during Canoe Journey.
- What is the commitment level?
- The commitment level is your choice. As the Canoe Journey gets closer, there may be more events per month. We encourage as much participation as possible so that you can receive the many benefits of being a member of the Canoe Family. However, we also understand that many families are busy. How do I take part?

If you are interested in joining the Canoe Family, we encourage you to contact us: Emma Barrell at ebarrell@ jamestowntribe.org or 360-681-3414, or Jesse Osmer at josmer@jamestowntribe.org or 360-406-0852.

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Raising the Canoe in 2022.

#### Canoe Journey T-shirt Logo Contest

Citizens and Descendants! A unique way to participate in the canoe journey is to design a logo for this year's journey! The theme for this year's canoe journey is "Dams Removed. A River Reborn. Spirits Renewed. Paddle to Elwha 2025." They are focusing on more natural colors you would find in and around the river. Please use 1-3 colors for your logo and email your design by March 30.

Contact Emma Barrell (ebarrell@jamestowntribe.org or 360-681-3414) with questions.

#### Clam Dig

A good clam digging tide is on Feb. 7. The Culture Department will not be taking people out, but if you need to borrow a bucket, boots, shovel, or rake, let us know. (Note: butters, horse clams are not safe in locations below.) **What:** Clam Dig

Where: Blyn or Jamestown When: 5:30 p.m. Friday, Feb. 7

#### Notes from the Community Garden: Garden and Produce Stand Survey



Happy New Year, everyone! It has been an honor and pleasure to meet so many of you in 2024 at the Tribal Community Garden.

We are planning on expanding our offerings at the garden this year, including providing multiple Produce Pick-Up Stations at various Jamestown locations. We need your valuable input to: 1) determine where our Produce Pick-Up Stations will be this season and 2) what produce you want to see from the Garden this year.

Please follow the link and/or QR code (at left) to complete the Google Form at tinyurl.com/jstGarden2-25.

Please fill this out as soon as possible so I can start finalizing the growing plan for the garden this year. Thank you for your continued support, and I look forward to seeing y'all at the Garden this year! In gratitude,

Frankie Rafferty (they/he), Community Garden Manager

#### **Call-out for Growing Sunchokes**

This year at the Tribal Community Garden, we harvested an abundance of sunchokes from one of our perennial beds. While there is plenty for everyone to eat, there is also plenty to grow! Are you interested in cultivating traditional foods in your own backyard? Fill out this Google Form at tinyurl.com/jstSunchokes2-25, to let Frankie Rafferty, the Community Garden Manager, know how many pounds of sunchokes you would like to grow.

Please try to fill out this form by the end of February so that you have enough time to plant them before Spring begins. We're excited to grow these foods with you!

#### Head's Up for Spring Culture Weekend (March 8-9)!

We'll be hosting a two-day Spring Awakening Workshop at Red Cedar Hall. The first day we'll gather from the land at the clam garden or nettle from a favored patch. The second day we enlist cultural knowledge keepers to demonstrate beading or weaving and we'll host a "Creation Station" spotlighting plants gathered. The day will culminate with a meal made from the clams and nettle harvested. Maybe we'll have time to make Nettle Lemon Cake!

yəhúməct – take care of yourself

#### **Culture Department contacts:**

Igreninger@jamestowntribe.org, Culture Department Director, 360-681-4660 Ibarrell@jamestowntribe.org, Culture Department Deputy Director, 360-681-3418 mgrinnell@jamestowntribe.org, Traditional Foods Gathering Coordinator, 360-681-3408 ebarrell@jamestowntribe.org Culture Coordinator, 360-681-3414 Josmer@jamestowntribe.org Culture Gatherings Assistant, 360-681-5617 Mhaller@jamestowntribe.org Traditional Foods & Culture Assistant, 360-681-4659. Jamestown S'Klallam Tribe 15

# Library Corner

#### Prime Time Family Reading Program

The Prime Time Family Reading Program will be returning in the spring (date TBD). Details and registration form for this wonderful family reading program first held last fall are coming soon. For more information, call the library at 360-681-4632 or email to library@jamestowntribe.org.

#### A Conversation with Ta Nehisi Coates



Rounding out the Seattle Arts & Lecture Streaming Series in February at the Heron Hall Library: From the bestselling author of "Between the World and Me" comes a new collection of visionary essays, "The Message."

Follow Ta-Nehisi Coates as he journeys to three resonant sites of conflict in the world to explore how the stories we tell — and the ones we don't — shape our realities.

Written at a dramatic moment in American and global life, this work from one of the country's most important writers is about the urgent need to untangle ourselves from the destructive nationalist myths that shape our world — and our own souls — and embrace the liberating power of even the most difficult truths.

Join the library for a livestream at 7:30 p.m. on Tuesday, Feb. 18, in the Heron Hall Library. For more information about this event and others, visit https://lectures.org.

Tribal community members can request private screenings, Feb. 19-

25. Contact the library at library@jamestowntribe.org or 360-582-5783.

#### So many new books!

The library has new books for everyone. Looking for something fun to read to pass the cold, dark, winter days? Visit the library, get a card (if you don't have one already), and check out one of these great new books!

#### Gaming Saturdays with TTRPG (Table-Top Role Playing Games)

Library staff are thrilled to be bringing TTRPG and a weekly drop in game days to the library on Saturdays

from 1-3 p.m. While card and board games will be available every week, on the first and third Saturdays of each month library staff will lead a TTRPG game Coyote and Crow — a science fantasy roleplaying game set in an uncolonized future. For more information about Coyote and Crow, visit coyoteandcrow.net. There will be additional games available to play during the program, including NAASII and WOLVES, also developed by Coyote and Crow developer Connor Alexander (Cherokee Nation). Reach out to the library for more information.

#### New reads

A new youth book series to check out: "Racial Justice in America Indigenous Peoples," by Heather Bruegl, explores Indigenous topics in this eight-book series.

New juvenile Indigenous authored youth fiction series:

- "Tana Cooks" by Stacy Wells
- "The Mighty Muskrat Mystery" series by Michael Hutchinson
- The latest in the Jo Jo Makoons series, "Rule School," by Dawn Quigley



(Continued on page 17) February 2025

# HPAI (bird-flu) cases grow on Olympic Peninsula

By Dylan Bergman, Wildlife Program Manager, Point No Point Treaty Council and Hansi Hals, Natural Resources Director, Jamestown S'Klallam Tribe

Highly pathogenic avian influenza (HPAI, or bird-flu) is a contagious disease that has been found in numerous birds, harbor seals, cougars, and other animals on the northern Olympic Peninsula in the last few months. It can be transmitted from bird to mammal through close contact, saliva and feces.

#### More bird-flu information

- wdfw.wa.gov/species-habitats/diseases/bird-flu
- cdc.gov/bird-flu/prevention/index.html
- aphis.usda.gov/livestock-poultry-disease/avian/ avian-influenza/hpai-detections

Avian influenza rarely causes serious illness in humans, but it is possible.

HPAI is not a new disease. We know it has been occurring regionally for decades, impacting primarily birds. However, the current outbreak is notable because of its movement from birds into mammals. Bird-flu infections in people are rare and usually happen only after a long period of contact with infected birds.

We want everyone to stay healthy. Here are some things to keep in mind:

Because HPAI can move from sick or dead animals to people and their pets, do not touch any sick/dead animals, avoid the area around them, and keep dogs away.

Shellfish harvesters are advised not to harvest shellfish near any sick/dead animal.

Hunters are advised to wear gloves when processing harvested wildlife, cook all meat to at least 165 degrees Fahrenheit, and wash their hands thoroughly with hot water and soap, or hand sanitizer, immediately after processing.

Gatherers are advised not to harvest near any sick/ dead animal.

If you find any sick/dead wildlife, especially multiple sick/dead animals close together, avoid the area.

#### **Report cases**

If you observe a situation with multiple sick/dead birds or wildlife, please report it to Washington Department of Fish and Wildlife at their HPAI reporting tool, which is linked here and also found by searching WDFW Avian Influenza: HPAI Reporting Tool

The tool will prompt you for information. Please take note (if you can) of the affected species, precise location, the number of sick or dead animals, as well as any unusual behavior(s). Only collect what information you can while remaining a safe distance away (at least 10 feet). Photos — from a distance — would be helpful.

Please let Dylan Bergman, Point No Point Treaty Council's wildlife biologist, know if you make a report of possible HPAI observed in wildlife. He is also available to submit the report for you. Bergman can be reached at 360-731-8674 or dbergman@pnptc.org.

Those who have walked on or near sick/dead animals should disinfect boots with a 5% bleach solution. Do not retain feathers or any other parts from a dead bird if the cause of death is not known.

If you develop flu-like symptoms after handling birds or other wildlife, or having any other potential exposure to sick animals, call Clallam County's Communicable Diseases hotline at 360-417-2412.

Library Corner, from page 16

#### **Drop-In Writers Workshop**

On Wednesday afternoons from 3-4:30 p.m., stop in the library and find inspiration and a space to write with other indigenous writers in the community. Staff will be present and provide a weekly writing prompt. You may also use the opportunity to write, talk, and support other writers.



Photo by Jamestown S'Klallam Tribe Check out new adult fiction and non-fiction titles at the Heron Hall Library

Jamestown S'Klallam Tribe

# <u>Greener, quieter, smarter: JST NR makes the</u> <u>switch from gas-powered to battery-electric tools</u>

By Jenna Ziogas, Environmental Program Specialist, Jamestown S'Klallam Tribe

Last month, Jamestown's Natural Resources department utilized Washington Climate Commitment Act funds to purchase battery-powered maintenance equipment — bringing the Tribe one step closer to reaching carbon neutral goals.

The newly acquired electric chainsaws, pole trimmers, leaf blowers, and batteries will be put to use maintaining land/trails at Dungeness National Wildlife Refuge, and JST conservation properties.

The battery-powered tools do not rely on fossil fuels for operation, making them a more sustainable and

safer choice, eliminating carbon pollution and the risk of fuel spills and fires that can occur with gas-powered tools.

The batteries for the equipment are rechargeable and can even be plugged into the NR Department's new fully electric F-150 Lighting (in the back or in the "frunk").

Charging in the frunk would keep the equipment dry and secure while charging.

In addition to reducing greenhouse-gas emissions, staff, park visitors, and wildlife in the area will no longer be exposed to air pol-





Photos by Jamestown S'Klallam Tribe/Natural Resources department Amos Almy, Park Ranger & Visitor Services Manager at the Dungeness National Wildlife Refuge, stands by new battery-powered maintenance equipment purchased by the Tribe for use at the Refuge and other Tribe properties.

lution, the smell of gas, and unnecessary noise pollution as the electric tools are much quieter than gas-powered tools — allowing the smells and sounds of nature to be fully experienced and enjoyed.

Powell Jones, JST Land Stewardship Manager, says he plans on collaborating with Washington Conservation Corps crews and allowing them to try the new equipment as they have been thinking of converting from gas to battery electric.

JST's example of transitioning to battery-electric creates opportunity for rippling effects of climate pollution reduction actions throughout the community.





# + CALLING ALL + JST ARTISTS! +

We will be hosting the Northwest Portland Area Indian Health Board (NPAIHB) in April at 7 Cedars Hotel.

### We are in need of purchasing Tribal art and items between \$60-\$100 for a silent auction to support NPAIHB initiatives.

Donations are also gratefully accepted!

Vendor Space Available During the Conference Reserve Your Table Today! **April 22nd & 23rd** 

### Contact

Morgan Snell msnell@jamestownhealth.org

Jamestown S'Klallam Tribe

## **Construction Updates**

Kirk Nelson, Senior Construction Manager, Jamestown S'Klallam Tribe



Photo by Jamestown S'Klallam Tribe

One of the final pieces (the cherry on top you could say) at the Heron Hall Library is the Heron & Moon carving, designed by Bud Turner and carved and painted by Tim O'Connell. It took quite the team to get it installed, but it fits the building perfectly.



Installation of the concrete for the new ADA accessible ramp to the Elders' Lounge has been poured. This provides a safer and more direct route for access to the Elder's Lounge. We are working on finishing up landscaping and railing for the stairs.



Construction of Phase 3 of the Jamestown Village Site Pavilion has commenced. Shawn and team (Josh and Russell) have been working in shop to produce the round backbone structure for the long round beam facade. This phase includes electrical, lighting, sound system, and finishes to the interior of the structure. The guys have been remarkably busy building and installing the backbone for the long cedar beam wraps.



### Work with Tribal staff to protect our waters and ecosystems from invasive species

Be part of a unique conservation effort at the Dungeness National Wildlife Refuge. As a technician, you'll join a collaborative co-management team led by the Jamestown S'Klallam Tribe's refuge staff to address the growing threat of European green crabs, an invasive species impacting our coastal ecosystems.

ligibility

- Enrolled in a federally recognized Tribe, Band, or village
  - 18-25 years old

- No experience required

## **Dungeness National Wildlife Refuge** Sequim, WA

Service Term: April 1, 2025 - September 26, 2025

#### Compensation

- \$600/weekly living stipend + \$100/week additional benefi
- Professional Development fund of \$2,250 for the term
- Option for health care and child care
- Housing available on site

Application deadline March 1, 2025 Preference given to applicants that submit by Feb 15, 2025. www.stewardslegacy.org/watercorps

Service site contact: Fawn Wagner, Wildlife Refuge Manager, fwagner@jamestowntribe.org Program contact: Andre Nguyen anguyen@conservationlegacy.org\_





REFUGE SYSTEM

### AIES Scholarships Available

Applications are available now for the 2025-2026 American Indian Endowed Scholarship (AIES) awards. The Washington Student Achievement Council will accept signed and completed applications postmarked by March 3, 2025.

To be eligible, applications must have close social and cultural ties to an American Indian tribe or community in Washington state; intend to use their education to benefit that community; be enrolled full time in the 2025-26 academic year, beginning in fall term, at a participating college or university (in-state); have demonstrated financial need (as determined by the college financial aid office, per FAFSA); be a Washington state resident; and have not received a total of five years of this scholarship.

Scholarships generally range between \$500-\$2,000 for each academic year. Finalists for the scholarship awards are announced in the spring.

Download the application and instructional materials at wsac.wa.gov/american-indian-endowed-scholarship and click "How do I apply?" Mail the signed application with required attachments (and postmarked by March 3, 2025) to American Indian Endowed Scholarship, Washington Student Achievement Council PO Box 43430, Olympia, WA 98504-3430.

Call 360-485-1311 or email to aies@wsac.wa.gov for more information.

### You never have to face your challenges alone. Reaching out for help is a sign of strength.

Strong people know when to ask for help—and when to accept help.

### **Connection is Prevention.**

For mental health resources visit NativeAndStrong.org

If you or someone you know is experiencing a mental health crisis or thinking about suicide, dial 988 and press 4 for confidential support from a Native counselor.



Jamestown S'Klallam Tribe

## Northwest Native Expressions Native Art Gallery



Check out art by Tribal Citizen Jeremy Monson (Hall-Adams families) at the Gallery this month! Monson's Purple Turtle Artwork includes cedar earrings, drums, rattles, and Jamestown S'Klallam window decals.



1033 Old Blyn Highway Sequim, WA 98382 360-681-4640

www.NorthwestNativeExpressions.com

# Jamestown S'Klallam Tribe's Emergency and

### Non-Emergency Contact Procedures

#### **Emergency Contact Procedure:**

For medical emergencies, crimes in progress, fires, vehicle accidents, etc.,

<u>DIAL 911</u>

#### Non-Emergency Contact Procedure:

Any non-emergency that needs law enforcement or medical assistance i.e.: Non-emergency medical aid, suspicious person or vehicles, vehicle alarms, etc.,

DIAL 360-417-2459 (Clallam County Sheriff's Non-Emergency Dispatch)

Please be prepared to provide pertinent details of *who, what, when, where,* i.e.

#### For further assistance contact Jamestown Law Enforcement

 Chief Rory Kallappa
 Office: 360-681-4629
 Cell: 360-477-0233

 Sgt. Calvin Lehman
 Office: 360-582-5797
 Cell: 360-460-5178

 Officer Patrick Carter
 Office: 360-582-5798
 Cell: 360-477-3531

 Officer Chad Payne
 Office: 360-681-5627
 Cell: 360-809-4230

 Officer Jeff Pickerell
 Cell: 360-460-3788
 Cell: 360-460-3788

### **Contact Information**

70 1 11 1 10 1	
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	360-504-2022
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

# Save the Date! Monday, Feb. 10, 2025 is Tribe's 44th Recognition Day

The Tribe is set to celebrate its 44th anniversary as a federally recognized tribe. The Tribe was officially re-recognized on February 10, 1981, after a long effort to petition the federal government. The process began with the signing of the Point No Point Treaty in 1855, proving the United States



Tribal Citizen Henry Johnson in front of Jamestown Shaker Church, 1905, University of Washington Special collections, UW-NA-1173a, Meany Edmond S.

ing the United States had acknowledged the Tribe as a sovereign nation.

See Jamestown's celebration event details on page 13.

#### 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

JST Capital: www.jamestowncapital.org

Kurt Grinnell Aquaculture Scholarship Foundation; www.kurtgrinnellscholarship.org Facebook Pages:

Tribal Government: www.facebook.com/JamestownSKlallamTribe

Tribal Library: www.facebook.com/p/Jamestown-SKlallam-Tribal-Library-100064776964063

S'Klallam Tribal Events and Announcements: www.facebook.com/groups/sklallam.events.announcements

yəhúməct Traditional Foods and Culture Program: www.facebook.com/jamestown.tfp

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

JST Careers: www.facebook.com/ profile.php?id=100084808620555

7Cedars Casino: www.facebook.com/7CedarsCasino

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

Longhouse Market and Deli: www.facebook.com/LonghouseMarket

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

Dungeness River Nature Center: www.facebook.com/dungenessrivernaturecenter

SCS Client Navigator: www.facebook.com/jamestownnavigator

February 2025								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
						1		
2	<b>3</b> Klallam Language 5:30-6:30 p.m. River Center	4	5	6	7	8 Re-Recognition Dinner 11 a.m2 p.m. Red Cedar Hall		
9	10 Federal Recog- nition Day Tribal Offices & Clinics Closed	11	12 Wisdom of the Elders Group 11:30 a.m1 p.m. JHFC conf. room	<b>13</b> Elders' Monthly Luncheon Noon-2 p.m., Club 7	14 Valentine's Day	15 Higher Ed scholarships due		
16	17 President's Day	18	19	20	21 Canoe Family Meeting 5:30-7:30 p.m. River Center	22		
23	<b>24</b> Klallam Language 5:30-6:30 p.m. River Center	25	<b>26</b> <b>Jamestown</b> <b>Song &amp; Dance</b> 5-7 p.m. River Center (also 2/12)	27	28			

### **March 2025**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 General Citizen- ship meeting 10 a.m2 p.m. Red Cedar Hall
2	3	4	5	6	7	8 Spring Culture Weekend
9 Spring Culture Weekend	10	11	12 Wisdom of the Elders Group 11:30 a.m1 p.m. JHFC conf. room	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 General Citizen- ship meeting 10 a.m2 p.m. Red Cedar Hall
30	31					



#### 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 Mike Dashiell at mdashiell@jamestowntribe.org by U.S. Mail to the address below. You can also reach Mike at 360-681-5629.

#### Changes of Address:

Tribal Citizens, please send changes of address and name changes to Enrollment Supervisor Kayla Holden at kholden@jamestowntribe.org or call her at 360-681-4606. Other newsletter recipients, please send changes of address to Mike Dashiell at the address/phone above, or to newsletter@jamestowntribe.org.

#### Jamestown S'Klallam Tribal Council

Jamestown S'Klallam Tribal Council W. Ron Allen, Chair rallen@jamestowntribe.org, 360-681-4621

Loni Greninger, Vice-Chair Igreninger@jamestowntribe.org, 360-681-4660

Rochelle Blankenship, Secretary rblankenship@jamestowntribe.org, 360-460-0045

Ricky Johnson, Treasurer rajohnson@jamestowntribe.org, 360-582-5785

Dana Ward, Council Member

dward@jamestowntribe.org, 360-774-0773

#### Interested in Attending Tribal Council Meetings?

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

### February Birthdays

2/17

- 2/1 Jesse Reeves
- 2/1 Mark Becker
- 2/3 Emma Barrell
- 2/4 Joseph Hall
- 2/4 Joel Schmitt2/5 Weston Lick
- /5 Weston Lickiss
- 2/5 William Anderson Jr.
- 2/6 Timothy Wilsie
- 2/6 Danielle Dressel
- 2/6 Patrick Moore
- 2/7 Ryan Reuter
- 2/7 Michelle Jimmy
- 2/7 Michael Patsey
- 2/7 Walter Reyes
- 2/8 Jessica Reeves
- 2/8 William Brown
- 2/8 Dolores McConaghy
- 2/9 Douglas Piltz Jr.
- 2/10 Russel Buckmaster
- 2/11 Madison Eisenhour
- 2/12 April Davis
- 2/13 Mary Ann Maher
- 2/13 Duane Niatum

- 2/22 Candace Munger2/22 Dawn Buoncristiani2/24 Brandi Lapointe
- 2/24 Drandi Laponia 2/27 Cody Holden

2/22 Devin Peterson

2/15 Jonna Lawler

2/18 Ruth Roath

Anita Russell

2/18 Deborah Hutsell

2/19 Valerie Kardonsky

2/20 Alexander Gaschk

2/20 Nathaniel Olson

2/21 John Adams

2/22 Jody Allen2/22 Caitlyn Hensley

2/21 Nicholas Ulowetz

2/19 Mark Cullivan

- 2/27 Timothy Hillerman
- 2/27 Wallace Norton
- 2/28 Cameron Fairchild
- 2/28 Mark Reuter Jr.
- 2/28 Sandra Johnson
- 2/29 Renee Hoerath

### Higher Education Scholarships

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