

bá.yak The Talking Raven

A Quileute Newsletter



"AND1 Live Streetball Tour" visits La Push



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THE DEADLINE FOR ALL SUBMISSIONS TO BE CONSIDERED FOR PRINT IN THE TALKING RAVEN IS THE 3RD FRIDAY OF EVERY MONTH.

Elders' Week is scheduled for May 16th-20th

In front of a crowded Akalat Center on March 11th, the Legends (whose team consisted of AND1 and ESPN basketball stars) played an entertaining basketball game against the Quileute All Stars as part of their 2011 AND1 Live Streetball Tour. The team brought their own announcer, Emcee Rell, who added energy and humor to the game with his taunts of the home team and nicknames he gave to a few of the Quileute All Stars.

This is the second time the streetball tour has visited La Push. Ann Penn-Charles of the Drug, Alcohol and Tobacco Prevention Program organized both events.

Earlier in the day, the team spoke at assemblies at the Forks High School and the Quileute Tribal School, where they discussed the importance of focusing on education, participating in extracurricular activities, keeping physically fit, staying away from drugs, alcohol and gangs, and setting goals.

Later that night, the Legends played a basketball game against a handful of brave Quileute tribal members, tribal employees, and a couple of their friends.

At the start of the game, there was confusion with the referee calling "three seconds in the key" and "over and back"—rules that do not exist in streetball. After the announcer sorted it out with the ref, the game continued.

During the next Legends' possession, Archie was playing defense against Hot Sauce, one of the most famous streetball players in the world. While Hot Sauce was handling the ball, he pulled Archie's jersey up over his head, causing the crowd to roar with laughter. Emcee Rell exclaimed, "Archie, Archie, Archie! This is going to be a long game!"

At one point, the Quileute All Stars mistakenly had six players on the court, but that still did not stop the Legends from scoring.

Forks High School teacher, Charles Urlacher,

provided much entertainment. Throughout the game, his Recreational Spectacles, called Rec Specs, were the focus of the announcer's jokes. Emcee Rell nicknamed him "X-Ray."

Tribal Officer Sean "I've Got My Glasses" Hoban, who played in last year's game against the Legends, was the MVP for the Quileute All Stars, scoring 25 points. Emcee Rell kept up his teasing, saying things to Sean such as, "Do you see him? You have to see him. You have glasses on!"

Afterwards, Archie jokingly said, "The rest of us

weren't good enough to get [nick]names."

The final score was 135-78, in favor of the Legends. The event was exciting for the community, seeing local men play against some of the most talented streetball players. After the game was over, the Legends signed autographs and took pictures with fans.

Thank you to Quileute Tribal Council, TANF, Quileute Tribal School and Quileute Housing Authority for supporting this event.

Photo by Cheryl Barth. For more pictures of the event, see page 14.

Team Rosters

The Quileute All Stars:

Sean "I Got My Glasses" Hoban
Charles Urlacher, aka "X-Ray"
"Uncle Phil" Dreher
Gus Wallerstedt, aka "This Guy"
Rio Jaime, aka "New Guy"
Mark Williams
Archie Black
Mike Foster
Vern Black
DJ Huggins

The Legends:

Highrizer
Hot Sauce
Spyda
Baby Shaq
Werm
Paulo
Amazing

From the Desk of Chairwoman Cleveland



Left to right, Judith Morris, Sara Crumb, Shawn Bills, Bonita Cleveland, Pete Modoff, Carol Hatch, Tony Foster, DeAnna Hobson and Bill Peach

Congressman Norm Dicks and Senator Patty Murry's office requested to meet with the Quileute Tribe; we met with their staff March 24, 2011. We are pleased to announce Congressman Dicks reintroduced H.B. 1162 in the House and Senator Maria Cantwell introduced S. 626 in the Senate. The meeting was successful; Mr. Modoff indicated that Congressman Norm Dicks is planning on moving the land legislation forward expeditiously. We have waited many years pleading for the protection and safety of our tribal members and safety of our village to finally come to fruition. Again, survival is the key component for our village and its entirety. The Legislation of Norm Dicks' Office and Patty Murry were gifted beautiful traditional handmade baskets made by Pam Morganroth and Lela Morganroth. The ladies from the Washington DC delegation were given cedar roses with an olive shell and an imitation of the blue Indian bead attached, also made by Pam Morganroth.

On March 25th, Tribal Council and members of the community interviewed with King 5 TV and KIRO TV regarding the Japan tsunami devastation and our land legislation. You are welcome to view a video regarding the urgency on tsunami legislation, we are asking for your support to write your legislators. View the video on the Quileute-Nation.org website.

Thousands of winters before the arrival of the white drifting house people (ho-qwats) the Quileute and the ghost of our ancestors lived, hunted and gathered in the land base of our rich cultural ways in its breathtaking surroundings. It was marked by seasonal movement of our current location all the way to the confluence of the Sol Duc watershed. Our ancestors moved freely venturing from one camp to another during the changing of seasons in the pursuit of survival. They went through much turmoil in their lifetime for us to be whom and

what we are today, strong Quileute People.

It is frightening to know it can all be taken away in a heartbeat as we have witnessed the Japanese devastation. It was truly horrific when we viewed the tsunami racing towards our head waters. This is not to be taken lightly; our leadership has enormous responsibilities in taking every precaution to protect the safety and well-being of our people. The Leadership gave a directive to go house to house, close the schools, tribal office, and departments. The national news broadcast stated, "If you live by the waters and rivers please move away immediately, take no chances". U.S.C.G. Quillayute River Station stated, "The less people in the lower village would be beneficial if we have to make the call for an immediate evacuation."

The time has come once again to make a difference for our people who have always had close cultural ties with the land base since the beginning of time; it starts all over again, with the implementation of re-introducing the Quileute Land expansion legislation to the Congress and the Senate. The challenges have been great, there has been consultation upon consultation for many years with the different leaderships of our village; if delayed, this could possibly lead to serious threats of extinction of our Quileute people. It is time to take great measures to insure that this is more than just introducing it to the floor of Congress. This is urgent to get passed in order to move to higher ground. As Quileute people who have always had ancient cultural ties with our land base and beneficiaries since the beginning of time, we know best when it is time to move freely as they had done back in the day. Freely is the key word that is not possible in today's world. We all know Mother Earth gives as well as she has the power to take away...

A Special Thank you

I would like to give a

very special thank you to Nellie Williams who was acting in the capacity of Executive Director and Chris Morganroth IV as her backup, while we were out on tribal business during the tsunami excitement. Nellie was extremely helpful and showed great concern for the community. She was able to make exceptional judgment calls and act in an efficient and caring manner through the entire tsunami dilemma. She also made certain that she communicated with Chris Morganroth IV. Both worked very well together.

Nellie has been such an inspiration to our community of La Push for years; she has worked tirelessly for the community in every way, shape and form. As a close friend, we spend much time together, I ride shot gun or she drives with me when I slow down...As Leadership for our Tribe, I have witnessed Nellie to provide her services all the way from being concerned about the children and education, the church, the elders of our village and she has always stepped forward to assist the many families who have had hardships. She is always present at the traditional events, and always bringing loads of food to events that need help. She has always gone out of her way to insure visitors were properly taken care of. A good memory of this is when Karston Boyston first came to La Push. Nellie was his host allowing him to rest on their F.V. Lorna making sure he would have a place to sleep. First and for most Nellie has taken a great leadership role in the Fisheries Department with her expertise in assisting all of our fishermen and families in the many areas, all the way from hunting tags, to as little as signing and calculating time cards. Nellie has been the corner stone for the department, always making certain reports were done in an efficient manner, preparing documentation and presenting at Council for years. She was always the

solid rock of the department insuring staff and field crews were taken care of during Holiday and special events. Nellie is always taking proper care of official day to day operations for the QNR, any one person can walk through the doors and know she is going to find a solution to assist them. I know Nellie to always be the quiet type, yet she is a true angel who never asks for recognition for any one thing she does or gives. She never toots her own horn, she is just that loving person who always wants to lend a helping hand and insure that all things are handled with the most respect for our community.

Thank you Nellie Rose!! (Wa -ta- lich- ta asoos ta) our hands go up to you for all your dedication, commitment and most of all your caring ways! Giving back to our community is what she was taught, leading by example. Some people have big shoes to fill...not because of their shoe size...but by the way they walk in them.

Quileute Tribal Council Retreat

We invited a few directors to attend the retreat, some of the programs that have deliverables to our community; i.e., Clinic, Human Resources, Events Coordinator, Human Services Department and so on. The Quileute Tribal Council wants to take great measures in providing better roads and ample opportunity for our community. We have taken into heart and want to address issues brought forth at General Council. In moving the tribe forward, it is a necessity to make changes in our existing structures to gain positive outcomes for our community. Deliverables from the various programs need to be accommodating and accessible **for all** our community members in order for growth and to strengthen our community during our healing and spiraling hard economic hardships of today.

Sensitivity was discussed, including confidentiality. We must all learn not to be a part of the problem; we must find solutions for the problems. Again, I cannot stress the importance of pulling together, all in the same rhythm, moving the tribe's canoe forward in a positive healthy way for the best interest of our community.

We have taken into heart the cry of our community regarding the hiring processes. Directors will now only choose two individuals of their choice, one of which could be the Director; a Quileute Elder; a community member; and one individual drawn out of the hat, which we hope will suffice a balance to the concerns. Tribal Council and the Executive Director will approve application of boards to see a balance is set.

Discussions took place regarding the economic opportu-

Continued on Page 3

From the Desk of Chairwoman Cleveland continued...



Left to right: Tony Foster, Brenda Nielson, Bertha Wallerstedt, and Denise Graham

nities that promote growth yet maintaining a delicate balance; i.e., expanding our resort office with the possibility of including 14 or more rooms and a conference facility, which will also house a new gift shop. This would afford us the opportunity to employ additional community members and allow more revenue.

Quileute Tribal Council has taken the initiative to review all budget programs and focus our efforts on tribal audit write-ups to make every effort to get the tribe out of its high risk status of being in non-compliance. If we continue to fail within our programs financially, the tribe is no longer going to be eligible to seek further grant opportunities; we cannot continue practicing in this fashion. We are taking serious measures to see that all programs that continuously make it a common practice to overspend year after year will no longer be allowed.

We would like to express our gratitude to Mrs. Viola Riebe, who traveled to the resort for other commitments. She is always willing to provide a beautiful prayer and did so for our retreat. A special thank you to Tribal Elder, Mrs. Bertha Wallerstedt, for your lovely presence. A very big thank you to Jamie Hart and Marie Riebe for all of your work!

Praying for a Speedy Recovery:

Wishing to express our heartfelt concern for many of our Quileute and non-Quileute families alike. Our prayers are with all who have been having health related issues recently: Brenda Nielson, Gene Gaddie, Jr., Margaret Black, Twyla Penn, George Jackson, Fran Penn, Ron Eastman, Donald Black, Karen Ward, Jan Smith, Mary Alice Eastman, Donna Jaime, Marion Schumack, Zachary Jones, Emma Wegener, Charles Cleveland, Sr., Ted Eastman, Butch Sampson, Georgina Smith, Grampa Coberly, Arlene Jackson, Pat Penn and Mel Moon. Please know we wish each and everyone speedy recovery, we miss seeing your faces in the village. Our thoughts and prayers are with all of you. If we have left someone out, please know this is not intentional; we just want to convey to our Tribal members we are here to assist in any way, shape or form. God Bless each and every one of you. A very special thank you goes to Pete Breed and Bill and Dixie Laubner for taking their extra special time out of their lives to

visit with and pray for our tribal members that are in rehabilitative care.

Quileutes Honor Billy Frank Jr.

The 80th Birthday for our Warrior, Billy Frank Jr., was held on March 12th, sponsored by the NWIFC. Quileute tribal delegation attended this special event. We were honored to be accompanied by our Hereditary Chief "Howeshata" and many Quileute tribal members present by surprise visit, along with our neighbors to the south. We found it most honorable to have the Hoh Tribal Chairwoman Maria Lopez paddling in our canoe.

Quileutes as well as many other tribes wrapped Billy with their love for all his commitment, loyalty and most of all his true leadership to the NWIFC tribes. We expressed to him that a true warrior can never have enough blankets!! Billy requested all his gifts to go to the Billy Frank, Jr. Endowment for Saving the Salmon. That is just how he is! We also honored him with a carved halibut bowl, which was carved by Sharra Woodruff, daughter of the late Sonny Woodruff. Billy truly loved it!! We conveyed that he is the man that can pull all the tribes together as one. We also contributed to the Endowment in memory of the late Chris Penn, Earl Penn, Doug Woodruff and Fred Sonny Woodruff, Priscilla Williams, and many others, our past tribal leaders who represented our fishery program.

Billy Frank has always had the sparkling sense of humor and has displayed his true natural leadership ability to bring all tribes to the table to stand united, expressing with his heart and soul that we need to find ways to work out our many differences. He stated, "Unity is how we need to remain standing, of course after fighting the many battles with the State of Washington." Let me tell you this Billy (man) has gone to battle on behalf of Indian Country in the fishery wars and much more!! We were very honored to be a part of his historical accom-

plishments and wishing Billy Frank Jr. a very Happy 80th Birthday and many more! Hank Adams, who once worked for our tribe back in the day and another very special activist who believes in native rights, accompanied Billy at his 80th Birthday party along with his many family members!

Thank you to the Quileute delegation who walked forward, displaying your pride and joy in honoring Billy's Leadership at his 80th birthday celebration. It was very touching to know we had such a powerful delegation of Quileutes in attendance, which is how it should be! "Quileutes speaking on behalf of Quileutes" made us proud!

Our Hands Go Up to Our Local Fire Department:

Our hands go up to the Quileute Fire Department, although our Chief was out of town on special assignment, our Fire Department responded in an expedient manner to the fire on the evening of March 21st. We are very proud of each and every one of you for your volunteer time, efforts and loyalty you give back to the tribe. Not very many people step up to plate and continuously stay dedicated and committed as volunteers. Again, our hands go up to our Quileute Fire Department "Volunteers". The 3-Rivers Fire Department and Quileute Prairie Fire Department also responded. Thank you for taking the extra step to support your neighbors, we really appreciate all of you. We are very sorry for Chuck Harrison, Jr. for his loss. Thank you to the Red Cross and the tribe for assisting him in his time of need.

We Are Very Proud of our True Warrior:

A farewell gathering was

hosted for Joey Salazar who is a true Warrior who stepped up for his country and joined the U.S. Army. He is stationed in Georgia at boot camp. We are very proud and honored for a Quileute tribal member to step up and serve his country. Joey has had exceptional parents to lead and guide him and prepare him for this amazing journey. Our prayers and thoughts are with Joey and his family. We are very proud of you.

Tribal Office Restructure:

We would like to thank all our employees for their patience in the refurbishing of the Tribal Office. It has been many, many years since our office has had new carpet and a new coat of fresh paint and has had any tender loving care put into it. Please feel free to come and have a cup of java and enjoy the welcoming and very warm atmosphere.

There have been enormous amounts of compliments and praise. People are truly enjoying the atmosphere. The structure in place was not efficient as all employees working for the tribe now have their own direct lines they can be reached at. You can also call the (360) 374-6163 number. We have included, for this edition of the Talking Raven, the Employee Phone List for your convenience. This list includes emergency numbers as well.

"We have to remember we are just passing through in this world and what we do with our time is important!! Our decisions have direct impacts on our future generations."

Respectfully,
Bonita Cleveland
Quileute Tribal Chairwoman



Cathy Salazar pictured with her son, Joey, at his Send Off Party.



Quileutes stand together, presenting gifts to Billy Frank Jr. at his 80th birthday celebration.

Elder Feature: Beverly Loudon



Beverly pictured with "Twilight" actor Gil Birmingham

If there's an event, Beverly Loudon will be there. If you need help, she often offers to help without any hesitation, which is something Beverly was taught by her elders—help those in need.

Bertha Beverly Loudon, who everyone knows as "Miss Bev" or just "Bev," was born on May 5, 1943 to Mabel and John "Shadow" Jackson. She comes from a large family with 6 brothers and 4 sisters.

As a child, Bev fondly remembers swimming in the Quillayute River where River's Edge Restaurant is now located. The water was clear and there was no debris. Bev and her friends would swim all day, unsupervised, and have fun jumping off the ramp. The kind of games they would play as kids included hopscotch, Red Rover, and jacks. She adds that the boys in the village were really into marbles.

Like many of her Quileute peers, Bev had to quit school in the 9th grade to help out her family. Both parents were working, and her brother Roger was drafted into the army. She found odd jobs to do, such as helping others do laundry and gar-

den, and eventually started working in the restaurants in La Push, which were Harley's Restaurant and later at Butts Café.

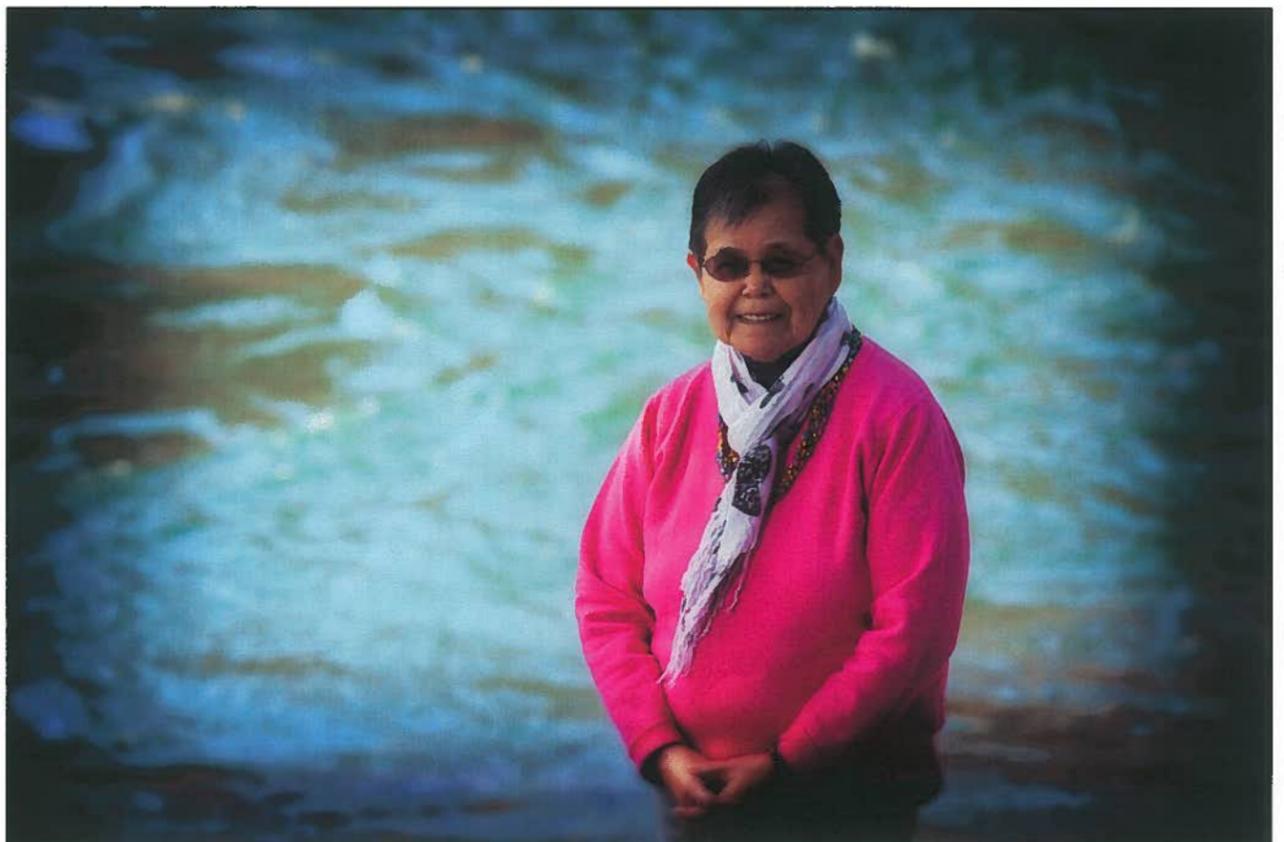
When the Head Start program started in La Push, Bev attended a six-week course at Central Washington University and received her food certification in order to work as a cook at Head Start. At the course, she learned the names of knives,

how to prepare food properly, how to set a formal table, etc. Bev worked at Head Start for 28 years before she had to leave to become a fulltime caregiver to her late husband.

Bev considers her greatest accomplishment as representing the tribe. Several years ago, the Quileute Days committee and the Quileute Housing Authority gave her the title of ambassador. She represented the tribe for a year, and has continued to be the ambassador ever since. Bev is the perfect person for the job, because she is always at events in La Push and Forks. She also attends the Forks Chamber of Commerce meetings and the West End Business and Professional Association meetings. Bev is a people person; she enjoys meeting others, chatting with them, and exchanging cultural perspectives.

Something people might not know about Bev is that she loves Nascar. She also enjoys reading and writing—English was her favorite class in school. Another hobby of Bev's is photography. She is always taking pictures with her 35 mm camera.

The best advice Bev ever received: if you start something, give it your all, and don't give up no matter what, and no matter what people say. Her advice to others: strive to make things better for the community, and don't tear people down. It's important to have a good heart and be nice to others.



Photos by Cheryl Barth

The Talking Raven

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Hiba' Kwashkwash [HAY-buh quash-quash]: The Jay Squawks

Yachtsiyasiktiyat [yah-ch-tsee-yah-SAKE-tee-yaht]
"Sproutdays" [April]

Well, it's supposed to be spring here in **po'6k'w'o'lo tsikáti** [po-OH-quo-oh-lo tsick-AH-tee, *Indian country*]. The month is named for sprouts, which appear during this month. Gram Lillian used to say every spring, "Oh, my! Just think how the Old People used to look forward to the sprouts, after a winter living mostly off dried fish!" There was no Thriftway to buy vegetables and fruits out of season in the old days. The ancestors were resourceful in putting away food for winter. They dried and stored berries of various kinds and they buried cooked elderberries (**tsibá?**, tsib-BAH) in specially made baskets under piles of rocks in streams, which they could dig out and eat during the winter. But by this time each spring they were longing for the first tasty sprouts to the extent that they called this time "sprout days."

The most common sprouts these days are salmonberry (**cha'áłowa**, chah-AH-tho-wah) and blackberry (**shipkítsa**, shape-KAY-tсах). But, since the common blackberry is an introduced species brought over by settlers from Europe, which spread throughout North America during the last two centuries, the Quileutes didn't originally have blackberry sprouts. And that

brings up something that the village elders used to talk about. Although there is still fish, clams, elk, deer, berries and the occasional pan of camas at a dinner, the Quileute diet has sure changed a lot since the days of the ancestors.

Take bread, for instance. No Quileute had seen flour until 1854 when the *Southerner* crashed into the north side of James Island just before the Quileute treaty. The hold of the ship had bags of flour and the crew showed the villagers how to bake "buckskin bread" by burying dough wrapped in skunk cabbage leaves in beach sand under a fire until it was cooked. According to Albert Reagan, the teacher who came in 1905, "The women dug bracken fern roots in great quantity, pounded them to a pulp, dried the pulp, kneaded it into a sort of dough and baked loaves from it, which they claim was pretty tasty." Unluckily, Reagan came too late to see any of this fern-paste bread. It was labor intensive to make and when flour and cooking pots became available, they gave it up for whiteman's bread and rice.

And vegetables! According to Reagan, the old people "harvested more than 80 plants for food, medicine and weaving materials." But, shortly after learning gardening from the Smith family in the 1870s, the people decided that potatoes (**káwats**, KAH-

wahts), carrots (**kálich**, KAH-lich), turnips (**tadáps**, tah-DAHPS) and beans (**bíds**, beads) were easier to pick in the garden at home than to walk to the upriver prairies, dig roots and carry them home in a pack basket. The Quileutes just fell in love with spuds.

In fact, potatoes were the reason for the Quileutes' first appearance in the legal history books. No Kidding! Here's what happened according to James Swan's journal: In the late 1870s, two Quileutes went up to Clallam Bay and hired on with a white farmer to dig potatoes on his farm in return for a few bags of spuds. We don't know what happened, but the farmer was found dead and the Indian Agent at Neah Bay went down and demanded that Chief **Taxá'wił** (tuh-HAH-uh-with, 'Black Tom' Payne) turn over the two "murderers." Chief Payne said, "Why do you want two Quileutes when only one **hók'wáł** died?" In the end, the threat of bringing in the army resulted in the chief turning over the Quileute suspects. And the Quileutes entered history over a bunch of spuds.

And Drinks! Hal George said to me, "Did you ever think that in the old days, after babies were weaned, the old people had nothing to drink for the rest of their lives but water? My granny told me that they hardly ever heated water or made herb teas until they got buckets and pots for heating water. In the old days they *could* heat water in water-

tight baskets with hot rocks, but they mostly only did it for stews." There was only water. No coffee, no cokes, no juice or booze.

And, finally, smoking! The old people, along with the other aboriginal tribes of the Americas, seemed to have had smoking pipes in the old days. But they smoked rarely, as a social ceremony and in order to achieve an altered state of consciousness. They called their "tobacco" **káboq'ot** (KAH-bow-kuth), which means "mixture" because they mixed various dried leaves including bearberry, and is usually called by its Chinook name, kinickinnick. Non-Quileutes sometimes grin about it like it is some kind of Indian marijuana, but the old people got high from the WAY they smoked, not WHAT they smoked. Old Man Woody told me once, "They would take breath after breath of smoke in and not let any smoke out. One time when I was a kid paddling down the river, an old man sitting in his canoe along shore motioned me over and said, "**Hísta díka** (HEH-stuh DAY-h-kuh, *Give me a smoke*). So I gave him my rollings and he made a cigarette and started to smoke it. He took in the smoke, not letting any smoke come out. And pretty soon his eyes got far away and he just leaned back in the canoe." Oldtime smoking. Oldtime Quileute life.

-Jay Powell

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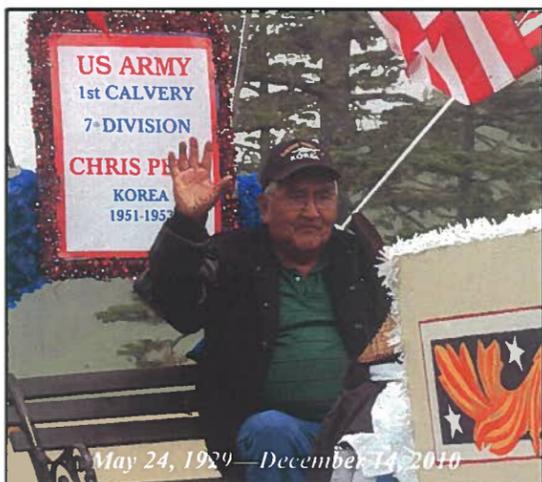
Thank You from the Penn Family

Chris "Jiggs" Penn was most precious to our family. We would like to thank you for honoring his memory with your meaningful contributions of gifts and donations.

We will forever be grateful for the loving memories you have shared with us and we will treasure them for a lifetime.

Sorry this has taken so long to finish. I just couldn't complete the things I needed to do. I now have to move ahead and start getting out. Thank you for your help and support through this trying time.

-Eileen Penn



Personnel Department Update

WANTED: The Personnel Department is looking for interested Quileute tribal elders and tribal members to serve on interview committees. Please submit your name and phone number to Roseann Fonzi or Cody LeClair by calling (360) 374-4366, or visit the personnel office during office hours.

The Executive Director has implemented an Employee and Community Member Recognition Program. Anyone can nominate an employee or member of the community for their con-

tributions. Please submit nominations to the Personnel Department. Winners are randomly drawn at the Leadership Meetings, held every 3rd Wednesday of the month. Winners receive a \$50 gift card.

Congratulations to **Bert Black** for being selected as Community Member of the Month for March. The employee who received Employee of the Month wishes to remain anonymous, although they would like to let everyone know the \$50 gift card was donated to Head Start.

Counselor's Corner



A short note: Sadly my son-in-law, John Samuelson, lost his father after a three-year battle with cancer. Jack

Samuelson lived his last ten years or more with a deep dedication to his lord Jesus. Jack also had a relay radio station set up at his place that broadcasted the Christian radio station to Port Angeles and the area. All this cost him many thousands of dollars. Jack was a giving and caring man. By the way, this is the third major lost to our family in the last three months. Now, on to a somewhat *diverse* article. A nice word for meaning *disorganized!*

Right now we have several folks in our program that despite their best efforts, they just aren't perfect. And I'm not either. But these fine men and women are trying; they are sharing and caring. I think about the struggles they are having with needing housing, jobs, food, GEDs, getting their fines paid and securing drivers licenses, all while they are learning how to stay clean, they are changing who they hang with and they are also attending their treatment meetings. We have a great group of people in outpatient. I am so impressed with their efforts and their desires and I love the heck out of each one of them. See, it takes a desire to improve to recover. It's that simple. This group, yes every one of them, is working hard to get well.

All addicts, myself included, have a soul sickness that we used drugs and alcohol to fill. Take away the drugs and alcohol

and we are left with an emptiness that must be filled with alternatives to chemicals. This group gets it and each of them appears to desire change, to desire hope and desire spirituality. I am so proud to be of assistance to these fine La Push community members. I now really do know why the creator created the circumstances that led me back to La Push. I am honored to be able to work with your family members. I am so moved.

Now, as a counselor I am driven to have patients decide to make a change. A change for the better, that is. The decision to change comes from deep inside the person needing a change in life. Losing weight, quitting abuse of drugs or alcohol, getting a job, eating better foods, going to school; you name it, each of these items takes a decision. But none of these decisions ever becomes a reality without *action*.

An example: a man was seen just standing at a four-way corner in town. This went on for some time before a storeowner came out and asked him why he was standing there. He turned and said, "Well I've made a decision to cross the street but I just haven't decided on which way to go." Decisions without action create more confusion leading to shame and guilt. We can all ill afford more shame and guilt.

We know that after a person is arrested, they consider their folly and often they decide right then and there that they will quit drugging and drinking and change. But quite a few of these folks refuse to be taught the walk; the how to stay clean and sober teachings and the how to change all other areas of their lives needing change too. So we end out

with people that continue to relapse, continue to get arrested (by the way, it's rarely their fault), they don't get serious and allow themselves to learn the tools, and this broken record keeps skipping back to where they started. Over and over and over, until they give in to sobriety or they give up trying to recover and slowly die. But spiritual death comes sooner.

Today's counselors know the solutions but we can't make anyone get serious enough to accept and surrender their ill and toxic thinking self-will to a counselor. I realized that what is often missing is a catalyst, in this case meaning *something that interrupts the accepted flow or continuation of a negative personal habit*.

Unfortunately, it seems that the whole country and our many Native American nations are full of people just like us; we have far too many people that are primarily interested in enjoying themselves despite the harm their habits can cause not only them but many others. Additionally, the television keeps telling us to party on and on, eat anything and lots of it, drink hundreds of alcohol concoctions, spend all your money, and lots more. Heck, we end out with bodies that are so sick that good decision-making thinking is impossible.

I have interviewed many hundreds of persons arrested for possession of drugs, DUI's, delivering drugs, having drug paraphernalia, and providing (selling) drugs or alcohol to juveniles. But I can only remember a few dozen that accepted any real responsibility. And apparently the police falsely arrest about 90 persons

out of every one hundred or so. Yes, even the person you love, the one that says they shouldn't have been arrested, will tell you a story that makes you fully supportive of them. Often they will have tears and a terrible story of how they were treated like scum when arrested. Sorry, but this is usually designed to make us forget that they have an addiction problem. They know it, but they can't publicly admit it. It's too shameful to admit it even though most folks already know.

Research says that at least 80% (90% is the reported figure), of all addicted persons that recover did so because they were forced to do treatment. So in reality it usually does take a court order and forced treatment.

Finally, most research supports this too; the family that really gets involved in confronting the one that needs to change is a major element in the addicted person deciding to change. Until elders, aunts and uncles, and the moms and dads directly confront the drug or alcohol abusing family member, nothing much changes. He/she will not be motivated to change. The great news is that if you do let your family member know they have a problem, they usually end out wanting help and they will thank you down the road. So a bit of tough love now will eventually come back to you with gratitude. So please help your family member by exposing to them that you know the truth and that you will help if they will get the help they need.

Kevin McCall

Per Capita Garnishments

Pursuant to Resolution 2011-1, the Quileute Tribal Council has authorized the garnishment of per capita payments of tribal members owing fines or restitution. The Tribal Council has determined that it is in the best interest of the Quileute Tribe that such financial obligations are honored.

This Resolution also applies to individuals who have a financial obligation to the Tribe such as re-payment for costs associated with removal of a derelict boat from the Quileute Marina.

It is strongly recommended that if you owe a fine or restitution in the

Quileute Tribal Court, you should pay it as soon as possible to avoid a garnishment proceeding by the Tribe. Individuals who currently owe fines or restitution will receive a written notice from the Chief Court Clerk's office with the amount owed and the final date a payment may be made directly to the court before the tribe commences with per capita garnishment proceedings.

If you have any questions, please contact Bill Peach, Executive Director, at (360) 374-7412.

Hannah Meneely: Camp Fire Candy Queen 2011



Hannah and her parents, Greg & Charlene Meneely, would like to thank everyone who helped to support Hannah in reaching her goal of Candy Queen. She sold \$2,300 worth of Camp Fire Candy, breaking her personal record from last year of \$2,006.

Hannah has worked very hard to achieve this goal. This was her fourth year selling candy and her third year in the Candy Court (made up of the top four sellers). Thank you!!!

Spring Clean Up

The community-wide Spring Clean Up is set for Friday, April 22nd from 8 a.m. to 3 p.m.

Lunch will be served at 1 p.m. at the Community Center. (There is a possibility of a volleyball game following lunch!)

The staff at the marina and the Coast Guard have agreed to cook burgers, hot dogs, and fish this year.

Be sure to participate in the clean up, and you will be entered to win prizes in a random drawing that will take place during lunchtime.

The next planning meeting will be held at the West Wing on April 15th at 12 p.m.

Employee Phone List and Fax Numbers

TRIBAL COUNCIL:		GARDNER, BARB	5173	MC CALL, KEVIN	4317	WARD, DAWN	9537
CLEVELAND, BONITA	6155	GARIBAY, VERYL	4315	MENEELY, CHARLENE	4305	WARD, FRANK	9537
FOSTER, LONNIE	6693	GEYER, FRANK	2027	MONTGOMERY, DARREN	5185	WEGENER, EMMA	7412
FOSTER, TONY/QNR	2096	GRAHAM, DENISE	6143	MOON, MEL	3133	WESTWING	2043
FOSTER, TONY/COUNCIL	6697	HAGEN, JENNIFER	2059	MORGANROTH, CHRIS IV	6605	WHORTON, LESA	4273
HATCH, CAROL	2218	HARRIS, KEVIN	9020	NEWMAN, TARA	3138	WIC	5173
HOBSON, DEANNA	6154	HART, JAMIE	5095	NIELSON, BRENDA	4318	WILLIAMS, CYNTHIA	9719
		HATCH, WILLIE	4179	NORTHCUT, KRIS	6074	WILLIAMS, KRISTI	6040
AKALAT KITCHEN	7620	HEADSTART	2631	NORTON, GREG	7415	WILLIAMS, NELLIE	2245
ANDERSON, RICK	2413	HECKENLAIBLE, NICOLE	5815	OLSON, DARLENE	2247	WINN, PENNY	5633
BARKER, DEBBIE	7416	HENRY, MONICA	5110	PARRIS, ANNA	9719	YOUTH CENTER	3350
BLACK, LATRINA	5392	HINCHEN, DANNY	4179	PAYNE, JEREMY	2426		
BLACK, PERRY	2426	HOBAN, SEAN	6822	PEACH, BILL	7412	EMERGENCY NUMBERS:	
BLACK, DARCY	3350	HODGES, JENNIFER	4306	PENN, SHARON	4278	FIRE	911
BRAITHWAITE, PATRICIA	7764	HOHMAN, LISA	6040	PENN, SUSAN	6984	AMBULANCE	911
BURTNESS, LARRY	5091	HOUSING	9719	PENN, VINCE	9537	POLICE	911
BRUX, BILLY	5392	HIGH TIDES	9494	PENN, FERN	4305	LAPUSH PD	374-9020
BYER, KAREN	3350	HUGHES, VICKIE	2103	POST OFFICE	5378	COAST GUARD	374-6469
CARRADINE, TIM	360-640-1650	JACKIE JACOBS	206-388-9200	POLICE DEPT.	9020		
CHARLES, ANN PENN	2228	JACKSON, GARY D III	2426	RAMSEY, BRENT	5696	FAX NUMBERS:	
CLINIC	9035	JACKSON, KALA	4271	RASSUSSEN, GARRETT	2247	CLINIC	5448
COCHRAN, DR. BRUCE	7626	JACKSON, RUTH	9719	REAUME, PENNY	2631	COURT	5275
COUNCIL CHAMBERS	6156	JACKSON, VICTORIA	6984	RESORT	5267	DOMESTIC VIOLENCE	5128
COWGILL, CHRIS	6294	JACOBSON, MORRIS	2413	RIEBE, MARIE	7413	HOUSING	9117
DAVIDSON, DARRYL	4306	JAIME, LETICIA	5131	RICE, PEGGY	5760	HUMAN RESOURCES	4368
DAVIS, JACK	2426	JAKSHA, SHASTA	2631	SALAZAR, CATHY	2291	HUMAN SERVICES	4361
DAVIS, YVONNE	2416	KEITH, CASEY	4349	SAMPSON, BONNIE	4306	ICW	7796
DAYCARE	5699	KELLY-RIOS, TRACY	4340	SCHOOL	5648	QNR	9250
DEMOREST, BRIAN	9020	KRALL, BRAD	9035	SCHUMACK, DARLA	2412	SCHOOL	2061
DEMOREST, TERRI	8659	KRUEGER, KATIE	2265	SCHUMACK, HEATHER	6040	TANF	4021/4282
DENTAL	6984	LAPLANTE, NATHAN	5267	SENIOR CENTER	6040	TRIBAL OFFICE	6311
DOHERTY, JOHN	4305	LEASK, TAMMY	3149	SHEPHERD, KERI	9651		
EARLS, NICOLE	0336	LECLAIR, CODY	4366	SIMKINS, GAVIN	6294		
EASTMAN, TRACY	2438	LIEN, ROGER	2478	SMITH, BAY	9537		
ENGLUND, NORM	4320	LOWRY, GINA	4250	SMITH, JANICE	2147		
FLORES, RUEBEN	2426	LYON, BILL	6822	SMITH, JIMMY	2631		
FOOD PROGRAM	2147	LYONS, SANDRA	3358	SOTO, CARLOS	2631		
FONZI, ROSEANN	4367	MAHAN, JOHN	5696	STALLARD, ANNE	5006		
FOSTER, CHAD	4179	MARINA	5392	STROM, SANDY	5633		
FOSTER, EMILY	7760	MARKISTUM, TERRY	4159	TRAVEL AGENT	5131		
FOSTER, MICHAEL	6822	MATSON, CRYSTAL	6166	URATA, GREG	2426		
FOSTER, SELINA	2631	MATSON, ROSITA	9035	UTILITIES	4179		

Human Services: We Honor and Place Value in Every Person

Looking forward to the season, our programs have set new goals that will allow us to provide the community with better customer service. What an honor it is that each day we have the ability to assist those in need! I am listening to our community and hearing the call for more personal approaches to cultural sensitivity and kindness. The spirit of each person we serve needs to be nourished and appreciated for their talents and gifts. *We honor and place value in every person*, especially to those that we provide services to; in addressing this we have already started moving forward in our goals and ideas. Training in Quileute Culture and Practices, customer service, sensitivity, communication and confidentiality are imperative. Interoffice policies regarding ethics and supportive work environments are now a part of our department.

The Senior Program has been provided with professional

quality food containers for service delivery. In addition, as the director I will be going on home deliveries with the staff and getting to know our seniors. The seniors will be receiving informational packets at the first of each month that include the menu, articles on nutrition, social services resource information, emergency management updates and a letter from my office regarding any changes in the senior program. Of course, ideas on program improvement are encouraged.

In TANF, we have implemented additional resources that include packets of information, which goes out with every client; this information contains names and numbers of other social organizations willing to lend a helping hand. In the area of commodities, my office has collected infant clothing that will be available and will be ready for pick up soon. Our Youth and Family Program is forging ahead with amazing op-

portunities that will inspire our children to reach for the stars. We are here for you and your families providing alternatives to any barriers that are keeping you from being healthy and successful. "A Healthy and Successful Lifestyle" is what we want for ourselves and each generation to follow.

Lastly, I have rearranged my office so that it offers more space, and in the spirit of invitation I am welcoming community members to come in to human services, sit with me and talk about the challenges they are facing and work with me on solutions. Please stop by and share your ideas, or you can call me at (360) 374-6143 or my email is denise.graham@quileutenation.org.

With the Utmost Respect...
Denise Graham, Director
Quileute Human Services

Ward Family Basketball Tournament

April 15th-17th
Akalat Center
16 Teams
True Double Elimination

1st Place: Denim Jackets
2nd Place: Denim Jackets
3rd Place: Warm Up Jackets
4th Place: Hooded Sweatshirts

Awards for:
MVP
16 All Stars
Mr. Hustle
Sportsmanship

Submit half the entry fee by
April 1st. For more information,
contact:
Phil Ward
(360) 374-5078
P.O. Box 151
La Push, WA 98350

For rooms, call Oceanside
Resort at 1-800-487-1267

Energy Drinks - the Deceptive Dietary Supplement



What's an energy drink?

The term "energy drink" is a marketing term and refers to a beverage that contains caffeine in combination with other ingredients such as taurine, guarana, and B vitamins, and claims to provide its consumers with extra energy. These beverages are a huge business, and are heavily marketed toward teens and young adults. Unlike sodas, juices, and sports drinks, energy drinks are considered dietary supplements by the FDA and their contents are not regulated in the same way.

What's in an energy drink?

Energy drinks can contain any number of ingredients, but they are essentially soft drinks with high levels of glucose and different combinations of caffeine, guarana, taurine, B vitamins, and various herbs.

Caffeine

Because of its widespread use and availability, it is easy to forget that caffeine is a drug. Not only is caffeine addictive, it acts as both a stimulant and a diuretic. As a stimulant, it can cause anxiety attacks, heart palpitations, abnormal heart rhythms, and insomnia. As a diuretic, it causes the kidneys to remove extra fluid from the body. Consuming energy drinks while exercising can be particularly dangerous because severe dehydration can occur quickly.

Some energy drinks do not list caffeine as an ingredi-

ent. Instead, they label their drinks as containing guarana or yerba mate caffeine-containing substances. Energy drinks can contain between 50 and more than 500 milligrams of caffeine (for a 12-ounce cola drink it's 35 milligrams, and it's about 80 to 150 milligrams for a brewed 6-ounce cup of coffee). However, energy drinks are marketed as "dietary supplements" and the Food and Drug Administration's caffeine content limit of 71 milligrams per 12-ounce can doesn't apply.

Taurine

Taurine is an amino acid that our body is able to produce naturally and that can be consumed in meat and dairy products. Its most common function is increasing fat absorption. Some energy drinks claim that taurine increases alertness, lowers the risk of diabetes and epilepsy, and can treat high blood pressure.

There is no sufficient clinical evidence to show that taurine is effective in treating diabetes or epilepsy. At lower doses taurine can increase heart rate and strength of heart contractions, which can lead to increased blood pressure, but at higher doses it can drop blood pressure to dangerously low levels. Energy drinks containing taurine and caffeine have been linked with athlete deaths in Europe.

B Vitamins

B vitamins are an important part of a healthy diet and are essential for breaking down carbohydrates into glucose, which provides energy, and for breaking down fats and proteins. B vitamins are water-soluble, meaning that when more B vitamins are consumed

than the body needs, small amounts are stored in body tissue, but most of the excess is lost in the urine. There are a few B vitamins, which in excess can be toxic. Some energy drinks contain as much as 2000%-8000% of the Recommended Daily Allowance of some B vitamins. Most people consume more than their daily B vitamin requirement in their normal diet, so using energy drinks as a source of these vitamins is unnecessary.

Herbs

Many energy drinks contain herbs, such as ginkgo biloba, ginseng, and others. Most of these herbs have not been shown to improve physical or mental performance. And although the level of herbs added to most energy drinks is very low these substances can cause adverse interactions with some medications.

Glucuronolactone

Glucuronolactone is an ingredient in some energy drinks that attracts more attention than others. Energy drinks claim glucuronolactone detoxifies the body and protects against cancer. But there is no scientific evidence to support these claims.

Bitter Orange

After the U.S. Food and Drug Administration banned the herbal stimulant ephedra, manufacturers substituted bitter orange in many herbal weight-loss products and energy drinks despite similar concerns about potential serious side effects and lack of effectiveness. Bitter orange was used in many reformulated products. Unfortu-

nately, it shares some of the same adverse effects as ephedra such as fainting, heart-rhythm disorders, heart attack, stroke, and death.

Natural Energy Boosters

Energy drinks may offer a quick buzz, but they won't provide the vibrant, alive feeling that we're all looking for. Of course, many factors contribute to our levels of energy from day to day, but here are some tips that can help to increase your energy levels in the long run.

Drink plenty of water. Eat well. Make sure you are eating enough healthy protein throughout the day. Your body needs it to keep organs functioning and energy levels up. Watch your carbohydrate intake. Eating too many carbs can slow you down, but so can not eating enough of the healthy kind (like those from veggies).

Exercise. Although it sounds ironic, putting out the energy to work out will give you more energy and make your daily tasks easier. Ask any regular exerciser to take a break from their routine, and they're sure to notice a drop in their energy. And if you feel you don't have enough energy to do it, you're probably the type that needs it most!

Find ways to relieve stress. If you've got a lot of negative emotions cooped up in your mind, it will definitely drain you of your energy. Even the positive things in our lives -- buying a new car, having a baby, getting married, planning for retirement -- can lead to energy-zapping emotions. Exercise is one of the best ways to relieve stress. Counselors and medical providers can also offer other tools to help.

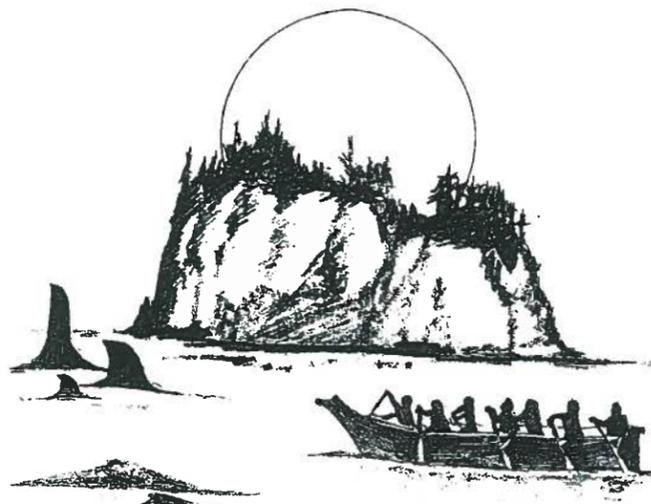
The Quileute Tribal Schools hosts:

Welcoming the Whales Ceremony

April 20th

Located on First Beach

More details coming soon. Look for notices around the village.



Jackie Jacobs Reporting



Dear Tribal Members,
I receive so many requests from all over the world from students, professors, linguists, anthropologist, etc., interested in writing about the Quileute Tribe. It is my pleasure to introduce you to the PhD candidate that the tribal council has approved to capture your story from an academic perspective. In

addition to affording you the opportunity to share your story through your own voice, the ethical processes that Steven has to adhere to due to his university's requirements and his own character and integrity were instrumental in the selection process.

Respectfully,
Jackie

Please enjoy the introduction below from Steven.

"Hello, my name is Steven and I have journeyed to La Push from Melbourne, Australia. I am here to conduct Oral History Interviews with anyone that is willing to participate as part of the research for my PhD thesis, which focuses on Native American representation in both Hollywood and Native-produced films.

I have had a deep interest in Native American

culture, tradition and history from my early childhood and have carried this passion throughout my education. Upon completing my undergraduate study at La Trobe, I completed an Honors year focusing on the history and contemporary issues of the Cherokee Nation. With the aid of my supervisor, Dr. Claudia Hake, I have continued to pursue my interest and passion for Native American History.

It is my aim that through conducting interviews, I will be able to record the thoughts, feelings, opinions and perspectives of the Quileute people themselves in relation to their portrayal in *Twilight*, together with their thoughts on Native American representation in cinema at large. I will be staying at La Push for over a month, so please, feel free to participate in this

project or have a chat with me whenever you see me walking around. I look forward to meeting as many of you as possible and I am very excited about being here and thank the Tribal Council for allowing me to conduct this research."

Kind Regards,
Steven



Quileute Tribe Releases Tsunami Video

Press Release by Tribal Publicist Jackie Jacobs:

The Quileute Tribe is utilizing a newly released video to assist in educating the public about the tsunami and flooding dangers facing the tribe. Situated along the Pacific Ocean and bordering the Olympic National Park, the members of the tiny one square mile fishing village are placing their hopes of moving to higher ground on the recently filed Quileute Tsunami Protection legislation (HR 1162) introduced on March 17, 2011 by Congressman Norm Dicks and Senator Maria Cantwell (D).

The video is posted on the Quileute Nation website at www.quileutenation.org and on the tribe's YouTube page at www.youtube.com/watch?v=nYksWOoP9pU.

Chairwoman Bonita Cleveland states, "This video

is a very important educational tool for us to share with the public because it shows the urgency and need for the passage of this newly introduced legislation. It will explain the importance of us being able to relocate to higher ground the entire lower village which houses our administrative offices, tribal school, senior center, churches and the US Coast Guard Station that protects Tribal fishermen. It demonstrates the need for the safety of all our tribal members. The only hope the Tribe has to increase the amount of land available for traditional, religious and cultural use, housing and education is for historic Quileute lands held by the federal government to be transferred back to the Tribe."

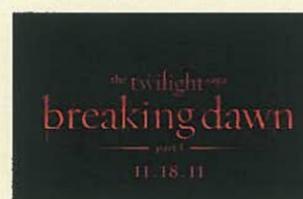
The video also shares footage of the Japanese tsunami. Cleveland shares, "Like everyone around the

world watching the images on television, it is heart wrenching to see the loss of life and devastation, and the Quileute people's thoughts are with our brothers and sisters in Japan. We continue to send prayers to everyone impacted by this catastrophe. Sadly, it also emphasizes the urgent and immediate need for the Quileute Tribe to move to higher ground, so we are grateful for the introduction of this critical legislation by Congressman Dicks and Senator Cantwell."

The video provides significant insight into the many years the tribe has devoted to the quest to attain the lands needed to move to higher ground.

Cleveland says, "The introduction of the legislation is just the first step. We need the support of the American public to get this legislation passed. Please

watch these videos and share them with your friends and family and then contact your legislators and ask them to support the Quileute Tsunami Protection legislation. The Quileute Tribe is grateful for your support."



**Thank you to
Twilight Lexicon,
Twilight Examiner,
and all the fan
sites for your
support!**

For more information on the Quileute Land Legislation introduced by Norm Dicks, visit the website: www.house.gov/apps/list/speech/wa06_dicks/morenews1/quileutebill.shtml

Emergency Management Team responded to tsunami advisory

The Quileute Tribe's Emergency Management Team held a meeting on March 25th to discuss the response to the tsunami advisory on March 11th. Those in attendance were representatives from the U.S. Border Patrol, U.S. Coast Guard, La Push Police Department, Quileute Fish and Wildlife Enforcement, local fire departments, as well as tribal members and tribal employees.

La Push Police Department Chief Bill Lyon stressed that he, Tribal Council Vice Chairman and Chief of Quileute Fish and Wildlife Enforcement Tony Foster, and Executive Director Bill Peach were all in constant communication. They were on conference calls with other tribes and agencies such as the U.S. Coast Guard, NOAA and the U.S. Border Patrol every hour since the earthquake shook Japan. Because it was only a tsunami advisory and was never upgraded to a tsunami warning, there was no need to sound the tsunami warning.

NOAA and other agencies monitored the tsunami, and once it hit Hawaii, they were able to determine its direction and where it would hit the hardest on the west coast of the United States, which was California and Oregon.

Chief Lyon stated, "We were ready. We had all these other agencies in La Push and on standby if assistance was needed to evacuate everyone." The U.S. Border Patrol, U.S. National Park, U.S. Coast Guard, Sheriff, and State Patrol were all deployed to help in La Push.

There is a protocol within the Emergency Manage-

ment Team, and each member has a list of duties. Tony Foster said, "We did exactly what we were designed to do." If the tsunami advisory had been upgraded to a warning, the sirens would have sounded and enforcement and outside resources were ready to alert all the residents, starting in the lower village.

The Emergency Management Team acknowledged a lack of communication between their team and the public in emergency situations. At the meeting, it was suggested to designate several people who live in the village as points of contact for the community during emergencies. Bert Black was nominated to be one of these contacts, and he accepted the position.

The Emergency Management Team reminds community members that **if the tsunami sirens go off, get to higher ground immediately.**

There are two ways the sirens can be sounded: manually by NOAA or the La Push Police Department, or automatically by ocean-monitoring sensors that detect seismic activity.

The tsunami sirens are fully functional and tested often. However, the state will be conducting sound tests and relocating the sirens to a more suitable area. During the statewide tsunami evacuation drills last year, those at the Quileute Tribal School were unable to hear the sirens.

The next Emergency Management Meetings are scheduled for April 8th and May 6th from 10 a.m. to 12 p.m. in the Tribal Office West Wing. Anyone is welcome to attend.

Tsunami Status Alerts

There is some confusion about the difference between "tsunami warning," "tsunami advisory," and "tsunami watch." According to the National Oceanic and Atmospheric Administration (NOAA) website:

Tsunami Warning:

- A tsunami warning indicates that a tsunami may be imminent and that coastal locations in the warned area should prepare for flooding.
- The initial warning is typically based solely on seismic information.
- After the tsunami is recorded on sea level gages, the warning will be cancelled, restricted, expanded, or downgraded to an advisory.
- Warnings indicate that flooding up to the maximum expected limit is possible and residents should follow their local emergency management instructions.
- Warnings are issued when the earthquake information or tsunami forecasts indicate that a wave over 1 meter in amplitude is possible.

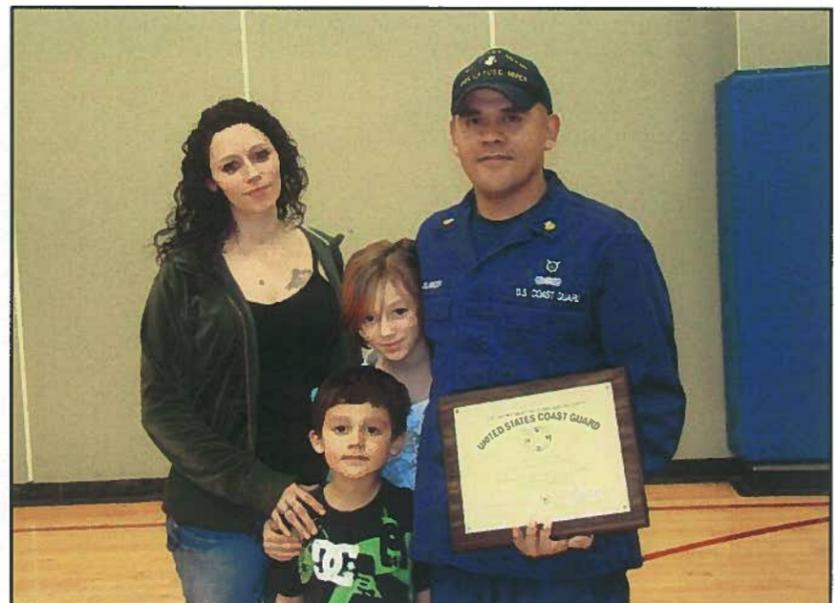
Tsunami Advisory:

- A tsunami advisory indicates a tsunami which may produce strong currents and is dangerous to those in or very near the water is expected.
- Large inundations are not expected in areas under advisory status.
- Advisories will be cancelled, extended, or upgraded to a warning depending on the event severity.
- Advisories are issued when the expected tsunami amplitude is in the range of 0.3 to 1 meter.

Tsunami Watch:

- A tsunami watch is an early alert issued to areas which may later be impacted by a tsunami.
- Tsunami impact is normally at least three hours away for regions within a tsunami watch.
- The watch will either be upgraded to a warning or advisory in subsequent messages or cancelled depending on the severity of the tsunami.
- People within a watch area should stay alert for further information regarding tsunami threat.

Compton and Katenlnikoff receive Surfman Badges



Congratulations to BM2 Kenneth Compton, pictured left, and BM1 Cameron Katenlnikoff, pictured right. They were recognized as the newest surfmen at U.S.C.G. Station Quillayute River. A Surfman operates boats under extreme weather and surf conditions. It takes rigorous training and the approval of the Coast Guard crew in order to achieve this position.

April is Sexual Assault Awareness Month

By Monica Henry



April is Sexual Assault Awareness Month (SAAM) and it's time to

get involved. You, as an engaged bystander, have the opportunity to act and safely change the outcome — to prevent sexual violence by stepping in when you see something that doesn't look right. Maybe you heard someone say something sexist or degrading. Maybe you know someone pressuring an underage friend to have sex. Maybe you witnessed someone trying to take advantage of someone under the influence of alcohol or other substances.

Studies have shown that the occurrence of rape is far more extensive than re-

ported in official statistics and the large majority of victims/survivors remain hidden and don't seek help. People are often reluctant to talk about sexual violence because it is an "uncomfortable" subject. However, silence simply hides the violence...it doesn't stop it. In a society that promotes a 'mind your own business' message, speaking up might seem difficult. But it doesn't have to be. If you see something that doesn't seem right, it probably isn't. If you think someone is in trouble, ask if they are OK. Be honest and direct in explaining your concerns and reasons for intervening. If you don't feel comfortable approaching a situation on your own, ask — a friend, a coworker, anyone — for help. You aren't ruining

someone's fun or being a jerk if you speak up. You are watching out for someone's brother, sister, child, neighbor, or friend. Next time, it could be your loved one that needs help.

Show your support for ending sexual violence by participating in the following New Beginnings SAAM activities: SA Awareness Community Walk on April 1st (starting at the Clinic at 12 p.m. or join us on our walk outside Lonesome Creek Store at 12:30 p.m.); "What Does Love Look Like?" Art Contest (entries were due March 28th) and exhibit (submissions will be on display throughout La Push during April); and "Catch the Dream of ending Sexual Violence" Dream Catcher-Making & SA films (upstairs at the Clinic from 12 p.m. to

1 p.m. every Monday in April). Contact New Beginnings at (360) 374-5110 or via email (newbeginnings@quileutenation.org) for additional information. It's time to get involved, take a stand and speak out against sexual violence.

In honor of Sexual Assault Awareness Month, New Beginnings is hosting **Dream Catcher Making/SA film Mondays**. Join us upstairs at the Health Clinic from **12—1 p.m.** *Supplies provided.*

Schedule of Events for SAAM

APRIL 4TH: **RAPE IS** (Unrated)

A 30 min. documentary that explores the meaning, severity, and consequences of rape. This documentary looks at rape from a global and historical perspective, but focuses mainly on the domestic cultural conditions that make this human rights outrage the most under-reported crime in America.

APRIL 11TH: **THE HEALING YEARS** (Unrated)

52 min. The Healing Years profiles three women through their journey of pain and despair from incest and their incredible process of recovery as they finally work to end the cycle of incest and child sexual abuse for generations ahead. Featured, former Miss America Marilyn Van Derbur and her nation-wide work as survivor activist; Jancie Mirikitani, President of San Francisco's renowned Glide Memorial Church as she helps inner-city women alcoholics and addicts (over 90% in recovery were sexually abused as children) transform the cycle of incest and addiction; and Barbara Hamilton, a 79-year old survivor ending three generations of incest in her family.

APRIL 18TH: **BOYS & HEALING** (Unrated)

A 58 min. documentary about the epidemic of sexual abuse of boys, the impact on individuals, families, and society, and the importance of male survivors healing and speaking out to end sexual abuse. This film features non-offending male survivors and is a source of hope and inspiration for all men who have suffered sexual abuse and violence.

APRIL 25TH: **SURVIVING RAPE: A JOURNEY THROUGH GRIEF** (Unrated)

33 min. The trauma of rape leaves victims feeling intense emotional pain. This pain is the grief they feel for themselves. If rape victims are to become rape survivors, living healthy and happy lives again, they must recognize and deal with their grief. This program explains the five stages of the grieving process that rape victims encounter: denial, anger, depression, bargaining, and acceptance. Five women—all rape survivors—recall their experiences of rape and subsequent grief. Although each woman's road to recovery was different, they all shared common feelings of shame, self-hatred, and guilt before finally reaching acceptance and self-love.

Quillayute Valley Scholarship Auction Update

The 2011 Quillayute Valley Scholarship Auction raised approximately \$61,100. It was held at the Bank of America Forks branch on March 19th and 20th. Last year's class raised over \$69,000.

Every year, the Forks High School senior class and community members volunteer to raise money for scholar-

ships. Students who graduate from the Quillayute Valley School District and the Quileute Tribal School are eligible for these scholarships.

The Quileute Tribal Council donated the following items: a cedar basket by Cathy Salazar; cedar earrings by Pam Morganroth; a cedar headband; a wooden feather; and a Pendleton computer case. Quileute

Housing Authority also contributed two cedar baskets and two basket necklaces made by Cathy Salazar.

Graduating senior Sky Penn donated several beaded items, along with her Quileute Days Queen belt, made by Pam Morganroth.

In addition to having the auction on the radio, it was also streamed online at

qvsauction.com for viewers at home. It was available on Facebook as well. These online resources brought in many bidders from outside of the community, and those who were out of town for the weekend.

Congratulations to the class of 2011 for a successful scholarship auction!

Information on Higher Education



The Quillayute Valley Scholarship Auction was recently held on March 19th and 20th. All funds raised go towards scholarships for graduates of the Quillayute Valley School District and the Quileute Tribal School.

I highly recommend applying for this scholarship because it is guaranteed financial aid. Depending on factors such as participation at the auction, grades, attendance, and others, the scholarship committee will determine how much money you are awarded. Many other scholarship committees also look at the same application you submit for the Quillayute Valley Scholarship, so you may even receive a scholarship you did not apply for.

The deadline to apply for the Quillayute Valley Scholarship is **April 15th**.

If you have previously been awarded the Quillayute Valley Scholarship, you may apply a second time for a renewal scholarship. The deadline for the renewal scholarship is **May 1st**.

Even if you are a non-traditional student (such as attending college as an adult),

who graduated from the Quillayute Valley School District or the Quileute Tribal School, you may still apply for the Quillayute Valley Scholarship.

Another important topic in regards to higher education is the Free Application for Federal Student Aid, also known as the FAFSA. Students who demonstrate a need for financial aid and who qualify to enroll in postsecondary education based on the federal government's requirements may receive aid in the form of grants, loans, and work-study assistance.

The deadline for primary consideration is **March 31, 2011**, but you may still apply after the deadline. Today, the FAFSA is filed electronically only. If you need help filling it out, come and see me at my office where I have an extra computer you may work on.

For an application for the Quillayute Valley Scholarship, or any other financial aid help, come and see me at the tribal school administrative building or call me at (360) 374-5657 or email victor.velazquez@quileutenation.org. You can find me in my office Mondays-Fridays from 10 a.m. to 3 p.m.

Victor Velazquez
Higher Education Director
Quileute Tribal School

Quileute Tribal School All Stars

December and January All Stars:

1st and 2nd Grade:

Damien Colfax
Aaliyah Dailey
Lelani Eastman
Adriana Macedonio
Austin Black
Malikai Dailey
Maggie Reyes

3rd and 4th Grade:

Chenoa Black
Cameron Coberly-Black
Jerrid Davis
Miranda Jackson-Ward
Amy Stillwell
Kenneth Ward
Jerome Eastman

5th and 6th Grade:

David Black Stillwell
Bobbie Coberly-Black
Anna Hudson

7th and 8th Grade:

Cordell Black Stillwell

February All Stars:

1st and 2nd Grade:

Aaliyah Dailey
Leilani Eastman
Adriana Macedonio
Malikai Dailey
Tahahwat Sablan

3rd and 4th Grade:

Jerome Eastman
Amy Stillwell

5th and 6th Grade:

Bobbie Coberly-Black
Cassie Black
Anna Hudson
David Stillwell-Black
John Dailey

7th and 8th Grade:

Katherine Ward-Black
Cordell Black-Stillwell
Clarissa Black

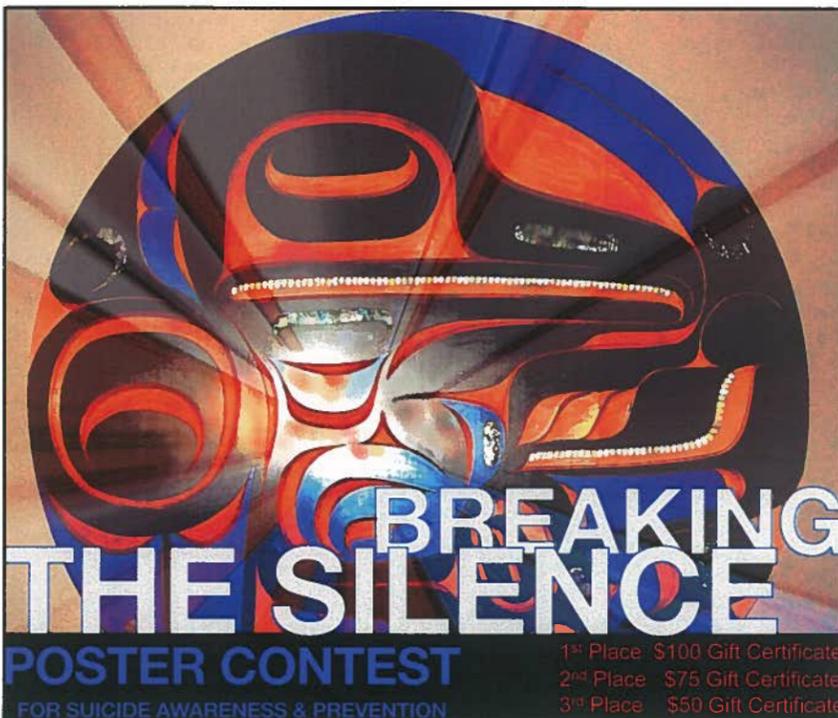
Easter Egg Hunt at the Resort

The 15th annual Easter Egg Hunt, sponsored by Quileute Housing Authority, will be held on April 23rd at 11 a.m. at Oceanside Resort. Please dress your children appropriately for the weather.

Housing Authority is also holding a coloring contest. To enter, pick up a drawing starting April 4th from the Blue Shed, Lonesome Creek Store, Post Office, and other locations around the village.



PSU announces poster contest for suicide awareness & prevention



Portland State University is holding a poster contest for suicide prevention and awareness, with the theme being "Breaking the Silence." The contest is open to native youths, in grades 6th-12th, in Washington, Oregon, and Idaho.

Rules of the contest:

1. Poster cannot be plagiarized.
2. Poster size must be 8.5" x 11"
3. Art mediums allowed: photography, pencil, charcoal, paint, and digital
4. Include a separate piece of paper with: name, age, address, tribal affiliation, email address, school, and

phone number.

5. Must be Native American or Alaskan Native.
6. One entry per student.

The deadline for submission is 5 p.m. on May 16, 2011.

You may submit your work to azuled@pdx.edu or Healing Feathers Program c/o Dean Azule, Native American Student & Community Center, 710 SW Jackson St, Portland, OR 97217.

Artwork by *wade in da water*
"Raven Steals the Daylight"

Update on "Beat the Winter Blues" Contest

Congratulations to Nicole Earls for winning the "Beat the Winter Blues" Biggest Loser Contest. There were no participants eligible for the \$5,000 drawing, so it will carry over to the next session.



Meet the new employee



My name is **Kevin Harris** and I started working in December 2010 as a police officer for the La Push Police Department. I spent 23 years as an officer for

the Bureau of Indian Affairs, which allowed me to work all over the country at different duty stations. Before I retired from the BIA and came to La Push, I was stationed at Hoh River.

I grew up in Klamath Falls, OR before I "escaped" to Eastern Oregon State College. I graduated with two degrees in

History and General Studies. It was not my intention to become a police officer. Originally, I wanted to be a forester. A position for a juvenile officer opened up at Burns Paiute Indian Reservation, and I've been in law enforcement ever since.

When I am not working, I love to hunt, fish, work on cars, read, and terrorize

my grandchildren (making sure they go to school.) I am enrolled with the Confederated Tribes of the Umatilla Indian Reservation in Eastern Oregon and am part of the Wallowa Band of the Nez Perce.

Molly Sarrazin retires from the tribe

The Quileute Tribe threw an Irish-themed surprise retirement party for Molly Sarrazin on March 4th. To keep it a secret from Molly, everyone played it off as Councilwoman DeAnna Hobson's birthday (which was on March 5th.)

In 1980, Molly and her husband moved to Forks from California and ran the La Push Grocery (when the store used to be where Human Services is currently located.) Molly began working for the tribe on September 7, 2004. Prior to that, she worked at the City of Forks, Forks Hospital, and for Clallam County.

During her retirement, Molly plans to do more around the house, visit her children, enjoy reading more often, volunteer in the community, and also take a trip to Ireland.

Molly was invaluable in the payroll department. Thank you for your years of hard work and dedication! You will be missed!

Molly writes:
To QTC, staff, and friends:

I can never thank you enough for the terrific Retirement Party, generous gifts, lovely words, great turnout, and the lunch. I thought the "Irish" touch was fun.

I want to thank all of you for your generosity and friendship. If I have missed thanking any of you personally, I sincerely apologize. With the large turnout it was difficult to thank each and every one.

Also, additional thanks to those that did prep, setup, tear-down, and cleanup. Great job! Always,
Molly Sarrazin



Russ Woodruff, center, was asked to gift drums on behalf of Quileute Tribal Council, staff, and community members to DeAnna Hobson, left, and Molly Sarrazin, right, during the birthday and retirement celebration.

Join the Mailing Lists!

The Talking Raven has a Mailing List and an Email List! If you would like to join either of them, contact Editor

Emily Foster at:
(360) 374-7760

talkingraven@quileutenation.org

Submit your name and email address or mailing address.

Thank you!

Corrections

In the March 2011 issue of the Talking Raven, there were a few mistakes I would like to correct.

On the last page in the "Basketball Tournament Action from February 26th," Sarah Coberly's name was incorrectly spelled as Cobberly.

Under "Quileute wrestlers worked hard to make it to Regionals," on page 12, Stephen Smith

was identified as a freshman. However, he is a sophomore.

Finally, Nola Woodruff would like to recognize her best friend, Judy Davis, who was accidentally left out of her "new employee" profile, on page 13.

My apologies.

Emily Foster,
Editor

Forks Elementary School Notices

Spring Break is April 4th–8th. Enjoy your vacation!

Early release days are April 20th and 27th.

Class pictures will be held on April 21st.

The Puddle Jumper Awards Ceremonies are set for Friday, April 29th. Presentations for 3rd grade through 5th grade will start at 8:50 a.m., and presentations for kindergarten through 2nd grade will start at 2:15 p.m.

Everyone is welcome to attend.

Parents: Please do not drop your children off before 8 a.m. at the elementary school. Doors do not open until 8 a.m., and the school does not have anyone to supervise children before 8 a.m.

Thank you for your cooperation.

Spring Break Activities

The Youth and Family Intervention Program invites you to attend the Spring Break Bash!

April 4th & April 8th
Akalat Center
11 a.m.—3 p.m.
Ages 12—19

Activities include:

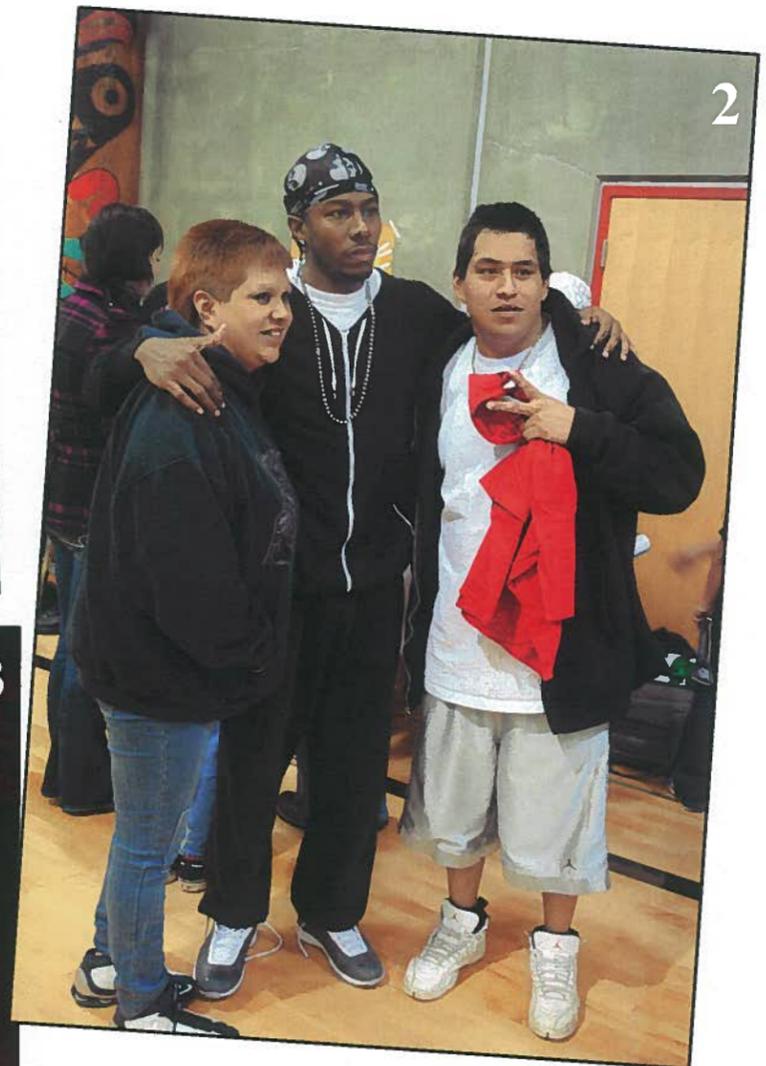
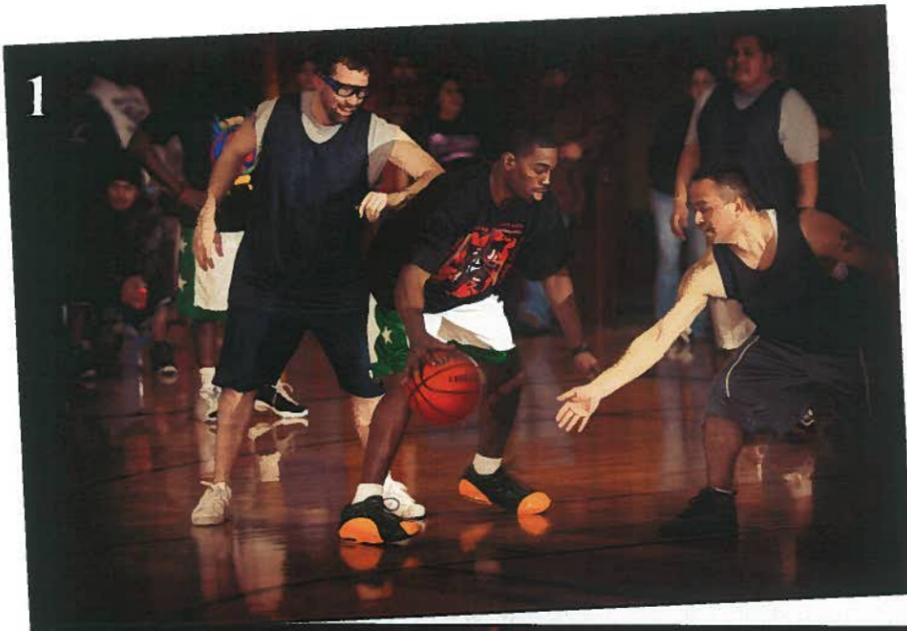
Pizza-making
Games
Basketball
Volleyball
And more!

Happy Birthday to Enrolled Quileute Tribal Members

April Birthdays:

Susan Morganroth	2	Celia Macedonio	10	Joanne Harrison	22
Jacqueline Hill		Monica Reese	11	Tazzie Sablan	
Julia Ratliff		Harold Black	12	Nigeria Gaddie-Luther	
James Scarborough	3	Darlene Jackson	12	Sylvia Gonzales	
Priscilla Lorentzen		John Black	15	Juan Pinon	23
Dimitri Sampson		Guy Francis		Eliza Rivas	
Rose Phillips	4	Arnold Black		Kelly Story	23
Storm Rosander		Deanna Jackson	16	Ella Payne	
Cassandra Garcia-Vazquez		Jami Williams		Nancy Ward	24
Robert Taylor Jr.	5	Keya Rohlman		Alexander Garcia-Vazquez	
Barry Pettibone	6	Roman Penn Jr.		Ramona Ward	25
Brittney Woodruff		Roman Penn	17	Kenneth McKenney	
Melissa Burnside	7	Daniel Payne	18	Karen Gonzalez	26
Nicole Baker		Ann Charles		Brianna Eastman	
Melinda James		Joanne Sanford		June Schumack	28
Garrison Schumack		Chastity Black		Jodi Penn	
Jeffrey Schumack		Darryl Lawrence	19	John Jackson Sr.	30
Robin Black	8	Joni Penn	20		
Dana Williams	9	Warrin Rosander	21		
Nicolle Charles		Ilesha Johnson			
America Gooding		Jerry Davis	22		
Lonnie Foster	10	Tom Davis			

Pictures from "AND1 Live Streetball Tour"



Congratulations to Jonah Black for receiving the Nate Crippen Award at the Nate Crippen Basketball Tournament in Forks on March 26th and 27th.

1. Charles "X-Ray" Urlacher, left, and Archie Black, right, play defense against Spyda. Photo by Cheryl Barth.
2. After the game, Cecilia Ward and her son Dusty Jackson get their picture taken with Hot Sauce.
3. When Phil Dreher subbed in the second half, Emcee Rell teased him by calling him "Uncle Phil" (a character from "Fresh Prince of Bel-Air"). Pictured above, Phil is playing defense against Hot Sauce. Photo by Cheryl Barth.