

bá.yak The Talking Raven

A Quileute Newsletter



Photos from 2011 General Council

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1. Chief Bill Lyon reports on the Police Department. 2. Arnie Black asks a question at General Council. 3. Melinda James helps in the kitchen on the first day of General Council. 4. Bertha Wallerstedt nominates a candidate to run for Tribal Council.

Hobson and Foster sworn into Tribal Council



DeAnna Hobson and Tony Foster were sworn into Quileute Tribal Council by Judge John Doherty on Monday, January 24, 2011 at the West Wing. Candidates who ran for QTC can request to see their total number of votes at the Tribal Office.

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

From the Desk of Chairwoman Cleveland



The Quileute Tribe of La Push, WA is pleased to announce Tony Foster and Deanna

Hobson as the newly elected members of the Quileute Tribal Council. Congratulations are in order to the council elect.

After the reorganization, Bonita Cleveland has been selected to serve as the new Chairwoman of the Tribe and the other Tribal Council officers are as follows:

Vice Chair: Tony Foster
Secretary: Deanna Hobson
Treasurer: Carol Hatch
Member at Large: Lonnie Foster

“The Quileute Tribal Council Leadership Team would like to thank outgoing Chairwoman Anna Rose Counsell-Geyer for her service and dedication to the Quileute People the last 3 years. We wish her well in her future endeavors,” stated Chairwoman Cleveland.

Chairwoman Cleveland

stated, “There are many important issues that this Tribal Council will work diligently on regarding the wellbeing of our people. This Tribal Council is devoted to preserving the rights of our people regarding fishing, hunting and gathering as well as sustaining services such as housing, healthcare, education and upholding our treaty rights, along with other services that are vital to our people.”

Chairwoman Cleveland continued, “We are dedicated to working as a cohesive, unified team which will be important as the struggling economy continues to be impacted by severe statewide budget cuts that will affect us all, but our commitment to the Quileute people amidst these challenges is our priority. Moreover, we will continue to make it a high priority to assist Congressman Norm Dicks and his congressional efforts to achieve passage of the Quileute Tsunami Protection Legislation for the protection of our village.”

The Chairwoman also stated, “The challenges are great, the journey may be a long trail, the waters may get rough, the winds may blow hard, the storms may get bad, yet we never want to see

our people feel heavy-hearted or hurt and have pain within.”

Cleveland would like to convey to all our Quileute Tribal Directors and support staff: our community is desperately crying out for your compassion and sensitivity. Please allow your hearts to remain open to find the compassion that our people deserve and please know they need your help just as much as you need their help. “Our community is our priority,” Cleveland stated. “I continue to hear the echoes of my grandparents always telling me as a young girl when one person rocks the canoe the entire canoe will tip over.” What does this mean? It means everyone is bobbing for survival for themselves!! Unity in our community is essential and it is going to take the effort and great strength from all of us to making ample opportunity for our people to survive and rise to the many challenges that we face.

I have great faith in our Quileute Tribal Council Leadership Team to move us forward by utilizing our cultural knowledge, showing our caring and compassionate ways, and most importantly, following the sacred footsteps that were laid down for us to fol-

low from our sacred ancestors. We will continue to seek innovative ways to help empower our community to become the happy, healthy and content Quileute people we deserve to be.

Again, Chairwoman Cleveland would like to reiterate that it is going to take the dedication of our community, Tribal Council leaders, Directors, and staff pulling all our canoes together and moving in the same direction into brighter days for our tribe in its entirety.

Let’s not let the strong tides overtake our strength and the love we have for one another...

The Council Office is always open and welcome to all of you.

Respectfully,
Hah-Yeh-Letsa
Bonita Cleveland Ward
Woodruff

Honored to be selected to serve as your Quileute Tribal Chairwoman.

Thanks to Nathan LaPlante for all his hard work!

I would like to take this time to thank Nathan LaPlante for providing exceptional services to La Push Ocean Side Resort. Nathan stepped up to the plate and with great effort, he turned a difficult situation into a positive for us even though the economy has taken a downward spiral. Nathan has shown great success in his management skills and made a substantial profit for the Enterprise of the Quileute Tribe. Thank you Nathan for your commitment you have shown to our tribe. We appreciate your dedicated services and your compassion you have shown to the community. We look forward to another successful profitable year. Quileute Tribal Council’s hands are raised to you.

-Chairwoman Bonita Cleveland

Department Updates

Public Utilities

The Public Utilities Department has received a new garbage truck:



Congratulations to John Simpson for becoming state certified as a Wastewater Treatment Plant Operator I and also to Chad Foster for becoming certified in Water Management I. Willie Hatch also attended a Has-Wopper class in January.

Personnel Department

The Executive Director has implemented an Employee and Community Member Recognition Program. Anyone can nominate an employee or mem-

ber of the community for their contributions. 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 **Brent Ramsey and Meaghan Ferrick** for being selected as Employee and Community Member of the Month for January.

Job Listings:

Human Services Director opened December 3, 2010 and closes when filled.

4 Sales Clerks/Cashiers at Lonesome Creek Store opened January 10, 2011 and closed January 21, 2011.

Temporary Customer Service Representative at Oceanside Resort opened January 10, 2011 and closed January 21, 2011.

Grants Writer/Planner opened January 10, 2011 and

closed January 21, 2011.

Janitor/Maintenance II opened January 10, 2011 and closed January 21, 2011.

Lonesome Creek Store Manager opened January 10, 2011 and closed January 21, 2011 or until filled.

For more information on these positions, visit the Quileute Nation website or contact the Personnel Department at (360) 374-4366.

Human Services

TANF will start monthly budgeting classes for clients in February. If TANF clients have questions about these classes, call Kala Jackson at (360) 374-4271 or Tara Newman at (360) 374-3138.

Youth and Family Intervention is planning a Valentine’s Day Party with the Quileute Youth Program for February 15th at the Tribal School Multipurpose Room.

Norm Dicks proposes Tsunami Protection Legislation for the Quileute Tribe

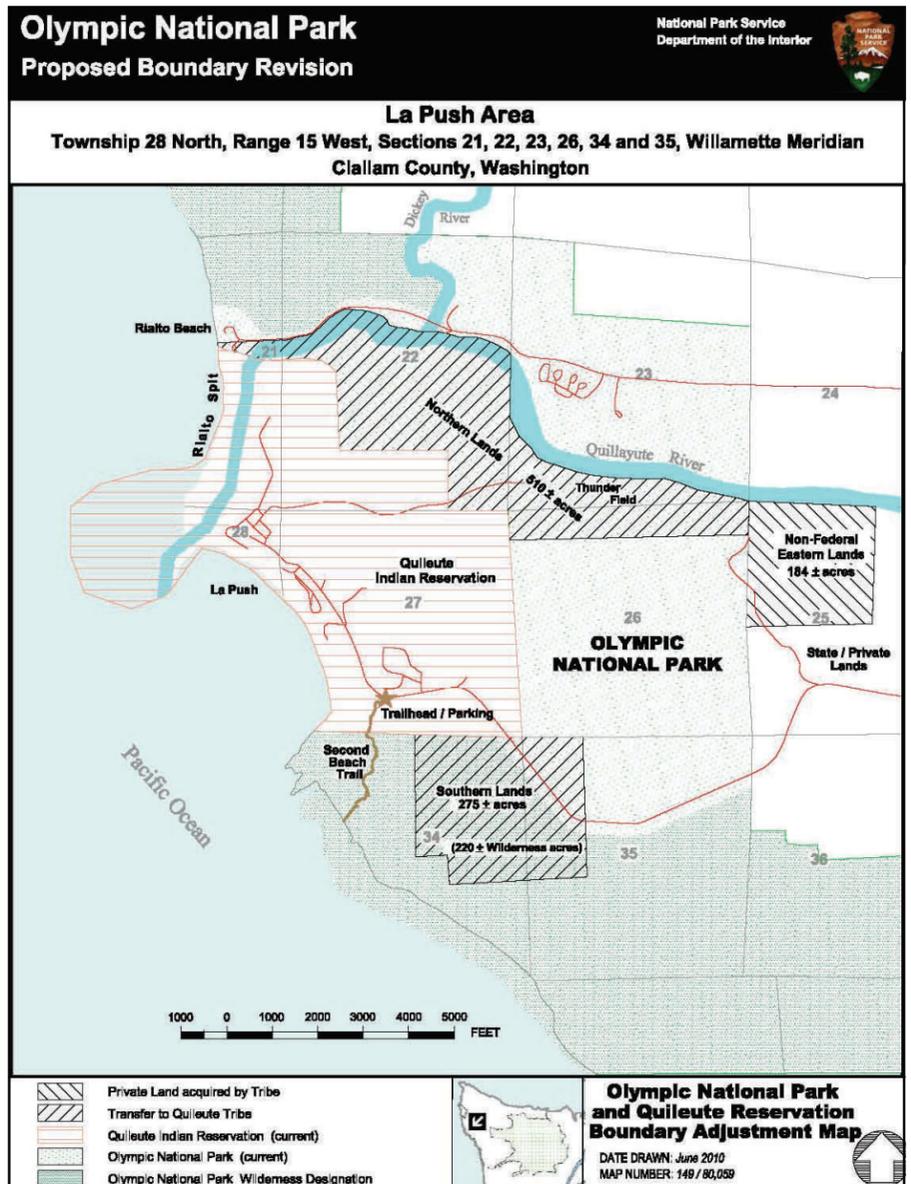
In December, it was announced that Washington State Representative Norm Dicks introduced the Tsunami Protection Legislation to Congress. The proposed legislation would transfer 800 acres of higher and safer land in the Olympic National Park to the Quileute Tribe.

This land acquisition is much needed by the tribe due to flooding and the threat of tsunamis. Besides a concern for safety, the tribe cannot continue to expand on land within the reservation boundaries because the land is in a flood zone and it is unable to be developed.

The introduction of this bill was covered by prominent Native American news and blog sites: Indianz.com, Pechanga.net, Indian Country Today, Native America Calling, and Reznet.

The Quileute Tribal Council will be traveling to Washington D.C. in February to continue working on this important legislation. The progress of this legislation will be reported in *The Talking Raven*.

See the map to the right for the proposed changes.



Quileute Family Literacy

By Sue Zalokar

There are times in everyone's lives that are transforming. Most times that change comes from within. It is like waking up to a voice that is inside of you that says: "I want something more in my life."

Quileute Family Literacy offers Quileute and non-Quileute community members a chance to explore their options for their future while fo-

cusing on the here and now.

We have been operating out of the Chi Cho Otsk Ati (Head Start) since January 2007. We meet three days each week from 9 a.m. until 1 p.m.

Dee Darst is our parenting instructor. She holds Tuesday classes and focuses on issues of parenting: creating nurturing and safe environments for children to grow and learn, how to enforce boundaries and rules (e.g. discipline),

how to manage time so that you have the most to give and spend with your children, and how to provide healthy and nutritious snacks and meals for the family. Dee also focuses her instruction on unconventional ways to make money through learning a trade or skill. Last spring, Dee ran a series of workshops that taught students how to use a sewing machine. Students made pillows, hand bags, and pajamas over the course of six weeks. They also walked away with a life skill that could feed their futures.

On Wednesdays and Thursdays, I am the adult education instructor. To date, we have seen three students stick to their studies and complete the GED tests. It is a major accomplishment, one that should not go unrecognized.

Last quarter, Michelle Ward completed her testing and became a graduate. I remember when Michelle first came to class a few years ago. She was not in the right frame of mind to learn because she didn't have a desire inside of her to change. But then last spring, something inside of Michelle changed.

She wanted to get her GED.

She enrolled in the Forks classes for the summer and completed three of the tests with great success. In the

fall, when Quileute classes started up again, she came to me and asked for help with finishing. She really didn't need much help, she is very bright and once she put her mind to the task at hand, she was very quick to learn. My job was mostly to be a cheerleader and to keep her on task. (Okay, I may have taught some writing and math skills too). All in all, I was so proud to watch as Michelle began to accomplish her goals. She is already talking to me about enrolling in college. I can't think of a better experience for her...if she wants it.

Quileute Family Literacy is about working towards goals, building self confidence, learning skills that can benefit your future and general college and building skills for the workplace.

Each person who walks through that door has a different world view and different plans for their future. In this classroom, the sky's the limit; all that is missing is you.

For more information about our classroom visit our blog: quileutenation.blogspot.com or call me, Sue Zalokar, at (360) 374-0390.



Grace Jackson is able to study while her baby naps during class time.

February is Teen Dating Violence Prevention and Awareness Month

By **Monica Henry**



February is National Teen Dating Violence Prevention and

Awareness Month and it is critical that we take this time to remember that domestic violence is not just a problem for adults. One in three adolescents in the US will be a victim of physical, emotional or sexual abuse from a dating partner. Violent behavior often begins between the ages of 12 and 18 and two-thirds of teens who are in an abusive relationship never tell anyone about the abuse.

Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence. Research suggests that being physically or sexually abused makes teen girls six

times more likely to become pregnant and twice as likely to get a STD.

Recognizing abuse in a relationship can be difficult, especially for teens. There are many types of abuse that young people may believe are normal in a relationship. Even though teen relationships may be different from adult relationships, teens can experience the same types of abuse and have a right to the same type of support. Help is available if you or someone you know are in an abusive relationship. Contact the Quileute Tribe New Beginnings program for additional information and support: (360) 374-5110; or email newbeginnings@quileutenation.org; located at the Quileute Health Clinic (upstairs).

Take the time to educate yourself about teen dating violence. Check out the Quileute Tribe New Begin-

nings Facebook and Myspace pages as well as the following public awareness campaigns via the web:

A Thin Line:

www.athinline.org

Boss of Me:

www.bom411.com

Choose Respect:

www.cdc.gov/chooserespect

That's Not Cool:

www.thatnotcool.com

The RESPECT!:

www.giverespect.org

Coaching Boys to Men:

www.endabuse.org/content/features/detail/811

Know More. Say More:

www.knowmoresaymore.org

Red Flag Campaign:

www.theredflagcampaign.org

The Talking Raven

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Vice Chair

DeAnna Hobson
Secretary

Carol Hatch
Treasurer

Lonnie Foster
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Drug and alcohol surveys will be conducted at QTS

The Quileute Tribal School will be administering the American Drug and Alcohol Survey (ADAS) to students grades 7 - 12. The test will be conducted during the second week in February. This survey is in cooperation with the Tri-Ethnic Center of Colorado State University. The funding for the administration of the

survey comes from a federal grant awarded to the Tri-Ethnic Center, which allows the survey to be conducted at no cost to QTS.

Participation in the ADAS is voluntary. Parents that wish to withdraw their child from participation may do so by contacting the Principal, Mr. Zantua, at (360) 374-5642 or the

Counselor, Mrs. Hoppa, at (360) 374-5540. In addition, a copy of the survey is available at the school for parents who would like to review it. QTS believes that participation in the survey will assist the school in planning, funding and evaluating drug and alcohol prevention efforts and programs.

Will you be my Valentine?

Send a little love to your special someone with a Valentine's Day Candy Gram!

While Supplies Last!

Pre-order your Valentine's Day Candy Gram for your special someone, best friend, co-worker, or family member today! Order forms are located at departments throughout La Push. Quileute Tribal School students will be playing Cupid on Valentine's Day, delivering the orders themselves on Monday, February 14th.

Please drop off completed order forms to the Tribal School main office with the exact amount, or place your order with a student: Kenneth Abrahams, Willie Hatch, Mariah Eastman, CeeCee Black, Virginia Castaneda, Sylvia Gonzalez, Sylvia Sheriff, Alexis Ward, Bryson King or Isabel Pullen.

Items	Price
1 Heart-shaped sucker	\$2
1 Carnation	\$4
or	
1 Carnation & 1 sucker	\$5

Personalize your Candy Gram with a special message for your special someone.

All proceeds will go towards the Quileute youth travel fundraising group to support a summer trip.



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

Álits [AH-thits] “My song” or “My spirit song”

Last month, because Santa Claus was comin' to town, we thought about **Kísbis**, which is the way the Old People used to pronounce Christmas. Now I am writing this in January, the month that was traditionally called “Steelhead getting days” or **K^wáwiya? alíktiya**. Quileutes can recognize the first part of the word, KWAH-wee-yah, which means ‘steelhead.’

This cold winter season was called **títat** [TAY-tut]. I once asked Oldman Chris Morganroth II why winter was called **títat** and he told me, “Because that’s when it was really cold and raining for months at a time, so the people stayed inside. They stayed **tíwa** [TAY-wah, ‘inside the house’].” He went on to explain that winter wasn’t just a time for the oldtime Quileutes to sit around and dream about springtime. There was lots that needed to be done. It was the time when the Old People would repair their gear, carve new implements, make arrows and tie nets. And besides cooking, the women made baskets, capes and skirts of cedar bark. And there was time for specialty work. For instance, Quileute women also used a spindle and spun the hair of special woolly dogs into yarn, which they wove into prized dog-hair blankets called **ḥakíshak**.

And, also, those winter months were a time for ceremonies that allowed the Old People to perform rituals that kept them in a good relationship with their individual guardian spirit powers, which they called **t^{ax}ílit** [tuh-HAY-lit]. Because of those common spirit rituals that took place during the inclement cold months, this time is often referred to as the “winter ceremonial time.” Many of the rituals were private and solitary. But high status families also held **ha^wók^wsil** [hah-WOKE-sill, ceremonials with invited chiefly guests from neighboring tribes, during which the hosts performed the spirit dances that they had the rights to, and the guests were given gifts for witnessing the rituals...and because of the gifts, these winter feasts came to be called potlatch, the Chinook Jargon word for ‘giving a

gift’].

We know a lot about those oldtime Quileute winter ceremonials. Of course, the best source of information is the community elders. But we are also fortunate to have descriptions of the spirit ceremonies at La Push during the period 1840-1915. A teacher at Chemawa Indian School down in Salem, Oregon named Leo Frachtenber was invited by 20 year old Hal George, one of his students, to come up and visit the Quileutes. Frachtenberg was interested in Indian cultures and at that time almost nothing was known about Quileute lifeways and beliefs...and it was the time when the old ways were starting to be replaced by mainstream American social and religious patterns. The last of the elders remembered how things were before the arrival of the Whiteman and trade goods, Indian agents, schoolteachers and missionaries. So Frachtenberg came and stayed for the summer, interviewing knowledgeable Quileute and Hoh old people whose memories stretched back into village life before treaty time and before the Quillayute trading post of the Washington Fur Company. He filled up notebooks and I found his notes in a box in the basement of the library of the American Philosophical society in Philadelphia. He also wrote an article about traditional Quileute spirit rituals and what he called the Quileute secret societies: *The Ceremonial Societies of the Quileute Indians*, published in a magazine called *The American Anthropologist* in 1921.

Those old people described the Quileute spirit societies like this: “During the winter, when rain and cold made it impossible to hunt and fish, the Quileute people lived in their long-houses off stored food. They often hosted or attended ceremonials that might go on for days.” These rituals were observances of the six Quileute societies. The societies were secret ‘spirit clubs’ that men and women could join in two ways.

(1) A relative could sponsor you in a society by teaching you his or her **áhit** [AH-thit, spirit song] and telling you about the **ḥaxílit** (guardian spirit power) that was the

source of the song and of the talents required by members of the particular spirit society; or

(2) If you could prove by being good at the skills required by the particular spirit society, and had acquired a **ḥaxílit** on your own (usually by going on a spirit quest) who had given you your own **áhit**.

A person’s **áhit** treasured private property since it was proof that one was really a proper member of a prestigious society. The owner was the only one who could sing that song. Some of the songs were passed on from generation to generation for centuries. The spirit songs used in the societies were so important that sometimes the groups were referred to as “song societies.” These days only a few of the hundreds of spirit songs are remembered. And the ownership of those has become disputed because songs are no longer passed down in a ritual at a **ha^wók^wsil** (potlatch feast) or other public event. Maybe as Sarah Hines said her mother Mary Ward (born in 1853), told her, “**Xabá ḥaxílit táíish biká^wá tas. Pots^oók^w taski? lí^hásalas áhit^{al}-li.** “*Those spirits are still waiting out there. The people will have to start going out to get new songs of their own.*”

There were six secret societies in those old days. It’s inappropriate for me, as a non-member, to write publicly about the things that the old people told me in confidence about the rituals, songs, and stories of the particular groups. There are still elders in the community and at the Hoh who still know about these things. But here, as a reminder, are the details of the traditional spirit societies that would have been having “winter ceremonials” at this time of year.

1) **T^hók^wali** [TLO-kwah-lee]: The wolf dance ritual or sometimes warrior society. The meaning of the name is not known. This was the largest society among the Quileute-speakers and, of course, the wolf mask was worn during the ritual. Members of the society had a **chák^{al}íkti** [chuck-ah-LEK-th-tee, a war making expert] spirit which taught them to be defenders of the tribe.

2) **Ṭsayík** [tsah-YIK]: The fish ritual society. This was the so-

ciety for fishermen and had the second largest membership. The spirit powers relied on by members of the **Ṭsayík** were thought to inhabit the entire coast, and this led to fish ritual societies from northern BC all the way down to Quileute, and the name may actually come from the Kwakiutl, who call the fishing song spirits “tsi-tsayik” meaning “secrets.”

3) **Kit^há^wat** [kay-t-THAH-ah-kwah-th, which means ‘heading upriver’]: The elk hunters’ ritual. This was the truly Quileute society and only proven elk hunters could belong.

4) **Sibàx^woláyo?** [sib-BAH-ho-LAH-yo, which means ‘oily voiced song society’ because, as Big Bill told us, “whale hunters always ate a lot of whale oil”]: This high status society was very small and only for whalers.

5) **Chalà^wláyo?** [chah-LAH-ah-LAH-yo, this means the “southern song society”]: Members were the weathermen, who could predict the weather and “find things.” If you lost something in the woods or a person drowned or a dead whale got away from the hunters in a storm while being brought ashore, the weathermen could “see” where the lost thing was located or would come ashore.

6) **Ix^watolà^wláyo?** [ik-wuh-tho-LAH-ah-LAY-yo, means “changing the face song society, referring to the medicine man wearing masks during rituals]: This wasn’t really a society, since the shamans never got together with each other, but they were all empowered by doctoring spirits.

And so this is **títat** (winter) when the Old People would be having their winter ceremonials and men and women would proudly stand up and sing **álits** (my song), given to them by their **ḥaxílit** (guardian spirit power). It’s an oldtime, traditional thing for Quileutes to do.

-Jay Powell
jayvpowell@hotmail.com

Counselor's Corner



First, I wish to publicly thank the entire Quileute Tribal Council, the Clinic staff and

Director, and all the many supportive friends and concerned tribal members that have offered me their condolences and help. I am so grateful to all of you. Thank you from the bottom of my heart.

Now, I try to address issues I find interesting and important to you; the reader, the parent, the child, and grandparent. However, this month *I am writing about my family; specifically, my dad.*

At 87 years old, my dad had enjoyed a remarkably blessed life. I admired and respected dad and his lifestyle. Even though he didn't have an active belief in a higher-power, dad had been a wonderful and genuinely "nice guy." My dad had also given back to his community many, many more times over what he has received from it. In fact, he never asked for anything; he worked for everything.

But I am writing about dad because we found out on December 3, 2010 that he had a very short time to live. You might say, "So?" Well, the truth is I really didn't expect this day to come for about ten more years. The reason? Dad was a very careful eater, he had been very active for many dozens of years and he was a member of a well known active hiking club. Dad was socially adept and he hardly ever took any kind of medicine, including aspirin. Dad was also quite sharp mentally. He read books and played strategy card games with many other seniors in the Sequim area.

However, the big deal for me is this: he retired at age 55, and on that day of retirement, he took his last puff off a cigarette. So for thirty-two years after that day he was tobacco free.

You would think that thirty-two years tobacco free would be long enough to end out cancer free, but cancer is an evil beast with no mercy. Cancer mutates cells and waits. Then it strikes the body with all it has.

See, my dad had devel-

oped lung cancer. And on December 3, 2010, we found out that he was going to die very soon. Worse yet was knowing that his cigarettes from over 32 years ago killed him. But, if he hadn't quit tobacco at all, chances are he would have died from that lung cancer by age sixty-four. Our dad clearly lived a lot longer by quitting tobacco.

When my dad started smoking, doctors smoked in their offices. I remember that. Dentists, barbers, store clerks, heck three out of every four adults were smoking and nearly no one told anyone that cigarettes would kill us until the 1970's rolled around. So now a man that was still in very good health at 87 years old was "living" his last couple months with horrible agony. On December 3rd, it was already horrible listening to him choke at times for another small breath.

I told you this article was about my dad. But it's about me too. My mom died of cancer too. She smoked too. I smoked and I have been smoking again for some time. And now I have to quit again. But why does it take a death to wake us up to the facts? I know now that I have a very high likely-hood of having the same lung cancer in my lifetime. And if any of you smoke,

your likely-hood for lung cancer is greatly elevated. But here is the clincher; **90% of all lung cancers are preventable if you do not smoke.** Lung cancer is very rare for a non-smoker and likewise very common if you do or did smoke.

So Let's Quit Now.

Your odds of getting lung and other associated cancers from smoking go down each year you don't smoke. But we have to quit and the sooner the better. Cancer only needs to mutate one cell to inflict its cruel and horrific disease on you or me. And we can walk around with it for years before cancer decides it's time to attack the body. *So the sooner the better.* Dying sucking for air, drowning in lung-filled pools of over-sticky mucus might not be worth the next puff. Remember, it could be our next puff that triggers the cancer so please, let's all quit now. Interested? Let me know and we can do this together! The odds are far better when we commit to working together to quit.

So, on December 14, 2010, as his four children surrounded him, my father took his last amazingly clear breath of air and he peacefully left our world.

-Kevin McCall

Potlatch Fund is seeking a new Executive Director



Potlatch Fund is a Native led leadership development and operating foundation based in Seattle, Washington. Potlatch Fund's mission is to inspire the Native tradition of giving and to expand philanthropy to Northwest Indian Country. In particular Potlatch Fund focuses on Native communities operating within the states of Washington, Oregon, Idaho and Montana.

Potlatch Fund is seeking a dynamic Executive Director to maintain its high standard of community-based leadership and guide it to an even more vigorous future. The ideal candidate for this position will have significant experience with and knowledge of Indian Country.

A successful candidate will have a proven track record of strategic planning, fund-raising and the vision needed to cultivate a growing base of diverse local volunteers, as well as inspiring staff and community leaders in support of Potlatch Fund's mission.

Interested candidates should submit a letter of application outlining skills/background, a résumé, and letters of reference to: Executive Director Position, Potlatch Fund, 801 2nd Ave., Suite 304, Seattle, WA 98104. Telephone enquiries can be placed to current Executive Director Ken Gordon (206) 624-6076 or the Board President Kirby Jock (253) 926-0276.

This position will be open until filled.

More details online at: www.potlatchfund.org

10 Resolutions That Show Your Kids You Care

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you – and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision-making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

A Note from the Superintendent



What follows are short snapshots from our classroom teachers about their current year's efforts

(continued from the January 2011 issue):

5th & 6th Grade:

The class has been engaged in continued academics with the SFA Reading and Math Program. Cultural activities have been infused in the daily schedule when academics are finished. The students are active in fundraisers for future trips. Behaviors have been great this year. We thank you for the good parental support.

7th & 8th Grade:

Fall and winter have been busy and interesting in the 7th and 8th grade Quileute Tribal Middle School. We named our classroom the "Classroom Alongside the Quillayute River," and the Quileute name hangs in the front of the room; also, Quileute greetings line the back near the doors, and multicultural greetings adorn the hall. Our classroom is about sharing what we know as much as we can, in order to make learning relevant to our generation and population.

For our Social Studies content, we use current events to analyze significance, learning about Christian "Jiggs" Penn who stood bravely and alone testifying for the Boldt Decision of

1974, "the fish tale that changed history" and solidified tribes' fishing rights. For our Math content, we use textbooks and computers, and we partner up as much as possible to utilize and elevate students' preexisting knowledge of math, as well as to diversify the way we speak of mathematical concepts and operations. For Reading, we strive for the full range of Bloom's Taxonomy, arguing controversial points as well as memorizing vocabulary and correct grammatical structure. We research biological concepts in Science, and we often include Educational Technology like power points, videos, and blogs. For P.E., we do weight training and play volleyball, and I'm proud to say Middle School beat High School twice last Thursday, and I might repeat this triumphant fact a couple more times.

For Culture and Art, we have knitting and carving, and we are so lucky to have the Cultural Center for Carvers and Dave Wilson, Master Carver from Lummi. Mr. Wilson graciously gets the students engaged in projects that they envision; some are making spears, some are making paddles, and some are making rattles. Differentiated instruction is key, as we have a dynamic class with a tremendous amount, degree, and variety of talents.

9th - 12th Grade:

The QTS High School has been showing substantial academic improvement in subjects of Earth Science, World His-

tory, Mathematics and English. Each student has completed a research paper on an Ancient Civilization for the first unit in World History. In English, they have written a "Biographical Narrative" about an elder in the community. This assignment required each student to interview an elder and write a story about them. Our goal is to publish their writing when it is completed. Also one student won the essay contest and a trip to New York. Every week the students get the opportunity to attend the Quileute Carving Shed to work on and complete their ongoing projects such as paddles, rattles, and various wood carvings. The students are very creative and persistent in achieving their goals. Some of the students had the opportunity to attend the "Teen Night" and "Picasso Exhibition" at the Seattle Art Museum. The students performed three dances in front of an audience of teenagers who were there also during "Teen Night." The students were awesome! We would like to thank the community members, Quileute Tribal Council, and Quileute Tribal School for supporting not only our field trip but all the fundraising events we have to support the various class level field trips. Those off-the-reservation educational experiences are both eye-opening and help us set visions and goals of what is possible for our students.

In closing to parents and community members, thank you for your support to your children. It is a challenging time. We all agree it truly does take everyone for

a child and the community to survive effectively in this day and age. Education is the opportunity to lift one's self in many areas and can be learned in many ways. In the words of Mr. Wilson from the Quileute Tribal School's Cultural Center for Carvers, "The participation at the Carving Shed has been truly amazing with the students at school and the community in the evening. Awesome!" The teachers are giving their students the opportunity to visit the center and take full advantage of the skills and great mentoring available. Thank you Tribal Council, TANF program, and QTSB for the support of this program. Right now Mr. Wilson and participants are working on a wide variety of projects, which they have chosen on their own: cedar canoe paddles, cedar rattles of various shapes and sizes, masks, and other projects. The message of the carving shed is not only the passing of traditional skills of using the tools, but of the lifelong lesson of learning how to be in this world. The important message conveyed in the Carving Shed is quite simple: to practice daily what it takes to work with integrity and to finish the projects with an honest, caring and conscious knowledge of cultural, social, and self improvement values that are to be reflected in everything we do and to everyone we touch. Good things are happening at the Quileute Tribal School.

-Frank Hanson

Update on the "Fall Fitness" weight loss program



The weight loss program at the Quileute Tribe has been very successful in motivating tribal mem-

bers and employees to exercise and eat healthier. Last season's program, Fall Fitness, ended in December.

At the end of each program, the person who has lost the most percentage of their body weight wins a pot of money, which each participant makes a contribution to. Upon signup, \$40 is paid; \$20 of it goes towards t-shirts and the other \$20 is put into the pot.

Quileute Tribal Council generously donated \$5,000 as a prize to help motivate tribal members and employees

to lose weight. Those who lose 10% or more of their body weight are entered into a drawing for this \$5,000. There were seven people in "Fall Fitness" who accomplished the 10% weight loss and were eligible for this prize.

Congratulations to Stuart Gray, the winner of both "Most Weight Lost" and the random \$5,000 drawing. Stuart works at the Head Start and

has previously operated the River's Edge Restaurant. He says, "Congratulations to ALL the people involved in the program. You made it hard for me to be the winner." Stuart also adds, "It was the first time I ever won anything. I am very appreciative."

Guide to Treating Coughs and Colds in Kiddos



Over-the-counter remedies are a big part of most parents' regimens against a child's

illness. Unfortunately not all over-the-counter remedies are safe for all children and with so many options on the market it's difficult to choose the right medication for the right circumstances. Given that so many kids are coming to the clinic with coughs and colds I thought it would be nice to go over some over-the-counter remedies and give some recommendations.

Fever and Pain Reducers

Common fever-reducing medications include acetylsalicylic acid (aspirin), ibuprofen (Motrin), naproxen (Alleve), and acetaminophen (Tylenol). Most of us already know that aspirin is never to be used in persons under the age of 12 years. Ibuprofen (Motrin) and naproxen (Alleve) are used to reduce fever and aches and to reduce swelling after an injury. Ibuprofen is generally indicated for children over 6 months of age, is very effective and generally safe. Naproxen is not usually used in young children and especially not in those under 2 years of age. Personally, I'd stick with ibuprofen. Acetaminophen (Tylenol) is probably one of the safest fever and pain reducers around, although it has no role in reducing swelling. Infant Tylenol is three times as strong as children's Tylenol, allowing for wee ones to get more medicine in less liquid. It is very important not to confuse the two or overdose can occur.

Acetaminophen and ibuprofen can usually safely be given in alternating doses for fevers that are tough to bring down. The most common and safe way to do this is to give the regular dose for one, then regular dose for the other about 3 hours later.

Treating Nasal Symptoms

Antihistamines are used to treat runny noses, itchy ears, and watery or itchy eyes and allergic reactions such as rashes. Common antihistamines include diphenhydramine (Benadryl), brompheniramine (Dimetapp), cetirizine (Zyrtec) and loratadine (Claritin). The FDA recommends that brompheniramine and diphenhydramine no longer be used to treat nasal congestion in children less than 4 years of age. Newer antihistamines such as cetirizine and loratadine are much safer, less sedating and can be used in children 6 months of age or older. Both are covered by most insurance plans, but are also available over-the-counter.

Decongestants include pseudoephedrine (Sudafed), and phenylephrine (a component in many companies' cough and cold remedies) and are not considered safe for children under 6 years of age for treatment of nasal congestion.

Cough Medicines

The most common cough medications include guaifenesin (found in Robitussin and Mucinex) and dextromethorphan (found in Robitussin DM and other cough medications). Neither of these medications is indicated for children under the age of 4 years. More often than not

children's coughs are actually a result of nasal drainage and cetirizine and loratadine are the preferred remedies for cough caused by nasal drainage.

Mentholated Remedies

Mentholated or eucalyptus-containing remedies have a strong aroma that can irritate children with asthma. Unscented warm oils like safflower or olive oils often do the trick. "Get Better Bear Pops" made of pectin are great to relieve sore throats without irritating the lungs.

Remedies with Multiple Ingredients

Remedies with multiple ingredients tend to concern me the most when treating children. Many remedies contain some of the ineffective and frankly dangerous ingredients we've already discussed. Many also contain either acetaminophen or ibuprofen, and if caregivers do not realize this, they may risk overdosing children by giving acetaminophen or ibuprofen separately in addition to a remedy that already contains it. Let's not forget that acetaminophen causes the most common overdose in children. I like to recommend giving any medications individually and understanding what you're giving and why and at what dose and how often.

Dosing

Many manufacturers of children's medications list dosing strategies based on age and weight. When these don't match, pick the smaller dose unless directed otherwise by a clinician. Also, manufacturers often list dosing in teaspoons. Household teaspoons are rarely accurate, so the preferred method of measuring is

with a graduated medicine cup or a syringe made for administering liquid medications. Take note that a teaspoon is equivalent to 5cc of fluid, so 1/2 of a teaspoon is 2.5cc and 1-1/2 teaspoons is 7.5cc.

Better Without Medication

Often the best way to treat nasal symptoms and coughs requires little or no medication. Water is probably the best remedy as it loosens mucous and helps replenish fluids lost during fever. Chicken noodle soup has been proven to reduce cold symptoms by about a day and is a good way to keep your child hydrated. Honey is great for thinning mucous but is only safe for children over the age of 1 year. Cool mist (not hot steam) vaporizers are great for thinning mucous and should not contain anything except cold clean water. For severe nasal congestion, saline drops or sprays can be used in the nose (with the child upright to prevent choking) and a bulb syringe can be used to remove moistened mucous.

Summary

I hope that the information in this article gives you more confidence in treating children's coughs and colds with the safest and most effective remedies available. If it should prompt more questions, please feel free to drop by the clinic or give us a call any time.

Julia C. Davis, PA-C
Quileute Health Clinic



Support the Quileute Youth Council's Sock, Hat, and Glove Drive!

Throughout the month of February, the Quileute Youth Council will be collecting new socks, hats, and gloves. Donations can be made at the following locations in La Push:

Human Services
Tribal School Office
Head Start
Senior Center
Tribal Office

Natural Resources
U.S. Coast Guard Station

If you have any questions, contact Tara Newman at (360) 374-3138, Casey Keith at (360) 374-4349, or Ann Penn-Charles at (360) 374-2228.

Melvinjohn Ashue is new Title VII Paraeducator at QVSD



Melvinjohn Ashue, also known as MJ, has been hired as the Quil-layute Valley School District's Title VII Paraeducator. Title VII is an Indian Education program whose purpose is to increase the number of American Indians and Alaskan Natives graduating from high school and pursuing higher education. MJ, an enrolled Hoh tribal member, is a Forks High School graduate and received

his Bachelors in Business Administration from Haskell Indian Nations University. MJ's goal for this position is to make sure all Native students are passing their classes. He offers support in the classrooms so he can do one-on-one tutoring; he also wants to make connections with the students so they can have someone to discuss their problems with.

Besides working directly with the students, MJ sits in on meetings with the Achieving Equity Committee as well as Readiness to Learn meetings regarding bullying and harassment issues. These meetings allow him to work

with staff and administrators, giving a voice to the Native students. He also plans to get in touch with parents and guardians to establish a contact at the school district.

MJ does not have a schedule yet. His office is located in the Forks Middle School, but he spends his days between Forks Elementary School, Forks Middle School and the Forks High School. Parents and guardians should feel free to contact MJ at (360) 374-6262 ext. 541 or email melvinjohn.ashue@qvschools.org.

Seeking Student Artwork

The Talking Raven would love to feature your child's artwork! If you have any submissions, drop them off at the Quileute Natural Resources building with Emily Foster.

Examples of Artwork:

Poems
Drawings
Paintings
Short stories
Please submit your child's artwork by the 3rd Friday of the month in order to be considered for print in *The Talking Raven*.

Hundreds of thousands of Native Americans must act soon to participate in Cobell Settlement

Washington, D.C. – January 26, 2011 – The Court-ordered process of notifying individual Indians of their right to participate in the historic \$3.4 billion class action Settlement, *Cobell v. Salazar*, is underway. The Settlement resolves claims related to Individual Indian Money (or IIM) accounts and land held in trust by the federal government for the benefit of individual Indians.

Class Members all over the country are receiving detailed information about their legal rights and options via U.S. Mail. Information will also be provided through an extensive media campaign, which includes Native America print media, television and radio ads, and online advertising.

On December 21, 2010, U.S. Senior District Judge Thomas F. Hogan granted preliminary approval of the Settlement, setting in motion a process through which hundreds of thousands of individual Indians who have or had government-managed IIM accounts or trust lands may receive some of the \$3.4 billion Settlement Fund.

The judge's approval came after Congress passed and the President signed legislation approving the Settlement. Current estimates project that most Class Members will receive about \$1,800, with some Class Members receiving much more depending on

the level of activity in their IIM accounts.

The \$3.4 billion Settlement was reached between the Departments of the Interior and Treasury and the individual Indian plaintiffs in December 2009. The Settlement resolves the government's failure to provide an historical accounting for IIM accounts and also resolves claims that the government mismanaged funds and other trust assets, including royalties owed to individual Indians for oil, gas, grazing, and other leases of individual Indian lands, mostly in the West.

The Settlement provides a \$1.5 billion fund to compensate an estimated 500,000 affected individual Indian trust beneficiaries who have or had IIM accounts or own trust land. The Settlement creates two groups of Class Members eligible to receive money from the fund—the Historical Accounting Class and the Trust Administration Class.

• **The Historical Accounting Class** comprises individual Indians who were alive on September 30, 2009, who had an open IIM account anytime between October 25, 1994 and September 30, 2009, and whose account had at least one cash transaction.

• **The Trust Administration Class** comprises individual

Indians alive on September 30, 2009, who had an IIM Account at any time from 1985 through September 30, 2009, recorded in currently available electronic data in federal government systems, as well as individual Indians who, as of September 30, 2009, had a recorded or demonstrable interest in land held in trust or restricted status.

• **The estates of deceased Class Members will also receive a Settlement distribution** if the deceased beneficiary's account was open as of September 30, 2009, or their land interest was open in probate as of that date. Other eligibility conditions and requirements for each Class are detailed in the Settlement Agreement.

Under the Settlement Agreement, \$1.9 billion will fund a Department of the Interior program to buy fractionated interests in trust or restricted land from willing sellers to benefit tribal communities and aid in land consolidation. Depending on the level of participation in the land consolidation program, up to \$60 million will be set aside to provide scholarships for higher education for American Indian and Alaska Native youth.

Information about the Settlement and legal rights is available to all American Indians and Alaska Natives:

The website IndianTrust.com and toll-free number 1-800-961-6109 are available to provide more information about the Settlement and the legal rights of Class Members. Individuals who are unsure whether they are included in the Settlement should visit the website or call the toll-free number for more information.

Class Members who receive a formal notice in the mail about the Settlement and who are currently receiving IIM account statements do not have to do anything to receive payment. Individuals who believe they should be part of the Settlement but do not receive a notice in the mail or are not receiving IIM account statements need to fill out a Claim Form as soon as possible, available at the Indian Trust website or by calling the toll-free number.

Individuals wishing to keep their right to sue the federal government over mismanagement claims covered by the Settlement must exclude themselves from the Settlement by April 20, 2011. Class Members can also submit written comments or objections about any Settlement terms that concern them by April 20, 2011.

Jackie Jacobs Reporting



1. Misty Isham, Jackie Jacobs and Mariah Eastman pose with the t-shirt and poster donations. Thank you to the "Secret Santa" who donated these gifts!



2. Mariah and Misty put together gift bags of the "Eclipse" goodies for all the Quileute schoolchildren.



3. Paris Horejsi, Cassie Black, and Jaedyn Black show off their new "Eclipse" t-shirts outside of the Blue Shed.

"Thank you Misty, Mariah and Leticia [Jaime] for all your hard work helping me assemble the gifts for the students. I am so grateful! Thanks Ladies!"

-Jackie Jacobs

Valentine's Day Party

The Quileute Youth Program and the Youth and Family Intervention Program are hosting a Valentine's Day Party:

Tuesday, February 15th, 2011
5 p.m. to 8 p.m.
QTS Multipurpose Room

There will be:

- Music**
- Pizza**
- Games**
- Prizes**

All ages are invited!



CALLING ALL QUILEUTES

**WOULD YOU LIKE TO BE IN A
 PUBLIC SERVICE ANNOUNCEMENT?**

We are looking for tribal members who would like to participate in the "Etiquette in Indian Country" PSA, sponsored by MSN.

If you are interested, please call Jackie Jacobs at (206) 388-9200 or email JJ@Jtalentgroup.com

U.S. Coast Guard Chief Lowry advanced to Master Chief on January 3rd



Pictured Above: Pinning on of the Anchors—it's military tradition to have two people most influential in mentoring and supporting the service member through their advancement process pin on the new collar devices.

Chief Lowry's wife Gina and friend and Mentor Chief Warrant Officer Mike Russell pin on new Master Chief Anchors, as Captain Ferguson, Commander of Sector Seattle, reads the advancement certificate from Coast Guard Commandant Admiral Papp.

Welcome Aboard!



FN George Chiharra

From Lahaina, Hawaii

George is 18 years old and enjoys surfing. He is looking forward to becoming a Machinery Technician in the Coast Guard. Welcome to La Push!

Meet the new employee



My name is **Billy Brux** and I am your new Harbor Master at the Quileute Marina. So far, I have cleaned and organized the office a bit, updated the moor-

age agreements and rates, installed a card lock system, and worked on making the shoreline more presentable. My goal is to get the marina out of the red and start making money for the tribe. To accomplish this, I am bringing in an engineer to appraise the cost of repairing or replacing the docks. They need to be safer, and

hopefully renovating them will bring in more customers. I also want to make the marina more structured so it is not so jammed. I think these necessary changes will entice more boats to stay year-round.

Before becoming the Harbor Master, I have fished commercially and worked on boats, and I

have also been the owner of two businesses. When I am not working, I love to fish and hunt, but 99% of the time I am at home with Heather and the kids.

If you ever have any questions or concerns regarding the marina, please feel free to stop by my office or call (360) 374-5392.

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!

Baked Cheese Potato Slices

Yield: 1 Serving
Preparation time: 5 minutes
Cook time: 40-45 minutes

Ingredients

- 1 Medium (6 oz.) potato, skin scrubbed
- 1 Tbsp. reduced-fat margarine
- 1 oz. fat-free mozzarella or cheddar cheese
- 2 tsp. finely chopped green onion

Method

1. Bake potato with skin for 35-40 minutes. Remove

from oven and slice into wedges.

2. Rub margarine onto potato slices and broil for 1-2 minutes.
3. Top with cheese and green onions and broil for 1-2 minutes until cheese melts.

From the Month of Meals: Quick and Easy Menus for People with Diabetes

A publication of American Diabetes Association.

Happy Birthday to Enrolled Quileute Tribal Members

February Birthdays:

Edward Foster	1	Ronald Eastman	11	Neva California-Hobucket	18
Chasity Matson		Glenda Melton	12	James Jaime	
Jeffrey Rosander		Esther Wilbur	12	Chaleigh Beck	19
Vicki Black	2	Marvella Adamire	14	Shanna Brewer	
Jordan Foster		Demetrio Gonzales		Jeremy Payne	
Balente Pubigee Jr.		David Jackson Jr.		Katherine Black-Ward	20
James Jackson Sr.	3	Candice Jackson		Lisa Reid	21
David Kaikaka		David Pubigee		Donald Reid Jr.	23
Carla Black	4	Dominique Sampson		Christian Morganroth III	24
Edward Dell		Kenneth Ward		Arnold Black Jr.	25
Duran Ward	5	Randy Jackson Jr.	15	Tommy Bouck	
Christina Williams		Kaitlyn Lorentzen		Saddie Jackson	
Kimberly Bender-Ward	6	Telena Martinez		Reuben Flores Jr.	26
Ronald McNutt	7	Darryl Penn		Soloman Jackson	
Peyton Sablan		Steven Ratliff		Harry Jones	
Rochelle Warner		Priscilla Scarborough		Marley Zimmerman	
James Hobucket	8	Johnathan Sparks		Mark Williams	27
Alicia Black	9	Steven Bell	16	Noah Foster	28
Michael Marshall		Larry Jackson Sr.		Lacie Schmitt	
Kyle Eastman	10	Anita Wheeler		William Wilken Jr.	
Mario Black Jr.	11	Charles Woodruff			

Head Start students made button blankets during class



1. The students at Head Start made button blankets in preparation for a play they put on for their families.
2. Head Start Teacher Selina Foster narrated the play while her students acted their parts.



***Bá·yaq* The Talking Raven welcomes feedback!**

Please feel free to share your opinions or suggestions with:

Editor Emily Foster

(360) 374-7760

talkingraven@quileutenation.org

Following suggestions to increase font size and photos, *The Talking Raven* is now printed in a larger format. Let us know what you think. We strive to improve your newsletter!