

bá.yak The Talking Raven

A Quileute Newsletter



Vol. 5, Issue 1

Emily Foster/**BAYAK Editor**

“Cherish Our Children” Recap

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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.

The 8th Annual Cherish Our Children event, held on December 3rd at the Akalat Center in La Push, exceeded the fundraising goal of \$12,000 and brought in approximately \$16,500. Each year, the communities of Forks and La Push organize this silent and live auction to raise money for Christmas presents for youth. Last year the event raised \$11,700.

Sterling Savings Bank representatives from both the Forks and Tacoma branches presented a check in the amount of \$2500 to Cherish Our Children committee members.

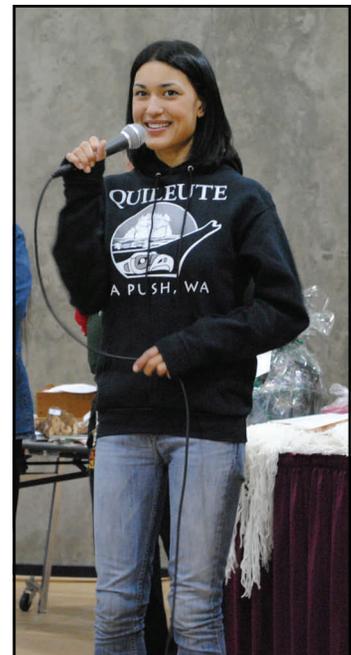
About 30 Americorp members from the region helped with setup and cleanup, assisted children at the kids’ silent auction table, restocked the silent auction tables, and more. Local Coast Guard crew members also offered support with the live auction. There were countless volunteers who made Cherish Our Children a huge success, and everyone’s help was invaluable.

Actress Julia Jones, who portrays “Leah Clearwater” in the “Twilight Saga,” visited La Push to help raise money for the cause. She kicked off the live auction with a short speech, and bidding began on several “Eclipse” items that Jackie Jacobs requested for donation from Summit Entertainment. Julia stayed for the event to autograph headshots, posters, “Twilight Saga: Eclipse” DVDs, and also to take photos with fans. Julia helped raise more than \$1800 for the children. The Quileute Tribe and Cherish Our Children committee were thrilled she was able to make it to the event. Julia shared with Tribal Publicist Jackie Jacobs and Chairwoman Anna Rose Counsell-Geyer that there was no other place in the world she would rather be than in La Push on the day of the “Eclipse” DVD release.

Santa Claus also paid a visit to the children at the event; he took photos with them and handed out books, picture frames, and stuffed animals for Christmas.

Checks for \$7200 have been issued to the gift-giving programs, sponsored by the Quileute Housing Authority and Forks Food Bank’s Santa Workshop.

Cherish Our Children 2010 was the most successful event to date. Thank you to everyone who made this possible!



Actress Julia Jones speaks to the crowd before the live auction begins. More pictures from Cherish Our Children on page 4-5.

Department Updates

Personnel Department

The Executive Director has implemented an Employee and Community Member Recognition Program. Anyone can nominate an employee or member 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 **Chad Foster** and **Bert Black** for being selected as Employee and Community Member of the Month for December.

Free "Living Well with Chronic Conditions" Workshop

The Quileute Health Center, in collaboration with The Olympic Area Agency on Aging, has scheduled a free workshop open to the public: Living Well With Chronic Conditions, to be held one day a week (2.5 hours, 9:30 a.m. to 12 p.m.) for six consecutive weeks beginning Thursday January 27, 2011 at the Quileute Health Center in La Push, WA. The workshop will be facilitated by two trained leaders. All of the materials individuals will be using were developed by Stanford University's Chronic Disease Self-Management Program. This program is designed to help individuals who suffer from a chronic condition, including diabetes,

asthma, heart disease, chronic pain, arthritis, and hypertension, just to name a few, and to lessen their stress and frustration, manage symptoms, and deal with fatigue. Those caring for a loved one with a chronic condition may benefit from this workshop also. Each participant will have access to a 'Living Well With Chronic Conditions' book. The goal of the program is to help you live a healthy life with your chronic conditions by managing your symptoms. Space for the workshop is limited so please register early. For more information and registration, please call 1-866-582-1487 or (360) 538-2457.

Thank you for your donations to "Cherish Our Children"

By Stephanie Doebbler

Thank you to the following employees and community members that donated items to "Cherish Our Children 2010" through the tribal departments. Also a special thanks to the employees in bold type that volunteered to ask and collect donations from their coworkers.

Tribal Office – **Trina Black**, Bill Peach, Molly Sarrazin, and Kay Sullivan

Natural Resources – **Darlene Olson and Emily Foster**, Cathy Salazar, Nellie Williams, Jeremy Payne, Katie Krueger, Greg Urata, John Mahan, Roger Lien, Frank Geyer, Garrett Rasmussen, and Perry Black

Tribal School – **Jan Price and Stephanie Doebbler**, Mary Anne Earley, Dr. Cochran, Sheri Crip-

pen, Meghan Ferrick, Al Zantua, Pearla Konig, Susan Jacobson, Shelly Black, Frank Hanson, and Stacy Fournier

Human Services – **Tara Newman & Gina Lowry**, Sharon Penn, Ann Penn-Charles, Elizabeth Soto, JT Sweet Stuff, Monica Henry, Nicole Earls, Kala Jackson, Roger and Arlene Jackson, and Bob and Edith Henry

Housing Authority – **Karen Beyer**

Health Center – **Veryl Garibay**, Pat Braithwaite, Darla Schumack, Norm Englund, Kevin McCall, Rosita Matson, Julia Davis, Lesa Whorton, Sandra Lyons, and Karen Thomas

Tribal Court – **Fern Penn**
Child Care – **Sandra Strom**

Reporting Child Abuse

For reporting child abuse and neglect OFF the Quileute reservation, contact the following as it is necessary for the report to go to a "central intake." The intake staff will contact the Quileute ICW as soon as there is a report so that an investigation can take place. If it is an EMERGENCY situation, contact 911. Please remember that the La Push Police Department does not have jurisdiction off the reservation.

Reception & Intake:
(360) 565-2240

Reception & Intake:
1 (888) 437-6167

After Hours: 1 (800) 562-5624

Fax: (360) 417-1440

TTY: 1 (800) 833-6388

For reports of child abuse and neglect on the reservation:

ICW office: (360) 374-4340

Human Services Front Desk:
(360) 374-4306

LaPush Police: 911 or
(360) 374-9020

and Penny Winn

Head Start – **Penny Reaume**, Head Start Staff

Ocean Side Resort – Christina Soto, Marie Avalos, Nola Woodruff, and Terry Black

There may have been others that donated directly to the auction that did not go through the office volunteers. Thanks to you too!

Thanks again to all the employees who took part in this fundraising event that benefits children in La Push and Forks. We are blessed to have giving workers in our community.

Student Artwork Spotlight

By Hannah Bolton, age 9



Carving Shed Schedule

Thursdays and Fridays:

1 p.m. to 3 p.m. for QTS students

3 p.m. to 8 p.m. for community members

Saturdays:

8 a.m. to 4 p.m.

Hours are subject to change due to community events and holiday schedules.

Questions? Call Mr. Wilson at 374-6986



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*.



The Talking Raven

A monthly publication of the Quileute Tribal Council

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Quileute Tribal Council

Anna Rose Counsell-Geyer
Chair

Lonnie Foster
Vice Chair

Carol Hatch
Secretary

Bonita Cleveland
Treasurer

Tony Foster
Member-at-Large

QTC Contact Information

Mailing Address:
Quileute Tribal Council
PO Box 279
La Push, WA 98350

Phone:
(360) 374-6163

Bill Peach
Executive Director

Phone:
(360) 374-7412

Photos from Cherish Our Children



1. Sterling Savings Bank presented a \$2,500 check for the Cherish Our Children fundraiser. Photo by Cheryl Barth.
2. Santa Claus made an appearance at the event.
3. Americorp members helped children bid on items at the kids' silent auction table.
4. Several Coast Guard crew members volunteered at the event. Here, they show off a basket full of "Eclipse" goodies from Summit Entertainment. Photo by Cheryl Barth.

Photos from Cherish Our Children



1. Julia Jones complimented Riley Smith's choice of pink nail polish.
2. A young group of girls were excited to meet Julia.
3. Julia poses with an "Alice Cullen" look-alike.
4. The Quileute Youth Council took a picture with Julia to help promote their sock, hat, and glove drive.
(See page 8 for more information on their project.)

Jackie Jacobs Reporting: 2010 Summary



- Quileute Language in New Moon results in 2000 emails inquiring about the language
- MSN Apology to the Quileute tribe for entering the cemetery posted on MSN.com website
- PDN story re: MSN Apology
- Microsoft donates **\$5,000.00** to seniors
- Former Chairwoman Hatch makes Seattle "Twilight" Convention appearance
- New York Times Editorial: "Sucking the Quileute Dry" by Angela Riley
- Publicist Jackie Jacobs guest speaker at the "National Conference of American Indian Economic Development" in Las Vegas, NV
- www.quileute-store.com Authentic Quileute E-Commerce Store launch
- www.Twilight-Quileute.com Website launch
- MSN "Indian Country Etiquette" Public Service Announcement discussions
- Quileute Tribe Video/Photography Policy enacted
- Australian film crew visits
- German film crew visits for article in Stern Magazine
- Canadian film crew visits
- Japanese film crew visits
- 6 Computers Donated to Senior Center
- Elders' Week accompanied film crews producing "Whale Welcoming" documentary
- QTS 30 year anniversary
- Creation Conventions Wolf Pack head shot donations
- Quileute Tribe Chairwoman receives exclusive invitation to represent the tribe at The Oprah Winfrey show in Chicago
- Tribe receives **(\$15,000.00)** BIA grant in partnership with the University of Washington Foster School of Business and hires UW Intern Nick Myers to fulfill marketing internship
- Lower Elwha Cross Promotion for "Eclipse" premiere
- Quileute Tribal Council and youth attend "Twilight Saga: Eclipse" premiere in Los Angeles
- Native America Calling Radio with Chairwoman regarding the effect of "Twilight" on the tribe
- Quileute Tribe welcomes Gil Birmingham who portrays "Billy Black" to Quileute Days, and Gil Birmingham conducts autograph signing **(\$1,600.00)** to benefit the elders
- Indian Country Today: Tourism Magazine Article — "How Twilight Can Benefit Your Tribe"
- Seattle Art Museum Exhibit Opening covered by Seattle Times/Wall Street Journal/Seattle Weekly/Seattle Magazine and more
- Twilight Lexicon articles
- Twi-Fans articles
- Quileute Wolf Pack fan site donates **(\$400.00)** to Seniors for Language Preservation
- Burke Museum: "Truth vs. Twilight" and Quileute Burke Box discussions
- Twilight Cruise Fans visit La Push to purchase art from local artisans, also makes donations **(\$1,100.00)** to Quileute Tribal School and **(\$500.00)** to Seniors
- Quileute tribal members perform at Indian Summer Festival Wisconsin
- Heckelsville media donates **(\$1,000.00)** to Seniors
- DeLee Shoemaker, State Government Affairs Director of Microsoft, visits QTC and apologizes on behalf of Microsoft
- Microsoft Software community grant **(\$52,848.75)** awarded to QTS/Seniors
- KUOW Radio request to feature importance of songs and storytelling for Quileute on NPR
- Julia Jones visits for Cherish our Children
- "Tub of Twilight" donation **(\$278.00)** to Cherish Our Children
- Media for Congressman Norm Dicks' introduction of tsunami protection legislation
- T-Shirt Donation **(\$10,200.00)**

It's been a fantastic year and an honor to serve you. Hoyt!
Jackie Jacobs

**A limited number of
"Twilight Saga: Eclipse"
DVDs are available for
\$19.99 at Oceanside
Resort.**

**With purchase, you get a
choice between two mini-
movie posters.**

Pick your copy up today!

Flu-less for the New Year!

Dear Friends,

Happy New Year to all of you, and may this year be filled with warmth, happiness and good health. I wanted to start the first of my contributions to the "Talking Raven," by formally answering some common questions about the seasonal flu and the flu vaccine. While many in our community have been very pro-active regarding getting vaccinated, there are still many who have not yet been vaccinated, or are still uncertain about getting immunized. Hopefully, the following questions and answers will help you make well-informed decisions regarding protecting yourself and your community from possible illness due to the influenza virus.

How can I reduce my chances of getting or spreading the flu?

The single most important thing you can do is to **get vaccinated**. This not only helps protect you from illness, but also makes it less likely that you will pass the illness onto those close to you. It is important to know that some people who carry the flu don't get sick enough to recognize it and can pass it to others who may become very ill. For most of you, the rest is common sense.

- Avoid close contact with people who are sick.
- When you are sick, keep your distance to protect others from getting sick too.
- If possible, stay home from work, school, and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands with soap and water or alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of non-caffeinated and non-alcoholic fluids, especially water, reduce or quit tobacco use and eat nu-

tritious meals.

How serious is the flu?

Flu is unpredictable and its severity can vary widely from one season to the next. Certain people are at greater risk for serious complications if they get the flu. This includes our elders, our young children, our pregnant women and those with chronic illnesses (such as asthma, diabetes, or heart disease, to name a few). It is important to know, however, that even an incredibly healthy person can suffer severe complications from the flu, which can include bacterial pneumonia, ear infections, sinus infections, and dehydration. Unfortunately, complications from the influenza virus can even be fatal.

Who should get vaccinated?

Everyone six months and older should get a flu vaccine each year starting with the 2010-2011, unless he or she has medical contraindications.

Who should not get the flu vaccine?

Some people should not be vaccinated without first consulting a health care provider. They include people who have a severe allergy to chicken eggs, or to an influenza vaccination in the past, those who have developed Guillain-Barre Syndrome (a very rare condition) within six weeks of getting a previous influenza vaccine, and children younger than six months of age. For those with moderate to severe illness with a fever, waiting to get vaccinated until symptoms lessen is a good idea.

Can a flu shot give you the flu?

No, absolutely not. A flu shot cannot cause flu illness.

Why do some people not feel well after getting the seasonal flu shot?

The most common side effect of seasonal flu shots has been soreness at the spot where the shot was given, which usually lasts less than two days. Symptoms such as fever, muscle pain, and feelings of discom-

fort or weakness are very uncommon and usually begin soon after the shot and last 1-2 days. These symptoms are often caused by a person's immune system making protective antibodies to the killed viruses in the vaccine. Some people actually have an early illness, such as non-flu viruses, one of the flu strains not covered by the vaccine, or even one that is covered before getting vaccinated.

How long will it take for the vaccine to protect me?

Protection from the vaccination takes about two weeks to be at its best. And, unfortunately, some people can remain unprotected from the flu despite getting vaccinated.

Is it too late to get vaccinated after the winter holidays?

No. Vaccination can still be beneficial as long as influenza viruses are circulating. Influenza is unpredictable and seasons can vary. Seasonal influenza disease usually peaks in January or February most years, but disease can occur as late as May. If you have not yet been vaccinated, it's not too late.

Where can I get more information about the seasonal flu and the flu vaccine?

We at the Quilte Clinic are more than happy to answer any other questions you may have. Feel free to drop by or call us at (360) 374-9035.

Good online information may be found at:

The Center for Disease Control at www.cdc.gov/flu/

Medscape Influenza Resource Center at www.medscape.com/resource/influenza

Again, wishing all of you a warm, wonderful new year filled with great blessings and good health.

Julia C. Davis, PA-C

Source of medical information: 2010 The Center for Disease Control

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

Sock, Hat and Glove Drive

Throughout the months of January and February the Quileute Youth Council will be collecting new socks, hats and gloves! Look for announcements soon about what tribal departments will be accepting donations.

Call Ann Penn-Charles at (360) 374-2228, Tara Newman at (360) 374-3138 or Casey Keith at (360) 374-4349.

Quileute Tribe's General Council Meeting

Akalat Center

January 20, 2011
10 a.m. to 4 p.m.

And

January 21, 2011
8 a.m. to 4 p.m.

The *Other* Counselor's Corner



December 21st was a turning point! It's called the Winter Solstice. From now on, every day is getting a little bit longer as we move through the winter!

But it's still dark out there. And it's still a time of year when many people struggle a little more than usual. Many people in our part of the world get a seasonal form of depression

known as *Seasonal Affective Disorder*.

It can show up with symptoms like a lack of energy, increased irritability, avoiding friends or family, or lack of interest in activities you usually enjoy. Other symptoms can include oversleeping, weight gain or too much "Couch Potato" time. If this sounds like you, give me a call at 374-4320. Last year, the Quileute Health Clinic was able to provide 47 people with light units to help with this type of depression. Two-thirds of those who used the light units reported that it helped!

And one more thing: I can't talk about or identify specific individuals who have used these lights last year. It's a "confidentiality" thing. But I'd love the opportunity to share your story if you're willing to give permission. If you participated in the project last year and you're willing to share your story – call me at 374-4320 or maybe call the *Talking Raven* Editor Emily Foster at 374-7760. More people need to hear about this!

Take care...Norm Englund,
Quileute Counseling & Recovery Services

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

Wisaa Kisbis [wiss-SAH KISS-biss] "*Merry Christmas*"

December was saddened by the loss of that respected community leader, who the Old People would have respectfully called "Oldman Jiggs" during the last years of his life. Interesting that Chris and his father and namesake, also Christian Penn, spanned in their combined lifetimes the great period of change in Quileute lifeways. Jiggs' father was the last Quileute to have been born at the annual Quileute halibut camp on Tatoosh Island. Gram Lillian used to tell about that, saying that oldtimers told her, "Jiggs's grandma, called Ka'awadisa, was a strong woman. They told how she was hanging big halibut strips on the 25-foot tall drying racks, went in and gave birth to Jiggs's father and then got up and went out and started cutting up fish again." Tough, oldtime Quileute blood ran in the veins of Christian Penn.

Hitkwotalhitililo xaba "*all our hearts are sick with grief*." Jiggs was a bright spot and the world is a little dimmer without him.

But, now Christmas is here. And there is a lot that we can say about Quileute Christmas, which the Old People called **Kisbis**, That's how they pronounced it. There wasn't any R-sound in Quileute, so instead of saying Chris, they said Kis. And there wasn't any M-sound in Quileute and they replaced it with B in words they borrowed from English; so instead of saying kismis, they said Kisbis. And the word for "*happy*" or "*merry*" is **wisaa** [wiss-SAH]. So, celebrate your Quileute heritage by greeting everyone with **Wisaa Kisbis** [wiss-SAH KISS-biss].

But, how traditional is it for Quileutes to say, "Merry Christmas?" Pansy told me once, "When you think about the old ways, you have to remember that there were no days off back then. No weekends and no holidays." That is such an interesting fact about the Quileute Old Ways. The Old People were smart and had a really useful folk-science. They divided the year up into 13 **pit'it'scho'** ("moons" or "months") named after the expected weather at that time of year or what important hunting, fishing or gathering resources were available then. Those lunar months went from full moon to full moon, so the December moon was "Pond Freeze days" and January was "Steelhead days." It wasn't a very exact calendar and people would argue a lot about what moon it was. Sometimes it was overcast for six weeks at a time and the moon wouldn't be visible going through its phases.

And there weren't any holidays in that oldtime traditional calendar...no

birthdays or historical holidays that came at the same time every year. I once asked Big Bill, "When is Quileute New Years so we can have a party?" And he said, **Dakilh! Wisaa tsata-xixsat ho! Kixtaxasdo ho.** ("Well then! Happy New Year! Let's go celebrate"). And then he explained, "The Old People didn't have particular days off to celebrate and get together for family dinners. They would celebrate when there was something to be glad about or be grateful for. Like when a boy got his first deer, there was a **hayokw-tsil**, a meal that people would be invited to attend. Most of those meals would be to make sure the spirit world was aware that the people were grateful and showing that gratitude according to tradition. There was a feast when the first of each type of salmon was caught each year. There were feasts at the end of a time of taboos like when a girl had her first period (a **t'sasa'a**) or at the end of the two months of taboos after a woman gave birth (a **pikihil**). There was a feast for a whaler when he celebrated 'hanging the back blubber to drip out the oil' called **ka'dilhalibit'sil**. But, there wasn't any Christmas or Easter or 4th of July in the Old Days."

And back before the arrival of Whitemen with their different ways, the Old People didn't even have weekends. The idea of "weeks" started when two things happened: (1) when the missionaries introduced the idea of going to church on Sunday, and (2) when the school opened in the village. The word Sunday was taken into Quileute as **Sadti** – there was no N-sound in Quileute and it got replaced with a D-sound, so *Sun* became **Sad**, and *day* became **-ti**. And, since Sunday was really important, they called Saturday "The day before Sunday" (**liwo'waa sadti**) and Monday was called "the day after Sunday" (**hayo sadti**). But, they also had to keep track of when to send the kids off to school, so the weekdays were named "going (to school) days." Tuesday was "the second day of going" (**Lha'wa-sxal**). Wednesday, Thursday and Friday were the "third, fourth and fifth day of going." But there was no traditional concept of "weekend." The oldtime Quileutes never heard the song, *Everybody Loves Saturday Night*, and they wouldn't have understood what it was referring to if they did hear it. The idea of a day off came much later.

So, when we say **Wisaa Kisbis** in Quileute, we're talking about a custom that was truly new to the Old People when it was introduced about 135 years ago. We don't know when the first Christmas celebration in La Push

happened, but it didn't take long to catch on. Hal George said that Christmas was a big event when he first remembered (in the late 1890s). Giving Christmas gifts had already become common by then. Oldman Woodruff remembered dinners at the Shaker dining hall in about 1912, when it was a BIG thrill to get an orange or **kadti-t'sa** (a little piece of candy).

Christmas celebrations really got into gear in the village in 1937 when the Quileute Corporate Charter was issued by the Secretary of the Interior and the tribe was recognized as a self-governing group. Until then, an appointed tribal council had existed, but for the first time the council was elected and they could make command decisions. Small funding was provided by Indian Affairs, and one of the first decisions these councilors made was to allocate money for a community Christmas party. According to Sarah Hines, that first year the Kisbis party was a great success, with Charlie Howeatle dressed up in red long underwear and a cotton beard, giving away presents to young and old. BIA records tell a funny story that had to do with the Christmas party in 1939. That loveable rascal Jack Ward, who was on the council at that time, arranged to be appointed in charge of the annual Christmas party that year. Shortly before Christmas, Jack went into town with \$140 to buy goodies for the party, and on Christmas Eve he hadn't returned. Emergency measures allowed a group to pull together enough fruit and candy so that the party could go on, but it wasn't until early in the New Year that Jack was found hung over in Sequim. Jack's position on the council was changed from Treasurer to Secretary.

Kisbis in LaPush! When the gifts are given and the turkeys are cooked and the songs are sung, it is all done with a distinctly Quileute flavor. There is a nice phrase in Quileute:

Kwo'liyot'i-kitkal [kwo-lee-yoh-tee-KAY-t-cull] "*It's the Quileute way of doing things.*"

But, it's nice that each Quileute knows who he or she is, and what is unique about the tribal past and how Quileute life came to be the way it is today. **Wisaa Kisbis** everybody. It's the Quileute way to say it. And when we do, we can think of the Old Ways, and how things have changed in 150 years.

-Jay Powell
jaypowell@hotmail.com

The Quileute Store
"Be Authentic"

Happy Holidays
From the Quileute Nation

www.Quileute-Store.com

Come Visit our online store to see our new and exciting items!

QTS November All Stars

1st and 2nd Grade:

- Jaedyn Black
- Aaliyah Dailey
- Leilani Eastman
- Austin Black
- Malikai Dailey
- Maggie Reyes

3rd and 4th Grade:

- Cheoa Black
- Cameron Coberly-Black
- Jerrid Davis
- Miranda Jackson-Ward
- Amy Stillwell

5th and 6th Grade:

- Cassandra Black
- David Black-Stillwell
- Bobbie Coberly Black

7th and 8th Grade:

- Cordell Black-Stillwell
- Clarissa Black

Health Tips from Penny Winn

The Whole Grain Story

Compared with their refined flour counterparts — like white bread and sugary cereals — whole grains taste richer, have more texture, and come in a wider variety of choices. So what exactly does "whole grain" mean? It means the grain's fiber-rich bran (outer layer), energy-containing endosperm (middle layer), and nutrient-packed germ (inner layer) are all intact and ready to provide your body with essential nutrients. Need more convincing? Eating whole grains will make you feel full sooner (so you eat less) and feel satisfied longer (so you eat less again!). Besides all that, your body digests whole grains more slowly than it does refined grains, which helps keep your blood sugar levels stable. That not only minimizes cravings, it also helps prevent diabetes, heart disease, stroke, certain cancers, and obesity. So start thinking about

exploring the world of whole grains. Try Chinese black rice, red rice, wild rice, and brown basmati rice. Or try dried pasta made with legumes — it tastes just like regular pasta but it's so much better for you.

Words to Watch For

Don't be fooled by healthy-sounding words on packaging, like 100 percent wheat, multigrain, and cracked wheat — they don't necessarily mean the food you're considering is made from whole grain. Check the Nutrition Facts label. When shopping for breads and cereals, the first grain listed in the ingredients should be identified as "whole," and no grains should be listed that aren't identified as whole. And don't be fooled by dark brown coloring — manufacturers often use molasses or food coloring to make items look healthier than they are.

Sources: Sonoma and myfitnesspal

A Note from the Superintendent



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

Hach chi i! (Good Morning) from Kindergarten:

Kindergarten is incredibly busy at Quileute Tribal School this year. In September we welcomed our friend Kala Akil (brown bear) and his many colors of friends. We learned that the t'abi l (canoe) travels both in the river and the ocean. When the weather was nice, we actually saw a t'abi l that the high school students made paddling on the river near the mouth of the ocean right by our playground! We have talked about feelings and self esteem and had a tea party using our best manners. There was even more fun when we explored our five senses and made real ice cream!

October allowed us to take advantage of the wonderful fall weather and examine the seed cycle of a pumpkin. We took a great trip to a nearby pumpkin patch where we saw many leaves changing colors, pumpkins growing, corn growing in a maze, and as well as ate healthy snacks. We continued to talk about healthy foods, farms, and markets. We even tried green eggs and ham and almost everyone liked them. Kindergarten explored different musical instruments as well as learned about how special the drum is in Quileute songs. We even sang for our Veterans as we learned the importance of those who help us.

Winter opened the doors for an exciting learning adventure. We talked about snow and it actually snowed! Students learned about temperature and many weather conditions. We made snowflakes and had a spectacular Christmas lunch with families. We have made many gifts for others and have enjoyed talking about many things associated with Christmas. Kindergarten has been working on letters and sounds and many students are beginning to sound out words. They are also beginning to identify sight words particularly "the" and "is". We took our first book home to read to our families right before

the Christmas break. Writing is a little tough for us, but we keep working at it. Almost all students can write their name and we continue to practice writing letters daily. Students have been working on numbers 0-10, patterns, and shapes. We always work on social skills and expressing feelings in an appropriate way throughout the day. We encourage using whole sentences and enriching our vocabulary with new words. We are off to a great start and are having a lot of fun on the way. Watalichti aso sta (Thank you).

1st & 2nd Grade:

The first grade reading group spends 20 minutes per day on phonics instruction. We have been focusing on long and short vowel sounds as well as consonant blends. We are also learning about -ed and -ing endings. Reading instruction has advanced from mostly 3-letter word decoding to more complex decoding found with vowel combinations, consonant blends, and past tense endings. Our reading program is divided into four levels.

The level of proficiency of each student varies from above grade level to slightly below grade level. Students falling behind have been targeted for tutoring. First grade math is on Unit 7: Telling Time. We are on pace to complete the math program by the end of the year. Second grade reading is doing fantastic. All students are on grade level and making great progress. Second grade math is making wonderful progress. We are on Unit 7: Time. We are on pace to complete the program by the end of the year. All students are proficient. Both the first and second grade students have been expanding their writing, language arts, and spelling skills. We have twice weekly science classes, once weekly social studies, twice weekly music and art instruction, and daily PE and culture instruction.

As per the important area of community and parent involvement, we are grateful for the support. We have taken two field trips and have had 12 parents as chaperones on each trip. I send home weekly notes to parents to advise them of upcoming events and classroom activities, as well as homework tips and suggestions. We visit the Senior Center for monthly bingo games with tribal elders who share about the importance of education. We perform music and dance

programs at local events such as the school's Veterans Day celebration and the Cherish our Children event fundraiser. We put on a winter program at the community dinner where we read poems, played flutes, sang songs, and danced to the Nutcracker. As a reminder we invite parents to all classroom celebrations.

3rd & 4th Grade:

What an amazing beginning we've had in the third and fourth grade classroom! My classroom is full of young Quileutes ready to lead in song, dance, and drumming. They have taught me so much about their culture, language, and land. The students are currently practicing to record traditional songs in 2011 for the elders in the community. Academically, I am pleased to see the majority of my students' reading fluency improving by leaps and bounds. I firmly believe this is due to new habits we are forming during the school day.

Students try diligently to read a book quietly whenever they have extra time like at the end of a seatwork assignment, test, or when arriving early to the classroom. This usually equates to an additional thirty minutes of reading practice each day! As part of our reading and math curriculum this fall, students learned how to use a brand new piece of technology coming to the Quileute Tribal School called a Smart Table. Produced by Smart, this interactive table was used effectively by our class each day for reinforcement activities during reading and math. Students were so excited to hear the news that the tribe had helped the school receive a table on a permanent basis! There is so much other news to share, but I will end with a final "hooray!" for this class.

Fourth graders, who work primarily with our classroom para educator, Rio Jaime (whom we all believe has super powers), have been working to create 1,000 paper cranes in their spare time. This spurred out of their recent study of the book, *Sadako and the Thousand Paper Cranes*. I am so impressed with their handiwork, and am excited to see literature coming to life for them in such a literal way!

Next month: Updates on 5th through 12th grade classes.

-Frank Hanson

Achieving Equity Committee at FHS

Inspired by nationwide school reform, and based on a three-year School Improvement Plan, which included audits, surveys, and observers in the classrooms, the final report for Forks High School (FHS) identified a lack of fairness for all students. This can include problems of bullying and harassment, use of offensive language, not understanding or being sensitive to other cultures, not all having the same access to technology, and more. To solve this issue, FHS formed an Achieving Equity Committee (AEC). The purpose of this committee is to increase positive and supportive relationships between students, staff, and community members, to ensure that Forks High School is safe and welcoming for ALL and that FHS is doing their part to offer the opportunity of education to EVERYONE.

Forks High School teacher Ms. Liz Sanchez, a member of AEC, states, "We're not trying to make everyone get along. There is an achievement gap, (now known as the *Opportunity Gap*) and we want

our school to serve everyone." Ms. Sanchez continues, "If you look at the demographics at our local grocery store, and look at the demographics of our Kindergarten classes, and then look at the demographics of our FHS graduates, they don't match up, and they should."

The AEC is a formal committee that meets on a regular basis. They read academic books and articles and not only discuss their readings but utilize their newfound knowledge to improve the culture at FHS. The AEC has also brought in trainers to help build staff members' cultural competence as well as sent a team to training to seek resources for making the school a place where culturally relevant instruction is the norm. At every other FHS staff meeting, AEC holds activities in order to teach/build skills in these areas. The AEC is constantly looking for resources to help them in their goals, for example making connections with other groups such as the Forks Human Rights (FHR) group. At one point a Quileute student attended a committee meeting to invite mem-

bers to the Wednesday Night Drum Circles in La Push. This student also shared the proper etiquette for visitors to follow, to make the committee aware of how to behave respectfully at a Native American function.

Members of the committee include QVSD teachers and administrators, but anybody in the community is welcome to join and attend meetings. The committee is eager to hear your stories and suggestions. They want to know how it was for you when you attended Forks High School, or if you or your children left the school or dropped out, please tell them why. They want you to know AEC cares.

AEC has already made great progress yet they know FHS has a ways to go before the graduation rate matches the population of the community, and they hope to work together in reaching this important goal. For more information about the Achieving Equity Committee, contact Mrs. Sandy Heinrich at FHS: 374-6262 ext. 256 or Ms. Liz Sanchez at ext. 232.

Title VII Meeting

The Quillayute Valley School District will host a Title VII – Indian Education Parent Committee Meeting on Monday January 4, 2011 at 2:30 p.m. in the Student Services Office at the QVSD Admin Building.

Interested individuals and parents of Native American students are encouraged to attend. Contact Traci Hurn at 374-6262 ext. 104 with any questions.

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Call Leticia Jaime at (360) 374-5131 to place your order.

Salads are delivered between 10:30 a.m. and 12 p.m.

Meet the new employees



Hi, my name is **Casey Keith**, and I moved all the way from Mississippi to work for your tribe as a Youth and Family Intervention Advocate. My job duties include organizing college tours, Moms' Lunch, and Family Fun Nights, as well as

working with youth groups. I come to La Push with a Bachelor's Degree in English Literature from the University of Southern Mississippi. I also have experience working with teenagers since I was a youth group leader at my church for three years.

My goals as the Youth and Family Intervention Advocate are

to get to know the teens and have a positive impact on their lives and their families' lives.

Feel free to stop by my office at Human Services sometime to introduce yourself. Being new in town, I don't know many people. I look forward to meeting everyone and working with you!

My name is **Tammy Leask** and I am the Health and Family Service Manager at Head Start. My position requirements include: health screening for children, maintaining all Head Start files, heading up the Health Services Advisory Committee, making sure the children have access to dental and healthcare, facilitating Parent Committee and working with families to ensure a positive

education for their children. My goal is to get away from crisis management, and instead plan ahead and focus on prevention work.

I received my AA Degree in Health Sciences. Previously, I worked at Forks Hospital for seven years as a receptionist. I also served as an EMT in the Forks/La Push area for 4 years. I have been to nursing school and have taken medical assisting classes.

In my spare time I like to cross-stitch, watch my son play sports, and I am also a Scout Leader for Cub Scouts—my son is 7 years old and pretty much takes up my whole time. So far, I have enjoyed working at Head Start and I am excited to be working for the Quileute



Thank you for your service



FN Andrew Phelps

From Los Angeles California

Andy is transferring to Port Angeles, Washington and then onto Aviation Maintenance Technician School in Elizabeth City, North Carolina. He was stationed in La Push for three years and two months and was a certified Engineer on the 47 foot Motor Lifeboat. He participated in over 50 Search and Rescue cases involving visiting and local mariners. Fair Winds and Following Seas!

Corrections

In the November 2010 issue of *The Talking Raven*, Theodore R. Colfax III's birthday was incorrectly stated as November 25th in the "Happy Birthday to Enrolled Quileute Tribal Members" section. His birthday is actually on November 5th.



Quileute Tribe

Happy Birthday to Enrolled Quileute Tribal Members

January Birthdays:

Crystal Dailey	1	Harvey Eastman	12	Latrina Black	23
Chayton Schmitt		Steven Howerton		Joshua Smith	
Sabrina Garcia-Vazquez	2	Naomi Harrison		Gary Ratliff	24
Effie Ward	3	Joseph Richeson-Penn		Elrick Matson	25
Charles Ward		John Penn	14	Francine Penn	26
Jeremiah Casto		Linda Reid	15	Leroy Black	27
Amilliana Macedonio-Black		Michael Ramsey		Jessie Shepard	
Tyler Hobucket Jr.	4	Lucy Smith		Larry James	
Kenneth Boulton		Arianna Ward		Eugene Baker	
Evelyn Cadotte	5	Leonard Bryan	16	Nathaniel Jackson	
James Jackson Jr.		Alejandra Oropeza	17	Arnold Black III	28
Carolyn Ward	6	Richard Rice	18	Justin Cooper	
Anthony Carmona	7	Marilyn Seiler		Hailey Christiansen	
James King Jr.		Julie Jackson		Matthew Payne-Schulze	29
Pokie Smith	8	Robin Sailto	19	David Ward	30
Christine Schumack	10	Cheryl Ward	20	John Ward	31
Tyler Penn	11	Eleanor Kaikaka	21	Tia Ward	
Adriana Macedonio		Juriel Perete-Black	22	Daysha Fernandez-Black	
Sophia Calderon		Jeanine Calderon	23		

Merry Christmas and Happy New Year!



1. QTS students performed dances from “The Nutcracker” at the community Christmas dinner on December 16th.
2. The students also played the flutes.
3. Human Services hosted an Ugly Christmas Sweater Contest on December 17th and invited all tribal staff to participate. Nicole Earls won the contest.
4. Seniors and the Assembly of God group also sang Christmas songs at the community dinner.