

# bá·yak The Talking Raven

A Quileute Newsletter



## Tribal Council announces "Twilight" actors are making an appearance at Quileute Days



Quileute Tribal Council welcomes Kiowa Gordon and Tinsel Korey to the annual Quileute Days celebration during July 15-17 in La Push, WA. Please join us for this event!

### Inside This Issue:

- From the Desk of Chairwoman Cleveland
- Department Updates
- WEYL Athletes
- Vocational Schools
- 2011 Graduates
- Quileute Days
- Fish Clipping
- Standing Tall Youth Conference
- Roary the Bear
- Biggest Loser La Push
- Welcome Aboard: New Coast Guard Crew Members
- Preparing for the Paddle to Swinomish 2011

## River's Edge Restaurant is under new management



Manager Janet Hughes pictured with River's Edge employees Lauren Bergstrom and Jessica Penn

The River's Edge Restaurant in La Push, WA is now under new management. Tom and Janet Hughes, who own a shop in Forks, WA called JT's Sweet Stuffs, have signed a lease with Quileute Tribal Council to operate the tribally-owned business.

The managers' main focus is on good food, great customer service, and keeping the restaurant clean. The tribe is thrilled to partner with new managers who are excited to run the restaurant.

River's Edge patrons may notice a change in the menu. Janet explained, "We have something for everyone," with prices ranging from about \$5 to \$25 for a meal.

Breakfast is served daily from 7 a.m. until 11:30 a.m. The menu is small, with breakfast basics such as pancakes, French toast, and biscuits and gravy. They also offer fry bread as well as fish hash—foods that Quileutes often cook in their own homes.

Appetizers include smoked salmon dip, clam strips, crab cocktail, etc., while desserts include pies and sundaes. There are several selections of steaks, pastas, seafood, burgers, soups, and sandwiches offered for lunch and dinner. The restaurant serves waffle fries only, which Janet and Tom call "basket fries" in honor of the traditional Quileute basket weavers. If you stop by on a Friday or Saturday night, you can try the special, which is a slow roasted prime rib.

The restaurant also has "Twilight"-inspired items named after the "Wolf Pack." There is a Wolf Cub (a slider for \$5.99), a Wolf Pack (three sliders for \$9.95), a Lone Wolf (basic burger for \$9.95-\$12.75), Leader of the Pack (deluxe burger for \$10.95), and a Grazing Wolf (vegetarian burger for \$9.95).

Janet shared some of their plans for the restaurant: River's Edge will be open year-round between the hours of 7 a.m. and 8 p.m.; as they grow more comfortable with the restau-

rant, they are interested in catering opportunities; and they would also like to have salmon bakes on the weekends, in the traditional Quileute way.

In the short time they have managed the restaurant, Janet said they have met people from all over the world. Tourists have come from Germany, Belgium, Australia, France, and elsewhere.

Janet and Tom have previously worked for the tribe. Tom was a medical provider at the Quileute Health Clinic. Janet said, "He was well known for wearing his crazy ties." Janet also worked in La Push as a Museum Coordinator, when the tribe was interested in building its own museum. It was a grant-funded position that lasted one year.

Janet said, "We really want to be here...we really like the people down here and hope we fit in well."

Visit the River's Edge Restaurant in La Push to check out the new changes and enjoy the same beautiful view!

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

## From the Desk of Chairwoman Cleveland



### Celebrating 22 years of Tribal and State Relations: Centennial Accord 2011

Tribal communications and consultation, policy and protocols, and Tribal Liaisons were announced.

Opening protocol was conducted by Craig Bill, Executive Director, Governor's Office of Indian Affairs. Squaxin Island provided the Color Guard. Opening remarks were made by the Honorable Brian Cladousby, Chairman of the Swinomish Tribe.

Opening remarks were then made by the Honorable Christine Gregoire, Governor for the State of Washington. The Governor recognized the Indian Tribes who had Treaty Rights in Washington State and discussed the Preamble and Guiding Principles of the Centennial Accord from the Proclamation in 1989. The Governor went on to reaffirm the Government to Govern-

ment relationship established with the Centennial Accord. She gave agency highlights and examples of successful collaboration, which led to positive benefits for all communities. Even though her summary showcased the past years' efforts, there is yet much work and future successes to be achieved.

Quileute Chairwoman expressed the urgent need to move our Tribe to higher ground. She echoed the voice of our late ancestors, expressing concern over our land restricting us to one square mile, surrounded by the Olympic National Park and the Pacific Ocean, and the Quillayute River that floods our lower reservation during the winter months. We need to safe guard our Tribe when a natural disaster happens. The Chairwoman also expressed our need for protecting the Quileute Tribe's livelihood, which depends on the tribe's various fisheries and our natu-

ral way of life for our people. She stated the Tribe supports continued education and integrating traditional education into the school systems. Chairwoman Cleveland also discussed the homeless situation on our reservation. She stated that the Tribe continues to fight against drugs and alcohol in our community and has homeland security of our ports.

On behalf of the Quileute delegation, Madam Chair expressed the Tribe's gratitude to the Squaxin Island Tribe for opening their house to the Government to Government meeting. They were wonderful hosts that provided to the many entities of the Centennial Accords Tribes. The Governor also announced that this was going to be her last term; she chose not to run for Governor.

### Congratulations Class of 2011 Quileute Tribal School Graduates

Chasing and reaching for your dreams. When was the last time we dreamed a great dream for ourselves? It all begins with a dream... Chairwoman Cleveland expressed her heartfelt words when she stated to the 2011 Graduates – reach for the moon, do not be afraid to fall, if you do, you will fall among the stars. Your journey has just begun. The Quileute Tribal Council, the School Board and our community has provided tremendous support to our graduating students of 2011 with a monetary honorarium. Each graduate was wrapped with a Pendleton blanket expressing our love, support and most of all our desire is to see a day that each student reaches out to achieve their dreams. The 2011 graduates will each receive an iPad 2, which will be engraved with congratulations and their name on behalf of the Quileute Tribe.

Chairwomen Cleveland said, "When your journey changes its course, always remember to go with your heart, never forget about the ones who provided that encouragement and guidance to get you where you are today. When you feel like you can't go on and you feel you don't have it in you—life seems to be so rough—always remember to turn to those who gave that time out of their life for you, giving you the encouragement to continue on. They can and want to turn your heart with rejuvenated energy. Please never quit, never give up. If you fall, get back up and bounce back. Chase your dreams, where will your dreams take you? Only you can make that choice for yourself. Congratulations are in order and we're extremely



Continued on page 3

## From the Desk of Chairwoman Cleveland

proud of each one of you 'Class of 2011'. God Bless each one of you. He is going to give you the encouragement to walk on a good path. His faith is amazing and He has promises for you."

### Quileute Chairwomen Cleveland Selected to speak at "Most Prominent Native Women Leaders" Conference in Anaheim, CA

Native Nations Economic Summit in California – Chairwoman Cleveland was selected to speak at the 8<sup>th</sup> Annual Native Nations Economic Summit in California. The panel featured some of Indian Country's most prominent women leaders. This was truly an honor and blessing to be selected among the eight prominent leaders to share their priorities and most difficult challenges when leading a tribe. Please know it has been my intent to continually be on the go for our Tribe, tirelessly dedicated to the issues on hand, and to pursue my commitment and loyal representation at a high level for our Tribe. Devoting my loyalty and pouring all my energy into the shared challenges as a Quileute woman leader is definitely owed to my Creator, my parents, family, and mentors. My mother and father Cleveland were the cornerstone of our family, keeping us connected in all ways, providing guidance, strength and a solid foundation. They instilled in us strong family values to live by. They always gave us glory and praise for our accomplishments yet taught us how to be proud of our work, and on the other hand, taught us never to keep track of our accomplishments and brag about them, but to credit our ancestors who gave up so much for us to be here today. Because they are the ones who laid the foot-steps down for us and have paved the way to enable us to successfully succeed and follow our dreams passed down over thousands of years. To

fight the fight for the cause. There are the many mentors who shared their wisdom and experience with me and guided me through rough times, bumpy roads, high winds and strong currents. They were very encouraging and very instrumental in helping me become the woman leader and individual I am today, to walk on that good, powerful path. I owe much of this recognition to all of my mentors, family and friends. None of this would be possible without the dedication of their gifted ways and inspiration.

At the conference, one of the many values I shared was the fact that true leaders are not those who serve to be first, but those who are first to serve the need, envision the plan, empower the team for continued action, and who give their all for the success of the community!! It gives me great pleasure to give back to our tribe and its entirety. It is definitely a true legacy that behind every good man is the woman to carry not so much the burdens, but to guide our work in every way and everyday...In that, I was able to speak on our land legislation to ensure we do not diminish and fade into the sunset...It was a great honor to attend on behalf of our Quileute Tribe.

### "Prominent Native Women Leaders" Conference, By Nellie Williams

I was thankful to have the opportunity to be asked by the Quileute Tribal Council to attend the conference in Anaheim California. It is always a pleasure to accompany the Tribal Chairwoman and witness her expertise and pride she shows for our tribe. Those in attendance were eager to learn more and wanted more information about our land legislation. It was very impressive because on the second day, they asked if Chairwoman Cleveland was yet present. They were very supportive of the urgency of our Tribe's



needs. Other highlights of my attendance were networking with many other leaders across this nation and hearing their stories from their reservations. I was impressed with all the stories they shared about their lives as prominent women leaders. I was able to meet various vendors, which will come in handy for future development for our reservation. As you all may know, I am involved in various boards within our Tribe. I felt extremely touched when I realized our Tribe acknowledges women in these various roles. Again, thank you from the bottom of my heart.

### U.S.C.G. Quillayute River Station

United States Coast Guard: Admiral Blore from Seattle, WA has elected to retire. Quillayute River Station Chief Lowry and Lt. Berry accompanied Admiral Blore to visit with the Quileute Tribal Council to say his farewells. He conveyed his thanks and deepest appreciation to the Quileute community for all the dedicated services during the helicopter tragedy and presented two medals to the Quileute Tribe. The Quileute Tribal Council was given the opportunity to return our most generous appreciation to U.S.C.G. Admiral Blore and presented him with a traditional farewell gift, conveying our most gracious acknowledgements to

our Quillayute River Station and explaining how it is appreciated in our community. We depend on their devoted services to our ports and waterways of our community. Their emergency response is amazing and as if it was tailored especially for our small village. Our community is honored and appreciative of their services in all the many ways; we enjoy their participation in special events such as color guard and other social gatherings. We wished Admiral Blore best regards in his retirement and safe travels back to Wisconsin with his family.

### Quileute Days Committee Update

The celebrating of Quileute Days on July 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup> begins with the Quileute Tribal Council hosting the opening ceremony, followed by the crowning of the Quileute Days Queen for 2011. The three-day event starts Friday night with lots of fun festivities. There have been over five productive Quileute Days Committee meetings with individuals who have volunteered to assist with various committees. Traditional bone games, open games all weekend—for centuries our people engaged in games of chance—lots of good times. Spectacular firework display over the ocean Saturday night, poker games, traditional salmon bake, outboard canoe races, kids races and activities, street dances, La Push Has Talent, softball, and many more activities. We encourage everyone to come to the Quileute Days Committee meetings. Come show your Quileute pride, preserving our past, taking care of our present, providing for our future, and building a better tomorrow. Unity in the community goes a long way. We welcome all our visitors to come and partake in the great festivities!



## From the Desk of Chairwoman Cleveland



### It is Fireworks Season: Hope you had a Happy 4<sup>th</sup> of July

Let's hope everyone had a great holiday with family and friends, and you are all rested up.

We would like to extend our appreciation to all the fireworks stands and businesses for providing services to the community. Those that sell fireworks: thank you for taking all precautions and educating your customers about safety, especially the little ones. Council would like to remind the fireworks vendors that you can sell fireworks up until Quileute Days.

Be Careful – We wish all the entrepreneurs a great and safe fireworks season.

### Bringing Tradition to town of Forks, WA

Never ashamed to bring tradition to town, it gave me great pleasure and pride to bring Quileute tradition to the town of Forks, WA in the Forks Old Fashioned 4<sup>th</sup> of July Parade. We were proudly representing Quileute Days Celebration, with the Quileute six-sitter baby canoe and our Quileute tiny tots. The children are truly gifts to us and others who were able to witness the tiny tots. They were troopers in the 80 degree heat. The challenges seemed almost unattainable dressed in our regalia

and cedar trimmings...My hands go up to Nellie and Gary for all your concern and making this happen for the kids, assisting with the truck and hauling the canoe was very much appreciated. It takes carrying and love for your community and you displayed it for sure. Thanking Vince and Sharon Penn for assisting in the event, assuring the children had water and were attended to. Thanking Bay for all her pride and assistance in assuring the kids were safe walking along and bringing up the chief of the canoe to be with all his little princesses. We showed our pride of Quileute and advertised Quileute Days. Thanking Haley Woodruff for wanting to be a part and walking in the event, looking out for the children's safety. Special thank you to Cindy and Naomi and Leo for picking up the candy. Teamwork goes a very long way.

### Chairwoman Cleveland invited to meet with Senator Hargrove and Washington Tribes

It was with great pleasure to have the opportunity to visit on May 10<sup>th</sup> along with Tribal Chairs from the State of Washington to sign the Indian

Child Welfare Act in Olympia at the Governor's Office of Senator Hargrove. This is a great accomplishment of many hours and many dedicated tribes at work. A celebration party for the bill is going to be hosted by James Town S'Klallam Tribe.

### Welcome Wee One

The Tribal Council and community would like to congratulate Quileute Tribal Events Coordinator Jamie Hart on her new arrival. Baby Seth Alexander arrived in this big world on June 26<sup>th</sup>. Jamie is going to be on leave until mid August 2011 as she is attending to and spending the quality time every new born baby requires—the tender loving care of mommy's full attention. During her time out of the office, Crysania Morganroth and Rochelle Warner will be filling in as temporary employees until her return. We also thank the young ladies, our tribal members, for stepping up to assist during Jamie's time out of the office.

### New employees

The Quileute Tribe has the overarching interest in achieving our objectives and goals to see Quileute members are a high priority for employment. We are very proud to announce and welcome



Photo by Lonnie Archibald

## From the Desk of Chairwoman Cleveland



aboard two (2) Quileute Tribal members newly hired in the capacity as listed below:

Heather Dawn Schumack will be working at the Human Services building as Data Entry for the department.

Naomi Jacobson has accepted the position as Operations Manager, working out of the Main Tribal Office facility.

Cynthia Centeno, a native Tribal Member, has been selected as the Accounting Data Entry located in the Main Tribal Office facility.

We welcome you all aboard to the Quileute Tribe and know you will enhance and be an asset. We wish each one of you much success in your positions with the Quileute Tribe. Please note: Emily will conduct personal interviews for the newsletter at a later date.

### Looking Back Looking Forward

It was just a few years ago we welcomed Nathan LaPlante to our community. We are saddened to announce that he has chosen to move on to seek other career opportunities. The Quileute Tribal Council would like to thank and recognize

him for all his diligent efforts and his fine management style. With many successful accomplishments due to his remarkable leadership, he has served the Quileute Tribe with passion in regards to the operations of La Push Oceanside Resort. He has truly given himself and has provided a most important successful tool any business can ask for; number one customer services. He embodied his career as a mentor to his employees with his friendly and welcoming greeting to all who walk through. Best wishes in your future endeavors. Farewell Nathan and please come back and visit.

### Quileute Graduates from Army Basic Training

We are proud to announce that Joey Salazar graduates from a 13-week US Army Basic Training and Advanced Individual Training for the Infantry on July 8<sup>th</sup>. He has participated in a shooting competition representing his platoon in which they won first place. He qualified sharpshooter. Following his graduation, Joey will be home on leave before being stationed at Fort Campbell, Kentucky in the 101<sup>st</sup> Airborne/Air Assault the

“Screaming Eagles”. Be sure to greet him during Quileute Days when he is home! Thank you Joey, for stepping up and serving our country and representing the Quileute Tribe proudly.

### Canoe Journey Around the Corner

Living links of the old ones as our ancestors did long ago...Our hands go up to Rio Jaime for giving his undivided attention to the revival of the canoe journey. Rio has a big heart and has taken on a huge responsibility, taking the time to respect his culture in moving the symbolic unification of our younger generation, and knowing the ocean is a way of life for our people. Back in the day when I was a very young girl, I can recall just about every family in La Push had a canoe. Today we have very few. Our heart is good, and our heart is proud to witness this young warrior moving this great spiritual canoe connection in such a powerful way for our community. This message for our community is that our people are unifying. We all need that opportunity to commit ourselves to the healing path, not only for ourselves but more importantly setting standards and values for our future generations, as they were left for us to carry, teach and as-

sure it is not lost. Reflecting on the past canoe journeys, one must stop to ask themselves: who was that someone that carried the burdens of such a great risk of placing everyone's lives on his shoulders and yet is able to carry the tribe with great pride, dignity and strength for his people? The phenomenal impact that he developed, he molded and shaped with other tribes always giving the Quileute people much recognition and giving his whole-hearted self... He is truly missed. Thank you Rio for stepping up and fulfilling the big shoes, carrying on with the richness of our Quileute way. I have witnessed your commitment and dedication over the years and you have really grown into this important setting. You make us proud.

Please know we are in full support of all your good deeds and we look forward to a good catch as the old ones would say (we need a canoe load). People, let's show our support for Rio and the Quileute pullers and our canoes. Open your hearts and find the power through your spirit and minds to place all things behind and move forward with your revitalizing energy and with the strength and pride for our young warriors. We have lots of work to accomplish. Keep up the great job Rio. Our hands go up to you.

Respectfully,  
Bonita Cleveland  
Quileute Tribal  
Chairwoman



## Department Updates

### Senior Center

Welcome Ivy Colfax, and YOP workers Sylvia Sheriff, Alejandra Oropeza and Gloria Salazar to the Senior Center staff!

A big thank you goes to: Russell Woodruff for smoking fish for the senior program; Sam and Clarke Leyendecker for smoked fish as well; Lonesome Creek Hatchery and Joe Cassidy for providing fish; and Mark L. Williams for razor clams.

The Senior Center would also like to thank Eileen Penn. She stepped in and helped out when staff was absent. Your help is appreciated!

When the staff delivers meals, please make a clear path to the doorway. This request is due to safety concerns.

Everyone please have a happy and safe Quileute Days!

### Oceanside Resort

The resort has partnered with North by Northwest Surf Shop out of Port Angeles. They are located in the RV Park and offer surfboards for rent as well as surf lessons. North by Northwest will be in La Push through September.

The resort will also be purchasing kayaks, paddle

boards and mountain bikes to rent out this season.

A big welcome to John Dunbar! He joins our maintenance staff for the summer.

### Community Center

The Community Center is missing items such as chairs, tables, pots, pans, etc. If you have borrowed anything from the Community Center, please bring it back.

### Personnel

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 3<sup>rd</sup> Wednesday of the month. Winners receive a \$50 gift card.

Congratulations to **Gene Harrison** and **Donald "Rook" Black** for being selected as Employee and Community Member of the Month for June.

**WANTED:** The Personnel Department is looking for interested Quileute tribal elders and tribal members to serve on interview committees. Please submit your name and phone number to Roseann Fonzi or

Cody LeClair by calling (360) 374-4366, or visit the personnel office during office hours.

### Daycare/Head Start

Daycare is at max capacity for children. They ask that all parents who would like to have their children in daycare, please sign up so daycare can make class schedules and notify parents if space is available.

The Head Start/Daycare building will be closed for maintenance from June 24<sup>th</sup> through July 11<sup>th</sup>. Daycare will not be available during this time.

The Summer Food Program will begin July 11<sup>th</sup> when the building reopens and it will run until August 12<sup>th</sup>.

Applications for Head Start can be picked up at the Head Start building Monday through Friday from 8 a.m. to 4 p.m. Prior to a child being considered for enrollment, Head Start MUST have income verification.

Head Start parents can still receive help from Health/Family services throughout the summer. Please call Tammy Leask at (360) 374-3149 if you need assistance.

### Natural Resources

QNR Fish and Wildlife Law Enforcement is offering a Hunters Safety Course in July. Please sign up at the QNR Front Desk.

## The Talking Raven

A monthly publication of the Quileute Tribal Council

Edited By  
Emily Foster

Phone:  
(360) 374-7760

Mailing Address:  
The Talking Raven  
PO Box 279  
La Push, WA 98350

Email:  
talkingraven@quileutenation.org

## Quileute Tribal Council

Bonita Cleveland  
Chairwoman

Tony Foster  
Vice Chair

DeAnna Hobson  
Secretary

Carol Hatch  
Treasurer

Lomnie 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

## Recognizing Quileute "West End Youth League" Athletes

### Cheerleading

Harley Schumack  
Andrea Coberly  
Shayrena Penn  
Taegan Counsell  
Iris Pullen

### Football

Keishaun Ramsey  
Garrison Schumack  
Jeffrey Schumack

### Girls Basketball

Lyndsy Obi  
Miranda Jackson-Ward  
Chenoa Black  
Andrea Coberly  
Taegan Counsell

### Boys Basketball

Austin Black  
Keishaun Ramsey

Jerrid Davis

Garrison Schumack  
Jeffrey Schumack

### Fastpitch

Miranda Jackson-Ward  
Shayrena Penn  
Andrea Coberly  
Misty Smith  
Taegan Counsell

### Baseball

Jerrid Davis  
Keishaun Ramsey

### Rookie Baseball

Jordan Davis-Jackson

### T-ball

Logan Hatch  
Evan Jacobson  
Elizabeth Soto

## Traditional Bow-Making Class

Free, two-day class with Darrell Medley

Small class sizes of 3 people

Dates: TBD

Please sign up at the Quileute Natural Resources Front Desk.

If there is more interest, there will be more classes.

Thank you to Tribal Council for supporting this activity!

## Jackie Jacobs Reporting

Hello Everyone, it is a pleasure to share with you information about a new 5-10 minute video project that is in the works for the Quileute Tribe.

We have partnered with a dynamic group of film students led by Gabriel Culkin from Seattle Central Community College in Seattle to assist us with continuation of the story of the Tsunami dangers the tribe faces and to utilize video again as the medium to convey the message.

The legislative effort is continuing, and we are seizing every opportunity we can to ensure the tribe's need to move to higher ground is not forgotten. See the description below submitted by the students, and I will share this very important video upon completion.

### **Quileute Tsunami Documentary**

**Who we are:** We are a group of five students in the



*Seattle Central Community College Film and Video Program.*

**The Documentary:** This documentary is being made as part of our class on documentary production, Communications 103. We choose and research a subject, write a script for it and produce it ourselves.

*Although we fully intend to conduct this documentary as professionally as possible, we are not doing this for profit, only to tell a good story and raise awareness of the tsunami threat at the same time.*

**Story:** The rich Quileute culture has existed in the area of La Push for thousands of years. But the beautiful landscape on which they live and draw spirituality from may also destroy them. The offshore Cascadia subduction zone threatens to send a tsunami roaring towards the tiny sliver of land that is home to most of the tribe and which is barely above sea level. While they are trapped by the boundaries of the Olympic National Park, they can do nothing to move their people to

safety.

### **Coverage:**

*Interviews with Tribal Chairwoman Bonita Cleveland and Member at Large Lonnie Foster.*

*Footage and sound recording of drum songs.*

*Footage of the landscape on and surrounding the reservation: First, Second, and Third Beaches; James Island.*

Respectfully serving your community,

Jackie Jacobs

**Above:** The SCCC film students with Chairwoman Bonita Cleveland and Jackie Jacobs.

**Top Left:** SCCC film students captured amazing footage of a First Beach sunset.

**Bottom Left:** The SCCC film crew greeted councilman Lonnie Foster at his boat, the



**Don't forget:  
Quileute Days is  
set for  
July 15<sup>th</sup>-17<sup>th</sup>  
Hope to see  
you there!**

## Counselor's Corner



To drink or not to drink, that is the question. Same question for drugs too. But what is worrisome is not the

decision some make to drink but the insane decision to not stop once they start. Having scraped ourselves out of the gutter of life, by staying clean and sober for a given period of time, many of us turn around and go right back into the same insanity we left. Families are then left in a type of Post Traumatic trance, seemingly rendered helpless to intervene. Family members and caring friends then try to ignore it or try to help cover it up. So the drinker or druggie stumbles off and soon he or she is far too physically dependant on the

substance to quit without help. The real issue is this; in reality this person usually doesn't have the ability to stop again without intervention by family, police, and jail time to clean up. This is because once the physical brain goes back on its drug of choice, it rapidly changes back into a brain that thinks it operates better with the drug or alcohol. So the physical brain itself tells the mind (you-your thinking self) that you need a drink, need a hit, need a toke, need, need, need.

As human beings too often we use our "emotional mind" when making decisions. The reasons we tend to make decisions when emotionally stimulated are at times complex and at other times exceedingly simple. Basically, it is because we are stimulated, and when stimulated the logical side of our personality, our reasonable mind, takes a back seat.

For the alcoholic or addict, most of the choices they make are from the emotional mind. And having an ill or sick "thought system," they make very poor decisions and they think unrealistically. In reality these decisions almost always lead them back to the liquor or the drugs. Sometimes it's their plan all along, but the user/drinker also weaves a web of self-deceit that gives him or her the excuse to be able to blame. To be able to finger point. To say to all, "See, I was wronged again." And they drink. And they drug. And they blame, blame, blame. I know...it's exactly what I was doing for a quarter century. Now I have a logical and honest part of a brain to use but my drug-induced brain/personality could talk you into believing I was harmed or wronged. After that, you gave me money or drugs. That the game. Get money. As active drinkers or druggies, we use any story, cry lots of tears, or we get angry, we accuse, yep, we use every trick we learned from our "friends," **but we get the money, or we get your alcohol or drugs too.** We don't walk away with nothing...ever! Maybe some of your family members are doing this to you. Or maybe some of you are doing it to your family members. Maybe they shame you into handing them money, or you drive them to the store and buy them alcohol. Or any of the dozens of ways we enable them to keep drugging and drinking.

When a person blames, this covers up their real need to accept responsibility. It's a defensive mechanism. Who wants to feel the perceived pain that responsibility causes? So kids blame teachers for their grades and their anger; and us adults, we blame anyone and everything available to blame for any shortcomings we have. But none of us can compare with the alcoholic or addict in the "blame game." The blame game is so embedded into their personality framework that unless this person is clean and sober, unless he/she is willing to do the work of accepting ALL responsibility, and finally actually does the recovery work necessary, the blaming returns and the alcoholic's emotional mind leads them right back to the bottle, the pipe, the weed, the pills, and the bag.

How do we help? Honestly, how do we help? It's not clear cut since the person is of-

ten far too emotionally immature with a very emotionally-driven mind running the show.

So my suggestion is to gather your family, the whole family, and have agreements in place that are ironclad. Maybe this person should be sitting in the drum circle or the church, or the classroom. Maybe this person should be with a family elder every day until they prove they have soaked in wisdom and they show evidence that they learned to be rational and logical in their thoughts and actions. Maybe this person should be told that you are only going to reward clear cut recovery actions and not talk. And maybe you try your hardest to not enable or be taken in by their stories of why they need money. I keep hitting this point over and over. It's imperative that you do not believe and you do not rescue this person from their pains. It is only when the using and drinking becomes more painful that this person will be able to accept the help needed. Sorry, but that's what works.

The recovering alcoholic/addict needs love and acceptance, not pity and sympathy. Not money either. The recovering addict is supposed to become self-supporting, not a beggar. Building character and a healthy love of self is absolutely necessary if the alcoholic is to succeed. Therefore this person needs to earn respect, earn money, earn admiration, earn their way, and earn their own self-forgiveness. Earning is the key word because all the time we use we learn to manipulate and shame others into giving us anything we desire.

Today you have the choice to stand up to the addict or alcoholic that is draining you of money, love, energy, and faith. Face the drug user or drinker and put the responsibility back on them. Give them hope and encouragement. Help them to treatment, help them to look for work and such, but please, we must stop enabling them to get drunk or high. When it gets tough enough they will get help or they won't. Either way you will enjoy your life far more knowing you have principles and values you're not willing to sacrifice anymore. Tough words I have written. But my heart knows these words need to be spoken.

-Kevin McCall

## Higher Education



When people think of continuing their education, they often think their only option is pursuing an

AA degree, BA degree, BS degree, etc. However, there is another opportunity available when it comes to higher education.

Vocational schools teach career-specific skills. This is a great option for people who know which career or industry they want to work in. The benefits of enrolling in a vocational school are: learning job-related skills quickly, usually in less than a year, depending on the trade you are studying; having an easier transition between school and a career; and saving money attending a vocational school as opposed to a university. Students who go to vocational schools receive hands-on training and learn from real life experiences, in addition to traditional classroom instruction.

There are a wide range of schools and programs catering to your interest. Fields include: culinary, automotive, computers, business, flight, arts and humanities, animal care, design and arts, health care, and much more.

There are also numerous careers people can pursue through an education at a voca-

tional school. Examples include:

**Computer Programmer**

**Dental Assistant**

**Carpenter**

**Chef**

**Mechanic**

**Beautician**

**Graphic Designer**

**Legal Assistant**

**Veterinary Assistant**

**Heavy Machinery Operator**

**Administrative Assistant**

**X-Ray Technician**

Nearby vocational schools include:

**West Coast Training** (Heavy Equipment Training) in Woodland, WA

**ITT Tech** in Everett, WA and Seattle, WA

**Le Cordon Bleu** in Seattle, WA

**Art Institute of Seattle**

**Everest College** in Everett, WA and Seattle, WA

**Gene Juarez Academy** in Federal Way, WA and Seattle, WA

The Quileute Tribal School is willing to aid registered tribal members who are interested in an education at a vocational school. Please stop by and have a chat with me on this topic if it sounds like something you want to do. My office hours are 9 a.m. to 3 p.m. Monday through Friday at the QTS admin building. You can also call me at (360) 374-5657 or email me at [victor.velazquez@quileutenation.org](mailto:victor.velazquez@quileutenation.org).

# Congratulations 2011 Graduates!



1. Forks High School graduate Darryl Guerrero-Penn is pictured with his family after the ceremony.
2. Tribal School graduates lined up before their graduation ceremony started.
3. Page Foster completed the 8<sup>th</sup> grade at FMS and is pictured with her mother, Narcissus Foster, and Samantha Brewer. Photo by Bonnie Jackson
4. Vida Cruz accepted her Advancement Certificate. Photo by Bonnie Jackson
5. Russell Woodruff, Tyler Woodruff, Dimitri Sampson, and Steph Woodruff. Photo by Bonnie Jackson
6. Head Start held their graduation ceremony on June 3<sup>rd</sup>.
7. Sky Penn proudly displayed her FHS diploma. Photo by Beverly Loudon
8. Tiara Pullen graduated from FHS. Photo by Beverly Loudon
9. Clarissa Black, Shadow Rosander, Mariah Eastman, and Kathrine Ward-Black completed 8<sup>th</sup> grade at the tribal school.
10. FHS graduate Kelsey Rosander is pictured with her family. Photo by Beverly Loudon

**THE QUILEUTE  
TRIBE IS  
PROUD OF EACH  
AND EVERY ONE  
OF OUR  
GRADUATES!**

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



Jay transforming into Kwashkwash, the Blue Jay

**K<sup>w</sup>o'ó6d-alitsíktiyat** [kwo-OH-d-ah-lit-SECK-tee-yaht]

“Salal-berry days” [July]

Well, it's July, the time when other berries are ripe, especially **k<sup>w</sup>o'ó6d** [kwo-OH-d, salal]. Remember that June was “salmonberry days” named for **cha'áłowa** [cha-AH-tho-wah]. I remember that **K<sup>w</sup>o'ó6d** was Doug “Oly” Woodruff's childhood nickname. All the old people called him that.

Berries have always been part of Quileute life. So, it's surprising when we encounter people who don't know about wild berries. I remember one evening at this time of year, Vickie and I were in La Push and walking through the resort. We had stopped by an old spruce stump covered with salal bushes. The salal berries were ripe and we were enjoying a few when a tourist couple with several kids walked up and asked, “Are you eating those berries?” We assured them that we were and asked if they wanted to try them. “Oh, no!

How do you know they're not poisonous? Maybe the dogs have peed on them.” We told them that there are lots of kinds of edible wild berries and that the Quileute eat berries as an important part of their traditional diet. They looked doubtful and walked away without trying the berries that give July its Quileute name.

This is a good time to remind ourselves of the Quileute names for all the wild berries that ripen in Quileute territory. I'll give them in the approximate order in which they ripen through the summer:

**Salmonberries** – **cha'áłowa** [chah-AH-tho-wah]

**Red huckleberry** – **tiłó'ot** [tee-THO-ot]

**Thimbleberry** – **taǰáchił** [tah-KAH-chith]

**Trailing blackberry** – **badá' abix<sup>w</sup>** [bah-DAH-ah-bikw]

**Wild strawberry** – **fóbíya** [to-BAY-yuh]

**Elderberry, red** – **tsibá** [tsib-BAH]

**Salal** – **k<sup>w</sup>o'ó6d** [kwo-OH-d]

**Blue huckleberry** – **fowádak**

[too-WAH-duck] Sometimes called **yáyaxad** [YAH-yah-hah-d]

**Lowbush cranberry** – **pa'pa'is** [pah-pah-EES]

**Stink currant** – **tilo'óchiyil** [till-lo-OH-chee-yeeth]

**Rose hips** – **fikway** (TICK-wah-ee)

**Wild crabapple** – **soyoyóx<sup>w</sup>a'** [so-yo-YO-hwuh]

**Wild bitter cherry** – **pilpil olalia** [pil-pil OH-lah-lee] That Chinook Jargon name meaning ‘blood berry’ is the only one remembered.

**Blackberry** – **shipkít'sa** [shape-kay-tsoh] Both the common evergreen and Himalaya blackberries were introduced to North America from Europe, so there were no original Quileute words for them. The name actually means ‘black berry.’

**Berry or fruit (general term)** – **kítsa** [KAY-tsoh]

Berry picking is so much a part of Quileute traditional life that there are, for instance, special words that apply only to berry picking. There are words for a person's special secret berry patch, for the small basket that one wears on a string around the neck when picking, for a kid who eats all the berries he picks, and for a stomach ache from eating too many berries. The words for the berries sometimes give a hint as to the activity of picking: the strawberry word means “bending over to pick things up” or “backache berries.”

The Old People were good at preserving food and finding ways to store food for the winter. Families used to go to the prairies and especially up to **Sibí'** [see-BEE] Sol Duc Hot Springs (the name means “stinks”). Up at the hot springs they would camp, bathe, and the men would hunt and the women and kids would pick blue huckleberries and other

ripe berries. Families would make pans out of sheets of hemlock inner bark. These pans were about 2' by 3' by 3" high. Enough berries would be picked to fill a pan. The berries would be crushed into a paste and that juicy berry paste would be poured into the pans and left to dry in the sun into hard, but tasty, berry cakes. A family might make 10 of them during the camp...remember that the people wanted to eat a bunch, too. These cakes could be stored for winter, piled up like bricks, and meals of dried fish could be spiced with a piece of berry cake crushed over it. Sometimes it was served mixed with whale oil. Yummy! Those large pans of dried berries were hot trade items. During the winter, two of them were worth a canoe or a slave.

The Quileutes also had a special means of preserving elderberries. Rosie Black described making a special basket of cedar bark that would be filled with boiled elderberries and then wrapped in skunk cabbage leaves and buried in the bottom of a stream with rocks piled on it. In the winter the ice could be broken and the basket dug up to provide a special treat from the winter diet of boiled fish.

Yes, berries have always been a special treat for the Quileutes. No wonder months of the Quileute calendar are named for berries. And these seasonal treats remain part of the people's annual cycle. As long as there are Quileutes, they will be looking forward to the berries as one by one they ripen here in Quileute traditional territory. And Quileute kids and families will be out picking and enjoying them.

Jay Powell  
[jayvpowell@hotmail.com](mailto:jayvpowell@hotmail.com)



### Live Fire Training

A live fire training took place on June 12<sup>th</sup> and 13<sup>th</sup> at the Akalat. La Push Fire Department Chief Chris Morganroth IV coordinated with the BIA and surrounding fire departments to set up this training. There were 37 participants on the first day and 26 participants on the second day.

The La Push Fire Department received eight SCBA breathing units as well as personal protective gear for their volunteer firemen.

## A Note from the Superintendent



Summer is upon us and it is already time to be thinking about what one can do to be ready for the next school year.

Congratulations to all graduates and students that have worked so hard this past school year. Parents, please read with your children over the summer to help retain the skills needed for success in life and school. Please take advantage of our AmeriCorps volunteer, Meaghan, for some wonderful one-on-one catch up time. A summer food program will begin on July 11<sup>th</sup> and run until the 12<sup>th</sup> of August.

Sometimes it takes going away for a little while to appreciate what we have in the La Push community. There are so many opportunities in our community with YOP, New Beginnings film and meal events, visiting church programs, the 4<sup>th</sup> of July celebration, the surf event, Quileute Days, the Paddle, and other opportunities. One sometimes forgets how very fortunate we are in the community's various programming that allows for a very positive, involved, and busy summer.

Along with being busy this summer we have a new and safe opportunity to sit in reflection and fun with our children on wonderful new

playground equipment at the tribal school. Thank you so much Mr. and Mrs. Black for your gift to the school and community. By their leadership we are reminded that the most crucial choice a person can make in life is the decision to step out of darkness into the light and lead. Constructive time in school and living through life's challenging lessons help us become the kind of leaders that are most needed in today's world. With this gift to the children, we are reminded that people with vision, who can make that vision real, can apply it to every commu-

nity and all areas of our lives. By their gift of playground equipment, I am reminded to look and listen more. I am also reminded how emotionally-bonded with our community we all are. To be aware of what is around us and get out and do what needs to be done empowers us to be responsible, and utmost work with the qualities that are most vital: creativity, intelligence, organization, and love. This path is open to all of us.

Thank you again to all of you in the community who have been supportive and in partnership with the school

this year, especially those in the trenches behind the scene that make all the events and programming happen. The future is unfolding at this very minute, and the choice to lead one's life in positive areas lies with each of us, here and now. Have a very safe and reflective summer, one of thankfulness for all the efforts of so many.

Respectfully,  
Frank Hanson  
Quileute Tribal School  
Superintendent



Donald "Rook" Black (plaid jacket) and his wife Shelly (red shirt) are pictured with students and other members of the community in front of playground equipment the couple donated to the tribal school. The schoolchildren love the new playground!

### New Budgeting Classes

TANF has been offering budgeting classes to TANF clients and other community members interested in learning about budgeting and money management. Classes are offered one day a month, and TANF clients are required to attend one class. Everybody is welcome to attend.

Human Services staff teach these budgeting classes; they are currently preparing a new curriculum.

Classes are held on the first workday of every month, from 12 p.m. to 1 p.m. at the Quileute Natural Resources conference room or the West Wing, and at 5

p.m. to 6 p.m. at Head Start. Meals are provided at both classes. Childcare is offered during the evening class only. Please do not bring children to the noon class since there is no on-site childcare.

If you attend a class, you receive a meal and gift packs that include a flash drive, calculator, checkbook cover, notepads, pens, and more.

For more information, contact Tara Newman at (360) 374-3138, or Darren Montgomery at (360) 374-3353.

### Quileute Days Updates

July 15<sup>th</sup>—July 17<sup>th</sup>

For youth who are interested in running for **Quileute Royalty** and representing the tribe at events and activities during the 2011-2012 year, please contact Crystal Matson at (360) 374-6166 or Leticia Jaime at (360) 374-5131.

The **youth softball tournament** still has spots open for more teams. Contact Bonnie Sampson at (360) 374-4306 or Heather Schumack at (360) 374-8796.

The Quileute Days committee is looking for contestants for "**La Push Has Talent**" as well as "**Wolf Pack Look-a-like Contest**."

There will be a 5K Family Fun Run/Walk on Sunday, July 17<sup>th</sup> starting at the

Akalat at 10 a.m. Register today at Human Services or call Tara Newman at (360) 374-3138 for more information.

During the **street dance** on Saturday, July 16<sup>th</sup>, there will be a Native Nations dance performance, as well as a celebrity look-a-like contest and dress to your favorite era contest.

For more information regarding Quileute Days, contact Jamie Hart at [jamie.hart@quileutenation.org](mailto:jamie.hart@quileutenation.org), Rochelle Warner at [rochelle.warner@quileutenation.org](mailto:rochelle.warner@quileutenation.org) or Crysania Morganroth at [crysania.morganroth@quileutenation.org](mailto:crysania.morganroth@quileutenation.org), or call the main office at (360) 374-6163.

## The *OTHER* Counselor's Corner



27 words. Over half of them contain 3 letters or less. Twenty-seven little words that shine light through

darkness.

As a counselor or therapist, I've come in contact with many people who are agonizing over grief, loss, or complex life situations. Sometimes, when the pressures of life close in around us, it becomes difficult to see things clearly. We get caught in the turbulence of emotions such as pain, anger and frustration. In difficult times, it's helpful to have a guide – to help you get from where you are to where you want to be.

Over the past several years, I've come to really appreciate the truth and wisdom contained in something called the Serenity Prayer. While the Serenity Prayer is most commonly associated with 12-step programs such as Alcoholics Anonymous, it deserves a closer look even if you, yourself, have no drug or alcohol history. The

first part goes like this:

**God grant me the serenity  
to ACCEPT the things I CAN-  
NOT CHANGE;**

In counseling, this is a tremendous issue that I run into over and over. People come in with their own, often amazing, individual stories. Some of these stories are hard to tell. Usually with good reason. Sometimes people wish that their history could be changed. A trauma avoided. A decision undone. A childhood made different. Sometimes people wish with all their heart that a loved one could still be alive. Sometimes people wish that their parent could have loved them in a different way. Again, each story is different. And each story is important. But you can't go back in time and change something that has already happened. And you usually cannot change what someone else thinks or how someone else feels. And sometimes people get "stuck" – and find it difficult to move on. That's where "acceptance" becomes so important. And often people need help to find acceptance. Sometimes that help comes from a belief in God or a

"Higher Power" or belief. Sometimes that help comes from talking things through with friends or family. And sometimes that help comes from a counselor.

**The courage to CHANGE  
the things I CAN;**

Counseling is really about empowerment. And that involves learning more about yourself. It's about believing in yourself. It's about learning new skills to interact with other people in the world. Sometimes it's about finding the internal courage or motivation to take action. I've only spent two years working with the Quileute Tribe. But one thing I've learned is that Quileutes have courage. Focusing that courage on the things in your control is the real issue.

**And the wisdom to KNOW  
the DIFFERENCE.**

So much of the frustration and anxiety that I encounter in my work stems from a basic difficulty seeing or understanding what is in your control and what is not. For instance, you cannot control whether your parent shows you love. You cannot control whether

your son or daughter loves someone that you approve of. You cannot control whether your husband or wife still loves you. You cannot control whether your brother is addicted to pain medication. But you can control your own behavior. You can control whether you show your love for your partner. You can choose to take advantage of educational opportunities even if your parents don't have it together. You can control whether you share what is on your mind. You can control your power to make healthier decisions for yourself. If you spend all your energy pursuing something that is out of your control, you're basing your emotional well-being on either luck or someone else. So – if you're going to spend the time and energy to take action – you might as well spend the energy on something you CAN change! That's why it's important to know the difference.

27 words. Twenty-seven words with the power to change a life.

Norm England  
Quileute Counseling  
(360) 374-4320

## QNR hired tribal members to clip fish

Quileute Natural Resources hired seven temporary fish clippers to clip the adipose fin of approximately 130,000 steelhead. The clipping lasted two weeks in June at the Lonesome Creek Hatchery in La Push.

It is important to properly clip the adipose fin in order to differentiate hatchery fish from wild fish. If too much of the fin is left, the fin will regenerate and it will be difficult to distinguish wild steelhead from hatchery steelhead. When sport fishermen catch steelhead, they can only keep hatchery steelhead and must release wild steelhead. The fishermen are able to identify the fish by whether or not their adipose fin is clipped.

As fisheries co-managers with Washington State Department of Fish and Wildlife, (WDFW) the Quileute Tribe's Lonesome Creek Hatchery participates in the production of winter steelhead released into the Quillayute River System. The tribe operates their steelhead program in cooperation with WDFW's Bogachiel Hatchery. Eggs are taken at the Bogachiel Hatchery and incubated until they are durable and able to be handled. Lonesome Creek receives 150,000 eggs from the

Bogachiel Hatchery. They are reared at Lonesome Creek Hatchery until June when they are ready to transfer back to the Bogachiel Hatchery for their rearing ponds. Before they are transferred, they must be clipped.

Random samples of the clipped steelhead were taken by Lonesome Creek Hatchery staff. The ideal clip rate is between 95 percent and 100 percent. This year's fish clippers had a clip rate above 95 percent. Lonesome Creek Hatchery Manager John Mahan said, "The clippers did a great job completing the project in the scheduled two-week period with an excellent clip rate."

Last year, the tribe did not clip any fish because of the Infectious Hematopoietic Necrosis (IHN) virus. Returning adults at the Bogachiel Hatchery had IHN, which is a highly contagious virus causing high rates of mortality of steelhead. Thus, eggs from the brood stock were destroyed. The Quileute Fish Committee supported the decision, and the Quileute Tribe and Northwest Indian Fisheries Commission pathologists agreed the best thing was to destroy the eggs. This is the reason there were no fish clipping jobs available through the tribe last year.



Starr LeClair and Joan Penn were busy clipping fish at the Lonesome Creek Hatchery.



## Quileute Head Start

The Quileute Head Start program is now taking enrollment applications for the 2011-2012 school year.

To set up an enrollment appointment or for more information please call 374-2631. If no one is in the office, just leave your name and number and we will get back to you as soon as possible.

Our program offers the following services for all students enrolled:

Dental, Vision, Hearing, and Developmental screenings, as well as Disability and Nutrition Services. We provide breakfast, lunch and snack, and transportation to and from school.

The Quileute Head Start is a developmentally appropriate program that introduces children to phonemic awareness, phonics, literacy, writing, math, science, nutrition, safety, social studies, and the Quileute language and culture in an atmosphere of fun and acceptance.

We also provide services for children with any developmental, physical, emotional, or behavioral challenges.

Quileute Head Start  
PO Box 100, LaPush, WA 98350  
#8 By-Yak Loop, LaPush  
360-374-2631

## Quileute Tribe sent youth representatives to Standing Tall Youth Conference

The Quileute Tribe's Youth and Family Intervention Program and the Drug, Alcohol, and Tobacco Prevention program teamed up to bring youth representatives to the 22<sup>nd</sup> annual Standing Tall Youth Conference (STYC). The conference was held at the Great Wolf Lodge from May 4<sup>th</sup> through May 6<sup>th</sup>. Every year the Quinault Indian Nation hosts STYC, and the purpose is to promote education and the well-being of Native American youth.

The theme of this year's STYC was "Healing and Dealing." The medicine wheel was used to depict emotional healing, mental healing, physical healing, and spiritual and cultural healing. Each workshop at the conference was built around these four forms of healing.

A popular workshop that lasted three days allowed students to build a fishing pole. Bill Batson led this session, teaching lifelong skills and hitting on emotional healing, mental healing, and spiritual and cultural healing. At the end of the conference, students were able to bring their fishing rods home.

Walter Ward III said his favorite workshop was "How To Present Yourself," by Freddie Lane, where they learned how first impressions are important. The first impression you make is when you greet someone—do you make eye contact? Do you speak clearly? Do you give a firm handshake?

Alejandra Oropeza enjoyed the Zumba workshop, which focused on physical healing. The workshop leader, Julie LaClair, told a story of a Skokomish woman who was recovering from cancer. She started taking Zumba classes three nights a week, which greatly aided in her recovery.

In order to attend the conference with the Quileute group, students had to be between the ages of 12 and 19, have a 2.0 GPA or higher, and have good behavior in school. Besides attending STYC, the group also toured Centralia Community College and Evergreen State College.

## TANF received donations from Soroptimist organization

Quileute TANF program manager Nicole Earls accepted donations from Tara Newman, a member of the local Soroptimist organization, Soroptimist International of the Olympic Rain Forest (SIORF.) Donations included baby items such as blankets, sleepers, onesies, toys, socks, hats, shampoo, diapers, baby wipes, bottles, etc. SIORF has been donating to Quileute TANF for six years. Thank you SIORF for your generosity!

Soroptimist is an international women's service organization whose goal is to improve the lives of women and girls. SIORF is celebrating its 20<sup>th</sup> year in Forks. They currently have 30 members and are always happy to induct more women who are interested.



## Clinic welcomes Roary the Bear



The Quileute clinic staff would like to welcome Roary the Bear to its staff.

Roary comes to us as part of a new program for kids called "Reach Out and Read." This program was created to help kids 6 months to 6 years get acquainted with books and allows the providers to give out a book at each child's well visit. Roary hangs out in the waiting room in our new reading corner just waiting for kids to pick up a book from the shelf and read to him. Next time you and your kids are in the clinic, please say hi to Roary, or better yet, read him a story.

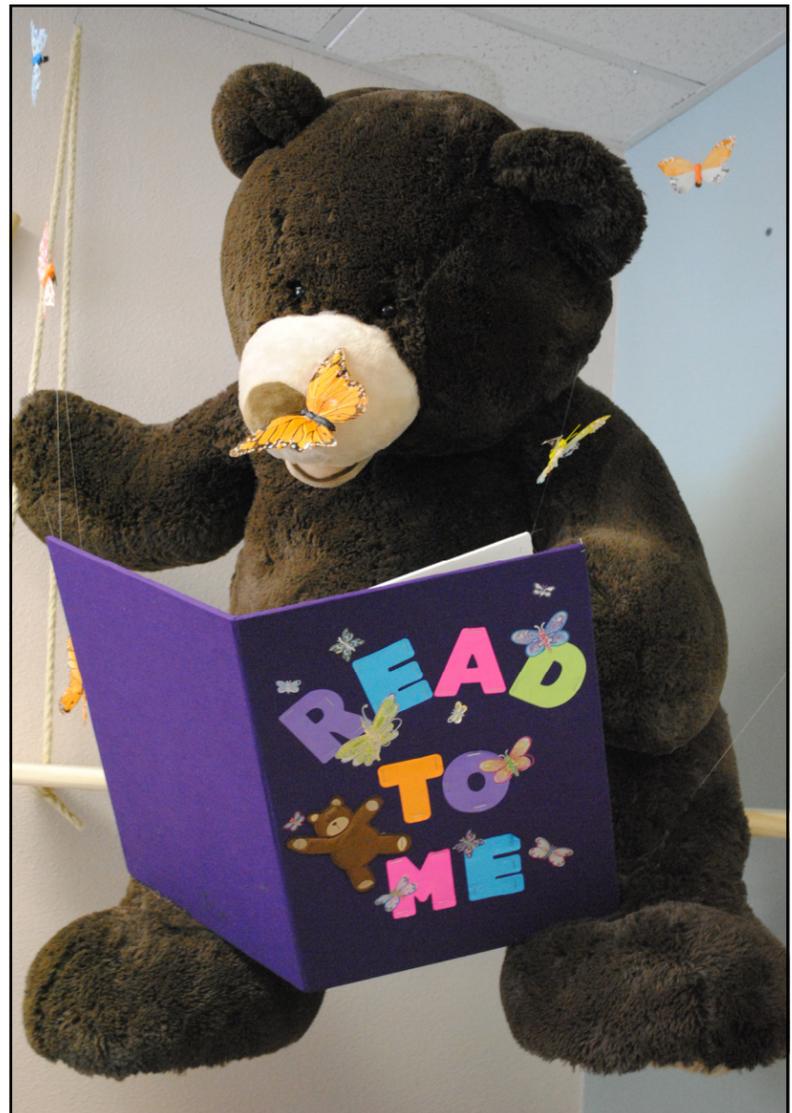
At home, you can help your children get acquainted with books by following some of these recommendations:

- **Make reading part of every day.**  
Read at bedtime or on the bus.
- **Have fun.**  
Children who love books learn to read. Books can be part of special time with your child.
- **A few minutes is okay.**  
Young children can only sit for a few minutes for a story, but as they grow, they will sit longer.
- **Talk about the pictures.**  
You do not have to read the book to tell a story.
- **Let your child turn the pages.**  
Babies need board books and help to turn pages, but your 3 year old can do it alone.
- **Show your child the cover page.**  
Explain what the story is about.
- **Show your child the words.**  
Run your finger along the words as you read them.
- **Silly sounds are fun to make.**  
Grab an animal book and practice making animal noises together.
- **Choose books that your child can relate to.**  
Select books that relate to what is happening in your child's world - starting preschool, going to the dentist, getting a new pet, or moving to a new home.
- **Make the story come alive.**  
Create voices for the story characters and use your body to tell the story.
- **Ask questions about the story.**  
What do you think will happen next? What is this?
- **Let your child ask questions about the story.**  
Use the story as an opportunity to engage in conversation and to talk about familiar activities and objects.
- **Let your child tell the story.**  
Children as young as 3 years old can memorize a story, and many children love an opportunity to express their creativity.
- **Take advantage of your local library.**  
Sign your child up for a library card and expose her to

thousands more (free!) children's books. Check to see if the library offers story hours or special events!

Remember that school physicals are coming up again soon. What better time to get a well-child visit and a book for your kids 6 and under.

-Julia Davis



## "Biggest Loser La Push" Update: Spring Fling



Kris Northcut played in the 2011 Tod Horton Softball Tournament in Forks, WA.

The "Biggest Loser La Push," a weight loss program that ran four times in 13 week cycles at the Quileute Tribe, was very successful in motivating tribal members and employees to exercise and eat healthier. Every other week,

participants weighed in at designated departments to measure their progress. Along the way, incentives were offered to encourage everyone to continue weighing in. These incentives included \$10 gift certificates to J&P Produce in Forks, WA, water bottles, key chains, and more. The "Spring Fling" fitness program, which was also the final program of the "Biggest Loser La Push," ended on June 17, 2011.

At the end of each program, the person who lost the most percentage of their body weight won a pot of money, which each participant made a contribution to. Upon signup, \$40 was paid; \$20 of it went toward t-shirts and the other \$20 was put into the pot.

Quileute Tribal Council also generously donated \$5,000 as a prize to help motivate tribal members and employees to lose weight. Those who lost 10 percent or more of their body weight were en-

tered into a drawing for this \$5,000. In the "Spring Fling" session, there were six people who accomplished the 10 percent weight loss goal and were eligible for this prize.

Congratulations to Quileute Natural Resources employee Kris Northcut who lost the highest percentage of body weight during the "Spring Fling" fitness program—he lost 15.91 percent! Kris achieved his weight loss goal through diet and exercise. He said he notices a huge difference while working; his work entails hiking through the woods with 30 lb. packs on his back. Kris said, "I get done hiking at the end of the day and I feel good." He added, "I used to have problems with my ankles and lower back, and that's pretty much not there anymore."

Head Start employee Stuart Gray, the "Fall Fitness" winner of both the most weight percentage lost and

the \$5,000 drawing, was again the winner of the spring's "Biggest Loser La Push" random \$5,000 drawing. Congratulations to Stuart—he lost an additional 13.9 percent this time around!

And congratulations to everyone who participated in the Biggest Loser program this year. Combined, the group lost a total of 3,052.4 lbs!

Thank you: Penny Winn for running the yearlong "Biggest Loser La Push" program; the Quileute Tribal School for hosting the grant; Brenda Nielson for finding the Rural Health Grant and supplying the necessary information to apply for the grant; Tara Newman for her creativity, helping with weigh-ins, and getting the program started; Daycare and Health Clinic staff for also helping with weigh-ins; and finally Quileute Tribal Council for your support and contributions.

## Welcome Aboard!

### Richard Shook



E3 Fireman Richard Shook, age 20, comes to La Push from Tacoma, WA. He says he chose the Coast Guard because he wanted to join a service that actively helped people, and he was interested in homeland security. The Quillayute River Station is his first station. In his free time, Richard likes to hike, camp, long-board, bicycle, run, and swim. He adds that he is always willing to lend a hand—don't hesitate to ask him for help if you see him around the village!

### Jacob Olson



Seaman Jacob Olson, age 22, is from Los Angeles, CA and straight out of boot camp. Jacob joined because he wants to serve his country and help others, as well as take advantage of the benefits of financial aid for college. Jacob is currently working on obtaining his qualification for the station's communication center. When not on duty, Jacob enjoys hiking, camping, swimming, kayaking, surfing, and anything else that has to do with the water.

### John Textor



Seaman John Textor, age 19, is stationed only two hours from his hometown of Sequim, WA. Quillayute River Station is John's first station, and he says the area is very beautiful. After serving in the Coast Guard, John plans on attending San Diego State University for a degree in Business.

### 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](mailto:talkingraven@quileutenation.org)  
 Submit your name and email address or mailing address.

Thank you!

**SURFING and TRADITIONS**

Youth ages 10 to 18 Surf Camp

9 JULY 2011, Saturday, 9AM  
 FIRST BEACH IN LA PUSH, WASHINGTON

**SURFRIDER FOUNDATION**

SPONSORED BY: The Quilleute Tribe, Surf Rider Foundation, Quilleute Housing Authority, USCG STA Quillayute River

### Happy 16<sup>th</sup> Anniversary!



Joe and Cecilia Ward

### Events at the Forks Library

Stop by the Forks Library for these exciting events this summer:

July 13<sup>th</sup> at 2 p.m. — **Our World in Dance:** Move to the music with Rebecca at this folk dancing program.

July 25<sup>th</sup> at 11:30 a.m. — **Masks of the Rainforest:** Join author, storyteller, and performer extraordinaire Won-Ldy Paye and the Village Drum and

Masquerade, a Liberian masked Dance Troupe, as they present a rare insight to the masked people who live deep in the primeval Rain Forest of Liberia, West Africa. Make one or more of his books part of your summer reading!

August 3<sup>rd</sup> at 2 p.m. — **Name that Country:** Christie leads a life-size geography game for ages 8 and older.

# Happy Birthday to Enrolled Quileute Tribal Members

## July Birthdays:

Michael Foster	1	Beau Adamire	8	Diane Black	20
Robert Sowers	2	Mary Adamire		Charles Harrison	
Kenneth Francis		Micheal Kingsley		Susan Cassidy	21
Kelsey Rosander		Tahahawat Sablan	10	Jacob Foster	22
Quincy Black		Deondrey Eastman		Michael Woolard	24
James Ramsey	3	Vincent Reid Jr.	11	Chance Black	
Terri Black	4	Carter Reames	12	Katie Ward	
Earline Penn		John Schumack	13	Breeze Penn	25
Amber Davis		Jody Penn		Thomas Jackson	26
Melissa Charles		Johnathan Matson	14	Cheryl Remington	
Gene Gaddie Jr.		Natalie Jackson		Dawn Harrison-Bender	27
Shirlee Howerton	5	Stacy Harrison		Monica Vazquez	
Rita Ward		Jenny Hoskins	15	Pedro Fernandez-Ward	
Julius Tumbaga Jr.	6	Christian Morganroth V		Janette Jackson	28
Robert Ward Jr.		Matthew Wallerstedt		Sylvia Black-Ensastegui	
Michael Zollner		Raymond Wiedemeier	16	Charles Sampson	29
Roy Black III	7	Malikai Dailey		Corey Hatch	
Michael Flores		Haily Payne		Matthew Blaesi	31
Alexis Ward		Dustin Larkin	17	Julia Ramsey	
Stephanie Johnson		Connie Davis	19		
Kaden Ward		Nicole Vanderschelden			
Cassandra Rice-Hoff	8	James Black			

## Preparing for the Paddle to Swinomish 2011

**Right:** At the June Family Fun Night, Cameron Katelnikoff from the U.S.C.G. Station Quillayute River spoke about water safety and fitted youth with the proper-sized life jackets.

**Below:** On June 24<sup>th</sup>, many tribal members showed up to practice paddling and working together. Here, one of the canoes had just paddled in from the ocean.



### Bible Camp at the Akalat

The Living Hope Bible Church of Bellevue, WA will hold Bible Camp at the Akalat from August 9<sup>th</sup> through August 12<sup>th</sup> between 1 p.m. and 3 p.m. Drop-in free time will be from 3 p.m. to 5 p.m.

The camp is open to all youth, high school and under.

## Calling All Local Heroes

Our Quileute kids need good role models. Tell them your story. Show them that there are successful people in the Quileute community who have made positive, healthy decisions and overcome the challenges they have faced to make a difference in their lives and others' lives.

We will be collecting local hero stories to put together in a book for our kids to read and get inspired.

Help us lead our youth.

**Submit stories at the Human Services office by August 1, 2011.**

Stories can be anonymous. If you have questions, feel free to contact Meaghan Ferrick at the Human Services office at (360) 374-4306.