

bá·yak The Talking Raven

A Quileute Newsletter



Tribal Council wants a healthy and productive community

Inside This Issue:

- From Council Chambers
- Quileute Days Schedule
- 2012 Graduates
- New Beginnings Program News
- Reflections of 5th and 6th Grade
- Higher Education
- Using Radio Telemetry
- ECE Director
- Job Postings
- Student Science Fair
- Meet the Quillayute River Coasties
- Surfing and Traditions
- July Birthdays

Quileute Tribal Council called for a special meeting on June 6th with department directors, program managers, law enforcement officers, court personnel, medical care providers, and fire department volunteers. This meeting focused on getting drugs out of the community and helping community members with their alcohol and substance abuse addictions.

Tribal Council Secretary Naomi Jacobson announced at the opening of the meeting, "This will be the first of many meetings. We need to get momentum started here and get more programs in place for prevention and recovery support."

For over two hours, the group discussed issues and solutions to some of the problems with drugs and alcohol in La Push. Together,

they brainstormed ideas for prevention, intervention, and after-care support systems.

The group made a list of needs for improving the community:

- Awareness of a drug-free community
- Support of Tribal Council to uphold consequences
- Review of Quileute Law and Order Code and policies for drug and alcohol abuse
- Support services for mental health and chemical dependency
- Sober living/Recovery house
- Education on healthy living
- Community service workers
- New guidelines for selling alcohol at Lonesome

Creek Store

- Funding sources
- Supervised shelters
- Culturally relevant recovery program

Tribal Council made it clear that alcohol and substance abuse issues are a high priority and they will take drastic measures—such as carrying out exclusion orders, reviewing and updating the Quileute Law and Order Code and policies for drug and alcohol abuse, and providing funding for mental health and chemical dependency programs—to ensure this community has the tools for healing. La Push Police Department Chief Bill Lyon expressed that having the support of Tribal Council is a big step.

At the end of the meeting, Council asked everyone in attendance to prepare for the next meeting by

providing data and answering these questions:

- What can your department contribute?
- What are the barriers?

Tribal Council reiterated the need for participation from all departments and assured that drug and alcohol issues will be taken seriously by having harsher punishments and increasing recovery support services. Council also asks the community to be involved in watching out for one another. The goal is to work more closely together in order to enhance the quality of life of the Quileute people and strengthen the services that are provided.

Quileute hires new Executive Director



After nearly 11 months of having Interim Executive Directors, Paul Siewell has joined the tribal staff to serve as the Executive Director.

Paul previously worked at the Quileute Tribe for 17 years as Tribal Prosecutor, Court Administrator, and Paralegal. For the last

six years, he has been working as a Paralegal at Redding Rancheria, an Indian community in Redding, CA.

As the Executive Director, Paul's goal is to help Tribal Council and support departments and programs. He plans to focus on the development of tribal operating policies that promote institutions of the government that function in a fair and consistent manner.

Paul said, "We need to have laws and policies which inform the tribal government on how it carries out the responsibilities that the people have delegated to their Council. Council will set goals that are consistent with those delegated responsibilities and are good for the tribal community at large. My job will be to apply

those policies to the goals in a manner that is effective and equitable for everyone while being fiscally responsible with the tribe's money."

As far as changes in the tribe, Paul explained that people will see that Quileute has written policies for how programs are administered. Council will either amend policies that do not work, or adhere to them. Paul's job is to carry out those policies while being upfront with employees and tribal members, making sure the policies are known.

Paul has come to La Push with clear priorities, "I want to help build and improve the institutions of tribal government. I will do whatever I can to assist and serve the needs of the government and people."

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

Quileute Days

"Carrying Our Traditions to Higher Ground"

July 20th-22nd

Come join us in our annual celebration!

Adult and Youth Softball Tournaments

Salmon Bake

Royalty Pageant

Family 5K

Canoe Races

Traditional Singing and Dancing

Stick Games

And More!

To see the full schedule, turn to Page 3.

From Council Chambers

Tribal Council is excited to announce Paul Siewell as the Quileute Tribe's Executive Director. Although the hiring process has been long, with several Interim Executive Directors filling in, the Council is happy to have Paul in this position. They are confident in his leadership abilities; he has previously worked for the tribe as the Tribal Prosecutor, Court Administrator and Paralegal and has a strong background and understanding of the Quileute Law and Order Code and the personnel policies and procedures. Secretary Naomi Jacobson stated, "We are very pleased that he has hit the ground running in the couple of weeks he has been here."

Per Capita was dispersed at the end of June, and there have been questions about the amount that was distributed. Here is how Per Capita is calculated:

In Washington State, each tribe receives an allocation of gaming machines (slot machines). The larger tribes that have casinos lease these machines from smaller tribes. The Quileute Tribe leases gaming machines to the Emerald Queen Casino and Muckleshoot Casino. Each tribe must submit a Gaming Revenue Allocation Plan to the National Indian Gaming Commission. The Quileute General Council voted on and passed their plan in 2006, deciding that 16.9% of all the money



Naomi Jacobson, Chas Woodruff, Tony Foster, DeAnna Hobson and Lonnie Foster. Photo by Cheryl Barth.

earned from gaming revenue goes toward Per Capita. Whatever is earned in that 16.9% is divided equally between the number of enrolled Quileute tribal members. This is federal law under the Indian Gaming Regulatory Act of 1989.

Council had a retreat at the end of May, which Council Member Chas Woodruff said, "It went very well and we were quite productive." They reviewed proposed policies on travel, harassment, as well as a code of ethics. These proposals will need to be reviewed by legal counsel as well as the Executive Director. Council also started talking about the importance of drugs in the community while at the retreat. Council Secretary Naomi Jacobson stated, "We discussed what we need

to do, how we need to pool community resources and get directors on board and working together so we can combat the problems our people are facing." Chairman Tony Foster added, "We have heard everybody's concerns. This issue was brought up at the Strategic Planning Meeting, at General Council, and by the youth; we see it in the court dockets and from people coming here for medical support. We see it in the crime." Tribal Council's greatest concern is alcohol and substance abuse and the need for more support in prevention and recovery. After their retreat, they called for a special meeting with tribal staff to address this issue. For more information on the meeting, see the article "Tribal Council wants a

healthy and productive community" on the front page.

And in land acquisition news, Council is still organizing a celebration. Executive Director Paul Siewell hopes to have it scheduled in August. Look for future notices. Council is also planning on having the second Quarterly Meeting in August, based on the request from General Council. A date is currently being discussed for the next Quarterly Meeting. Watch for postings.

Tribal Council would like to invite everyone to Quileute Days, the tribe's annual celebration, scheduled for July 20th-22nd. The schedule of events is on page 3 of the *Talking Raven*. Hope to see you there!

Beat the Tide

5K FUN RUN

BRING THE WHOLE FAMILY!

SUNDAY ~ JULY 22nd ~ La Push, WA

QUILEUTE DAYS!

\$10 for Ages 12 & Older
\$5 for Ages 11 & Under
\$25 for Family of Four

For more information and registration details,
CONTACT: Quileute Human Services (360) 374-4306.
Proceeds benefit the Diabetes Support Group.

Race starts at **9am** at the **Akalat Center** in La Push.
Part of the course will run down **beautiful First Beach at low tide!**

From the Quileute Days Committee

Anything related to Quileute Days must be brought before the Quileute Days Committee.

In addition, if you have any comments, questions or concerns regarding Quileute Days, please attend the Quileute Days Meetings, held every Tuesday and Friday from 10 a.m. to 11 a.m. at the West Wing. You may also contact Russell Brooks at (360) 374-5091.

Quileute Days 2012 Schedule of Events

Carrying Our Traditions to Higher Ground

Friday, July 20th

1PM-4PM Elders' Lounge
Quileute Senior Center

3PM-4PM Opening Ceremony
Akalat Center

4PM-6PM Royalty Pageant
Akalat Center

6PM Poker Tourney—Texas Hold 'Em
West Wing (Tribal Bldg.)

6PM-8PM Adult Co-Ed Softball
Coast Guard Field

6PM Stick Games
Community Center

8PM-9PM Filmmaking Workshop
Akalat Center (Special Guest)

9PM-11PM 'MORE THAN FRYBREAD' Film
Akalat Center

11PM-12AM Frybread Contest
Akalat Center

2PM Horseshoes
Coast Guard Field

2PM-10PM Poker Tourney—Texas Hold 'Em
West Wing

3PM Stick Games
Community Center

3PM Bingo
Lonesome Creek Clubhouse

3PM-5PM Kids Carnival
Southside Lawn—Tribal Bldg.

8PM-9:30PM 'ANOTHER INDIAN UPRISING' Comedy
Akalat Center

9PM Elders' Lounge

9PM-12AM Street Dance
Main Street

10-10:30PM Fireworks
First Beach—The Point

Saturday, July 21st

8AM-9PM Adult Co-Ed Softball

8AM-6PM Youth Softball
Quileute Tribal School Field

10AM-4PM Elders' Lounge

10:30AM Parade Line-Up
Quileute Natural Resources

11AM-12PM Float Judging

12PM-1PM PARADE

1PM Canoe Races
Quileute Natural Resources

1PM-3PM Relay For Life Silent Auction
Community Center

1:30PM-4PM Salmon Bake
Main Street—The Pit

2PM-3PM Traditional Dancing & Singing
Main Street

Sunday, July 22nd

9AM-12PM Adult Co-Ed Softball

9AM-12PM Youth Softball

9AM-10AM Family 5K Fun Run
Akalat Center

2PM Canoe Races
Quileute Natural Resources

12PM-3PM Salmon Bake

1PM Bingo
Lonesome Creek Clubhouse

2PM-10PM Poker
West Wing

3PM Stick Games
Community Center

*Schedule subject to change. Daily schedules will be posted at Quileute Community Center, River's Edge Restaurant, Oceanside Resort & RV Park, Lonesome Creek Store, and the Akalat Center. Schedules are subject to change. Quileute Days is an alcohol & drug-free enforced event.

Quileute Days Vendors

Applications for vendors at Quileute Days are now being accepted. To reserve a space, contact Events Coordinator Russell Brooks at (360) 374-5091 or events@quileutenation.org. Vendors are on a first come, first serve basis, so reserve your spot today!

Quileute Days Parade

If you are interested in participating in the Quileute Days parade, you must fill out a form and return it to Events Coordinator Russell Brooks at the Tribal Office.

For a copy of the form, or for more information, please contact Russell at (360) 374-5091 or events@quileutenation.org.

Congratulations 2012 Graduates!



1

1. Head Start held their graduation on June 8th.
2. The students were full of smiles on their special day.
3. Senior Portrait of Tribal School graduate, Lucy Williams. Photo by Cheryl Barth.
4. Kayla Conway-Jackson poses for pictures with her family before graduation at the Tribal School.
5. Jonah Penn received his diploma from Forks High School. Photo by Amber Jennings.
6. Cordell Stillwell-Black, Madison Burnside and Elijah Owens completed 8th grade at the Quileute Tribal School. Not pictured: Julia Ratliff. Photo by Cathy Salazar.
7. Tyler Penn also graduated from Forks High School. Photo by Amber Jennings.

Congratulations graduates! The Quileute Tribe is proud of all your accomplishments!



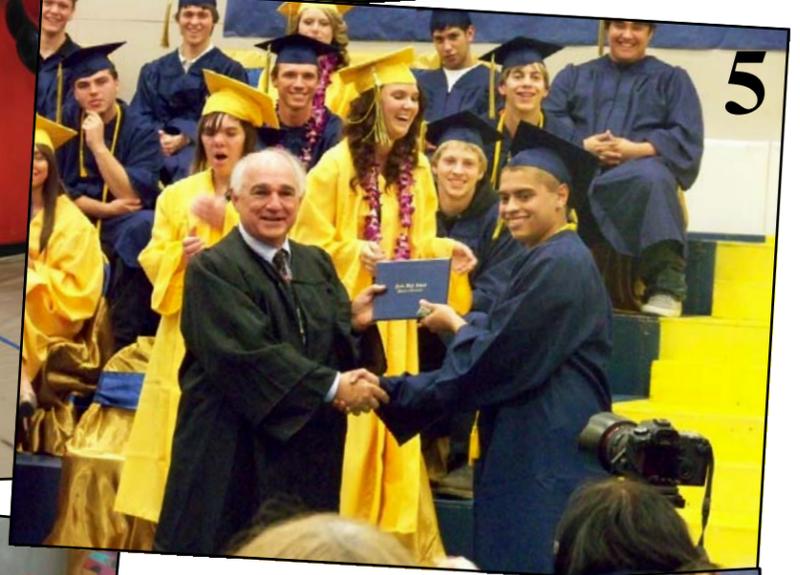
2



3



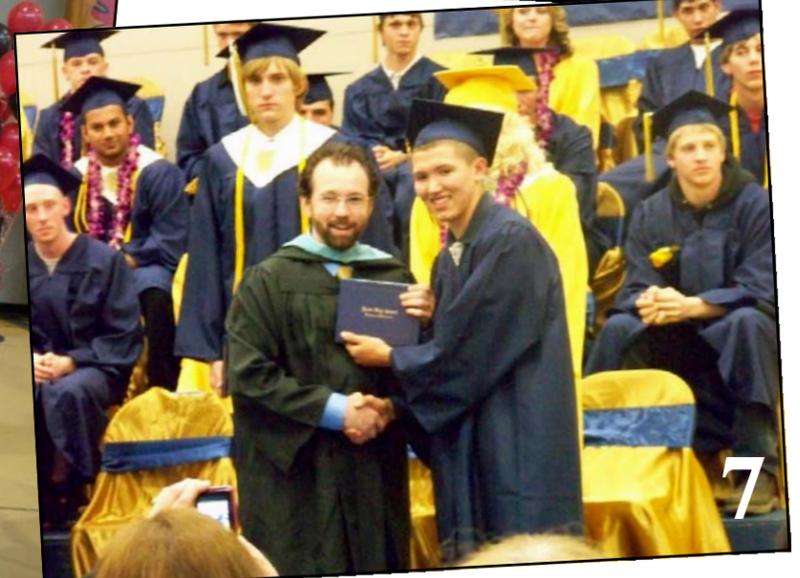
4



5



6



7

New Beginnings creates a new position to promote healthy relationships

New Beginnings Program Manager, Monica Henry, received grant funding through the Department of Justice Office on Violence Against Women to support a new position entitled, Elder/Youth “Healthy Relationships” Mentoring Program Coordinator. The purpose of this job is to bring elders and youth together to form healthy relationships in a safe environment while often participating in cultural activities and lessen domestic violence, dating violence, sexual violence, stalking, and elder abuse.

Marie Riebe, a Hoh tribal member and related to over half of the Quileute Tribe, was chosen from a pool of job applicants to lay the foundation for this program. Her first step as the Program Coordinator was to research how to bridge the gap between elders and youth. She has also been meeting with various departments that host events, partici-

pating in the monthly Senior Center meetings and weekly Women’s Talking Circles, and attending community functions.

Some of the activities Marie has already planned:

- Elders’ Lounge at Quileute Days where youth can volunteer and interact with the elders
- Healing circles, an alternative venue of wellness healing, to be facilitated on a different night so as not to interfere with the drum group
- Team-building exercises
- Making dream catchers, walking sticks, medicine bags, cedar baskets, etc.

For every art activity, there will be some learning tool incorporating healthy relationships. Marie gave examples, such as groups having discussions on, “What is respect?” or “What does honor-

ing an elder mean?” or showing an educational video.

Marie also explained that at each Elder/Youth “Healthy Relationships” Mentoring Program activity, there will be “gracious space,” which is a safe environment with respect, positive energy, and positive communication.

In order for the program to be a success, Marie explained, “The community will need to embrace the program, be involved and help promote healthy relationships. The more people are involved in the program activities, the more comfortable they will become and encourage others to participate. Marie added, “I appreciate the opportunity to have a job that’s not only going provide cultural art, but also encourages building healthy relationships. I appreciate the individuals who have given me ideas that might work or help with an activity

we will be having; Monica Henry, Miss Ann, Nellie Williams, Eileen Penn, Stacy at the Tribal School, Roy Black, Sr., Burt Black, Phil Ward, Jr., to name a few. It is awesome to hear positive feedback from community members.”

If you would like to see Marie, her office is located at Human Services, or you may reach her at (360) 374-4053. She asserted, “I have an open door policy, people can come share their ideas. Please let me know if you would like to volunteer.”

Meet the “Healthy Relationships” Program Coordinator



By Marie Riebe

I am very thankful that my mom, Viola Riebe, made it a priority to teach me the things I know today. I have fond memories gathering berries and making jams and jellies, gathering cedar bark to make baskets, fishing with a pole net and smelt fishing, and smoking and canning. I was 12

years old when I first boned an elk and prepared it for the smokehouse. We also braised the elk meat, canned it and made meat and gravy during the winter months. During the gathering and preparing, Mom would share stories of her childhood and where they “squatted” (camped) during times of gathering. Her Fisher grandparents would camp up the Hoh River to hunt and sometimes they stayed upriver during bad storms.

Her grandfather, Esau Penn, had a homestead up the Bogachiel and she remembers staying with her grandparents, gathering berries and helping her grandmother. Her grandmother is buried up the Bogachiel. Mom also told us stories about gathering clams at Ruby Beach. Her dad Stephen Penn and her Uncle Jiggs Penn Sr. camped at Raft River, south of Queets, where they

hunted and dug clams. Her dad Stephen was part Makah and Ozette; he fished for sock eye at Lake Ozette with her Uncle Yum Penn.

On and on the stories are told giving us, at times, a painted picture of her life growing up at La Push, Hoh, and Queets. I appreciate what was handed down to me and hold what I have learned dear to my heart. Mom has taught us to have strong work ethic, to be a good neighbor, to believe in ourselves, and to believe in God. She never told us that we had to respect and honor the elders in our community because it was a way of life. Family ties were very close when I was growing up and our family today is still very close; it is a way of life we were taught.

Donations Needed for “Take Back the Night”

The 4th annual event, “Take Back the Night,” will be held at the Akalat on August 23, 2012, starting at 6 p.m. Donations are needed for the prize table. To make a donation, or for more information on the event, please contact New Beginnings Program Manager Monica Henry at (360) 374-5110 or monica.henry@quileutenation.org.

Congratulations

Melinda James
Community Member of the Month

and

Danny Hinch
Employee of the Month

They received this award for their hard work for the Quileute Tribe.

Bá·yak 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

Tony Foster
Chairman

DeAnna Hobson
Vice Chair

Naomi Jacobson
Secretary

Lonnie Foster
Treasurer

Chas Woodruff
Council Member

QTC Contact Information

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

Phone:
(360) 374-6163

Paul Siewell
Executive Director

Phone:
(360) 374-7412

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



Jay Powell transforming into kwashkwash, Blue Jay.

K^wo'liyófilo ʔsiqáti:
K^wáya Kaló'wa (Tádi? 3)

Quileute Territory:
The Calawah River (Part 3)

Salalberry Days – **K^wo'òd'álistsíktiyat**. The word **k^wo'ó'd** is Quileute for a salalberry. Of course, there are lots of berries that ripen in July: red huckleberries (**tiłó'ot**) and thimbleberries (**faqáchił**) are usually finishing up, but the various blackberries (**shipkítsa**), shotgun berries (**yáyaxad**), gooseberries (**titk^wá'cho**) and, of course, salalberries come ripe during this moon. People here at La Push used to say, **Híxas K^wo'òd'álistsíktiyat xáxi ókił K^wo'liyófilo ʔsiqáti. ʔópiks-? alitsiło**. [‘It’s salalberry moon here in Quileute territory. Let’s go get out and get the last of the smelt’]. The Quileute annual cycle was like a calendar, so when the smelt had been caught, put on stringer sticks and hung up in the smoky roof rafters, the berries of the middle of summer would be ripe.

Doug Woodruff Sr. was called **K^wo'ó'd** when he was little. Such nicknames are a continuing aspect of traditional culture. The oldest man at La Push, Porky, is still known by his childhood name, which has lasted almost 90 years. The use of nicknames possibly results from the oldtime Quileute practice of not speaking a dead person’s name. We call that traditional Quileute cultural trait “Name Taboo.” An example that people used to talk about was Dixon Payne, who owned the homestead called **ʔsix'ók^w** on the Calawah just above the Calawah highway bridge, which we spoke about last month. Dixon was born about 1855 and was

given the birth name **O'olóksh** (which also belonged to his mother’s brother). But while Dixon was still an infant in his cradle basket, his namesake uncle died and people were asked not to utter the name of the deceased. So the baby started to be called by the nickname **Díkaso** [‘smoke colored’] because according to Sarah Hines, he had a gray hue to his skin as a newborn. I guess that Quileute nickname sounded like the Whiteman’s name Dixon. And, he came to be called Dixon, a name that stuck with him his whole life. That example is relevant to our earlier discussion of the Dixon Payne place on the Calawah and is also an early example of how the traditional Quileute “name taboo” custom resulted in the use of nicknames, which continues to the present day. Another example of name taboo was “Rosie” Black, who at birth was named after her auntie, Ethel Payne. A few years later, when her aunt Ethel died, the family asked that the little girl be called something different. So everyone started calling her Rosie. I remember that during my first summer at La Push, Jiggy whispered to me very silently, saying, “I can’t say this out loud, but Walter Payne died.” Name taboo is no longer rigorously practiced by all Quileutes, but some still respect it. That’s what caused the relatives to give Fred “Sonny” Woodruff a burial name, so people could refer to him during the funeral without saying his name. An old tribal custom still in use.

But let’s get back to the rivers of Quileute territory. In May, we discussed the **kaló'wa** (kah-LO-oh-wah, ‘in the middle’) mainstem, up to **kíłła**

báq^wat [upstream junction], and then in June we detailed the North Fork. This month, we are going to talk about the South Fork. It’s interesting that the Quileute place names tell us so much about how the people visualized and thought about their territory. The Quileute perception was that the South Fork was the upper Calawah and that the North Fork was just a tributary. This is apparent from the fact that they call the South Fork **kíłła kaló'wa** [upper middle river] and the North Fork is called **daqáka'ík^w**, meaning unknown, as if it were just another tributary. That aboriginal impression was possibly due to their having noticed that there is a consistently greater flow down the South Fork. But Hal George told me it was probably because there was an important village site near the mouth of the South Fork and no settlements at all along the North Fork.

I’m going to start by telling about the settlements along the Calawah. This is interesting because it gives us a sense of the old Quileute lifeways. Over the last 200 years, there were three Quileute village sites along the Calawah. We know a lot about these settlements, and the descriptions that we have of them allow us to visualize Quileute upriver homes at the time when the Old People were having their first contact with settlers. The whole area was called **ʔsix'ók^w** [up above (the prairie)] and so all three sites were called **ʔsix'ók^w**, creating a bit of confusion about which was which. The lowest and the latest one was the Dixon Payne place, which we’ve already discussed. The second, located about a mile up the South Fork on the north bank, belonged to the high status leader of the Payne family, called Black Tom, who had been appointed a chief of the Quileutes by Isaac Stevens’ assistant Michael Simmons at the treaty session on the Quinault River, July 1st, 1855. In 1893, a surveyor named Frank Semon wrote in his notebook, “An Indian called Tom Payne lives 30 ch (ains) west on the right (north) bank of the Calawah.” Hal George grew up in that house, after being adopted by Tom’s sister Sally and her first husband Yashik Obi. Hal described the house something like this: “It was an Indian smokehouse about 50’ x 100’ (generously rounded off) with no furniture except bed platforms and blocks of wood to sit on. The house had wide vertical wall-boards split from big cedars and the

two front corner posts were carved with spirit figures that, after the house burned in about 1907-8, were taken to the University of Washington.”

Although earlier there had been a settlement above them on the river, at that time (about 1895), the Paynes were the highest village on the Calawah, and they used a fishtrap called **x^wasáksal** [“crossways log jam”] which Morton Penn, long-time chief councillor remembered, “The Paynes built that dam of logs across the Calawah for salmon fishing instead of the usual removable weir with a gate in it that channeled the fish because nobody lived above them. That log dam was so big that the largest salmon could hardly jump over it.” And the **x^wasáksal** fish trap couldn’t be moved, but the Paynes didn’t have to worry about making sure the people above them got enough fish, a responsibility expressed clearly by this story told to me by Lela Fisher. Briefly, long ago there was a family that closed off the river with a fishtrap without regard for the family that lived above them. After the family and their fishing partners got all the fish they needed for the winter, they didn’t dismantle the weir so the rest of the fish could continue upriver. And later, that selfish downriver family died horribly, an example of the shame and misery that Oldtime Quileutes presumed to happen to those who were selfish.

Back in 1978, Hal remembered that fishtrap like this: “All the big rivers had traps. One was this Payne outfit. It used to be a big place. Real popular. As soon as fish start running, Quileute Indians never had to ask to come on and fish. In no time their canoes are loaded (with fish). Just above that dam, there’s a kind of slack water. Above that place was solid with fish. Soon as one (canoe) was loaded, there’s another waiting. And I never seen a piece of money change hands. The Paynes was like that. Mostly, though, you had to be family or give a payment to use somebody’s fishtrap.” Hal said that the **x^wasáksal** fishtrap was in place as late as 1909-10 and the foundation logs could still be seen a quarter of a century later.

The third and earliest Quileute home site on the Calawah was called a truly prehistoric settlement named Hac’hal (meaning “good place to fish or hunt”). It was located about a

Continued on Page 7

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

Continued from Page 6

quarter mile above where the Payne place and crossways log fishtrap were later. The Ozette archaeologist, Dick Daugherty, heard about the site while he was doing fieldwork in Lower Hoh in 1948, and he thought he found evidence of the place near the mouth of Elk Creek. Hal said that he heard that the village was occupied by an extended family of four close male relatives and their immediate families. There was a longhouse there, and the occupants of the village were known as **wilo' otipots'óq** ["tall people"]. It was abandoned in early treaty times. Gram Lillian tells that Old Man Tommy Payne played up there in the ruins of the place as a child, that the Paynes used to pick apples at the orchard left over up there, and then the property was taken over as a homestead by a Whiteman named Glen Merchant.

And that's what we know about the Quileute settlements on the Calawah. Those were homes where Quileute ancestors worked, survived, raised families, cared for their elders, loved their kids and respected their neighbors. And now the homes are gone and that old way of life has changed and all that's left are the stories. These stories are part of what it is to

be Quileute.

Just above those old settlement sites was Hyas Creek. "Hyas" is a Chinook Jargon word meaning "big" or "wide," but the Quileute nickname for the creek was **xi'ídti** ["the bees' home"], because it was thought to be the place where **Ḳ'wáti** created the bees. Albert Reagan took down the story of how **Ḳ'wáti**, who was short and bald, had trouble with ladies rejecting his amorous advances. It made him irritable. So one time when a group of Quileute women who were digging bracken roots on the north edge of Forks Prairie laughed at him, he retaliated by changing the prickly spines of a big devil's club into a swarm of bees. After those bees drove the women into the Calawah, they flew upstream and settled in a hollow tree up Hyas Creek. Near the mouth of Hyas Creek in the river was a big pileup of logs called **a'átiyá'at ákil** ["bear's fishtrap"]. I wonder if it's still there and whether the bears still fish there. Baker Kowoosh said that oldtimers mentioned mouth of Hyas as a place to bathe in order to "pep up their **taxílit**" and get physically and spiritually ready to act out their hunting, fishing and gambling power.

The Sitkum River (sitkum means "half" in Chi-

nook Jargon). Bill Penn said the Quileute name for it was **ya'óchawíłx** ["turning on the lefthand side"], the only thing that seems to suggest something of interest of the area was that the Sitkum was in an area called **la'líxayal** ["cutthroat trout"] because it was an area loaded with them.

Rainbow Creek, further up the South Fork, may be the most interesting name in the watershed because the English name seems to come from the Quileute name, **Tax'ówó'ot** ["rainbow" which means 'bow of the sky']. Here's the story that an Old Quileute storyteller told Albert Reagan in about 1905. According to the story, a man went up the Calawah during the time of beginnings and shot a duck, but the bird flew upstream with his arrow sticking out. The hunter followed as the bird flew up the South Fork and came down in front of a longhouse belonging to a fat old woman, who used her powers to persuade men to marry her immediately. The woman was an evil shaman who seduced passing hunters and killed them during their nuptial night. Suspecting trouble, the man slipped away after dark and started running down a trail along the river. The woman set out after him, and despite her size she knew

the trail better than he did and gained on him. When he got to the mouth of Rainbow Creek, he saw a multicolored woman who offered to help him. She set a deadfall trap that couldn't be seen at night, and the panting pursuer tripped the trigger and the deadfall log fell on her and killed her. Crunch! The woman of many colors turned out to be **Tax'ówó'ot**, the Rainbow. And the man expressed his gratitude to her by marrying her, too. One day though, the hunter went off and didn't return. **Tax'ówó'ot** still lives there near the point where Rainbow Creek enters the Sitkum. And she still goes out occasionally to look for her husband. That's when the rainbow is visible. And as the old people used to say, **Tsó sa?! Ṭsoló' opol yix ix'ákwotł** ["So much for that. That's the end of the story."].

And, I guess that has to be the end of the Kwashkwash Squawk for this month. Next month (August) we'll finish the Calawah and maybe start the Quileute folk history of the Dickey. **Hówil ax'otł wisá K'w'ó'dd'alitsíktiyat**. *Have a good July!*

Kwashkwash
Jay Powell
jayvpowell@hotmail.com

Reflections of the 5th and 6th Grade Class

By Leilani Burns

I would like to take a moment to reflect on my year with the 5th & 6th grade class. In the beginning, there was a lot of hard work to be done! We pushed through, and by the Christmas break every one of us was working hard and attendance was great, which earned us a trip to the bowling alley, hosted by Mrs. Earley.

We continued to work on our behavior and grades, held a spaghetti feed fundraiser (thanks to Mama Mary, Mary, Leroy, the tribe, and community members!), and earned a trip to the Powwow at the University of Washington in April. During the beach cleanup, the kids impressed me with the amount of garbage they collected, including a giant tire!

One of my favorite memories was the day the class received netbooks from the school board. Thomas said, "This is the third best day of my life!" I have also enjoyed

watching simple pieces of wood being carved into combs for the elders and paddles for journeys in the carving shed – Thank You, Mr. Wilson! There were also: trips to the beach for science and P.E; baseball; football; and basketball games; the pipeline project with the girls from UW; studying the tidepools at Second Beach; Mudpies with Moms; welcoming the whales; birthday celebrations; the math competition with 3rd and 4th grade; and the memories we made with our beloved classroom pet, The Lizard of Aus, aka Ozzy.

We have finished nine narrative and expository texts in sixth grade, and 10 in fifth, nine math units, a thick science book, social studies from colonial America through the 1990s, and a unit on health and nutrition. We are wrapping up our year with our second PowerPoint presentations on the 1980s and 1990s.

I am so incredibly privileged to have worked with the-



se students! I have come to know each of them as individuals, their strengths, challenges, fears, ambitions...I appreciate their sense of humor, honesty, generosity, and kindness. I will miss my sixth graders tremendously next year! I wish them success and happiness. I look forward to spending another year with the fifth graders. If I could tell them all one thing, it is that I am so proud of them and I believe they are capable

of accomplishing anything. I have a great appreciation for Brenda and her way with the kids. I cannot thank her enough! Finally, I would like to recognize a few students who have achieved honor roll status: Stephanie Ward 3.4, Austin Flores 3.1, Thomas Jackson 3.0, Bobbie Coberly 3.0, Jerome Eastman 3.0. Way to go! Have a fun, safe summer! I will be thinking of you all.

Higher Education

The 2012-2013 academic school year is coming up for most of the colleges in the United States. Statistics reflect that Native American students are the lowest representation of minority groups in college. We are proud that you are defying the odds and are taking the steps to fulfilling your dreams for the future. This is a task we know is not easy; you make us proud.

For those of you continuing on, I hope you have already renewed your Financial Aid for the 2012-2013 academic school year. This should be done every single year as early as March 31st of each year. Be aware that this is a requirement for the Quileute Tribal Scholarship if you are enrolled full-time. A new QTS Application has been attached to this letter for your convenience for the 2012-2013 academic school year. Please get your applications in as soon as possible via postal mail, fax, e-mail, or in person. Again like previous years, the most important part is the 2nd page,

the needs assessment, filled out by your college's financial aid department.

Please also note that a maintained 2.0 grade point average as well as completion of the number of credits registered for that quarter is required for scholarship recipients. Each quarter you will be responsible for providing the Higher Education office with a copy of your grades from your previous quarter and an invoice for your newly registered quarter.

Following the conclusion of my current contract, I will be moving away from Quileute Tribal School. My last day at QTS will be June 29, 2012. I will be moving to Olympia to work for Evergreen State College. Extensive apologies for such a short notice.

Best wishes in your goals in higher education.

Sincerely,
Victor Velazquez

Parent Ocean Party

Mrs. Baisley's reading class hosted a Parent Ocean Party on June 13th. The party was a culmination of ocean marine life lessons that the class had been studying for the past semester. Parents and grandparents were invited to share activities, food, and to view the projects completed; they were presented with a binder of their student's writing papers and art work. Parents and students made ocean crafts together. There was even a food table to create a sandwich that looked like a crab.

Mrs. Baisley's class would like to thank the many parents and grandparents and friends that attended the fun event.



Using Radio Telemetry to Track Students



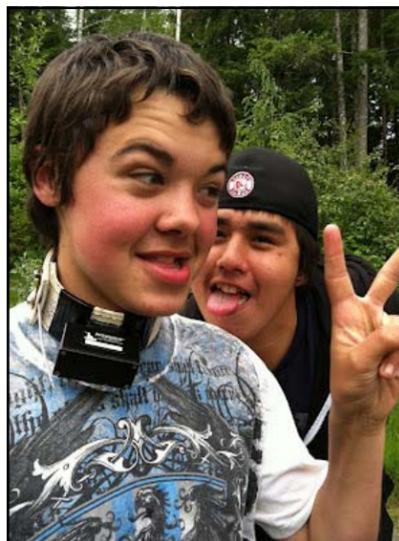
By Stacy Fournier

A feral student named Cameron was captured by a team of UW scientists and the Middle and High School, and we collared him with a device used to track animals for research, e.g. detecting home-range.

The collar had a transmitter that sent out a radio wave. Cordell carried the receiver and antenna, and we could hear intermittent clicks depending on proximity of target. Cameron quickly rejoined his herd of Jonah and Eli, who welcomed him with open paws, and they disappeared

into a spruce-replanted meadow. We knew that the herd would not reject Cameron because of the large, foreign object around his neck; they might pick at it when cleaning each other, or maybe chew on it, but they would not see the locator as a problem and ostracize Cameron (or worse, like in *Red Dawn* 1984).

The receiver's range varies with the thickness of habitat; in an open field, the range would be about 2km. Both the receiver and the transmitter are powered by ten-volt batteries. Pictures of the device can be found on the <http://quileuteriverclass-room.blogspot.com>. We found



it useful, as we were able to come within twenty feet of the feral students before time was called. New models come with GPS, so that the animals do not have to be monitored, but the price difference between ours and a GPS model is over \$4500!

Thanks to Prof. Randy Keyes and Dr. Prensri Keyes for these new tools in dealing with truancy.

Let me introduce you to the prey. Don't eat the Eli; he looks a little sour.

Meal Program

The Quileute Tribal School announces the sponsorship of the Simplified Summer Food Program for Children. Meals will be made available at no charge to attending children ages 1-18. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age and disability.

Meals will be served at the Quileute Day Care building from July 2, 2012 through August 10, 2012. Breakfast is served from 8:30 a.m. to 9:30 a.m. and lunch is served from 11:30 a.m. to 12:30 p.m. The program will be closed July 4th.

Pots, pans and dishes are missing from the Akalat. Please be sure to return all dishes that were borrowed from the Akalat to the Quileute Tribal School Accounting Department.

Farewell from ECE Director

Dear La Push Community,

It is with a saddened heart that I leave this wonderful community. I have grown to love La Push and have learned so much from all of our babies, students, staff, parents, and the community. I appreciate the tribal school hiring me into this incredible opportunity. Today, I have sat in front of my computer searching for words to write that express my feelings, and come short in every attempt. Please know that I could have never found such a wonderful experience even if I had searched for years.

To the Tribal Council and School Board, thank you for listening to me, and helping me do what is best for our children. Your positive efforts will go far in the years to come, thank you for placing our teachers, staff, and chil-

dren first in all of your planning and thought.

I have the deepest regard for all of our staff. The Quileute Tribal School staff has given me more than I can articulate. Their guidance and support made it possible for me to expand on my thinking and allowed me to bring wonderful things into the center.

One last note, I cannot tell you how phenomenal it has been to work with your babies. They are amazing, so brilliant, and such a capacity for love. Thank you for allowing me to spend my days with your most precious commodity.

Thank you for all of your support over the years.

Sincerely,

Penny Winn
Early Childhood Education

Recognizing Quileute Student Athletes

West End Youth League Baseball Pitching Machine:

Logan Hatch
Kobe Ward
Kazmire Pullen
Leilani Eastman
Matthew Wallerstedt
Jaidyn Black

Fastpitch:

Taegan Counsell
Shayrena Penn
Iris Pullen
Misty Smith
Andrea Coberly
Hailey Woodruff
Miranda Ward-Jackson

Baseball:

Kenneth Ward
John Dailey
Malikai Dailey

FHS

Babe Ruth Baseball:
Dimitri Sampson

Soccer:

Kenneth Abrahams

Donations needed for "Relay For Life" silent auction

The Quileute Tribe "Relay For Life" Team is seeking donations for a silent auction to be held during Quileute Days.

Examples of items that are being accepted for donation:

Gift Certificates
Gift Baskets
Artwork
Cultural Items
Baked Goods

If you would like to make a donation or have any questions, please contact Emily Foster at (360) 374-7760, emily.foster@quileutenation.org, or stop by the Quileute Natural Resources office.



Quileute Tribal School: Job Postings

The Quileute Tribal School has the following job openings, posted May 25, 2012 and are open until filled. Applicants must submit an application, resume and cover letter. For more complete job descriptions, applications, or questions, contact Carman Jaime at (360) 374-1146 or Connie Birley at (360) 374-5606.

Superintendent/

Principal: Certified School Principal credential required. This position will be responsible for the maintenance and improvement of all school's programs. They Superintendent/Principal is the executive officer of School Board and shall be responsible for the conduct of all affairs of the Quileute Tribal School. Candidate must have experience working with Native American culture and traditions, be familiar with the Bureau of Indian Education regulations, including Special Education, Native Language Restoration, Title Program Coordination, Department of Education, State of Washington Early Childhood, Higher Education, USDA, accreditation guidelines, Human Resources Management, Facilities Management, GSA regulations, and all reporting requirements for the above programs. This combination position includes the principalship. This Principal is responsible for coordinating curriculum development, instructional programs ensuring they adhere to State/

BIA guidelines. Organize, conduct meetings, observe, supervise and evaluate teachers, assistants, and other staff. Make recommendations regarding retention, hiring, discharging of school staff. Responsible for student supervision and enforcement of attendance, behavior requirements as set forth by QTS and Washington State regulations. This position is the oversight management of all school grants/contracts.

Dean of Students: Responsible for all discipline within the K-12 program. Counseling experience is highly recommended. This candidate must have experience working with the Native American culture and traditions. This individual must have an educational background. Past teaching experience is highly desirable. This position will require staffing with the Superintendent/Principal and key teaching staff on the RTI process.

Business Manager: Responsible for all financial affairs of the Quileute Tribal School. Duties include: fund accounting; payroll; payroll tax reports; year-end W-2 reconciliations; grants management; grant reporting; travel management; accounts receivable; accounts payable; bank reconciliations; general ledger reconciliations; year-end closing of all accounts; audit preparation. Ability to work independently and as a team player. Must have knowledge of

BIE programs, Department of Education, USDA, Department of Health and Human Services, GSA, and all other funding agencies. Familiarity with Sage Fund Accounting Software would be an asset to the job.

Data Coordinator/

Teacher Coach: Improve teaching and learning for all students most at risk of failing to meet State and academic achievement standards. Math/Reading Coach duties. Expected to work with teachers to track and follow students' progress through testing results. Maintain database for testing results and attendance. Coordinate all Title Program responsibilities.

Early Childhood Education Coordinator: Manages the overall operation of the Early Childhood Center, oversees the Baby Face, Infant and Toddler Early Intervention, USDA Programs and collaboration of services with early childhood related agencies. Develop and guide childcare staff to implement programs for age appropriate activities. Perform regular scheduled billing to parents and DSHS for services, determine eligibility, assist parents in accessing resources, ensure programs meet Washington State Licensing requirements and other federal requirements, ensure proper care of hygiene, health and safety of children while at the facility. Ability to work effectively with children, parents, staff and other

professionals with sensitivity to cultural differences is a must.

K-12 Special Education

Teacher: Assist in the planning, development and implementation of the exceptional education program for assigned students. Assist teachers in instructional activities, track student progress, and carry out behavior and academic plans (IEP.)

High School Alternative Learning Teacher: This position will be responsible for providing adequate and complete learning experiences that are appropriate to the individual needs, interest, abilities, and competencies of the 9th-12th grade learners. Display professional competence in teaching the basic curricular areas, identify learning problems of students and provide ways to meet their needs, evaluate student progress regularly in core areas of reading, math and language arts. Keep accurate records of pupil progress, academic progress, attendance and behavior. A strong training usage, and understanding in computer based education programs is mandatory for this position.

.5 FTE—Early Special Education Teacher: Responsible for implementation and oversight of 0-2 Sped, 3-5 Sped, and early intervening services, working with the Department of Early Learning and coordinating with surrounding agencies.

Counselor's Corner



A quick note for those that have someone in your family that's drinking/using/eating drugs/shooting/smoking/snorthing/stealing/lying/crying/jailing/running because of drug addiction. Read on and then visit the website:

"I was in a state of despair, shock and guttural fear when I found out my precious son was using heroin and other opiates. In a frantic search for help I came upon my saving grace...The Partnership at Drugfree.org. They offered my broken heart hope, coming alongside me with sound advice, encouragement and hands-on practical tools that empowered me to get the proper treatment for my son. They let me know I was not alone and that my son and I mattered. What a gift this organization has been for me and my family." -Lea Minalga, mom to Justin, three years in recovery.

We must recognize that any drinking/using alcoholic/addict is risking death by many, many ways. Family is the hope. Family can. Family should get together and use old ways and traditions, news ways and treatment, culture, smokehouse, church, Shaker Church, Healing Circle, detox, inpatient; whatever it takes and as much as it takes to get your family member off the alcohol and drugs and to stay off.

If not family, then who? Family is and always has been the key.

Now on to my message about marijuana:

Marijuana smokers that drive vehicles are associated with an increased risk of motor vehicle crashes, especially for fatal collisions.

Did you know that marijuana smokers who drive create double the risk of being in a car wreck on our roads? A very large study of nearly 50,000 people and nine research studies concluded that marijuana use and driving is a serious concern to all of us. Then you can add the others that have used all the other drugs including alcohol, narcotic pain medications, sedatives, and on and on. Think about what this means to you.

So why do we have so many wrecks with marijuana smokers? The research indicated that one reason is that marijuana smokers do not think their driving is impaired at all. They believe that their driving is fine and that other drivers are the problem. But research shows that after smoking marijuana the drivers weave in and out of traffic more and they are more inclined to take a risk. Whereas alcohol drinkers tend to know that their driving skills are diminished so they are more cautious and drive slower.

So let's look back at the combined drugs picture. An average of 16.3 percent of all drivers out and about during our weekends are legally impaired from both illegal and legal substances. That's close to one in five vehicles. So every fifth vehicle coming at you has a driver that's legally intoxicated with drugs/alcohol. Source: A 2009 report from the National Highway Traffic Safety Administration (NHTSA)

Ain't that good news! One in five drivers are legally

intoxicated.

Who am I kidding?

So let's be reasonable. Would this number increase if marijuana becomes legal? What is your thought on this? I suggest that maybe seven to ten percent more drivers would then be legally intoxicated. Maybe even more since those pot smokers not driving now might start if pot is legal. So we are looking at maybe 25 percent (one in four), of the drivers on our roads being legally intoxicated. And I think that number will be low.

Remember, as we age, mind/thought altering chemicals have a greater effect. Marijuana's effect is from the chemical THC. And one or two hits of today's marijuana is almost equal to a whole "joint" of the marijuana in the 1970s.

Think about you.

You're out on the road with your children, your grandmother, heck even your pet, and for every four vehicles you see, one driver is lit-up, smashed, stoned, drunk, or just plain-old intoxicated. ONE IN FOUR. In the rain, snow; it's dark; one in four drivers legally intoxicated.....scary?

So what can you do about all this? Please support laws that protect us on the roads, do not drive close to the center line, wear your seat belts and have your children properly seated/belted. Be sure to brake early, always signal, observe, and drive defensively. And do not be one of those that would risk hurting other if you are intoxicated on any drug or alcohol.

Blessings to all.

-Kevin McCall

Citation: A 2009 report from the National Highway Traffic Safety Administration (NHTSA): Summary Below:

Driving under the influence of marijuana is associated with an increased risk of a motor vehicle crash, especially for fatal collisions, an analysis of nine studies concludes.

The analysis found driving under the influence of marijuana was associated with almost twice the risk of a motor vehicle crash compared with unimpaired driving, CNN reports. The studies in the analysis included nearly 50,000 people.

The results are published in the British Medical Journal. According to a press release issued by the journal, this is the first review to look at observational studies concerned with the risk of vehicle collision after the use of marijuana. "Previous studies have failed to separate the effects of alcohol and other substances from the use of cannabis, resulting in a lack of agreement," the release notes.

Lead researcher Mark Asbridge of Dalhousie University in Halifax, Nova Scotia, said while alcohol impairs drivers' speed and reaction time, marijuana affects spatial location. He said drivers who have recently smoked marijuana may follow cars too closely, and swerve in and out of lanes. He added that while people who are drunk often recognize they are impaired by alcohol, those under the influence of marijuana often deny they are impaired.

A 2009 report from the National Highway Traffic Safety Administration (NHTSA), based on blood, breath and saliva tests collected on weekends from drivers in 300 locations nationally, found that 16.3 percent of drivers at night were impaired from legal or illegal drugs, including 9 percent of drivers who had marijuana in their system.

QTS seniors presented their Senior Project

The two QTS graduating seniors, Lucy Taylor and Kayla Conway-Jackson, gave an excellent Senior Project demonstration as part of their graduation requirement. Their project choice was on the 5K Fun Run that they helped organize during Quileute Days last year. The purpose of their involvement in the Fun Run was to support the prevention of diabetes and to promote a healthy lifestyle. They presented their project and then responded to questions to a group of QTS staff who volunteered as judges.



Propane Grill Drawing Winner



Congratulations to Shanta Isham; she won the Propane Grill and Goodies Drawing, a fundraiser by the Quileute Relay for Life Team. Shanta's parents, pictured above, picked up the prize.

Personnel Department: Job Postings

ICW Case Worker at Human Services, opened May 23, 2012 and closes June 6, 2012 *or until filled*. **Salary:** DOE. The primary function of the Quileute ICW Worker is to provide Indian Child Welfare Liaison Services within the Quileute community as well as providing consultative services to Washington State and county agencies working with Quileute children and families. Duties include: establishing and maintaining client files; establishing case plans for children and families who have open cases within the program; performing joint case planning with Washington State DCFS Case Workers; and more.

General Accountant at Quileute Tribe, opened June 14, 2012 and closed June 29, 2012 *or until filled*. **Salary:** DOQ/E. Duties include: preparation of balance sheet and revenue and expense accounts reconciliations and analyses as required for all audits; preparation, reconciliation and management of tribal fixed assets records including depreciation calculations; tagging and

identification of fixed assets; and conduct of periodic physical inventory, and more.

Controller at Quileute Tribe, opened June 14 and closed June 29, 2012 *or until filled*. **Salary:** \$59,000-\$65,000 or DOQ/E. This individual will organize, direct, and control all activities of the Accounting Department. The Accounting Department includes payroll, accounts payable, travel, general ledger, budget, grants administration, and property management activities. This individual must develop a thorough understanding of all Accounting Department activities and be able to process transactions, reconcile accounts, and prepare reports, if required.

Elders Panel Coordinator at Quileute Tribal Court, opened June 14 and closed June 29, 2012 *or until filled*. **Salary:** \$10.00 to \$12.00 an hour. The Elders Panel Coordinator is responsible for: maintaining an updated list of elders available to serve on the Elders Panel; filing documents and correspondence; ensuring that cases proceed

through the Elders Panel in a timely and efficient manner; entering data; coordinating with the Chief Court Clerk for scheduling Elders Panel hearings; attending sessions held by the Elders Panel; maintaining strict confidentiality; and more.

Lonesome Creek Store Manager, opened June 14, 2012 and closed June 29, 2012 *or until filled*. **Salary:** DOE/DOQ. The Store manager is responsible for: hiring employees; scheduling employee work hours; developing training and operations procedures; reviewing job duties and store layout with employees; instructing employees on cash register and cash handling policies and procedures, including the use of the Point of Sales System; adjusting retail prices as necessary; instructing employees on stocking and pricing policies and procedures; instructing the proper method for receiving vendors and their merchandise with the Hand Held Terminals; and more.

(2) Summer Youth Supervisor at Quileute Tribe,

opened June 14, 2012 and closed June 22, 2012.

Temporary Fisheries Technician at Quileute Natural Resources, opened June 12, 2012 and closed June 26, 2012.

(2) Temporary Customer Service Representative I at Oceanside Resort, opened June 14, 2012 and closed June 29, 2012.

Customer Service Representative I at Oceanside Resort, opened June 14, 2012 and closed June 29, 2012.

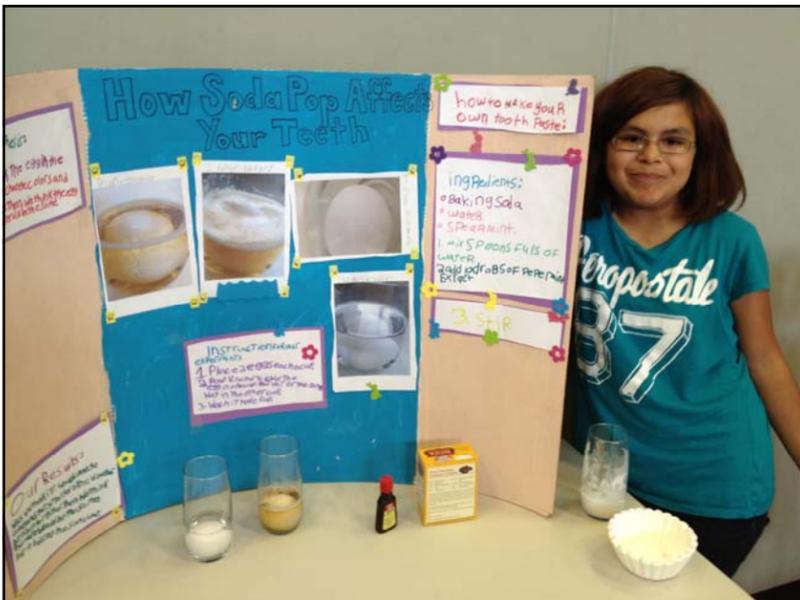
General Laborer at Quileute Housing Authority, opened June 15, 2012 and closed June 29, 2012.

The Talking Raven is published once a month, so we encourage you to check in regularly with the Personnel Department for current job openings.

For the complete job descriptions, visit the website at www.quileutenation.org/employment/job-openings or contact the Personnel Department at (360) 374-4366.

Student Science Fair

Erika Montgomery's 3rd and 4th grade class held a science fair on June 11th at the Quileute Tribal School Multi-Purpose Room. Students presented their project boards and answered any questions. There were also live demonstrations and hands-on activities for students and community members. Photos by Darren Montgomery.



Quileute Head Start

The **Quileute Head Start** is now accepting enrollment applications for the 2012-2013 school year. Please stop by the office or call **(360) 374-2631** for more information.

Our program provides:

- Childhood classes four days a week for three to five year old children
- Nutrition services
- Family support services
- Transportation
- Health services
- Mental health services
- Disabilities services

Food Voucher Program



This month, produce was distributed to community members through the Food Voucher Program. Above, Human Services staff, Nicole Earls and Heather Schumack, delivered food to Russell Woodruff. Photo by Bonnie Jackson.

The OTHER Counselor's Corner: Norm talks with the "Bayak" about anxiety



Talking Raven: "What is the difference between being nervous and having anxiety?"

Norm: "Well, basically everybody gets nervous every now and then about sometime or other. We probably all worry about paying bills, going to an interview, speaking in public, or asking someone new out on a date. That type of nervousness is about as normal as it gets. But anxiety is usually defined as an intense, often unrealistic or excessive fear or apprehension. Sometimes there's a specific situation – like being in an airplane – that triggers the apprehension. But often there is no single, specific thing that triggers the anxiety response. And sometimes the apprehension is so great that it takes the form of actual panic!"

Talking Raven: "So how common is anxiety?"

Norm: "The Anxiety & Depression Association of America estimates that 40 million adults, in the United States alone, suffer from some form of anxiety. There is one 2009 study that concluded that anxiety was present in 58% of all of their respondents who sought help for a mental-health difficulty. So what is suggests, is that if you have anxiety – you are not alone!"

Talking Raven: "Where does anxiety come from?"

Norm: "A couple months ago, I wrote about stress, and how the "roots" of stress go way back to an older time... how thousands of years ago back in the day of the Old Quileute's, their existence depended on their ability to recognize a threat and to respond to it. Their bodies quickly reacted with increased muscle tension. Their heart rate and breathing increased. Their adrenaline began to flow. That was a basic survival skill for them because their bodies were rapidly preparing for a life-or-death challenge. Well, that same dynamic also operates today with respect to anxiety-based panic."

Talking Raven: "Are there different types of anxiety?"

Norm: "Yes. Many different forms and different levels of intensity. One form is called a Panic Attack. Basically it's what I just talked about in

the previous answer. A panic attack can include difficulty breathing, nausea, light-headedness, racing heartbeat, the feeling of being trapped or even feeling like you are going to die. The scariest is probably what's called Panic Disorder. That's when you have recurring, unexpected Panic Attacks. It's pretty powerful stuff. If you have it – you know it!" Sometimes people with Panic Disorder become fearful about being in a situation where help is not available. What happens then is that people are reluctant to participate in something they might enjoy, because it puts them too far away from help. This is called Agoraphobia. A Quileute example might be someone choosing to not participate in a Canoe Journey because they're afraid they might have a Panic Attack out on the water without being able to quickly get back on land or back home. At its extreme, people with Agoraphobia might not even want to leave their home."

Talking Raven: "What is another type of anxiety?"

Norm: "A fairly common type of anxiety is called a Phobia. It's a fear of a certain situation – like a fear of heights – and would be called a Specific Phobia. Sometimes the fear, or phobia, is so strong that an individual avoids that situation altogether. Now imagine if you have a fear of riding in a car and you live in La Push. Imagine how that would limit that person's life and add to a constant feeling of stress or tension!"

Talking Raven: Any other types?

Norm: "There's a form of anxiety called Obsessive-Compulsive Disorder. Individuals with OCD tend to develop rituals – or repetitive behaviors – such as excessive cleaning, counting, touching or re-arranging. People with OCD tend to believe that bad things will happen if their routine is not followed exactly. On a minor level, you see this behavior all the time if you watch professional baseball players. They all seem to have their little rituals like Ichiro tugging on his jersey when he's in the batter's box. However, someone with Obsessive-Compulsive Disorder may have to check and recheck to make sure they turned off their stove. They may not even be able to concentrate at their job, because they're preoccupied with the thought that they

left the burner on. They may even have to leave work to go home and check. Then, later on, they may have to go back home again to recheck! Clearly, this is a behavior and thought process that is beginning to interfere with their life."

Talking Raven: "What if somebody's mother had a lot of anxiety. Are they more at risk?"

Norm: "It's sure possible. Researchers are learning that anxiety disorders run in families, and that there may be a biological basis, much like with allergies. But the risk factors are complex and varied – as are people's life-histories and personalities."

Talking Raven: "What if I think I might have anxiety, but don't know for sure?"

Norm: "Come talk to me. Usually we can make a diagnosis in a session or two. It's the starting point."

Talking Raven: "If I have anxiety, what can I do?"

Norm: "Get help with it! Current research suggests that both medication and Talk Therapy can help. There are also professionals in the field who believe that a type of medical hypnosis can help. They believe that a state of anxiety is incompatible with a state of relaxation – so we need to train ourselves to quickly shift gears when we start to feel anxious. These things are powerful and I've seen them work. But they also require a commitment and a willingness to practice some of the relaxation techniques."

Talking Raven: "How do I know if I might need medication?"

Norm: "There is not an easy answer to this. And your doctor or health care professional needs to be involved in this discussion. In general, however, the more severe your anxiety is – the more it's negatively affecting your life – the more important it will be to consider all your treatment options. I'll often hear people say they don't want to take medication because of the side effects. I can appreciate that philosophy because I'm like that too. But people need to understand that sometimes there are side effects to NOT taking medication. People with untreated anxiety can lose their jobs – their marriages – and maybe even the joy of leaving their house to go enjoy a nice sunny day!"

Talking Raven: "Is there anything else you want to say about this subject?"

Norm: "Yes. So often, people feel like they are the only one struggling with a problem or issue. But as I said earlier, there are estimates that 40 million adults suffer from some form of anxiety just in the United States. Here in La Push, I've been blessed to have the opportunity to develop our Diabetes Support Group. And I've watched how several of our community members have come together to educate and support each other. So naturally, I've started to wonder about what it might look like if there was a Support Group for people with anxiety here in La Push. If this is something you might be interested in, let me know. If there are enough people willing to participate and take ownership – maybe we can start something!"

Clinic staff ran 5K



Quileute Health Clinic staff ran the North Olympic Discovery Marathon in Port Angeles. Congratulations on finishing the race and promoting exercise!

Meet the Quillayute River Coasties



Jason Martin, age 26, is a Machinery Technician 2nd Class. He was stationed at La Push in July 2011 and has been in the Coast Guard for eight years. As an MK2, he serves as a Motor Lifeboat Engineer and an Assistant Engineering Petty Officer; he is also a certified boarding officer. Jason plans on making a career out of the Coast Guard and eventually wants to become a Chief Warrant Officer in Naval Engineering. He has another two years at Station Quillayute River.

Jason comes from Solomon's Island, MD and has his AA Degree in General Science. In his free time, he loves to hunt, fish, go camping and kayaking—anything outdoors—and spend time with his wife Jackie.



Chad Zylsta, age 35, is from Sumner, WA. As a Machinery Technician 1st Class and Engineering Petty Officer, Chad is in charge of maintenance and upkeep of every boat at the station. He has served in the Coast Guard for 13 years and is looking to advance to Chief next. In his early 20's, Chad was on a camping trip at Second Beach in La Push. While exploring the village, he saw Station Quillayute River, which peaked his interest in the Coast Guard. Because he was also interested in Search and Rescue, he decided to join.

When Chad is not at work, he loves to fish, ride motorcycles, do woodwork, and spend time with his wife and three children.



James Laird, age 30, comes from West Palm Beach, FL. Having been in the Coast Guard for 12 years, James has advanced to Boatswain's Mate 1st Class and is the 1st Lieutenant. He had always wanted to be in the Coast Guard since he was a child and had grown up near the water. James hopes to become a Chief someday, and plans on making a career out of the military.

Quillayute River is his fourth station. He has been all over the coastline and says La Push is a beautiful area.

After getting off duty, James enjoys the outdoors, especially hunting and fishing.



Jimmy Thrall, age 27, is from Gig Harbor, WA. He has been in the Coast Guard for seven years, and came to Station Quillayute River in May 2008. Because he enjoys working at this station so much and loves the area, he voluntarily extended his tour here. Jimmy is a Boatswain's Mate 2nd Class as well as Officer of the Day, meaning he is the first line of communication. He joined the Coast Guard because he likes to be on the water and feels at home there, taking after his father who was a fisherman and his grandfather who also fished and was a tugboat captain.

When Jimmy is not on duty, he loves to hang out with his family, watch sports and go fishing.

SURFING and TRADITIONS Youth Surf Camp

First Beach in La Push,
parking lot near
Quileute Tribal School
YOUTH AGES 10 TO 18
PARENTS WELCOMED!

JULY 14, 2012
SATURDAY
9AM

~SURFING and TRADITIONS in La Push sponsored by~
USCG STA QUILLAYUTE RIVER
WEST END SURF & SKATE FORKS
QUILEUTE HOUSING AUTHORITY YOUTH PROGRAM
QUILEUTE TRIBAL MEMBERS, SCHOOL, UTILITIES DEPT.,
EVENTS AND VOLUNTEERS
north by northwest surf co
Surf Rider Foundation Members



Happy Birthday to Enrolled Quileute Tribal Members

July Birthdays:

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

Coast Guard in the Community



Left: Seaman Savage leads a class from the Quileute Tribal School on a tour of the station and the boats.



Right: Coast Guard crew members made a presentation on water safety at Family Fun Night in June. Pictured above, they asked for four brave volunteers to participate in an activity.

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

Please feel free to share your opinions or suggestions with:

Emily Foster

(360) 374-7760

talkingraven@quileutenation.org

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

Emily Foster at:

(360) 374-7760

talkingraven@quileutenation.org

Submit your name and email address or mailing address.

Thank you!