July
2013

bá·yak The Talking Raven

A Quileute Newsletter

Vol. 7, Issue 6 Emily Foster/**BAYAK Editor**

Penn operates screen printer at QTS

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Quileute Tribal School Paraeducator Keith Penn, who is also a Quileute artist, has been tasked with running the screen printer at QTS. Years ago, the Tribal School received a grant to purchase screen printing equipment and train staff and students to operate it. After some necessary repairs and relocating it from the 101 Building to the Tribal School, the screen printing equipment is back up and running.

Although Keith spent two days in training, much of the learning process has been through trial and error. "I've done four projects so far," he said, "and I have burnt plenty of shirts. The special oven I use has to be set to 330 degrees Fahrenheit, and while working on one job, shirts were coming out with some burn marks. Then I noticed it was Celsius, not Fahrenheit."

"But my favorite part is flexing my creative muscle," he explained. First, Keith sketches a design, then scans it and uses a computer program to digitize it. "Fixing the design can be a pain—just getting the lines perfect," he explained.

To date, shirts have been printed for Elders Week, Field Day, Student of the Year awards, and a Nisqually basketball tournament for QTS players. He is currently working on staff shirts and designs to be used on clothing for summer school incentives.

In the future, Keith hopes to expand screen printing into a program to teach students or interested community members, possibly even offering positions for Youth Opportunity Program employees during the summer. He would also love to see the school or tribe turn it into an enterprise, especially since many departments order items from outside businesses for their events, activities, and staff apparel.

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

'Send Off' and 'Welcome Home' party held for Quileute brothers

James and Joey Salazar

On June 27, 2013, a celebration was held to honor Joey and James Salazar's service to the United States of America as enlisted servicemen in the armed forces.

Joey Salazar is enlisted in the U.S. Army as an infantryman in the 101st Airborne in the 3rd BCT Rakkasans. He recently returned from a nine-month tour of duty in Operation Enduring Freedom in Afghanistan. He is visiting home on block leave from his home base in Fort Campbell, KY, where he will return later in July. The party was also to send off for James Salazar who is enlisted in the U.S. Air Force. He will attend an eight-weeklong boot camp in Lackland, Texas followed by a technical school for firefighting.

From Council Chambers

Council Members Carol Hatch, Tony Foster, DeAnna Hobson and Chas Woodruff

Some members of Tribal Council have recently been on travel for the National Congress of American Indians, a School Improvement Grant Conference, and a dredging conference. During weekly Council meetings, we have motioned to buy three computers for the Senior Center; have worked towards developing policies for fundraisers that support both youth and adult sports; donated money to the Elder/Youth Healthy Relationships Mentoring Program so program participants can make shawls and vests, especially in time for the upcoming canoe journeys; purchased items for recovery for the Drug, Alcohol and Tobacco Prevention Program; and much more.

We are so proud of this year's graduating classes and all their accomplishments. A dinner was hosted on June 5, 2013 at the Community Center to honor each Quileute senior and 8th grader. We gifted each of them with money and a laptop. In addition, we contributed $5,000 to the Forks High School Senior Parent Committee, which went towards Senior Safe Night. Congratulations to the class of 2013!

A totem façade unveiling for the Quileute Cemetery was held on June 19, 2013. The talented Tlingit artist, Israel Shotridge, carved and painted a beautiful gateway for the cemetery. He explained that his inspiration came from old drawings done by Quileute schoolchildren in the early 1900s; these drawings were on display in the Quileute Exhibit at the Seattle Art Museum from August 2010 to August 2011. At the unveiling, many were honored including: our ancestors and those who lay at rest at the top of the hill; our veterans; current and past Tribal Council members who envisioned this project; Israel Shotridge and his family; drummers and singers; Grants Writer Larry Burtness; Parametrix and Jamestown S'Klallam for installing the façade; and other key employees who helped develop this gateway project and saw it through. The project was a coordinated effort between two Tribal Councils and was several years in the making. It was a proud day for all involved.

Quileute Tribal Council attended the United States Coast Guard Station Quillayute River Change of Command Ceremony On June 21, 2013. Master Chief Scott Lowry has been the Officer in Charge for the past four years, and it has been a pleasure working with him and his crew. We wish him well at his next station in Ilwaco, WA. Senior Chief Kevin Ziegler is the new Officer in Charge, and we look forward to continuing our professional relationship with Station Quillayute River. Chairman Tony Foster spoke at the ceremony on behalf of Council and gifted cedar baskets to both men. "This crew has been like an extended family to the tribe," he said. "It has been an honor to share our waters with you."

The tribe has been busy preparing for the annual canoe journey. This year's host is Quinault, and with its close proximity to La Push, we expect to have hundreds of canoes landing here and thousands of guests at the end of July. Canoes are expected to land in La Push on Sunday, July 28th, with Protocol on Monday, July 29th and the canoes will be departing for Hoh River on Tuesday, July 30th. Some expenses for the Quileute hosting have been paid for by a grant, but Council has also donated money to the Quileute Ocean Going Society to provide mobile showers, mobile kitchens, mobile laundry machines, portable toilets, and food for the estimated 5,000 visitors. The Events Department is in the final planning stages and is requesting volunteers. Please contact Events Coordinator Russell Brooks at (360) 374-5091 or events@quileutenation.org for questions.

July will be a busy month with the 4th of July, Quileute Days, and hosting thousands of visitors on the Paddle to Quinault. We look forward to the upcoming celebrations and seeing everyone here! Be safe during the holidays!

Elder Feature: Linda Mae Reid

Linda Mae Reid, whose maiden name is Ward, was born in La Push on January 15, 1948. She was nicknamed "Girlie" because her parents Evelyn Cadotte and Robert Ward, Sr. had no idea what to call her. So for about a week they called her "Girlie," and the nickname has stuck with Linda her whole life.

Linda has one brother and five sisters, though she had a younger brother that passed away from illness at seven months of age. She is a mother of six children, grandmother to 20 grandchildren, and has 11 great-grandchildren.

At a young age, Linda's parents separated and the children moved with their mother to Tacoma. Linda and her siblings would pick berries for farms to earn money in order to do family activities, such as go swimming at a community pool in Wapato, WA, make food for a picnic, or to catch a movie. "We all did what we could to get the money so we could do things together as a family," she said.

By the time Linda was 14 years old, she was taken away from her mother because she became pregnant. On January 4, 1963 she gave birth to a boy, but was forced by a social worker to put him up for adoption. Afterwards, she lived in a foster home for a year, followed by a girls home in Spokane for almost three years. "I had minimum contact with my family. Just letters and phone calls, but it wasn't an everyday thing," she explained. Though it had been heartbreaking to give her son up for adoption, she eventually reconnected with him in 1992. Ever since, they have stayed in contact and have been a part of each other's lives.

Photos by Cheryl Barth

Shortly after moving to California in the late 1960s, Linda met Donald Joe Reid, or "Alabama" or "Bama," as everyone in La Push knows him. They were set up on a blind date, and after only seeing each other for two short months, they decided they wanted to get married. However, Donald had just turned 20 while Linda was 21, and in those days if you were under 21 you needed written permission from a parent. Donald's mother would not give consent because Linda already had two children. However, they were married in August 1969 when Linda's mother gave them permission; they had three children (including twins), all born in 1970.

Linda has held jobs with the Puyallup Tribe, working as the Executive Secretary and later the Secretary to the Nutritionist and Well Child Nurse. She and Donald moved to La Push where he worked for the La Push Police Department and she was the Executive Secretary for 12 years. Today, Linda and her husband live in La Push and have been married for 44 years. "We've had our trials and tribulations," she said, "but we're happy." Her advice to others: "Just think things through, and change what you can. Things will work out."

Bá·yaḳ
The Talking Raven

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Congratulations 2013 Graduates!

1. Quileute Head Start Class of 2013
2. Lucio Gonzalez and Kenneth Abrahams walk out together at the FHS ceremony.
3. Graduates Willie Hatch, Alexis Ward, and Jonah Black received bows, arrows and jackets at the QTS ceremony.
4. FHS grads Alejandra Oropeza, Virginia Castaneda, Leah Harris and former AmeriCorps volunteer Meaghan Ferrick
5. Jeffrey Schumack (light blue shirt), Keishaun Ramsey (white shirt), Garrison Schumack (gray shirt), Juriel Black (red shirt) and their friends were excited to complete the 8th grade at FMS.
6. Shadow Rosander and Mitchell Ward were recognized for completing 8th grade at QTS.

Quileute Tribal School High School
Willie Hatch
Alexis Ward
Jonah Black

Quileute Tribal School 8th Grade
Mitchell Ward
Shadow Rosander

Forks High School
Lucio Gonzalez
Terra Sheriff-Penn
Kenneth Abrahams
James Salazar
Alejandra Oropeza
Hailey Larkin
Stephen Smith

Forks Middle School
Jeffrey Schumack
Garrison Schumack
Keishaun Ramsey
Juriel Black
Brittney Woodruff
Joe Black
Jonathon Schmitt

Chelsey Beebe Graduates

I've waited a long time for my great-granddaughter to complete her first 12 years of school and she finally marched down the aisle to receive her graduation diploma on May 24, 2013 from Coffee County Central High School. I told her during my 75th birthday party that I will live long enough to see her graduate and I will still be around when she graduates from college. Well, one of those has passed and I'm working hard to see that I am around when she takes that next step.

She is the daughter of Roseanna, granddaughter of Roy Black III, granddaughter of Anita and all the relatives in between. I am very proud of her and what she has done for herself and for her family. My prayers are with her at all times and hope that she completes the next step of her life.

Great-grandpa Roy Black, Jr. or "Coy Roy"

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

QUILEUTE DAYS 2013

FRIDAY . SATURDAY . SUNDAY

July 19th-21st, 2013

LA PUSH, WASHINGTON

- Salmon Bake
- Traditional Dancing & Singing
- Stick Games
- Softball Tourneys
- Canoe Races
- Parade
- Fireworks
- Live Performances

For Reservations:
Oceanside Resort
www.quileuteoceanside.com

FOR MORE INFO:
QUILEUTE TRIBE
360.374.5091 or 360.374.6163
events@quileutenation.org

QUILEUTE DAYS

Photos courtesy of Cheryl Barth Photography

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

Jay Powell transforming into kwashkwash, the Blue Jay.

Kʷoʔòdʔalitsíḳtiyat - (quo-Oh-dah-lit-SECK-tee-yaht)
July "Salalberry Days"

The moon that we now think of as "about July" is called "Salalberry Days" in the old Quileute lunar months and annual cycle. This is the third of the five Quileute seasons, which is called **ťaxáťs** and means "the hot time" or "when it's hot out." The word for "hot" is **ťáx**. **Ṫaxá** means, "It's hot." Actually, the oldtimers used to talk about a time of "early summer," like until early July, that they called **ḳʷaʔyát**. I don't know what that word really means unless it's related to the word for "cheek," which is **ḳʷaʔyíł**. It's just another of the intriguing unanswered questions about the Quileutes' unique language.

Vickie and I are on the road, hiking and camping in the High Sierras until the third week in August, when I may be helping the Hoh River young people on a summer cultural camp. Since I won't have my computer or any notes while Vickie and I are camping, I'm writing this July Bayak article the first week in June before we leave.

One of the things that the old people used to do during the summer was to have some strenuous games of **kiyóḳʷa** (kee-YOH-kwuh) or street hockey down on the beach. I remember Woody, Old Man Roy Black, and Rosie talking about those games, getting really excited thinking about them. What brought it up was that Old Man Freddy Woodruff came in limping and Roy said, **Akís iláʔlich tich**? "What happened to you?" And Woody laughed and joked, saying, **Hiʼìlaʔáli kiyóḳʷa**. "I was out playing shinny." And that started them reminiscing about those oldtime beach games. They called it *shinny* instead of beach hockey, maybe because in the scrums they were swinging with their sticks away and you were regularly getting clubbed on the shin. The old people were in such good physical condition that 50-60 year olds used to run up and down the beach for hours. Us old guys better get hot if we hope to measure up. They used a homemade "ball" called a **ḱabóxiyat**, woven out of beach bush stems. It was usually about the size of a softball, but it stood up to hours of being whacked around. "Primitive" technology, indeed! The goals were called **xʷáḱʷax**, and when you scored a goal, you shouted, **Xʷàḱʷátsli**, "I goaled it!" I never saw a shinny game. Rosie said that the last game she remembered was when the villagers took on the Coast Guard during World War II. It was a sunny Sunday. Woody said, **O! I! Kitsadáḳʷlo**! "Oh, yeah! We kicked their butt." They were just so excited to think about those wild, rough games! **Taɬishiliḳʷálo ḳáʔadal xabá**, Roy said, laughing. "We were all limping for a long time afterwards." That was one aspect of summer in the village, way back when.

Grownups used to play a lot of games, according to those who remembered village life at the turn of the last century (1900). One day, Hal George and Big Bill Penn started talking about other games people played. They got excited, too, laughing and talking so fast I couldn't get it all written down, but I sure loved the old peoples' zest for fun. Hal said, "The game I would get in the most trouble for was called **Yaláwi o čhibaḳsílas ḱʷáya**, 'Going right up to the edge of the water.'" Hal said, "When the beach would develop a kinda steep shoreline slant with the waves coming in right to the bottom of the slant, a few of us kids would take turns rolling down towards the water. It wasn't fair to roll slow. You had to roll fast, as far as you could without getting wet. Then you stuck a stake in the sand to show how far you'd rolled. You had to wait between waves and time it so you could roll as far out as possible when the wave receded, and then stick in your stake and get up and run back quick before the next wave soaked you. No matter how far you rolled, someone else would always try to roll farther. And, inevitably they got soaked. My mother used to say, **Patsátsḳal-lich**, 'You soaked yourself!' and hit me with the broom. Girls played that game with us, too."

Another game adults played in mixed groups, often with kids, was called **daʔ daťłísal**, which means "get the stick!" The word for stick, **ťłísa**, is the same word used for a counting stick in lahal or **híłakob**, as the bone gambling stick game is called in Quileute. **Daʔdaťłísal** is such a funny game! The object of the game is for one person to try to, without laughing, pull up a stick that's been driven firmly into the ground. The catch is that you have to do it without laughing or even smiling. One time I was over at Sarah Hines' house and she and Nellie Richards were laughing and talking, and some of Mary's and Nola's boys came by for a visit. Sarah said, "We'll show you kids an oldtime game that's lots of fun." They went out beside the house and had the kids drive a foot and a half long stick into the ground until only about 6 inches of it were sticking up. Then Sarah went over and made a big show of pretending to needing a stick and deciding to pull that stick out of the ground. The whole time she was being really serious and never smiling as she leaned down and grabbed hold of the stick and started to try to pull it up. Then Nellie came over and did lots of funny stuff like imitating Sarah and making awful grunting noises and wiggling her bottom while she, too, tugged on a pretend stick. She said things like, **Tóliʔlol Sála, łibíti tìʔyałtókʷolaks**. "poor ol' Sarah needs a *strong* man." Nellie carried on doing funny things while Sarah was really pulling on the stick and having a hard time not smiling. Then, pretty soon Sarah started to laugh. She and Nellie hooted and laughed and giggled until they both just lay down on the ground and wiped their eyes. Sarah had lost because the object of the game is not to even smile. And it's a lot of fun, especially with an audience watching. The game continues and the person who loses has to choose the next person to pull on the stick. Then he or she becomes the one that tries to make the person smile. Both men and women play it. I saw a similar game played up in Alert Bay, so I think it was played all over the coast. That's **daʔdaťłísal**, the game of Get the Stick.

Another game Sarah and Nellie told about playing as little girls was making "rock dollies." These dolls made of those flat little round beach rocks on First Beach were called **aʔachidáʔal**. You would take a stick with three prongs, the rough shape of a body with two arms and wrap a little piece of cloth around it like the long dresses Indian women wore in the old days. The head was a flat rock with eyes, nose, mouth and hair scratched on it with a pencil. Girls made those dollies and played on the beach logs. Well, Sarah and Nellie were having a good time thinking back and talking about it.

I'm really enjoying thinking about these old games. I asked Pansy about old games and she told me about one that she saw once at an oldtime party in La Push, a

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

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parlor game called łiłichóts-dal, which literally means "hide the poop." When there are a bunch of people together having a party in a house, someone can quietly take a little wad of shredded cedar bark a little bigger than a golf ball and, without saying anything, put it in the side of an easy chair or in somebody's purse or shoe or jacket pocket. Then, when somebody puts the shoe or jacket on or sits in the chair, you can go over and say, **O·, hitókʷol. I pawałáksla axʷ! Wácha síya chiʔ báksti?** *"Oh, poor thing! Be careful. Didn't you see that poop?"* And then, the victim that sat on it or found it in their shoe or pocket had to pretend to wipe off his hand or clothes. And later, he or she could quietly hide the cedar bark "Báksti" where someone else might sit in it or even find it in their sandwich. The old people had to make their own fun. And they were good at it!

Several people told me that there used to be some really funny games of łíchłoʔ, which means "*bind up the face*," referring to putting on a blindfold. That's the Quileute version of Blind man's bluff. It works best inside a house. One person puts on a blindfold and the others make sure that it really keeps the person from seeing anything. The blindfolded person has to "catch" some other person in the room and figure out who it is. The people who could see would do funny things to confuse the one who was "it." Sometimes they'd bring in another person that the blindfolded person wouldn't know was in the room, or they'd change the furniture around so the person would "get lost." Men would put oranges in their shirt pockets so the blindfolded person would think he'd caught a woman. Fun stuff like that.

That was łíchłoʔ. Games like it are played all over the world. I always wondered if that was a game the Quileutes learned from Whitemen or if it was an oldtime Indian game that continued to be played all over the world, like a cultural relic from the earlier caveman days before the first peoples split up and went here and there, and, who knows, maybe the Ancestors carried it across to the lands that became North and South America. Those are the questions that come up for me when I think about oldtime Quileute life.

The Quileute-speaking peoples have adapted to mainstream life in countless ways. Many aspects of their rich, unique heritage are alive only in the memories of a few elders. Most are gone. That's what Kwashkwash Squawks is trying to get down, month by month…the stories that the elders told me. The Quileutes are lucky to have had people like Leo Frachtenberg, a teacher at Chemawa Indian School who became fascinated by the experiences and stories of his student Hal George, and in 1916, came up to La Push and spent the summer writing down the memories of Arthur Howeattle and others. His four notebooks are in the basement of the American Philosophical Library in Philadelphia. Before that, intensely curious and observant school teacher, Albert Reagan, spent four years in La Push and later wrote 8 articles about aspects of Quileute life from plant use to myths. Then, Manuel Andrade came out from the East during the summer of 1929 and wrote down a whole book of Quileute folklore called *Quileute Texts.* Andrade was sent out by Franz Boas, the "father of North American Anthropology," who wrote down everything we know about the Chimacum language during a one-weekend visit in 1910. Then, Richard Daugherty spent the summer of 1948 writing down the folk history that Billy Hudson, Stanley Grey, and others told him at Lower Hoh. His four notebooks were lost for 40 years and then turned up in the safe of the Burke Museum at U.W. Those notebooks are a goldmine of information about the earlier lifeways of the Quileute and Hoh. Finally, in 1950, George Pettitt, who had served in the Coast Guard at La Push in World War II and was a good listener, decided to get a PhD and wrote a thesis about things that the oldtimers at La Push had told him. The notes of those early visitors among the Quileute have left a heritage that turned oral folklore into a written history that the people will now have forever.

Of course, the real heroes of the process of saving the old ways from being forgotten are the Quileute and Hoh old people, who had the patience to share their knowledge and memories. I just finished a book for the Haisla people of Northern B.C. Their old people, who had worked with me over a ten-year period, said, "Jay, call the book *We are our land and our history*, so our kids won't forget how important a knowledge of the details of our past is…if they are to understand the present, they will need this information about their past."

Next month I'll squawk about some of the stories and memories of the Quileute old people that George Pettitt took down for his thesis called *The Quileute of LaPush, 1775-1945.* Have a proud Quileute Days and a good **Kʷoʔòdʔ alitsíḳtiyat**, July salalberry days.

-Jay Powell

jayvpowell@hotmail.com

If you want to hear any of the words in the article pronounced, send me an email and I'll send you a sound file.

La Push Assembly of God Silent Auction

The La Push Assembly of God is holding a Silent Auction during Quileute Days in order to raise money for new flooring. They are requesting donations of items to be auctioned off.

Examples of donations include:

Gift Certificates

Gift Baskets

Toys

Cultural Items

Baked Goods

And more!

Look for the auction from 1 p.m. to 3 p.m., following the Quileute Days Parade on July 20, 2013. The auction will be held at the Community Center.

If you have questions or would like to donate, contact Nellie Ratliff at (360) 374-2245 or nellie.ratliff@quileutenation.org.

Summer church camp moved to new location

It's that time of year again! Kids Camp is coming up fast starting Monday, July 22nd through Friday, July 26th. The bus will leave La Push Assembly of God at 8 a.m.

Due to Camp Bethel having a fire in December, we have moved our camp to a new location at Camp King's Way in Sequim near the pumpkin patch.

There are four new cabins, two aboveground swimming pools, and an outside basketball court. Kids going to camp will have to be between the ages of 9 and 12, turning 9 before August 31st. If you need more information, you can contact Sue Payne at (360) 374-6658. We are looking forward to seeing you there!

Change of Command at USCG Station Quillayute River

On June 21, 2013, a Change of Command Ceremony was held at US Coast Guard Station Quillayute River. After a successful four-year tour at the station, Officer in Charge, Master Chief Scott Lowry was relieved by Senior Chief Kevin Ziegler.

Opening remarks were made by Captain Scott Ferguson from Commander US Coast Guard Sector Puget Sound, WA while Executive Petty Officer Jim Pond was the master of ceremony.

In his personal statement, Master Chief spoke proudly of his crew and their accomplishments. He observed that at no other station has there been such a sense of community and generosity as with Station Quillayute River. Master Chief also recognized his friends, family, and shipmates who traveled to be at the ceremony, especially crediting his wife Gina for all her support, advice and contributions.

Senior Chief Zeigler offered his remarks, expressing his excitement to be the new Officer in Charge at Station Quillayute River.

Chairman Tony Foster also spoke at the ceremony and gifted baskets to both Master Chief Lowry and Senior Chief Ziegler on behalf of the Quileute Tribal Council; he described how the crew at the station has been like an extended family to the tribe. "It has been an honor to share our waters with you," the Chairman expressed.

1. Chairman Tony Foster gifts Master Chief Scott Lowry a cedar basket on behalf of Quileute Tribal Council.
2. Captain Scott Ferguson, Senior Chief Kevin Ziegler and Master Chief Scott Lowry
3. The crew from Station Quillayute River stands at attention during the ceremony.

Invitation to Carve Community Healing Totem Pole

You are invited to help carve on the Community Healing Totem Pole. This project is part of the Elder/Youth Healthy Relationships Mentoring Program. Please plan on joining us now until the Community Healing Totem Pole is completed.

Monday – Saturdays
11:00 a.m. to 7:00 p.m.
at the Highway 101 Building

We are working on providing transportation and will post a notice once this has been worked out. If you have any questions, please call Marie Riebe at (360) 374-4053

The OTHER Counselor's Corner: Making Relationships Work

This month I would like to introduce you to Dr. John Gottman. As a professor at the University of Washington, Dr. Gottman did some ground-breaking research into relationships. Over the course of his research, Dr. Gottman interviewed thousands of couples. And Dr. Gottman videotaped every single interview. The couples he worked with also were monitored for heart-rate, blood pressure, etc. This way, Dr. Gottman could tell when each partner was under stress. And also, what types of interactions were causing the stress! And then he followed these couples over many years. Some of the couples stayed together and their relationships grew stronger and more intimate. Other couples were not so fortunate and their relationships deteriorated. But interestingly, Dr. Gottman and his team began to see patterns. Dr. Gottman began to realize that he could actually predict which couples were likely to break up and which ones had the best chance to grow stronger. His research found four (4) major factors that were TOXIC to most relationships. These factors were relationship killers:

- CRITICISM. Criticism does not mean simple complaining. Criticism is when you suggest that your partner is defective in some way.
- CONTEMPT. Contempt is when you look down on your partner. You are basically saying: *"I'm okay – but you're not!"*
- DEFENSIVENESS. Defensiveness is often a way of blaming your partner instead of simply taking responsibility yourself. It's like saying: *"The problem isn't me – it's you!"*
- STONEWALLING. Stonewalling is when one partner tunes out. They act like they couldn't care less what you are saying. It's like talking to a stone wall.

Dr. Gottman found that couples who continue to use these toxic methods are much more likely to divorce or split up. Or they begin to lead parallel lives and loneliness sets in. But it does not have to be that way. Couples CAN choose to do something different. Couples can learn new skills to nurture each other. Couples can train themselves to share fondness and admiration with their partner – and to become even more aware of their partner.

If you and your partner are interested in learning more about this, come on up and see me at the Quileute Health Clinic. Thank you!

Norm Englund
Quileute Counseling
(360) 374-4320

Elder/Youth Healthy Relationships Mentoring Program
May 2013 Schedule

July 2	11:00 a.m. — 4:30 p.m.	Basket Weaving at Senior Center
July 9	11:00 a.m. — 4:30 p.m.	Basket Weaving at Senior Center
July 10	12:00 p.m. — 1:00 p.m.	Women's Talking Circle at Court House
July 15—16	8:00 a.m. — 4:00 p.m.	Elder Abuse Code Development Workshop at West Wing
July 17	12:00 p.m. — 1:00 p.m.	Women's Talking Circle at Court House
July 17	1:30 p.m. — 4:30 p.m.	Beading at Senior Center
July 18	11:00 a.m. — 3:30 p.m.	Regalia for Dolls at Senior Center
July 20	3:00 p.m. — 11:00 p.m.	Senior Lounge at Senior Center during Quileute Days
July 23	11:00 a.m. — 4:30 p.m.	Basket Weaving at Senior Center
July 24	1:30 p.m. — 4:30 p.m.	Beading at Senior Center
July 25	11:00 a.m. — 3:30 p.m.	Regalia for Dolls at Senior Center
July 26	1:00 p.m. — 4:00 p.m.	Knitting at Senior Center
July 26	6:00 p.m. — 9:00 p.m.	Fire Pit Story Telling at Senior Center
July 31	12:00 p.m. — 1:00 p.m.	Women's Talking Circle at Court House
July 31	1:30 p.m. — 4:30 p.m.	Beading at Senior Center

*As the purpose of the Elder/Youth Healthy Relationship Mentoring Program is to foster strong relationships between elders and youth and to increase their knowledge and understanding of healthy and unhealthy relationships (which includes sensitive issues such as domestic violence, dating violence, sexual violence stalking and elder abuse) the Acting New Beginnings Program Manager, Angel Williams, strongly recommends that parents and grandparents refrain from bringing children under the age of 12 to these events. Videos and discussions on these sensitive topics will be shown and discussed and may not be appropriate for children under the age of 12.
**Schedule subject to change.

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www.talkingraven.org

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The Quileute Nation of
La Push, WA

Do's and Don'ts of coping with addition in the family

By Amanda Vogel

Many of us have an addict in the family, whether it is for drugs or alcohol. We do the best we can to support them, show them love, and care for them. Tirelessly we worry and pray they are okay. Most do not know how much their choices affect us. I know, I did not when I was running around drinking and partying all the time. I had not a concern in the world back then as to how it affected my family. I did what I wanted when I wanted and I expected my family to "just deal with it," because "it's who I am." I am of course on the other side of this now. In recovery, loving life, and having a great relationship with my family.

It has come to my attention that some of us would like to know how to deal or cope with a family member who is actively using or drinking.

I would like to begin with this: addicts and/or alcoholics are master manipulators. They manipulate family, friends, courts, and anyone they cross paths with. While stuck in the disease of addiction the only thing that matters to their brain is getting more of their drug of choice.

They will play a guilt trip, be aggressive, lie, and steal. They will say and do anything to get what they want or to dodge responsibility. They may not seem like the person you once knew. This is because they are not. While they are stuck in their disease, a different side of them takes over, and they do things they normally wouldn't do and say things they normally wouldn't say.

We sometimes feel overwhelmed with sympathy, anger, resentment, and worry. We want to help. How do we show we care without enabling or condoning this behavior, and without losing our own sanity?

Here are some helpful tips from a "Do's And Don'ts of coping with addiction in the family" handout:

Try not to do the following:

1. Don't make threats you don't intend to carry out. This will succeed only in reducing your credibility and in weakening the limits that you do intend to enforce.
2. Never argue with an intoxicated person. Nothing can be gained from fighting with an intoxicated person and you may be placing yourself in a dangerous position. If you wish to make some points with the alcoholic/addict in your family, wait until they are sober. Remember that alcoholics and addicts like to provoke a fight because it distracts everybody from their drinking and drugging.
3. Avoid shame, ridicule, or scolding as a means for influencing the alcoholic member of the family. Remember that they often drink out of self-hatred, low self-esteem, and unbearable guilt. By arousing these emotions, you may be increasing their risks of drinking and taking drugs, not reducing these risks.
4. Don't go along with the alcoholic/addict's "alibi" system. Addicted people have many "reasons" why they drink or take drugs. These are little more than "excuses" rather than genuine reasons. Remember that there is no valid reason for an alcoholic or an addict to pick up a drink or a drug. There are only excuses and these are designed to make the drinking and drugging appear reasonable to you and to him or her.
5. Don't lie to the alcoholic or addict about what the drinking and drugging is doing to you, other members of the family and to the alcoholic/addict himself or herself. Tell the truth. Try to stay calm, objective and straight forward but be totally honest. Tell them what is happening in the family but do your best to do so in a non-accusatory, non-blaming, and non-heated way!
6. Try not to give the alcoholic/addict the impression that you are the enemy. The disease of addiction is the enemy. Persuade the alcoholic/addict that you are fighting this terrible disease that can cause so much unhappiness in the family.
7. Don't feel guilty if you have to call the police to restore order in your home. You are not a bad person for wanting to place your family out of harm's way. Moreover, you may be stopping the alcoholic/addict from doing something dangerous to him or herself as well. Remember that it is the addict's behavior that has resulted in a call for help and not your behavior.
8. Don't cover up for the alcoholic/addict. Let them experience the consequences for their actions. If you try to make things right for them, they won't learn the lessons they need to learn in order to grasp the serious nature of their illness. So don't call bosses, employers, acquaintances and so forth in order to make excuses. Learn all that you can about "enabling" and how to avoid this self-defeating pattern in the family.
9. Don't try to get the alcoholic to stay sober for you. Use of such ploys as, "if you loved me, you would stop drinking" usually won't work. Moreover, alcoholics and addicts have to get clean and sober for themselves and not for other people.
10. Don't encourage your alcoholic/addict family member to go with you to social situations in which alcohol and drug use will go on. You can best help your family member in early recovery by avoiding drinking parties, home entertainment centered around alcohol, and any other drinking/drugging situations. In time, the alcoholic family member will likely be able to feel comfortable in social situations that involve drinking but not in the beginning of recovery.
11. Try not to be impatient for recovery to take place. Remember that it probably took a long time for your family to get into this situation and it will probably take some time for really significant improvements to occur. Rejoice in small victories and give everybody time to grow in sobriety. Look for progress in all matters and not perfection.

Do the following:

1. Try to learn the facts about alcoholism and other drug addiction. Keep an open mind.
2. Recognize addiction for what it is—a disease of the body, mind, behavior, and spirit from which people can and do recover. Like other diseases, nobody really intends to get it or wish it upon their loved ones once they have it. Try to remember that the alcoholic/addict in your family isn't doing this at you. This is a disease beyond will power.
3. Practice detachment. Do not allow yourself to become obsessed with your family member. This is sometimes called "release with love." In effect, there are times that you simply must let go and let the alcoholic/addict experience the consequences of their drinking and drug use.
4. Set realistic limits and expectations but don't think that you can exercise complete control over the alcoholic/addict. Change has to come from within them. They need to get sober and clean for themselves if their recoveries are to be maintained.
5. Practice "tough love," the type of love that does not require you to be a "doormat." Make up your mind what you will accept and what you will not accept from the alcoholic/addict in your family and don't deviate from these. Set realistic limits and make realistic demands.
6. Attend meetings of Al-anon and open meetings of Alcoholics Anonymous. You can learn a great deal about your family situation from hearing the experiences other family members. And you can learn a great deal about alcoholism and other drug addiction from hearing alcoholics and addicts talking honestly about their slide into addiction and their recoveries.
7. Take life a day at a time. It is impossible to predict what will happen with an addicted person in the family. Many do an abrupt about face and get clean and sober just when everybody was ready to give up on them. Remember the saying, "This too shall pass." Use it when the going gets tough.
8. Take your eyes off of the alcoholic and turn them squarely upon yourself. What do you need to learn about yourself? What are your defects of character that need to be addressed? What are your skills, abilities, interests, and good points? What do you need to do in order to be happy and productive?
9. Remember the needs of other family members during the difficult times of active addiction. Try to be there for your children. Explain the illness of addiction to them in terms they can understand. Plan family outings with or without the alcoholic/addict and carry out the plans. Learn how to have a good time with the family regardless of whether or not the alcoholic member participates.
10. If you find yourself feeling anxious, depressed, helpless and hopeless, seek out a mental health professional who, in addition to expertise in mental health, has some understanding of addiction in the family.

Source:

http://www.lanstat.com/downloads/dos_and_donts_handout.pdf

Dos and Don'ts
Adapted from FAMILY PROGRAM WORKBOOK

St. Vincent's Westchester Alcoholism and Substance Abuse Services

Photos from Elders Week 2013

Photos by Cheryl Barth

1. Allen Black dances with his granddaughter Beronica.
2. Pam Morganroth and Barbara Penn sharing a laugh at Elders Week.
3. Tribal School students performed a short ballet in their new costumes. Mrs. Crippen thanked Tribal Council for their assistance in purchasing these costumes and always supporting QTS.
4. Chris Schumack said that she always enjoys the Tribal School Day at Elders Week.
5. The Health Fair draws a large crowd to the Akalat with dozens of informational booths.
6. The students in the Kindergarten class were all smiles while singing songs at Elders Week.

The La Push Experience, Meeting the Quileute Tribe

By Ebony Bryant

My name is Ebony Bryant and I had the extreme fortune of being able to travel with the Global Citizens Network (GCN) to visit the Quileute Nation. Before embarking on this trip I was not sure what to expect. I remember one of my biggest fears being "what if no one in this community likes me?" As silly as that may sound, acceptance was pretty important to me. One thing that I never expected to take back with me were the different values that different Quileute members taught us. Some of the best life lessons that I have ever learned came from the short amount of time I spent in La Push.

We were taught that we aren't supposed to just love our elders but care for them as well. A particular quote that comes to mind is when Eliza Rivas told us "I would lay my life down for my children or my elders because they are my future and my past." How amazing is that? Another important lesson that really stuck with our group was on our last day in La Push, when Mrs. Marie Riebe extended an invitation to her home. She and her family cooked us dinner, showed us baskets that had been in her family for generations, while her family shared some of their wisdom with us. In particular, "friends come and go but family stays forever." As many times as we had all heard that, it was pretty incredible to see a strong group of women who put that into practice every day.

These are just some of the many instances in which we were accepted into a culture different from our own. In the short amount of time we spent in La Push, every day brought a new, exciting challenge, whether we were outside doing yard work at the Senior Center (which has really good food by the way) or cedar bark gathering. Some of the amazing opportunities that we had in La Push included participating in Family Fun Night and the Drum Circles, going to Mr. Wilson's carving shed, helping to cook breakfast for Eliza Rivas and Cynthia Centeno's fundraisers, visiting the Coast Guard, and one of my favorites, speaking to an actual news editor (thanks Emily Foster). When we were not on the reservation attempting to help out we could usually be found on the beaches or enjoying dinner with Ms. Beverly Loudon. While in Washington, we hiked in the Hoh Rainforest, First, Second, and of course Third Beach. (We didn't get to Rialto Beach but that is definitely on our list when we visit again.)

This experience for all of us wasn't just incredible but life changing as well. I doubt that any of us will forget our experiences at La Push. Not only did this trip change us on a personal basis, but the nine of us grew closer as a result. By the end of our journey Debbie, Maggie, Ansley, Samantha, Molly, Michelle, Lamar, Lisa, and myself grew as a small family. In the end we want to extend a heartfelt thank you to everyone on the reservation who didn't just open their hands but their hearts to us as well.

Quileute Tribal School

"Jump Start" Summer School Program

All Students Entering K-12
Students attending other schools are welcome.

Located at the Quileute Tribal School
July 8, 2013 — August 1, 2013
Monday — Thursday
8:30 a.m. — 12:30 p.m.

QTS "Jump Start" summer school program will focus on ***"Raising The Bar And Closing The Gap"*** by utilizing a computerized research based program that is specifically designed to support academic successes with all students. Students will be using laptops and iPads to access and complete their individual work. Other fun-filled activities are in the planning stages such as:

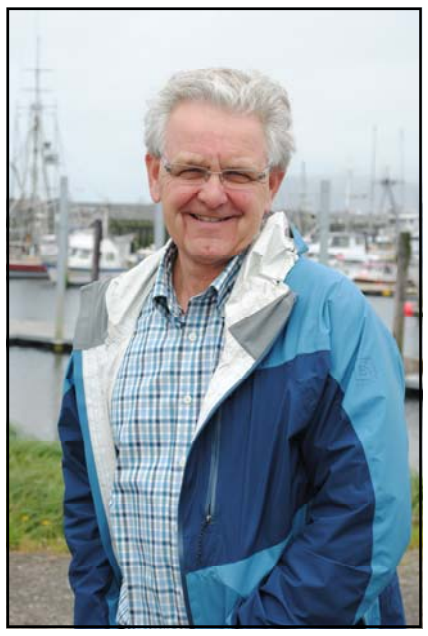
Horse Back Riding
Swimming
Carving
Healthier Lifestyle Activities
Screen Printing

Students who attend "Jump Start" and meet the attendance criteria will win an end of the summer field trip for themselves and two family members to either Wild Waves or a Mariners game.

The summer Food Service program will also be up and running from 8 a.m. — 9 a.m. for breakfast and 12 p.m. — 1 p.m. for lunch.

Don't miss out on this opportunity to help your son/daughter make the necessary gains needed to be at **Grade Level and Beyond!!!** To enroll your student for the Summer School "Jump Start" program please contact the school at (360) 374-5648 and fill out a summer school application and provide updated contact information.

Tribe hires Enterprises Manager



Mark Ufkes has been hired as the new Tribal Business Enterprises Manager. His responsibilities include oversight of the Oceanside Resort, both RV parks, the campground, Lonesome Creek store, the Marina, the Fish Plant and the Rivers Edge Restaurant. The managers and operators of these tribal enterprises will continue to have day-to-day management authority. Mark will work with each enterprise to ensure that all enterprises are working collaboratively with all other tribal enterprises, and together, we are working to promote every tribal business, complete long-term economic development planning for each enterprise, increase revenues, expand employment, and protect the good name of the Quileute Tribe.

Prior to taking this position, Mark served as the Executive Director of the Affiliated Tribes of Northwest Indians (ATNI) Economic Development Corporation. Using the ATNI Revolving Loan Fund, Mark worked with his now dear friends Russell Woodruff and Walter Jackson in the mid-1990s to coordinate financing to build the first phase of new cabins that are now a successful revenue stream for the tribe. Over the past 16 years, Mark has supported Quileute tribal leaders in a number of other Quileute community development projects such as developing the restaurant, extensive tourism promotion, grant funding outreach for a variety of projects, development of the Tribal Youth Court, and many others. Mark tells the story that when he was a small boy, his family came to La Push to camp. Mark walked with his parents to watch a tribal fisherman in a small boat catch smelt. The man paddled to shore and offered Mark some smelt. Mark untucked his shirt, and the nice man filled his shirt with smelt that Mark brought back to camp. Mark insisted that his mother help him cook it, and the smelt were fantastic. His respect for the Quileute people and his love of fresh seafood began on that day, all because of the generosity of that Quileute tribal fisherman over 50 years ago.

Mark is a Cougar who attended Washington State University (WSU) where he studied Business, Agricultural and Development Economics (B.A., B.S, M.A). He also attended Harvard University's Kennedy School of Government (M.A.) and studied Arabic at the American University in Cairo (Egypt). Prior to work in Indian Country, Mark worked in over 20 countries in Africa, Central Asia, and the Middle East, has visited over 50 Indian reservations, and worked successfully with people from over 100 cultures. For five years he held a U.S. Coast Guard Inland Waterways Pilot's license, while he operated a river tourism business on the Hanford Reach portion of the Columbia River in Richland, WA. His summer office is the small office on the south end of the resort office building. His door is open to guests, and he is always eager to hear ideas from tribal members about business enterprise opportunities for the tribe.

Updates at Oceanside Resort

Resort Manager Cathy Smith and resort staff have been busy making updates to Oceanside Resort. Here are many of the recent changes:

- A display screen has been hung in the main office to display photos of Quileute events, activities, and beautiful scenery.
- The main office has been remodeled to include a new wall, new paint, and new shelving. It has also been organized to open the space up for guests and to unclutter the area.
- New products are now available for sale in the main office.
- A wi-fi room has been set up with books donated by community members.
- The espresso stand will hopefully open sometime in July. New equipment has been ordered and job listings have been posted for baristas and a supervisor. The resort held a espresso naming contest on Facebook, and the winner was "Native Grounds," which was submitted by Amanda Vogel. Thank you to everyone who participated!
- A truck was replaced for maintenance employees and four new golf carts were purchased for housekeeping.
- All blinds throughout the resort were replaced with blackout curtains. Previously, there were four types of curtains in the cabins and motel units.
- A rummage sale was held at the 101 Building by resort staff. Items that were sold include: lost and found, such as clothes, electronics, camping gear, etc.; items that are not up to resort quality that have been replaced, like shredded towels or mismatched dishware. The rummage sale raised $2,012.86, which will be donated to the Head Start program. A big thank you to Danny's Utilities Crew, Nicole Baker, and Shawna Boling, who were helpful in getting the rummage sale ready for the public.

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!

Happy Birthday to Enrolled Quileute Tribal Members

July Birthdays:

Michael Foster	1
Robert Sowers	2
Quincy Black	
Kelsey Rosander	
Kenneth Francis	
James Ramsey	3
Earline Penn	4
Terri Black	
Melissa Charles	
Gene Gaddie Jr.	
Amber Davis	
Devin Coberly-Black	
Rita Williams	5
Julius Tumbaga Jr.	6
Michael Zollner	
Robert Ward Jr.	
Kaden Ward	7
Stephanie Johnson	
Michael Flores	
Roy Black III	
Alexis Ward	
Micheal Kingsley	8
Mary Adamire	
Beau Adamire	8
Cassandra Rice-Hoff	
Deondrey Eastman	10
Ernesto Gonzalez-Black	
Tahahawat Sablan	
Vincent Reid Jr.	11
Carter Reames	12
John Schumack	13
Jody Penn	
Natalie Jackson	14
Johnathan Matson	
Stacy Harrison	
Matthew Wallerstedt	15
Jenny Hoskins	
Christian Morganroth V	
Malikai Dailey	16
Haily Payne	
Raymond Wiedemeier	
Dustin Larkin	17
Nicole Vanderschelden	19
Connie Davis	
James Black	
Diane Black	20
Charles Harrison	20
Susan Cassidy	21
Jacob Foster	22
Katie Ward	24
Michael Woolard	
Chance Black	
Breeze Penn	25
Thomas Jackson	26
Cheryl Remington	
Jessica Smith	27
Dawn Harrison-Bender	
Monica Vazquez	
Pedro Fernandez-Ward	
Sylvia Black-Ensastegui	28
Jeanette Jackson	
Charles Sampson	29
Corey Hatch	
Lloyd Smith	30
Matthew Blaesi	31
Julia Ramsey	

Quileute Days

July 19-21, 2013

Volunteers are still needed for Quileute Days. Please sign up with Russell Brooks at the Tribal Office.

If you would like to be in the parade, or set up as a food vendor or arts and crafts vendor, you must fill out an application.

Contact Events Coordinator Russell Brooks at (360) 374-5091 or events@quileutenation.org for applications or if you have any questions.

Paddle to Quinault

Quileute Hosting in La Push: July 28-30, 2013

A Volunteer Orientation will be held July 24, 2013 at the 101 Building, from 10 a.m. to 2 p.m. You must contact Russell Brooks if you plan on volunteering.

If you would like to be a food vendor or arts and crafts vendor in La Push, you must fill out an application.

Contact Events Coordinator Russell Brooks at (360) 374-5091 or events@quileutenation.org for applications or if you have any questions.

Tylan James Bouck, grandson of Bob and Willa Bouck, joined the U.S. Army in May 2013 and is currently at basic training at Fort Bennings, GA.

Thank you for your enlistment, Tylan!

Quileute Days 2013 Art Contest Winner

Congratulations to Kali Martinez, the winner of the Quileute Days Art Contest! Kali incorporated the tribe's hosting of the Paddle to Quinault canoe journey this year into the design. This design will be featured on the event merchandise and awards.

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

Please feel free to share your opinions or suggestions with:

Emily Foster

(360) 374-7760

talkingraven@quileutenation.org

Let us know what you think. We strive to improve your newsletter!