

# bá.yak The Talking Raven

A Quileute Newsletter



Vol. 4, Issue 11

Emily Foster/**BAYAK Editor**

## “Cherish Our Children” set for December 3<sup>rd</sup>, donations requested

### Inside This Issue:

- *Department Updates*
- *New Beginnings moves to Clinic*
- *Prevention Summit*
- *DV Awareness Month*
- *Halloween*
- *New Employees*

It is almost time for the 8<sup>th</sup> Annual “Cherish Our Children” event, a live & silent auction fundraiser jointly organized by the City of Forks and the Quileute Indian Tribe. The purpose of this event is to raise money to buy Christmas gifts for youth of needy families within the two communities of Forks and La Push. Last year, Cherish Our Children raised a total of \$11,702.53.

Donations are requested for the Cherish Our Children event. Examples of items that are often donated include: gift certificates, sports paraphernalia, art-

work, Native American crafts, gift baskets, or any other items that can be put up for auction. Monetary donations are also accepted.

Cherish our Children will be held December 3<sup>rd</sup> at the Akalat Center in La Push, WA. Dinner and dessert will be available for purchase beginning at 5:00 p.m. with both a silent and a live auction to follow.

If you wish to set up a booth at Cherish Our Children, contact Cathy Salazar at (360) 374-2291 to reserve your spot today! If you have any questions about Cherish Our Children, contact Sharon

Penn at (360) 374-4278 or Sandy Heinrich at (360) 374-6262 ext. 256.



Connie Birley browses the silent auction table at the 2009 Cherish Our Children event.

## Tips for filling out job applications

When filling out a job application, make sure you **complete the entire application**. Also be sure to read through the job posting carefully and **follow all the instructions**. Does it ask for a cover letter? Resume? Letters of recommendation? Submit all items the job posting asks for. Many applicants are disqualified because they do not follow these instructions. Advice on how to write a resume and cover letter can be found at [msn.careerbuilder.com](http://msn.careerbuilder.com).

**Answer honestly** on the application. Within the Quileute Tribe, making know-

ingly false statements or omissions on your application will disqualify you from consideration, or will result in dismissal if discovered at a later date.

**Write legibly**, please. Also be sure to **edit** or ask someone else to review your application for errors and typos. Putting time and effort into your application shows that you care and that you pay attention to detail.

If you want to list someone as a reference, you need to **ask permission first**. Also find references who can attest to your skills

and qualifications.

After submitting an application, **follow up** with a phone call. Not only does it show you are interested in the job, but you also want to make sure the Personnel Department received your application.

If you are repeatedly not chosen for interviews or jobs, **ask for feedback** from the Personnel Department. They can tell you what you are doing incorrectly in the application process, so you can improve your chances of being hired.

*Next month:* Tips for Interview Success

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

## Department Updates

### Transportation/Planning Department

Cemetery Road is still under construction. Thank you for your patience while the Transportation Department works on beautifying the area.

### Personnel Department

The Executive Director has implemented an Employee and Community Member Recognition Program. Anyone can nominate an employee or member of the community for their contributions. Please submit nominations to the Personnel Department. Winners are randomly drawn at the Leadership Meetings, held every 3<sup>rd</sup> Wednesday of the month. Winners receive a \$50 gift card.

Congratulations to Joyce Cabe and Pam Morganroth for being selected as Employee and Community Member of the Month for October 2010.

### Human Services

Monica Henry is no longer serving as Co-Acting Director. Tara Newman has switched positions from Head Start to the Youth and Family Intervention Program.

### Senior Center

Please return all blue To Go containers.

### LIHEAP

LIHEAP opens November 1<sup>st</sup>. Clients must complete application

and have ID, proof of tribal enrollment, proof of income, and their social security number. Clients can choose which type of heating source they would like assistance with. LIHEAP can provide help with electric, wood, pellets or propane. Please come in BEFORE your lights are shut off.

### Fish and Wildlife Enforcement

Cougars have been encountered at close range in Raven Crest II. If you come across a cougar, remain calm, do not run, and stand and face it. Be assertive and wave your arms, speaking firmly. Report all sightings and encounters to La Push Fish and Wildlife Enforcement at 374-5695 or La Push Police Department at 374-9020.

### Quileute Natural Resources

Congratulations to Roger Lien for 20 years of employment at the Quileute Tribe. Thank you for all your hard work, Roger!

### Sonicare Toothbrushes

Sonicare toothbrushes are being sold at the Quileute Dental Clinic for \$40.

*Native Americans Only*

Contact the Front Desk at 374-6984 for more information.

## September All Stars

### 1<sup>st</sup> and 2<sup>nd</sup> Grade

Austin Black  
Jaedyn Black  
Aaliyah Dailey  
Malekai Dailey  
Leilani Eastman  
Mya Fisher  
Damon Jones  
Adriana Marcedonio  
Maggie Reyes  
Ruby Sheriff

### 3<sup>rd</sup> and 4<sup>th</sup> Grade

Chenoa Black  
Cameron Coberly Black  
Jerrid Davis  
Jerome Eastman  
Lindsay Obi  
Amy Stillwell  
Tyrone Huling

### 5<sup>th</sup> and 6<sup>th</sup> Grade

David Stillwell Black  
Bobbie Coberly Black  
Nathan Flores  
Misty Smith  
Cassie Black

### 7<sup>th</sup> and 8<sup>th</sup> Grade

Eugene Jackson  
Julia Ratliff  
Clarissa Black

### 9<sup>th</sup> through 12<sup>th</sup> Grade

Jonah Black  
Sylvia Sheriff  
Alexis Ward

## New Beginnings program moving to the La Push Clinic

The New Beginnings program, coordinated by Victim Advocate Monica Henry, is moving to the Quileute Health Clinic starting November 1<sup>st</sup>. It will take approximately one week to move from Human Services to the Clinic. Monica asks that people leave messages with their contact information, and she will get back to them as soon as she can. The New Beginnings phone and fax numbers will remain the same (phone 374-5110 and fax 374-5128.)

Monica's new office in the clinic will be located upstairs. There is no check-in area for clients. Walk upstairs and head to the back, past the kitchen. This new location increases confidentiality as no one needs to know why a New Beginnings client is at the clinic.

New Beginnings will continue to provide advocacy services to Native Americans, but the service area will increase to any enrolled Native Americans living in Clallam

and Jefferson counties. Service will still be provided to non-Natives living on the Quileute Reservation. The expansion includes developing coordinated response teams, implementing prevention/education in the Quileute Tribal School, and program data collection and evaluation. New Beginnings will also be providing funding for individuals to attend domestic violence perpetrator treatment (both court ordered and individuals who request this assistance.)

## Quileute programs send youth to Prevention Summit

In October, the Quileute Tribe's Drug, Alcohol and Tobacco Prevention Program and the Youth and Family Intervention Program partnered to send youth on a campus tour of Central Washington University (CWU) and to the Washington State 2010 Prevention Summit in Yakima, WA.

Students in grades 7<sup>th</sup> through 12<sup>th</sup> were allowed to attend the trip. To be eligible for the trip, the students were required to have good attendance, a minimum 2.0 GPA, and good behavior. The group left on October 13<sup>th</sup> and returned on October 16<sup>th</sup>.

Their first stop was at CWU in Ellensburg, WA, where they toured the campus and learned about resources available to Native American students. CWU held a Q&A session to discuss what college life is like and what the admission requirements are for CWU. An interesting fact the Quileute group learned is that CWU has chimpanzees who know American Sign Language.

After touring CWU, a Quileute student said, "I think that seeing this college has inspired me more to want to go to college."

Once the tour was over, the Quileute group headed to the Prevention Summit, where both youth and chaperones networked with other Washington residents and professionals to discuss the prevention of alcohol, tobacco and drug abuse in this state.

Youth and adults who attended the Prevention Summit were involved in a publicity event called "Let's Draw the Line," which brought awareness to the marketing of alcohol to minors and the new laws of outdoor alcohol advertisements. Each Prevention Summit participant held up a piece of paper with a line on it, forming one long line, while media crews filmed the activity. This action symbolized that a line has been drawn between youth and alcohol.

One of the most popular workshops the youth attended was called, "Message in the Music," presented by Marc Fomby. To summarize, one Quileute student said, "[Fomby] taught us how most popular songs today have different kinds of wrong messages that encourage drinking and using drugs, even songs that don't seem like they would." Quileute chaperone, Ann Penn-Charles elaborated, "after that workshop, kids were deleting many of the popular songs off their mp3 players and ringtones off their phones."

The Quileutes brought the largest group, with 20 students, and was also the only group to have a police officer as a chaperone. It is a positive and educational conference exposing youth to the consequences and effects of alcohol, drugs, and other addictions. One student said, "I have never been to a conference before. I would like to go to another one. I've got more faith in myself in school and to say no."



Event attendees participate in "Let's Draw the Line" campaign.  
Photo by Ann Penn-Charles.

### 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

Anna Rose Counsell-Geyer  
Chair

Lonnie Foster  
Vice Chair

Carol Hatch  
Secretary

Bonita Cleveland  
Treasurer

Tony Foster  
Member-at-Large

### QTC Contact Information

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

Phone:  
(360) 374-6163

Bill Peach  
Executive Director

Phone:  
(360) 374-7412

## A Note from the Superintendent



Almost 100 Voters for school board elections. Wow! Thank you for setting a record for us in the second half of our 30<sup>th</sup> year. I can remember a time when we would run multiple elections

right up to February until the school board would certify the election. Sitting on an active board is not always an easy task when you have to face difficult issues in education. Thanks to all of you for supporting the election process and most importantly continuing to give your elected board your support, your voice, and time, if possible. Thanks to all who ran for the positions. We had a lot of nominated individuals running this year. The elections were certified at the October 21<sup>st</sup> school board meeting.

Congratulations to Rhonda Flores and Carol Hatch, as they are our re-elected regular board members. Also, congratulations to Brenda Nielson and Nellie Williams for being re-elected to our one-year alternate positions. The board reorganized at our meeting. Carol Hatch continues as our Chair, Bonita Cleveland continues on as our Vice Chair. Cathy Salazar is our Treasurer, and Sharon Pullen is our other regular serving board member. The

board's Secretary position is yet to be determined until we have a full board present.

Opening Circle is on Mondays and Fridays from 8:45 a.m. through 9 a.m. Check in with Stephanie Doebbler at our Front Desk or by calling 374-5648. We usually start a bit earlier sometimes and run a bit late at other times. It usually depends on what students have been celebrated or what guests may be present, along with the current event happenings.

A lot of activities are coming up this close of fall and the beginning of winter:

*Educational Field Trips*

*November 10<sup>th</sup>—Veterans Day*

*Breakfast*

*November 13<sup>th</sup>—School Dance*

*November 23<sup>rd</sup>—Thanksgiving Lunch*

*December 3<sup>rd</sup>—Cherish our Children*

*December 15<sup>th</sup>—Christmas Lunch*

Cultural arts, history, and language are very important; it is part of why we started 30 years ago. Currently, cultural aspects are being taught in the classroom by our teaching and para educating staff. We need Quileute cultural resource individuals to come to the classroom in lieu of a Cultural Language Instructor. If you are a Quileute Elder or Quileute member with an interest to share your history, language, or your cultural experience with our students, please contact our principal Mr. Zantua (374-5642) or myself about how you can be involved with the class-

room. Help us to continue to deliver a quality and direct cultural experience with your community children. If you take the challenge, this can be for a onetime sharing or more. Stipends are available for your sharing personal experience and skill development with students and staff. Those interested need to meet our personnel requirements.

Our facilities are often used as a community resource, especially the Akalat Center. I need to stress to all community members that the Akalat, a world class building, along with our other buildings, need to be treated better in two ways. First, especially during and after large community events, it takes the commitment of those who sponsor the events, along with the school staff, to bring the facilities back up to an ongoing healthy, clean, stocked, and organized learning environment. The second way to help our facilities is to control discontent at our physical structures. I am sad and concerned that we had a serious disrespect of the Akalat Center in the last couple of weeks. Feces was used to vandalize the Akalat. It was left for our staff, students, community members, and visiting guest, to witness and for staff to clean up. This unfortunate action is quite a serious call for help of some misguided energies. With all the hosting that happens at Quileute, I call to the community to continue to help strengthen our health efforts, especially mental health efforts, and efforts to those that may be caught in the challenges of substance abuse. Get some help! Talk to each other! Parents, talk to your kids. Responsibility is learned both at school and in the home. The Akalat is a privilege to use, not a right. We all need to be responsible for our actions. Help a friend, or seek help through the many avenues available in the La Push community.

May you be warm and productive this winter,  
Franco

### Student Work Highlights

I will tell you how to be perfect person. First you can clean your room. Don't let your mom tell you to clean it. Keep clean. Don't get in fight with nobody. If you do, go tell the teacher. Bring back your homework.

Get A+ in a test. Help others. Don't act dumb. If your teacher says to do something you do it. Follow these steps and you will become perfect.

By David Stillwell—Black

## Information on Higher Education



Thanks to the generous support from Quileute Tribal Council, the number of registered Quileutes enrolled in Higher Education continues to break records. Each year more students have earned their GED, AA Degree, and Bachelor's Degree. It's never too

early or late to continue your education.

I'm currently working on renovating the Quileute Tribal School's website to have downloadable forms on the website for easier convenience. This hopefully should be up and running by the end of the month.

I look forward to answering questions about your higher education plans. I can provide information about Tribal Colleges in the Northwest, different degrees offered locally

at Peninsula College, and also online colleges if you have no desire to leave the reservation, but still want to pursue your education.

My door is always open for anyone seeking information about their pursuits in education. However, my hours have changed and I'm now available 10 a.m. to 4 p.m., Monday through Friday. My phone number is 360-374-5657 and e-mail is: [victor.velazquez@quileutenation.org](mailto:victor.velazquez@quileutenation.org).

-Victor

## Quileute honors Domestic Violence Awareness Month



1. Rosita Matson and Willa Bouck make dream catchers as part of the "Catch the Dream of Ending Domestic Violence" activity.
2. Lucy Smith decorates a pumpkin with a message of love at the Anti-Violence Slogan Pumpkin Carving and Decorating event.
3. Sylvia Gonzalez and Virginia Castaneda also carve pumpkins with anti-violence messages.
4. In honor of Domestic Violence Awareness Month, supporters wear purple wigs during the Awareness Walk on October 1<sup>st</sup>. Photo by Monica Henry.

## Counselor's Corner



As the seasons change so do our moods. Just like the four seasons of the year our moods can change often for the worse. During the fall season, all our moods seem to begin to deepen. Likewise, the fun and lightness and laughter of summer fade as the intensity and duration of the sunlight diminishes. So be it. Many of us tend to develop a mild form of depression during this time of year. Troubling thoughts gather like the storm clouds of November. Shorter days arrive along with shorter tempers.

Maybe we have forgotten the long lost art of living within the seasons and preparing for the next. Our moods often mirror our environment: the outdoors, our activities, and our relationships. So as summer

turns to fall and as fall turns to winter we can slowly become deeply depressed and sometimes more angry.

One way of dealing with depression is to act out with anger. Anger is a feeling we all understand. Anger can be a motivator to feel better, for a while. Another way to deal with depression is to begin sleeping more, eating more, and drinking and drugging more.

Food, drugs (even prescription pain medications), and alcohol can do great damage to our bodies and our minds. So how about making this year's winter season different?

My suggestion is to contact Pat Braithwaite or Norm Englund. They are again teaming together to provide a program to combat the "Winter Blues" that is also known as Seasonal Affective Disorder. Pat and Norm can be trusted to work with you on finally finding easy solutions to this annual problem for many of us. They will use special lights that increase our body's natural abilities to help us feel good along with other

means available to them. I highly recommend you contact either Pat or Norm at the Quileute Health Clinic. Norm's number is 374-4320 and Pat's is 374-7764.

And please be very responsible with your use of prescription medications. By the time youth reach age nine many are trying prescriptions more and more to get high. Are you putting your medications in a safe place? Are you keeping an accurate count of your pills? And are you keeping a loving eye on your children? Don't be afraid to warn your kids about the dangers of abusing drugs and alcohol. Good parenting, one that talks to kids about abusing drugs and alcohol, is the best prevention program there is.

May the Creator bless each and every one of you during this year's fall and winter seasons. Let's work to keep a positive spirit alive for all.

Kevin

### Reporting Child Abuse

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

Reception & Intake: (360) 565-2240

Reception & Intake: 1 (888) 437-6167

After Hours: 1 (800) 562-5624

Fax: (360) 417-1440

TTY: 1 (800) 833-6388

For reports of child abuse and neglect on the reservation:  
ICW office: (360) 374-4340  
Human Services Front Desk: (360) 374-4306  
LaPush Police: 911 or (360) 374-9020

### New Potato Veggie Pizza

Yield: 1 Serving

Preparation time: 15 minutes

Cook time: 15-20 minutes

#### Ingredients

Nonstick cooking spray

1 tsp. olive oil

1/4 cup vegetable broth

2 3-oz. new potatoes, washed and sliced 1/8 inch thick

1/4 cup spaghetti sauce

1 tsp. crushed garlic

1/2 tsp. Italian seasonings

1/4 cup sliced green pepper

1/4 cup sliced red onion

1/4 cup thinly sliced zucchini

1/4 cup fat-free shredded mozzarella cheese

Fresh ground pepper and salt to taste

#### Method

1. Coat nonstick 10-inch skillet with cooking spray. Pour broth and oil into skillet and lay potatoes around the bottom. Cover and cook until the

liquid evaporates and potatoes are tender.

2. Lower heat, brown on one side, then flip potatoes over in one piece.

3. Mix spaghetti sauce with garlic and seasonings and spread over potatoes.

4. Top with vegetables and cheese.

Raise heat to medium and cover. Continue to cook until vegetables are soft. You may need to add additional broth to keep mixture from sticking.

#### Suggested serving:

Tossed green salad

1 Tbsp. fat-free dressing

1/4 cantaloupe

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

**A publication of American Diabetes Association.**

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

### Chachawísti [chah-chah-WISS-tee] "Church"

Last month I tried to remember what the oldpeople told me about the history of schools in the village, and that made me think of the churches. Just as the oldtime Quileutes called the school "schoolhouse-house" (k<sup>w</sup>olhawísti [coal-hah-WISS-tee], they called the church "churchhouse-house." Since Quileute doesn't have R's, they pronounced church-house as chach-awis and then put the Quileute word for house (-ti) on the end.

I remember the old Shaker church in the village. It was in a bad state of repair. The floor boards were rotten and the doors stood open. It was no longer used. Occasionally, bereaved families would put the clothes of a dead relative in the church for anyone who could use them. In those days though, most of the old people still burned the effects of the dead down near the mouth of Lonesome Creek or "gave them away to people who lived WAY down the coast," as Charlie Howeattle used to say. He said, "Burning the clothes delivers them to the deceased in yalá' ak<sup>w</sup> títipad, 'the land of the dead,' and giving them to people who live a long ways away will help preserve the new owners from being ghosted by a spirit who longs for the thing."

And it was traditional not to mention the name of a dead person, a custom called "name taboo." The last case of name taboo that I have heard of in La Push was that Rosie Black originally had the name of her aunt, Ethel Payne. And when her aunt Ethel died, the family paid her to change her name to Rosie. According to Hal George, people avoided mentioning the name of the dead because the spirit of the dead person may not have immediately gone to the land of the dead, and hearing its name, it would think that someone was calling out to him or her, delaying the ghost's removal to the underworld. Hal said that his aba' (actually great-uncle) Yaskik

Obi had told him that he had seen the entrance to the land of the dead, and it is up on the north fork of the Calawah, where the river goes underground and disappears for a distance before reappearing, and that while the river is underground, it flows through yalá'ak<sup>w</sup> títipad.

The oldpeople certainly had a great respect for the spirit world. Healing, luck, skills and the outcomes of almost every activity was controlled by spirits. And there were daily rituals, taboos, prayers, chants, and visits to shamans to make sure that one stayed in a good relationship with one's *faxilit* [tuh-HAY-lit, 'guarding spirit']. Although A.W. Smith held Sunday school in his home after he arrived at La Push in 1883, the Quileutes weren't much interested at first. They had their own beliefs.

It was the Shakers that built the first church in the village. The Shaker religion was introduced at La Push in 1895, about 14 years after the origin of the religion when a Squaxin Island Indian, Squsachtum (John Slocum), rose from the dead after his wife Mary had approached the casket shaking. The shaking was ritualized, and spread among coastal tribes where groups started shaking with bells, candles, special crosses decorated with candles and crossing oneself during prayers. By the time the Shaker religion became established in La Push, it had become common to wear white, and most songs and sermons were done in Chinook Jargon.

At first, Shakers met in private homes, but with such zeal that in 1905, Indian Affairs posted notices limiting the frequency and length of Shaker sessions. The first Shaker meeting hall was finished in 1911. One still occasionally sees a copy of the picture taken at the dedication of this building with Oldman Roy Black (aged 7) and Fred Woodruff (aged 8) grinning to have snuck into the photo-op with the grownups. It became a dining hall when the Shaker church was consecrated in 1920. That church was finally torn down in 1973 and the new

Shaker meeting facility was built in 1997, approximately at the site of the old dining hall.

The Assembly of God church came later. The large, 100-foot wide lot on which it is situated had been left open and unallotted as a site for community use during the first surveys. The first structure on the site was an open speaker's platform. Big Bill told that the community hall built above this lot was occasionally used for potlatches, and when the last of the old "smokehouses" (traditional Quileute longhouses) was torn down they had a few spirit society meetings there. But the mood was unsuccessful because you couldn't build a fire in there. The lot was still unoccupied in January 1944, when the Tribal Council was approached by George Effman, the Assembly of God representative in La Push. He asked to have a lot for a church and preacher's living quarters. The Council split two for and two against, arguing that there already was a Shaker church in the village. But, in February 1944, the Council received a petition signed by 40 tribal members, demanding that "the Assembly of God be given a suitable lot for construction of a church on the reservation." The request was ultimately granted and a five-year lease for no compensation was granted and the church was built. Effman bought a used building built by the government for military purposes and had it dragged to the lot assigned by the Council. Then, as funds became available, he renovated it, finishing the outside in January 1946. It was renovated in 1970.

And that's the history of the *chacháwis* in LaPush. Isn't La Push an interesting village with a past that is worth knowing and putting on record? When we think of the beliefs and churches in the village, it's no wonder that dear old Lillian said: Óxas x<sup>w</sup>o'ó yix tsixiá à'achítilo tsikáti xáxi.

*This is the big-chief-on-high (God's) country here.*  
-Jay Powell

## Jackie Jacobs Reporting



I would like to begin this report by sharing news of a September event. The Quileute Tribe was represented during the annual Indian Summer Festival held in

Wisconsin. Over the last 24 years, Indian Summer Festival has maintained a strong position as one of Milwaukee's most popular and memorable ethnic festivals. And as Indian Nation's largest cultural celebration of its kind, Indian Summer Festival has become a gathering place for Native people from all over the US, Canada and beyond. Ann Penn-Charles, Joanne Harrison, Thomas Jackson, Chuck Harrison Jr., Sharon Pullen, and Gary Jackson represented the tribe at the festival. One festival participant posted the following comment on the Quileute Nation website:

**Holly Sweet-Funk** *"Thanks for sharing your dances and culture at the Milwaukee Indian Summer Festival. We were able to enjoy your singing and dancing and sharing on Sunday, 9/12. Two of my little daughters loved being on stage with you and learning the "owl dance." :) They talked about it all the way home. But most of*

*all, thank you..."*

Congratulations and much appreciation to the group for their participation in the festival and for sharing the true culture and tradition through dancing and songs. This is the second year that the Quileute have participated. The festival organizers thought the Twilight fans as well as those attendees interested in authentic representations of native culture would be thrilled to meet the "real wolves of La Push."

We hosted the film crew from UWTV in October. The crew was here to conduct interviews for a show that will benefit the UW Foster school of Business. The show is described by Michael Verchot, Director of Business and Economic Development Center for the UW Foster School of Business. This series, rooted in academia, will provide many teachable moments and these moments will be rooted in a creative entertainment approach. Each of the 8 thirty minute episodes will focus on a specific topic, looking at it from all different points of view. Each show will be hosted by a professional on-camera talent; specific segments during the 30 minutes will include a History Lesson, Q&A of a business leader, Point / Counterpoint, Stories from the Field (current students, Foster alums) and a quiz (to be completed via a special micro site

that will be developed). The focus of the Quileute piece is the work that Nick Myers did this summer as the marketing intern for the e-commerce site. Many, many "Thanks" to **Ms. Lela Mae Morganroth** for accommodating a request to film her sharing and explaining the basket weaving process. This is yet another wonderful opportunity to showcase the beauty of La Push in an educational forum to share with the world. Thank you again to the Quileute Tribe, UWTV, the Foster School of Business and Nick Myers, Ms. Lela Mae Morganroth and Emily Foster for your participation in this event. I will keep you posted regarding the release date of the piece.

I would like to remind everyone that I am still looking for tribal members interested in appearing on camera for the MSN video public service announcement about "Etiquette in Indian Country". Please contact me at [jj@jtalentgroup.com](mailto:jj@jtalentgroup.com) or 206-388-9200, if you would like to appear on camera for this piece. Also, if you are interested in participating in any of the media requests I receive, I would appreciate your help.

It is my pleasure and honor to serve you. It has been a wonderful beginning to Fall!

Jackie Jacobs

### Activities for Seniors

Join in on activities at the Senior Center:

Sit & Be Fit is a chair workout led by Judy Norton on Mondays, Wednesdays, and Fridays from 12 p.m. until 1 p.m.

After the workout session, there will also be various activities such as games, movie screenings, and bingo. For more information, contact Jamie Hart at 374-5095.



### Assembly of God Announcements

La Push & Forks Assembly of God and Sequim Aglow are inviting the Ladies of La Push to join us for a cultural exchange at dinner, November 8<sup>th</sup> at 6 p.m. at the Tribal Office West Wing.

La Push Assembly of God invites you to a "Revival in La Push" with special guest speaker Tom Valtierra on November 13<sup>th</sup> - 17<sup>th</sup> at 6:30 p.m. each night. Saturday November 13<sup>th</sup> will kick off with a potluck.

## The *Other* Counselor's Corner



I'd like to take a moment and talk a little about depression. Over the years, I've come to the conclusion that many people have a serious mis-

conception about depression. People often think the only way you can be depressed is if something bad or traumatic happens to you. This is NOT TRUE! *Sometimes depression just exists!* And it exists without an obvious reason! Certainly it is true that when bad things happen, we feel bad. And it is certainly true that we can be overwhelmed with feelings of grief or sadness. Sometimes we can be filled with so much grief that it can be difficult to go on with our normal daily routines. But this is not the only way that depression works. In my experience, depression can be one of the sneakiest conditions there is. There's a word in the dictionary called *insidious*. It means treacherous, hidden, hazardous,

sneaky, dangerous and waiting to entrap. That's what depression is like for some people. Sometimes depression can be so nasty it robs you of your joy. And it's so darn sneaky that usually the one who is being robbed is the last person to know.

I vividly remember working with a young woman about 15 years ago. Her absolute favorite thing to do was go swimming in the community pool. But she stopped going. She couldn't bring up the energy to even go do her favorite thing! She had two sisters who one day made her put on her swimming suit, made her get in the car, and physically tossed her into the pool. She told me that once she was actually in the water, she began to swim and actually enjoyed her evening out of the house. But she couldn't find the energy that she needed to get there on her own. That's how sneaky and nasty depression can be. So if your friends tell you they wonder if you might have some depression going on – *pay attention to them!* They might be seeing you more clearly than you can.

Research suggests that about

14 of every 100 Americans will experience a serious bout of depression in their lifetime. Research also indicates that talk therapy can help. So can medication – but for many people counseling or talk therapy is a good first step. It offers the advantage of no drug side effects and may provide some skills that people can use over their lifetime. But counseling or talk therapy isn't always easy. And sometimes it's not pretty either. Sometimes the things that are hardest to talk about are the *most important* to talk about. But research suggests that people who stick with talk therapy for at least seven sessions had significantly better outcomes than those who went to six or fewer sessions.

If you want more information, there's an excellent article in the July 2010 issue of Consumer Reports. They have a copy up at the Library in Forks. You can also come in and see me at the Quileute Health Clinic and I'd be glad to explore this further with you. Thank you.

-Norm Englund (374-4320)



The Washington State Patrol checked child safety seats at the La Push Clinic on October 13<sup>th</sup>.

### Child Safety Seat Use Chart

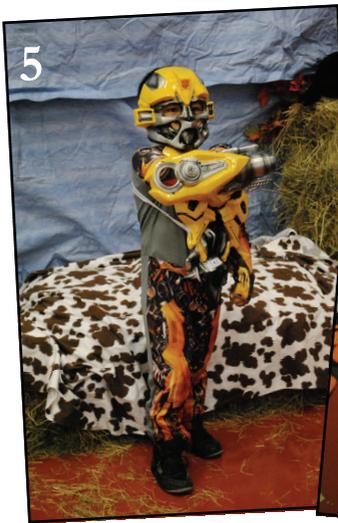
	Infant	Toddler-Preschooler	Child
<b>Weight</b>	Birth to 1 year Up to 35 lbs. <i>*Varies per restraint</i>	Between 20-40 lbs. AND over 1 year	Over 40 lbs. up to 100 lbs. <i>*Varies per restraint</i>
<b>Type of Seat</b>	Infant only OR Convertible in Rear-facing position	Convertible or Forward-facing seat	Belt Positioning Booster Seat (Lap only belts exempt)
<b>Seat Direction</b>	Rear-facing only	Forward-facing	Forward-facing
<b>Always Make Sure</b>	Harness straps <b>at or below</b> shoulder level	Harness straps <b>at or above</b> shoulder level <i>(Top slot usually required)</i>	MUST be used with both lap and shoulder belt
<b>Law: Visual Inspection</b>	Up to 1 year old or 20 lbs. Must be rear-facing	Up to 4 years old or 40 lbs. Must be in forward-facing seat with a harness system	Up to 8 years old or 4'9". Must be in booster seat using a lap shoulder belt when available

### Pictures from Halloween



1. Tribal employees dressed up for a costume contest at work. 1<sup>st</sup>: Trina Black, Stick Indian. 2<sup>nd</sup>: Monica Henry, Themis. 3<sup>rd</sup>: Cody LeClair, Devil.  
 2. Head Start trick-or-treated at tribal departments on Thursday, October 28<sup>th</sup>.  
 3. Sylvia Gonzalez played a part in the Haunted House.  
 4. High school and middle school students organized a Haunted House at the Community Center. They raised almost \$250 for field trips. Sylvia Sheriff, Clarissa Black, and Tiara Pullen are pictured here.  
 5. Theo Penn, Jr. poses as Bumble Bee from Transformers.  
 6. Derrick Benally Jr. shows off his Spongebob Squarepants costume.

7. The fishing game was popular at the Kids Halloween Carnival.  
 8. Beronica Galeana-Penn takes another turn at "Bowling for Ghosts" during the Carnival.



## Meet the new employees



My name is **Stacy Fournier**, and I'm honored to be the new 7<sup>th</sup> and 8<sup>th</sup> grade teacher at the Quileute Tribal School. This age group is one of my favorites; I really appreciate the

honesty and the challenges of young teenagers creating a new world. My goals this year are to

get to know the students and their families, to create a fun learning environment, and to learn about Quileute culture and language.

I was born in Oregon, grew up in Mississippi, and then lived in Aberdeen from age 16-18 and Seattle ever since, so I consider myself Northwest-born, but Southern-raised. In my free time, I like to bicycle, kayak, hike, read, and play the piano. Previously, I wrote Unix code for seven years

for a seismic data library at the University of Washington, taught English Language Learners (ELL) in Ecuador and Seattle for five years, and taught Language Arts at Shoreline and Auburn high schools. I enjoy teaching Language Arts the most: sharing reading experiences, discussing viewpoints, and making stories relevant to new generations.

Hi everyone, my name is **Angel Dunbar** and I was hired this year as the para-educator for the QTS middle school class. I love working in Mrs. Fournier's classroom because the kids keep me on my toes. My responsibilities include assisting the teacher, doing one-on-one tutoring, and running fundraisers so the children can go on field trips and do other activities that are not in the school's

budget. My favorite subjects to teach are math and reading. My goals for the year focus on the students, because I want to better prepare them for high school.

Outside of my job at the tribal school, I am busy doing my own homework. Last June, I received my Associates in Arts general transfer degree from Peninsula College, and I am currently

pursuing my Bachelor's in Psychology and plan to be done by spring. In my free time, I love hanging out with my family and friends and trying to stay busy.



### Harvest Dinner

The Quileute Head Start Harvest Dinner will be on November 19<sup>th</sup> at 5 p.m. at the Akalat. Join us for dinner and a silent auction to raise money for Head Start trips and activities!

- Dinner:
- Tamales
- Indian Tacos
- Rez Dogs
- BBQ Ribs
- Ham
- Chicken Enchiladas
- Spanish Rice
- Green Salad
- Mashed Potatoes and Gravy
- Jello
- Pies
- Other Desserts

### CERT Training



Community Emergency Response Team training was offered in La Push in October. Those who took the class learned the proper procedures and precautions needed to take in order to respond to disasters. At the end of the workshop, everyone received a duffel bag with CERT gear, and they put their training to action. A mock earthquake with live victims was set up on Thunder Road. Anybody can take the class. Look for future notices since Quileute is planning on having another CERT training course.

## Quileute Tribe

# Happy Birthday to Enrolled Quileute Tribal Members

## November Birthdays:

Ronald Penn Sr.	1	Wilbur Ward	11	Erica Fonzi	23
Eugene Jackson Sr.		Lillian Boyer		Johnathon Schmitt	
John Ramsey	2	John Dailey IV		Roger Jackson	24
Tracy Eastman		Isaac Schmitt	12	Ardis Pullen	
Michelle Ward	3	Janet Bender		Dakotah Smith Jr.	25
James Salazar		Kenneth Black	13	Raylee Ward	
Wanda Black	4	Tonya Harrison		Theodore Colfax III	
Sharon Pullen		Camille Casto	14	Winston Kaikaka	
Justin Jaime		Dylan Shepherd	15	Geraldine Sisneros	26
Michaela Christiansen		Stephen Smith III		Arnold Black Sr.	
Jenny Black	6	Wesley Schumack	16	Teresa Vazquez	
Susan Trainor		Teela Sablan		Jodine Todd	
Jacqueline Smith	7	Jerome Eastman		Chad Foster	
Marion Jackson		Cirilo Lopez		Roger Jackson Jr.	27
Shayla Penn		Petty Ward		Nancy Williams	28
Frank Cooper	8	Samantha Brewer	17	Tallulah Meneely	
Charlotte Jackson		Bernadette Rasmussen	18	Donny Williams	
Maw-the-they Jackson		Kayla Conway-Jackson		Amari Penn	29
Jordan Remington	9	Bernice Jackson	20	Mary Coberly	30
Brandon Pappas		Teresa Payne		Terry James	
Nicole Wilcox	10	Tonya Garcia	21	Darrell Long	
Joe Black		Marian Schumack	23	Dakotah Smith Sr.	
Kasarah Henry		Cody Woodruff			
Esau Penn	11	Larissa Roldan			

## Fire Safety at October Family Fun Night

The Youth and Family Intervention program would like to thank the La Push Fire Department for their educational speech and demonstration on fire safety at October Family Fun Night. Families were shown how to properly use a fire extinguisher on a live fire (which was controlled under the supervision of the fire department.) After the demonstration, the children were excited that they were allowed on the fire engine.

