

October  
2010

# bá.yak The Talking Raven

A Quileute Newsletter



Vol. 4, Issue 10

Emily Foster/**BAYAK Editor**

## Look for new Quileute merchandise soon!

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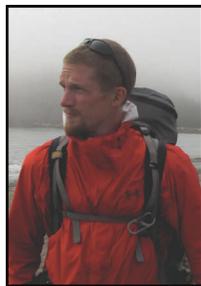
THE **DEADLINE** FOR ALL SUBMISSIONS TO BE CONSIDERED FOR PRINT IN *THE TALKING RAVEN* IS THE **3<sup>RD</sup> FRIDAY OF EVERY MONTH.**



The tribe has ordered new merchandise utilizing the photos from the 2010 photo contest. You will soon be able to find the items at Oceanside Resort and the e-commerce website: [www.quileute-store.com](http://www.quileute-store.com).

Items include mugs, water bottles, notebooks, post-cards and blank note cards. The 1<sup>st</sup> Place winner from the photo contest, "Quileute Sunset" by Daniel Kelley, is the image featured on the mugs, water bottles and notebooks.

## Man hikes from Daytona Beach, FL to La Push



After 11 months of hiking cross-country, Adam Klaffky, 25, of Kensington, MD has reached his destination of La Push, WA. The journey began at Daytona Beach, FL on October 13, 2009 and ended in La Push on September 13, 2010.

This hike was a personal challenge for Adam. He states, "I wanted to do something that wasn't easy. A lot of people doubted it." Adam first got the idea to hike across the country while he attended school at the University of South Carolina. He was origi-

nally training to enlist in the military, but was disqualified due to medical reasons. Adam then shifted his focus to a hike across America.

Adam faced intense weather conditions on his hike. He had a rough start in Florida because of the heat and humidity. While Adam was walking along the Gulf Coast, Hurricane Ida formed and battered the region. Texas also had an unusually cold and windy winter with lots of snow. The only time Adam rode in a car during his trip was while crossing a bridge on the Mississippi River. A police officer pulled up and ordered Adam to get in because it was unsafe for pedestrians without a shoulder or sidewalk.

Along the way, Adam

says he met a lot of nice people who offered warm meals and a place for him to stay. They shared stories and the strangers he met were always more than willing to help. Adam describes his interaction with so many different people as uplifting.

Adam has visited La Push twice before, and chose this place as his ending point because of its beauty and his love for the Pacific Northwest. In his childhood, Adam and his family vacationed in La Push at the resort.

Adam adds, "I think I got a lot of perspective on life. It may sound corny, but I realize what's important and not taking things, especially people, for granted."

## From the Desk of Chairwoman Counsell-Geyer



Photo by Cheryl Barth

Há'ch ʔax<sup>w</sup> sisáʔ wa k<sup>w</sup>opłáktiya. It was exciting to have members of Quileute Tribal Council and our Executive Director be present at a fundraising luncheon for Senator Patty Murray in Seat-

tle. We had the privilege to hear President Barack Obama speak. This event was heavily attended by tribal leaders from across Washington state.

After thoughtful consideration for the safety of the Coast Guard and our fishermen, we are working on the installation of lights on James Island. Rather than run electrical lines from the beach again, we have approved the proposal of utilizing a helicopter to set up a generator on James Island. Weather permitting, expect work to be done by November.

Phase one of three phases have been completed on Cemetery Road. The paving is finished, and the next steps will enhance the curbside to provide safety in addition to cultural artwork.

I would like to recognize and thank Monica Henry, Nicole Earls and Marcy Jaffe for their work on the Coordinated Tribal Assistance Solicitation through the U.S. Department of

Justice. The tribe received funding through DOJ to enhance services of the Quileute Tribal Court, to fund domestic violence advocacy, and to purchase necessary equipment for the police department.

After Tribal Attorney Kyme McGaw, in partnership with Monica Henry, completes the SORNA and criminal codes, look for announcements about the Public Comment Period. Kyme McGaw has also been working on the Quileute Family Code. An important addition is the development of an Elders Panel, consisting of five volunteers, three of which will make a quorum. This code should be brought to Tribal Council before the end of October to also be submitted for Public Comment Period.

We have seen the need to apply for more funding, so the tribe has contracted with grant writer Larry Burtness. He previously worked as a grants writer for four years at the Hoh Tribe. Larry and I traveled to Washington DC on September 27<sup>th</sup> through the 30<sup>th</sup> looking for additional money for Human Services and other projects focusing on language and community and economic development.

In the interest of promoting art and preventing substance abuse, Council, TANF, and QTS have developed a cooperative cultural activity. Funding has been made available to support the services of Lummi carver David Wilson. He has been doing a

wonderful job with the students and has brought a lot of passion for carving to our community. The carving shed is open Thursday and Friday evenings for the public and all day Saturday for the public, while students work with David on Thursday and Friday afternoons at the tribal school. We plan on having David here at least through December.

And for our seniors, Council is supporting monthly field trips. Please be on the look out for notices about future trips. If you have any ideas for trips, feel free to call Lisa Hohman-Penn and Kristi Williams at the Senior Center to suggest those ideas.

And finally, on behalf of Quileute Tribal Council, I would like to thank Jackie Jacobs and Barbara Brotherton of the Seattle Art Museum, including the SAM Board of Trustees, for the opening of the Quileute exhibit. There has been positive feedback from visitors as well as from those connected to our people, thanking us for doing such an exhibit—one that educates people on our heritage, tradition, and our ancestral lineage in a respectful manner versus what people read in "Twilight."

Liʔátskalʔax<sup>w</sup>

Anna Rose Counsell-Geyer

## October is Domestic Violence Awareness Month

Purple Domestic Violence Awareness ribbons (free) will be available at the Department of Human Services starting on Oct 1<sup>st</sup>—stop by and pick one up!

DV Awareness Information & Displays will be located throughout the community during the month of October:

**October 1<sup>st</sup>** from 12 p.m. to 12:30 p.m. – Community Awareness Walk (meet at Lonesome Creek Store)

**October 7<sup>th</sup>** from 12 p.m. to 1 p.m. – film, "Listen To the Grandmothers" at

West Wing (bring your own lunch)

**October 12<sup>th</sup>** from 6 p.m. to 8 p.m. – Dinner & a Movie (food provided); film, "Sin By Silence" at the West Wing

**October 21<sup>st</sup>** from 6 p.m. to 8 p.m. – Anti-Violence Slogan Pumpkin Carving & Decorating at the Community Center

**October 25<sup>th</sup>** from 12 p.m. to 1 p.m. – film, "Sin By Silence" at the West Wing (bring your own lunch)

**October 28<sup>th</sup>** from 4:30 p.m. to 6 p.m. – "Catch The Dream of Ending Domestic Violence" Dream Catcher making at Department of Human Services

## Johnson O'Malley Funding

JOM funding is available for students for school-related costs, up to \$70 per student. Examples of school-related costs: ASB card, sport shoes, school supplies, etc. Contact Frank Hanson for more information at 374-5700.

## Elder Feature: Russ Woodruff

Born on June 24, 1941 to parents Fred and Sarah Woodruff, Russell James Woodruff, Sr. has lived in La Push all his life.

For Russ, the only exciting part about school was participating in the sports programs—football, basketball, and baseball. When he was in elementary school, his parents had to take him to the bus everyday so he would not skip school. Later on in middle school and high school, sports motivated Russ to keep his attendance and grades up. Russ recalls the time when the lights were installed on the football field, saying, “We felt like professionals, but it still rained a lot.” He also explains that it was difficult to find a ride home after games and practices because there was hardly any traffic going from Forks to La Push after 5 p.m.

After dropping out in 11<sup>th</sup> grade, Russ went on to work in the logging industry. Following this job, he worked for Public Utilities in La Push for 19 years. Russ says, “I didn’t even know I worked there for that long until they awarded me. I don’t keep track of time.” Afterwards, Russ was elected to Tribal Council.

Russ explains that his most difficult job was serving on Council. He faced many challenges, such as negotiating with Olympic National Park to change the Quileute Reservation’s northern boundary. Although discussions are still ongoing, Russ is proud of his accomplishments in regards to the Quileute enterprises. The tribe built Lonesome Creek store and the National Park Service put Ocean Park Resort (renamed Oceanside Resort) and the land it sits on back into the tribe’s possession. Part of what has

made Russ successful is that he lives his life based on the best advice he ever received—the same advice he gives others: *Be honest*. Russ says, “Honesty is worth more than a hundred dollar bill.”

Now that Russ is retired, he enjoys the outdoor life of fishing and hunting. He also loves to spend time with family and watch his grandchildren play sports. And although he occasionally enjoys going to casinos, he is glad the Quileute Tribe never made gaming a priority, and instead focused on tourism.

On living in La Push his entire life, Russ states, “It has probably been better than living in New York or Los Angeles...I wouldn’t change it for anything. When I look out at James Island on a sunny morning, it makes me feel like I can just reach out and touch it. It’s a beautiful site to wake up and see, and I don’t need to travel to see it.”



### The Talking Raven

A monthly publication of the Quileute Tribal Council

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### Quileute Tribal Council

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Vice Chair

Carol Hatch  
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Bonita Cleveland  
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Tony Foster  
Member-at-Large

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## Department Updates

### Personnel Department

The Executive Director has implemented an Employee/Community Member Recognition Program. Anyone can nominate an employee or community member for their contributions. Please submit nominations to the Personnel Department. Winners are randomly drawn at the monthly Leadership Meetings, usually held the third Wednesday of every month.

Congratulations to Crystal Matson and Beverly Loudon for being selected as Employee and Community Member of the Month for August 2010.

### Transportation/Planning Department

Congratulations to Emma Wegener for winning the bus shelter design contest. Tribal Council chose her design concept, which will be carved on the new bus shelter located in the lower village.

### Health Clinic

The roof and heating system at the Clinic will be under construction for six to eight weeks.

### TANF

Starting October 6<sup>th</sup> the TANF department will not be seeing clients on Wednesdays from 8 a.m. to 12 p.m. They will be using this time to transition cases into an updated database. Clients should be aware that during this time caseworkers will not be able to process support services or grants, take calls, or see clients in the office. Please contact Nicole Earls with any questions or concerns.

### Senior Center

Please return all blue to-go containers.

Special thanks to fisheries for donating fish and a big thank you to David Hudson, Jr. for his beautiful engraved fish sticks he donated to the Seniors.

Look for upcoming notices regarding bingo games at the Senior Center as well as exercising sessions led by Judy Norton.

### Surveys for Seniors

If you are Native American and 50 or older, please contact the Senior Center or Human Services to complete a survey – *funding for the Seniors' program is dependent on this survey!*

### 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.

### Car Seat Safety Check

There will be a Car Seat Safety Check on Wednesday, October 13<sup>th</sup> from 10 a.m. to 2 p.m. at the Quileute Health Clinic parking lot.

Stop by to get a safety check for your children's car seat. There will be infants/convertible/booster seats for replacement if needed. You must bring your child and the vehicle you are driving in order to get a replacement.

THERE WILL BE ONLY 1 (one) car seat given to each QUILEUTE child. If the parent elects to have the car seat issued to a grandparent/guardian, then the parent of the child must sign a release to allow said individual to obtain the car seat.

If you have any questions, call Lesa Whorton at 374-4723.

### Seniors attend first field trip

Nineteen seniors and three chaperones went on a field trip to Suquamish and Puyallup on September 16<sup>th</sup> and 17<sup>th</sup>.

On the first day, the group stayed at Kiana Lodge in Suquamish and attended a luncheon for elders. Approximately 300 people were at the event.

When the Quileute seniors went to a luncheon in Puyallup the

next day, they were treated to a comedy show at the Emerald Queen Casino. "Margaret Jackson said she had never laughed so much in her life," stated Lisa Hohman-Penn, Senior Center Cook.

Look for notices on upcoming trips. If you have any ideas for field trips, please feel free to submit your ideas to the Senior Center.



Pat Matson and Mary Eastman are pictured on the Seniors' field trip.

Photo by Ruth Jackson

## Water Fluoridation: Benefits Seem to Outweigh Risks

Even though water fluoridation was approved years ago by Quileute Tribal Council, it was not implemented. The current Council is reviewing the arguments for and against the addition of fluoride to the tribe's water supply. They have yet to come to a decision. Although water fluoridation has not been implemented, adopting water fluoridation will benefit tribal members' dental health.

"The Quileute Dental Clinic fully supports water fluoridation. Developing teeth absorb fluoride when it is present in drinking water, making teeth more resistant to cavities," states Dr. Stephen Canale. He continues, "It only takes a very small amount, but it's enough to have a noticeable effect on tooth decay." Dr. Canale also adds, "Because of the low concentration, fluoride in the water will only benefit developing teeth for babies and children—NOT adults. However, the benefits are long-term, affecting teeth well into adulthood."

In a 2005 report by the American Dental Association (ADA), the ADA states they "Continue to endorse fluoridation of community water supplies as safe and effective for preventing tooth decay. The support has been the Association's position since policy was first adopted in 1950."

Indian Health Services (IHS) also reported on community water fluoridation in 2007, stating, "Water fluoridation continues to be one of the safest, most cost effective prevention programs." The Center for Disease Control (CDC) estimates, "About 184 million people [in the U.S.] now are served by fluoridated public water

systems."

However, at higher levels there are greater risks of adverse effects such as enamel fluorosis, which is the staining of teeth that varies from tiny white spots to brown stains. (CDC) To reduce risks and ensure fluoride levels are optimal, the water must be closely monitored. Optimal levels of fluoride range from 0.7 parts per million to 1.2 parts per million. (IHS)

There are also claims of fluoride causing cancer and various disorders and diseases. In response to these claims, the CDC states on their website, "The weight of the peer-reviewed scientific evidence does not support an association between water fluoridation and any adverse health effect or systemic disorder."

In La Push, water fluoridation levels would be monitored by Public Utilities, in addition to the chlorination levels they already measure. The staff would be trained on how to test the water and maintain equipment. Depart-

ment Director Danny Hinchon has experience monitoring these levels when he worked for the City of Forks. Danny says, "From my understanding, Forks has had fluoride [in the water] since the 1960s."

Water fluoridation is backed by supporters such as the American Dental Association, Center for Disease Control, and Indian Health Services, with over 60 years of studies and research indicating the benefits outweigh the risks. It has been identified as one of the greatest achievements of the 20<sup>th</sup> century in regards to public health. (CDC)

Sources:

American Dental Association: [www.ada.org/sections/professionalResources/pdfs/fluoridation\\_facts.pdf](http://www.ada.org/sections/professionalResources/pdfs/fluoridation_facts.pdf)

Indian Health Services: [www.ihs.gov/](http://www.ihs.gov/) (Oral Health Program Guide: Oral Health Promotion and Disease Prevention, Chapter 4-G-1, 2007.)

Center for Disease Control: [www.cdc.gov/fluoridation/](http://www.cdc.gov/fluoridation/)

### 2010 LAST CHANCE SALMON DERBY

October 2<sup>nd</sup> and 3<sup>rd</sup> in La Push

Entry Fee: \$25

Prizes:

1<sup>st</sup> Place Chinook \$500

1<sup>st</sup> Place Coho \$500

2<sup>nd</sup> Place Chinook \$250

2<sup>nd</sup> Place Coho \$250

3<sup>rd</sup> Place Chinook \$100

3<sup>rd</sup> Place Coho \$100

Largest Bottom Fish \$100

There will be a drawing for prizes for ticket holders at close of derby. Tickets available at Swains Port Angeles, Forks Outfitters, Quileute Marina, and Forks Chamber of Commerce Visitor Center. For more information, call (360) 374-2531.

## Counselor's Corner



Friday, September 17<sup>th</sup> was the first day that the Quileute Seniors held a "Seniors Sobriety Brunch" at the Senior Center Friday Brunch. Ex-

cept for maybe during the Christmas break, the Seniors Sobriety Brunch will be held monthly, on the third Friday. Maybe everybody isn't that interested in this announcement but frankly, the quantity and quality of learnable wisdom that these seniors share is exceptional.

With an open mind and an open heart we are able to absorb such wisdom and from then on use it, but only if we consciously decide to. It's not automatic. You see, some people can talk with wisdom (they have learned from others) yet they are not *living with wisdom*. Yours truly included. But at this brunch we have a core group of seniors that understand and live by wisdom as best they can. To a person, each that spoke was able to

admit their mistakes to the group, their faults if you may. Yet, they also shared their hard-earned wisdom. This event was incredible and it really was an honor to be able to share with, serve and support these Native American leaders.

Ideas were shared by these seniors. It takes wisdom and vast experience to create ideas that make sense. When these seniors speak we should listen. So in the next few months, with enough volunteers to keep their ideas afloat, we will work on bringing their ideas to life.

As for the Quileute Counseling and Recovery Services program, we need the seniors. The seniors want a Court Seniors panel. I think we also need a Quileute Counseling Treatment Seniors panel. Some people/patients in addiction treatment programs can *talk some Recovery* but we do not know if they are *in Recovery*. Besides this, almost all tribes still use a recovery model based in 12 steps. There is nothing wrong with the 12 steps model, but for many Native Americans, your cultures, your drums and songs, your churches and smoke-houses, and your families might be far

more appropriate investments in recovery from drugs and alcohol abuse. Having a senior panel that could work directly with the patient seems like an idea that might be worthy of our investment.

So, maybe the seniors on this panel would review the progress of each person in our program and make recommendations using their knowledge of Quileute/Native American ways. Then we would have the patient come before this senior panel and they could talk to the patients directly. I am very hopeful that we can make this a reality of our program. The seniors' recommendations could then become a big part of the patients' goals on their treatment plan. Frankly, this could become a model program for many of our state's tribes if we can make it a reality. This dream will not happen without many volunteers so please let me know if you are interested.

*Fall is here so enjoy the beauty of this season.* Every day is a gift, be grateful for each one. Blessings to all of you.

-Kevin McCall

### Apple-Oat Bran Muffins Recipe

Yield: 24 muffins/Serving size: 1  
Preparation time: 10 minutes  
Cook time: 25 minutes

#### Ingredients

2 cups whole-wheat pastry flour  
1-1/2 cups oat bran  
2 tsp. baking soda  
1 tsp. nutmeg  
1 Tbsp. fresh or bottled grated orange rind  
1 cup chopped apples  
1/2 cup raisins  
2 cups reduced-fat buttermilk  
1 egg, beaten  
1/3 cup dark molasses  
1 Tbsp. artificial brown sugar sweetener  
2 Tbsp. canola oil

Nonstick butter-flavored cooking spray

#### Method

1. Preheat oven to 350 degrees.
2. Combine flour, bran, baking soda, and nutmeg.
3. Stir in grated orange rind, chopped apples, and raisins.
4. Add buttermilk, vanilla, egg, molasses, sweetener, and oil. Stir together using the fewest strokes that will moisten dry ingredients.
5. Coat muffin tins with cooking spray and fill 2/3 full.
6. Bake 25 minutes.

#### Suggested serving:

1 Apple-Oat Bran Muffin

1-1/2 cups shredded wheat cereal with  
1 cup fat-free (skim) or low-fat (1%) milk

**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

### K'wolhawísti [coal-hah-WISS-tee] "Schoolhouse"

I smile every time I think of the word for school that the old people used to use. They pronounced "school house" as 'coal-hah-wis' and then added the suffix for 'a building' (-ti) on the end. And because the village kids started back to school earlier this month, I thought I'd try to remember what the old timers told me about going to school in La Push in the old days.

According to records in the Alanson Wesley Smith collection at the Wash. St. Library in Olympia, the first school in the village started in 1884, the year after A.W. Smith arrived in the village as Indian Agent and schoolmaster. Classes were held in a small building rented from the manager of the fur buying post, Dan Pullen. Roy and Rosie Black said they heard it was located behind where Leo Williams' house sits. Many of the young men refused to attend that school at first and some families moved upriver and took the kids along to "protect" them. But those who attended had the first exposure any Quileutes had to the three R's (readin', writin' and arithmetic).

The students also got lessons in growing vegetables in the garden plot alongside the school, according to Charlie Howeattle. He said that it was the first time the old people learned how to grow potatoes (KAH-wuts), turnips (tuh-DUPS) and carrots (KAH-lich). At that time, the women used to walk all the way to Forks Prairie with their pack-baskets and digging sticks to harvest bracken fern roots (TSAY-huck). That was a 17 mile walk each way plus all the digging. So, potatoes caught on in a big way and soon every house in the village had its own spud patch. Within a couple of years, the women had stopped digging fern roots completely. Well, that's not totally true, I guess. Hazel Bright, who was the last Quileute speaker who couldn't speak much English and died around 1970, said that when she was newly married, around 1900, her father-in-law Gideon Bright used to get hungry for fern roots. To please him, she would walk up to the Forks settlement and dig up a mess of big roots from brake ferns that grew as tall as horses. Then she'd come home and scrape the roots, grind them into a paste that she made into a loaf and

cooked alongside the fire. Hazel said she remembered, as she called it, "Meestah Smits k'wolhawísti."

But Hazel was too young to remember the original school. Although that first school building survived the fire of 1889, Dan Pullen refused to continue renting it for use as a community school because he was angry with A.W. Smith for not supporting his homestead application for the village site. The school that Hazel remembered was held in a building over by where the resort office is now. And that's interesting because A.W. Smith himself built that building and his wife secretly applied for a homestead patent on the resort area, which was granted. As they say, Smith came to Indian country to do *good* and ended up doing *well*. Classes were held there until just after the turn of the century.

By the time Smith retired and was succeeded in 1904 by Albert Reagan, a new school had been built on a site beside Morton Penn's house, uphill behind where the Assembly of God Church now stands. There was a narrow alley separating the school from the Penn house to the east. That lot was called the School and Agency Reserve, and had been set aside in the earliest surveying and town planning after the fire and establishment of the reserve. A gymnasium was added later on the sea side, connected to the school by a covered walkway. The gym was also used for "Indian parties" (potlatches) and community dances. The buildings lasted until the 1950s, and events continued to be held in the gym. But after World War I, a few children chose to attend the Mora School and were taken to Mora daily by John Rudolph in his launch *The Rita*. They walked to the school building located at Richwine Road. Sarah Woodruff Hines was one of them, and she said, "I felt like a chief with my own yacht going over to school. But it was a muddy road and I walked in bare feet to save my shoes."

Albert Reagan came and taught at La Push for five years (1905-1909). Reagan was interested in Quileute culture, but he wasn't very sensitive when it came to respecting the villagers' ceremonies. Once he interrupted Shaker meetings every 15 minutes to take the pulse of participants. Can you imagine that? He DID keep careful notes about community life, and it was he who had the stu-

dents draw pictures of Indian ceremonies, which he collected and saved. Some of those drawings by the great, great grandparents of today's QTS students are now on exhibit at the museum in Seattle.

After Reagan came W. Bartram (1910-1918). Oldman Fred Woodruff and Roy Black were students under Bartram and said that many kids were afraid to come to school because Bartram had a temper and used a yardstick to point to things on the blackboard and to punish incorrect answers. After Bartram came a teacher called Markishtum for several years.

The school in the village was closed in the late 1930s and the children were bused over to the Quillayute Prairie School. Sophie Whittaker (according to Howard Hansen, the kids called her "Soapy Whiskers") taught grades 4-6 and was principal. Later, kids of all grades were bused into Forks and attended the consolidated school. In the mid-70s, community concerns about claims of racism in Forks led to the funding, construction and use of the current QTS, with the help of a Lutheran native education support agency and Bill Reinecke. Preschool was taught in the village starting in 1970 at the Assembly of God Church and moved to the new Tribal Center when it was finished in 1974.

And that's the story of schools at La Push. But of course, the Quileute young people used to be taught long before there were schools in the village. Young Quileutes learned from their parents, grandparents, aunts and uncles and from watching their leaders. They learned from hearing the old stories that grandmas and grandpas told over and over again at night. They learned how to fish, hunt and harvest. And they learned respect for other people and living things and how to show respect for the spirit world. Lillian used to say, Piṭṭilawó' oli, which means "I'm going to teach you how to do it." [pay-th-till-lah-WOE-oh-lee]. Lillian taught kids for decades and was still teaching when her students' kids showed up in class. And, of course, Franco has been part of the history of Quileute schools for a long, long time. The story continues, eh.

-Jay Powell

## Jackie Jacobs Reporting



We are still in discussions with Deanna Dart-Newton regarding the website “Truth vs.

Twilight” that the Burke Museum is going to launch in October. During one of my initial meetings with Deanna at the UW in May, we discussed the possibility of a “Burke Box” for Quileute. Initially, we discussed having a “Quileute” component added to the current Washington State Box, but I thought it was important to have our own separate box. I am inundated with requests from educators for information on the Quileute and this will be a valuable resource in fulfilling those requests. I was unfamiliar with the details of a Burke Box at first, so for those of you like me, I am pleased to share some details from the Burke museum website about these educational boxes:

### BURKE BOXES

*Burke Boxes are portable boxes of scientific specimens and cultural artifacts*

*for all ages, designed to supplement the study of various topics in cultural and natural history.*

*Over 1,000 incredible artifacts and scientific objects fill our hands-on teaching collections. The sixty-two Burke Boxes, formerly known as Traveling Study Collections, make up the largest resource of its kind in the Pacific Northwest. Topics range across the museum's many disciplines including Native American and Pacific Rim culture studies, earth science, and biological sciences.*

*Each Burke Box is developed by a team of educators and designed to help teachers meet the Washington State Essential Academic Learning requirements. Each box contains background information, object descriptions, and activity suggestions and lesson plans for multiple grade levels and learning styles. Many boxes also contain supplemental books, DVDs or audio, maps, posters, and other useful classroom tools.*

Tasio Endo, a Museology graduate student, is taking credits the next 3 Quarters at UW to work on the “Quileute Box”. An advisory committee will be formed to provide guidance and council to Tasio. It is a thrill to have such a passionate, dedicated person committed to our project! Thank you Tasio!

I am also pleased to share

that the Quileute Tribal Council received a visit on September 9<sup>th</sup> from DeLee Shoemaker, Governmental Affairs Director at Microsoft. We were so excited to share that a community affairs grant that I applied for on behalf of the Quileute Tribal School had been awarded. The grant award is approximately **\$50,000.00** in software that will benefit the tribal school and seniors' programs. I am extremely grateful to DeLee Shoemaker, Kathy Peabody, Microsoft, Frank Hanson, Al Zantua and Victor Velazquez for all their assistance during the application process.

We will be working in conjunction with Microsoft on a video Public Service Announcement entitled “Etiquette in Indian Country” to post on the tribe's website. It is yet another example of the positive ways the Quileute are utilizing the global spotlight that “Twilight” has shown upon the tribe, to educate the world on the true culture and the appropriate conduct when entering a “sovereign nation” in Native America.

It is my pleasure and honor to serve you!

## WWU student finishes GIS internship with Quileute



Matt Etringer, a Land Resource Management major of Western Washington University, took on a Geographic Information System (GIS) internship

with the tribe this summer. The main goal of the internship was to teach tribal youth how to use GIS. Being able to operate GIS is a highly valued skill. Matt also explained that

anybody could use GIS in any field, such as natural resources, public utilities, construction, etc.

After making presentations to Tribal Council and the YOP program, the only youth interested in learning how to operate GIS was Peninsula College sophomore Rio Foster. On Rio's own time, he spent the summer working closely with Matt. Matt explained, “Rio's pretty much a computer genius, so it was easy teaching him how to use GIS.”

Besides teaching GIS, Matt also helped Transportation Planner Keri Shepherd by mapping coordinates and doing inventory for transportation.

Matt enjoyed his time in La Push, saying, “I liked everyone's disposition. Everyone was really happy and pleasant to work with.”

## FHS and FMS Announcements

Jostens is handling graduation announcements, caps and gowns and other senior products again this year. They have left information in the Forks High School front office or you can call them directly at 253-631-3491.

If any of your contact information has changed and you have not contacted the school, please do so. This information needs to be current and correct for mailings and phone calls.

FHS has several new teachers at the high school this year as well as a temporary Vice Principal.

- Al Schele has returned to FHS to be the Vice Principal and Athletic Director this school year until a permanent replacement can be hired.
- Kate Densmore is teaching a computer-based learning lab.
- Katie Moser is in the Special Education Department.
- Melinda Schroeder is the new Humanities teacher.
- Norma Cusanek is the new Family and Consumer Science teacher.

If your student is absent, please make sure to send a note or

call. You can also call the automated attendance line: 374-2353. You will be prompted through the entire phone call. This is available for reporting absences for all schools in the Quillayute Valley School District.

QVSD Parent/Teacher Conferences are scheduled for October 19-22. Those days will be ½ day schedules for the students. Parents who attended Open House in September had the opportunity to sign up for conferences. Secretaries at the elementary and middle schools will call parents to schedule conferences. At the high school, conferences are student led, and their advisors will call parents. It is a good opportunity for parents and teachers to meet and discuss the students' strengths, areas of concern and answer any questions parents have.

Forks Middle School is hosting casual monthly get-togethers with parents to share ideas and suggestions on improving the school. They would like to have all voices represented and hope parents will join in. They are working on making daycare available for future get-togethers. Invitations will be mailed home.

## Attention Community Member Artisans

The Cherish Our Children fundraiser is coming upon us fast. Last year I went around for donations from all the local artists, basket weavers, beaders, carvers, knitters, and other crafters. I came around giving artists such a short notice and did not get many donations.

This year I thought I would get this notice out two months ahead to give more time for artists to work on an item to be donated if interested. If you would like to donate an item please call me at 374-6774 (evenings) so I can put your name on the list. The fundraiser will be held Friday December 3<sup>rd</sup> at the Akalat.

Thank you,  
Stephanie Doebbler

## The *Other* Counselor's Corner



Hello folks... I'd like to let you know that here at the Quileute Health Clinic, we're again offering our program to address the seasonal form of depression

known as *Seasonal Affective Disorder*. Last year, we were able to provide 47 people with either a Dawn Simulator (to wake up to simulated sunlight) or a bright *Light Therapy Unit*. This year, we have funding for approximately 20 new participants!

As we talked about last year, reports indicate that people in northern, darker parts of the world

(like here in La Push!) seem to be more at risk for this type of depression. Scientists suspect it may have to do with our body not receiving enough of the right kind of light. There is also some evidence that waking up to simulated sunlight can help.

The symptoms of *Seasonal Affective Disorder* usually start in the fall and often continue through the winter months. These symptoms include:

- Depressed mood
- Irritability
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping

- Loss of interest in activities you normally enjoy

- Appetite changes or weight gain

Check out the list of symptoms above. If you think this describes you, please stop by and ask about our program! My direct number is 374-4320. You can also see nurse Pat Braithwaite at the clinic and her direct number is 374-7764. This year we will be taking applications which include a brief questionnaire. Because funding is limited, eligibility will be based on the severity of the symptoms.

One last thing, for those of you who participated in the program last year: if you haven't done so already, NOW is the time to dust off and plug in your light units!

Thank you...Norm England

## Meet the new employees



My name is **LaTrina Anne Black**, but everyone calls me Trina. I am so happy to have been hired full-time as the Front Desk Receptionist at the Tribal Office. I have been on-call for this position since April

2010. I enjoy my job here at the Tribal Office. My job includes operating the switchboard and mailroom, doing inventory and ordering supplies, greeting visitors, and any other duties as assigned.

My previous work experience includes housekeeping at the resort, being a care provider for a nursing home near Tacoma, and working for the Quileute TANF pro-

gram. I have also filled in as a TA at Head Start, a cook at the Senior Center, and the front desk at Human Services. People often describe me as responsible and reliable.

In my spare time, I love spending time with my children—I have 6 kids. I also love basketball, volleyball and dancing.

My name is **Julia Davis**. I come to the Quileute Health Clinic as your new Physician's Assistant. It is a big blessing to be here in La Push.

I want you to feel you have a partner in your healthcare, someone who will work hard to provide you with the resources you need to take good care of yourself.

I graduated from the Uni-

versity of New Mexico School of Medicine's Physician Assistant Program in Albuquerque, and have practiced medicine in the Pueblos and Navajo communities of the Southwest.

I have a special interest in emotional and mental health, challenges of chronic illness, and take a special delight in seeing children and elders.

I enjoy the ocean and rivers as part of my own self-care package. In addition, kayaking, drumming, painting, illustrating and hiking help keep me balanced.



I am glad to introduce myself as your new Bus Monitor for the Head Start Department. My name is **Jae Harris**, and I look forward to working with the parents and children of Head Start. Some of my job responsibilities in-

clude getting children safely on and off the bus, securing children in their seats, and making sure parents receive paperwork or assignments.

I am currently pursuing my Bachelors degree in Accounting at the University of Phoenix, and I expect to complete that in 2012. Previously, I worked in the banking industry for five and a half years. After leaving my job, I came to La Push and started volunteering when my

daughter was in Head Start. I became a substitute teacher, and now I have been hired on full-time.

Some of my interests outside of work are: dancing (hip hop, jazz, and ballet), going to powwows with my family where we drum and dance, and I also enjoy spending time with my four children. I am also a proud member of the Umatilla Tribe.

Hello, my name is **Crystal Bender**, and some of my favorite activities outside of work are: cutting wood, spending time with my family, and hunting.

I feel the Quileute Tribal School has prepared me for a bright career in education. As a QTS GED graduate, I have obtained my paraprofessional license through Penin-

sula College. I was hired as the 5<sup>th</sup> and 6<sup>th</sup> Grade Paraeducator, supporting Mrs. Konig in her classroom.

I have worked at the Tribal School on and off for about two years, and I have also worked in housekeeping at the resort. I am so excited to be helping the 5<sup>th</sup> and 6<sup>th</sup> grade kids. My favorite subject to teach is the Quileute language, and

so far the class is doing very well! I hope they can all speak the language like I can.



## Meet the new employees



Hi, I am **Erika Montgomery** and I am the 3<sup>rd</sup> and 4<sup>th</sup> Grade Teacher at the Quileute Tribal School! I graduated from Western Governor's University in Salt Lake City with a Bachelor of Arts in Elementary Education K-8.

Before I came to the Quileute Tribe, I worked for a non-profit doing finance and graphic design, and I have also offered educational support as a Paraeducator. My husband and I would also volunteer for children's ministry and help local churches and communities in that way.

I grew up in Walla Walla, WA, so I am used to small town living, although it was a shock that the

closest McDonalds is an hour away! Recently, I caught my first ever salmon on the Sol Duc River. I also enjoy playing the piano and drums.

The community has been really accepting and kind, and I am excited to be here. Principal Al Zantua has even been taking our staff canoeing, which has been a great experience! If you ever have any questions or concerns, feel free to call or visit me in my classroom!

My name is **Michele Pullen**, and I am not really a "new employee" since I have worked for the Tribal School in the past. However, I was recently hired as the High School Paraeducator; I work in the classroom all day with Dr. Cochran and Mr. Olbert. On some days I also teach English with Mrs. Konig.

I worked for QTS for six years as a teacher, and I was also an ICW Case Worker for three years at

Human Services. I went back to school in Seattle at Argosy University to get my Masters in Mental Health Counseling. My goal is to help the students as much as I can. I want 100% of our senior class to graduate this year.

During my time off, some of my favorite activities include reading, cross-stitching, and taking my kids to the library. I've coached soccer for a couple of summers, and I

have also been learning how to make regalia.

I look forward to this school year and hope it is a successful one for our students!



## Great turnout for Stephenie Meyer Weekend



Approximately 200 people attended the Quileute dancing and storytelling on September 11<sup>th</sup> for Stephenie Meyer Weekend, held at the Community Center. Pictured above, Quileutes invite audience members to dance with them. Lela Mae Morganroth was the storyteller of the night.

## Quileute Youth Per Capita Accounts

Debbie Barker in the Accounting Department is in charge of the Youth Per Capita Accounts. Please contact her at 374-7416 to confirm your mailing address and that your enrolled Quileute child has the per capita application completed and an account set up in their name.

It is important that applications are filled out and these youth accounts are set up. The per capita payments go into a bank account until the child turns 18. If children do not have these accounts set up, they are missing out on money accrued from interest.

**Quileute Tribe**

**Happy Birthday to Enrolled Quileute Tribal Members**

**October Birthdays:**

John Lawrence	2	Billie Wilcox	13	Ethan Sovde	22
Theodore Eastman		Carol Bender		Donald Black-Penn Jr.	23
Joseph Ward Jr.		Julia Black		Caleb Eastman	24
Jaedyn Black		Charles Cleveland Jr.	15	Christian Morganroth IV	25
Louise Hall	3	Charles Penn		Wilbert Sampson Jr.	26
Michael Flores		Helynn Smith		Adriene Rasmussen	
Jade Steele		Sally Bouck	16	Amy Stillwell	
Iris Pullen	4	Sean Black		Christian Penn III	27
Lela Morganroth	5	Justin Brewer		Douglas Reid	
James Gusler		Robert Bouck Jr.	17	David Jackson Jr.	
Garrid Larson		Joseph Trainor	18	Roger Jackson Sr.	28
Morris Jacobson Jr.		Teburcio Tumbaga	19	Douglas Pullen Jr.	
Travis Gusler	6	Benjamin Black		Ivan Eastman	
Shaleigha Payne-Williams		Lance Obi-Williams		Tanner Jackson	
Eugene Jackson Jr.	7	Tammy Herrmann	20	Suzanne Christiansen	29
Archie Black	9	Joseph Casto		Charlotte Casto	
Harley Schumack		Gus Wallerstedt		Larry Jackson Jr.	
Alan Francis	11	Leticia Jaime		Katelynn Wallerstedt	
Ashley Foster		Erika Beck		Seactis Woodruff	
Brandt Ramsey	12	Hilda Rice	21	Naomi Jacobson	30
Rosanna Scheller		Eileen Ward		Christina Black	
Bobbie Coberly		Forest Walker Jr.			

**Children's  
Halloween Carnival**

**October 31<sup>st</sup>**

2 p.m. to 4 p.m.

*QTS Multipurpose Room OR  
Community Center—Look for  
notices.*

For Ghouls and Goblins ages  
12 & Under



**Summer Jam Fest Update**

Congratulations to Vickie Hughes for winning \$5,000 in the Summer Jam Fest weight loss challenge drawing. Tribal Council donated the \$5,000 to encourage healthier lifestyles. There were six participants whose names went into the drawing. Only those who lost 10% or more of their body weight qualified for the drawing.

**Head Start hosts Open House for community**



1



2

1. Brianna shows her mother Felicia Jackson her coloring skills in her Head Start classroom.
2. Roberta Black plays with her grandchildren at the Head Start Open House on September 28<sup>th</sup>.