

# bá·yak The Talking Raven

A Quileute Newsletter



## Quileute General Council



**THURSDAY, JANUARY 17, 2019**

Directors Reports — Open to the Community

10:00 a.m. — 2:00 p.m.

Akalat Center

Directors Reports will be in an informational booth format

**FRIDAY, JANUARY 18, 2019**

General Council Meeting — **Quileute Tribal Members Only**

9:00 a.m. — 4:00 p.m.

Akalat Center

\*Nominations at 10:00 a.m.\*

Lunch at 12:00 p.m.

### Inside This Issue:

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## Wisá Kísbis!

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



*A Note about the Headline:*  
Wisá Kísbis is pronounced wiss-SAH KISS-bis and means "Merry Christmas" in the Quileute language

The Community Christmas Dinner, originally scheduled for December 20<sup>th</sup>, was postponed due to power outage and held the following day on December 21<sup>st</sup>. Santa Claus was in attendance for photos and each child received a gift from the Tribe.

## From Council Chambers



Tony Foster, Zach Jones, Doug Woodruff, James Jackson, Skyler Foster - Photo By Cheryl Barth

lat Center. It is important to note that the arrangement of Directors Reports will be different this year. In the past, we have asked Directors to summarize the work their department has done for the year in 15-minute presentations followed by a brief question and answer session. This year, however, there will be an informational booth setup from 10 a.m. to 2 p.m. at the Akalat on January 17<sup>th</sup>. Directors, and possibly staff members, will be present at their designated table to field questions and inform the public about their department.

*Member at Large Zach Jones: We feel that small groups or one-on-ones with Directors will allow for more time to explain programs, policies, etc. It's efficient and maybe those who are uncomfortable speaking in public will be more comfortable approaching the Director in this format. Anybody in the community is welcome to attend the Directors Reports.*

*Chairman Doug Woodruff: As for General Council on January 18<sup>th</sup> from 9 a.m. to 4 p.m., which is open to Quileute tribal members only, we ask that you please be respectful of others. Please use the microphone—if you are an elder, you may raise your hand, and someone will bring the microphone to you. We hope to have a productive meeting and encourage all Quileutes to attend our annual meeting.*



Chairman Doug Woodruff at the Christmas party prize table

*Treasurer Skyler Foster: Vanir will be the ones hiring subcontractors, working with Parametrix, and overall, keeping us on schedule and on budget. This is exciting news as we move into 2019 and look forward to making more progress with MTHG Project Manager Susan Devine, Parametrix, and Vanir.*

Our Tribal Council attended a Falmouth training on Indirect Budgeting in Las Vegas, NV. It was informational and helped Council in understanding how Indirect cost is determined and how it fits into our budgeting plans.

Directors Reports and General Council are scheduled for January 17-18 at the Aka-

The Community Christmas Party had a great turnout on December 21<sup>st</sup>, even with the rescheduling due to the storm and power outage. Santa Claus was in attendance and there were more than enough gifts for the children. Thank you to the Events Department for organizing another successful holiday party complete with a delicious prime rib meal.

Congratulations to Quileute tribal member, Teela Sablan, on her recent achievement; she earned her Masters of Public Administration emphasizing in Tribal Governance from the Evergreen State College. We applaud you for continuing your education! We would also like to recognize Fish and Wildlife Enforcement Officer, James Salazar, for his graduation from the U.S. Indian Police Academy in December. James, a Quileute tribal member, did an outstanding job at the training center and represented Qui-

leute well. We are happy to have him back patrolling our area.

Two long-time members of the community are leaving. Thank you goes to Pete Breed for his 30 years of service to the La Push Assembly of God. The congregation held a retirement party for him on December 30<sup>th</sup>. Thank you, Pete, for your decades of dedication. And Sue Shane, ARNP, has also officially retired from the health center; we appreciate her 25 years she spent working at Quileute. Women's health was her passion and she made a special connection with her patients. Thank you, Sue.

In significant Move to Higher Ground news, we have hired an owner's representative firm. Vanir Construction Management Inc., which has a local office in Port Angeles, will be helping us with the construction of the new tribal school.

### Heartfelt Condolences

*Our prayers go out to the families and friends of Craig Penn as they say goodbye. May you all find comfort and support at this difficult time.*

*- Quileute Tribal Council*

### In Our Prayers

*Darryl "Sunshine" Obi—you are in our thoughts and prayers as you battle cancer. We wish you love, strength, and healing prayers.*

*Frank Cooper—well wishes to you as you begin your road of recovery. We send our love and prayers.*

*- Quileute Tribal Council*

## Department Briefs

### Court

- Staff completed a 3-day training, the 16<sup>th</sup> National Indian Nations Conference: Justice for Victims of Crime. The training was about how the court can improve response to child maltreatment, support children and families in resiliency, understand historical trauma and how it affects parenting, supporting victims and witnesses through the justice process, evaluating program effectiveness, as well as utilizing background checks to protect the community
- Wellness Program has two participants phasing up this month
- Thank You goes to: Public Works for moving the court offices and adding Christmas decorations to the department
- January 24-25: Tribal Law and Policy Institute will be

providing Quileute Healing to Wellness Court training at our 101 Building location. Contact the court (360-374-4305) in advance for more details if you would like to attend.

- Court was closed on December 20, 2018 due to the power outage; hearings for that day were rescheduled to January 10<sup>th</sup> and January 17<sup>th</sup>. Please call the court if you have questions.

### Natural Resources

- The department welcomes back Fish and Wildlife Enforcement Patrol Officer James Salazar; James completed the Indian Country Police Officer Training Program at the Federal Law Enforcement Training Center in Artesia, New Mexico on December 21<sup>st</sup>
- Harvest Biologist Joshua Baine Etherton has resigned with plans for graduate school; staff held a

going away party for him on January 3<sup>rd</sup>

- QNR and Tribal Council met with US Commissioner, IPHC and other halibut tribes to discuss tribal request for Area 2A TAC for the 2019 season on December 13<sup>th</sup>.

### Human Services

- Organized and distributed Christmas gifts at the Akalat Center on December 18<sup>th</sup>
- Nicole Earls and Annie Crippen attended the Office of Juvenile Justice and Delinquency Prevention 2018 National Tribal Youth Conference in Palm Springs, CA on December 3-4; OJJDP is the granting agency funding the Teen Center Youth Program.
- LIHEAP is available; contact the Human Services department at 360-374-4306 to find out if you qualify for help with heating, weatherization services, and more.

### Police

- 158 calls for service during the month of December
- For 2018, there were a total of 2,512 calls for service
- Reminder to call 911 if there is an actual emergency. Do NOT call the police department or contact officers on their cell phones. It is important to dial 911 in an emergency!

### Health Center

- Continue to have the Women's Talking Circle at the Health Center
- Suicide Prevention/

Awareness Month Walk was held on December 28<sup>th</sup> despite the rainy weather

- New Beginnings promoted #WeNeedYouHere national suicide prevention initiative
- Deborah Hoenig, Advanced Registered Nurse Practitioner (ARNP) is the new primary care provider at the clinic
- Diabetic Support group was held on December 11<sup>th</sup>
- Dr. Whitacre and Dr. Allin from Lower Elwha provided physician care twice in December

## Salazar completes police academy



Quileute tribal member, James Salazar (wearing tan and green) graduated from the Indian Police Academy on December 21<sup>st</sup>.

## Job Club is back!

### "Values & Attitudes/Feedback"

January 15: 2:00 p.m. – 3:00 p.m. at Quileute Human Services

### "Self-Awareness"

January 29: 2:00 p.m. – 3:00 p.m. at Quileute Human Services

### "Social Awareness & Team Work"

February 12: 2:00 p.m.– 3:00 p.m. at Quileute Human Services

### "Resume Intro & Resume Action Plan"

February 26: 2:00 p.m. — 3:00 p.m. at Quileute Human Services

*For more information regarding Job Club, contact Michele Pullen or Barbara Manuel at 360-374-4306*



## Bá·yaḵ The Talking Raven

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Larry Burtness  
Interim General Manager

## Shane retires from the Quileute Health Center



Darla Schumack, Pat Braithwaite, and Sue Shane at the 2015 Health Fair during Elders Week  
Photo by Cheryl Barth

### Submitted by the Quileute Health Center

After devoting more than 25 years of service to the Quileute Health Center, Sue Shane, ARNP, has retired. "After I retired from Forks Hospital, I decided to keep working for the Quileutes because that was my favorite job and the last one I wanted to give up," said Sue.

Sue first began working as a Nurse Practitioner in 1979 and found her passion in women's health and obstetrics. She came to La Push to work soon after the first health clinic was built.

"Sherman Black was the Director and decided it would be good for me to come down to the clinic rather than sending women up to see me," she explained. "Prior to starting in La Push, I was seeing quite a few Quileute ladies in Forks. Sometimes people would trade fish for health care because they wanted to see a female practitioner."

Sue was a strong patient advocate who provided competent and compassionate care to everyone she served; she will be greatly missed by her patients and colleagues.

According to Sue, the

most rewarding part of her career has been helping new parents and their babies. There is no doubt that she took her work seriously, dedicating the necessary time and resources to give her patients the best care possible. She sees value in the La Push community and recognizes the unique culture and way of life of the Quileute people.

In parting, Sue said, "nurturing young families will ensure that the leaders of tomorrow have the health, skills, and strength to carry on these great traditions. Everyone, young and old, benefits from

well born babies and healthy families." Sue's legacy will be longstanding, and Quileute will continue to see the fruits of her labor in services like the mobile mammogram clinic.

She leaves the health center with big shoes to fill, especially regarding women's health. In December, the Health Center welcomed Deb Hoenig, ARNP, as a locum tenens provider trained in family practice. "I felt like Deb, the Nurse Practitioner who is here for a while, would do a great job and it was a good time for me to bow out."

She continued, "I will miss the connections I have made with women and their families. My patients have always been appreciative and graciously shared many of their most important family events with me. And it has been especially nice to work as part of the clinic team—we have had some good times together and I am grateful for those friendships. I feel like the future for the clinic is bright, the leadership is strong, and the people are going to get quality health care. It feels good to leave things in good hands." As for retirement plans, Sue looks forward to spending her free time sleeping in, reading, knitting and weaving.

If you have any healthcare needs, including women's health care needs, feel free to call the Quileute Health Center and make an appointment: 360-374-9035

## Get your flu shot!

### Submitted by the Quileute Health Center

In the coming weeks we will enter the peak flu season, which means you still have time to get your flu shot. In our part of the country, flu season can start as early as October, but we don't see many cases until February when the flu becomes the primary culprit for viral symptoms. Flu season typically lasts through the winter, tapering off in late March or April. Here are a few pointers to keep healthy as we edge toward flu season:

1) Get your flu shot now! This year we have given over 150 flu shots out to the community, including Head Start, Tribal School, and Senior Center, which is a fantastic start. If you want a flu shot, call the Health Cen-

ter and make an appointment. We have flu shots for kids and adults, but remember it takes up to two weeks for your body to build the antibodies needed to protect you from getting sick, so make an appointment as soon as possible!

2) Wash your hands! Utilize hand sanitizer anytime you come in contact with someone who has been sick, before you eat, and after using the restroom. Hand sanitizer is great, but don't forget to wash with soap and water when you get a chance. Preventative hand hygiene is one of the best ways to keep from getting sick because adults can be virus-carriers up to two days before they feel sick themselves, which means that you may feel fine, but you

are still spreading germs that will make people sick.

3) Not all viruses are the flu! Influenza is a virus that causes symptoms like fever, headache, cough, sore throat, muscle aches, and fatigue. These symptoms are the result of your immune system working to kill the virus, but sometimes there is symptom overlap, meaning these same complaints can be caused by other viruses. Similarly, the flu shot doesn't cover against viruses that cause gastroenteritis, also known as "the stomach flu." The stomach flu can bring many of the same symptoms, but is known more for nausea, vomiting, and diarrhea.

4) If you get sick, stay home! If you do end up getting sick

this winter, it is important to stay home, get rest, and stay hydrated. Viruses are small clusters of protein that get absorbed into our cells, so when it comes to getting better we focus on treating symptoms, not the virus itself. This is different than treating bacterial infections because bacteria "stick" to the infected area and ARE susceptible to some medications. The best way to help your immune system work is by drinking lots of water (not soda or fruit juice) and getting as much sleep as you feel you need. If you are concerned about your symptoms, make an appointment or come to walk-in at the clinic from 8 a.m.-9 a.m. Monday through Friday.

Quileute Head Start Presents...

# *Family First Aid Night*

**February 7, 2019**

**5:30 p.m. — 8:00 p.m.**

**Akalat Center in La Push**

No one can predict when a severe injury will happen to a family member, but our goal is to give families the tools to prevent injuries and incidents, prepare for disasters, save lives, and minimize the lasting impact of an injury.

We welcome everyone to join us for a night dedicated to educating families on how to prevent, treat, or respond to medical emergencies, disasters, and other potentially life threatening situations. There will be more than 25 different teams of presenters that will speak about, and demonstrate techniques on, the following topics:

- Choking/Obstructed Airway
- CPR
- Severe Bleeding
- Burns, Hypothermia
- Broken Bones
- Car Safety/Accidents
- Pedestrian Safety
- Seizures
- Distracted Driving
- Domestic Violence
- ER versus Clinic Visits
- Water Safety
- Fire Safety
- Car Seat Safety
- FREE Car Seat Checks
- Concussion
- Medicine Usage/Dosage
- Drug Identification
- Poison Control
- First Aid Kits
- Elder Health and Safety
- Bullying/School Safety
- Community Safety
- Consumer Protection
- Search & Rescue
- Human Trafficking/Child Safety (FBI Liaison)
- 911 Call Booth for Children
- Fitness Safety
- Community and Disaster Preparedness
- Child Abuse Reporting
- and many more.

**There will be a medivac helicopter, ambulance, Sheriff's Department rescue boat, and a fire-truck on site to view!**

**There will also be prize raffles!**

**Dinner will be served at 6:00 p.m.**

*For more information : 360-374-2631*



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



Jay Powell transforming into kwashkwash, the Blue Jay.  
Submitted Photo

**K<sup>w</sup>awiya?aliktiya?at,**  
*Steelhead getting days*  
(quah-wee-yah-ah-leck  
-tee-YAH-aht)

### The First Moon of the Old-time Quileute Year

Last month's Squawk started out with a discussion of how the Old People thought about the moons (months) of the Quileute year. Every time I start an article with the word for the month, I remember hearing the elders laugh as they would rattle off the Quileute names of the moons of the year. But there were only ten months. As I mentioned last month, those moon names more or less conformed to months of the current calendar from January to October. Each was named for the important economic activity during each of those months—for example: steelhead fishing (January), strong salmon spawning time (February), fur seal hunting (March), etc. And a few of the moons were named for some activity that characterized the Tribe's environment: e.g. sprouts moon (April) or spring flower moon (May).

The original Quileute word for the period between the day that the ponds first froze and the day the steelhead started to run a couple of months later was called **baskàlidix**, *bad weather time*. It wasn't the name of a month but rather the name of the cold, hard period of the year when the people seldom left the house and lived off dried and stored food. The winters were long, cold and harsh in those pre-contact times, and starvation was common, as was the death of hunters from exposure since there were no boots and leggings, only fur and woven cedar bark capes back then.

People stayed indoors for a reason, and the Old People calculated their age in terms of the number of winters they had survived.

### Kwashkwash Changes Nests

This has been an interesting month for Vickie Jensen and me. **Kik?atsftilo**, *We are moving* (kee-cuts-EH-th-tee-lo). And after nearly 35 years in the same house, we have a lot of memories and a few things that we will be taking along with us to our new, smaller residence. But much of what we've accumulated will be given to archives, museums, and the Goodwill or other charity.

Thinking about the process of moving in traditional times reminds me that for old-time Quileute families, it was both easier in some ways and harder in others to move. House groups were often composed of

extended families with members representing three or four generations. During the seasonal hunting and gathering excursions, smaller groups would regularly leave for the prairies or upriver hunting, fishing, and gathering grounds. Those moves were normal and relatively easy, in that they knew their winter bighouse would be waiting.

But occasionally, for one reason or another, traditional longhouses would be dismantled, and the long split-cedar wallboards would be bundled and floated to the new location. People didn't have many clothes, no footwear, furniture, pots or pans, toys or towels. The entire set of possessions of a large family might amount to some fur capes and cedar bark vests and skirts, a decorated bentwood box with rattles, whistles, drum, mask or ceremonial gear, some adzes and stone tools for carving, hunting and fishing gear, and very utilitarian basketry for harvesting and carrying things and for boiling water. To that extent, moving was simpler in traditional times.

However, usually those who were moving would leave the house behind. They would have to camp or sleep in mat-houses and lean-to shelters while they built a new house. That involved finding a site that wasn't already claimed and was flat with no big rocks, but if they were lucky, had trees located right to serve as the two tall corner posts. Then they would add several other posts on each side to support the traditional Quileute house "shed-roofs" that only slanted in one direction. Next, the men would have to find downed or standing cedars and split off planks for horizontal wallboards. The ends of the house had vertical wallboards. All the wall planks, hor-

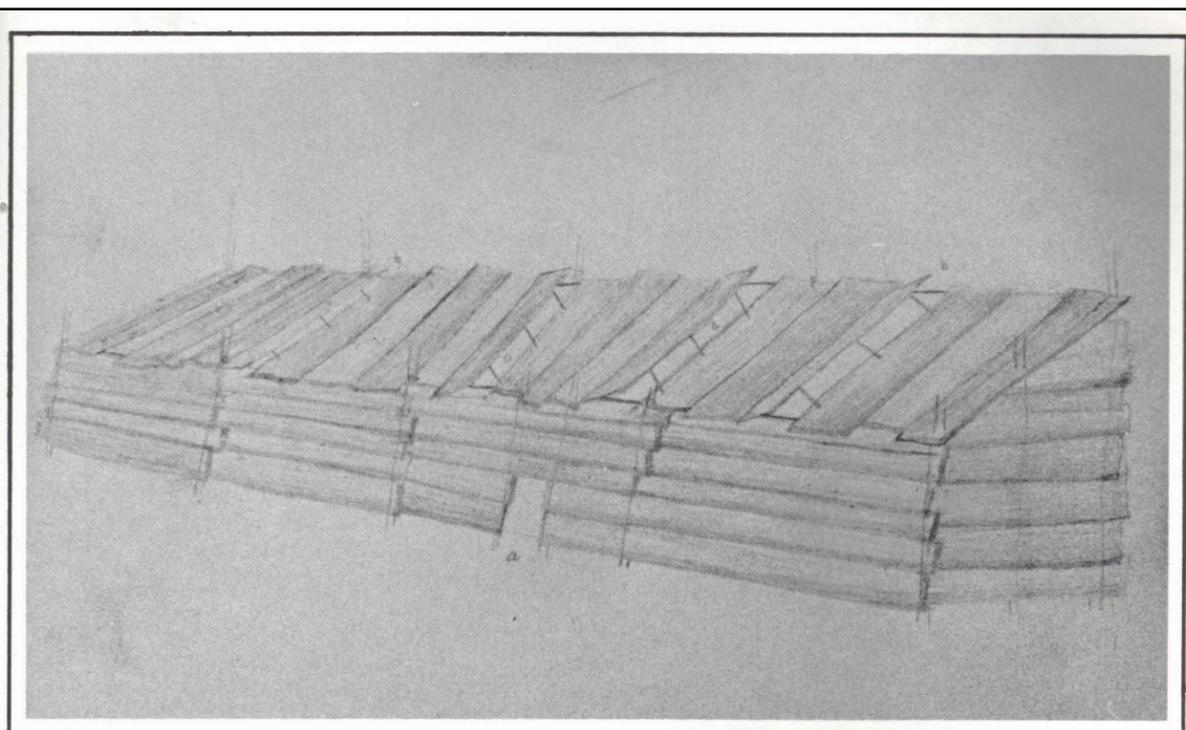
izontal or vertical, were tied in place with twined rope. The walls were commonly five to six feet high on the low side. When the walls and roof were up, the occupants would excavate the floorspace of the house, digging down several feet and carrying the earth out.

Albert Reagan, the teacher at La Push from 1905-9, had his students draw scenes from everyday tribal life. Dozens of these drawings are preserved in his papers at the Brigham Young University archives. I've included a picture that one of the students did of a Quileute longhouse. Indeed, the young artist made the house long, but it appears to be much thinner than the houses actually were in traditional times. Also, the door was almost always in the end with the slanting roof rather than the flat roof.

George Pettitt, who served in La Push in the Coast Guard in 1944 and then studied anthropology at the University of California, described in his PhD dissertation what the elders had told him about traditional tribal architecture. Here's how he described the homes:

*Quileute settlements, like those of other Northwest Coast tribes, had a more permanent and urban appearance than most Indian villages. They were composed of substantially built wood houses. Mr. Harvey Smith, early white settler, estimates that the larger houses were 40 ft. by 60 ft. in floor area. Another estimate (from Curtis's chapter on the Quileute) fixes the floor area of the largest at 50 ft. by 70 ft. The frame was formed by setting up four to six pillars, consisting of heavy logs, with one end sunk into the ground. Across the tops*

Continued on Page 7...



Child's sketch of cedar longhouse. Note ventilation in roof.

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

...Continued from Page 6

of these vertical supports other heavy logs were laid as longitudinal and lateral beams. The roof was formed by constructing a lighter framework on top of the main frame, with a slope from one side of the house to the other like a shed. The roofing was completed with overlapping hand-split planks having a slightly dished cross section so they could be laid like tiles and carry the rain off without too much leaking. The side walls were also constructed of heavy, hand-split planks, laid horizontally, with overlapping edges to keep out rain and wind, all held in place by vertical poles a few inches in diameter, inside and outside the wall, to which the planks were firmly lashed with fiber ropes of spruce root, cedar or other tough material. The end walls were usually constructed by placing hand-split planks vertically and lashing them in place against horizontal stringers. The doors were rectangular, the width of one or two planks. Old men claim that those doorways were covered by doors hung on leather hinges; some say the doors were hinged at the top and were raised and lowered, others that they were hinged at the side just like the doors in modern houses. This last, however, is almost certainly a white-inspired development. The floors were of packed earth, and cooking and heating were taken care of by fires built on the floor. The smoke was allowed to find its way out through cracks in the roofing or, if that was not sufficient, a roof plant was shifted to one side with the aid of a long pole.

According to Esau Penn, a Quileute who lived in one of the old houses as a young boy in the 1870s, the dirt floor inside the house was dug below the surface of the surrounding ground as much as two or three feet. This helped to protect the occupants from wind. Knotholes in the wall and roof planks were customarily filled by cutting a rectangular hold around them and fitting in another piece of wood. Despite these precautions, the house sometimes got very cold and damp in winter, and families would erect a kind of tent or shelter of skins over and around the beds to stop the wind, rain, and occasionally, drifting snow. Esau states that, as a boy, he saw trees being felled and logs split for house construction. The house builder would look for fallen trees first, then seek out trees with hollow stumps and do most of the felling by building fires in the stump. A few men still had stone axes and chisels, but most of them in the 1870s had iron and steel tools. Several of the older

men claim that the Quileute had iron and steels for tools as far back as history goes, long before white traders appeared, because they found metal bolts and nails in driftwood along the beach. Logs were split into planks, however, by driving wedges carved from the heartwood of spruce into the ends of the logs. These wedges were some sixteen inches long and two or three inches in diameter. The butt end of the wedge was strengthened by wrapping it tightly with strips of elk or deer hide. Generally, for this heavy work a large boulder, held with both hands, was used as a hammer.

The old Quileute "big houses" were commonly shared by several families, six families being about the maximum. All slept on plank shelves several feet wide which ran the length of the house against both side walls. Bear, elk, and deer skins were used for bedding. Firewood, weapons, and fishing paraphernalia were piles against or hung up on the end walls of the house. Each family maintained its own fire. In a six-family dwelling there would be three fires on each side of the house, close to the center line. There were no partitions between families, but a low wall of planks was usually built down the center of the house from one end to the other as a back-rest when sitting on the floor.

Thus, as Vickie and I pack, discard, store and move our belongings, we can compare the process we're going through to that of a traditional Quileute family back in pre-contact times. It has been especially interesting to have a chance to go through the thousands of pictures that Vickie has taken in the many native villages where we have worked over the decades. Many of the community members in the photos have passed. But, there are also images of Quileutes who were young when I arrived, and who are now elders themselves.

### Quileute Words of the Week

The Words of the Week for January are the following. We're going to be working on how to talk about someone's relatives.

January 7-13: **Takáfa'a-ha tí'yał?** *Who's that man?* (tuh-KAH-tah-ah hah TAY-ee-yah-th).

Ultimately, you should know all the answers to that question with regard to family members. The phrases are useful when doing introductions in public. We'll do the way to ask about and introduce female relatives next week. The answer to

that *Who's that man?* question is:

**Híxas ti ólo?** *He's my father* (HAY-huhs tee OH-loh). Or you can simply say **Hídas**, *my dad* (HAY-dah-s).

**Híxas ti abá'as** *He's my grampa* (HAY-huhs tee ah-BAH-ahs).

**Híxas ti wá'is** *He's my brother* (a boy's brother, HAY-huhs tee WAH-th-iss).

**Híxas ti chí'íla'as** *He's my uncle* (HAY-huhs tee chee-EH-th-iss).

January 14-20: **Takátik-sa ksa wisafópat**, *Who's that woman?* (Tuh-KAH-tah-ah ksah way-sah-TSOH-paht).

Last week, we learned the pattern for asking who a man or boy is and to respond that the person is a male relative (father, grandfather, uncle). This week we are going to look at asking who a woman or girl is and how to respond that the person is a female relative (mother, grandmother or aunt).

The answer to the question, *Who is that?* if she is a female relative.

**Hiks ti ka?** *She's my mother* (hay-ks tee kah-chs).

**Hiks ti abá'as**. *She's my gramma* (hay-ks tee ah-BAH-ahs).

**Hiks ti tałópats**. *She's my sister* (a man's sister, hayks tee tah-THOH-pah-ts).

**Hiks ti ális**. *She's my sister* (a female's sister, hay-ks tee AH-lis).

**Hiks ti ká'is**. *She's my aunt* (hay-ks tee KA-iss, **á** is pronounced as in cat).

January 21-27: **Ásó čhayó'fa**, *How much is it?* (ah-SO chah-YOH-oh-tuh)

You don't have to use complicated sentences with long words to say things in Quileute. You don't need to puzzle out each sentence in order to be speaking your tribal language. You can memorize short useful utterances like the Quileute question, "How much is it?" And then every time you come up to the checkout at a store, you can use your own language easily... almost without thinking. In a few minutes you can memorize the question, **Ásó**

**čhayó'fa?** and then practice saying it three times several times that day. That way you will have learned a way to use your own language comfortably.

Of course, most people at the checkout, even at the store on the rez, won't know what **Ásó čhayó'fa?** means. But you can smile and say the English meaning right afterward like this:

**Ásó čhayó'fa**, *How much is it?*

That way you would easily be doing what the Quileute Language Program is trying to accomplish. That is to recreate a number of social situations that have become English-speaking interactions as Quileute-speaking situations. It would be a great reinforcement of Quileute identity if every Quileute naturally said, **Ásó čhayó'fa**, *How much is it?* at the cashier counter. It is such an easy habit to learn and develop.

January 28-February 3: **Li átskal ax<sup>w</sup>**. *Thank you* (lee UH-ts-kah-luck-hw).

Last week we suggested that you learn and use the short easy Quileute phrase **Ásó čhayó'fa**, *How much is it?* In the same way, it wouldn't be difficult THIS week to learn **Li átskal ax<sup>w</sup>**. *Thank you*. That way every Quileute would be able to use the traditional language a few times every day and it could quickly become the Quileute way to do things. That's the reason that the Quileute Word of the Week program was developed right after Leta Shale died. It's an easy way to keep the Quileute language in Quileute life.

The last Word of the Week at the end of the December Squawk article was how to wish someone Happy New year, **Wisá Xíksat**. I didn't have a chance to do it on New Years Eve, so I will do it now. To all the Quileutes and readers wherever they may be: **Wisá Xíksat!**

And that's first squawk out of Kwashkwash for 2019. I hope it's a banner year for the Tribe, the surrounding community, and for this planet Earth.

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

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## QTS Students' New Year's Resolutions

### Submitted by Quileute Tribal School 3<sup>rd</sup> Grade Class

Note: Submissions have been left unedited

I will be better at reading by practicing for three minutes every day. And I will not be afraid to be home alone!  
By: Audrianna

I want to get better at riding bareback. I will try harder to hang on.  
Newt

I want earn money by mowing the lawn, chopping wood, raking leaves and other things.  
Gabe

I will continue cooking cake and fruit. My uncle will help me.  
By Peyton

I want to get better at reading. I will read at least 2 minutes a day.  
Brenna

By 2020 I want to be better at basketball like my dad. By 2020 I want to be better at wolf dancing.  
Dusty

I will be better at school by following the rules.  
Tyson

By 2020 I want to be a better dancer and singer like Taylor Swift. I will practice 2 hours a day.  
Kaidyn

I will be better at school and by sitting up paying attention.  
Daki

I will be a better singer by practicing at home. I will not be afraid to sing.  
By Lizzy

I will continue to help other people they er hurt by cooking for them.  
Taylor

## The Power to Inspire

### Submitted by Jordan Jackson

Students in grades 7-12 at Quileute Tribal School have been completing the Dear Evan Hansen 'Power to Inspire' project before they view the performance in Seattle on January 24<sup>th</sup>. Students focus on writing an inspirational letter or poem. They consider universal feelings

everyone has felt at some point in their lives, such as loneliness or sadness, then write words of inspiration and motivation either to a specific person, group, or themselves.

Below, are two pieces developed by different students. We will continue to print letters and poems and we hope they help to inspire the community as much as our

students.

Letters and poems will be printed anonymously unless otherwise requested by the author.

Dear Evan Hansen is a musical performance which tells the story of a young man who has severe social anxiety and struggles to make friends. After the suicide of a class-

mate, he accidentally gets caught in a lie which brings him closer to the deceased boy's family, viral internet fame, and his own sense of purpose.

Parents and families, more information and permission slips will be sent home as the event draws closer.

Hey,

I know that you and I have been through some tough situations, but I just want to say that you're going to be okay. You're not alone! Here's some advice: When you feel sad and/or depressed just think to yourself, your beautiful in the inside and out and sometimes your just going to have to challenge yourself with something. You're powerful and you have some high goals for yourself and nobody is going to stop you from reaching them. If someone tells you that you can't do it just ignore them and that's just going to make you 100 percent better and stronger. They may even be jealous of you because your bigger and better than them. Just keep your head up and push through. I know you can do it! Because if I can do it then I know dang well you can. I know there's going to be some time where you're just going to want to give up. But stop hating yourself for everything you aren't and start loving yourself for everything you are!

I know sometimes you feel alone, and you feel like it's a bad thing to cry and you hold it in all the time but it's a bad thing hold it in because you will just explode and take it out on the wrong person. It's not a bad thing to cry, everyone cries. I even cry when times get tough. Who can help me with the problems? You, you never turned your back on me or told me that "you're not good enough" or let me down and I can trust you just like you can trust me.

I want you to know that you are not alone, and I will always be here for you. You may have made some stupid mistakes, and that's okay, because everyone makes mistakes and we just take those mistakes and learn from them, but that does not mean you should wake up in the morning with regrets. So, love the people who treat you right and forget the ones that don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said that it'd be easy they just promised it would be worth it. Let your smile change the world but, don't let the world change your smile. Don't worry about the failures, worry about the chances you missed when you don't even try. There are no limits to what you can accomplish except the limits you place on your own thinking. But I believe in you and I know you can do it!

## The Maze of Depression

Kevin Ryan

There is a maze in the recesses of my mind

One in which the end I never seem to find

And when my friends come along, I am always left behind

And whenever the end is in sight

I do something wrong even when I do everything right

Will I give up today or fight until my final fight?

I pray is a question I don't have to answer for tonight

I may be the last one who is trapped in here

And the rest of the world wants me to disappear

But I steal my grit and keep my temper checked

Because I know the right way just one of the pathways left

Suddenly a flash and a glimmer of light

And the correct one is the only path in sight

I race forward not caring whether I'm wrong or I'm right

Because I know if I keep at this pace my story won't end tonight

Visit Bayak The Talking Raven Online  
[www.talkingraven.org](http://www.talkingraven.org)

## FREE TAX-AIDE SERVICE STARTS IN FEBRUARY AT FORKS CITY HALL!

IRS-certified AARP TAX-AIDE volunteers will be available again this year to prepare and electronically file your tax returns at the Forks City Hall. The service is free of charge.

The TAX-AIDE volunteers will be available every-other Saturday during the tax season: February 2 & 16, March 2, 16, 30, and April 13, from 10 a.m. until 3 p.m. No appointment is required, taxpayers will be served on a first-come, first-served basis.

The TAX-AIDE volunteers are IRS-certified to prepare most basic tax returns, making sure that the taxpayer receives all eligible deductions

and credits. Whether a first-time taxpayer, a working family, a retiree, or someone who just needs some help to get through your tax return this year—the TAX-AIDE volunteers are here to help you! They do not prepare returns for taxpayers that have income from rental properties, or for taxpayers with complicated business returns.

### WHAT TO BRING:

Taxpayers should bring the following with them to the TAX-AIDE site:

- **Photo ID (REQUIRED!)**
- **Social Security cards for taxpayer, spouse, and all dependents (REQUIRED!)**

- **Copy of 2017 tax return**
- Documentation of health insurance coverage for taxpayer, spouse, and all dependents. Bring Form 1095, if received.
- W-2 from each employer
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-R, 1099-MISC, SSA-1099, 1099-G, 1099-C, etc.)—these include interest, dividend, stock sale, retirement, self-employment, Social Security, unemployment compensation, and cancellation of debt.
- Check or bank document with routing and account numbers, if direct deposit

desired

- Any other documents necessary to complete your 2018 tax return. For example, cost of stock sold, tuition statements, or receipts for itemizing deductions, if applicable.

The TAX-AIDE program is sponsored by the IRS and the AARP Foundation, and is available for low-and-middle-income taxpayers of **ALL** ages.

The Local TAX-AIDE Coordinator for Forks is Hearst Coen. He can be reached at 360-452-6541 or [hj\\_coen@msn.com](mailto:hj_coen@msn.com) if you have questions.

## Help scientists document king tides

### By Washington SeaGrant

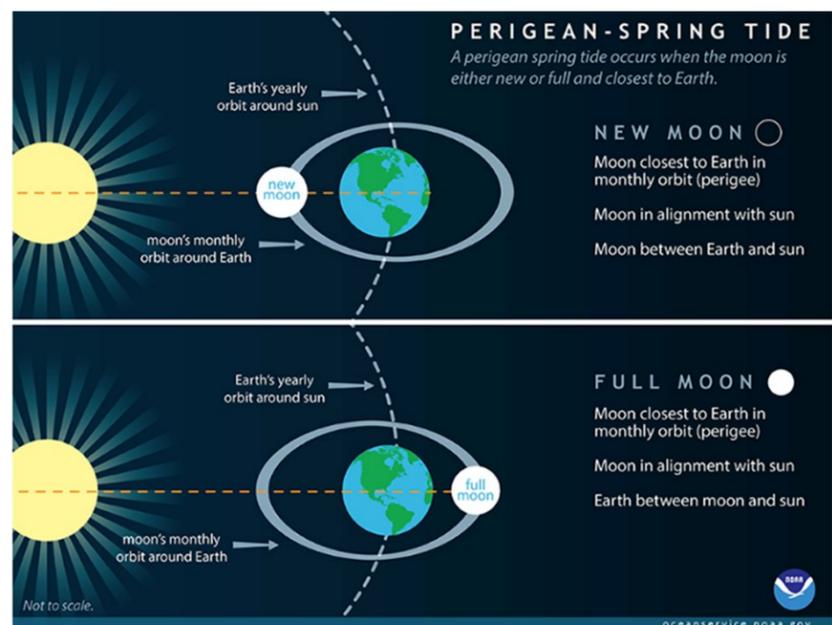
The Washington king tides program invites people to visit the shoreline during a king tide or high water event and take pictures of important waterfront locations in their community. These images help scientists, local planners and decision-makers understand how sea level rise and storm surges affect our infrastructure and ecosystems.

### What is a King Tide?

In the simplest terms, king tide is colloquially used to describe an extremely high tide. Ordinary tides are caused by the gravitational pull between the Earth and the moon; king tides happen when astronomical events

amplify that pull.

These astronomical events come in a couple different flavors. One type of king tide starts with a spring tide, which takes place when the Earth, moon and sun are aligned. While the moon generally has a bigger influence on Earth's tides, the sun also has gravitational effects. When the moon and sun are aligned, their gravitational effects compound, and the high tides become a little higher. Spring tides occur twice each lunar cycle (when the moon is either new or full). These already higher-than-average tides are exacerbated when spring tides coincide with the moon in perigee,



which means the moon is particularly close to Earth and so has an even greater gravitational pull on the ocean. The perigee happens at the same time as a spring tide three or four times a year in both spring and fall, creating the most common type of king tide known as perigean spring tides.

King tides also happen when the sun is closest to the Earth in its orbit – a position called perihelion. The sun reaches this position in early January each year. Similarly, in early July, the sun is furthest away from Earth – a position called aphelion – and the gravitational pull is weakened, resulting in smaller tides.

### King Tide Photo Repository

Please post king tide photos to our photo repository (found online at <https://mycoast.org/wa> or by using the MyCoast app that you may download.)

Please be sure to include the date, time and exact location of the photo in the notes section on the anecdota photo site. It is critical to have this information in order to use the photos. For example, photo information might look like this:

*Photo taken on 1/6/17 at 8:03 a.m. at the Washington Park boat launch in Anacortes*

It is helpful to take pictures where the impact of the tide can be gauged against familiar landmarks that do not move with the tides like buildings, roads, sea walls, and beach infrastructure such as boat ramps, piers and pilings.

### Predicted King Tides in La Push:

- January 20 at 11:07 a.m. 10.6 ft.
- January 21 at 11:57 a.m. at 10.8 ft.
- January 22 at 12:47 p.m. at 10.7 ft.

## Thank You from the Cherish Our Children Committee



Gift Giving Day

Thank you to all the supporters of Cherish Our Children—the volunteers, donors, and those that joined us at the event. Together with your help, we raised the second highest amount in our event history: \*\$24,191! Because of your generosity, 682 children of our communities enjoyed a brighter Christmas this year.

Sincerely,  
The Cherish Our Children Planning Committee

*\*Originally, the total was \$23,091, but the committee was notified they received a \$1,000 grant from Suquamish and an additional \$100 donation from Rio Jaime*

# Happy Birthday to Enrolled Quileute Tribal Members

## February Birthdays:

Edward Foster	1	Glenda Melton	12	Shanna Brewer	19
Jeffrey Rosander		Candice Jackson	14	Jeremy Payne	
Chasity Matson		David Jackson Jr.		Chaleigh Beck	
Balente Pubigee Jr.	2	Marvella Adamire		Jerome Henderson Jr.	
Jordan Foster		David Pubigee		Katherine Ward-Black	20
Vicki Munyon		Demetrio Gonzales		Lisa Reid	21
James Jackson Sr.	3	Dominique Sampson		Donald Reid Jr.	23
David Kaikaka		Kenneth Ward		Christian Morganroth III	24
Carla Fernandez	4	Kaitlyn Lorentzen	15	Saddie Cherry	25
Russell Harrison		Morningstar Jackson		Arnold Black Jr.	
Annalia Estrada	5	Ashley Matson		Harry Jones	26
Duran Ward		Andrea Matson		Marley Zimmerman	
Christina Williams		Steven Ratliff		Soloman Jackson	
Kimberly Bender	6	Priscilla Scarborough		Mark Williams	27
Ronald McNutt	7	Johnathan Sparks		Ahia Jackson	
Rochelle Warner		Darryl Penn		Elijah Jackson Jr.	
Peyton Sablan		Telena Martinez		Lacie Schmitt	28
Alicia Black	9	Randy Jackson Jr.		William Wilken Jr.	
Michael Marshall		Larry Jackson Sr.	16	Noah Foster	
Mario Black-Perete Jr.	11	Anita Wheeler			
Ronald Eastman		Charles Woodruff			
Steven Easter		Neva California-Hobucket	18		
Thomas Williams-Penn	12	James Jaime			

## QTS Merchandise for Sale



The Quileute Tribal School ASB team is fundraising for school events and future conferences by selling sweatshirts, t-shirts, and hats. Pre-orders for merchandise are being accepted at this time. Contact Cody LeClair at 360-374-1152 if you would like an order form or if you have any questions about products, prices, etc.

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

Do you have an idea for an article, an announcement for the Quileute community, or photo opportunity? Please feel free to share your suggestions with:

**Emily Foster**  
(360) 374-7760

[talkingraven@quileutenation.org](mailto:talkingraven@quileutenation.org)

If you have any other general feedback, let us know what you think. We strive to improve your newsletter!