



KEEYOKS

Since 1966

kiyuuq^ws swədəbš

September 2010

the end of an era

Swinomish says good-bye to Qw-Tee-Sa-Luq August 12, 1922 ~ August 27, 2010

Swinomish Elder Chester Cayou, Sr., World War II Veteran, great-great-grandfather, Swinomish Tribal Senator, leader and friend to all, gone but not forgotten.

"He was a great leader; not only in his community but in his family."

-Retired Chief of Tsartlip Thomas Sampson

"Imagine him as a young man going from here, this lovely place, to Europe during war. . . seeing comrades dying. . . freezing. He was at the Battle of the Bulge, and other battles; it's a miracle he lived through it."

"What a privilege that we had 88 years with him. The core of his teaching was loving one another, caring for one another and sharing our love. This is the heart of our culture."

"None of us will ever forget this man."

-Father Pat Twohy

In honor of Chester, "Loving, caring and sharing" is the theme for Canoe Journey 2011 hosted by Swinomish next July.



Chester Cayou's grand-daughter, Aurelia Washington, presents a blanket to Tulalip WW II veteran David Fryberg at the funeral. Veterans from Lummi, Tulalip, Upper Skagit, Nooksack and Swinomish were in attendance.

Marty Loesch, former tribal attorney who now works for Governor Gregoire, praised the bravery and camaraderie of veteran soldiers.

"Chet woke up one morning and couldn't use his legs because they were nearly frozen. Two fellow soldiers helped him out of there; he was sure he'd have died if it weren't for the loyalty of those men who stayed behind to help him. That's what Chet taught: if someone needs help, you jump in and help them no matter who they are. He lived by that."

-Marty Loesch

"We are all better people because of him."
-Brian Cladoosby



kiyuuq^ws

The Seagull



An official publication of the

**Swinomish
swədəbš Indian
Tribal Community**

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- Barbara James, Vice Chair
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Tuk Tuk Luus

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The Keeyoks kiyuuq^ws
deadline for October issue is
SEPTEMBER 15TH
Send items to both Ann
and Caroline (emails
listed below)

The Keeyoks kiyuuq^ws

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**kiyuuq^ws will be available on
the Swinomish website
beginning with the October
2010 issue.**

<http://www.swinomish-nsn.gov/>

The on-line version of Kee yoks will be in full color. The content will be exactly the same as the paper Kee yoks.

For this reason, please be mindful when submitting information or photos that everything published in Kee yoks after October 2010 will also be on the internet and available to anyone, anywhere. Please consider carefully whether anything you are submitting might have information or images that may be of a private or sensitive nature. If you do not want information or images to be available on the internet, please do not send them to us at Kee yoks for publication.

On the cover: Tribute to Chester Cayou, Sr.

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Keeyoks kiyuuq^ws Mission

The mission of the Keeyoks kiyuuq^ws newspaper is to provide monthly communication within the Swinomish swədəbš Indian Tribal Community, near and far. It is committed to serving as an apolitical forum for SITC governing officials and all community members.

CHAIRMAN'S MESSAGE BRIAN CLADOOSBY SPEE-POTS

Our hearts are heavy as we say good bye to a dear friend, Chet Cayou, Sr.

We will remember his genuine smile and out-stretched hand which was sure to always bring a smile and a few good words to your day. The Swinomish Community and the Coast Salish Nations honor a great leader for his kindness, wisdom and integrity for generations.

Swinomish truly is blessed to have had a man who brought together our community both culturally and politically. His dedication to Swinomish was one of a kind, and many of us have benefited greatly from his compassion, knowledge and gentle ways of taking care of each of us. Chet was a strong leader who carried the weight of the community on his shoulders. He shared tough decisions with his family and colleagues on harvesting, investments, social needs, and family concerns. Each decision was based on a common thread: seven generations. His commitment to our community was evident in his actions throughout his lifetime. Chet is one in a million, and Swinomish will truly miss this great leader whose constant concern was to protect our children's future.

There will be men we remember in our lifetime, and Chet will be one of these great heroes. He served on the Swinomish Senate for 27 years, where he fought for our fishing rights and continued to ensure that these rights were protected for two decades. His years of dedication to our community is greatly respected and will be truly missed by our Senate and staff, as we valued his wisdom which was a foundation of strength for our government.

With great pride, Chet served the United States of America in the Army. His years in the service included the last years of World War II, where he fought in Normandy, the Battle of the Bulge, and served for six months in the occupation of Berlin, Germany after the war ended. His tour of duty included many other significant military events. Chet's commitment and service extended far after his military duties ended. He served as the Chair of the Swinomish Veterans Committee,



and he was a member of the VFW, an honor he shared with many of our Native veterans.

Chet's impact was far-reaching. Throughout the Salish Sea region

and Coast Salish Smokehouses, all share a great sorrow over the loss of this spiritual leader who helped so many.

On behalf of my family, the Swinomish Senate and the Swinomish community, we express our deepest sympathy to the Cayou family. May the Creator bless you and keep you safe during these difficult

times. We will remember Chet's strong spirit and carry his voice with us throughout our lifetime. My heart is with you all.

"His years of dedication to our community is greatly respected and will be truly missed by our Senate and staff, as we valued his wisdom which was a foundation of strength for our government."

FROM THE EDITORS

Fall season begins this month, and you know what that means: school is starting, and the leaves are beginning to fall. Families and children are preparing for school, sports season, fall holidays, and the dreary rain. Summer flew by; did anyone notice it? We're getting back to a regular schedule here around the Keeyoks office.

This last month has been filled with news and adventure, happiness and sorrow, but overall its been positive. We are all about to witness change in the seasons, and there are only three months left of 2010! Time to take in the glory of autumn and the old man winter for the next few months, for there will never be another 2010!



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STAFF PICNIC 2010



Brian in the giant "hamster toy"



Dawn Lee and her daughter



Twins Marissah and Marriah loved the ponies



Julia Bill and granddaughter

Thank you Swinomish for the party, fun, food, and gifts!!

Diane and Lanessa show off Journey 2011 shirts



Kevin Paul shows off his new talent



Cathi Bassford and Quentin!



Cassandra Gonzalez's daughter gets refreshment



Kiana gets tough

Artist Caroline Edwards paints a henna tattoo on DeMonte's arm



Jillian Johnston and Andrea Johnston with their nephew in the saddle



Bella and Mom LaVonne Long



Tug o War...Alfreda Bailey's team wins!



photos by Mark Pouley

Plant of the Month - Pacific Madrone

Landscape Value

Pacific Madrone is a stunning tree in a naturalized planting. The beautifully patterned cinnamon-red bark and the form of the trunk are striking in any season. The evergreen leaves, flowers, and fruit add beauty and attract wildlife throughout the year.

It is best to transplant young seedlings in a well-drained site near the sunny south or west-facing edge of a clearing, especially near Douglas fir. This plant "litters" its bark and leaves so allow room for shedding. Plant sturdy understory plants such as salal, snowberry, Oregon grape, coastal strawberry, sword fern, and kinnikinnik.



Pacific Madrone (Arbutus menziesii)

The Spanish word "madrone" and the Latin word "arbutus" both mean "strawberry tree." This reflects the color, shape, and texture of the madrone fruit.

This is one of the few native, evergreen broadleaf trees in our forests. The thick, shiny leaves persist through winter.

The berries, foliage, and flowers are important wildlife food for many birds, bees and butterfly and moth larva.

Seattle folklore has it that the Magnolia area was intended to be named for the abundant madrone but was misnamed for the magnolia tree.

text by Heidi Bohan ©Starflower Foundation

SAY IT IN LUSHOOTSEED dxʷləšucid

ʃ = push tongue against roof of mouth and say "sh"

? = an abrupt end or beginning to a sound called a glottal stop

RED	BLACK	SKY BLUE	GREEN	WHITE	YELLOW
ḡicəc	ḡibəč	kaykayalus	čuləyʔalus	ḡʷiqʷəqʷ	ḡʷiqʷac
rough pronunciation: hay-chuts	rough pronunciation: hay-buch	rough pronunciation: kai-kai-ah-loos	rough pronunciation: choo-t-eye ahloos	rough pronunciation: hay kwuh kqw	rough pronunciation: hay kwahts

Are you Indian? ʔacitəlbixʷ čəxʷ ʔu (rough pronunciation = ʔah tseeł tahl beewh chuw-hoo)

I am Indian. (First People, Native) ʔacitəlbixʷ čəd (rough pronunciation = ʔah-tseeł tahl beewh chuhd)

I am Swinomish. swədəbš čəd (rough pronunciation = swu-dubsh chuhd)

I am Tulalip. dxʷliləp čəd (dwh-lay-lup chuhd)..I am Lummi. dxʷləbiʔ čəd (dwhlu-beeʔ chuhd)...

I am Nisqually. sqʷaliʔ čəd (sqwah-leeʔ chuhd)....I am Puyallup. puyaləp čəd (poo-yah-lup chuhd)

I am white. pastəd cəd (pahs-tuhd chuhd)....I am Duwamish. dəwʔabš (duw-ʔahbsh chuhd)

For best results, find someone else who can pronounce the words correctly for you. You can hear these words and phrases on Ms. Carmen Pastores-Joe's Swinomish Library answering machine. Just dial 466-7356.

OBITUARIES


Jeanette Mitchell-Dick

Died August 4, 2010 after a long illness. She was born February 13, 1935, the second of 3 children of Dewey and Winifred Mitchell in Tulalip, Washington.

Jeanette grew up at Swinomish and attended La Conner schools, graduating in 1954. She met and married Donald Dick of Jamestown in 1957. They lived and raised a family of 3 children in Jamestown.

She is preceded in death by her parents, Dewey and Winifred Mitchell, husband Donald Dick, Sr., son Donald Dick, Jr., and Sister Barbara McDonald.

Jeanette is survived by daughters Charlene Dick and Denise LaCross of Sequim, brother Raymond Mitchell of Swinomish, Grandson Jesse Ferdig and great-grandson James Adams-Ferdig of Oceanside, granddaughter Jorene Dick of Sequim, grandson Kris Washburn of Sequim, many nieces and nephews, and pets Ollie and Carmel.


Qw-Tee-Sa-Luq
Chester Cayou, Sr.
August 12, 1922–August 27, 2010

It is with great sadness that the Swinomish Indian Tribal Community announces that Chester Cayou Sr., Qw-Tee-Sa-Luq, passed away August 27, 2010, eighty-eight years young. Chester had struggled with various health issues over the last several years.

“Chet Cayou was one in a million,” said Swinomish Tribal Chairman Brian Cladoosby. “He served his country and his people his entire life. He was a walking encyclopedia of knowledge, not just about the Coast Salish life ways and language, but also carried a boots-on-the-ground perspective of Europe in the last years of World War II. Generations of Swinomish kids grew up calling him ‘Grandpa Chet.’ We will miss him dearly.”

In addition to being the oldest surviving male tribal member, Chester was the longest serving member of the Swinomish Indian Senate, the elected legislative body of the Tribe. During his 27 years on the Swinomish Senate, Chester served in many capacities including Chair of the Fisheries Committee for nearly two decades and Chair of the Veterans Committee. He was also a long time member of the Budget and Personnel Committees and an honorary member of the Swinomish Police Force. Chester also worked for the Tribe for many years, leading a reforestation crew after working in the shake mills around Skagit County.



Chester proudly served his country in the army in World War II. He arrived at Normandy Beach shortly after D-Day and served for six months in the occupation of Berlin after the war ended. He was present at the Battle of the Bulge and at many other significant military events during his tour of duty.

Chester was a member of the Swinomish Senate, the Swinomish Veterans, the VFW and the Swinomish Smokehouse.

No words adequately express the loss felt by the Tribe, of this honorable WWII veteran. Chester is survived by his son, Chester Cayou, Jr. (Polly); four daughters, Tina Cayou, Regina Bob, Ina Cayou (Joe), Sophie and Joe Bailey; son, Dale Jones (Barb); sister, Susan Billy and numerous grandchildren, great-grandchildren and great-great-grandchildren. Chester is preceded in death by his loving wife, Velma; two sons, Fred and Donnie; grandchildren, Wayne Bob, Jr., Cassandra Cayou and Curtis Bailey; his parents, General Scott and Sarah Cayou and two brothers.

A prayer service was held Monday, August 30, 2010 at 7:00 PM at the Swinomish Social Services Building. Funeral services were held Tuesday, August 31, 2010 at 10:00 AM at the La Conner High School gym.

Funeral arrangements were under the care of Kern Funeral Home, Mount Vernon.



ANNOUNCEMENTS



Fr. Jerry has been Re-assigned

by Sue Phillips, LCN

Father Jerry Graham, the pastor at St. Paul's Catholic Church on the Swinomish Indian Reservation these past three years, has

been relocated to DeSmet, Idaho.

Father Graham also celebrated the Mass at St. Anne's on the Tulalip reservation, where his Final Sunday Mass there was on July 18.

The Archdiocese of Seattle and former pastor of St. Paul's, Father Patrick Twohy, who is the director of the Jesuit order's Rocky Mountain Missions, are working to keep St. Paul's open. Four priests from Seattle University will celebrate Mass at St. Paul's on a rotating basis until a permanent pastor can be found.

Founded in 1867, St. Paul's is one of the oldest churches in the Skagit Valley and the only Catholic church that incorporates Lushootseed, the native language of the Coast Salish people, into the Mass.

It is also the home to an icon of the Virgin Mary with Native American features. The religious painting by iconographer Mary Katsilometes depicts Mary as a young Salish women. "Mother of God of Lasting Things" was presented to the congregation and blessed at this year's Pentecost Mass.

St. Paul's is unique in that it has taken up the work the Catholic Church calls enculturation—being fully Catholic and fully native.

In 1841 Jesuit priest Peter Desmet founded the Rocky Mountain Missions. Jesuit mission churches like St. Paul's were established on Indian reservations in Idaho, Montana, Oregon, and Washington. Today 13 Jesuit priests serve the 15 reservation churches.

Reprinted with permission from the La Conner News

Fall Clean Up Day! September 15th



Watch department emails for pot-luck assignments 😊



QUESTION: What time is it when you can't think of a good topic for your school project or paper?

ANSWER: It's DETECTIVE Time!

When you've got a school assignment to complete, but don't know what to research or write about, the Swinomish Tribal Archive can help you find the right stuff: your tribe's own history!



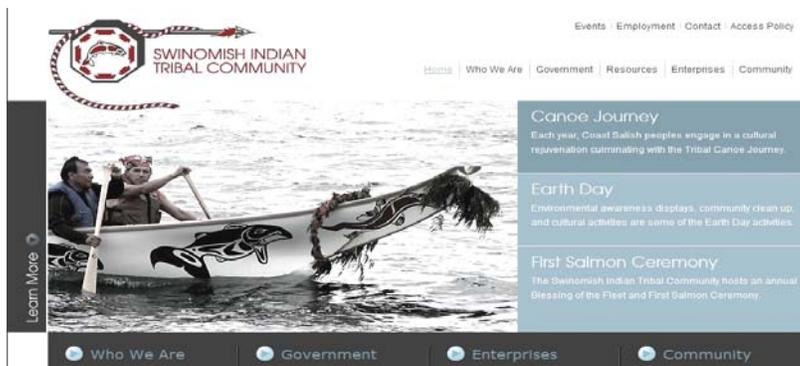
Don't wait till the last minute! Get in early, so the staff will have time to help you out.



Call ahead or email for an appointment!
Phone: 360.466.7351
Email: ttrebon@swinomish.nsn.us
Tribal Archivist: Theresa Trebon

New Website is Launched!

<http://www.swinomish-nsn.gov/>



COMMUNITY BULLETIN BOARD



Volunteers! Matthew and Dylan Stone helped out in the Social Services Building recently. Good work guys!

Kiket Island

I was very happy to see that the tribe has co-ownership of Kiket Island. I have many happy memories of Kiket Island (I knew it as Flagstaff Island).

I lived up the hill. The land between my house and the island was cleared, so I got a good view of each day.

My brother Buzzy and I used to go down to the beach. I remember walking out to the end of the island to watch the fishermen pull in their nets full of fish. They had tables set up, and women gutted the fish right there on the beach. One day a fish jumped over the net and tried to get out. I pointed at it, and someone picked it up and threw it at me. Pauline Damien gutted and cleaned it, and I dragged it home in a bag.

I used to watch eagles fly around it, and occasionally found an eagle feather. I hope it becomes a sacred place again, and that the eagles return.

Thank you Swinomish Tribe.
Winona Jamison

Language Bowl brings together youth of Sahaptin tribes

By Duran Bobb of Spilyay Tymoo (Warm Springs News)

The Warm Springs language team, *Melittama*, received the Sportsmanship Award recently from the organizers of Language Bowl 2010.

"This was the second Language Bowl," Roberta Kirk said. "It's made up of all of the tribes that speak the *Ichishkiin* language, so a lot of different reservations are involved."

Arlita Rhoan, *Ichishkiin Sahaptin* instructor for the Language Program, said that the *Melittama* team was invited to participate this year by Modesta Minthorn from Pendleton.

The girls who make up the team are Tashina Eastman, 9, Inez Queahpama, 9, and Keeyana Yellowman, 12.

Suzie Slockish also had a team participating. However, due to recent losses on the reservation, some of her members weren't able to participate.

"But these students really are dedicated to the program," Kirk said. "They have been going to the after-school language lessons all year long, as in the years before."

It wasn't easy for the team members. According to Rhoan, there were many activities for the students. "But they did very well."

During the competition, teams were given phrases to translate.

Arlita Rhoan (far right), with Language Bowl Sportsmanship Award recipients she instructed (from left) Keeyana Yellowman, Tashina Eastman and Inez Queahpama.
Duran Bobb/Spilyay Tymoo

Tashina Eastman is the daughter of Corrine Day of Swinomish.



"They would say something like 'the bear is in the cave,'" Merle Kirk said. "The girls would have to answer fast, and we were pretty proud of them. They gave the other teams a good run!"

One of the hardest words, the students said, was *#' #' mxw*, which means blackbird.

Another was grasshopper, pronounced in *Ichishkiin* as *tx tx*.

"But the easy one," one of the girls said, "was *'aswan iwa amumu'*." That means 'the boy is cute!'"

This is the second time the Warm Springs team has won the Sportsmanship Award. Warm Springs also took fourth place, and eventually – according to Rhoan – "they ran out of juice. But they controlled their behavior, stayed in good character, and were mindful of their manners.

All of which are an important part of learning."

Each of the students was sponsored by their parents to attend the Language Bowl. They received sweatshirts and medals for sportsmanship.

The Yakama, Umatilla, and Nez Perce tribes also participated in Language Bowl 2010. "The languages are pretty close," Rhoan said. "We can understand what the Yakama and Umatilla are saying fairly easily. But with Nez Perce, you have to listen very closely to understand what they're saying."

Plans are underway for the next Language Bowl. Organizers are considering breaking the students up into various age-groups.

For more information on any of the three languages in Warm Springs, call the Language Program at 541-553-2200.

COMMUNITY BULLETIN BOARD

Ariana Siddle's team places 4th at the Coeur D'Alene Casino Kids Stick Game Tournament, July 25, 2010

Photos by Merla Rae Martin / Swen Um Quin Nalx



Ariana Siddle showing her winnings from taking 4th place at the Coeur D'Alene Casino Kids tournament

From left to right: Ariana Siddle of Swinomish, Ida Sue Dick of Nespelem, WA, Jeffrey Fillett of Fruitland, WA and team Captain, Jonathon Fiander of Kennewick, WA

THE SWINOMISH CHEVRON

How is it that our Swinomish Chevron became so popular? Is it because of the cost of gas, cheap cigarettes, or could it be the hospitality? What ever it is, you workers are doing such a great job with handling the tourists, the locals and everyone else in between. Twenty 03 is when construction first began, so seven years have rolled by now, and the Chevron is still booming hot this year. I just wanted to acknowledge those who take the time out of their day to go and work at the North end. Keep it up!

~Caroline Edwards



Kevin and Patricia Paul Receive Skagit County Pioneer Spirit Award



Photo by Solveig Lee

For the first time in 106 years, the Skagit County Pioneer Association has honored a Swinomish family at the Annual Pioneer Picnic.

Together with the Ovenell family, the Paul family was chosen because they "demonstrate a spirit of looking outside oneself to build a life and future for their families, while contributing to their communities and county around them." Former La Conner mayor, Bud Moore, presented the plaque. A display at the picnic showed many members of the Paul family and the following bit of Swinomish history involving Kevin's great-grandfather:

"George Alexander (1863-1937) was chairman of the Swinomish Indian Senate when the tribe's constitution and bylaws were approved and ratified by the Secretary of the Interior in 1935. Chairman Alexander's origins were from the Kik-i-allus band from Camano Island.



Kevin's grandmother Elizabeth "Lizzie" Scott Alexander Sampson

Around the time of the Treaty of Point Elliot (1855), the members of this band moved to the historical Swinomish lands to form what is now the Swinomish Indian Tribal Community. Chairman Alexander's image was captured by Ferd Brady in a dugout canoe for the Puget Sound Indian Fair—La Conner 1930, that is part of the Center for Pacific Northwest Studies of Western Washington University in Bellingham, WA. A founding member of the Northwest American Society, Chairman Alexander organized Memorial Day celebrations and built the American Hall. In 1929 the Business council of the Swinomish Tribe was established, with George Alexander as Chairman. In a 1921 article, George Alexander was described as possessing a 'fine oratorical power' and in charge of the tribe's

display at the Skagit County Fair. According to a 1937 front page story in the Puget Sound Mail, George Alexander was 'one of the most influential residents of Swinomish Indian Reservation.' They also state, he 'was chairman of the committee for fixing up, enlarging and beautifying the Indian cemetery.' An athlete, he was renowned for Indian baseball as a shortstop in the 1880s and 1890s for the Swinomish team. His Indian name, Wah-lee-hub, means Helper in the Big House."



Photo by Ferd Brady, "P.S. Indian Fair - La Conner 1930." Arrival of canoe carrying Navy pilots and Native American Chieftains. Morris Street Bridge, La Connor, Washington, in background. George Alexander seventh from rear of the canoe (see arrow). (CPNWS website)

WELLNESS PROGRAM

Am I Loving My Family to Death? Enabling

By Heather Bryson, Director

Many families living with an addict/alcoholic run into problems understanding that helping an addict is not the same as helping a family member who was laid off from their job or injured in a car accident. In some cases, addiction goes on for longer than it should because family or friends with good intentions enable the addict, cushioning the negative consequences of their poor decisions. Sometimes those in relationships with addicts are psychologically attached to the feeling of being needed by the addict, and losing that relationship would be devastating for their own sense of identity and self-worth. If you know an addict, evaluate your interactions with them to make sure that you are helping the addict (which might mean NOT helping them!) and not the addiction. The following are a few common ways that well-meaning friends and family enable addicts.

Making excuses to others to help the addict avoid negative consequences.

Have you ever told the alcoholic's or addict's boss that they were sick and couldn't come to work when really they were high, drunk, or hung over? Have you ever bailed them out of jail only to watch them drink,

light up, or shoot up again?

There are reasons that certain consequences for poor decisions have come into existence – because some behaviors are not compatible with real life. But if you continuously block all of those negative consequences, why should the person make a change? They will assume that they will always have you to use or fall back on, and they may learn to manipulate your feelings of guilt and shame to get you to behave how they want you to.

Giving the addict money directly.

Many people justify giving addicts money by telling themselves that the addict will put it toward rent, groceries, etc. Certainly, in some cases this may happen. But if they do use your money for bills, this will only free up their resources to go toward the addiction. However, addicts often use money that they receive from others to fund their addiction, allowing their bills to accumulate even more.

Providing for the addict's needs.

If you had access to unlimited free meals, housing, transportation, cable TV, internet, and interesting though sometimes nagging company, wouldn't you be tempted to quit your job and hang out all day? To put it another way, what about the life that the addict is living is really so intolerable if they are not only able to survive but also to have a pretty easy time

of it? Without an intervention, most addicts who make a decision to change toward a path of recovery reached a point when they realized that their life was unmanageable or intolerable – when they literally could not continue in the way they had been and live.

There is a solution and you are not alone.

As difficult and contrary as it may seem, the most loving thing you can do for the addict/alcoholic in your life is to STOP protecting them from the consequences of their choices. Be prepared for the addict to argue or blame you for their problems and manipulate you into thinking you are why they act the way they do. Do not believe it. They will guilt, shame, bully and even beg for you to "help" them in the above mentioned ways. As long as you are there to clean up the messes, square things with the boss, and generally fix what's broken, there is no need for the drinker to change. Enabling the addict is a difficult habit to break. Seek help from your minister, priest, Al-Anon, and your community Wellness Program. We are here to walk you through the challenges of changing how you relate to your loved ones.

Dave, Dawn and I are here to support you as you walk through those changes.

Jennifer Martin joins Wellness Team



Jennifer Martin
Wellness Front Desk
466-1024

Please welcome Jennifer Martin to Swinomish. She is the Wellness Department's new administrative assistant and intake coordinator.

Jennifer comes to Swinomish from the Stillaguamish Wellness Program, where she had been employed for six years. She has worked within the field of chemical dependency since she was in high school. Jennifer grew up in the Burlington area, and is very glad to be here at Swinomish.

Call us Monday through Thursday between
8:00 AM and 6:00 PM @ 466-7256



Heather Bryson
Director



Dave Allen
Chemical Dependency
Counselor



Dawn Lee
Chemical Dependency
Counselor

EDUCATION DEPARTMENT

from the Swinomish tribal paraprofessionals working in the schools:



Introducing the....

Swinomish Student Motivation Program for the 2010/2011 school year

Our Program will:

- ☞ increase communication to parents/legal guardians
- ☞ recognize student achievement
- ☞ help set goals for students
- ☞ have a student store!

Our goals are:

- ☞ to help students and their families become more involved in school
- ☞ to reward and support effort
- ☞ to increase school attendance

This year, through monthly personalized letters home, parents will know more about what's happening in their child's classroom, their child's actual monthly attendance out of the possible instruction days, and how their student is earning awards for effort.

Paraprofessionals will also be available after school and by email to receive and respond to parents' concerns. We can work together to help students keep-up and excel in school.

Who doesn't like to hear good things about their student? Each paraprofessional will be looking to catch children doing well and will be awarding regular *effort certificates*.

They will also be on the look-out for a **monthly EAGLE Award** recipient from each grade.



EAGLE stands for "Effort, Attendance and Growth via Leadership and Education."

Paraprofessionals will also help students organize their school days and learning plans through *goal setting*. "I want to get all good grades" will become: "If I want to get a B instead of a C in Math, I will turn in my math homework daily and study my notes before the Friday test." Paraprofessionals will help students set **SMART** or "Specific, Measurable, Attainable, Realistic and Timely" goals.

Students can even earn *tokens* to spend at the **Swinomish School Store!** Here's how:

- ☞ attendance
- ☞ effort
- ☞ attending and working thoughtfully at the Tribal Study Hall
- ☞ leadership
- ☞ helpfulness
- ☞ other positive behavior

Students can earn privileges and incentives. They will keep a real checkbook and write checks!



Your student's paraprofessional is hard at work advocating and supporting your student's academic success both in school and after school. Please be sure to touch base with him or her on a regular basis to help make this the BEST school year yet!

Submitted by Paraprofessional Jill Rohrs

Basic Key to School Success

by Jill Rohrs

Aside from sending your child off to school with a healthy breakfast and backpack full of new school supplies, what's the best thing you can give your child to help insure their success in school?

Here's a hint: It's free, simple and something each of us does everyday. The key to school success is good old fashioned **sleep**.

Research shows that getting enough sleep, especially REM (Rapid Eye Movement) sleep, allows the brain to transfer short term memories, or those new math facts and spelling words your child just practiced, into her long term memory. Without enough sleep that new information is blocked.

But how much sleep is enough? To get to that all-important REM, kids need more sleep than adults, and the amount may surprise you. According to WebMD in "How Much Sleep Do Children Need?" Three to 6 year olds need 10 - 12 hours per day. Elementary age students need 10 - 11 hours per day. With middle and high school age students, their bodies and brains are still growing rapidly, and their sleep cycles tend to shift to later hours.

It's free, simple and something each of us does every night. The key to school success is good old fashioned sleep.

Yet, they still need 8 - 9 hours of sleep per day.

While sleeping in on the weekends may seem like it helps, teenagers still need to get enough sleep nightly to feel refreshed in the morning without the use of caffeine to keep them going throughout the day.

"Adolescents and Sleep" by Frontline producer Sarah Spinks, points out the importance for teens to continue good sleep habits. Dimming the lights at night and getting lots of daylight in the morning can help. Having a routine bedtime of 10 PM, sleeping in a cool environment and turning off music, the internet, and televisions would help to reset the body clock.

It is a good idea to recharge the cell phone battery away from the sleeping area so both the phone's battery and the teen's brain can recharge. If a student is used to getting up at 6:30 AM, they shouldn't sleep until noon on the weekend. That simply confuses their bodies. Lots of sports helps, too -- better earlier in the day than late.

So for school success, plot out an earlier bedtime for all children. Their academic success may depend on it!

Jill Rohrs is a paraprofessional for Swinomish, who works with our children in the La Conner schools.



SUSAN EDWARDS-WILBUR EARLY EDUCATION CENTER



Anthony (Tony) Smith

NEW DIRECTOR

Tony Smith is the new manager for the early education center. Tony is an enrolled member of the Tolowa Tribe in Northern California.

In the 1950s, his grandfather moved to Washington from the Crescent City, California area

seeking employment in Weyerhaeuser's mills. That is how Tony came to be born and raised in Federal Way, Washington.

Tony holds credentials in special education from Whitman College (Walla Walla), followed by a master's degree in education with endorsements in administration from Western Washington University, Bellingham. Tony comes to us from the Mt. Vernon School District. In addition to teaching, he is an on-call officer for Skagit County Juvenile Detention. He also supervises the Graffiti Abatement Program, which is a partnership between the City of Mt. Vernon and the Mt. Vernon Police Department.

Tony and his wife Kim have five children: Lilly (13), Ben (11), Aaron (10), Emmie (5) and Ray Ray (4). The Smith family and their many pets reside in the Sedro Woolley area.

Former center manager, MaryLee Chamberlain, has chosen to return



to her profession as an occupational therapist for children. She has spent this summer working at Skagit Valley Hospital in their Children's Therapy Program. This fall, she will be working as an occupational therapist for the Burlington Edison and La Conner School Districts. She writes, "I am pleased that I will be able to remain connected to the preschool in that capacity."

As new center manager, Tony will be a La Conner School District employee, since the

Swinomish preschool is a partnership between La Conner schools, Swinomish Tribal Community and Head Start. He is excited to be here working within this inter-connected environment beside the highly experienced preschool staff. He looks forward to meeting the students this month, and being introduced to parents, community and staff.

Please welcome Tony when you see him!

Annual Back To School Day 8-5-2010



Janet Wilbur Charles of Swinomish Social Services has all the good resource information



Counselor Diana Lowry offers good parenting tips. Her office is in Social Services



Teachers Dixie Otis and Rose Garner are ready to help students of all ages in the after school study hall in the Youth Center Monday-Thursday.



Tre helps school paraprofessional Linda Willup with school supplies



Lisa James and Theresa James handing out school supplies



Assistant Chief Hutchings and Leneé Kelly offer valuable safety advice

see more pictures on page 18

SWINOMISH PRESCHOOL

Welcome! We are excited to meet our students for another great year of fun and learning. Here are some important dates and information to begin the year:

We are pleased to announce that there is space available for students previously on the waitlist. A tuition fee ranging from \$15-\$250 per month, depending on income, will be assessed for non-Head Start, non-special ed, non-tribal assistance eligible students. Please contact the preschool regarding income-based tuition assistance.

"Slow Start" runs from September 7th-10th. This time gives children an opportunity to become comfortable with the school. Your child will only come on one of these days from 10:00-12:00. Transportation is provided by the parent. At 12:00 on the day your child comes to school, you are invited to join us for a pizza lunch provided by the school and a brief orientation.

Slow Start Attendance Schedule:

Sept 7: 3 year olds with last names beginning with the letter A-I

Sept 8: 3 year olds with last names beginning with the letter J-Z

Sept 9: 4/5 year olds with last names beginning with the letter A-M

Sept 10: 4/5 year olds with last names beginning with the letter N-Z



Full Sessions begin September 13 with bus transportation available. Regular class sessions are broken into two groups: AM and PM. AM Classes run from 8-11:30. PM classes run from 12:00-3:30. Classes are held Monday through Thursday.

As registration continues, we are in the process of sorting students into AM and PM groups. As much as possible, we will accommodate parent requests. AM and PM placement will be communicated before the start of school.

Also, please make sure that you have completed the registration process. The following documents will be needed:

Birth Certificate

Income Verification (for Head Start eligibility)

Updated Immunization Record

Please feel free to call if you have any questions. Thank you and we look forward to seeing you and your students!

Anthony E. Smith, Preschool Manager

360-466-7326 or tsmith@lc.k12.wa.us or tsmith@swinomish.nsn.us

SWINOMISH CHILD CARE

Welcome! Please note changes for 2010-2011 school year:

Child Care ages: 8 weeks through Kindergarten

Schedule change: Center will close every other Thursday at 5:00 PM for required staff meetings beginning September 30 (dates are posted at the Center and emailed Sept 1)

Toddler Class ages: 1 – 3 years

Class times: Monday, Tuesday, Wednesday 8:30 AM – 10:30 AM
Session begins September 13



Please remember **all** registration paperwork must be complete before a child can attend.

We are thankful for the 4 days we were able to close in preparation for the upcoming school year.

We completed 3 of our annual required trainings (CPR, Health and Safety, HIV/BBP), cleaned and organized our supplies, visited other child care centers to exchange ideas and attended a curriculum training hosted by Tulalip Child Care. These activities help us continue to improve the service we are able to provide for our child care families.

Childcare will be closing at 5:00 PM every other Thursday. The dates are:

September 30; October 14, 28; November 11; December 9, 23

NORTHWEST INDIAN COLLEGE @ SWINOMISH
Xwíemí Eih>Táí>Nexw Sgwi

ADVISING DAY is September 9 10:00 AM to 3:00 PM

REGISTER NOW! CLASSES BEGIN SEPTEMBER 20TH

Meet new instructors for on-site classes:

Brian Heinze, Math Instructor

MATH 99 Intermediate Algebra Tuesday & Thursdays 3:00 PM to 5:30 PM
 MATH 107 Elementary Statistics Tuesday & Thursdays 6:00 PM to 8:30 PM

Sally Connor, English Instructor

ENGL 095, Basic Grammar and Punctuation
 Tuesday & Thursdays 1:00 PM to 3:30 PM
 OPEN to community members via CEU's (not for credit)

Benjamin Jojola, Art Instructor

ARTD 103, Appreciation of American Indian Art
 Monday & Wednesdays, 4:00 PM to 6:PM
 OPEN to community members via CEU's (not for credit)

Other classes available, see ANNUAL SCHEDULE (Fall, Winter and Spring).
 NWIC/Swinomish Site has ITV (Interactive television), Independent Learning,
 Online and face to face classes.



NWIC Swinomish Site 17113 Tallawhalt Lane, Box C-11
 La Conner, WA 98257

Contact:
 Gaylene Gobert,
 Site Manager
 (360) 466-4380 Ext. 1



Creating A Community Garden

*By The Northwest Indian College
 Cooperative Extension*

Community gardens are potential places for healing. In the time when families have limited resources, including time and money, community gardens can provide nutritious food and medicine. A garden is also a crossroads where diverse people come together to interact and connect. Elders can share their stories and wisdom, while youth can share their energy and enthusiasm. A garden has potential to foster community healing by bringing isolated people together over a common purpose. For many, gardening is a great way to relieve stress and to reconnect with nature.

Planning a community garden does not have to be big or complex to be successful. Starting simple and slowly, and working up to something elaborate is usually wise. A garden is sustainable when it is supported by a number of people in the community, not just one or two people. This will probably be the greatest challenge to keeping the garden alive.

With this said, the Northwest Indian College/Swinomish site is planning a Community Healing Garden. Our group consists of committee members: Diane Vendiola, Shelly Vendiola, Yoli Quevedo, Virginia Bill, Becky Stinson, Tony Basabe and Gaylene Gobert.

We are looking to create a Rock Garden, Rain Forest Garden, Prairie Garden, Medicine Wheel Garden and a Vegetable Garden. We are also working on getting water and electricity to our greenhouse. Funding to help with our community garden is sporadic. So far, we have asked NWIC Science Department Director Joel Green for funds. He gave us the green light, since we will be incorporating a science component to the community healing garden. I also will have an on-site Science Instructor, to teach at our site, Winter and Spring Quarter. Her name is Emily Mendell.

NEXT MEETING: September 14th at the NWIC Swinomish Site Conference Room at 1:30. We are open to all who are interested. Your input is appreciated. We will also be looking for volunteers. Maybe your department or high school is looking for a Service Learning Project? Maybe you need to work off your water bill? If you are interested in helping, and not afraid to get your hands dirty, we are also looking for help in pulling weeds!

Another important date:

**September 16th @ NOON
 NWIC Swinomish Site
 Ground Blessing Ceremony. This will also be a day for late registration for NWIC classes. It's not too late to register!**
 We will provide a lunch.

"Here's To Our Health"

Who: Northwest Indian College's Traditional Plants and Foods Program
What: 4th Annual Harvest Celebration
When: October 8th, 2010
Time: 9:00 AM - 5:00 PM
Where: Swinomish Spiritual Center
Featuring: Healthy cooking demonstration, hands-on herbal tea making and local food sovereignty project presentations.

For more information please contact
 Vanessa Cooper, 360-392-4343,
 vcooper@nwic.edu or
 Shelli Julius, 360-392-4345,
 sjulius@nwic.edu



Were You Interested in Going to College But Never Applied?

By Caroline Edwards



?????

Over time, I see people who had the potential to succeed in school but never applied. Why is this?

Is it because of money, having children, maybe you never felt the need to apply, or didn't know how to apply? Or could it have been because you've never felt you were able to go to college at your age?

Going to college sounds like a load, but to me it was a lot easier than finishing high school. High school prepares you for college, but I never thought that college was going to accommodate to my needs. That's what makes going to college fun. You can explore and find your passion if you haven't already found it.

First of all, our tribe is paying tribal members (if

you apply & are eligible) to go to college, so money shouldn't be the problem. Second, giving birth does not mean you have lost your mind. Third, you're never too old to go to college. For whatever reason you haven't applied, you should know that going to school brings new meaning to life when you learn about it in a different way.

When I applied for college, I knew that I had applied for something that would make my life easier later on. I pushed myself to the limit and said, "Just go for it, what could happen to me other than succeeding?" No one can tell me that I failed because passing or failing is not what college is about. It is about continuing the effort of finding out what drives you and what doesn't.

Either way, you're still succeeding. Don't underestimate yourself, otherwise you'll never see the potential that thrives within. We need more community members working with the tribe, so why not educate yourself to make this happen?

Committing to an education is phenomenal when you suddenly perceive the potential you hold inside. You never know what you may carry with you through life which you learned by getting an education. You can't help but be inspired when it becomes obvious what needs to be done.

I really want to see more people educating themselves. Only with education can we understand how far our community has grown, and we're all in this together.

How a New Student Applies for College:

- You will need personal information for the general application filled out to be accepted into the college.
- You will then need to apply for Financial Aid to see if you qualify for any federal funding.
- Next, you take a placement test to see what level of education you are at.
- Then you will need to meet with an advisor to discuss your educational goals and plan a course study.
- You can then register for classes before the next quarter begins.
- Finally, you will need to pay for tuition, fees, and books. (Pick up the form for the Swinomish Educational scholarship in the Social Services Office.)



President Cheryl Crazy Bull

Northwest Indian College President Crazy Bull Announces: Now Accredited to Award 4 Year Baccalaureate Degrees

"I am pleased to announce that we have received our notification from the Northwest Commission on Colleges and Universities granting accreditation to Northwest Indian College at the baccalaureate level and reaffirming our associate degree level accreditation. The bachelor's degree accreditation is effective September 1, 2008.

I'd like to congratulate and thank all of you – your work, support and prayers made this possible. Generations of tribal students will benefit from our ability to support their professional education. Our focus on our tribal mission and the mandate we have to provide a culturally sound, high-quality education has brought this success to bear.

The Commission restated their commendations of the College's devotion to mission, applauds the "community" that the College is, and recognized the successes we have had with our campus development, fundraising and with the new Center for Student Success."

from an email to the faculty August 5, 2010 and the Northwest Indian College website <http://www.nwic.edu/>

This is the normal process associated with our prior candidacy.

SWINOMISH LAW REQUIRES SCHOOL ATTENDANCE

Education of Swinomish Tribal Community youth is a top priority of the Swinomish Senate. The Senate has now amended the Tribal Code to put that priority into action in conjunction with the La Conner schools.

Swinomish Tribal law now requires all Indian youth to go to school. The new law requires all youth on the Swinomish Reservation to attend kindergarten through grade 12.

The new Swinomish law gives parents a duty to make sure their children go to school. The Code gives Indian youth a duty and a responsibility to go to school.

Unexcused Absences

The Code has immediate consequences if a youth has an unexcused absence. After the first unexcused absence, the Swinomish Attendance Officer will contact the youth's parents to set up a meeting. In the meeting, the Attendance Officer will talk with parents to solve the reasons the youth missed school. The Attendance Officer will offer help and support to parents so that the youth does not miss more school.

If the youth has still more unexcused absences after the meetings, then after the third unexcused absence the Attendance Officer will try to make a written agreement with the parents for school attendance. If no agreement can be made after seven days, the Attendance Officer will file a case in Swinomish Tribal Court.

The case in Swinomish Court will name the parents as parties to the case. If the youth is in middle school or high school, the youth will also be a party to the case.

The new law gives the Swinomish Court wide powers to require that Indian youth go to school. The Court can order that parents make sure that their children are going to school. If the youth are in middle school or high school, the Court can directly order the youth go to school. The law gives the Court powers to enforce these orders.

Excused Absences

The Senate is concerned about youth who are not at school. This is true whether the youth's absence is excused or is unexcused. Under the new law, if a youth has two excused absences during one calendar month, the Attendance Officer will meet with the parents. The Attendance Officer will offer help, support and referrals to solve the reasons the youth missed school.

Assistance Available

The Senate encourages and supports all Swinomish families to send their children to school this coming year. The Tribe will work with families on concerns that they may have about their children attending school.

If you would like assistance with attendance or other school concerns, please contact Swinomish Education Department Director Tracy Edwards, 466-7320.

BREAK DOWN OF THE NEW TRIBAL ATTENDANCE LAW:

Unexcused

2nd Unexcused:

The 2nd time there is an unexcused absence, parents are contacted by the attendance officer. Attendance officer will meet with parents and offer help.

3rd unexcused: A written agreement will be made.

7 Days: If the agreement isn't written and signed in 7 days, case is sent to Swinomish Tribal Court.

- elementary:** only parents called to court
- middle/high school:** Both parents and student called to court

Excused

2 excused absences in one calendar month:

Attendance Officer will contact parents.

Attendance officer will meet with parents to learn about why student or students are missing school, and help to get them back to school.



SOCIAL SERVICES



JOB OPPORTUNITY:

Domestic Violence Victim Advocate

Do you enjoy working with people? Would you like to help address domestic violence issues in the Swinomish community? The Tribe is now accepting applications for the position of part-time Domestic Violence Victim Advocate. Tribal members are strongly encouraged to apply. Please see Swinomish Human Resources for full job announcement and application details.

SCHOLARSHIP OPPORTUNITY:

The Swinomish Tribe is accepting applications for the Domestic Violence Scholarship Program. This scholarship program is designed to help Native women get back on their feet after they've experienced domestic violence, sexual assault, or stalking. Swinomish tribal members and members of other federally-recognized tribes are encouraged to apply. Applications are reviewed by a confidential Scholarship Review Panel, and applicant identity will be kept strictly confidential. Please contact Swinomish Family Services for application materials.



This project was supported by Grant No. 2009-EG-S6-0034 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

STOWW FOOD DISTRIBUTION DAYS 2010

Thursdays - **September 16**
October 21
November 18
December 16



Hours are 9:00 AM to 11:00 AM in front of the Gym. Applications for STOWW commodities are available in Teeny or Mary Ellen's office in Social Services.

LUMMI COMMODITY FOODS

On August 10, the staff of Lummi Commodity Foods visited Swinomish to offer their commodity food services. They look forward to serving anyone who applies.

Income-eligible Swinomish households can choose to participate in one of these three food programs:

- STOWW commodities,
- DSHS food stamps, or
- Lummi Commodity Foods

Applications for Lummi Commodity Foods are available in Teeny or Mary Ellen's office in Social Services.

Please feel free to call Lummi Commodity Foods anytime from 8:30 AM to 4:30 PM Monday through Friday @ (360) 384-2366, or fax (360) 384-2512, or e-mail Elaine at elaineml@lummi-nsn.gov. Ask for Elaine, Dewey, Frank or Andrea. They will be more than happy to answer your questions!

PARENT SUPPORT GROUP EVERY THURSDAY 3:00 PM to 4:30 PM IN THE SOCIAL SERVICES BUILDING



CALL 336-3882 FOR INFO

WEEKLY DRAWING FOR \$25.00 voucher

North Intertribal Vocational Rehabilitation Program

Bellingham NIVRP Site:
3201 Northwest Ave. # 8 Bellingham, WA 98226

TELE: 360.671.7626
FAX: 360.733.3061 (Confidential)



Tammy Cooper
Woodrich

Swinomish Site
(Mon-Tue 10-3)
Social Services Building
17337 Reservation Road
La Conner, WA 98257

Tele: 360.466.1343
FAX: 360.466.1632

SWINOMISH MEDICAL CLINIC



State of WA School Vaccines

VACCINES REQUIRED FOR SCHOOL ATTENDANCE GRADES K-12¹

July 1, 2010 – June 30, 2011

Month, Day & Year are required documentation of all vaccines. See notes below and chart on page 2 for more information.

GRADE VACCINE ²	Kindergarten – 2 nd Grades	3 rd – 6 th Grades	7 th – 12 th Grades
HEPATITIS B	3 Doses (or 2 Doses if adult formulation of HB is used)		
DTaP/DT/dap/Td	5 Doses (or 4 or 3 depending on age when vaccine was given) (1 Dose Tdap required for 6 th – 9 th grades)		
POLIO (IPV/OPV)	4 or 3 Doses (depending on when vaccine was given)		
MMR	2 Doses		
VARICELLA	2 Doses	1 Dose 5 th grade recommended (not required)	Recommended (not required)



Preschool Vaccines

VACCINES REQUIRED FOR CHILD CARE/PRESCHOOL ATTENDANCE¹

July 1, 2010 – June 30, 2011

Month, Day & Year are required documentation of all vaccines. See notes below and chart on page 2 for more information.

AGE VACCINE ²	At 2 Months	At 4 Months	At 6 Months	At 15 Months	At 18 Months	At 23 Months	At 6 Years
HEPATITIS B	2 Doses			3 Doses			
DTaP	1 Dose	2 Doses	3 Doses	4 Doses		5 Doses	
Hib	1 Dose	2 Doses	3 Doses	4 Doses		N/A	
Polio	1 Dose	2 Doses		3 Doses		4 Doses	
PCV	1 Dose	2 Doses	3 Doses	4 Doses		N/A	
MMR	Not given before 12 months				1 Dose		2 Doses
VARICELLA	Not given before 12 months				1 Dose		2 Doses



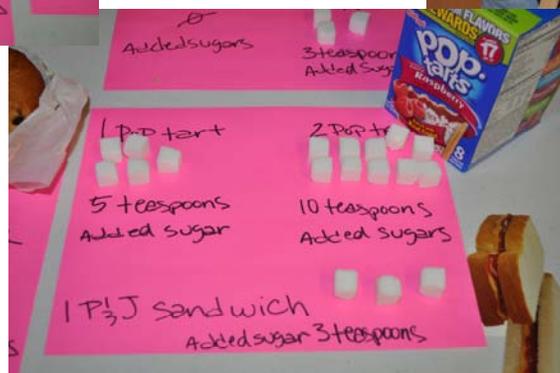
Back-to-School Fair: Alana Quintasket and Heather Edge answered questions and explained the importance of getting children immunized at the Back-to-School Fair in August. Kahneesha and Kalona Casey visited their booth and gained valuable information.



Eating ONE doughnut is eating 6 teaspoons of sugar.

One raisin bagel has 1 teaspoon of sugar.

Which is the healthier choice?



Eating ONE Pop-tart is eating 5 teaspoons of sugar.

One peanut butter and jelly sandwich has 3 teaspoons of sugar.

Which is the healthier choice?

Smoking cessation counselor Edwin Melendez explains his informative display about sugar at the August Back-to-School fair in the Youth Center.



SWINOMISH DENTAL CLINIC



Dr. Ray Dailey, DDS



Dr. Dailey's New Operatory (op-er-uh-tore-ee)

Definition of OPERATORY:
a working space (as of a dentist or surgeon)
plural op-er-a-to-ries

Doctor Dailey and the staff at Swinomish Dental Clinic are proud to show off their new operatory. The finishing touches will soon be completed and the operatory in use. The space was badly needed to be able to serve more patients in a timely manner.

It's a great time to visit the dentist—every operatory has a clear view of the work going on at the new beach.



Dr. Sahi (foreground), Dr. Dailey (back ground) and two summer interns from Kentucky stand ready to provide your dental care needs.



Back-to-School Fair:

Dental hygienist Laura Kasayuli treats Ali Peacher to all kinds of goodies and good tips on keeping her family cavity free.





"1st day sockeye fshn"
Joe Sias and Velma

Photo by Tracy Edwards

**Crow Harvesting
Plums &
Chasing
Shadows:
Swinomish Rez**

*Photo & Poem by
Robin Carneen
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Reserved*



Another hot day
coming....my cat turns into a crow & stalks
three legged rez dog shadows....sun joins the
fun, until rez dog escapes under a waiting
swimming pool-a cooling solution for little
brown children, who will be browner by day's
end...summer slowly shape shifts into
fall...school will quiet the streets of our Village
before too long, making us lonely again~



Old Schoolhouse
(Eastern Washington)

by Mark Pouley

'Battle of Greasy Grass'
Little Big Horn National Monument and Indian Memorial
on the way to Sturgis

photos by Toni Smith



Detail from the Indian Memorial

Living history...

While traveling through Montana on their way to Sturgis in August, Toni Smith and her husband, Sergeant George Smith of the Swinomish Police Department, visited the Little Big Horn Monument and Indian Memorial.

"This area memorializes the U.S. Army's 7th Cavalry and the Sioux and Cheyenne in one of the Indian's last armed efforts to preserve their way of life. Here on June 25 and 26 of 1876, 263 soldiers, including Lt. Col. George A. Custer and attached personnel (which included Indian scouts) of the U.S. Army, died fighting several thousand Lakota, and Cheyenne warriors."



Indian bikers on their way to Sturgis

"In 1881 the War Department erected a monument for the 7th Cavalry, attached civilian personnel, and Indian scouts killed in the battle."

At least 100 American Indian men, women, and children, however, had also perished in the battle, which was then called "Battle of Greasy Grass." The loss of life and courageous fight to defend land and culture was recognized 110 years later.

"The public interest," according to Public Law 102-210, 'will best be

served by establishing a memorial...to honor and recognize the Indians who fought to preserve their land and culture."



Tribal descendants and government officials formed the team that eventually completed the monument. "On December 10, 1991, President George Bush signed legislation to change the battlefield's name from "Custer" to "Little Bighorn" Battlefield National Monument and to create the Indian Memorial."

"If this memorial is to serve its total purpose, it must not only be a tribute to the dead; it must contain a message for the living...power through unity..."

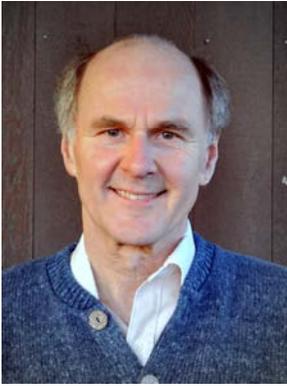
Enos Poor Bear, Sr., Oglala Lakota Elder

From the Little Big Horn NM website:

Indian Memorial

<http://www.nps.gov/imr/libi/>
Little Bighorn Battlefield National Monument
PO Box 39 Crow Agency, MT 59022

BEHAVIORAL HEALTH



By Mark H. Backlund, M.D.

“Can you give me something for this, doc?”

Those of us in the “helping professions” like nothing better than to be able to give a “magic bullet” to the person sitting in front of us, asking for help. And the more overwhelmed you’re feeling, the more everyone wants a simple solution.

Even if a problem looks simple, like a wound, or a case of depression, it can often have roots that go deeper. If we’re not careful, we may just treat the symptoms.

Being guided by these ideas helps your therapist or doctor discover more possible ways to relieve the problems that brought you in for help. You can also use these ideas yourself to look at your life and discover places you may have been overlooking as you try to deal with the problems life brings to us all.

If the person has a wound, how did it happen? Is it just a simple case of clumsiness? Did someone hit him? Was he intoxicated? Did he cut himself on purpose, to relieve pain and fear?

If she is depressed, is it a problem that runs in her family? Did she just lose someone important? Is her thyroid gland inflamed? Is she remembering childhood abuse experiences? Different causes call for different treatments.

Those of us in mental health use a way of thinking about these problems called the “Bio-Psycho-Social” way. It allows us to look beyond the first signs of a problem to other causes that may also be important to solving the problem.

“Biological” means the physical or chemical problems going on inside. This can come from disorders that run in families and are inherited, or from toxic chemical exposure, or other illnesses, infections, poor nutrition, lack of exercise, or anything else that occurs on the physical level.

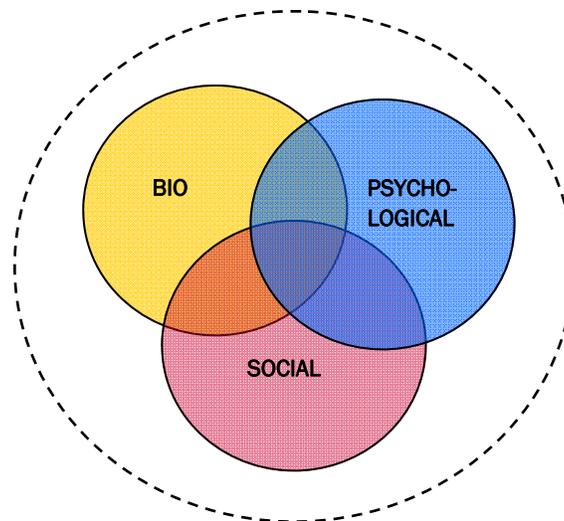
“Psychological” means the ideas, attitudes, and beliefs we learned throughout our lives that tell us how to behave, or whether we feel positively about ourselves, or what kinds of coping skills we learned or didn’t learn, or what kind of a world we think it is (safe, dangerous, forgiving?)

“Social” refers to how well our main relationships are going. Are we fighting with our wife? Did someone important to me just die? Does my boss act like he’s getting fed up with me? Are you worrying about the smell of marijuana coming from your son’s bedroom?

Finally is the Spiritual world. Have you lost touch with important beliefs and rituals that used to give you comfort and hope? This world is also important because it helps tie the other three parts together into a whole.

Even though therapists are often not spiritual leaders, they may often suggest you get in touch with the important parts of your spiritual life, either again or for the first time.

These ideas can be shown in a diagram such as this:



‘Sequim’ has been mistranslated for a century

from *The Associated Press*

Sequim — A tribal linguist has determined the translation used for the past century for the town of Sequim—long believed by many to mean “quiet waters”—is wrong.

The correct translation, it turns out, is a “place for going to shoot,” a reference to the Sequim-Dungeness Valley’s once great elk and waterfowl hunting, said Timothy Montler, an expert in the study of dying languages.

Since 1992, Montler has studied the Klallam language and interviewed elders in the Jamestown S’Klallam tribe in Blynn. The tribe announced the new, more accurate translation last week after the culture committee decided it should be publicized, said Betty Oppenheimer, the tribe’s publications specialist.

“I think it just quietly rippled out of the ether,” Oppenheimer said of how the wrong translation spread.

When asked where the “quiet waters” translation came from, Montler said, “that’s something that somebody made up.”

The “quiet waters” reference is ingrained in Sequim history, with references in regional visitor guides, historical publications and on websites, including those of Sequim chamber of Commerce, the city of Sequim and the state’s sites for Sequim Bay State Park and the state Department of Fish and Wildlife.

The executive director of the Sequim-Dungeness Valley Chamber of Commerce said there are plans to update brochures and a website to reflect the change—as soon as time and budgets allow.

“We think it’s very exciting,” said Vickie Maples. “It’s kind of like finding out a little more about your family history.”

OBAMA UP CLOSE



President Obama and Senator Patty Murray (D Washington) in Seattle August 17th

photos by Caroline Edwards

Swinomish Senators and Staff Attend Obama Luncheon in support of Senator Murray

Several Swinomish Senators and staff had the opportunity to hear President Barack Obama speak when he was in Seattle last month.

Pictured are: Caroline Edwards, Debra Lekanoff, Barbara James, Shelley Roberts, Leon John, Dianne Edwards, Kevin Paul and Sophie Bailey.

Although there were a few thousand in attendance, the table at which they sat was close enough to the podium that Caroline was able to get these excellent photos.



Sequim continued from previous page—

Montler, a distinguished research professor in linguistics at the University of North Texas, has created a Klallam language website with help from the last few native speakers on the North Olympic Peninsula.

Klallam is one language in a larger family of Native American languages called Salishan or Salish spoken in what is now Washington, British Columbia, Oregon, Idaho and Montana.

A speaker of Lummi, for example, could learn Klallam very easily, and vice versa. The Klallam language, itself, has several dialects.

The Klallam word for Sequim can be broken down into parts that mean "reason, thing or place for" and "shoot (with gun or bow and arrow)" and the ending means "go to."

"So literally it means 'place for going to shoot,'" Montler said.

He said the analysis leaves no doubt. It is clear to the Native speakers and has been confirmed by elders," Montler said.

Jamestown S'Klallam tribe is trying to keep the language alive, teaching it to tribal youths beginning in kindergarten, she said.

"They learn to introduce themselves and sing the songs of the language," she said.

Pat McCauley, a marketing businesswoman in Sequim for much of the past 25 years, said the "quiet waters" reference was cited in the late Clallam County historian Harriet U. Fish's findings and books as coming from tribal members.

"That blows me away," McCauley said, responding to the new translation. "But in some ways it makes sense. Sequim is not a waterfront town."



NAVAJO CODE TALKERS: WORLD WAR II FACT SHEET

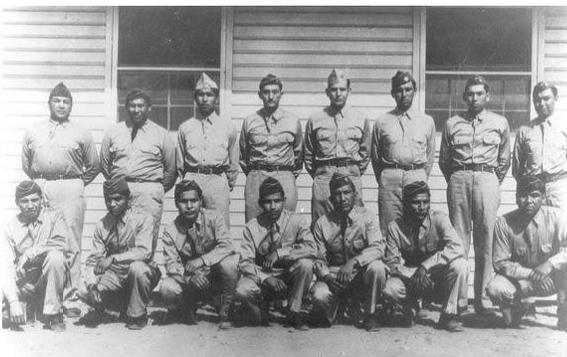
Guadalcanal, Tarawa, Peleliu, Iwo Jima: the Navajo code talkers took part in every assault the U.S. Marines conducted in the Pacific from 1942 to 1945. They served in all six Marine divisions, Marine Raider battalions and Marine parachute units, transmitting messages by telephone and radio in their native language a code that the Japanese never broke.

The idea to use Navajo for secure communications came from Philip Johnston, the son of a missionary to the Navajos and one of the few non-Navajos who spoke their language fluently. Johnston, reared on the Navajo reservation, was a World War I veteran who knew of the military's search for a code that would withstand all attempts to decipher it. He also knew that Native American languages notably Choctaw had been used in World War I to encode messages.

Johnston believed Navajo answered the military requirement for an undecipherable code because Navajo is an unwritten language of extreme complexity. Its syntax and tonal qualities, not to mention dialects, make it unintelligible to anyone without extensive exposure and training. It has no alphabet or symbols, and is spoken only on the Navajo lands of the American Southwest. One estimate indicates that less than 30 non-Navajos, none of them Japanese, could understand the language at the outbreak of World War II.

Early in 1942, Johnston met with Major General Clayton B. Vogel, the commanding general of Amphibious Corps, Pacific Fleet, and his staff to convince them of the Navajo language's value as code. Johnston staged tests under simulated combat conditions, demonstrating that Navajos could encode, transmit, and decode a three-line English message in 20 seconds. Machines of the time required 30 minutes to perform the same job. Convinced, Vogel recommended to the Commandant of the Marine Corps that the Marines recruit 200 Navajos.

In May 1942, the first 29 Navajo recruits attended boot camp. Then, at Camp Pendleton, Oceanside, California, this first group created the Navajo code. They developed a dictionary and numerous words for military terms. The dictionary and all code words had to be memorized during training. The Japanese, who were skilled code breakers, remained baffled by the Navajo language. The Japanese chief of intelligence, Lieutenant General Seizo Arisue, said that while they were able to decipher the codes used by the U.S. Army and Army Air Corps, they never cracked the code used by the Marines. The Navajo code talkers even stymied a Navajo soldier taken prisoner at Bataan. (About 20 Navajos served in the U.S. Army in the Philippines.) The Navajo soldier, forced to listen to the jumbled words of talker transmissions, said to a code talker after the war, "I never figured out what you guys who got me into all that trouble were saying."



Once a Navajo code talker completed his training, he was sent to a Marine unit deployed in the Pacific theater. The code talkers' primary job was to talk, transmitting information on tactics and troop movements, orders and other vital battlefield communications over telephones and radios. They also acted as messengers, and performed general Marine duties.

Praise for their skill, speed and accuracy accrued throughout the war. At Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima." Connor had six Navajo code talkers working around the clock during the first two days of the battle. Those six sent and received over 800 messages, all without error.



In 1942, there were about 50,000 Navajo tribe members. As of 1945, about 540 Navajos served as Marines. From 375 to 420 of those trained as code talkers; the rest served in other capacities.

Navajo remained potentially valuable as code even after the war. For that reason, the code talkers, whose skill and courage saved both American lives and military engagements, only recently earned recognition from the Government and the public.

The Navajo Code Talker's Dictionary

When a Navajo code talker received a message, what he heard was a string of seemingly unrelated Navajo words. The code talker first had to translate each Navajo word into its English equivalent. Then he used only the first letter of the English equivalent in spelling an English word. Thus, the Navajo words "wol-la-chee" (ant), "be-la-sana" (apple) and "tse-nill" (axe) all stood for the letter "a." One way to say the word "Navy" in Navajo code would be "tsah (needle) wol-la-chee (ant) ah-keh-di-glini (victor) tsah-ah-dzoh (yucca)."

Most letters had more than one Navajo word representing them. Not all words had to be spelled out letter by letter. The developers of the original code assigned Navajo words to represent about 450 frequently used military terms that did not exist in the Navajo language. Several examples: "besh-lo" (iron fish) meant "submarine," "dah-he-tih-hi" (hummingbird) meant "fighter plane" and "debeh-li-zine" (black street) meant "squad."

Our Tribal Sovereignty

by Diane Vendiola



Four-hundred years ago, British and Spanish settlers in the "New World" (new to the settlers) began to meet with acknowledged tribal leaders (sovereigns) of the Indian tribes. The land was not a new world to the tribes, since they had been living in this world for at least 9500 years. Leaders of the settlers/ colonists, met with tribal sovereigns in order to work out and settle agreements or contracts about desired land and to agree upon certain boundaries.

These actions, that took place in the 1600s, resulted in defining Indian tribes as sovereign, i.e. equal to the colonial governments with whom the tribes were negotiating.

The agreements, contracts and/or promises between the British, Spanish and Indian tribes involved the Indians' yielding over Indian Territory and agreeing to certain boundaries within Indian Territory.

These agreements, contracts, and/or promises, also known as treaties recognized the Tribal ownership of the lands that the Indians used and lived on.

"The Original People (Lenni-Lenape) inhabited New Jersey long before the Europeans arrived. They were a people with a strong sense of tradition and a well-organized lifestyle. They did not survive long after the arrival of the Europeans. Conflict between the cultures led to hostile wars. Indians responded to threats to the land and their culture through physical resistance, cultural adaptation, and establishment of strategic alliances. The Europeans' need to own the land, plus the new diseases, guns and alcohol they brought with them, created an impossible situation for the survival of the Lenni-Lenape in their homeland." (excerpt from *USGenNet: Native People of New Jersey*)

"The Europeans felt forced to deal with the Tribes as Nations. Through formal diplomacy, the Europeans felt a continuing need to make pacts and treaties with Indian peoples." (excerpt from *USGenNet: Native People of New Jersey*)

The practice of negotiating treaties between the tribes and the colonial governments was well established before the 1700's when the British Crown gave itself Administrative Responsibility in dealing with the Indian Tribes of the "New World."

Two-hundred years later, in 1832, Bartholomew S. Calvin (Shawuskukung-Wilting

Grass) traveled east as a representative of the "original people". He was 76-years old and Princeton educated. He lost not time and went straight to the heart of the matter, as he addressed the state legislature. Hunting and Fishing rights had never been bargained away by the tribe and there was some subtle reference to using the courts. Still, he allowed that the members would look with "an eye of pity" on the plight of the Lenni-Lenape.

The Legislature voted "by fair and voluntary purchase and transfer," to pay \$2000, "as a memorial of kindness and compassion to a once powerful and friendly people."

In return, Bartholomew on March 12, 1832, wrote the legislature a letter that forever eased the consciences of a state. His most quoted paragraph:

"Not a drop of our blood have you spilled in battle; not an acre of ground have you taken but by our consent. These facts speak for themselves and need no comment. They place the character of New Jersey in bold relief and bright example to those states within whose territorial limits our brethren still remain. Naught save benisons can fall upon her from the lips of the Lenni-Lenape." (excerpt from *USGenNet: Native People of New Jersey*)

To be continued.

Department of Defense Honors Navajo Veterans

Long unrecognized because of the continued value of their language as a security classified code, the Navajo code talkers of World War II were honored for their contributions to defense on Sept. 17, 1992, at the Pentagon, Washington, D.C.

Thirty-five code talkers, all veterans of the U.S. Marine Corps, attended the dedication of the Navajo code talker exhibit. The exhibit includes a display of photographs, equipment and the original code, along with an explanation of how the code worked.

Dedication ceremonies included speeches by the then-Deputy Secretary of Defense Donald Atwood, U.S. Senator John McCain of Arizona and Navajo President Peterson Zah. The Navajo veterans and their families traveled to the ceremony from their homes on the Navajo Reservation, which includes parts of Arizona, New Mexico and Utah.

The Navajo code talker exhibit is a regular stop on the Pentagon tour.

Prepared by the Navy & Marine Corps WWII Commemorative Committee

<http://www.history.navy.mil/faqs/faq61-2.htm>

The Choctaw Codetalkers of WW I:

As World War I drew to a close, the United States had a continuing problem of phone calls being intercepted by German forces. One could be fairly certain that a German spy would hear any telephone call made. Unfortunately, voice-scrambling technology wouldn't be invented for decades. The United States came up with several inventive solutions to the problem, but unfortunately none of them worked for any length of time.

First, the Army tried trench codes. They worked for a time, but after they had been in use for a while, the Germans readily cracked them. Another solution, sending messengers between camps, failed because Germans captured about one in four.

So, what was the Army to do? One smart commander, Captain Lewis, realized that the languages used by American Indians are extremely complex and difficult to learn. He capitalized on the complexity as a code, employing eight Choctaw Indians during the Mousse-Argonne campaign, which turned out as the final German push of the war.

The Indians:

Solomon Lewis, Mitchell Bobb, Ben Carterby, Robert Taylor, Jeff Nelson, Pete Maytubby, James Edwards, Calvin Wilson



<http://library.thinkquest.org/28005/flashed/timemachine/courseofhistory/choctaw.shtml>

SWINOMISH HOUSING & UTILITY AUTHORITY



To reach SHA/SUA contact:
 Robin Carneen
 Life Skills Office:
 (360) 466-7354
 (360) 466-4081

SEPTEMBER 2010
 10TH OF EACH MONTH...
 RENT & UTILITIES DUE !!!!!

TIP OF THE MONTH:



Ziplock Bag of Water For Easy Fly Removal
 Tip & Photos by Nancy Houser

"In the kitchen we hung three half-filled ziplock bags of water, with four pennies in each bag...We had tied the closed bags with a twine and hung them (with most of the air removed) in varied corners in the kitchen, porch and outside patio. Within one hour, over 3/4 of the flies were gone. How it happened, we simply do not know. But try it yourself....you will be surprised."

Link to the whole story by going to:
<http://www.waycooldogs.com/a-ziplock-bag-of-water-and-4-pennies-no-flies/>



SHA Maintenance
 Roger Cayou & Jeremy Adams



McNeil Excavating
 Terry McNeil & John Petrich



SHA Maintenance
 Andy John & Mike Bazan

Conner Place Apartments SHA Summer Projects



Washington Playgrounds



This month, Conner Place tenants heard a lot of hammering, sawing, nailing and digging going on as the Swinomish Housing Authority rolled out some summer projects at their apartment complex.

Lead carpenter Jeremy Adams and other members of the SHA maintenance crew are replacing walkway and deck railings, replacing old single-pane windows and replacing some siding. These and other improvements are on-going, and will be completed next year.

SHA maintenance workers have also utilized community service workers to weed, clean-out and prepare planter boxes for new shrubs and flowers.

Equally exciting, if not more so for the children who live and play at Conner Place, is the new playground being built next to their apartment complex (it should be completed by the time this article is published).

Playground equipment was purchased from Northwest Playground Equipment, Inc. Installation of the equipment was done by Washington Playgrounds. Site layout and prep was performed by SHA maintenance crew and McNeil excavating.

We wish to thank HUD and the SHA Housing Board for approving this playground project and we hope that the new playground will provide a safer place for the children of Conner Place and their guests to play.

Photos & Article by Robin Carneen (SHA-Life Skills Counselor)



A special note to utility customers about high water use during the hot weather. Remember that you are billed for sewer use based on the water that is recorded by your meter. Sewer use is billed at a much **HIGHER** rate than water use. So if you are using a lot of water to water your lawn, fill your swimming pools, wash cars, etc. you will have a **HIGH** sewer bill along with a **HIGH** water bill at the end of the month. Keep your utility bill low and conserve water at the same time!

DEPARTMENT PHONE NUMBERS

<p><u>Chairman</u> Brian Cladoosby 7205 Cellular 708-7533</p> <p><u>General Manager</u> Allan Olson 7221</p> <p><u>Executive Assistant</u> Executive Fax 466-5309 Shelley Roberts 7314</p> <p><u>Administration</u> Administration Fax 466-5309 Stephanie Bailey 3163</p> <p><u>Canoe Journey Headquarters</u> Fax 466-1716 Aurelia Washington 1359 Melissa Miller 1606</p> <p><u>Intergovernmental Affairs</u> Debra Lekanoff 7361</p> <p><u>Personnel</u> Alethia Edwards 7353 Brian Porter 7232 Wayne Bill 1216</p> <p><u>Accounting</u> Merrill Burke 7204 Dawn Fidler 7366 Dianne Edwards 7271 Lydia Charles 7212 Brenda Williams 7254 Cheryl H./ Robert O. 7306 Roberta Ewing 1307</p> <p><u>Tribal Attorneys</u> Alix Foster 7220 Steve Lacuyer 1058 James Jannetta 1021 Emily Hutchinson 7248 Jamie Jones 7371 Wendy Otto 1134 Alicia Engstrom 7369</p> <p><u>Planning</u> Fax 466-1615 Charles O'Hara 7203 Conference Room 7368 Darlene Summer Charles 7280 Ed Knight 7304 Elissa Fjellman 1422 Eric Haskins 7383 Eric Ireland 7384 Jamie Donatuto 1532 Jon Boe 2631 Larry Campbell 7352 Larry Wasserman 7250</p>	<p>Lynette Ikebe 1293 Mary Cladoosby 1634 Merla Rae Martin 7302 Permitting Cellular 840-4723 Scott Andrews 7299 Tanisha Gobert/Laura Klein 3374 Tara Tisdale 5318 Tiffany Hoyopatubbi 3374 Todd Mitchell 7201 Tony Basabe 2512 Water-Air-Lab 7370</p> <p><u>SRSC</u> Fax 466-4047 Front Desk 7228</p> <p><u>Fish & Game</u> Lorraine Loomis 7240 Lisa Turpin 7313 Jim Gibson 7283 Todd Wilbur 7245</p> <p><u>Swinomish Fish Co.</u> Fax 466-1029 Front Desk 466-0176</p> <p><u>Social Services</u> Fax 466-1632 John Stephens 7216 Mary Cayou 7218 Colleen Teeny Williams 7307 Janet Wilbur 7300 Marlo Quintasket 7319 Tammy Cooper-Woodrich 1343 Amy Freeto 7389</p> <p><u>Kee-Yoks</u> Ann Smock/ Caroline Edwards 7258</p> <p><u>Records Room/ Tribal Archive</u> Theresa Trebon 7351</p> <p><u>Alcohol</u> Fax 466-7364 Heather Bryson 7256 Jennifer Martin 1024 Dawn Lee 7273 Dave Allen 7233</p> <p><u>Prevention / Recreation</u> Alyse John 7328 Amy Edwards 7337 Barb James 7202 Dorraine Booth 7324 Greg E./Anna Y./Katie B. 7235 Steve Edwards 7246 Jesse Edwards 7253</p> <p><u>Kitchen Manager</u> Cathi Bassford 7336</p>	<p><u>Education</u> Fax 466-7350 Tracy Edwards 7320 Cellular 540-2702 ParaPro Office 7333</p> <p><u>Early Education Center</u> Fax 466-7350 Candace Charles 7345 Donna Charles 7331 Jeanne Robson 7276 Staff Office 7329</p> <p><u>Early Education Center Kitchen</u> Michele Edwards 7330</p> <p><u>Preschool</u> Tony Smith 7326 Dave Ehman 7325 Jenny Mortenson 7327</p> <p><u>Family Services</u> Fax 466-5523 Tracey Parker 7222 Sophie Bailey 7214</p> <p><u>Behavioral Health</u> Diana Lowry 7375 Jay Samson/Russ Hardison 2090</p> <p><u>Library</u> 7207 Carmen Pastores-Joe 7356</p> <p><u>Swinomish Police</u> Fax 466-7236 Tom Schlicker 7237 Lenee K./ Sharon H. 7244</p> <p><u>Tribal Court</u> Fax 466-1506 Beverly Peters 7305 Blair Page 7217 Dennis Scott 7257 Kathy Whitney 2097 Pat Lujan 7362</p> <p><u>Medical Clinic</u> Fax 466-5528 Barbara Wasserman 7208 Cassandra Gonzalez 1047 Cheryl Rasar 7268 Colleen Mavar 3151 Darlene Charles-Cabunoc 7373 Edwin Melendez 7278 Jessica Grossglass 3167 Kathy Boomer 7372 Michele Cruz 3167 Michelle Skidmore 7269 Phil Dan/ DSHS 7267 Yoli Quevedo 7265</p>	<p><u>Dental Clinic</u> Fax 466-7301 Sally Wilbur 3900</p> <p><u>Enrollment</u> Fax 466-7321 Leon John 7211</p> <p><u>Senior Center</u> 3980 Ivan Willup 1821 Lounge 1904 Craft Room 1454 Lori Ann Cayou 7374</p> <p><u>Public Works</u> Fax 466-3798 Bill Critz 7376 Dennis Dan 7380 Medicine Bear 7378 Steven Goodrich 7381 Ray K. Williams 7377 Ray W. Cellular 333-3908</p> <p><u>Utilities/ Housing</u> Fax 466-7219 Housing 4081 Utilities 7223 Robin Carneen 7354</p> <p><u>NWIC 9-466-4380</u> Fax 466-4690 Gaylene Gobert Ext. 1 Marvin Cladoosby Ext. 2 Virginia Bill Ext. 3</p> <p><u>L.T</u> Tom Roberts/ Bill Boyd 3160</p> <p><u>Tribal Gaming Agency</u> Fax 299-1602 Ron Williams 299-1611 Ron W. Cell 661-7549 Janie Beasley 299-1639 Marvin Burns 299-1676 Gaming Agents 299-1606 Licensing 299-1623</p> <p><u>Swinomish Chevron 299-2394</u> <u>Swinomish Casino 293-2691</u> <u>Casino Fax 293-1273</u> Spiritual Center 466-5737 LC Elementary 466-3172 LC Middle 466-4113 LC High 466-3173 LC Admin. 466-3171</p>
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POLICE



Chief of Police
Tom Schlicker

Swinomish: First Tribal Police Department to Receive State Accreditation

I am extremely proud to announce that the Swinomish Police Department is in the final process of becoming an accredited police agency by the Washington State Association of Sheriffs and Police Chiefs (WASPC).

We have successfully finished this extensive and exacting process, concluding with an "on-site" inspection by a team of six outside police personnel. The on-site team spent 2 days examining the policies, procedures and practices of our police department. They were looking for proof that everything the Swinomish Police Department does matches 140 strict standards set by WASPC. These standards are the "best practice" guide for police agencies throughout the State of Washington.

In late July, the team of examiners completed an overall report confirming that the Swinomish Police Department is in compliance with every one of WASPC's 140 standards.

Putting this into perspective, there are 265 police agencies in this state. Less than 70 of these have been found to meet the compliance standards to date. Your police department, being one of the 70, is also the only tribal police agency to have applied for accreditation and be found in compliance with all WASPC standards.

The process started with the Swinomish Tribal Senate having the vision to

establish accreditation as a goal for the police department more than two years ago. Your police department employees have shown themselves to be truly professional in the adoption of these "best practices" and by continuing to implement those practices in their daily activities.

The on-site report will go to the WASPC executive board for approval in November. After that final review, the process will be official. Our new policies and procedures then go to the Swinomish Law and Order Committee, for its review and adoption process.

While achieving state accreditation has been a goal of the department for some time, it is really a beginning, rather than an end. Accreditation reflects a standard of excellence that must be upheld. To remain accredited, the department will be examined every four years to make sure that we are still in compliance.

We believe that the Swinomish Indian Tribal Community deserves this standard of excellence. Every member of the police department is committed to providing this standard of excellence to the community. Thank you for your commitment and support. Congratulations on being the first tribe in the state to have a state accredited police department!

"In July, the team of examiners completed an overall report confirming that the Swinomish Police Department is in compliance with every one of WASPC's 140 standards."

Swinomish PD Officers Radley and Naumec participate in "Chief for a Day" Event

Chief For a Day is an annual event made possible by a partnership between Washington law enforcement agencies and hospitals. The reason is to celebrate the lives of children who have been diagnosed with a chronic illness. Police and public safety agencies, hospitals, and an army of volunteers make this day special by donating their time and talents to this worthy cause. It is a celebration of life for all.

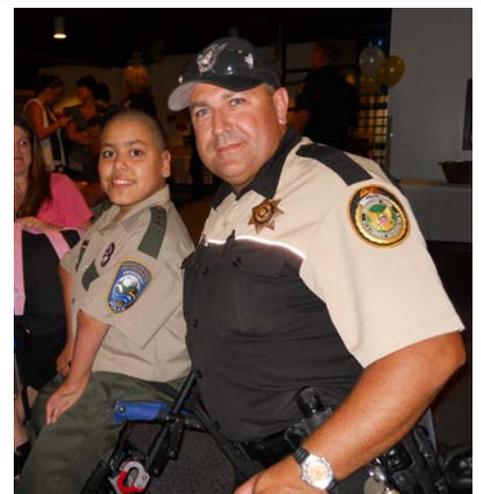
Every year, participating police departments outfit their new "Chief" with a complete uniform including patches, name plates, pins, and badge.

Each Little Chief is then escorted by at least one administrator and a line officer for the day. Accommodations are made for the majority of children who have wheel chairs.

This year, the Little Chiefs arrived at Quest Field and were met by the Seahawk SeaGals, members from the Seahawks, Mariners and Sounders. Mascots were also there to meet the chiefs. Breakfast for everyone was served at Quest Stadium.

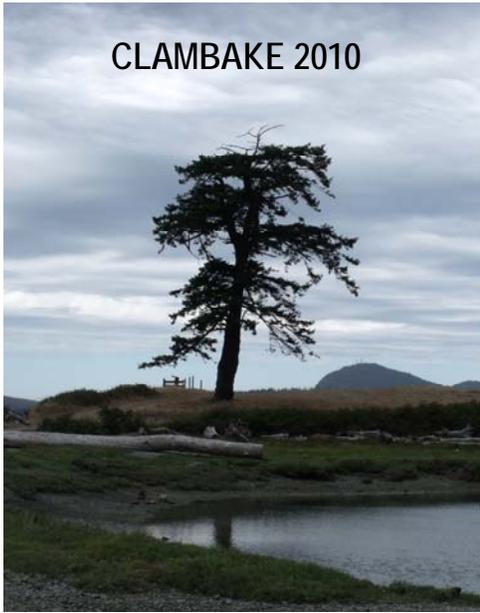
The Little Chiefs went on a 25 minute code run and got to control the sirens. They went from Quest Field to the *Washington State Criminal Justice Training Commission* in Burien, where they were met with a bagpipe band and the Washington State Patrol Color Guard and Rifle Team to start off a ceremony, followed by lunch and photo session. They were treated to demonstrations from SWAT, K-9, Fire, Motors, Bomb Squad, King County Guardian One, and Washington Fish and Game. To learn more about this event, visit the CJTC website:

<https://fortress.wa.gov/cjtc/www/forms/CFAD/index.htm>



Officer Martin Radley and a Chief-for-the-Day

CLAMBAKE 2010



Every year, the Water Resources Department hosts a clam bake for community members, tribal employees and guests. Clams and mussels are baked the traditional way in a pit on the beach. Follow the pictures for a step-by-step lesson. *photos by Caroline J. Edwards*



(below) The crowd dined in the Thousand Trails Clubhouse. As the shellfish baked, digital stories about climate change were shown. These digital stories were created and produced by Shelly Vendiola, Caroline Edwards, Laura Kasayuli and Gail Cayou and Tamara Cayou.



↑ 1: Dig a pit and build a fire



← 2. Let fire burn to coals, clear away any large chunks of burning wood, and add mussels



3. add corn in husk



↑ 7. cover with blue tarp, bake for about 20 minutes and eat!

5. cover with burlap bags



4. add clams ↑



↑ 6. cover with wet cloth tarp

SWINOMISH SENIOR LUNCH MENU SEPTEMBER 2010

Mon	Tue	Wed	Thu	Fri
Milk served with all meals		1 Corned Beef Biscuits Potatoes/Cabbage Cantaloupe	2 Peach Cobbler Eggs & Bacon Sliced Cucumbers/Tomatoes	3
6 LABOR DAY	7 French Dip Sandwich Green Salad Banana Lay Chips	8 BBQ Chicken Macaroni Salad Baked Beans Watermelon	9 Fish Rice Cauliflower/Carrots Berries	10
13 Tuna Bagel Veggie Tray Peaches Yogurt	14 Meat Lasagna Garlic Bread Green Salad Grapes	15 Roast Turkey Gravy Potato/Roll Carrots Pears	16 Split Pea Soup Grilled Cheese Sandwich Crackers Cantaloupe	17
20 Egg Salad Sandwich w/ Lettuce & Tomato Vegetable Soup Apple	21 Indian Taco w/ Meat & Beans Lettuce/Tomato Watermelon	22 Pork Roast/Gravy Stuffing Green Beans Pears	23 Potato Sausage Casserole Spinach Salad Fruit Cocktail	24
27 Native American Day	28 Ham & Cheese Sandwich Bean Soup Grapes	29 Fish Potato/Roll Carrots Berries	30 Beef Noodles Roll Green Beans Pears	



Cucumber Magic!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.



9. Worried about bad breath? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

10. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

11. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

You can't believe everything you read on the internet, but these harmless tips may be worth a try!

FROM THE SWINOMISH TRIBAL ARCHIVE

Theresa Trebon, Tribal Archivist

Fifty Years Ago: "Swinomish wins high honors in State Beautification":

A short history of "Clean-Up Day"

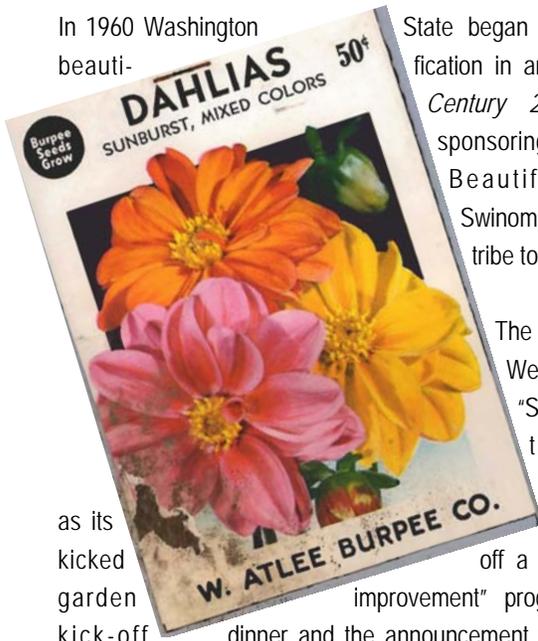
Many a tribal member and employee knows what the arrival of spring means at Swinomish: Clean-Up Day! This effort to spruce up the community appears to have first started on the reservation in the late 1930s, spurred on by the Tulalip Indian Agency's "Home and Garden Improvement Committee."

In May 1941, this committee awarded special mention to four Swinomish women for the "fine work they have done improving their homes": Clara James, Laura Wilbur, Alice Charles and Nellie Bobb."

The La Conner Chamber of Commerce took up the effort in the 1950s in an effort to clean up the town and attract more tourists. In 1954, Tandy Wilbur Sr. served as the chamber's president, as well as a tribal senator, and proposed the month of April as "Cleanup Month" for the reservation. Flyers were sent out to the community, and Tandy's wife, Laura took on the effort as a personal cause.

In 1960 Washington State began promoting community beautification in anticipation of Seattle's Century 21 Worlds Fair by sponsoring the Century 21 Beautification Contest: Swinomish became the first tribe to enter.

The Swinomish Ladies Welfare Club formed the "Swinomish Beautification Committee," choosing Laura Wilbur chairperson and as its kicked off a year long "home and garden improvement" program starting with a kick-off dinner and the announcement that the Tribal Senate had put up \$100.00 in prize money for the most improved homes.



Century 21 Dahlia Seeds
Sent by Century 21 Beautification Committee to Swinomish - 1960

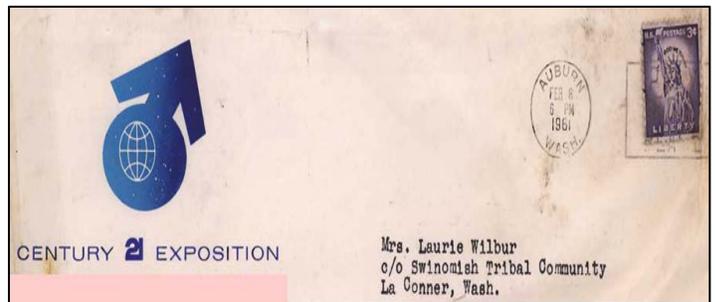
Found in old records in Swinomish Fish Plant -2007



Puget Sound Mail 9-22-1960

Tribal members bartered services to accomplish their tasks, from a logger loaning his "cat" to clear yards, to a painter trading his services.

The Ladies Club passed out "Century 21" dahlia seeds and planted flowers throughout the village. New planter boxes were built for the Swinomish Tribal Office in La Conner and filled with flowers as well. The editor of the Puget Sound Mail, La Conner's newspaper, praised their efforts and noted that "The Swinomish Ladies Club have the spirit and are going right ahead with this continuous project to improve the appearance of the places where they live."



In the years that followed, Laura Wilbur continued her dedication to community beautification until her passing in 1997. Because of her efforts, and the strong foundation created by the Swinomish Ladies Club to make the reservation a better place, Swinomish employees turn out to help make this community a bit brighter each spring and fall.

Fall Clean Up Day
is
September 15th!



PROTECT MOTHER EARTH

The **Climate Change Education & Awareness Group (CCEAG)** meets monthly, every second Thursday at 9:00AM in the Social Service Bldg. Library. Come to listen and learn about fun upcoming activities and events. *Everyone is welcome!*

CCEAG Update- A big “Thank you” to the Swinomish Water Quality Team for supporting this work and showing the 4 digital stories intended to raise awareness about climate change during the Annual Tribal Clam Bake held on August 26th. Once again we note there was an effort to reduce waste and recycle during this event! Good job!

CCEAG members Laura Kasayuli and Shelly Vendiola gave out climate change information during the Stillaguamish River Fest on Aug. 14th and Shelly, Caroline Edwards, and Ed Knight were invited to give a presentation about the Swinomish Climate Change Initiative during the Tribal Leaders Conference in Juneau, AK held on August 30-Sept. 3rd.

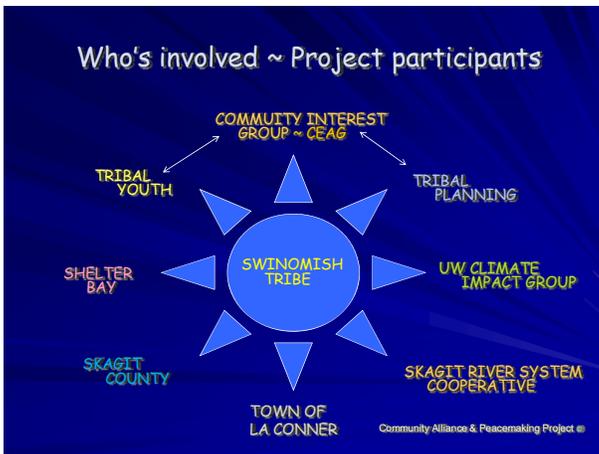


Photo by Peter Prehn

Spotlight- A recent Seattle Times article, “New collaboration that embraces science and tribal knowledge informs marine understanding,” Aug. 6, 2010, tells of the Hoh, Makah, Quileute and Quinault tribes joining with their state co-manager to form the Intergovernmental Policy Council (IPC). Traditional knowledge will have a key role in natural-resources management within these Pacific Coast treaty tribes. This work engages the support and partnership of the state to more effectively work with federal agencies such as the National Oceanic and Atmospheric Administration (NOAA).

This brings to mind the process used by the Swinomish Climate Change Initiative and our community-interest group – the *Climate Change Education & Awareness Group (CCEAG)*, wherein many partners are required to effectively monitor and develop strategies for adapting to the impacts due to climate change such as sea level rise and temperature increases. Given that effects will be felt locally and globally it is necessary to prepare.

Under the Climate Change Initiative several community elders and tribal members have been interviewed and have shared their thoughts about what is happening and what we as a tribe community would need toward preparing for such changes. These findings will be highlighted in the Swinomish Climate Change Adaptation Report to be published this winter. It is evident that building strong partnerships with agencies, institutions and neighboring county and townships is crucial in developing and monitoring adaptation plans. Our social services, housing, planning, law enforcement, public works/utilities, tribal government and other community programs are beginning to work across sectors to take steps to reduce our carbon footprint, recycle and plan in order to lessen impacts.



Graphic by S. Vendiola

Protecting Mother Earth articles are produced by CCEAG = *Climate Change Education & Awareness Group*, a Swinomish community-based interest group.

CCEAG members: Shelly Vendiola, Diane Vendiola, Brian Wilbur, Janie Beasley, Laura Kasayuli, Caroline Edwards, Tara Tisdale, Kevin Paul, Larry Campbell, and Marvin Cladoosby; **Alternates:** Gaylene Gobert, Cheryl Rasar, Brian Porter; **Advisory:** Ed Knight and Steve Edwards.



Photo by Marce Stone

For more information please contact:

- Shelly Vendiola, CCEAG Communications Facilitator, Community Alliance & Peacemaking Project— Consultant, 360-421-4321_ Ed Knight, Sr. Planner, Swinomish Planning & Community Development, 360-466-7280



MANILA CLAM ENHANCEMENT PROJECT @ LONE TREE

By Julie Barber

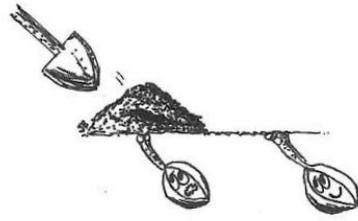


Ray Erps and Pete Kairis planting clam seed at Lone Tree Point.

The shellfish section of the Swinomish Fisheries Department has started a manila clam (*Venerupis philippinarum*) enhancement project at Lone Tree Point. The initial goal of the project is to test the feasibility of seeding the beach north of Lone Tree Point for year-round commercial and/or subsistence clam harvesting. Small test plots were established in the beginning of August to determine the best possible seeding density and predator control methods. If the survival and growth of the seed is successful, a phase one full-scale seeding effort will occur in subsequent years in the same region.

If you head out for a walk north of Lone Tree Point, you will see a number of small rectangular nets staked down on the beach. There are also three plots without netting; these areas are marked off with line. Please help the Fisheries Department and refrain from disturbing these small plots.

If you have questions, call Julie Barber, the Swinomish Shellfish Biologist, at 360-466-7315 or email her at jbarber@skagitcoop.org.



The netting is used to prevent predation by ducks and crabs.

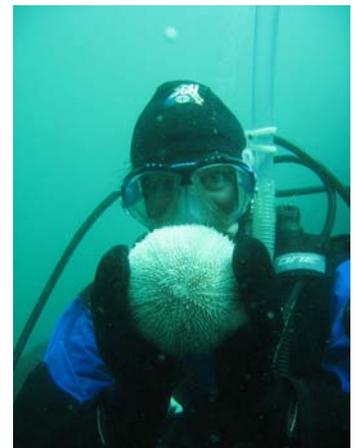


Jim Gibson working on setting out the netting on one of the plots

MEET BIOLOGIST JULIE BARBER

Julie Barber is the new shellfish biologist with the Swinomish Indian Tribal Community. She will be juggling many tasks in her job including the following: managing clam populations on and off the reservation, enhancing Manila Clam populations on reservation tidelands, and coordinating the dive program.

Julie has ten years of experience working as a marine ecologist, primarily on projects that involved underwater research in cold water environments. Glacier Bay National Park (Alaska) served as Julie's base while she worked on a sea otter foraging effects project and completed her master's degree research on the Dungeness Crab fishery. Following her work in Alaska, Julie ran a restoration project targeting lobster and crab populations for the Massachusetts Division of Marine Fisheries. In addition to enjoying her new job, Julie loves to hike, kayak, swim, make soap, knit, and cook with locally-grown food.





HEALTHY HOME

What is composting?

Composting yard waste, fruit, vegetable, and other food scraps at home is easy and can turn your kitchen waste into rich soil for your garden.

What is a landfill?

Landfills are where all of our garbage goes, but what by definition is *garbage*. Webster's definition of garbage is unwanted or unusable materials. Is everything you're throwing away really unusable? And, what happens to all this 'garbage' anyway?

You might think, as I once did that all those food scraps actually decompose in a landfill, much like a giant compost bin, but they don't. Landfills are hermetically sealed, meaning sealed off from air, water, and sunlight, which are all needed for microorganisms to decompose our 'garbage' into something useful, such as soil.

So, can microorganisms still decompose in the absence of sunlight, water and air? Yes, they can, only there are certain drawbacks. Food waste decay in landfills produces methane, a potent greenhouse gas that contributes to climate change. But composting at home does not create methane due to sunlight, water and air.

Yard Waste Composting

The magic of compost is in the microorganisms that do the work of breaking down the materials. They are present in the soil and on the yard waste. You do not have to purchase them in a package. Just give them a balanced diet, a bit of water and air, and away they'll go turning yard waste into compost. As the tiny guys do their work they will be joined by millipedes, beetles, and earthworms to further break down the materials.

The best compost comes from a mixture of materials. Just as humans need a balanced diet, so do the compost critters. They like a mixture of green materials (like weeds, spent flowers, grass clippings) and brown materials (like dried leaves, straw, dried grass, sawdust, wood chips.) Equal parts by weight is the ideal, green materials tend to be wet and heavy, while brown materials are dry and light, so the volume of brown materials will be larger.

Tips & Tricks

Keep your compost heap as moist as a wrung out sponge. Dry compost piles will take many years to break down. Piles that are too wet, however, take longer to compost and they are stinky! Sprinkle the layers with water as you mix them. Cover with burlap bags or a tarp to keep the moisture in during the hot months and to shed excess water in the wettest month, most of the year just let the rain keep it damp and active.

Source: Callie Martin/ Skagit County Solid Waste:

<http://www.skagitcounty.net/PublicWorksSolidWaste/>

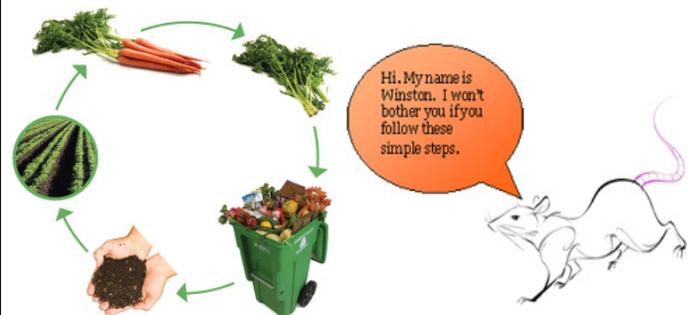
**Compost in Four Simple Steps:**

- 1. Chop It** Chop green and brown debris into 1" pieces. If this is too difficult, just get them as small and bruised as possible.
 - 2. Feed It** Mix 3 parts chopped brown materials with 1 part chopped green materials by weight. Throw chopped green and brown debris into one of the garden compost bins; do not throw chopped debris into the holding bins.
- NO INVASIVE WEEDS /NO TOMATOES**
- 3. Wet It** Add enough water to make the pile, "as moist as a wrung out sponge."
 - 4. Turn It** Use a pitchfork. Think "Tossed Salad," NOT "Lasagna." Turn every 3 to 6 days for usable compost in 4 to 6 weeks!

Food Waste Composting

Food waste is best composted in a worm bin. Red wiggler worms will eat your kitchen fruit and vegetable scraps and turn them into rich compost in a few months. As a general rule place only shredded newspaper, fruit and vegetable scraps, eggshells, in your worm box. Don't feed the worms any fat, bones, dairy, or citrus. They will make wonderful soil and you will be sending less waste to the landfill.

There is often concern that beginning a compost pile can draw rats and other rodents toward your home. Rodents do not have to be a problem for anyone, and are easy to discourage from coming into your space. For more tips on how to discourage them, please refer to this website: <http://www.skagitcounty.net/PublicWorksSolidWaste/>





Swinomish Water Resources Program

SEPT 2010

SEPT '10 - TIDE TABLE - Lone Tree, Snee-Oosh, N.Skagit Bay (ft MLLW)

Date	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Wed 01		05:14 0.44 ft	12:30 8.73 ft	17:24 6.81 ft	22:38 9.38 ft	Last Quarter	6:27	19:51
Thu 02		06:15 0.24 ft	14:11 8.97 ft	18:59 7.18 ft	23:44 9.15 ft		6:29	19:49
Fri 03		07:21 -0.06 ft	15:27 9.48 ft	20:34 6.96 ft			6:30	19:47
Sat 04	01:02 9.16 ft	08:25 -0.47 ft	16:12 10.00 ft	21:37 6.28 ft			6:31	19:45
Sun 05	02:16 9.44 ft	09:24 -0.84 ft	16:45 10.47 ft	22:24 5.31 ft			6:33	19:43
Mon 06	03:23 9.89 ft	10:17 -1.00 ft	17:15 10.90 ft	23:07 4.13 ft			6:34	19:41
Tue 07	04:24 10.35 ft	11:05 -0.80 ft	17:44 11.28 ft	23:48 2.83 ft			6:36	19:39
Wed 08	05:23 10.69 ft	11:52 -0.22 ft	18:14 11.59 ft			New Moon	6:37	19:37
Thu 09		00:31 1.56 ft	06:20 10.86 ft	12:37 0.71 ft	18:46 11.76 ft		6:38	19:35
Fri 10		01:14 0.45 ft	07:18 10.85 ft	13:23 1.88 ft	19:20 11.75 ft		6:40	19:32
Sat 11		01:59 -0.37 ft	08:18 10.69 ft	14:11 3.16 ft	19:56 11.50 ft		6:41	19:30
Sun 12		02:46 -0.79 ft	09:21 10.41 ft	15:01 4.40 ft	20:36 11.02 ft		6:42	19:29
Mon 13		03:35 -0.82 ft	10:29 10.06 ft	16:00 5.47 ft	21:21 10.33 ft		6:44	19:26
Tue 14		04:28 -0.51 ft	11:50 9.78 ft	17:13 6.24 ft	22:14 9.54 ft	First Quarter	6:45	19:24
Wed 15		05:28 -0.01 ft	13:22 9.71 ft	18:58 6.49 ft	23:21 8.81 ft		6:47	19:22
Thu 16		06:34 0.49 ft	14:43 9.88 ft	20:39 6.10 ft			6:48	19:20
Fri 17	00:42 8.34 ft	07:45 0.81 ft	15:42 10.10 ft	21:43 5.42 ft			6:49	19:18
Sat 18	02:02 8.26 ft	08:50 0.97 ft	16:23 10.24 ft	22:27 4.71 ft			6:51	19:16
Sun 19	03:11 8.46 ft	09:43 1.09 ft	16:53 10.29 ft	23:01 4.03 ft			6:52	19:14
Mon 20	04:07 8.77 ft	10:28 1.29 ft	17:14 10.30 ft	23:28 3.37 ft			6:54	19:12
Tue 21	04:53 9.08 ft	11:06 1.63 ft	17:31 10.32 ft	23:51 2.69 ft			6:55	19:09
Wed 22	05:35 9.36 ft	11:40 2.12 ft	17:48 10.36 ft				6:56	19:08
Thu 23		00:14 1.99 ft	06:14 9.62 ft	12:13 2.72 ft	18:08 10.40 ft	Full Moon	6:58	19:05
Fri 24		00:39 1.29 ft	06:52 9.84 ft	12:47 3.39 ft	18:30 10.40 ft		6:59	19:03
Sat 25		01:07 0.65 ft	07:32 10.02 ft	13:22 4.10 ft	18:55 10.30 ft		7:01	19:01
Sun 26		01:40 0.12 ft	08:14 10.12 ft	13:58 4.82 ft	19:22 10.12 ft		7:02	18:59
Mon 27		02:16 -0.24 ft	09:00 10.11 ft	14:38 5.51 ft	19:51 9.87 ft		7:04	18:57
Tue 28		02:57 -0.41 ft	09:51 9.97 ft	15:23 6.14 ft	20:24 9.56 ft		7:05	18:55
Wed 29		03:43 -0.39 ft	10:52 9.77 ft	16:19 6.65 ft	21:04 9.19 ft		7:07	18:53
Thu 30		04:37 -0.23 ft	12:04 9.65 ft	17:34 6.91 ft	22:02 8.78 ft	Last Quarter	7:08	18:51

CLAM PSP



LONE TREE POINT: BUTTER CLAMS sampled by Swinomish Water Resources and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 8/17/2010 were found to be **SAFE TO EAT.**

OUR WATERS



WATER CONSERVATION TIP #1

Placing plastic water bottles in your toilet's water tank is an easy way to save water. A bottle in the tank will displace enough water to save 1/2 gallon to 1 gallon each use, or up to about 16 gallons a day, which should save you about \$90 a year on your water bill.

All you have to do is take 1 to 2 plastic 1 liter bottles add a little sand or some pebbles, fill them with water, and put them into the tank, making sure not to disturb the toilet's working parts.

Read more: <http://www.thedailygreen.com/going-green/tips/>

COMMUNITY CELEBRATIONS

Duron Eagleheart-Clark
and his mom Ayla Christine Cayou



In Duron's birth announcement (Aug. issue), Keeyoks accidentally left off Ayla's name. Sorry Ayla!



Keaton Jack Bailey

born May 27,
2010
7 lbs 15 oz & 20
inches
to
Sheila Bailey
and
Ben Manuel
Grandmother
Sonya Joe and
Great-
Grandmother
Marie Barber



*Juie
Jane*

*Happy
13th Birthday!
Love From Your
Family here at
Swinomish*



*Happy 25th Birthday
Beyunka & Ali Peacher
Much Love for You Sister*



*Happy Birthday to
Bradley Joe and
Travis Tom*



*from Auntie
Teony*



Best Wishes & Happy Birthday
to
Donald Conrad Lee III
Who had a birthday on July 31st!



From Papa Ben



Happy Birthday Marlo!



newborn Donald
with his mother, the
late Bessie Lee

SEPTEMBER BIRTHDAYS!

9/1	Grossglass, James Tandy
9/1	Bobb, Terrence Lee
9/2	Gunter, Douglas James
9/2	Harden, Jill Diane
9/2	Harden, Jack Duane
9/2	Bill, Vanessa C.
9/3	Fornsby, Carene Lee Marie
9/3	Wilbur, Shirley Marie
9/4	James, Barbara Jean
9/5	Egbers, Ivie Jane Marie
9/5	Trask, Lavonne Winnie Mae
9/5	Stewart, Greg John
9/5	Campbell, Ramona May
9/5	Toby, Jerome Davis
9/5	Spencer, Joanna Ethleen
9/5	Jimmy, Josephine
9/6	John, River Garrett Emil Marshal
9/6	James, Colby Lynn
9/7	Murtagh, Marilyn Eloise
9/7	Munar, Genevieve
9/7	Williams, Richard Leslie
9/7	Scates, Roni Pauline
9/8	Black, Adeline D.
9/8	Cassimere, Michelle Marion
9/8	Smith, Vaden Anthony
9/8	Cladoosby, Jahfee
9/8	Keo, Aurelia Naomi Theresa
9/9	Bobb Jr., James Lee
9/9	Joe, Steven Randall
9/9	Merian Perry, Devin Boyd
9/10	Wilbur, Chase Hunter
9/10	Joe, Bradley Robert Patrick
9/10	Bobb, Edith
9/11	Wilbur, Johnny Jr. Charles
9/11	Topaum, Andrea Nicole
9/11	Lapointe, Raymond Joseph
9/11	Jones, Starina R.
9/12	Bailey, Raymond Michael
9/12	Joe, Vernon Ambrose

Happy Birthday!



September 2010



Birthstone:
Blue Sapphire



Birthday Flower:
Aster

9/12	Cayou, Benjamin Andrew - Murguia
9/12	Wilbur, Jordan Michael
9/14	Revey, Kenneth Carl
9/14	Cayou Sr., Dan Joseph
9/14	Fornsby, Deanna Nadine
9/14	Day, Crystal Dawn
9/14	Cook, Jonah Casimir
9/15	Hillaire, Darryl Edward
9/16	Adams, Christina Anita
9/16	Edge, Cillastina
9/17	Wilbur, Thomas Francisco Douglas
9/17	Merian, Lashan Alvina
9/17	Bill Jr., Larry Kenneth
9/17	John, Tashina Renee
9/17	Casey, Kahneesha Spiritwhistle
9/18	Cruz, Michele Marie
9/18	Tom, Travis Wayne
9/19	Vendiola, Randolph George
9/19	Grant, Mary Leola
9/19	Cayou-Lockrem, Katie Ann
9/19	Sampson Jr., Martin Ray
9/20	Cruz, Jacob Robert Michael
9/20	Bill, John M.
9/20	Bird-Rice, Lakiesha Rose
9/20	Day-Jack, Mayleah Maxine Jonalynn
9/20	Day-Jack, Hamyley Jade Janelle
9/21	Topaum, Blossom Rae
9/22	John, Jeannie Elaine
9/23	Minks, Diana Rose
9/24	Page, Mary Lou Anne
9/25	Walker, Scott Adam
9/25	Kinley, Christine Carleen
9/26	Wilbur Jr., Michael Joseph
9/26	Peacher, Beyunka Marie
9/26	Peacher, Ali Christine
9/27	Nutter, Rebecca R. Rose
9/28	Stone, Phillip William
9/29	Charles, Marie Alice
9/30	Bobb, Julie A.
9/30	Quintasket, Marlo
9/30	Allen, Carneen Rae



www.DisneyPins.com

Wedding Plans
Bruce James, Jr. and Tracy Edwards
 are engaged to be married
 October 13, 2010
 in Las Vegas, Nevada

Wedding Plans
Kyle Bailey & Olivia Quamawunu
 are engaged to be married
 October 12, 2010
 In Las Vegas, Nevada



Erica McCoy and Almeda Giles



The Rustic Door

If you haven't stopped by this vintage shop for home and garden on McLean Road, you are missing out. The Rustic Door is owned and operated by Erica McCoy and her mom, Almeda Giles, in a converted barn at 15211 McLean Road, Mt. Vernon. One wall is paneled with antique doors, but is not a "door store" as one visitor hoped. Even better—it is chock full of a huge variety of hard-to-find gifts and decorative accessories, both antique and new. Almeda and Erica had always wanted to expand their flair and passion for decorating beyond their own homes. The result is a charming, magical place, both inside and out, to wander and marvel. Even the refinished dressers and little tables are available for purchase. Whether you need to buy a gift, or you are in need of some quiet time to sip

tea and shop, you will be amazed at what this old barn with the rustic doors has to offer!



BUILDING A BEACH

photos by Ann Smock

SWINOMISH, Wash. – Womer & Associates is the architect for the 2011 Canoe Journey landing site on the Swinomish reservation. Swinomish, 70 miles north of Seattle, will host the Canoe Journey July 25 – 31, 2011. The theme is "Loving, Caring and Sharing Together," in honor of longtime Swinomish leader Chester Cayou and his teachings.

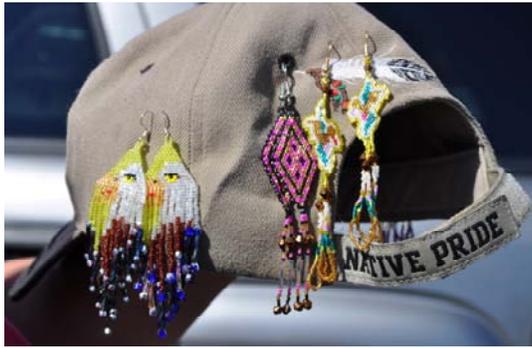
Aurelia Washington, Cayou's granddaughter and 2011 Canoe Journey coordinator, said a landing site and 22-acre campground will be developed along Swinomish Channel. The welcome area will feature a pavilion resembling a traditional cedar hat.

Other amenities at Swinomish include the Northern Lights Casino, an RV park overlooking Swinomish Channel, a community center, and beaches on the channel and on Similk Bay. Evening protocols – a time of ceremonies and cultural sharing during the Canoe Journey – have traditionally taken place in the Swinomish smokehouse. Willie Womer, Colville, is president and co-owner of Womer & Associates, an architectural and engineering firm based in Spokane.

INDIAN COUNTRY TODAY, Story Published: Aug 29, 2010
 By Richard Walker, Today correspondent
 Richard Walker is a correspondent reporting from San Juan Island, Wash. Contact him at rmwalker@rockisland.com.



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Swinomish Ties?

Your business card here!
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mail to: 17337 Reservation Road La Conner, WA
98257

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patriciapauljd@msn.com



**Swinomish swədəbš
Indian Tribal Community**

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Keeyoks kiyuuq^ws
17337 Reservation Road
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keeyoks@gmail.com



OR CURRENT RESIDENT

Swinomish's War Chief canoe at the races

Members of all age groups trained throughout spring and summer to race at home and away.



Brian Porter and some of the older racers: (from the front) Briana Porter (pushing off), Olivia Cayou, Darryl Williams, Mariah Clark and Scottie Miller



Brian Porter and some of the younger racers: Elijah Porter, Lexi Bobb, Kaleb Parker, Jeremiah Williams, and Kalona Casey