

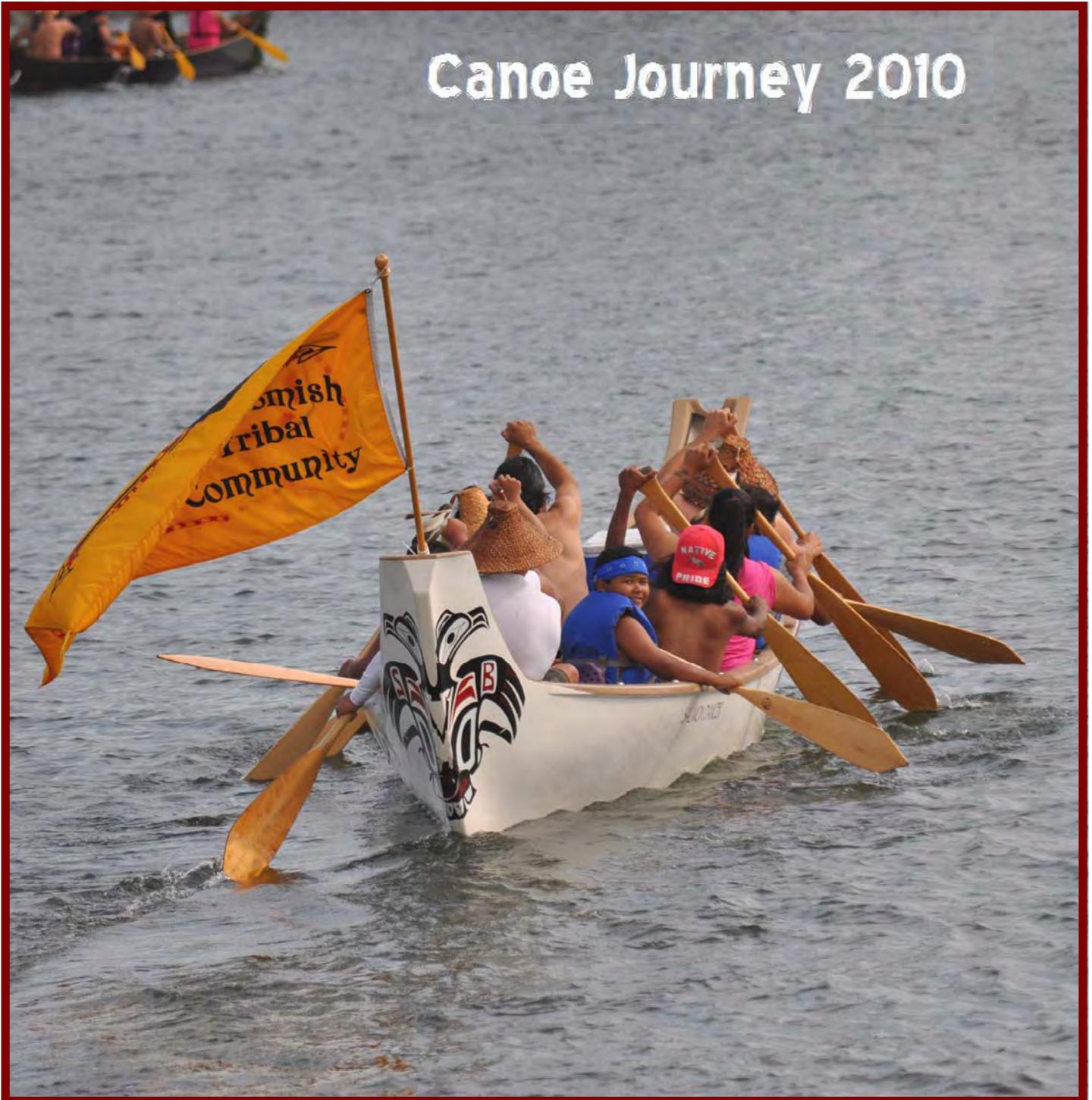
VOLUME 44 ISSUE 8

Swinomish swədəbš Indian Tribal Community

**K E E Y O K S** *Since 1966*

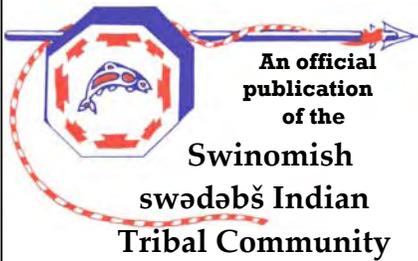
kiyuuq<sup>w</sup>s

**AUGUST 2010**



kiyuuq<sup>W</sup>s

*The Seagull*



An official  
publication  
of the

Swinomish  
swədəbš Indian  
Tribal Community

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- Brian Cladoosby, Chairman
- Barbara James, Vice Chair
- Sophie Bailey, Secretary
- Dianne Edwards, Treasurer
- Allan Olson, General Manager  
*Tuk Tuk Luus*

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*Tee-sa-luq*
- Brian Cladoosby  
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- Glen Edwards  
*Cha-das-cud II*
- Steve Edwards
- Barbara James  
*Taləq talə II*
- Leon John  
*šm šk š lš*
- Kevin Paul  
*Wa lee hub*
- Brian Wilbur
- Tandy Wilbur  
*Wolfe*

The  
Keeyoks kiyuuq<sup>W</sup>s  
deadline to get  
something into the  
September issue is  
**AUGUST 15TH**

**The Keeyoks kiyuuq<sup>W</sup>s**

17337 Reservation Road  
La Conner, WA 98257  
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- Ann Smock  
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- Caroline Edwards  
Assistant Editor  
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*Photos: Keeyoks kiyuuq<sup>W</sup>s  
and submitted*

**On the cover:** Hunter Williams sends a smile from Brian Cladoosby's canoe, Salmon Dancer, as it approaches the Swinomish landing site on July 9. *Smock photo*

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**STAFF**

**PICNIC**



**AUGUST**

**19<sup>TH</sup> !**

**Keeyoks kiyuuq<sup>W</sup>s Mission**

The mission of the Keeyoks kiyuuq<sup>W</sup>s 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.

**swədəbš kiyuuq<sup>W</sup>s swədəbš kiyuuq<sup>W</sup>s swədəbš kiyuuq<sup>W</sup>s**

## Message from the Chairman



### Brian Cladoosby

Brian and Governor Christine Gregoire celebrate the agreement for co-ownership of Kiket Island (Kukutali) at a celebration Friday, July 30. The agreement between the state and tribe is a first for the country.

The month of July has been filled with monumental events in the Salish Sea Region!

Our Swinomish community has been blessed by the Creator, and I am proud to share with you some good news and events which have brought our community and Coast Salish brothers and sisters together to celebrate. This past week we concluded the 2010 Tribal Journey in Makah, the Blessing of the Salish Sea Naming Ceremony in Songhees and the co-management and ownership of Kiket Island with Washington State Parks at Swinomish. It is truly been a great month to be Coast Salish.

Thousands of Coast Salish brothers and sisters traveled to the shores of Makah for the 2010 Tribal Journey. There were 92 canoes that paddled from our tribal communities along the Salish Sea. Canoes came from as far north as the Powell River in Homalco Nation, as far east as Sto:lo Nation in the Fraser River, and as far south as the Nisqually River. The two week paddle took us through our marine highway system that was created and used by our elders to travel from community to community.

Swinomish will be hosting the 2011 Tribal Journey, and we have 364 days until this grand event.

We are excited to bring our family and friends together on the shores of Swinomish and look forward to planning with our community to make this a great success. While we were paddling to Makah, many of our Coast Salish brothers and sisters gathered in Songhees Nation to celebrate the official naming of the Salish Sea. As many of you may know, Swinomish coordinated with the Coast Salish nations and tribes to initiate the movement for the governing bodies to adopt the international name "Salish Sea." On July 15, 2010 the official name was blessed by a ceremonial mask dance in the Songhees Longhouse. The federal, state, and provincial tribes and first nations celebrated the new name that would be used to umbrella the water bodies of the Straits of Juan de Fuca, Georgia Basin and Puget Sound. The drums rang loud across Coast Salish territory as they sang our traditional anthem to honor the Salish Sea.

This weekend we celebrate the return of Kiket Island (Kukutali) to the Swinomish Community. In the past year the Swinomish Senate has worked hard to reclaim a little bit of history for our community members and for our elders. It is a place they once gathered and harvested resources. Swinomish Indian Tribal Community and Washington State Parks Commission are now the co-owners and managers of Kiket Island, thus making it the first tribal-state owned park in the United States. I am so excited to be able to bring this special place back to our community where many of our elders once gathered. This accomplishment provides an opportunity for our youth to build their own memories of a special place in their life time.

I am so happy to arrive home at Swinomish after the Tribal Journey. It has been a blessing to be part of this community and the Coast Salish family who lives within this beautiful place we all call home along the Salish Sea shores.

God bless you all and have a great August!



Hunter Williams (son of Janet and David Williams, age 9) and Ryan Day (son of Summer Charles and Joe Day, age 11) waiting permission to go ashore  
*photo by Robin Carmeen*

“Our Swinomish Canoe Families rocked the house at Makah; their performance was awesome, and they represented Swinomish with great pride! We did a formal invitation for 2011 and we also did a small giveaway to the host tribe and the guest in the house at the time of our protocol.”

~Aurelia Washington,  
Swinomish Canoe Journey  
2011 Coordinator



Swinomish canoes Spirit of the Salmon skippered by Eric Day (above) and Salmon Dancer skippered by Leon John (below); Mt. Baker in the distance  
*photos by Ann Smock*



**Swinomish canoes arriving at Makah July 19th**



*photo by Marlo Quintasket*



*photo by Eric Day*



Spring/Summer

## Native Plant of the Month



*The flowers of spring become the seedpods of summer (left) that feed scores of birds and small mammals, and sow meadows full of lupine.*



### Landscape Value

This is one of the many native lupines that occur naturally in our region. Found in high meadows in the Cascade Range, it is adaptable to many elevations including the lowlands of Puget Sound. Consider planting this in a sunny, moist site in your garden.

Lupine plants help to "fix" nitrogen from the air into the soil, enriching poor soils, which gives lupine added garden value.

Mix with monkey-flower, Indian paintbrush, camas, and other wetland meadow plants for a showy long blooming meadow. These meadows are beautiful and have enormous wildlife value.

### Arctic Lupine *Lupinus arcticus*

- The name lupine is known around the world for the beautiful spires of pea-like flowers that brighten spring and summer meadows.
- Though the pods are pea-like they are not edible and may be toxic to humans.
- Bumblebees and hummingbirds feed on the flower nectar, while birds and mammals of all types relish the seeds.

*Text by Heidi Bohan*  
©Starflower Foundation



### Lushootseed Numbers



dəču? → duh choo



yəlaʔc → yuh lah ʔts



sali? → sah lee



čuʔkʷs → ʔsookws



ʔixʷ → ʔee hw



təqači → tuh qah cheeʔ



buus → boos (like goose)



ʔxʷəl → ʔxwuhl



cəlac → tsuh lahts



ʔulub → ʔoo loob

*Last month, the Lushootseed lesson was also counting one through ten, but a mistake was made: those numbers were only for counting people. These are simply the basic numbers. ʔ is a glottal stop, or an abrupt stop as in uh-uh. ʔ a bit like saying thl together while clearing the throat. There is no English equivalent. ʔx is a soft throat clearing at back of tongue*

## OBITUARY

### *Sus Swin Th E Ya* Renee Kay Cayou

Renee Kay Cayou, age 37, a resident of Swinomish, passed away surrounded by her loving family on Thursday, July 15, 2010. Renee was born on August 2, 1972 in Bellingham, WA, the daughter of John H., Sr. and Geraldine Williams Cayou. When Renee was 8 years old she moved with her family to La Conner, where she attended school. La Conner was her home where she raised her own family. Renee enjoyed playing tribal bone games and playing Bingo. She also enjoyed playing baseball and soccer. More favorites of hers were traveing and her pow-wows.

Renee is survived by her mother, Geraldine "Bear" Billy; three daughters, Clararose Seward; "Little Bear" Lanita Cayou, and Reanne Zimmerman; one son, Talon Zimmerman; one sister, Josephine Cayou; and half-sister Jean Jimmy; three brothers including her twin, Randy Cayou, Wally Cayou and



Frankie Cayou; three half-brothers, John, Richard and Jerry Cayou; Uncle Walter Williams, Jr. and many more uncle, aunties, cousins, nieces and nephews.

She was preceded in death by her father, John H. Cayou, Sr.; step-father Archie A. Billy, Sr.; grandparents, Walt and Clara Williams; nephews, Scott Cayou and Joseph Cayou; grand-niece Cecelia Rose Spencer; sister-in-law, Lucille Cayou and first cousin, Henry Cayou.

Arrangements were under the care of Kern Funeral Home of Mt. Vernon, WA.

Renee's family thanks everyone for the donations, time spent with family members, and prayers.



## From the Editors



Ann Smock and  
Caroline Edwards

The odd thing about producing a monthly publication is that the news from the first week of the month is already a month in the past by the time the paper is delivered. For the locals, holidays and some major events present the mildly frustrating publication conundrum of "old news." We just miss the big events to use as a timely cover photo. The June graduates on the cover of the June issue had not actually

received their diplomas, since graduation wasn't until after June first. We couldn't exactly put the Fourth of July parade on the cover of the July issue, as it hadn't happened yet and so on. Some of the photos have sometimes already been seen. None the less, we try to present a balance between the previous month's events, and those coming up during the month you are reading. We live both in the past and the future, often wondering what day is!

☺ We hope you enjoy the August 2010 issue.

## CORRECTIONS:

In the July issue article "L'il Miss Colville," Ayla Cayou is stated as Missy's step-sister, while she is actually her half-sister.

In the July issue was a Lushootseed counting lesson, one through 10. The names for the numbers, however, were actually only appropriate if you are counting people, and not used in other counting situations. Please visit page 5 for an important Lushootseed lesson correction on numbers!

Keeyoks apologizes for errors.



**Paddle to Swinomish 2011**  
**July 25<sup>th</sup>-31<sup>st</sup>**  
**“Loving, Caring and Sharing Together”**



The Swinomish Tribal Community is honored to host Canoe Journey 2011. We are committing this celebration to the ways of our ancestors: “Loving, Caring and Sharing Together.” We are building a brand new waterfront park and canoe landing on the Swinomish Channel to accommodate everyone. The Swinomish people take great pride in providing the utmost hospitality and respect to our relatives, neighbors and friends.

Canoe Journey Coordinator - Aurelia Washington (360)853-6376 [awashington@swinomish.nsn.us](mailto:awashington@swinomish.nsn.us)  
 Assistant Coordinator – Melissa Edwards-Miller (360)853-3979 [mmiller@swinomish.nsn.us](mailto:mmiller@swinomish.nsn.us)  
 Address: 11404 Moorage Way, La Conner, WA 98257



**Getting Ready**

Work has begun on preparing the shore for the 2011 canoe landing area.

The first trucks rolled in Monday, July 26, and made impressive changes to the landscape in just a few days.





**Alum Helps State's First Citizens  
from the Central WA University  
Alumni Newsletter**

Craig Bill was just six years old when, in 1980, former Governor Dixie Lee Ray signed an executive order to establish the governor's Office of Indian Affairs (GOIA), to serve as liaison between state and tribal governments in an advisory, resource, consultation, and educational capacity. For the last five years, Bill, a 1998 CWU graduate, has been guiding the important work of the office as the GOIA director.

"Without a doubt, Craig is a great asset to my office and an outstanding advocate for Native Americans," said Governor Chris Gregoire. "He is a committed public servant who continually strives to enhance the relationship between our tribes and state government."

Bill, from Puyallup, is also charged with promoting knowledge of Native American culture, both past and present, enhancing tribal self-sufficiency, and providing assistance to Indian citizens in efforts to work with state government to resolve mutual problems and concerns.

"It's fascinating work, and it's constantly changing," he said. "I do something different every day. One day I could be working on issues with protecting tribal properties, the next it could be health issues."

The work is also personal for Bill, a member of the Swinomish Tribe and descendent of the Colville Confederated Tribes and Choctaw Nation of Oklahoma. The first member of a Skagit county tribe to be appointed to the GOIA post, he now works with the twenty-nine tribes in Washington and tribes in surrounding states.

Teamwork and leadership skills come naturally to Bill, as witnessed during his days as a defensive back on the Wildcats' football team.

"He had the biggest heart and the biggest work ethic," recalled his former CWU coach, Jeff Zenisek. "He was not going to be denied what he could do to help Central win football games. He was a great teammate and very loyal. He's a great one, a salt-of-the-earth kid."

A four-year letter winner, Bill, then a junior, was the starting strong safety and a standout special teams performer for Central's 1995 NAIA National Championship team.

"You'd give him a job to do and he would do it, and take it further than you ever thought," Zenisek said. "That's probably why he's so successful now."

Bill acknowledges, "I worked hard as a student-athlete and made a lot of friendships that have lasted to this day." He was drawn to Central because of its football team,

community feel, and to join his sister, Nadine, who received her Bachelor of Science in business administration in 1993.

During his undergraduate years, Bill earned degrees in political science and social science. He credits the university's curriculum and professors with providing him the solid foundation to make a difference in his community.

"Central gave me an arena to develop my interests and gain the skills for what I'm doing today," he said.

Through his current role in strengthening the bond between the tribal community and state government, Bill has seen progress in many issues affecting Native Americans, including the preservation of tribal lands. Based in no small measure on his CWU experience, he also has a pointed interest in the promotion of education within the tribal community.

"Education is an important part of the collaboration," he said. "Many people have misconceptions about the tribal community that need to be overcome (e.g., that all tribal members are involved with casinos). Each group must understand the other correctly and have proper knowledge."

Bill also believes that CWU exemplifies the same appreciation for diversity that he seeks to establish in his position within the governor's office.

"Central is a wonderful place and offers students such a great experience," he said. "I feel that Central is big enough that one can gain exposure to a very diverse group of people, but it's small enough that it feels like a real community. I'm proud to be a Wildcat."

This article has been reprinted in full from the *Newsletter of the Central Washington University Alumni Association*, volume 2, number 3, summer 2010. Fiona Gardner, contributing writer.

*Editor's Note:*

Craig Bill is an enrolled member of the Swinomish Indian Tribal Community. His father, Wayne Bill, is Human Resources director for the tribe, his mother, Virginia Bill, is the Swinomish Adult Basic Education and GED Program director, and his sister, Nadine, works for Northwest Indian College, Lummi Campus.



Craig Bill 1996



Craig Bill 2010

**"Without a doubt, Craig is a great asset to my office and an outstanding advocate for Native Americans," said Governor Chris Gregoire. "He is a committed public servant who continually strives to enhance the relationship between our tribes and state government."**



For information about attending CWU, visit their website:  
<http://www.cwu.edu/> or contact: **CWU** 400 E. University Way, Ellensburg, WA 98926  
 Phone: (509) 963-1111 Email: [daysj@cwu.edu](mailto:daysj@cwu.edu) (for a catalog)

BULLETIN BOARD



**WARNING!!**

**Do not eat shellfish from Lone Tree Point**

**EMERGENCY CLOSURE  
OF LONE TREE POINT  
FOR ALL CLAM, MUSSEL  
AND OYSTER  
HARVEST!**



**STAFF PICNIC  
AUGUST 19<sup>TH</sup> !**

**Swinomish Utility Authority**

CALL  
Waste Management  
(360) 757-8245

See page 26!

\$7.40  
Per  
month



**Curbside recycling**

It's good for the planet and lowers your  
garbage bill.

**Less waste is more responsible.**

**SPORTS PHYSICAL DAY @ CLINIC**

**When:** August 5th, 2010

**Time:** 10:00 a.m. to 5:00 p.m.

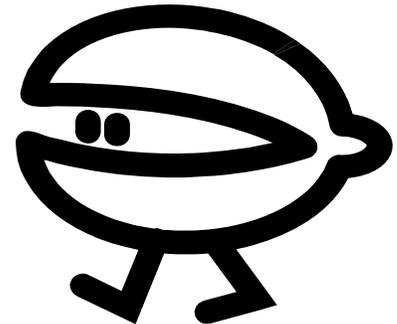
**Where:** Swinomish Health Clinic

We will be providing a healthy choice for  
Breakfast items as well as Lunch Items for those  
who participate in this event.

Please call (466-3167) today to schedule your appt.

Walk in times will still be available  
for acute care only.

We will be raffling off a Wii Sport Bundle  
Package. Those who chose to participate in this  
day will get their name put in for the drawing.



**CLAM BAKE**

**&**

**Swinomish Marine  
Interpretive Center  
Opening Ceremony**

**@ Lone Tree Point,  
11 AM, Thursday,  
August 26th, 2010**

*Clams served at this event  
are from Taylor Shellfish  
Farm*



**DEADLINE FOR  
SEPTEMBER ISSUE  
IS AUGUST 15TH**



Don't get crabby! Come to Toddler Class!  
Left to right: Joslin James, Brandon Damien, Chas James, Aaron Jack

**Toddler Class starts again in September ☺**  
 Children ages 1 to 3 years who are Swinomish tribal members and children of other tribes living in the community are eligible.

**Tuesday / Wednesday / Thursday**  
**9:00 AM to 11:00 AM**

Van transportation is available within Swinomish Village

Register at the Early Education Center and bring with you:

- ✓ your child's Swinomish enrollment number
- ✓ your child's immunization records
- ✓ current address and phone number
- ✓ current phone numbers of emergency contacts

Did you know that Swinomish has infant care? For information on fall enrollment call 466-7329



**Is it time to re-register for fall child care already? Yes!**

Fall registration forms available at Early Education Center (allow 20 minutes)

**Bring with you same documents as for Toddler Class:**

- ✓ your child's Swinomish enrollment number
- ✓ your child's immunization records
- ✓ current address and phone number
- ✓ current phone numbers of emergency contacts

**PLUS:**

- ✓ current pay stub and work schedule
- ✓ verification of employment, school or training

You may qualify for DSHS subsidy (Working Connections Child Care), HESS Child Care Subsidy, or other sliding-scale fees.

Swinomish Childcare Program 360-466-7329 or 466-7276

**Fourth of July Parade**

A representative group of children "paddled" a small canoe in the La Conner Fourth of July parade this year. Their signs, "Paddle to Swinomish 2011, Loving Caring and Sharing Together" informed the public that Swinomish will be hosting the Canoe Journey for next year.

from left: Danny Rapada, Kennedy Miller, Scottie Miller, Duncan Tobey and Desirae Tobey

in canoe: CJ Edwards, and Jerome Tobey, Jr.



Photo by Jenny Edwards



Amy Freeto  
 Domestic Violence Prevention Educator  
 Social Services rm 213  
 afreeto@swinomish.nsn.us  
 360-466-7389, 360-920-8110

**Second Step and Middle School Peace Group Graduation Dinner was held June 23rd**

Our recreation center and social services community celebrated our students who had completed our Domestic Violence Prevention classes during the 2009-2010 school year. We shared a lovely meal as well as had our end of the year prize drawing for an I-pod, and \$250.00 in various gift cards. Our fourth grade students completed a years worth of Second Step classes where they fo-

cused on de-escalation techniques, conflict resolution and self monitoring in stressful situations. Our middle school peace group focused on safe dating discussions, self awareness and had many small group discussions on healthy relationships and ways to prevent violence in our community. We would like to thank Dorraine Booth for a lovely introduction and blessing our meal and the Swinomish Casino for donating a dinner for two drawing prize for our parents in attendance.

Please join us this summer as we start a grade school class on Bullying Prevention and our middle school group continues our focus on healthy relationships. Classes meet in the Youth Center Teen Room. Middle School at 4:00 PM and grade school immediately after the library's Summer Read Program (approx. 4:30) During the school year we will start a new Second Step Class for 3rd and 4th grade, a new middle school group and will be having a weekly group for Girls ONLY...come check us out!

**Summer Read Program  
 4:00 PM on Wednesdays  
 Swinomish Youth Center Teen Room**

Pictured are some of the winners from the Second Step and Middle School Peace group end-of-the-year drawings.

Jacob and Isaias



*photos by Amy Freeto*



Jeanette, Kahneesha and Kalona

**CALVIN AND HOBBS** by BILL WATTERSON



ISN'T IT GREAT TO BE ON SUMMER VACATION? TO BE ABLE TO ENJOY ALL THIS WITH NO SCHOOL AND NO RESPONSIBILITIES?



**Back to School Supply Day  
and Student Gift Card Distribution**

**When: Wednesday, August 4<sup>th</sup> 2010,  
9AM-6PM.**

Where: Swinomish Youth Center and *parent or guardian must be present for gift card pick up.*

Who: (receives school supplies) All Native students in the Swinomish Community who live in the LaConner School District.

Who: (receives clothing gift cards) All tribally enrolled Swinomish students birth-12<sup>th</sup> grade that are newly registered pre-schoolers or enrolled in school (K-12) at the end of last year.



If you do not live in La Conner, can you please call Tracy at the number below so we can mail your card to you or your student?

**Questions:**  
Please call Tracy Edwards  
M-Th (360)540-2702.

**School starts:**  
**SEPTEMBER 1ST** (half day)

<http://www.lcsd.wednet.edu/lcsd>



**NORTHWEST INDIAN COLLEGE**

**Now enrolling for Fall Quarter 2010!**  
Classes begin September 20 360-466-4380

**Class Schedule (credit classes)**

APPRECIATION OF INDIAN ART	MON & WED	4:00-6:00 PM	B. JOJOLA
PNW BEADWORK I & II	THURS	9:00-NOON	G. GOBERT
COMPUTER BASICS	MON & WED	9:00-1:00 AM	G. GOBERT
GRAMMAR & PUNCTUATION	TUES & THURS	1:00-3:30 PM	S. CONNOR
BASIC MATH	MON & WED	9:00-11:30 AM	M. CLADOOSBY
ELEMENTARY ALGEBRA	MON / TUES / WED	10:00-11:30 AM	G. GOBERT
INTERMEDIATE ALGEBRA	TUES & THURS	3:00-5:30 PM	B. HEINZE
ELEMENTARY STATS I	TUES & THURS	6:00-8:30 PM	B. HEINZE
NWIC SEMINAR I	THURS	NOON-1:00 PM	G. GOBERT
STRETCH & TONE (held at Fitness Center)	TBA	TBA	C. MAVAR

**Class Schedule (open to community)**

PNW BEADWORK I	THURS	9:00-NOON	G. GOBERT
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## WELLNESS PROGRAM 360-466-1024



Dawn Lee, BA CDP

### New Chemical Dependency Counselor in the Swinomish Wellness Program

Please welcome Dawn Lee to Swinomish. Dawn has worked in the field of chemical dependency for the past ten years. For five years she was employed as a Chemical Dependency Professional for the Stillaguamish Tribe's

Methodone Clinic. Before coming to Swinomish, Dawn worked in Family Services for the Tulalip Chemical Dependency Program. Prior to working for the tribes, she worked at a small treatment agency in Burlington. Dawn began looking for a position closer to her home, and was soon hired by the Swinomish Wellness Program in Social Services. Dawn and her husband live in Sedro Woolley with their two daughters. In her spare time she enjoys going camping, wakeboarding and hiking.

## COCAINE

Cocaine is a powerfully addictive stimulant drug. The powdered form of cocaine can be snorted or dissolved in water and then injected. Crack is the street name given to the form of cocaine that has been processed to make a rock crystal, which, when heated, produces vapors that are smoked.

### How Is Cocaine Abused?

Three routes of administration are commonly used for cocaine: snorting, injecting, and smoking. Snorting is the process of inhaling cocaine powder through the nose, where it is absorbed into the bloodstream through the nasal tissues, and is the most common way of using. Injecting is the use of a needle to insert the drug directly into the bloodstream. Smoking involves inhaling cocaine vapor or smoke into the lungs, where absorption into the bloodstream is as rapid as it is by injection. All three methods of cocaine abuse can lead to addiction and other severe health problems, including increasing the risk of contracting HIV/AIDS and other infectious diseases.

The intensity and duration of cocaine's effects—which include increased energy, reduced fatigue, and mental alertness—depend on the route of drug administration.

The faster cocaine is absorbed into the bloodstream and delivered to the brain, the more intense the high. Injecting or smoking cocaine can produce a quicker, stronger high than snorting.

On the other hand, faster absorption usually means shorter duration of action: the high from snorting cocaine may last 15 to 30 minutes, but the high from smoking may last

only 5 to 10 minutes. In order to sustain the high, a cocaine abuser has to administer the drug again, and more often. For this reason, cocaine is generally abused in binges.

### How Does Cocaine Affect the Brain?

Cocaine is a strong central nervous system stimulant that increases levels of dopamine, a brain chemical (or neurotransmitter) associated with pleasure and movement, in the brain's reward circuit. Cocaine acts by preventing the dopamine from being recycled, causing stimulation of excessive amounts of the neurotransmitter. It is this excess of dopamine that is responsible for cocaine's euphoric effects. With repeated use, cocaine can cause long-term changes in the brain's reward system and way of thinking, which may eventually lead to addiction. With repeated use, tolerance to the cocaine high also often develops. Many cocaine abusers report that they seek but fail to achieve as much pleasure as they did from their first exposure. Some users will increase their dose in an attempt to intensify and prolong the euphoria, but this can also increase the susceptibility or risk of addiction.

### What Adverse Effects Does Cocaine Have on Health?

Abusing cocaine has a variety of adverse effects on the body. For example, cocaine constricts blood vessels, dilates pupils, and increases body temperature, heart rate, and blood pressure. It can also cause headaches and gastrointestinal complications such as abdominal pain and nausea. Different methods of taking cocaine can produce different adverse effects. Regular snorting of cocaine, for example, can lead to loss of the sense of

smell; nosebleeds; problems with swallowing; hoarseness; and a chronically runny nose. Ingesting cocaine can cause severe bowel gangrene as a result of reduced blood flow. Injecting cocaine can bring about severe allergic reactions and increased risk for contracting HIV/AIDS and other blood-borne diseases. Binge-patterned cocaine use may lead to irritability, restlessness, and anxiety. Cocaine abusers can also experience severe paranoia—a temporary state of full-blown paranoid psychosis. Regardless of the route or frequency of use, cocaine abusers can experience acute heart or brain emergencies, such as a heart attack or stroke, which may cause sudden death. Cocaine-related deaths are often a result of cardiac arrest or seizure followed by respiratory arrest. Please be aware of the problems associated with cocaine use in our community. If concerned, feel free to contact one of our staff at the Swinomish Wellness Program.

The Wellness Program, and the patients that Jennie Magine worked with during her short stay with us, thank her and wish her well in her move to California, where she will be in her hometown close to family. She stepped right in and went to work without missing a beat when Marty Barnett left us. You were just what we needed. Thank you Jennie!



Reception:  
466-1024

Heather Bryson: 466-7256  
Jennifer Magine BA, CDP

Dave Allen: 466-7233

Dawn Lee: 466-7273

**FROM THE YOUTH CENTER PREVENTION/RECREATION PROGRAM**



**Welcome Lane Fernando to the Prevention & Recreation Team!**

Lane Fernando

Hello,

I'm Lane Fernando, and I will be working for the tribe with the youth in the recreation and prevention program. I have a lot of great ideas for fun and educational activities for kids in the community.

Being a musician, I'd love to create a music program, as well as focusing on exploring the world of fine arts with the youth.

As a tribal member, I take pride in mentoring and offering a positive role model for the youth of our community and giving them insight and outlets to explore their individual creative abilities.

If you have any questions or suggestions, feel free to contact me either at the Youth Center or by telephone.

1-360-420-2569

Monthly Youth Center activity calendars are not published in the summer months. Please stay informed of weekly activities by checking the door of the Youth Center for information or calling:

466-7337

**Swinomish Youth Attend Lummi Music Mentors Camp**

*Youth Create Music CD to Spread the Message about their Native Cultures, Getting an Education and Preventing Addiction and Violence*

During July 2010, 42 youth from the Lummi School experienced the first "Lummi Tribal Youth Music Academy." The group spent 4 days immersed in examining personal challenges they face at home, in their community, and at school. During the academy, the youth created and recorded an original CD of poetry and songs devoted to cultural preservation and ways to break the cycle of violence, alcohol and drug abuse. The event was funded entirely by the TANF program, and prepared participating youth for their work as musical peer-educators in their communities and schools. Several of the youth were graduates of the 2009 "New Directions: Tribal Youth Music Academy."

As a Swinomish Youth Center staff member, Lane Fernando helped Swinomish youth to take part in the music mentoring event at Lummi. The Rez Dogs, Kenneth Revey and Wayne Fornsby got some experience in composing, performing and recording their own music.



photo by Todd Denny

Kenneth Revey and Wayne Fornsby attended the Lummi Music Camp in July where they wrote and recorded their own songs. Lane Fernando, an accomplished musician, made it possible for the boys to attend. He teaches music every chance he gets; here he is showing Henry Cayou how to make a chord.



photo by Tracey Parker



## STAY COOL AS A CUCUMBER IN HOT WEATHER

Hot summer days are beautiful, but they can also be dangerous.

Dehydration is the loss or deficiency of water in the body.

Children and the elderly are more likely to succumb to the effects of dehydration.

*submitted by  
Lane  
Fernando,  
Prevention and  
Recreation  
Program*

### SOME SYMPTOMS OF DEHYDRATION INCLUDE:

- ✦ headaches
- ✦ dizziness
- ✦ increased heart rate

### PREVENTION TIPS TO AVOID DEHYDRATION:

- ◆ Average (height-weight proportionate) people should drink EIGHT 8 ounce glasses of water daily. Overweight individuals need one additional glass for every 25 pounds of excess weight.
- ◆ Drink more water with heavy activities and exercise.
- ◆ Only water can truly hydrate the body, stay away from sodas, alcohol and coffee to quench your thirst.
- ◆ The use of re-usable water bottles is a great way to stay hydrated and help the Earth by reducing the waste of plastics.

Have a safe and fun summer and remember to drink plenty of water!!!



## Welcome to Safe Water Bottle Review (<http://safewaterbottlereview.com>)

Safe Water Bottle Review has been developed to inform the consumer of the safe alternatives to plastic water bottles available for purchase on the market today. Currently there has been much debate in the scientific community about the affects of the chemical Bisphenol-A. This chemical, also known as BPA, is found to varying degrees in plastic water bottles, making them unsafe and possibly hazardous to the health of those consumers who drink water out of plastic bottles on a regular basis. With this in mind, we believe stainless steel is the best alternative material for the consumer who uses a water bottle regularly. Stainless steel has many advantages as a material for reusable water bottles. It is safe; it is durable; it does not alter the taste of the contents.



Safe Water Bottle Review presents informational facts through articles, reviews and videos. We discuss the pros and cons of the varying designs and models of stainless steel water bottles produced by the six major companies in the business today. Those six companies are the following:

- 1) Klean Kanteen
- 2) New Wave Enviro
- 3) Earthlust
- 4) Bilt
- 5) thinksport
- 6) Guyot Designs

- ◆ Most are made of 18/8 food-grade stainless steel (Guyot Designs uses 18/10 surgical grade stainless steel).
- ◆ They are made in China. Most companies claim that their bottles are made “responsibly” in China.
- ◆ Drinking out of stainless steel may seem quite different at first, but accustoming oneself to this material does not take long.
- ◆ Stainless steel doesn’t insulate very well and will sweat, but this is no different than a plastic water bottle.
- ◆ Since Stainless Steel contains nickel, those that are allergic should avoid stainless steel water bottles

SWINOMISH SOCIAL SERVICES

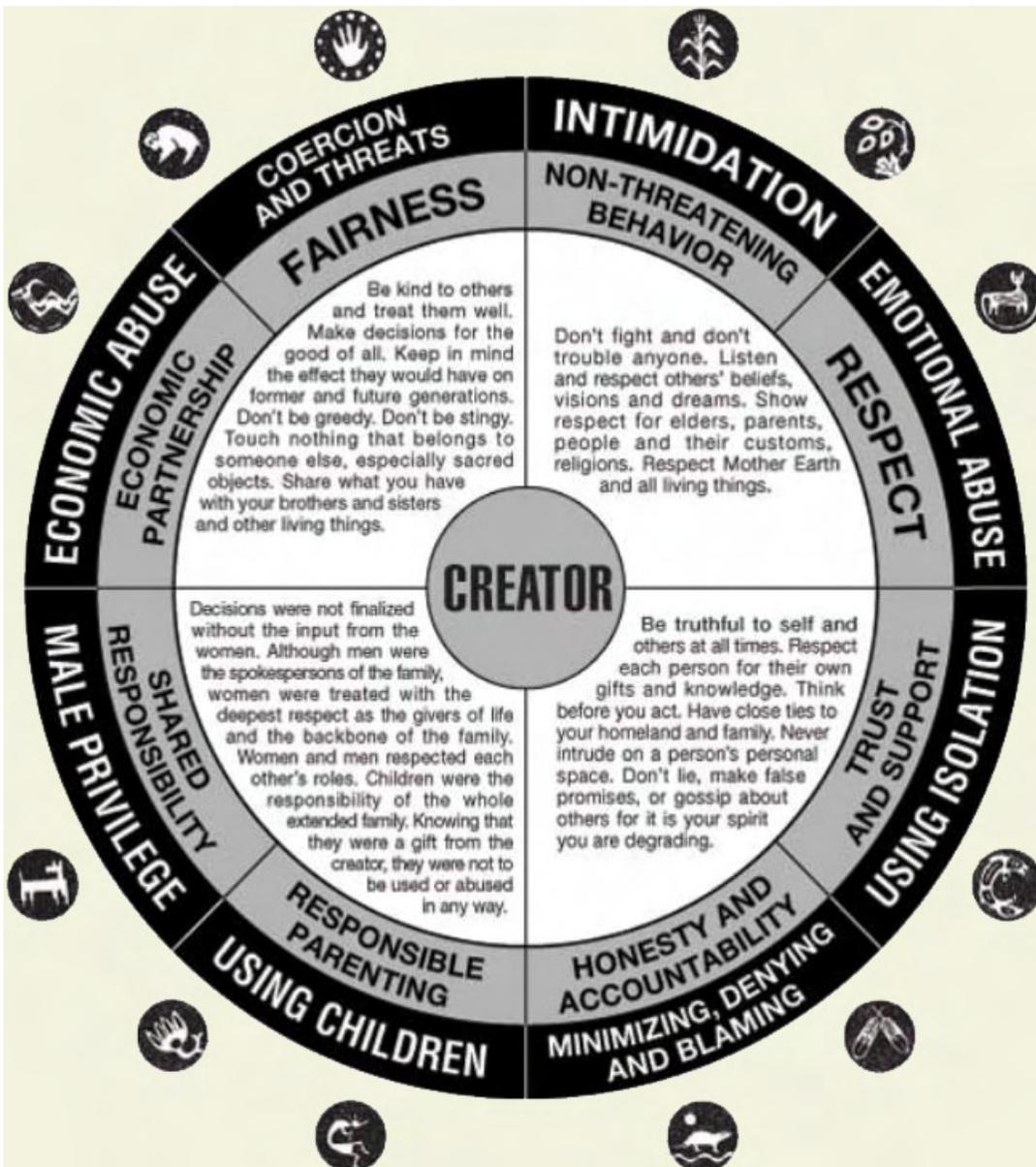


Russ Hardison M.A., LMHC  
Domestic Violence Counselor  
466-2090

**1** **Domestic Violence Resources**  
The Swinomish Tribal Community has been providing domestic violence counseling to perpetrators of domestic violence since April of 2009. These services are offered at the Social Services building. As we begin our second year of providing these important services, it is helpful to remind ourselves about the growing problem of domestic violence and its impact on children, couples, and families in our community. We know that domestic violence often results in physical injury and emotional trauma. We also know that it can destroy relationships and break-up families. We can see examples of the devastation caused by domestic violence among our neighbors, friends, and family. The scars left by domestic violence do not always heal quickly.

**The Power Wheel**

The healthy behaviors in the grey are the opposite of the destructive behaviors in the black.



**2** The good news is that perpetrating domestic violence is a learned behavior! We are born naturally inclined to develop good, healthy relationships. As children, some of us are exposed to violence at home and in the environment around us. We learn that violence is acceptable and can be used to get what we want. We learn that through violence we can control those around us. What we sometimes don't learn is that by trying to control our loved ones we instead drive them further away. Exercising power and control over those around us creates fear, resentment, and breaks down family unity. Imagine the effect on the child who witnesses violence in his/her own home. The resulting trauma can impact how that child performs in school, his/her social development, and how that child may behave in their own future relationships. Often times, domestic violence is passed from generation to generation. In adulthood, our kids re-enact the violence that they have learned at home.

To learn more about this power wheel and Native oriented sites on domestic violence, research "Mending the Sacred Hoop"

Domestic Violence Continued. . .

**3** Fortunately, it is possible to return to our natural inclination to build relationships based on mutual respect and trust. Perpetrators of domestic violence can be helped by understanding the consequences of their actions. They can learn alternative ways to communicate and relate to partners and family members. They can examine the benefits of partnerships grounded in equality, not superiority of one over another. Perpetrators of domestic violence frequently do not recognize that responsible parenting and family violence are not compatible. We all want to be good parents. A key ingredient of good parenting is to provide a safe, violence free home for our children.

**4** Our program helps educate participants about all kinds of domestic violence. It is important to remember that domestic violence is not limited to physical aggression. Most of us understand that hitting, pushing, or kicking someone are examples of assaultive behavior. Many of us don't realize that insults, verbal threats, and intimidation are emotionally assaultive behaviors. The perpetrator who states, "I've never hit my partner" may still be abusing that partner by inflicting a variety of emotionally violent attacks. When this expanded definition of domestic violence is understood, we can then begin working to change both physically and emotionally damaging behaviors.

**5** As our program moves into its second year, I would encourage everyone in our community to consider their own family. Is your home violence free? Are your children learning how to build trust, respect, support, and equality in relationships? Is your family working together to develop a caring, nurturing environment? If you need assistance, it's available at Social Services for both victims and perpetrators of domestic violence. Don't wait! These problems usually don't improve on their own, but with help, many families can begin healing and become strong again.

United Indians La Ba Te Yah Youth Home

Dear Colleagues, and Concerned Brothers and Sisters,



July 19, 2010

All My Relations:

My name is Ronald Alexander, MSW, and I am a case manager at the La Ba Te Yah Youth Home in Seattle.

Our Program is designed to help homeless Native American youth aged 18 to 23. We use an approach that combines Native American culture and values with educational, Medical, and social services to facilitate healing and positive change.

What we do: We provide housing for Native American youth who want to go back to school to get their GED, high school diploma or enter a vocational and/or college program. They must combine school with part-time work for a total of 30 productive hours a week.

They must want to be productive and willing to make positive changes and willing to live a clean and sober life style.

This is a window of opportunity for those who want new beginnings, new opportunity, and a new future for themselves.

If you are interested in our program, please call us at (206) 781-8303 to set up and appointment. If you qualify, you can stay up to a year and a half while you are here.

Respectfully yours,

Ronald W. Alexander, MSW  
La Ba Te Yah Youth Home  
9010 13th Ave. N.W.  
Seattle, WA 98117

- The city of Chicago has the only post office in the world through which you can drive your car.
- The first graves in Arlington National Cemetery were dug by James Parks, a former Arlington Estate slave. Buried in Section 15, James Parks is the only person buried in Arlington National Cemetery who was also born on the property.
- The hummingbird is the only bird that can fly backwards.
- The hyoid bone in the throat is the only bone in the human body not joined to another.
- The Joshua tree is the only tree that grows in California's Mojave Desert.
- The king of hearts is the only king without a moustache on a standard playing card.
- The only country in the world that has a Bill of Rights for Cows is India.



# Swinomish Well Child Exam Day



Michele Cruz with Mayleah Day-Jack



Nurse Susan Sundin with Jaydin Eagleheart Clark



Amanda Ruzicka with her children  
Mikayailah and Landon.



Terrance, Chas, Haley and Joslin James

## FROM THE DENTAL CLINIC

Strange but true... Americans spend less per year on dental care than hair care or lottery tickets!!!!



### Dental Number Facts

- \* 18 yards - the amount of floss bought each year per person
- \* 10 to 12 - the number of teaspoons of sugar in an average 12 oz. soda
- \* 122 yards - the amount of floss that should be bought each year
- \* \$2.025 billion - the amount spent on Halloween candy in 2001
- \* \$1.8 billion - annual amount spent on toothpaste
- \* \$775 million - annual amount spent on toothbrushes
- \* 78% of Americans have at least one cavity by age 17
- \* 74% of Americans have some type of periodontal disease
- \* 3 sodas - the number of sodas that increase tooth decay by 62%
- \* 45-70 seconds - the amount of time most people brush a day
- \* 2 - 3 minutes - the recommended amount of brushing time
- \* \$50 billion - the amount spent on dental care
- \* \$100 billion - the amount spent on hair care
- \* \$300 billion - the amount spent on lottery tickets
- \* 300 types of bacteria make up dental plaque
- \* 1,611,000 - the number of school days missed by American children in 1996 due to dental problems
- \* 600 - the number of cans of soda consumed yearly by the average American!

### Dental History Facts

\* In 1866 Lucy Beaman Hobbs became the first licensed female dentist.

\* In 1986, the winner of the National Spelling Bee won by spelling ODONTALGIA (which means toothache)

\* The average amount of money left by the Tooth Fairy in 1950 was 25 cents. In 1988 it was \$1.00. The promising news—for kids, anyway—is that the Tooth Fairy is paying out an average of \$2.13 per tooth this year, up 13 percent from last year. According to a national poll sponsored by (no surprise) Delta Dental of Minnesota, the Tooth Fairy pays anywhere from 5 cents to \$50 for recently-lost baby teeth placed carefully under pillows before bedtime.

\* The earliest dentist known by name is Hesi-Re. He lived in Egypt over 5000 years ago.

\* In Egypt, mummies have been found with tooth fillings of resin and malachite. Loose teeth were held together with gold wire.

\* The first toothbrushes were tree twigs. Chewing on the tips of the twigs spread out the fibers, which were then used to clean the teeth.

\* Ancient Greeks used pumice, talc, alabaster, coral powder or iron rust as toothpaste.

\* George Washington never had wooden teeth. His dentures were made from gold, hippopotamus tusk, elephant ivory and human teeth!!

\* Blacksmiths in early America often served as dentists

\* In 201 AD the Romans were dental experts - using gold crowns and fixed bridgework, and a paste made of ground eggshell and honey to clean the teeth.



\* In 1905 dental assistant Irene Newman was trained to clean teeth. She became the first dental hygienist.



Lucy Beaman Hobbs

# SWINOMISH swədəbš COMMUNITY ART ✍ SWINOMISH swədəbš



4th of July Fireworks



Nana's Rose Garden



My Backyard View



Out on Dead-Man's Island



More Fireworks



Craft Island



More of Nana's Roses



Eastern Washington; close to Winthrop.

*"Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it."  
Lou Holtz*

# COMMUNITY ARTISTS ✨ SWINOMISH swədəbš COMMUNITY ART

Diablo Lookout Hwy 20

by Caroline Edwards



Foggy Deception Pass by Cathi Bassford



Moon Portrait photo by Holly Spencer



Summer Moon by Cathi Bassford



Rainbow by Katie Bassford

# Entertainment!

Photo by Kalie Bassford



A one ounce milk chocolate bar has 6 mg of caffeine.

Scallops have approximately 100 eyes around the edge of its shell.

Color is not an indicator for the taste or ripeness in cranberries.

A chicken with red earlobes will produce brown eggs, and a chicken with white earlobes will produce white eggs

Not all polar bears hibernate; only pregnant females polar bears do.

There is a restaurant in Stockholm that only offers all-garlic products. They even have a garlic cheesecake.

Serving ice cream on cherry pie was once illegal in Kansas.

Superman The Escape rollercoaster, located in California at Six Flags Magic Mountain, goes from 0 to 100 miles per hour in only 7 seconds.

There are about 6,800 languages in the world

Studies have shown that by putting on slow background music it can make a person eat food at a slower rate

By walking an extra 20 minutes every day, an average person will burn off seven pounds of body fat in an year

Ironically, when doctors in Los Angeles, California went on strike in 1976, the daily number of deaths in the city dropped 18%

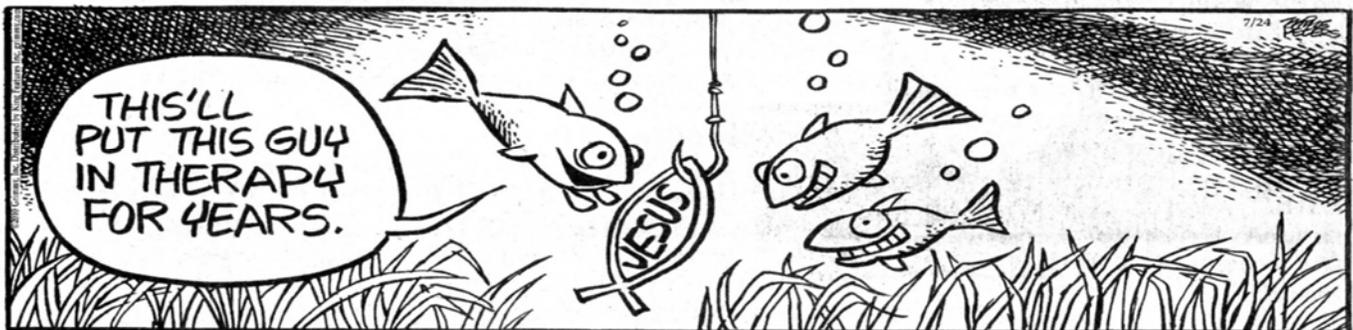
On average, a beaver can cut down two hundred trees a year.

The name of the first menthol cigarette in the United States was "Spud."

During WWII, because a lot of players were called to duty, the Pittsburgh Steelers and Philadelphia Eagles combined to become The Steagles.



## MOTHER GOOSE & GRIMM



**COAST SALISH MARY ICON NOW INSTALLED AT ST. PAUL'S**

Iconographer Mary Katsilometes had a dream that "she was inside a house when she heard a knock at the door. She opened it to find a tearful Indian woman with blue-black hair carrying a child and dressed in brilliant earth colors. The woman asked for canned goods, at which point Katsilometes immediately emptied her cupboards for her." She had been asked to create an icon of a Native Mary for St. Paul's Catholic Church at Swinomish, but until she had this dream, she had felt it would be too presumptuous for a Greek Catholic to create something spiritual for a Native community. The result is the beautiful icon which now hangs in the church. Fr. Graham prays the Hail Mary after Mass in their native Lushootseed language, and said, "It's very moving to see Mary as a Coast Salish; as an Indian woman." He also intends to have holy cards printed with the Hail Mary printed on the back in Lushootseed.



*Iconographer Mary Katsilometes and her husband, Michael Reinbold, hold her icon of a Coast Salish Mary at a blessing ceremony on Pentecost at St. Paul Church on the Swinomish Reservation.*

*PHOTO: CEC SHEOSHIPS*

Condensed from the Seattle Archdiocese newsletter, *The Progress*, by Terry McGuire, July 15, 2010  
 To read the entire article, visit:  
<http://www.seattlearch.org/FormationAndEducation/Progress/SwinomishIcon07-15-10.htm>



**The Daybreak Star Cultural Center** is a Native American cultural center in Seattle, Washington, described by its parent organization United Indians of All Tribes as "an urban base for Native Americans in the Seattle area." Located on 20 acres (81,000 m<sup>2</sup>) in Seattle's Discovery Park in the Magnolia neighborhood, the center owes its existence to Bernie Whitebear and other Native Americans, who staged a generally successful self-styled "invasion" and occupation of the land in 1970 after most of the Fort Lawton military base was declared surplus by the U.S. Department of Defense. *(from the official website of the United Indians All Tribes Foundation www.unitedindians.org)*

In mid-July, the United Indians All Tribes Foundation commemorated two historic milestones at its Seafair Indian Days Pow Wow, held at the Daybreak Star Indian Cultural Center in Discovery Park. First, 2010 marks the 40th anniversary of the takeover at Ft. Lawton by Native activists, which led to the founding of the foundation. Second, it is the 25th anniversary of the annual pow wow; one of the largest in the Pacific Northwest. It averages over 400 dancers and 10,000 visitors during the July weekend.

Swinomish Elder Diane Vendiola, retired director of the Swinomish Behavioral Health Program and Father Pat Twohy, who served St. Paul's Catholic Church on the Swinomish Reservation for over 20 years, are captured on camera by Diane's son just before the Daybreak Star Grand Entry.

*photo by Michael Vendiola*

Quoted in a June press release, United Indians Executive Director Mary Bluewater comments, "This is a special year for United Indians. When the first protestors scaled the cliffs at Ft. Lawton in order to demand that their voices be heard, they had a vision of a strong and vibrant Native community. Forty years later, we are still here and still going strong."



**Please Note:**  
 The Mass Schedule at St. Paul's Catholic Church has changed.  
**Sunday Mass is now 10:00 AM**

## FROM THE SWINOMISH ARCHIVES

### Kiket Island: A Look Back at What *Might* Have Been

Forty-one years ago, Seattle City Light purchased Kiket Island on the west side of the Swinomish Reservation in the hopes of erecting a nuclear power plant. Public protest eventually put an end to those plans, and in 1982 the utility sold Kiket into private ownership. The following images illustrate both sides of the heated issue in 1969—and what Kiket Island might look like today had public opinion not prevailed.

**Man Must Turn To Nuclear Energy  
If He Is To Survive, Says State Official**

**NUCLEAR POWER  
FOR THE NORTH  
PUGET SOUND AREA  
FROM KIKET ISLAND,  
SKAGIT COUNTY?**



### SAVE SKAGIT BAY

Do not let an end come to a beautiful residential and recreational area.

As a committee interested in preserving ourselves and the county from a Nuclear Reactor. Your help is needed.

Join us in fighting this cause. Send your contributions and correspondence to:

### SAVE SKAGIT BAY

Box 459  
LaConner, Washington 98257

### WHERE TO PROTEST

This list comprises all agencies, either at the Federal, State or County level, directly concerned with the nuclear power plant proposed for Kiket Island. Letters of objection should be addressed to them.

By Light  
Avenue  
Washington  
nd  
County PUD  
Aloma Avenue  
t, Washington

Seattle City Light  
Nuclear Power  
Brochure  
Seattle Municipal  
Archives



*1969 Headlines from the Puget Sound Mail  
From upper left, clockwise: May 1, July 3, June 19, May 15,  
Swinomish Tribal Archive*

## MAKING HISTORY AT KUKUTALI



Terrance James examines a map of Kiket Island (Kukutali) and surrounding waters. His family sang their song at a July celebration to honor those who forged the Kiket Island agreement, including Governor Gregoire. Larry Campbell "MC"ed the event and blankets were given to those key figures who opened Kiket to the tribe once again, including several Swinomish tribal attorneys.



Claude Wilbur, Sr. and Ivan Willup look at historical documents and photographs on a display set up for the celebration of the return of Kiket Island (Kukutali) to the Swinomish Tribal Community, as a result of the new co-ownership agreement with State Parks. Many tribal members who attended the celebration have good memories of clam digging at Kiket as children and look forward to being able to take their own children there now, after more than 25 years of being blocked from the island when it was privately owned. Many individuals and organizations were involved in working to make the agreement happen. Governor Gregoire spoke at the event and was delighted with a feast of fresh crab, salmon, prawns, frybread and more.

## Fifth Annual Vine Deloria, Jr. Indigenous Studies Symposium

*Written by Caroline Edwards*

The Fifth Annual Vine Deloria, Jr. Indigenous Studies Symposium was held at the Northwest Indian College in Bellingham, Washington on July 8-10, 2010. "The purpose of the Vine Deloria, Jr. Symposium is to honor the life and continue the work of the nation's foremost authors, scholars, and intellectuals who passed away on November 13, 2005." (Stated from the 2010 symposium final agenda.)

His fellow scholars, friends, and students carried out his wishes of having an annual symposium in Indigenous Studies. The presentations included topics about: identity, community, law, policy, sovereignty, indigenous philosophies of education, what indigenous knowledge is, governance issues among the first nations, religious tradition and spirituality.

Deloria has quite an extensive background in leading historical innovative acts. Steve Pavlik, a fellow friend of Deloria, states, "The ideas and writings of Deloria played a major role in the passage of important reform legislation including: The Indian Education Act (1972), The Indian Self-Determination Act (1975), The American Indian Religious Freedom Act (1978)." Deloria carved a stable path for the Native people here and all over the U.S.

Deloria and his wife Barbara Lane accomplished great deeds that most people wouldn't attempt. Each one had their own deed that made it's way into history whether they wanted it to or not.

Barbara Lane was asked in the mid-1960's by the U.S Attorney's office in Seattle to do some research and testify



Photo by Chris Richards

in a fishing rights case involving four Muckleshoot fisherman. Her job was to see if she could figure out who the Muckleshoot people were, and see why they believe they are listed in the treaty, but had no signature proving their rights as a federally recognized tribe. Barbara, at the time, had realized how important her role was as the representative. When agreeing to a job, Barbara was taught to do the best she can, and that teaching is what helped this tribe get their fishing rights recognized. She found a map from the archives in Washington D.C which had a banner across the top. It had major tribes like the Lummi Nation, the Nooksack Tribe, and others tribes listed and then three tribes that were not dealt with in one part of the state; right where Muckleshoot land is. The governor at the time Mr. Stevens was required to send a report back to Washington D.C to show what tribes he had already treated in Washington State, and what tribes still needed to be treated and the Muckleshoot Tribe were yet to be treated with.

This was an argument by exclusion, so Ms. Lane won the case and the Muckleshoot Tribe became a Federally Recognized Tribe.

In 2009, Vine's personal library was donated by his wife Barbara Lane to the Northwest Indian College in Bellingham, WA, where it will include a special room dedicated to Vine, and will include his house collection. This collection included at least a 4,000 volume collection. "Vine's library is a reflection of the man himself. The books that Vine

collected encompass every imaginable field of study but are especially rich in history, law and policy, philosophy, theology, psychology, science, and ethics," says Steve Pavlik.

Vine left a mark on our country that will never be forgotten.

Our country rarely encounters a man who's charisma is as powerful as Vine Deloria's.

**"The ideas and writings of Deloria play a major role in the passage of important reform legislation, including the Indian Education Act (1972), Indian Self Determination Act (1975), and the American Indian Religious Freedom Act (1978)."**

*~Steve Pavlik of NWIC*



# SWINOMISH HOUSING AND UTILITY AUTHORITIES NEWS

Photos & articles by Robin Carneen

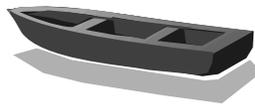
To reach SHA contact:  
 (360) 466-4081  
 Robin Carneen/ Life Skills Office:  
 (360) 466-7354



The Swinomish Housing Authority wants to help the Community continue removing unwanted vehicles. If you want assistance removing unwanted vehicle (s) please call Robin Carneen : 466-7354 or leave her a message at the Housing Office : 466-4081.

She will be able to provide forms & directions on how to get rid of unwanted vehicles *at no cost to you.*

The Housing Authority is also working on a program to remove unwanted boats and travel trailers. If you have boat or travel trailer that you want to get rid of, also contact Robin Carneen. She will get back to you on how and when we can help you *at no cost to you.*



**REMINDER:**  
**RENT & UTILITIES ARE DUE**  
**ON THE 10TH OF EACH**  
**MONTH!**

Did you know that the Swinomish Housing Authority offers FREE budgeting for individuals; families; young couples just starting out- for tenants and homeowners alike!



We also have a free 2010 SITC Resource Guide and can provide information about additional resources outside of the tribal community.

Contact Robin Carneen to make an appointment: 466-7354.



## Community Kudos!.....BIG THUMBS UP!



For those who used fireworks, there seemed to be an extra effort to clean up used fireworks around the Village. Thanks always to Public Works for being the main department to clean up what was not picked up. Also, there were no reported accidents, grass or house fires this year! GREAT job everyone and thanks again to all those 30+ youth that participated in the Annual AMERIND/SHA Fire Safety Poster Contest. Just a reminder- we still have the \$5.00 gift certificates at the SHA Office for many of you, please come by and pick up yours up and a copy of your art entry. **Let's do this again next year!**

## Pilot Program – Sign Up for Curbside Recycling 3 months free!

The Swinomish Utility Authority would like to increase the number of Swinomish Village households that use regular recycling services. Recycling can lower your garbage costs and can help to preserve the natural environment.

In order to persuade families to recycle more of their household waste, the Utility Authority will provide **three months of free recycling** service for households that currently receive solid waste service through the Authority.

### To qualify for this offer you must do the following:

**1. Call Waste Management at (360) 757-8245** and ask to be added as a curbside recycling customer for the rate of **\$7.40** per month. The bill should be put in your name and mailed to you.

**2. Bring Bill to Utility Office.** The bills are mailed *every three months*. Bring the very first bill into the Utility office, and we will credit your water, sewer and solid waste account for the amount of your first quarterly bill.

***This is a one-time offer only***

**Sign up by September 1st and give RECYCLING a try for FREE!**

**Swinomish Recycles.**

**What is a Carbon Footprint? How To Efficiently Go Green**

*Written by Caroline Edwards*

**What is a carbon footprint?**

"A carbon footprint is the measure of the amount of carbon dioxide--the major man-made global warming greenhouse gas--that goes into the atmosphere as you go about your daily life." Everyday people use carbon; carbon is a non-metallic element that is a main source in coal and petroleum. Coal is what produces electricity, and petroleum



produces fuel oil and gasoline. "Many people may not realize that electricity production -- derived from coal burning power plants -- is one of the biggest sources of carbon emissions. Seventy percent of all U.S. electricity is produced as a result of burning fossil fuels, according to the Union of Concerned Scientist."

Anyone can reduce their carbon footprint by simply replacing their light bulbs with energy efficient compact fluorescent light bulbs. One way you can also reduce your carbon footprint is by unplugging: cell phone chargers, TV's, DVD players, radios, lights, and anything else that is constantly plugged in.

Taking shorter showers is another way to reduce your carbon footprint. Instead of driving to work or school, why not ride a bike or try walking; this minor change can help the environment and keep your



body healthy by staying active. Your carbon cost could also be reduced if you buy produce from your locally owned produce stand or market because it is valley grown.

"On average, every American is responsible for about 22 tons of carbon dioxide emissions every year, according to statistics compiled by the United Nations. That is far above the world

average of 6 tons per capita."



Recycling is one way to make "going green" be a part of your daily life. Some things you are able to recycle:

- clean glass bottles
- wine bottles or jars (without the top or cork)
- clean soda and canned foods cans
- plastic bottles that are recyclable (remove lid)
- clean milk jugs
- many paper products
- flattened cardboard

Reducing a carbon footprint is something everyone is going to have to think about, because in the future someone in their life will be affected if nothing is done. Our world is giving us signs, and it's our job to create different daily habits that don't harm our atmosphere and do not threaten the future of life on Earth.

*Quotations: Author Clayton Sandell from the article. Reducing Your Carbon Footprint.*

**NATIVE GREEN®**

*Green is our HERITAGE.  
CLEAN is our promise.*

<http://gonativegreen.com>

Phone: 888-456-6444

**What We Do...**

Native Green manufactures and sells environmentally safe cleaning and maintenance products. We make quality commodity products that are used every day and sell them direct to our customers in order to reduce costs and pass on the savings.

**Who We Are..**

Our heritage influences our business practices. We believe we have a special relationship with nature and with that, a special obligation. A portion of Native Green proceeds goes directly to improve the education and quality of children living on some of America's poorest Indian reservations.

**What We Make...**

- Cleaners: a full line of concentrated green products
- Hand care: natural soaps and alcohol free sanitizers
- Trash bags: made from 70% recycled plastic
- Paper products: from 80% post consumer recycled paper

Your WA State Driver License: Get it and Keep it



This is Traffic Officer Martin Radley, of the Swinomish Police Department, with some tips to help you get your Washington State Driver license and keep it.

*Driving a motor vehicle in the State of Washington is a privilege, not a right.* This means that as a Washington driver, you are responsible for following the rules of the road in both the State of Washington and the Swinomish Tribal Community.

To get your first driver license, you must prove that you can to drive a motor vehicle without endangering others. You do this by passing both the Knowledge Test (written) and the Skills Test (driving).

All answers for the tests are found in the Washington State Driver Study Guide, available at any Dept. of Licensing (DOL) and the Swinomish GED center. After you have studied, take the practice test at [www.dol.wa.gov](http://www.dol.wa.gov). You can take it as many times as you wish.

**Taking the Knowledge/ Written Test:**

- ☞ no appt. needed at DOL
- ☞ 25 questions on the test
- ☞ \$20.00 when you arrive
- ☞ You must get at least 20 questions correct to pass.
- ☞ You can take the test up to three times.

**Taking the Driving Skills Test:**

This test will demonstrate your ability to drive safely.

- ☞ Pass the knowledge test first.
- ☞ Make an appointment to take the driving test at a DOL.
- ☞ Have someone drive you to the DOL.
- ☞ Vehicle must have:
  - ✓ good functioning brakes
  - ✓ all lights working
  - ✓ seatbelts
  - ✓ working windshield wipers
- ☞ Vehicle must be insured.
- ☞ Have proof of required liability insurance in the car.



**What to Expect:**

A person from the DOL will ride with you during the test to evaluate your driving.

Here is what you must be able to do:

- ☞ start your vehicle
- ☞ leave the curb or parking stop and safely enter traffic
- ☞ control your vehicle in a safe manner while traveling in traffic
- ☞ obey all traffic signals and signs
- ☞ demonstrate safe stopping
- ☞ back in a straight line by looking over your right shoulder
- ☞ respect the rights of others while traveling in traffic
- ☞ demonstrate that you know the arm signals for a right turn, left turn, slow down, and stop
- ☞ perform a brake reaction test/ emergency stop
- ☞ park on a hill (correct wheels)
- ☞ parallel park
- ☞ back out of a driveway or alley into traffic; back around a corner

There is a total of 100 points on the driving test. You need to get at least 80 points to pass.

You can take this test up to three times; a new appointment must be made each time.

**Keeping Your License:**

I have talked about how new drivers get a Washington State driver license; now I will address how to keep your license.

**First:** obey the traffic laws of both the State of Washington and the Swinomish Tribal Community.

- ☞ Do not speed.
- ☞ Stop at stop signs or traffic lights.
- ☞ Wear your seatbelt.

**Second:** Getting a ticket (traffic infraction) is not the end of the world, and these things happen from time to time. If you get a ticket:

- ☞ Take care of the infraction by either going to court or paying the fine.
- ☞ Ways to respond are explained on the back of the infraction that you have received.
- ☞ Failing to respond to the ticket will suspend your license AND double the fine. You will not get your license back until the fines are paid.

**Practice Test Questions**

**1. The Implied Consent Law in Washington State states that:**

- A-You agree to always use a designated driver
- B-You agree to a test of your breath or blood if a police officer had reasonable grounds to determine if you have been driving under the influence of alcohol or drugs.
- C-You agree that a blood alcohol level over .08 constitutes a DUI
- D-You have legally consented to have no more than three drinks

**2. When following a fire truck, you may follow no closer than:**

- A- 150 feet
- B- 300 feet
- C- 500 feet
- D- 1000 feet

**3. What is the penalty for parking in a disabled parking stall without a proper permit?**

- A- \$25.00
- B- \$50.00
- C- \$150.00
- D- \$250.00

**4. The speed limit in a school zone unless otherwise posted is:**

- A- 15 MPH
- B- 20 MPH
- C- 25 MPH
- D- 30 MPH

**5. On a two-lane, two-way road, you may pass another vehicle when:**

- A- Your view is clear and there is space to return to the driving lane
- B- you are within 50 feet of an intersection or railroad crossing
- C- There is a solid yellow line on your side of the centerline
- D- Signs indicate a bridge or tunnel ahead.



**Answers:**

1-B 2-C 3-D 4-B 5-A

If you get 4 out of 5 right, you are on track to get your driver license.

**Driver License continued...**

Once your license is suspended, any other traffic stop now basically becomes an arrestable offense.

For example, you have been stopped for speeding, somehow the fine does not get paid or you forget to go to court to challenge the ticket. Your license is now suspended.

Perhaps one day you are late for work and are speeding, you run a stop sign, or a tail light is out. You are stopped a second time. This time, you get a ticket AND you are arrested, placed in the rear of a patrol vehicle in handcuffs, and issued both an infraction and a citation. You are given a mandatory court date. Missing this one will have much greater consequences.

After you are released, you will have to find a ride from the location of the traffic stop (never really where you want to be at because you are not quite to where you were driving to). You will also have to find a licensed driver to come and take your vehicle from the stop location. In some cases, your vehicle may be impounded.

**There are Three Types of License Suspensions**

**First: Suspension in the third degree.**

This type of suspension is often earned by failing to appear for a hearing after getting a ticket.

It could be earned by failing to maintain the required liability insurance on your motor vehicle. If an insurance company informs the DOL that you are no longer making payments to keep your insurance up to date, your driver license will be suspended.

**Second: Suspension In the second degree.**

This type of suspension is most often because of an alcohol related driving incident; a DUI. This type of suspension is more severe because of the type of crime involved.

By driving while intoxicated, you place every other motorist at risk because of your own selfishness. You are telling all the other motorists that you do not care about their personal well-being, and you are telling the DOL that the rules do not apply to you.

By driving while intoxicated, you increase the chance of a fatal collision by over 30 percent. I'm sure almost everyone in this community knows someone that had been killed or seriously injured by a drunk driver.

If you are arrested for a DUI and you refuse to provide either a breath or blood sample, your license is immediately suspended for at least one year. If you provide a sample of breath or blood, and the results show that you were intoxicated, your license will be suspended after an administrative review.

If convicted of a DUI, your license will be suspended for a period of time, and it becomes very hard to get it back.

**Suspension in the first degree.**

This type of license suspension is the most serious, and will suspend your driver license for at least 10 years. This type of suspension is the result of doing everything wrong. Examples are: reckless driving, habitual offenses, and multiple DUI convictions.

At this point, it is time for you to start taking public transportation. If you are stopped for *Driving Suspended in the First Degree*, the vehicle that you are driving WILL BE IMPOUNDED, even if the vehicle is not yours, and (if there is space available) YOU WILL IMMEDIATELY GO TO JAIL.

The best advice? Get your license and drive responsibly.

**LEASH LAW FOR SWINOMISH**



The Swinomish Senate recently amended the Tribal Code Section on Dog Control. The amendment went into effect on May 20, 2010.

The amended Dog Control Code makes it unlawful for the owner or keeper of any dog to allow the dog to run at large within the Village or the Pull & Be Damned residential area.

Under the Code, a dog is "running at large" if it is at any place except upon the premises of the owner or keeper, *unless* the dog is on a leash and under the control of a person who is physically able to control the dog.

The "Pull & Be Damned residential area" is defined as all lands in the Morris Dan Waterfront Tracts and Wagner's Hope Island Addition which are located south of Chilberg Road and west of either SneehOosh Road or Pull & Be Damned Road. Other lands included are the Ray Paul Waterfront Tracts, Cobahud Waterfront Tracts, Capet Zaisiluce Waterfront Tracts, and Dr. Joe Waterfront Tracts Divisions I and II.

See map below

**"The amended Dog Control Code makes it unlawful for the owner or keeper of any dog to allow the dog to run at large within the Village or the Pull & Be Damned residential area."**



# SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Submarine Sandwich Coleslaw Apple Lay Chips	3 Spaghetti w/ Meat Sauce Garlic Bread Green Salad Bananas	4 Split Pea Soup Grilled Cheese Sand- wich Crackers Cantaloupe/	5 Eggs Pancakes Blueberries Sliced Cucumbers/ Tomatoes
9 Tuna Salad Sandwich w/ Lettuce/Tomato Vegetable Soup Orange	10 Chicken Adobo Rice Broccoli/Cauliflower Pineapple	11 Potato Ham Soup Biscuit Steamed Carrots Berries	12 Hamburgers Three Bean Salad Corn on the Cob Watermelon
16 Chef Salad w/ Meat & Cheese Garlic Bread/Crackers Bananas Yogurt	17 Baked Chicken Macaroni & Cheese Green Beans Cherries	18 Pepper Steak Rice Cauliflower Plums	19 Banana Bread Bacon Peaches Cottage Cheese Tomato Juice
23 Turkey & Cheese Sandwich Tomato Soup Crackers Grapes	24 Beef & Vegetable Stew Rolls Watermelon	25 Chicken & Rice Casserole Green Salad Peaches	26 Pork Chop w/ Gravy Potato/Roll Carrots/Beets Pears
30 Ham & Cream Cheese Bagel w/ Lettuce/Tomato Coleslaw Plums	31 Meat Chili Cornbread/Crackers Celery Sticks & Ranch Jell-O w/ Fruit	Milk served with all meals	27 Summer Fruits & Vegetable Van EVERY WEDNESDAY 11:30-12:30

## Swinomish Summer Fruit & Vegetable Van



Locally grown organic produce

Blueberries Carrots Peas Lettuce & Greens



Three produce items per person each week. Four people per house can participate. Must be present to receive foods.

All ages welcome!

**FREE** WHEN?  
Every Wednesday

WHERE?  
10:30 Admin. Building  
11:30 Elders Lunch  
12:30 Housing Building



Look for the WHITE van

**TRAVEL**

**Las Vegas Fun**



Amy Edwards, daughter of Darlene Peters and Steve Edwards, jumping from 855 feet!

**The Stratosphere Sky Jump**

In July Alice Charles, Amy Edwards, Hilary Edwards and Katie Bassford decided to see what it's like to fly while visiting Las Vegas. They each took a jump from 855 feet, which is higher than the Space Needle! Hilary went first, then Alice, Katie and Amy. It was all Amy's idea to make her sisters do this with her and she was smiling all the way down to the giant blue target on the ground.



Alice Charles, Amy Edwards, Hilary Edwards and Katie Bassford after the jump.

*photos by Jennifer Peters*

**Teenagers Visit Swinomish from Yuma, AZ.**



Marriah, Elizabeth, Aurelia in front, Ivie, Marissah, Anthony in the back.

*photo by Caroline Edwards*



*photo by Marlo Quintasket*

In Front: Dianne Quintasket, Marissah Williams, Ivie Egbers;  
 Middle: Anthony Williams, Joseph Quintasket, Aurelia Baker-Cayou, Marriah Williams, Alana Quintasket;  
 Back: Elizabeth Williams and Jeanette Quintasket.

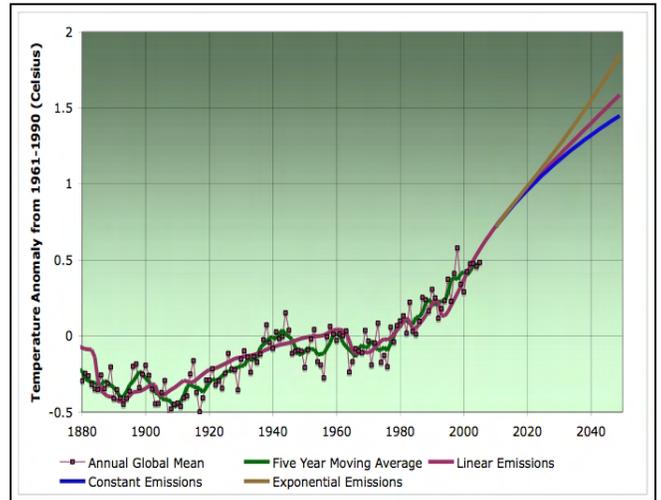


# PROTECT MOTHER EARTH

**CCEAG Update**-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 is pleased to announce that we are partnering with the Swinomish Water Quality Program to showcase the DVD's created during the **NDigiDreams digital storytelling workshop** held June 11-13 at the Youth Center. These 5 short videos will be shown during the upcoming annual tribal clam bake on August 26<sup>th</sup>. Participants produced their own 3 min. DVDs featuring their personal stories related to the topic of climate change and ideas for preparing to adapt. We hope to co-sponsor another **NDigiDreams Digital Storytelling** training this *Fall*. If you'd like more information please contact Shelly at the Community Alliance & Peacemaking Project (CAPP) of-fice, 360-421-4321.

**Spotlight**-We have experienced record high temperatures already this summer. Unpredictable weather patterns and steady heat level rise has caused changes in salmon migration patterns and survival. Billie Frank, Jr., President of the Northwest Indian Fisheries Commission said, "We need *stream-flow* for the salmon, and warmer water will affect the ability of the salmon to survive." Climate change is a challenge, particularly for tribes in the Coast Salish territories who depend on the sea for their traditional foods. Additionally, those living in heavily forested areas are at risk for wild-fire due to drought-like conditions. So much of our way of life is dependent on the forest and sea. We must work to adapt by developing a strategy as individual tribes and inter-tribally.



## What You Can Do ~ When it's Hot (80 degree F+)

Best to stay out of sun between 11:00 AM-4:00 PM.

Drink at least 1 glass of *water* every hour in *extreme heat!* *Stay hydrated!*

Go to the library or shopping mall—where it's cooler or air conditioned.

Call 911 or emergency medical help. **MONITOR** local radio & news for information on the nearest *Cooling Centers*.

**What are the symptoms of heat stroke?** The following are the most common symptoms of heat stroke, although each individual may experience symptoms differently. Symptoms may include: Headache, dizziness, disorientation, agitation or confusion, sluggishness or fatigue, seizure, hot, dry skin that is flushed but not sweaty, a high body temperature loss of consciousness, rapid heart beat, hallucinations.

**How can heat stroke be prevented?** There are precautions that can help protect you against the adverse effects of heat stroke. These include: Drink plenty of

fluid—water and sports drinks are the drinks of choice; **avoid tea, coffee, soda and alcohol** as these can lead to dehydration. Wear lightweight, tightly woven, loose-fitting clothing in light colors. Do not exercise in extreme heat. Protect yourself—wear a hat, sunglasses and use an umbrella and fan. Outdoor activities—take frequent drink breaks; mist yourself with a spray bottle. Try to spend as much time where it is cool or indoors on very hot and humid days.

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.

**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



100  Swinomish Water Resources Program *AUG 2010*

MEET OUR NEWEST ADDITION ...



Annitra Ferderer is our new Water Quality Technician and will be helping out over the summer doing a number of important water quality projects around the Reservation. Annitra grew up in Oregon and has a bachelor's degree in Environmental Science. She just recently graduated from Western Washington University's Huxley College of the Environment with a Master's in Environmental Education. Through finishing this degree, Annitra designed curriculum material for the future interpretive center at Lone Tree Point blending environmental marine science, environmental ethics and native traditions. She will continue to help with interpretive materials for the newly remodeled marine interpretive center and help the water resources program complete this community addition. Annitra enjoys the outdoors, kayaking, camping and hiking. She also enjoys photography and cooking.

BELOW: Water Resources Program hard at work





# Swinomish Water Resources Program

AUG 2010

## AUG '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
Sun 01		04:26 2.25 ft	10:23 7.95 ft	15:55 4.06 ft	22:15 10.61 ft		5:45	20:46
Mon 02		05:12 1.68 ft	11:35 7.82 ft	16:38 5.27 ft	22:49 10.30 ft	Last Quarter	5:46	20:45
Tue 03		06:04 1.13 ft	13:05 7.94 ft	17:35 6.37 ft	23:29 10.01 ft		5:47	20:43
Wed 04		07:00 0.55 ft	14:59 8.47 ft	19:00 7.17 ft			5:49	20:42
Thu 05	00:19 9.82 ft	07:59 -0.13 ft	16:19 9.23 ft	20:37 7.44 ft			5:50	20:40
Fri 06	01:18 9.80 ft	08:56 -0.86 ft	17:04 9.91 ft	21:50 7.23 ft			5:51	20:39
Sat 07	02:21 9.98 ft	09:49 -1.57 ft	17:37 10.46 ft	22:43 6.72 ft			5:53	20:37
Sun 08	03:22 10.28 ft	10:39 -2.10 ft	18:07 10.91 ft	23:28 5.98 ft			5:54	20:36
Mon 09	04:20 10.57 ft	11:27 -2.31 ft	18:36 11.29 ft			New Moon	5:55	20:34
Tue 10		00:12 5.04 ft	05:17 10.72 ft	12:12 -2.09 ft	19:06 11.62 ft		5:57	20:32
Wed 11		00:57 3.96 ft	06:14 10.68 ft	12:57 -1.42 ft	19:38 11.89 ft		5:58	20:30
Thu 12		01:44 2.84 ft	07:14 10.44 ft	13:42 -0.34 ft	20:11 12.03 ft		6:00	20:29
Fri 13		02:32 1.80 ft	08:16 10.04 ft	14:28 1.06 ft	20:46 12.00 ft		6:01	20:27
Sat 14		03:22 0.94 ft	09:22 9.57 ft	15:15 2.63 ft	21:24 11.75 ft		6:02	20:25
Sun 15		04:14 0.36 ft	10:36 9.14 ft	16:07 4.20 ft	22:06 11.28 ft		6:04	20:23
Mon 16		05:10 0.06 ft	12:04 8.91 ft	17:11 5.58 ft	22:53 10.65 ft	First Quarter	6:05	20:22
Tue 17		06:11 -0.02 ft	13:51 9.07 ft	18:39 6.52 ft	23:49 9.98 ft		6:06	20:20
Wed 18		07:17 -0.03 ft	15:24 9.60 ft	20:30 6.74 ft			6:08	20:18
Thu 19	00:56 9.44 ft	08:22 -0.07 ft	16:28 10.13 ft	21:53 6.38 ft			6:09	20:16
Fri 20	02:06 9.15 ft	09:21 -0.15 ft	17:14 10.47 ft	22:48 5.87 ft			6:11	20:14
Sat 21	03:10 9.11 ft	10:11 -0.21 ft	17:48 10.60 ft	23:28 5.35 ft			6:12	20:13
Sun 22	04:04 9.19 ft	10:54 -0.18 ft	18:14 10.60 ft				6:13	20:11
Mon 23		00:00 4.85 ft	04:51 9.28 ft	11:31 -0.01 ft	18:33 10.57 ft		6:15	20:09
Tue 24		00:27 4.34 ft	05:32 9.34 ft	12:05 0.32 ft	18:49 10.58 ft	Full Moon	6:16	20:07
Wed 25		00:52 3.76 ft	06:12 9.36 ft	12:37 0.82 ft	19:07 10.64 ft		6:17	20:05
Thu 26		01:19 3.13 ft	06:53 9.35 ft	13:10 1.48 ft	19:27 10.69 ft		6:19	20:03
Fri 27		01:48 2.46 ft	07:35 9.32 ft	13:43 2.28 ft	19:52 10.68 ft		6:20	20:01
Sat 28		02:20 1.84 ft	08:20 9.25 ft	14:17 3.18 ft	20:18 10.57 ft		6:22	19:59
Sun 29		02:56 1.30 ft	09:09 9.13 ft	14:53 4.16 ft	20:46 10.34 ft		6:23	19:57
Mon 30		03:36 0.89 ft	10:03 8.96 ft	15:33 5.14 ft	21:17 10.04 ft		6:24	19:55
Tue 31		04:21 0.62 ft	11:08 8.78 ft	16:20 6.05 ft	21:52 9.70 ft		6:26	19:53

### 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 7/8/2010 were found to be **NOT SAFE TO EAT!**

## LONE TREE POINT- CLOSED FOR SHELLFISH HARVEST!

**WARNING!!**

**Do not eat shellfish from Lone Tree Point**

**EMERGENCY CLOSURE OF LONE TREE POINT FOR ALL CLAM, MUSSEL AND OYSTER HARVEST!**

For PSP information about shellfish harvest at Lone Tree Point call the Washington Dept. of Health Marine Biotoxin Bulletin 24 Hour

Hotline

**1-800-562-5632**

Or

Visit the Biotoxin Website

<http://www.doh.wa.gov/ehp/sf/BiotoxinProgram.htm>



## PARALYTIC SHELLFISH POISONING

### WHAT IS Paralytic Shellfish Poisoning?

Paralytic Shellfish Poisoning (PSP) is a serious illness caused by eating shellfish that have consumed large amounts of a poison-producing organism known as *Alexandrium catenella*. The poison acts very rapidly, and no antidote has as yet been discovered. The poisons themselves, as well as the illness they cause, are referred to as PSP. The poison can not be cooked or frozen out of shellfish.

### PSP DOES NOT ALWAYS = REDTIDE

Red tide is not a tide at all but an area of discolored water caused by large accumulations of plankton. This outbreak of poisonous shellfish has no discoloration of the water. *A. catenella* does not have to be dense or discolor the water for shellfish to collect enough poison requiring a beach closure.

**PSP SYMPTOMS** progress from:

- Tingling / numbness of lips & tongue
- Tingling / numbness of fingers & toes
- Loss of control of arms & legs
- Difficulty breathing
- Respiratory failure

The first symptoms start in a few minutes to hours and reach maximum effect in 2–12 hours.

**At the first sign of early PSP symptoms, get the patient to a doctor at once!**

The toxins can take effect rapidly. Depending upon the amount of toxins ingested with the shellfish, the symptoms may begin within minutes or hours with tingling lips and tongue, progressing to the fingers and toes, then loss of control of arms and legs, and finally difficulty in breathing. Other symptoms include headache, dizziness, nausea, vomiting, and rapid pain. There is no loss of consciousness. Within 2-12 hours, in very severe cases, there is complete paralysis and death from respiratory failure *in absence of ventilatory support*. Approximately 15 percent of the reported cases of PSP have resulted in death. There is no known antidote for PSP toxins. After 12 hours, regardless of severity, victims start to recover gradually and are without any residual symptoms within a few days.

Unfortunately, **all species of bivalve shellfish** (clams, oysters, mussels, scallops) have the potential to take up PSP toxins. In **butter clams**, much of the PSP tends to become concentrated in the black tip of the siphon. **Razor clams** tend to concentrate PSP in their gut, which should be removed prior to consumption. **Mussels** tend both to take up and to lose the poisons rapidly. Low levels of PSP are also found in the gut of most crab including **Dungeness**, as well as limpets, shore & moon snails, and hairy tritons.

**CELEBRATIONS**



**Houston Eagleheart-Charlie**  
 born May 14, 2010 Anacortes, WA  
 at 7:44 AM 7 lbs. 10 oz. and 21"  
 to Parents Anna Cruz and Harvey Charlie  
 and Big brother Tyler Eagleheart-Charlie  
 Maternal Grandparents are Gwendolyn  
 Topaum and Antonio Galvez-Cruz  
 Paternal Grandparents are Norma and  
 Frank Bill (of Canada)

Great Grandparents are Alice Topaum and Grover Topaum, Sr.  
 and Helen Jack (of Canada)



★  
 Wishing you a  
**Happy 13th Birthday**  
**Kiana!!!**  
 Love Mom, Dad, and  
 Brother

**Duron Tanner Eagleheart Clark**

Born June 27, 2010  
 Mt. Vernon, WA at 3:11 PM  
 7 lbs. 10 oz. and 20"

Parents Nicholas Tanner Clark  
 Big brother is Jaydin Eagleheart Clark

Maternal Grandparents are: Leslie  
 Topaum and Fred Cayou, Jr.

Paternal Grandmother is Nadine Clark  
 Great Grandma is Mary Ellen Cayou  
 all of Swinomish



<b>Joey</b> 6 lbs 8.9 oz 19.9" arrived 2:01 AM	<b>Kimmi</b> 6 lbs 8.5 oz 18.1" arrived 1:59 AM
---	--

**Twin Girls!!**  
**Kim Doreen &**  
**Joey Corrine Williams**  
 born July 27 at Island Hospital  
 born to  
 Joey and Kristi Williams,  
 brothers Jeremiah and Darrell,  
 and sister Rylee.

Maternal grandparents:  
 Jeff and Debbie Thompsen  
 Paternal grandparents: the late Kim Bassford and Gerald Williams  
 and Kurt and Cathi Bassford



photos by Cathi and Katie Bassford



**Happy 4th Birthday**  
**Taylor-Rae Cayou!**  
**LOVE YOU,**  
**Mommy, Daddy and Sissy**



**Happy 1st Birthday Aaliyah**  
**Love, Mom, Dad, Asiah, Lily & Nene**

*Peridot*



*August Birthstone*

August:  
 stone- peridot  
 flower- Gladiola



# HAPPY BIRTHDAY GILBERT!



Gilbert Jimmy John came home for his 11th birthday celebration on July 21st. Many family members and friends gathered in the Youth Center to wish Gilbert happy birthday and share lunch and birthday cake.

**Happy Birthday Diannel!**



**Surprise from Teeny!**

**Love from the whole family!**



**Happy 18th Birthday Alana!**  
**Enjoy College at UW!!!**  
**Go Huskies!!!**  
**Love Auntie Caroline**



**Congrats Asiah Gonzalez for winning 1st place on your low-rider bike! Your 3rd win!!**



Kahneesha Casey (4th from left, center row) pitching for the South Skagit all Star Team, who took First Place in the District Tournament in Sedro-Woolley, and played in the State Tournament in Mill Creek.



**Kevin and Patricia Paul and the Ovenell Family are Honored at this Year's Skagit County Pioneer Association Picnic**



Kevin and Patricia Paul

The two families honored at the 106th Annual Skagit Pioneer Picnic, held August 5th at La Conner Pioneer Park, are families who demonstrate a spirit of looking outside oneself to build a life and future for their families, while contributing the their communities and county around them.

The 2010 "Pioneer Family of the Year," the Ovenells, found their roots in the Pacific Northwest by arriving on Whidbey Island in 1858 and then La Conner by 1876. Thomas N. Ovenell started a farm in the Avon area, and also a place by what is now Ovenell Road. He married Hattie Callahan in 1890, and they raised 5 children.

The family made their mark as one of the best known progressive farmers in Skagit County when they bought the acreage at the cross-roads of Chuckanut Drive and today's Josh Wilson Road, a place they called Clover Leaf Farm. Son James, also a farmer, served in the WA State House of Representatives from 1950 to 1958. His family also farmed near Concrete, a location now known as the Double 'O' Ranch and Ovenell Heritage Inn.

As the "Family Contributing to the Pioneer Spirit," members of the Swinomish Indian Tribal Community Kevin and Patricia Paul of La Conner more than meet the qualifications. They are two people expressly devoted to their family, the La Conner community and the promotion and well-being of their tribal community. Kevin was elected and sworn in as a Swinomish Senator in March 2006. He is a well-known master carver with three public works owned by the Town of La Conner, including the wonderful *Spirit Wheel*. He is a skilled drummer and singer, and has generously consented to perform at this year's picnic.

Kevin's wife Patricia, as busy as her husband, has served as a tribal judge throughout the State of Washington and became a member of the Washington State Bar Association in 2006. She volunteers in her community, state, in Alaska and in South America. Kevin and Patricia have managed all this while raising an adopted son, Joseph Zuend, daughter Katherine Paul and nephew Michael Paul within the Swinomish Indian Tribal Community.

The 106th Annual Skagit County Pioneer Association Picnic and Meeting is open to all interested people at no charge, but those who wish may register by paying \$2.00 annual membership fee, and \$10.00 for a salmon dinner.

The Skagit County Historical Society and Museum will have tables under a tent with historical publications related to local Skagit County history, plus other items for purchase. The Skagit Valley Genealogical Society is sharing those tables with the museum staff to help answer any genealogical questions concerning Skagit County ancestors.

The Skagit County Pioneer Association Annual Picnic has been held regularly since 1904.

8/2 Cayou, Randy Harold  
 8/2 Cayou Jr., Daniel J.  
 8/3 John, Amelia  
 8/3 Grossglass, James Jr. Tandy  
 8/4 Starr, Madeline Maxine  
 8/4 Dan Jr., Dean Perry  
 8/5 Damien, Ja`cee  
 8/5 Damien Jr., Donald W.  
 8/5 Bailey Jr., Raymond Michael  
 8/6 Cayou, Taylor-Rae Andrea  
 8/8 Damien, Matthew Ryan  
 8/8 Paul, Derek Desmond  
 8/8 Shongutsie, Laveenah Nicole  
 8/9 Keo, Brenda Evelyn Esther  
 8/9 Sampson Jr., Alfonso Joseph  
 8/10 Doan, Merle Marie  
 8/10 Nash, Betty Marie  
 8/11 Willup, Jacob  
 8/11 Edwards, Martin Joseph Henry  
 8/12 Cayou, Jarrette  
 8/12 Cayou Sr., Chester  
 8/12 Casey, Tredamas Thunder Hawk  
 8/13 Cayou, Aurora Daveen  
 8/13 Solomon, Patricia L.  
 8/14 Baker, Corey Joseph  
 8/15 Silva, Terrence Ray  
 8/16 Cladoosby, Michael J.  
 8/17 James Jr., Bruce Thomas  
 8/17 Smith Jr., Michael  
 8/17 John, Shannen Lee  
 8/19 Topaum, Alicia Annette Paula  
 8/21 Williams, Jeremiah  
 8/21 Miller, Robert Scott  
 8/22 Edwards, Dianne Christine  
 8/24 Peters, Jennifer Gail  
 8/24 Billy Sr., Alfonso Francis  
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 8/24 Orock, Cynthia Kay Kay  
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 8/25 Damien, Walter Ernest  
 8/26 Campbell, Frank Raymond  
 8/28 Martin, Maurine  
 8/28 Cayou, Wayne Gus  
 8/28 Edwards, Kendall Johnny  
 8/28 Quintasket, Alana Nicole  
 8/29 Day, Corinne Tuefawn  
 8/29 Walker, Casey Dean  
 8/30 Casey, Kalona Healing Feather  
 8/31 Edwards, Hilary Jennifer

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NAMAPAHH First People's Radio is hosted and produced ***ON THE INTERNET*** by Robin Carneen, is an enrolled member of the Swinomish Indian Tribal Community, in La Conner, WA. Topics include-Native American news, views & music & you can listen online at (archives too!): \NAMAPAHH stands for: Native American Multi-media; Activism; Performance/poetry; Art; Health/Humor/History.

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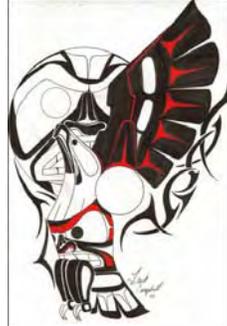
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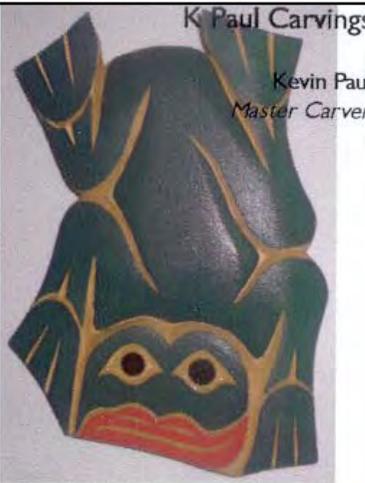
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**CELEBRATING CO-OWNERSHIP OF KIKET ISLAND BY WASHINGTON STATE PARKS AND THE SWINOMISH INDIAN TRIBAL COMMUNITY**

**First agreement of this kind in U.S.**

Governor Gregoire had everyone laughing when she instructed Marty Loesch and Brian Cladoosby to stand up and compare hats to illustrate two governments: one that has money and one that doesn't. Marty was an attorney for Swinomish for many years before going to work for Governor Gregoire in Olympia as Director of External Affairs and Senior Counsel.



Swinomish Tribal Community  
Vice Chairman Barbara James presents  
Governor Gregoire with a blanket from  
Swinomish.

