



VOLUME 44 ISSUE 7

Swinomish swədəbš Indian Tribal Community

K E E Y O K S *Since 1966*

kiyuuq<sup>ws</sup>

JULY 2010

# *Successful Crab Fishery for Swinomish!*



**kiyuuq<sup>w</sup>s**  
**The Seagull**



An official  
publication  
of the

**Swinomish  
swədəbš Indian  
Tribal Community**

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Barbara James, Vice Chair  
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Dianne Edwards, Treasurer  
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*Tuk Tuk Luus*

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Brian Wilbur  
Tandy Wilbur  
*Wolfe*

The  
Keeyoks kiyuuq<sup>w</sup>s  
deadline to get  
something into the July  
issue is  
**JULY 15TH**  
Stay tuned for the  
Keeyoks kiyuuq<sup>w</sup>s  
**ONLINE**  
(in full color)  
as soon as the new  
Swinomish swədəbš  
website is launched!

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

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*Photos: Keeyoks kiyuuq<sup>w</sup>s  
and submitted*

On the cover: Boat belonging to  
Joe Sias and Ina Cayou  
*photo by Cathi Bassford*

**CONTENTS:**

Behavioral Health	22-23
Birthday List	40
Canoe Journey 2011	9
CCEAG	33
Celebrations	36-37
Chairman's Message	3
Community Artists	20-21
Dental Clinic	23
Editors' Note	27
Education	10-13
Elders Luncheon	31
Free Ads	39
Housing & Utility Authorities	26
Medical Clinic	18-19
Obituaries	7
Plant of the Month	5
Senior Center Menu	30
Social Services	16
Swinomish Police Dept.	28
Tribal Court	29
Water Resources Program	36-37
Wellness Program	17
Youth Center	14

**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.

## Message from the Chairman



**Chairman Brian Cladoosby**

The Swinomish Indian Tribal Community was blessed this year with one of the most successful crab openings in Swinomish history. Our crab fishermen had a safe opening and a prosperous season that will help our community's economy.

The Dungeness crab fishery is one of the economic mainstays

for our tribal fishermen, as well as one of the most dangerous. Many of our fishermen face low prices, insufficient resources and high costs for equipment and supplies. A good year means fishermen can buy new gear or get a better boat to improve their effort the following season and even pay a year's worth of bills.

For many of us, fishing is a right, an inheritance, and for most, it is the only income that supports our families for the whole year. We found a few families who share an interesting money management opportunity: pay all your bills for the year with one opening. Even splitting it up between two openings would allow a family to be secure and safe. Let us just call this smart Indian banking.

Our community is gearing up for a warm summer and a healthy harvesting season. Let us make sure we remember to bring some of our resources back home to our elders and share the wealth of friendship. As always, this season is a wonderful time for community. Together we can be thankful for our Blessing of our Fleet and for the special prayers for a safe season.

We will be hosting a few celebrations this summer and look forward to bringing together tribes, nations and friends to honor Swinomish Days, Canoe Races, the Coast Salish Gathering and the celebration of Kiket Island. Be sure to keep in touch with my office if you have questions or seek information on any of our events. Be safe this month and may the Creator bless each of you. ~ Spee pots



Glen Edwards, Jr.'s boat

*photo by Cathi Bassford*



Seawolf: Joey Quintasket, Dave Edwards (owner), Mario Merian

*photo by Cathi Bassford*



Tracy Edwards and Bruce James at work

*photo borrowed from facebook©*

If you would like to submit a file photo of your boat to the Keeyoks for future publication, please send your jpeg to:

Keeyoks@gmail.com

or bring photo to the Keeyoks office for scanning.



## Lil Miss Colville Confederated Tribes 2009 & 2010:

I was first crowned Lil Miss Colville Confederated Tribes on Sunday, July 12, 2009 at the Nespelem 4th of July Celebration. I ran for this title because it would be a great honor for me to represent my people and family throughout Indian Country. My first Pow-wow trip was to the Sea Fair Pow-wow at the Daybreak Star Center in Seattle, WA July 17-19 2009. Here is a list of Pow-wows I traveled to in the last 18 months:

- (2009) Julyamish, Post Falls, Idaho;  
 Kalispell Tribe of Indians 35th Annual Pow-wow  
 Omak Stampede Indian Encampment Pow-wow  
 the Kiddie's Parade & Grand Finale Parade  
 7th Annual Yakama Legends Casino Pow-wow,  
 Toppenish  
 Muckleshoot Skopabsh Pow-wow in Auburn  
 95th Annual Spokane Tribal Indian Days, Wellpinit  
 Yakama Indian Days, White Swan  
 Clearriver Casino Pow-wow, Lewiston, ID  
 Nespelem Veterans Pow-wow, Nespelem, WA
- (2010) First Nation University of Washington Pow-wow,  
 Seattle, (I took first in Jr. Girls Traditional);  
 University of Idaho Pow-wow, Moscow, (3rd place);  
 Eastern Washington University, Cheney, (3rd place);  
 Spokane Falls Community College Pow-wow;  
 Tulalip Veterans Pow-wow (3rd place);  
 Yakama Treaty Indian Days, (3rd place);  
 Lummi Stommish Days

I will be traveling to the Arlee 4th of July Pow-wow; the Nespelem 4th of July Pow-wow; I will be doing an out-going Special for the Jr. Girls – all categories; the winners are getting embroidered vests and cash. I will also be traveling to the Muckleshoot Veteran's Day Pow-wow.

I just wanted to give you a little history about myself. I had the honor to carry the title of "Lil Miss Swinomish" in 2002 and 2003, I was first runner up at the University of Washington First Nations Pow-wow in Seattle, and I was the "Lil Miss Omak Stampede Indian Encampment" in 2006, 2007, and 2008.

I travel to a lot of summer pow-wows, and I love to dance traditionally, but I did try the other two types of dancing, fancy and jingle, when I was younger. I love meeting new people at pow-wows, and seeing old friends, too.

I just finished the 5th grade this year at the La Conner Elementary School, La Conner, WA. In school my favorite subjects are: reading, science, and recess. I'm the youngest in my family. My parents are Frederick R. Cayou, Jr. of Swinomish and Lori Ann (Edwards) Cayou of Colville. They got married in May, 1995. I have a step-sister Ayla C. Cayou, from my dad, who is the oldest; 2 brothers: General Scott Cayou and (the late) Baby-boy Edwards-Cayou. My paternal grandparents are: the late Fred R. Cayou, Sr. of Swinomish and Mary E. (Porter) Cayou of Swinomish. My maternal grandparents are: the late "Putt" Lawrence Edwards, Jr. of Swinomish and Lottie J.

(McCraigie) Atkins of Colville. I also have two great-grandparents that are living yet: Chet Cayou, Sr. of Swinomish and Mary M. (Saul) Porter of Lilliooet, BC.

In the winter I travel with my family in the Smokehouse/ Longhouse Pow-wows along the coast. My family also attends the many memorials, Indian naming ceremonies, and general gatherings for our new ones joining the Smokehouse. I help babysit, I help in the kitchen, set tables, put food out for our guests, and then I help clear the tables off. I also help the families here during funerals being a little kitchen helper.



I also help out my grandparents, too. I help my Grandma Lottie dig for Bitterroots, but I just can't clean them. I end up ripping off all the legs, but I tried. I also help Grandma Lottie with the Omak Stampede Indian Encampment; I help set up, pick up garbage, ride in the Kiddie and Grand Parades, then help pick up more garbage after. With my Grandma Mary, I can strawberry and raspberry jams, and help can fish. I also asked my dad to take me out berry picking with him, but I'm too busy traveling to pow-wows.

I would like to thank everyone for the support during my reign. I would like to encourage other young Natives to try to keep our cultures going. Be proud to be a Native. Follow your beliefs with our families and learn everything about it, because we are the next generation to keep it all going for our children to come.

Lem-Lem, Thank-You,  
 "Missy" Zanetta Lottie Cayou



## NATIVE PLANT OF THE MONTH

Summer/Fall

## Native Plant of the Month



## Landscape Value

Slough sedge is a perennial evergreen plant that forms attractive clumps of dark green foliage with interesting flower spikes from spring through summer.

Easily grown in full sun to part shade, slough sedge prefers a wet location, and will also thrive in a landscape setting with rich soil and occasional water. It will self-sow easily from seed.

There are many other species of sedges that have ornamental value and will tolerate a wide range of landscape settings including: Dewey's, Fox, and Henderson's sedge. Plant with camas, lupine, red osier dogwood, and wild rose.

## Slough Sedge

*Carex obnupta*

- Slough sedge is a grass-like plant that grows in wet meadows and standing water as found in "sloughs" and wetlands.
- This plant is usually submerged in late winter when amphibians, such as the red-legged frog and salamanders, attach their egg masses to the stems.
- The large crop of seeds produced is important food for dozens of bird species.
- The new growth in spring is browsed by many animals and leaves are used in nests.
- Coastal native people continue to use the leaves for fine traditional baskets.

Text by Heidi Bohan  
©Starflower Foundation

**OBITUARY**

**MOON "KWE YA SUT" MARTIN SR.  
(1938 - 2010)**

Moon Martin, Sr., 72, passed away Monday, June 14, 2010 at his home in Omak. He was born in Nespelem, WA, on April 17, 1938, the son of Francis and Mildred Carden Martin.

Moon re-married Maurine Neah Martin on December 6, 1966 in Couer d'Alene, Idaho, married nearly 50 years. Moon and Maurine raised their family in La Conner and in later years in Omak.

He worked for the Bendix Corporation as a welder for many years. Moon enjoyed playing Stick games and playing at the

casino's. He had a passion for hunting and fishing. He sponsored the Swinomish Tribe in the eleven man canoe races for five years, all over the Puget Sound.

Moon is survived by his wife, Maurine Neah Martin of La Conner; daughter, Merla Rae Martin of La Conner; son, Moon W.C. Martin and his wife Jennie of Auburn; son, Michael Martin and his wife Roberta of Nanaimo, BC, Canada; daughter, Mildred Martin of Tacoma, daughter, Mary Martin of Texas; brother, Spencer Martin; sister, Rita Edwards; brother-in-law, Philip Dan and his wife Sharon; numerous grandchildren, nieces and nephews; also survived by many more relatives and friends.



Moon was preceded in death by his son, Henry Martin; daughter, Marlene Martin; son, Mark Martin; father-in-law and mother-in-law, Morris and Bertha Dan.

Prayer Services will be held on Friday, June 18, 2010, 7:00 PM, followed by Funeral Services on Saturday, June 19, 2010, 10:00 AM, both services will be held at the Swinomish Social Service Building.

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



Swinomish Co-Ed Softball team took 2nd place at the Stommish Tournament in Lummi June 19-20, 2010

players: Joey, Scott, Chase, Dale, Ray, Ida, Jen, Jimbo, Tammy, Chuck, Sally, Siomi, and Sandy  
*submitted photo*

(below) End-of-the-year preschool trip to Bowman's Bay (check out Mr. Ehman's hat!)

*photo by Trish Breckenridge*



(above) Swinomish preschool students examine life in the tide pools.  
*photo by Brian Wilbur*



**LETTER OF THANKS**

June 15, 2010.

Dear Editor,

As coordinator for the La Conner Alliance for Youth & Families, (LAYF) now in it's 6<sup>th</sup> year of existence, I would like to thank the Swinomish Indian Tribal Community for their donation to our community coalition group this school year.

Working on a part time basis, I was able to keep the alliance going by carrying out community mobilization meetings every other month. Other work included: grant writing, coordinating the Prevention Awareness March and working with the Swinomish Parents for Wellness for the Community Dinner.

LAYF main projects are:

- La Conner Skate Park,
- School Earth Clubs,
- Health & Wellness Festivals,
- School Garden Project,
- Youth Ambassadors including the newly formed and Swinomish led youth group called, "Snow Riders."

Once again, I thank the Swinomish Community for your support of our programs as we continue our work to carry out the mission:

*"Providing a framework for La Conner to align its efforts to reduce underage drinking and alcohol use and to increase healthy behaviors among youth, families, and community."*

Sincerely,

Debbie Mendum  
 Program Coordinator  
 laconneralliance@gmail.com



**Fireworks  
 Stand Removal  
 July 12 – July 26**

**La Conner Public Library  
 Summer Activities for Children**

**Thurs. July 1st @ 10:00** - Last Leaf Productions: Showdown at Starfish Canyon (all ages)

**Thurs. July 8th @ 10:00** - Naomi Black & Virginia Heaven, author & illustrator of Springer's Journey based on a true story about a young orca that got lost in Puget Sound. They'll have video of the real Springer and Virginia will show you how to draw an orca. (ages 7 and up)

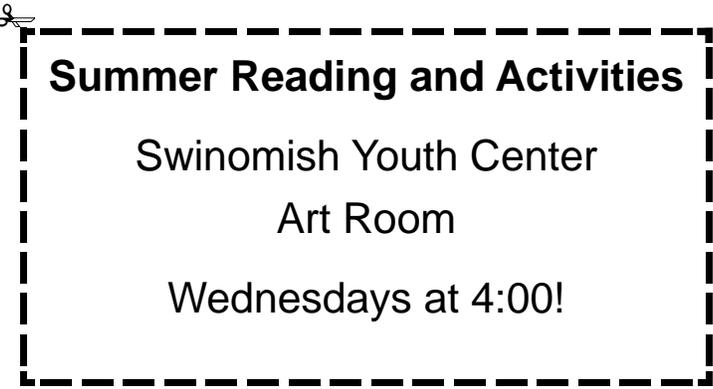
**Thurs. July 15th @ 10:00** - The Reptile Man—Scott Petersen brings in live reptiles from his reptile farm. (all ages)

**Thurs. July 22nd @ 10:00** - Create a colored sand bottle (AGES 6 AND UP)

**Thursday July 29th @ 10:00** - Embellish a wind-chime. (ages 6 and up) These are kits and we have a limited number—please sign up ahead of time.

**Thurs. August 5th @ 10:00** - Magician Brian Ledbetter. (All ages)

K.J. Cooper  
 Children's Specialist  
 La Conner Regional Library

**Summer Reading and Activities**  
 Swinomish Youth Center  
 Art Room  
 Wednesdays at 4:00!

# MEMORIAL DAY 2010

On Memorial Day the Swinomish Veterans Committee presented a lovely tribute to area tribal members who fought for our country . Various tribal leaders and spiritual leaders addressed the small crowd gathered at the Swinomish Cemetery Veterans Memorial.



(above) Phil Dan playing Taps; Mary Ellen Cayou, Diane Vendiola and Barbara James

(below) Ivan Willup and Ray Mitchell;

(left) Eagleheart Drummers

(lower left) Fred Cayou, Jr. and his family, Lori Ann, General and Missy, care for the gravesite of Fred's father, Fred Cayou, Sr. Viet Nam veteran.



photos by Aurelia Washington



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

Next Canoe Journey  
 2011 Meeting will be  
 July 28<sup>th</sup> 9:00 AM



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  
 Assistant Coordinator – Melissa Edwards-Miller (360)853-3979 mmiller@swinomish.nsn.us  
 Address: 11404 Moorage Way, La Conner WA. 98257

**Provisional: July 2010 Journey Routes ARRIVAL DATES For Lummi to Neah Bay (North Sound); Squaxin to Neah Bay (South Sound)**  
**East Van Is; West Van Is (Please use for planning purposes only. Subject to change.)**

SU	M	TU	W	TH	F	SAT
				1	2	3 KAYUKTH
4	5	6 BIRCH BAY (HOSTED BY NOOKSACK) CAMPBELL RIVER	7 LUMMI SQUAXIN COMOX	8 SAMISH NISQUALLY QUALICUM BAY	9 SWINOMISH PUYALLUP NANOOSE	10 PENN COVE MUCKLE- SHOOT NANAIMO
11 TULALIP SUQUAMIS H SHELL BEACH	12 N. SOUND CANOES JOIN S. SOUND CANOES AT: SUQUAMISH COWICHAN	13 PT. GAMBLE TSOUKE/ PAUQUACHIN	14 PT. TOWNSEND TSAWOUT	15 JAMESTOWN SONGHEES	16 VAN IS BANDS JOIN N. & S. SOUND CANOES AT: ELWHA	17 VAN IS BANDS JOIN N. & S. SOUND CANOES AT: ELWHA
18 PILLAR POINT/CLA LLAM BAY	19 NEAH BAY!	20	21	22	23	24
25	26	27	28	29	30	



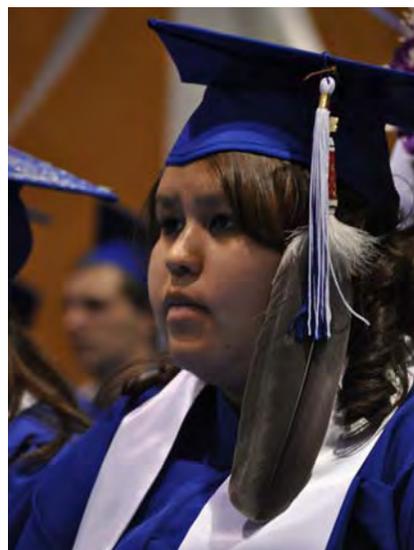
# LA CONNER HIGH SCHOOL GRADUATION



Alana Quintasket  
(and LCHS Principal Marsha Hanson)

***“Education is learning what you didn't even know you didn't know.”***

*Daniel J. Boorstin  
(American historian, professor, attorney, and writer  
1914 – 2004)*



Tanya Jimmy



Clarissa “Wray-Wray” James



Anna Cladoosby

***“Education is simply the soul of a society as it passes from one generation to another.”***

*(Gilbert K. Chesterton English writer 1874 –1936 )*



Joseph Finkbonner (with Superintendant Tim Bruce and Dr. Brad Smith from the Science Department)

## LA CONNER SCHOOL YEAR ATTENDANCE: 20 DAYS OR LESS

### Elementary School

Arjuna Adams-2  
 Elijah Adams-1  
 Isaiah Adams-2.5  
 Krista Bailey 16  
 Alexis Bobb-14  
 Kahneesha Casey-3  
 Kalona Casey-4  
 Tredamas Casey-2  
 Ben Cayou-5  
 Brett Cayou 19.5  
 Henry Cayou-6  
 Zanetta Cayou-8  
 Boyce Charles-10.5  
 Ryan Charles-7.5  
 Cora Clark-19  
 George Clark-16  
 Roger Clark-20  
 David Cruz-3  
 Ajay Damien-5  
 Dakota Damien-3  
 Tyler Day-11.5

Terrence Fornsbys-5  
 Cynthia George-11.5  
 Merissa George-16  
 Liliana Gonzales-14  
 Cincerrae Grossglass-5  
 Hannah Grossglass-14.5  
 Haley James-8  
 Collin Joe-11.5  
 Zebediah Joe-12  
 Jordan Johnston-5  
 Joreen McDonald-7  
 Lily McLeod-8  
 Scottie Miller-18.5  
 Arianna Murchison-0  
 Mary Lou Page-5  
 Michael Page-18  
 Claudia Parker-12  
 Michael Paul-9.5  
 Briana Porter-6  
 Elijah Porter-8  
 Jeanette Quintasket-16  
 Daniel Rapada-18

Tiffany Sampson-19  
 Troy Sampson-15  
 Alex Stewart-17  
 Dylan Stone-17  
 Alicia Topaum-4.5  
 Grover Topaum-5  
 Cheyenne Weatherby-4  
 Hunter Williams-19  
 Jeremiah Williams-3  
 Lanita Williams-13  
 Rylee Williams-5

### Middle School

Jacob Cruz-6  
 Lakiesha Bird-Rice-15  
 Siomi Bobb-9  
 Alex Cayou-13  
 Jarrett Cayou-9  
 Olivia Cayou-5  
 Mariah Clark-9  
 Jacob Cruz-2  
 Kaitlyn Cultee-15.5  
 Matthew Damien-8

Thomas Day-11  
 Cillastina Edge-13.5  
 Taylor Edwards-9  
 Courtney Finkbonner-18  
 Wayne Fornsbys-15  
 Asiah Gonzalez-5.5  
 Isaias Guzman-3  
 Colby James-17  
 Logan James-2.5  
 Wil James-5  
 Emily Jimmy-3.5  
 Terry Jimmy-2  
 Carol John-7.5  
 Brendon Kasayuli-4  
 Corrina Kaubin-10  
 Collin LaPointe-9  
 Danika McCoy-10  
 Natalie Misanes-18.5  
 Joe Quintasket-8  
 Kenneth Revey-9  
 Cassandra Salas-Sam-19.5  
 Lavannah Shongutsie-0  
 Ashlee Siddle-11

Aubrey Stewart-15  
 Austin Stewart-11.5  
 Darrell Williams-1  
 Kiana Williams-8

### High School

General Cayou-6  
 Leila Clark-14.5  
 Aiyana Guzman-5.5  
 Jamall James-4.5  
 Landy James-2.5  
 Taysha James-8  
 Robert Johnny-18.5  
 Christian Johnston-10  
 Alana Quintasket-15.5  
 Dianne Quintasket-17.5  
 Garrett Wilbur-10  
 Michael Wilbur-9  
 Sheldon Williams-15



Each of the gradates received an eagle feather from Brian Cladoosby and Larry Campbell as a gift from the Tribe. They were beaded by Laura Kasayuli .



**A First :** History was made when Swinomish senator and master carver Kevin Paul sang an honoring song during commencement ceremonies. Chairman Cladoosby praised and congratulated the Class of 2010.



(below) Vincent Wilbur awarded a scholarship to one of the Gilkey girls of La Connor (not sure which twin).



Photos by Ann Smock. They are available on the Keeeyoks Swinomish Facebook page

**SWINOMISH TODDLER CLASS  
OF 2010 GRADUATES**

These students are "Moving  
Up" from Toddler Class to  
Preschool

Moving up to preschool!



**Congratulations!**

Divinity Kochuten; Aaron Jack, Jr.; Ronald Williams III;  
Brandon Damien; Josephina Adams

**PRE-SCHOOL GRADUATING CLASS OF 2010!**



*moving up to kindergarten!*

Pre School Graduates: **Front Row:** Joslin James, Melvin Bailey, Betsy Campbell, JaVaughn Bill, Kennedy Miller, Chloe Edwards, Kerriah Paul, Ivory Souryavong, Tishara Jefferson, Scott Cayou; **Second row,** Jason Nelson, Chadow Cayou, Ariana Siddle, Jamie Damien, Hayden John, Ian McCormick, Quade Moore, Zack Rookhuyzen, Kali Adams, Raymond Bailey. (back) Amy Freeto, Barb Grossglass, Jenny Mortenson, Trisha Wilbur, Lynne Beebe, Dave Ehman

**NORTHWEST INDIAN COLLEGE**



**Four graduates  
from NWIC  
Swinomish site:**

April James,  
Maranee Bowen,  
Josiane (Sams-  
Williams) Damien and  
Caroline Edwards

**Congratulations!!**

*Kee yoks photos*

(below) April James gets a hug from Larry Campbell (Swinomish) and other NWIC board members and faculty as she receives her diploma.

**ART INSTITUTE OF CALIFORNIA, SAN DIEGO**



*"Education is not the filling of a pail, but the lighting of a fire."*

*William Butler Yeats, Irish poet 1865 – 1939*

**Congratulations to the many  
Swinomish 8th graders who will be  
entering high school in the fall!**



06/18/2010

Ernie Jamison, Jr. graduated from the Art Institute of California in San Diego with his Associate Degree in Culinary Arts in June. Standing with him are his parents Margie and Ernie Jamison Sr. who traveled from Seattle. Also in attendance were: Ernie, Jr.'s brother and family, Jason, Laurie and Colton Jamison; sister and children, Jillian, DeMonte and Damon Wolf John, and his Auntie Winona Jamison, from Swinomish.

Congratulations Ernie!!

*submitted photo*

## YOUTH CENTER



Anna Young

It is Fire Work Season here at Swinomish; this means we must take precautions in our community to prevent harm to ourselves and young ones through responsible use of fire works. Fire Works are great fun and are meant to be enjoyed in celebrations. Following the safety tips listed below can keep this year's 4<sup>th</sup> full of fun. A trip to the ER for firework related accidents happens all too often this time of year, especially with our young ones. Through role modeling safe handling of fireworks, we can continue to make a positive difference in our community. So let's all work together and keep Swinomish safe and injury free this year!



The Swinomish Youth Center Programs are preparing for summer break activities.

July 1, Thursday- Activity at Youth Center

July 2, Friday- Children's Museum

Weekly Activities and information will be posted at the Youth Center and Social Services Building.

We look forward to a great summer program. Enjoy the fun!



Gail Cayou

Please join the Youth Center staff in welcoming Gail Cayou as a Youth Center Prevention Assistant. Gail started work on June 15<sup>th</sup>, 2010.

**Summer Reading and Activities**  
Swinomish Youth Center Art Room  
Wednesdays at 4:00!

### Fireworks Safety Tips

- Use fireworks outdoors only.
- Always have water handy. (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."

● Only persons over the age of 12 should be allowed to handle sparklers of any type.

● Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

● The National Council on Fireworks Safety invites you to celebrate our nation's heritage on the Fourth of July, but celebrate safely.

● Obey local laws. If fireworks are not legal where you live, do not use them.

#### References

National Council On Fireworks Safety, Inc. • 1701 Pennsylvania Avenue, NW, Suite 300, Washington, D.C. 20006

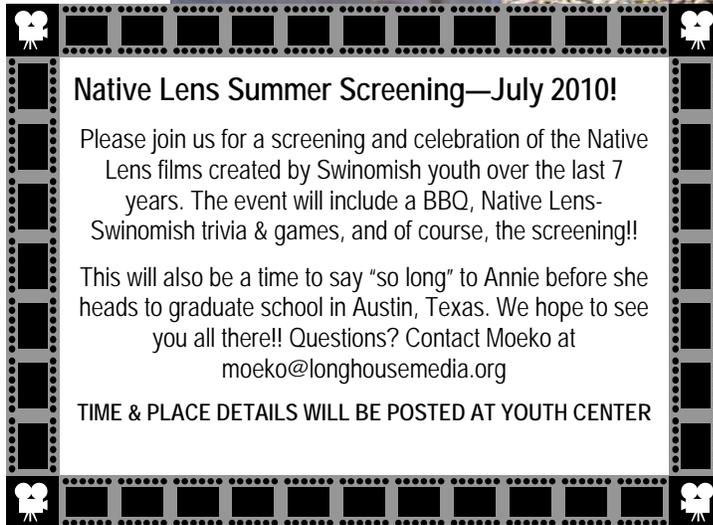
## WHAT'S HAPPENING WITH NATIVE LENS?

Greetings Swinomish Community,  
 I wanted to share with you all that I will be leaving Longhouse Media/Native Lens to attend graduate school this fall in Austin, Texas. I feel truly blessed to have worked with the Swinomish tribe over the last 7 years. Since the beginning of Native Lens I have had the opportunity to work with over a hundred Swinomish youth and community members in creating films and media projects. These pieces have screened in tribal communities across the country and have demonstrated the good work, strength, and cultural pride of Swinomish youth worldwide. From the first productions of "Rez Life," "Bone Games," and "Native Native," to the feature length documentary "March Point," and more recently our very first "Native Lens TV-Swinomish," it has been a tremendous joy to work with Swinomish youth and watch their creativity, strengths, and cultural pride, unfold through digital media making. Building this program was no easy task, and I am grateful for the experiences we have shared together; the laughs, and all that I have learned.

Please join us at the Native Lens Swinomish Screening in July to celebrate the good work of the Swinomish youth through the years. I will be there with Moeko and would like to have a chance to say goodbye before I leave. My heart will stay at Swinomish and I hope to come back and visit soon!!

Thank you all again,  
 Annie Silverstein





**Native Lens Summer Screening—July 2010!**

Please join us for a screening and celebration of the Native Lens films created by Swinomish youth over the last 7 years. The event will include a BBQ, Native Lens-Swinomish trivia & games, and of course, the screening!!

This will also be a time to say "so long" to Annie before she heads to graduate school in Austin, Texas. We hope to see you all there!! Questions? Contact Moeko at [moeko@longhousemedia.org](mailto:moeko@longhousemedia.org)

TIME & PLACE DETAILS WILL BE POSTED AT YOUTH CENTER



from top: Bubba George at the canoe races; Moeko Crider and Thomas Day a while back (left) Travis Tom, Nick Clark, Cody Cayou and Annie Silverstein filming *Marches Point*.

*Photos courtesy Native Lens/Longhouse Media archives*

# WHITE BUFFALO CALF WOMEN SOCIETY CONFERENCE:

## *ADDRESSING SEXUAL ASSAULT*



*by Caroline J. Edwards*

The White Buffalo Calf Women Society Conference, Tribal Advocates Training, was held in Rapid City, South Dakota near the Black Hills National Forest last month.

This training was quite the experience for me, and I will never forget the graciousness that the Rosebud women extended to everyone that attended this conference.



Tillie Black Bear  
Executive Director of WBCWS

We were welcomed with a traditional welcoming, and a family song from Tillie Black Bear, her daughter and niece.

The US Department of Justice Office on Violence Against Women is partnered with the White Buffalo Calf Women Society, Inc. These two partners presented to women from all over the United States. This conference was a training for tribal advocates to learn about what an advocate is and what their role is as a sexual assault advocate.

There were group discussions almost every other hour during the conference, and this is where I was given the opportunity to meet very gifted women who's role in life revolves around taking care of women, and having a strong heart to keep the women's spirit alive. Most of these women had years of experience behind them, so these group discussions were a breeze for them. While I was working with these women I could just see that all of them were having to deal

with the same type of situations; like jurisdiction policies, the problems caused by living within a small community, and the everyday situations which arise in this type of work.

Sexual assault is happening in the communities that are close and tied together, and is statistically more common in Indian Country. The USDOJ estimates that 1 of 3 American Indian and Alaska Native women will be raped in their lifetime.

It's people like the White Buffalo Calf Women Society, Inc. that are there for the people who need shelter, guidance, reassurance, and the opportunity to regain their spirit to move on in life.



Women are Sacred  
They are Life Givers

**If you believe you are experiencing or committing abuse, please call one of the following resources:**

Batterers' Treatment: Swinomish Wellness Program 466-1024

Domestic violence Treatment: Swinomish Wellness Program 466-1024

Youth Educator Amy Freeto: 466-7389

Victim Advocate/Safety Planning: Prosecutor's office: 466-7371

Emergency funding and Victim Scholarship Program: Swinomish Family Services 466-7222

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

CALL 336-3882 FOR INFO

WEEKLY DRAWING FOR \$25.00 voucher

## WELLNESS PROGRAM

### PRESCRIPTION DRUGS: ABUSED AND ADDICTIVE

by Heather Bryson

Prescription drugs, especially narcotic painkillers (opiates), are among the most widely abused drugs in the United States. This is also true here at Swinomish. According to a national survey, the illegal use of prescription drugs has skyrocketed. Statistics from 2007 show a significant increase in the use of these drugs in youth ages 12 and up. According to the Center on Addiction and Substance Abuse, prescription opiates caused more deaths than other drugs in 2007.

Prescription medications are too often used for their mood and mind-altering effect. They are taken orally, but are also crushed and snorted or smoked. When these drugs are used in this manner, it increases the risk of addiction. Snorting or smoking ground up pills increases the risk of physical harm to the body, damaging the sinus and nasal areas and mucus membranes. It also affects the lungs, heart, and other organs, as well as increasing the risk of damage to our immune systems. A lowered immune system means a drug user is likely to be sick from colds and viruses more often.

The most commonly abused prescription drugs seen here at Swinomish are the opiate painkillers oxycontin, oxycodone (percocet, percodan), hydrocodone (vicodin), oxymorphone, hydromorphone, codeine (Tylenol 3- T-3's, T-4's, 222's), methadone, and morphine.

Other commonly abused prescription drugs are the benzodiazepines, like valium and xanax. When these drugs are taken in combination, or used with alcohol or other drugs, it can create a synergistic effect.\*

Synergistic effects can lead to overdose or even death.

**\*synergistic effect** (Pronunciation: si-nər- jis-tik) two things mixed together create a far more potent and life-threatening effect than either would have when taken alone. (an example is smoking cigarettes while on birth control pills).



Swinomish Wellness Program  
Director, Heather Bryson

The most frequently used methods for obtaining prescription drugs for illicit use are:

- ~physician prescription (through skilled manipulation or even self injury),
- ~doctor shopping,
- ~diverting or forging prescriptions,
- ~obtaining from friends or family,
- ~buying off the street, or stealing from family members.

All of these methods have been reported to our program. Opiate painkillers are a controlled substance. Therefore, it is illegal to possess these drugs without a legal prescription. Under the Controlled Substance Act, a person can be charged with delivery of a controlled substance for selling or simply giving opiate painkillers to another person, or can be charged with possession of a controlled substance for having these drugs in their possession without a legal medical prescription.

Prescription drugs improve treatment of pain, anxiety, mental health disorders, and other conditions. When used as medically prescribed or directed by a physician, and taken responsibly, they are safe and provide relief for the conditions they were developed to treat. When taken irresponsibly, shared with others, or taken for mood or mind altering effects, these drugs can be dangerous and addicting. Abuse of opiate painkillers by pregnant women can lead to babies being born addicted, and possibly experiencing withdrawal symptoms after birth.

All of these issues are of importance here at Swinomish. Please be aware of the problems associated with prescription drug abuse in our community. Act responsibly, and if concerned, feel free to contact one of our staff at the Swinomish Wellness Program.

*“Under the Controlled Substance Act, a person can be charged ... for selling or simply giving opiate painkillers to another person, or ... for having these drugs in their possession without a legal medical prescription.”*

“...the illegal business of selling prescription pain medication is fueling serious narcotic abuse at Swinomish and in surrounding communities. . . We will need to come together as a community to help those members who are suffering from this addiction. For our members who are in a difficult place, seek help from your loved ones and friends.” ~Chairman Brian Cladoosby (May 2010)

## FROM THE MEDICAL CLINIC

# West Nile Virus Signs & Symptoms

### West Nile infection signs and symptoms

Most people infected with the West Nile virus have NO signs or symptoms.

#### Signs of a mild infection:

About 20 percent of people develop a mild infection.

- Skin rash
- Headache
- Fever
- Diarrhea
- Nausea
- Vomiting
- Backache
- Muscle aches
- Lack of appetite
- Swollen lymph glands

#### Signs of a serious infection:

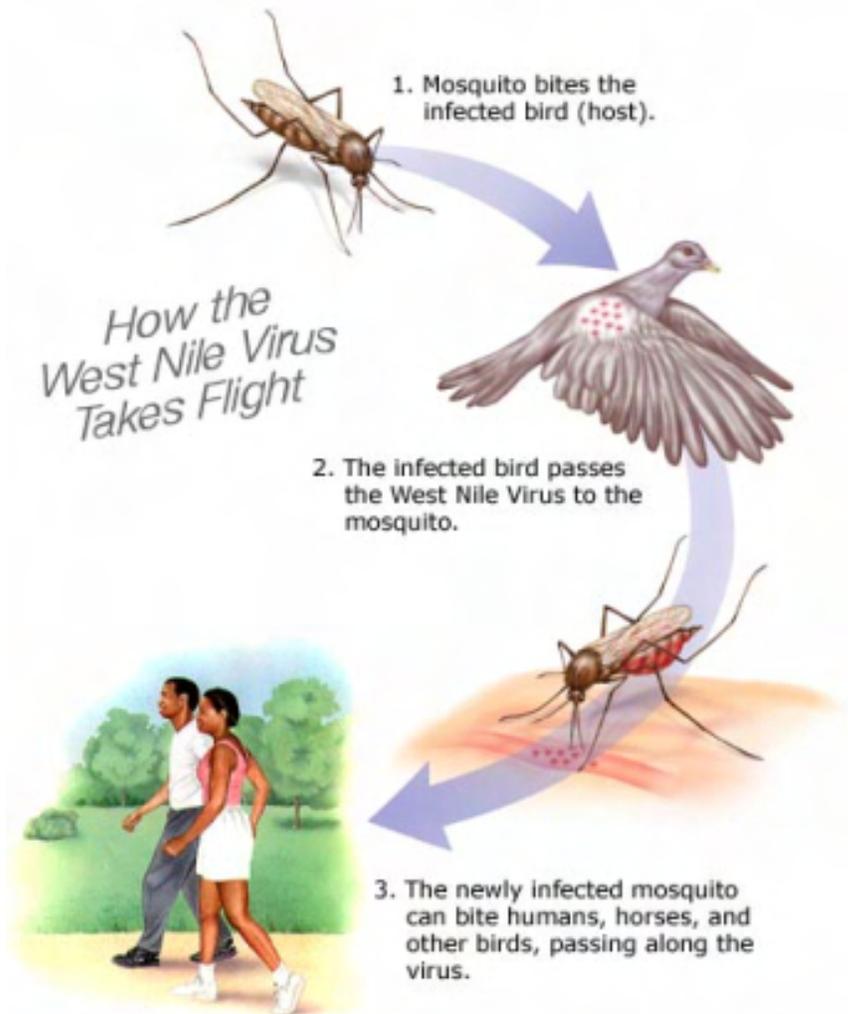
In less than 1% of infected people, the virus causes a serious infection in the brain.

- High fever
- Severe headache
- Stiff neck
- Disorientation or confusion
- Stupor or coma
- Tremors or muscle jerking
- Signs and symptoms similar to Parkinson's disease
- Lack of coordination
- Convulsions
- Pain
- Partial paralysis or sudden weakness

\* *Permethrin* is a common synthetic chemical, widely used as an insecticide and insect repellent. It belongs to the family of synthetic chemicals called pyrethroids. It is not easily absorbed through human skin, but it is highly toxic to cats and fish. (wikipedia.org)

## Prevention

- Apply insect repellent to exposed skin
- Spray clothing with *permethrin*\*
- Wear long-sleeved shirts and long pants whenever you are outdoors.
- Place mosquito netting over infant carriers when outdoors
- Stay indoors at dawn, dusk, and in the early evening
- Install or repair window and door screens
- Reduce mosquito habitat by draining standing water sources
  - Flower pot, pet dishes, birdbaths, swimming pool covers, buckets, barrels
  - Clean clogged rain gutters
  - Remove discarded tires, and other items that could collect water.



**Native Children in the  
Swinomish Community:  
Birth to Six Years**

**Children's  
Health & Safety Fair**

**Swinomish Medical Center**

**July 14th**

**Time: 8:30 - 4:30**

**Annual Well Child Exams**



This is an opportunity for you to complete your child's well child check-up for the school year. It is a time to have some fun learning about important health and safety topics from local community helpers.

This is a perfect time to fulfill the necessary health requirements for entrance into preschool/toddler class/childcare and be eligible for the back to school gift card (applies to children enrolled in the Swinomish Tribe). Call and make an appointment at the clinic ( 466-3167) and connect with preschool at 466-7345 or childcare at 466-7329 if you have any questions about child health and immunization requirements for participation in the Swinomish early childhood education programs.



**Pulling Together For Native Health  
Ninth Annual Four Tribes  
Fitness Challenge**

**FINAL STANDINGS 2010**

	<u>People</u>	<u>Points per person</u>
Lummi	746	46.78
Swinomish	270	45.9
Nooksack	402	45.93
Upper Skagit	117	36.80

**Pulling Together For Native Health**

**1535 Four Tribe Participants this year! Native Nike shoes were awarded to participants.**

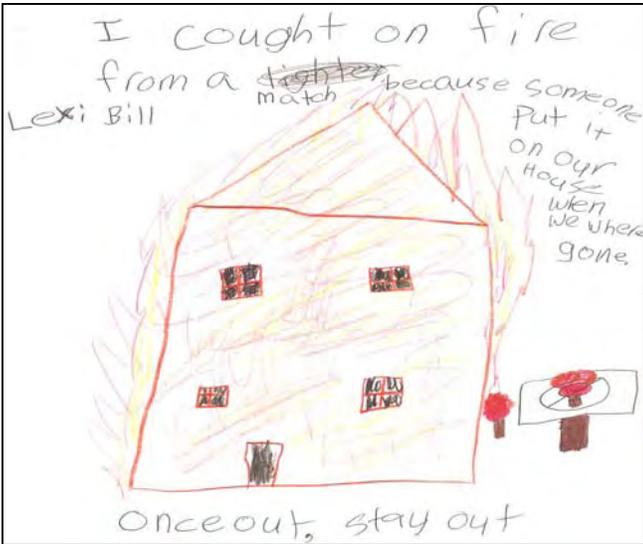


*disclaimer: these photos from the Native Nike website may not be the same style awarded to participants*

**CALVIN  
AND  
HOBBS©  
by Bill  
Watterson**



# SWINOMISH swədəbš COMMUNITY ART SWINOMISH swədəbš



Lexi Bill, (3rd grade) K-3rd Grade Category  
1st Place winner-Local SHA Fire Safety Poster Contest



Kahneesha Casey(4th grade) 4th-6th Grade Category  
1st Place winner-Local SHA Fire Safety Poster Contest



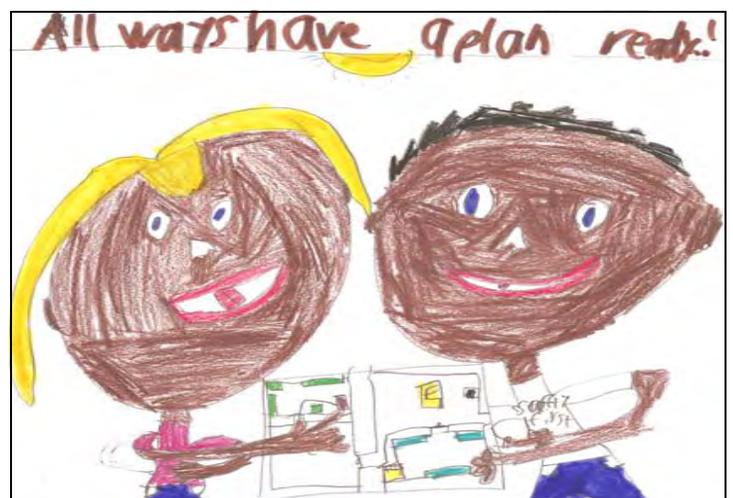
Claudia Parker, (3rd grade) K-3rd Grade Category  
2nd Place winner-Local SHA Fire Safety Poster Contest



Jeanette Quintasket, (4rd grade)  
2nd Place winner-Local SHA Fire Safety Poster Contest



Michael Paul (3rd grade) 3rd Place winner locally



Elijah Adams (5th grade) 3rd Place winner locally

# COMMUNITY ARTISTS ✨ SWINOMISH swədəbʃ COMMUNITY ART



Brendon Kasayuli,  
1st place  
(8th grade)  
locally &  
2nd place  
in Region.



Furry Bandit  
by Char Day



**The Middle School  
5th Grade Band Concert.**

**Learning the art of  
playing music is just as  
essential as learning the  
arts.**

Missy Cayou and Ryan Charles  
play in the Middle School Band.



**The Middle School  
Choir sang for the first  
time this year.**

Mariah Clark is 3rd from right.



**Troy  
Sampson  
and  
Poppy the  
puppy**

by Ann  
Smock

Two dogs;  
one ball



## SMOKING CESSATION

### Part 3 The Program

Earlier we talked about the history of tobacco. We learned where it came from and how it was used by Native American Indians before it was commercialized. We also learned about the terrible effects of tobacco on our health. We learned about the chemicals in tobacco, and that nearly 70 of these chemicals causes cancer. We saw how the health of others can be affected by smoking.

Now we will talk about the help you can receive to help you or family members quit smoking. There are a lot of resources. The State of Washington has a Quit Line you can call. The Internet is filled with sites that give you advice and help in quitting smoking. Fortunately, all you have to do is go to the Swinomish Indian Tribal Community Medical Clinic. I am there to help anyone who wishes to find help and advice in quitting smoking. We are using a program that is a little different than most.

The program does not require you to stop smoking immediately. We help you reduce your smoking habit slowly. Why? We want to help you be successful. The withdraw symptoms can be very strong if you quit cold-turkey. These symptoms cause many to go back to smoking. Reducing your smoking a little at a time can reduce those withdraw symptoms to a level that is easy to control. We also help you deal with the problems that cause us stress and difficulty. When we learn new ways

by *Edward Melendez*  
Swinomish Medical Clinic



to deal with our problems, then we won't look for a cigarette to help us get by. This means helping you develop coping mechanisms to deal with everyday stress. A coping mechanism means that you learn skills to help you deal with stress. Our goal is to help you quit smoking and to also help you live a healthier life at the same time.

Our sessions can be in groups or the sessions can be private. They can include any family or friends that want to help you quit smoking. Our program can be designed specifically around your needs and lifestyle. We work with you instead of you working for the program. This means we are there to help you any way we can. Our program has no time limits. We want to work at your pace to help you progress with confidence.

All you have to do is come and see me at the Swinomish Indian Tribal Community Medical Clinic. You don't have to see a doctor to come and see me. You can also call and set up an appointment with me Monday thru Wednesday from 8:00 am to 6:00 pm and from 8:00 am to 5:30 pm Thursday. I am here to help you quit smoking and improve the quality of healthy living. Together we can be successful. Please come and see me, even if it is just to get more information about the program. I am available for everyone.

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## ONLIES

There is only one Q in a Scrabble game.

There's only one city in the United States named merely "Beach." It is found in North Dakota, which is a land-locked state.

The only rock that floats in water is pumice.

The only part of the human body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

The only one of his sculptures that Michelangelo signed was the "The Pieta," completed in 1500.

Libra, the Scales, is the only inanimate symbol in the zodiac.



Bats have only one baby a year.

Ohio is the only US state without a rectangular flag. Ohio's flag is a pennant.



Baskin Robbins once made ketchup ice cream. This was the only vegetable flavored ice cream produced.

Honey is the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.

James Buchanan was the only US president never to be married.

Franklin D. Roosevelt was the only US president elected four times.

Maine is the only state in the United States whose name is just one syllable.

## DENTAL CLINIC

### Oral Piercing: Not as Safe as You Think

by Laura Kasayuli

Piercing, like tattooing, is just one of today's popular forms of body art and self-expression. Piercing may seem daring, cool and totally safe because some celebrities use piercing to flaunt their particular style or attitude. But piercing the tongue, lips, cheeks or uvula (the tiny tissue that hangs at the back of the throat) is not as safe as some would have you believe. That's because the mouth's moist environment—home to huge amounts of breeding bacteria—is an ideal place for infection.

An oral piercing can interfere with speech, chewing or swallowing. That may seem like a mere inconvenience until you consider that it may also cause:

- Excessive drooling (something you won't see in hip fashion magazines!)
- Infection, pain and swelling
- Chipped or cracked teeth
- Injuries to the gums
- Damage to fillings
- Increased saliva flow
- Hypersensitivity to metals
- Scar tissue
- Nerve damage

These harmful effects can happen during the piercing, soon after, or even long after the procedure.

An infection can quickly become life threatening if it's not treated promptly. For example, oral piercing carries a potential risk of endocarditis, an inflammation of the heart valves or tissues. Bacteria can enter the bloodstream through the piercing site in the mouth and travel to the heart, where it can colonize on heart abnormalities. This is a risk for people with heart conditions and, in the worst of cases, results in death.

After a piercing the tongue may swell. There have been reports of swelling serious enough to block the airway. And it's very possible to puncture a nerve during a tongue piercing. If this happens, you may experience a numb tongue ; nerve damage that is sometimes temporary, but can be permanent. The injured nerve may affect your sense of taste, or how you move your mouth. And damage to the tongue's blood vessels can cause serious blood loss.

In addition, piercing jewelry can sometimes cause allergic responses to the pierced site. The jewelry can even get in the way of dental care by blocking x-rays.

Don't pierce on a whim. The piercing will be an added responsibility to your life, requiring constant attention and upkeep. If you have any questions, please call us at the dental office at 466-3900.



Gum damage due to piercing



Tissue change due to oral piercing



# THANK YOU SWINOMISH



June 7, 2010

Swinomish Indian Tribal Community  
11404 Moorage Way  
La Conner, WA 98257

Dear Jamie and the Swinomish Indian Tribal Community,

It is with a grateful heart that World Concern recognizes your significant contribution in Haiti.

Your participation with *Kids Healing Kits* provided children with important school supplies, play toys and hygiene items. World Concern's extensive recovery experience has shown that these simple items help re-establish normal routines and relationships, an important step in reducing the impact of trauma. These kits provide a tangible expression of healing compassion to those who have suffered so much.

Our goal is to make sure 11,400 children have basic hygiene supplies, are ready to return to school with new supplies, have a toy to share with a friend, and have a stuffed animal to cuddle at night. Because of you we are well on our way to meeting that goal.

World Concern is committed to the long-term recovery of Haiti by assisting with safe rebuilding, jobs, and education. We appreciate your prayers and support for the long road ahead.

On behalf of World Concern and the people of Haiti, please accept our sincere and grateful thanks for your partnership.

God bless you,

David Eller  
President  
World Concern, International



This project was carried out by Swinomish Prosecuting Attorney Jamie Jones and the many members of the community who contributed to the effort.



## Coffee Trivia

After the decaffeinating process, processing companies no longer throw the caffeine away; they sell it to pharmaceutical companies.

Beethoven who was a coffee lover, was so particular about his coffee that he always counted 60 beans each cup when he prepared his brew.

Coffee as a medicine reached its highest and lowest point in the 1600's in England. Wild medical contraptions to administer a mixture of coffee and an assortment of heated butter, honey, and oil, became treatments for the sick. Soon tea replaced coffee as the national beverage.

Jamaica Blue Mountain is often regarded as the best coffee in the world.



Coffee trees produce highly aromatic, short-lived flowers producing a scent between jasmine and orange. These blossoms produce cranberry-sized coffee cherries. It takes four to five years to yield a commercial harvest.

Coffee, as a world commodity, is second only to oil.

In the 16th century, Turkish women could divorce their husbands if the man failed to keep his family's pot filled with coffee.

Dark roasted coffees actually have LESS caffeine than medium roasts. The longer a coffee is roasted, the more caffeine burns off during the process.

The first commercial espresso machine was manufactured in Italy in 1906.

## COUNTING IN LUSHOOTSEED

Digit	English	Lushootseed	rough pronunciation
1	ONE	də́caʔ	duh choo
2	TWO	saʔ liʔ	sa li
3	THREE	łix <sup>w</sup> ix <sup>w</sup>	łlewh
4	FOUR	bəbuʔs	boos
5	FIVE	cələlac	sel ahts
6	SIX	yələlaʔc	yel ahts
7	SEVEN	čuk <sup>w</sup> uk <sup>w</sup> s	sooks (like moo)
8	EIGHT	təqqačiʔ	tec ah chi
9	NINE	č <sup>w</sup> ələl	quol
10	TEN	ʔululub	oo loob

It will be very helpful to ask someone who knows proper pronunciation to say the words for you a few times. Be sure and say **“dah ah doobs chuwh”**

or dahədubš which is thank you!

### Don't go back to plastic...but wash your reusable grocery bags occasionally!

by ROBERTA ROMERO / KING5 News and KING5.com

SEATTLE - Reusable bags have become common place in the Pacific Northwest. More than likely, you've used them at one time or another. But now a new study, by the University of Arizona and Loma Linda University, finds that going green can be kind of gross.

The researchers talked to shoppers who use reusable bags in Tucson, Los Angeles and the San Francisco Bay Area. The researchers say 97-percent of those interviewed have never washed their bags.

They then tested dozens of the bags. The researchers say they found more than half of the tested bags contained some form of harmful bacteria.

"51-percent of those bags tested positive for coliform bacteria which indicates fecal matter," said co-study researcher David Williams.

The researchers say if you put the bag in the trunk of your car on a hot day you're basically putting it in an incubator. And, when meat is put in the same bag as other food the bacteria can cross contaminate and stick around long after you've thrown the food in the fridge.

"It's the e-coli and salmonella that are perhaps the most common ones that will affect people," says Doctor Art Mollen. "Usually gastroenteritis and it can be very serious."

At the Fred Meyer store in Ballard, shoppers were shocked to find out about the germ carrying bags.



"We know we have to be careful at home with cutting boards and things regarding e-coli, but I haven't thought about the same thing with a shopping bag!" says Seattle resident Lance Richmond.

You don't have to get rid of your eco-friendly bags quite yet, there is a solution.

Researchers recommend washing the bags after every use. A chore that doesn't appeal to a lot of people.

Erika Zanobini says "I'm a mother of two and I'm already busy, if I have to go home and wash bags that will add to my work I doubt I will do that."

Not everyone agrees with the findings. Environmentalists point out that the study was sponsored by the American Chemistry Council, which represents businesses in the plastics industry.

## Fire Safety Tips

- Install smoke alarms on each level of your home and outside of sleeping areas and test them monthly.
- Make sure there are two clear exits from each room and that everyone knows these escape routes and has practiced using them.
- Never smoke when drowsy or when you're in bed.
- Use sturdy, non-tip ashtrays and check for smoldering cigarette butts in furniture – especially after parties. Douse butts and ashes with water before discarding them.
- Never leave cooking food unattended. Keep cooking areas clean and clear of combustibles.
- Use all space heaters with care. Keep them at least 36" away from combustibles.
- Have your wood stove, chimney and central-heating system maintained, cleaned regularly and inspected annually.
- Plug only one heat-producing appliance into an electrical outlet. Never override or bypass fuses or circuit breakers. Avoid running extension cords across doorways or under carpets.
- Store matches and lighters up high out of sight, out of reach of little hands / children. Use only child-resistant lighters.
- Never use or store gasoline inside your home. If necessary, keep a small quantity in an approved safety container locked in an outdoor shed.
- Store paints, thinners, and other flammable liquids in their original containers, well away from heat, sparks or flame.
- Keep papers neatly stacked and bundled, or in boxes.
- Identify your house with large address numbers that the fire department can see easily.

## SWINOMISH HOUSING AND UTILITY AUTHORITIES NEWS



### HOW MUCH DO YOU KNOW ABOUT FIREWORKS? (All ANSWERS ARE TRUE!):

- 1.Children should never play with or light fireworks;
- 2.Adults should always keep a bucket of water handy in case of a malfunction or fire;
- 3.Adults should read and follow all warnings and instructions before using fireworks;
- 4.Adults should be sure that other people are out of range before lighting fireworks;
- 5.Sparklers burn at such high temperatures that they burn clothing;
6. A 7-year-old boy lost half of his left hand, including his fingers when he lit an M-80 he found hidden in a family bedroom;
- 7.An 8-year-old girl received second and third degree burns to her leg when a spark from a sparkler she was holding ignited her dress.

Source: [http://amerindrisk.org/resources/1/Safety%20Services/Firework20Prevetion\\_Facts\\_Tips.pdf](http://amerindrisk.org/resources/1/Safety%20Services/Firework20Prevetion_Facts_Tips.pdf)

### 2010 National Safety Poster Contest

By Robin Carneen

Lanita Williams (right) was one of 32 youth, ages K-8th grade who entered SHA's local Fire Safety Poster contest. She created her entry at the SHA/ Swinomish Youth Center workshop. Each person that entered will receive a \$5 gift card from Pioneer Market to be awarded soon. The main winners will also be receiving an award. Thank you to our Housing Board Judges.



"We will help you in a fire so don't be scared, watch out for fires, don't hide, so you won't get burnt!"  
Lanita Williams age 10, 4th Grade

### Congratulations to all the youth who participated.

Here is a list of our winners: **Brendon Kasayuli** - (8th grade) 2nd Place Region

**Lexi Bill** - 1st place (3rd grade)

**Claudia Parker** - 2nd place(3rd grade)

**Michael Paul** - 3rd Place (3rd grade)

**Kahneesha Casey** - 1st Place (4th grade)

**Jeanette Quintasket** - 2nd Place (4th grade)

**Elijah Adams** - 3rd Place (5th grade)



*Special thanks to Fire District #13 for hosting a tour of the Volunteer Fire Department! It gave the youth a chance to learn first hand about Fire Safety and the important role the youth play in our community!*



## 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.

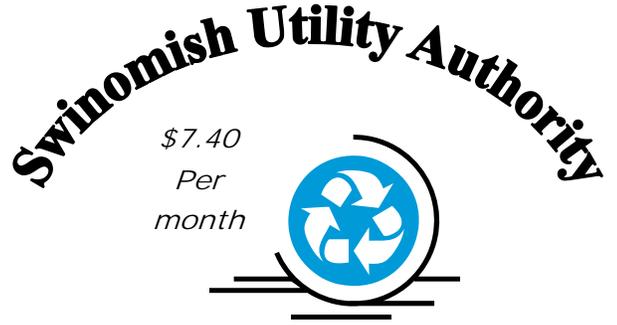
**This is a one-time offer only.**



## Swinomish Recycles.

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

**Less waste is good.**



## curbside recycling

CALL  
Waste  
Management  
**(360) 757-8245**

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



Ann Smock and  
Caroline Edwards

### Editors' Note

July already? June was a whirlwind of recitals, graduations and end-of-the-school-year fun! Congratulations to all! We wish we could print all the wonderful pictures we were given. Thank you to all who contributed to this issue.

A Happy Independence Day to everyone. Please note the items on having a safe celebration.

The new official Swinomish Indian Tribal Community website is about to launch (for a sneak preview go to: <http://swinomish.w02.winhost.com/>), However, it may be another month before the Keeyoks is only a click away. Stay tuned!

We hope everyone will soon be able to enjoy some nice sunny weather. As you drive, please remember that children are out of school and out playing everywhere. See you in August!



## Swinomish PD Acquires New Drug Dog: Meet Detective Chaz



Officer James Stucker

Narcotics or drugs. The scourge of society. It affects us all as a nation, community, neighbor, husband, wife, brother, sister and friend. My name is Officer Stucker with the Swinomish Police Department, and I would like to introduce to you my new partner Chaz, the department's new K-9 drug dog. Chaz is here to help both the Swinomish Police Department and the community in fighting the lucrative but deadly business of drug addiction .

Chaz is a 3 year old black Labrador Retriever. Chaz and I received our training through the Washington State Department of Corrections on McNeil Island. On May 13, 2010 Chaz and I completed our 7 weeks of training by obtaining our WA State accreditation. Chaz is trained on 5 different odors of narcotics. Chaz is what we call a "passive response K-9." He sits when he has found the odor of whatever narcotic he has been trained to locate. Chaz's reward for his hard work is a ball. One of the most important aspects and determining factors in finding a good drug dog is that he likes to play with a



*A working dog and its handler have a unique relationship based on trust and dedication.*

ball. It is what we call a "psycho ball drive." This is one part of the equation in picking a good drug dog.

Initial training began with teaching the dog to find his reward (the ball). Then the dog is introduced to his first narcotic odor. He is trained to sniff the odor and the dog is immediately rewarded with the ball. After numerous repetitive sessions, he is given the command to sit when he smells the narcotic odor, and then rewarded with the ball.



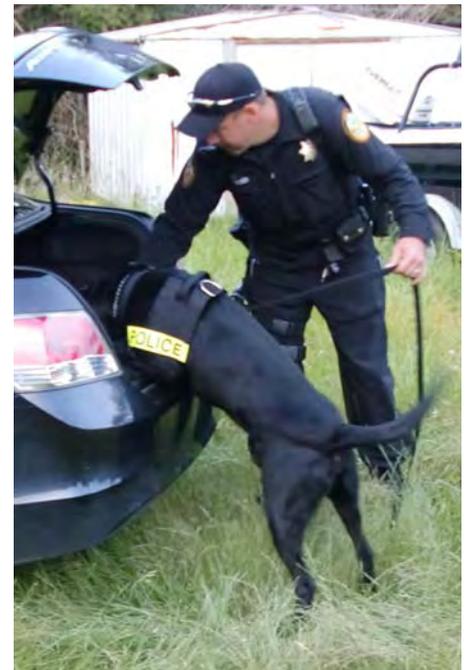
Chaz

From that point, the dog is taught a search pattern with the narcotic odors placed at different heights and depths. There are also different amounts (weights) of narcotics used in training. This process is very repetitive to develop stamina and to teach the handlers to be able to observe the dog's change of behavior. The change of behavior is what the dog has when he detects/smells the odor of narcotics; it can be very subtle or very brash. Tail wagging, ears twitching, snorting through the nose, etc. are all reaction signals.

Chaz is a very affectionate dog. He loves to work, and he really doesn't think he is working; it is all play to him. Since Chaz and I have been back, we have had several narcotic finds that include cocaine, meth, and heroin.

My personal law enforcement background is with K-9 patrol. I began my K-9 career in 1986 as a Military Working Dog Handler. I did that job for 10 years. It brought me many opportunities, successes, and rewards. I enjoyed the work so much that after I left the military, I spent over 5 years as a professional dog trainer in Oregon. There I learned more aspects of training dogs in hunting and retrieving. I also had the opportunity to compete in AKC Licensed Hunt Test. To this day, I have my own labs that my wife and I take hunting and enter in competition.

I am very fortunate to have this opportunity to be able to have Chaz as my partner. It is an honor to have been entrusted with this great responsibility by the Swinomish Police Department Administration.



*Officer Stucker demonstrates Chaz's drug detection abilities.*

# swədəbš TRIBAL COURT

## Hours of Operation

Monday—Friday 8:30 to 5:00  
466-7217 or 466-2097



### Court Clerks

Blair Page

Kathy  
Whitney



## WHY IS IT IMPORTANT TO HAVE A WILL?

by *Amanda Effertz*



There are many reasons why it is important to have a Will and other estate planning documents. Here are just a few of the reasons! First, having these documents will allow you to provide for loved ones. For example, you can leave family members resources they may need after you have passed; and if you have minor children, you can appoint a guardian who will care for them. Second, having these documents limits disputes among family during an already stressful time. Third, without these documents the process will be more difficult; the court will have to determine what property you owned and who in your family will receive it. Finally, if you do not have a will the American Indian Probate Reform Act will determine who receives your trust land and allows some interests in trust land to be sold without the consent of your heirs.

### SUMMER WILLS AND ESTATE PLANNING - FREE

The Seattle University School of Law is providing a law student intern to help tribal members with writing a will.

This service will end July 29, 2010.

Hours: Monday, Tuesday, Wednesday only 9:00 to 4:00

Location: Social Services Building (by Mary Ellen's office)

Contact Amanda Effertz 360-466-7218

### Welcome Jessica Nance



**Jessica Nance**  
Legal Intern

Jessica Nance has joined Tribal Advocate Dennis Scott as a legal intern representing defendants in criminal cases. Originally from the Seattle area, Ms. Nance comes to Swinomish as a second-year law student from the University of Oregon. Ms. Nance is interested in Native American legal issues and has previous experience working with the Hopi and Navajo Tribes. Ms. Nance began her work with the tribe in June and will continue to assist in criminal defense work through the end of July.

Need infant care this fall?  
Find out about it at the  
Swinomish Child Care  
Center 466-7276



Jeremy and Amber Cayou's baby girl

In every episode of Seinfeld there is a Superman.

A group of frogs is called an army. Twelve or more cows is called a flink. A group of unicorns is called a blessing. A group of rhinos is called a crash. A group of ravens is called a murder. A group of owls is called a parliament.

A snail can sleep for 3 years.

# ELDERS LUNCH JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Summer Fruits & Vegetable Van Elders Parking Lot Caregivers Welcome	EVERY WEDNESDAY 11:30-12:30	1 Sausage Strawberry Shortcake Spinach Salad
5 Ham & Cheese Sandwich Lettuce/Tomato Slices Tomato Soup	6 Hamburger Soup Rolls Green Salad Watermelon	7 Fish Parsley Potatoes/ Rolls Green Beans Berries	8 Teriyaki Chicken Rice Broccoli/Cauliflower/ Carrots Honey Lime Fruit Salad
12 Tuna Bagel Sand- wich Lettuce/Tomato Slices Veggie Tray Orange	13 Meat Lasagna Garlic Bread Green Salad Banana	14 Corned Beef Potato/Cabbage/ Carrots Biscuit Peaches & Pears	15 Ranch Beans Rice Roasted Corn Cantaloupe Yogurt
19 Roast Beef/Cheese Sandwich Green Salad Banana Yogurt	20 Baked Chicken Potato Salad/Rolls Green Beans Grapes	21 Fish Soup Carrots/Cauliflower Biscuit Berries	22 Spare Ribs Rolls Corn/Coleslaw Watermelon
26 Egg Salad Sand- wich Vegetable Soup/ Crackers Apple	27 Meat Chili Corn Bread Veggie Tray Grapes	28 Ham Fried Rice Green Beans Fruit Salad	29 BBQ Chicken Macaroni Salad Bean Salad Berries
			9 16 23 30

## Swinomish Summer Fruit & Vegetable Van

Fresh, locally grown organic produce

Raspberries

Tomatoes

Peas

Lettuce & Greens

**FREE!**



Prevent diabetes & heart disease  
Eat 5 A Day

Want to be a program volunteer?  
Call Michelle at 466-3167

WHEN? EVERY WEDNESDAY  
July through August

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

Sponsored  
By:



Look for the WHITE van

## ELDERS LUNCHEON



The Annual Swinomish Elders Luncheon was held at the Swinomish Casino Bingo Hall on Tuesday June 1, 2010. The estimated 292 visitors represented about 30 tribes from the Northwest of Washington, other United States, and Canada. There were 30 veterans from other tribes including our Swinomish Color Guard. The Grand Entry was performed by drummers Kevin Paul and Rudy Vendiola. The entertainment for the luncheon was Stan the Guitar Man who played the guitar and keyboard, and sang country songs. Special thanks to the following who made the raffle and event possible:

- The Swinomish Tribe for providing the salmon and special gifts
- The Swinomish Northern Lights Casino for their food service and special gifts for the veterans and raffle items
- The Swinomish Social Services Program for gifts and raffle items
- The Swinomish Chevron
- The Swinomish Housing Authority
- The fish cooks: Francis Peters, Sam Bailey, John Cayou, Jr.

A very special thanks from the Swinomish Seniors to Ivan Willup, Seniors Coordinator, his special assistants, Jennie Nguyen and Mary Ellen Cayou, and the Seniors Committee: Carol Davis, Edith Bobb, Rose Marie Williams, Diane Vendiola, Lori Ann Cayou, Alfreda Bailey, Shirley Cassimere, Colleen Williams, as well as, helping staff Shelly Vendiola, Barbara Wasserman, and the people who were the runners for the raffling.

***We humbly thank all who helped and attended,  
Ivan Willup, Sr. (La-hail by)***



From Left: Myrtle Rivas, Alfreda Bailey, Colleen Williams, Shirley Cassimere, and Gail Cayou

## United Indians of All Tribes Foundation Invites Community to 25<sup>th</sup> Annual Seafair Indian Days Pow Wow

Seattle, WA - United Indians of All Tribes Foundation will commemorate two historic milestones at its Seafair Indian Days Pow Wow, held July 16-18, 2010 at the Daybreak Star Indian Cultural Center in Discovery Park. This year marks both the 40<sup>th</sup> anniversary of the takeover at Ft. Lawton by Native activists that led to the foundation's founding, and the 25<sup>th</sup> anniversary of the annual pow wow itself. The three-day cultural celebration featuring contest dancing and drumming, Native crafts and traditional foods, and other intertribal exhibitions is one of the largest Native American pow wows in the Pacific Northwest.

United Indians Executive Director Marty Bluewater explains, "Our annual pow wow has become a Seattle institution. Over the last 25 years, it has grown to the point where it averages over 400 dancers and 10,000 visitors during the course of the weekend. For some, it's the one time a year when they reconnect with Native culture. For others, it's the highlight of the entire Seafair and pow wow seasons."

The Seafair Indian Days Pow Wow is one of United Indians' many community programs. The organization also runs a Head Start program, transitional living home for homeless youth, elders lunch program, foster care placement program among many others.

Bluewater continues, "This is 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. Being able to celebrate the 40<sup>th</sup> anniversary of United Indians and mark the 25<sup>th</sup> anniversary of the pow wow with the entire community will be the highlight of our year."

All events are open to the public and will take place at the pow wow grounds at Daybreak Star Indian Cultural Center.

### About United Indians of All Tribes Foundation

United Indians of All Tribes Foundation is a 501c3 non-profit organization founded in Seattle, Washington in 1970. The mission of United Indians is to foster and sustain a strong sense of identity, tradition, and well-being among the Indian people in the Puget Sound area by promoting their cultural, economic, and social welfare. For more information about United Indians or to make a donation, visit [www.unitedindians.org](http://www.unitedindians.org).

Highlights from the 25<sup>th</sup> annual Seafair Indian Days Pow Wow will include:

Friday, July 16, 2010

- Family Night free admission
- Salmon bake dinner booth opens for weekend
- Seafair Indian Days Pow Wow princess crowned
- Exhibition dancing in all categories

Saturday, July 17, 2010

- Contest dancing in all categories
- Honoring of original Ft. Lawton invaders
- Coastal tribes exhibition dancing

Sunday, July 18, 2010

- Bernie Whitebear Men's Traditional Special Contest
- Dance contest winners announced

Admission is \$5 and pow wow grounds open daily at noon.

*This is a drug and alcohol free event.*





## 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!*

In May CCEAG participated at the Shelter Bay “**Eco-Sense Fair and Shred Day**” event where we shared information about climate change and impacts to the local area. There were many environmental education booths. *Hy'shqe* to Janie, Diane, Laura and Shelly who participated, at the Swinomish Tribe who co-sponsored, and to the Shelter Bay Management team who invited us to come!

Shelly Vendiola presented on *climate change* during the **LaConner Middle School Science Fair**. She commented, “*It was great to follow Eric and Linda Day’s presentation on how the Tribal Canoe Journey folks are partnering with the*



*Swinomish Tribe and USGS scientists to do water quality testing in the Salish Sea region—this shows how when indigenous science and Western science are considered, a pathway evolves for understanding how climate change impacts Tribes and treaty rights, then strategies and solutions can emerge.”* S. Vendiola

In June, CCEAG organized a 3-day **NDigiDreams digital storytelling workshop** held June 11-13 at the Youth Center. It was a huge success and participants produced their own 3 min. DVD Digital Story. These stories highlight impacts of climate change and ideas for preparing to adapt. A community event will be held and some of these digital stories will be featured. Look for our invite in the near future! We hope to co-sponsor another **NDigiDreams Digital Storytelling** training this *Fall*. If you want more information please contact Shelly at the Community Alliance & Peace-making Project office, 360-421-4321!

### Spotlight

This is the time for gathering clams and other shellfish, a traditional food of our people since the beginning. During the annual *Swinomish Clam Bake*, Water Resources Manager, Todd Mitchell said, “The clams were purchased from Taylor’s shellfish farm because the clams in this area are scarce.” Perhaps one day the shellfish will return, in the meantime changing water temperatures, sea level rise and more severe storm surges will negatively impact the tidelands and beaches.

#### What You Can Do:

- Fill in your holes after digging for clams – the dug up mud and sand left to the side can smother the clams underneath;
- Only dig in areas approved for clam harvesting and avoid staked or signed areas of enhancement and clam seeding;



- Report your harvest pounds or bucket counts to Fisheries, these numbers help them manage the clam resources.

**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 (CAPP Consultant), 360-421-4321
- Ed Knight, Swinomish Planning & Community Development, 360-466-7280





# Swinomish Water Resources Program JULY 2010

## HEALTHY HOME

The sun's ultraviolet rays cause skin cancer. Protect yourself and your family with these 3 simple steps.

### Quick Tips for Good Sunscreen

	🚫 <b>Avoid these</b>	✅ <b>Look for these</b>
<b>Ingredients</b>	Oxybenzone Vitamin A Added insect repellent	Zinc Titanium dioxide Avobenzone or Mexoryl SX
<b>Products</b>	Sprays Powders SPF above 50+	Cream Broad spectrum protection Water resistant for beach, pool & exercise SPF 30+ for beach & pool

### Do these before applying sunscreen

The best defenses against getting too much harmful UV radiation are protective clothes, shade and timing. Here's a checklist:

**Don't get burned.** Red, sore, blistered then peeling skin is a clear sign you've gotten far too much sun. Sunburn raises skin cancer risk.

**Wear clothes.** Shirts, hats, shorts and pants shield your skin from the sun's UV rays – and don't coat your skin with goop. A long-sleeved surf shirt is a good start.

**Find shade – or make it.** Picnic under a tree, read beneath an umbrella, take a canopy to the beach. Keep infants in the shade – they lack tanning pigments (melanin) to protect their skin.

**Plan around the sun.** If you can, go out in early morning or late afternoon when the sun is lower. UV radiation peaks at midday.

**Sunglasses are essential.** Not just a fashion accessory, sunglasses protect your eyes from UV radiation, a cause of cataracts.

### Now put on sunscreen

Some sunscreens prevent sunburn but not other types of skin damage. Make sure yours provides broad-spectrum protection.

**Don't be fooled by high SPF.** Anything higher than "SPF 50+" can tempt you to stay in the sun too long, suppressing sunburn but not other skin damage. FDA says these numbers are misleading. Stick to SPF 15-50+, reapply often and pick a product based on your own skin, time planned outside, shade and cloud cover.

**News about Vitamin A.** Eating vitamin A-laden vegetables is good for you, but spreading vitamin A on the skin may not be. New data show that tumors and lesions develop sooner on skin coated with vitamin A-laced creams. Vitamin A, listed as "retinyl palmitate" on ingredient labels, is in 41 percent of sunscreens. Avoid them.

**Ingredients matter.** Avoid the sunscreen chemical oxybenzone, a synthetic estrogen that penetrates skin and contaminates the body. Look for zinc, titanium, avobenzone or Mexoryl SX. These substances protect you from harmful UVA radiation and remain on the skin, with little if any penetration. Also, skip sunscreens containing insect repellent – if you need bug spray, buy it separately and apply it first.

## OUR WATERS

### EWG's Guide to Safe Drinking Water [ewg.org]

#### Part 2

*Drinking plenty of good, clean water is important for a healthy body. Read EWG researchers' top tips to learn how to stay hydrated while reducing your exposures to common drinking water pollutants.*



**While Pregnant: Stay hydrated with safe water.** It's especially important for women to drink plenty of water during pregnancy. Follow all the tips above, and take your doctor's advice on how much to drink.

**Infants: Use safe water for formula.** Use filtered tap water for your baby's formula. If your water is not fluoridated, you can use a carbon filter. If it is, use a reverse osmosis filter to remove the fluoride, because fluoridated water can damage an infant's developing teeth. If you choose bottled water for your infant, make sure it's fluoride-free. Learn more at [www.ewg.org/babysafe](http://www.ewg.org/babysafe).

#### **Breathe Easy: Use a whole house water filter.**

For extra protection, a whole house carbon filter will remove contaminants from steamy vapors you and your family inhale while showering and washing dishes. Effectiveness varies widely – call the manufacturer for details.



Tanisha, Tiffany and Todd



# Swinomish Water Resources Program JULY 2010

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

## CLAM PSP



**LONE TREE POINT: BUTTER CLAMS** sampled by Swinomish Water Resources and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP)

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

5/27/10

Dear Todd Mitchell and Tonisha Gobert  
 I really appreciate you coming to our school and teaching us about water quality. I learned a lot of cool things, and it was fun measuring the temperature of marine and fresh water. I had a really fun time. Hope we see you again some time soon.



Dear Todd Mitchell, Tonisha Gobert

I would like to thank you for all your hard work. You did an amazing presentation and we all appreciate you giving us the opportunity to learn about things I would never think about. I hope you can come back someday.

ABOVE: Sample letters from La Conner Middle school students, thanking the water resources program for their presentation during the Science Summit last month.

**CELEBRATIONS!**

haʔl sg<sup>w</sup>acəɫdat

(pronunciation:) **hahʔs-gwuh-tsuH** **Happy Birthday Song**

haʔl sg<sup>w</sup>acəɫdat dx<sup>w</sup>ʔal dəg<sup>w</sup>i. ***hahʔs-gwuh-tsuH-t-daht dwh-ahl duh-gwee.***

haʔl sg<sup>w</sup>acəɫdat dx<sup>w</sup>ʔal dəg<sup>w</sup>i ***hahʔs-gwuh-tsuH-t-daht dwh-ahl duh-gwee.***

haʔl sg<sup>w</sup>acəɫdat dx<sup>w</sup>ʔal dəg<sup>w</sup>i ***hahʔs-gwuh-tsuH-t-daht tee/tsee dear ones***

***hahʔs-gwuh-tsuH-t-daht dwh-ahl duh-gwee. hahʔs-gwuh-tsuH-t-daht dwh-ahl duh-gwee.***



**Happy Birthday Missy Cayou**  
**July 20!**  
**With Love**  
**from your whole family!**



**Happy Birthday General Cayou**  
**July 18!**  
**With Love**  
**from your whole family!**



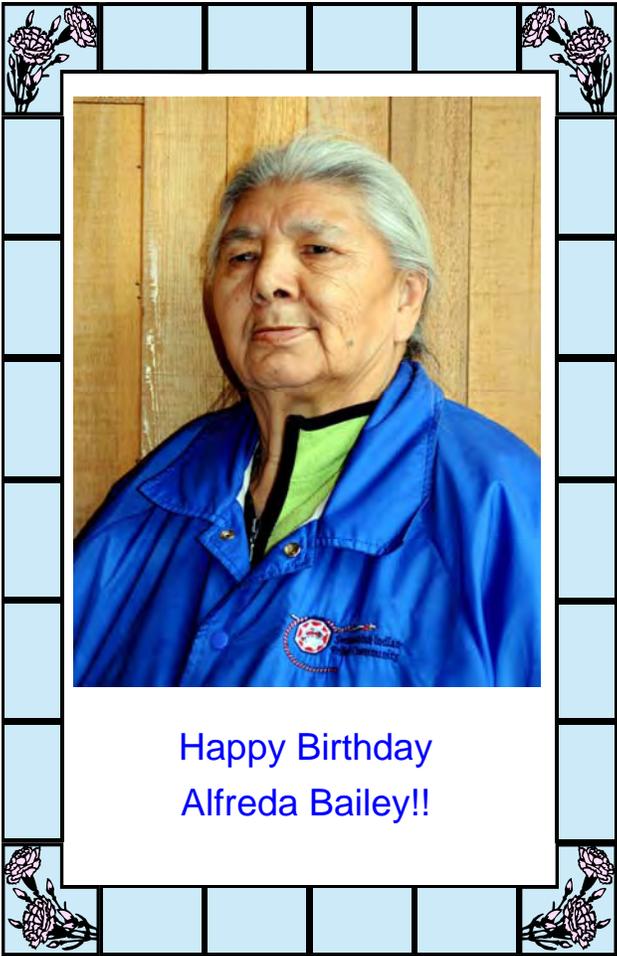
**Happy Birthday Michelle Edwards!**  
**With Love, Hubba, Leneé, Larie and all the grandkids!!**



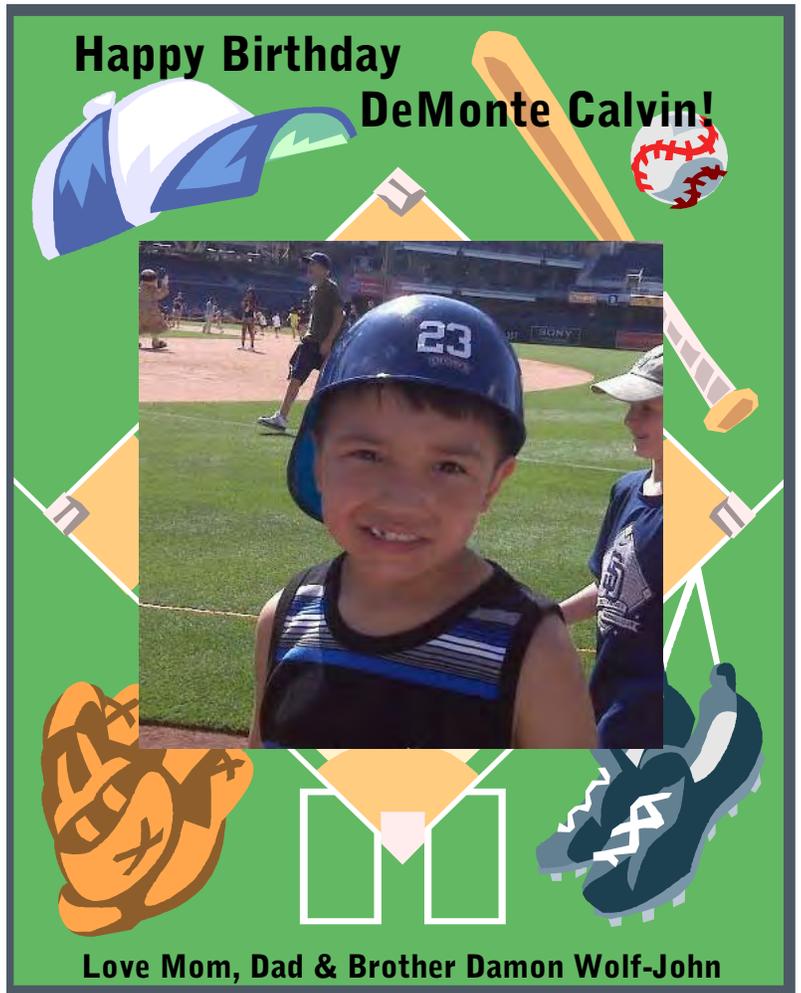
**Happy 4th Birthday**  
  
Lil' Miss Isabelle Matilda Rose,  
Love you always!  
  
from Mom,  
Wray-Wray,  
Andre, Chelsea,  
Bonnie Rose,  
Papa and  
Auntie April



**Happy Birthday Anthony Bailey!**  
**Love Mom, Stephanie & BooBoo**



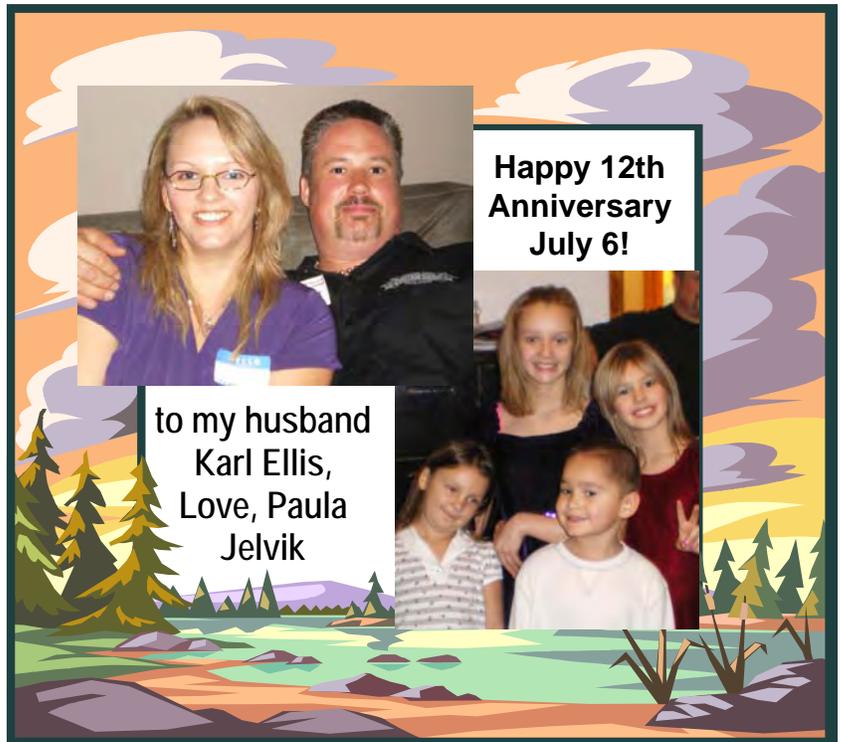
Happy Birthday  
Alfreda Bailey!!



Love Mom, Dad & Brother Damon Wolf-John



Happy Birthday  
Stephanie Bailey!  
Love Mom, Tony &  
BooBoo



Happy 12th  
Anniversary  
July 6!

to my husband  
Karl Ellis,  
Love, Paula  
Jelvik



# Events:

## 76th Annual Loggerodeo June 30th through July 4th

The Loggerodeo includes a wide range of entertainment over the course of the event. In addition to the multi-day chainsaw competition, guests enjoy a variety of live music, a dance, great food, a parade, bluegrass festival, a carnival and more. The celebration concludes on Sunday evening with a fireworks display at Riverfront Park at dusk. More information on this year's event can be found online at [www.Loggerodeo.com](http://www.Loggerodeo.com).

Those interested in attending this year's Loggerodeo celebration traveling from outside Sedro-Woolley may choose to park their car and let someone else do the driving. Skagit Transit's route 300 will be leaving from the Cascade Mall in Burlington as early as 7:15 a.m. during the week, and 8:15 on the weekend, each day of the event, with hourly service to and from Sedro-Woolley. The last leg of this route leaves Sedro-Woolley at 7:45 p.m. (5:15 during the weekend), and it returns to the Cascade Mall at 8:15 (6:05 on Saturday and Sundays).

### TRIVIA TIME

#### Firsts For the Decade

**2000** --- Hilary Rodham Clinton elected to the US Senate, becoming the 1st First Lady ever elected to national office.

**2001** --- Condoleezza Rice 1st woman to serve as US national security adviser.

**2002** --- Steve Fossett 1st balloonist to fly solo around the world when he landed in Australia on 4th July 2002.

**2003** --- Tom Ridge 1st US Secretary of the Department of Homeland Security.

**2004:** no firsts?

**2005** --- Condoleezza Rice 1st African American woman to serve as US secretary of state.

**2006** --- Anousheh Ansari 1st female "space tourist," on September 18, 2006, she paid \$20 million to ride on the Russian Soyuz TMA-9 capsule. also: 1st Iranian in space and 1st Muslim woman in space.

**2007** --- Drew Gilpin Faust 1st woman president in Harvard University's 371-year history.

**2008** --- Danica Patrick 1st woman to win an Indy Car Race - the Indy Japan 300.

**2009** --- Barack Hussein Obama, Jr. 1st African-American US President.

**BRINGING IT ALL BACK HOME  
AUGUST 11-14, 2010**

**SKAGIT  
COUNTY FAIR**

**Skagit County Fair**  
**Coming August 11-14**  
**"Bringing It All Back Home"**  
info at  
[www.skagitcounty.net/fair](http://www.skagitcounty.net/fair)

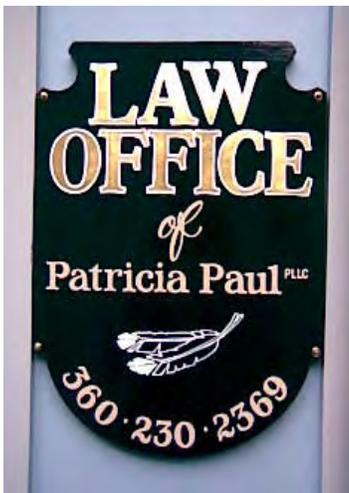
**FREE ADS**

K Paul Carvings  
Kevin Paul  
Master Carver



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La Conner, Washington 98257 USA  
360-540-3906

tribalsenator@yahoo.com  
http://kpaulcarvings.com



**LAW OFFICE**  
of  
**Patricia Paul** PLLC

360-230-2569

P.O. Box 1546  
610 S. 1<sup>st</sup> Street, Suite 5  
La Conner, WA 98257  
patriciapauljd@msn.com

A. N Imagery  
PHOTOGRAPHY FOR EVERYONE



A. N Imagery 2010

**Alycia nguyen**  
**360-395-5323**




**Native American Beadwork**

**Louis Gobert**  
Blackfeet Artist

- Earrings (Beaded or made from bone)
- Chokers, necklaces, key-chains, pens
- Beaded canes
- Beaded hoops

(360) 293-1398 (home #)  
(360) 840-1010 (cell #)  
(360) 840-3499 (cell #)

**LLKreations**

**Laura Kasayuli**  
**Ashley Conway**  
Contemporary Native Beadwork  
La Conner, WA  
Phone (360) 466-0503  
LLKreations@yahoo.com




NAMAPAHH First People's Radio is hosted and produced **ON THE INTERNET** by Robin Carneen, 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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Robin Carneen c/o NAMAPAHH First People's Radio P.O Box 1551  
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♥\*Keep That ♪♪•\*\*\*• Native ♥Radio ♪♪•\*\*\*•Going On♪♪  
♪♪•\*\*\*•♥

~Robin Carneen~

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**OR CURRENT RESIDENT**

 <p><b>Happy Birthday</b></p> <p><b>TO ALL THOSE BORN IN JULY!</b></p>	7/1 Murphy, Lorraine Catherine	7/9 Wolf-John, Demonte Calvin	7/20 Bailey, Stephanie Leanne
	7/1 Ward, Roberta	7/10 Barron Rogers, Rebecca L.	7/20 Edwards, Calvin Robert
	7/2 Bobb, Samantha Janelle	7/10 Barron Trujillo, Roberta	7/21 Cladoosby, Jessica Dee
	7/2 Cayou, Roger Jerome	7/10 Day Sr., Gary L.	7/21 Lozeau, Marcie Jo
	7/2 O'leary, Kevin Shawn	7/10 Edwards Jr., Marlon Keith	7/23 McCoy, Mona Lee
	7/2 Stone, Jordan Lyle	7/10 Grossglass, Dianna Rose Lorrain	7/23 McDonald, Isabella Sweatheart Winifred
	7/2 Stone, Marlene Jeanette	7/11 Dan, Rhonda Tawney Maria	7/23 Nguyen, Breana Mae
	7/2 Weightman, Leona Anne	7/11 James, Warren Charles	7/23 Wilbur, Teylor Raichelle
	7/2 Yakanak James, Isabell Matilda Rose	7/11 McCoy Jr., Phillip Joseph Henry	7/24 Scalise, Sara Marie
	7/3 Day, Laura Martha	7/11 Sampson, Abrianna Stella - Lynn	7/24 Topaum, Jason Isaac
	7/4 Jimmy, Tonya Trisha	7/12 James, Landelin	7/25 Bobb, Alexis Eileen
	7/4 Williams, Darrell	7/12 Paul, Charles H.	7/25 Cayou, Brett
	7/5 Charles, Eileen	7/13 Bobb, Laurence	7/25 Edwards, James Peter
	7/6 Bailey, Alfreda M.	7/13 Hansen, Amanda Jo	7/25 Lapointe, Benedict Martin
	7/6 Bailey, Anthony Justin	7/13 Murguia-Morales, Victoria Angelina	7/25 Loomis, Lorraine F.
	7/6 Edwards, Charles Raymond	7/14 Clark, Edythe Adele	7/25 Williams, Sheldon
	7/6 Parker, Claudia Lilian Marie	7/14 Johnston, Rebecca A.	7/26 George, Tonna Kristina
	7/8 Damien, Pauline Nedra	7/14 Stone, Bernadette Naomi	7/26 Williams, Sarah Louise
	7/8 Day, Jack Charles	7/15 Grossglass, Zachary John	7/27 Jack, Joyce Jinea
	7/8 Edwards, Michelle Yvonne	7/15 Grossglass, Zebadiah Norval	7/28 McDonald, Joseph Raymond
7/8 Sylvester-Siddle, Jaselle Gustine	7/17 Dan, Daisy Mae	7/28 Sias, Joseph Thomas	
7/8 Tom, Chenoah	7/17 Joe Jr., Robert Wayne	7/28 Wilbur, Laura Marie	
7/8 Villaluz, Mia Precious	7/17 Joe, Anna Marie	7/31 Damien III, Alva John	
	7/17 Sampson, Elizabeth Ann	7/31 Gonzalez, Aaliyah Jade	
	7/18 Cayou, General Scott	7/31 McCoy, Miranda Lee	
	7/18 James, Isiah	7/31 Meltingtallow, Monica	
	7/18 James, Kayla Raquel		
	7/19 Billy, Geraldine Nellie		
	7/19 Bobb Jr., Richard C.		
	7/19 Johns, Leland Owen		
	7/19 Murphy, Peter Matthew		

*submitted by Swinomish Enrollment*