

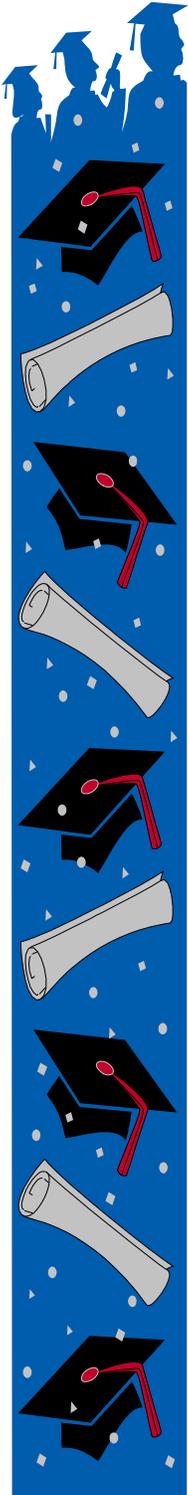
kiyuuq^ws

JUNE 2010

Congratulations Class of 2010!

Graduation is June 10th at 7:00 PM

More about the graduates on page 10



Anna Cladoosby



Clarissa James



Tonya Jimmy



Alana Quintasket



Theodore Edge, Jr.



Joseph Finkbonner



David Grossglass



Heather Edge



April James



Josiane Williams
Damien

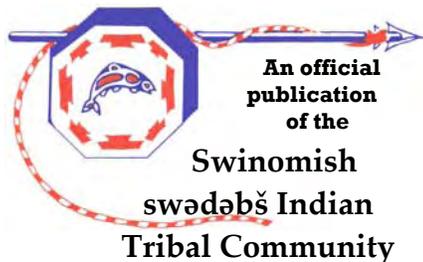


Caroline J.
Edwards



Maranee
Bowen

kiyuuq^ws
The Seagull



An official
publication
of the

**Swinomish
swədəbš Indian
Tribal Community**

Officers:

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

Senators:

Sophie Bailey
Sapelia
Chester Cayou, Sr.
Tee sa luq
Brian Cladoosby
Spee pots
Dianne Edwards
Ya-so-litza II
Glen Edwards
Cha-das-cud II
Steve Edwards
Barbara James
Taləq talə II
Leon John
Sm nk IX
Kevin Paul
Wa lee hub
Brian Wilbur
Tandy Wilbur
Wolfe

The
Keeyoks kiyuuq^ws
deadline to get
something into the July
issue is
JUNE 15TH
Stay tuned for the
Keeyoks kiyuuq^ws
ONLINE
(in full color)
as soon as the new
Swinomish swədəbš
website is launched!

The Keeyoks kiyuuq^ws

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Tracy Edwards
Kevin Paul

Ann Smock
Editor/Publisher

Caroline Edwards
Assistant Editor

*Photos: Keeyoks kiyuuq^ws
and submitted*

CONTENTS:

| | |
|-------------------------------|-------|
| On the cover: June Graduates | |
| Behavioral Health | 22 |
| Birthday List | 40 |
| Canoe Journey 2011 | 14 |
| Celebrations | 32-33 |
| Chairman's Message | 3 |
| Community Artists | 20-21 |
| Dental Clinic | 23 |
| Editor's Note | 22 |
| Education | 10-13 |
| Elder Interview | 31 |
| Free Ads | 39 |
| Housing & Utility Authorities | 26 |
| Medical Clinic | 18-19 |
| Obituaries | 7 |
| Plant of the Month | 9 |
| Public Works | 27 |
| Realty | 33 |
| Senior Center | 30 |
| Social Services | 16 |
| Swinomish Archives | 24 |
| Swinomish Police Dept. | 28 |
| Tribal Court | 29 |
| Water Resources Program | 34-35 |
| Wellness Program | 17 |
| Youth Center | 14-15 |

Keeyoks kiyuuq^ws Mission

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



Chairman Brian Cladoosby

Message from the Chairman

Spring is always a glorious time for our Swinomish Community. The arrival of the spring kings on the Skagit River is one sign of spring, and the abundance of resources indicates the summer's bounty. It's a time to gather the tender roots and begin the planning for the harvesting and gathering season. What a wonderful Blessing of the Fleet ceremony and feast Lorraine Loomis and her staff provided for us this year. We always look forward to the abundance of prawns, crab and fresh king salmon that fills our tables, and this year was over the top. On behalf of the Swinomish Community we thank Lorraine, staff and our harvesters for providing our traditional foods and taking care of our community.

We remember the blessing of the fleet as a monumental time of year when we ask our Creator to take care of the fisherman, to watch over the waters and to provide thanks for the salmon that sustains our culture, economies and health. In this time of gathering, we ask our fisherman to remember your elders. Remember to bring home the fish to the elders, and the Creator will bless you for the thoughtfulness and consideration when you give to others.

Our community had a busy Annual Clean Up Day, and on behalf of the Senate we thank the Public Works Department and Swinomish staff for dedicating their time and commitment to providing a safe and healthy community for our members. A wonderful idea was introduced by Housing Director John Petrich a few years back. He started the tradition of asking each department to adopt an elder and help them clean up their yards. What a heartfelt tradition that brings so much joy to our elders. Indeed, this was a wonderful week of spring cleaning on our reservation.

I have a special request to ask of each of you. Please remember to take care of our elders, as they are the holders of our wisdom. It is often said that our elders are a reflection of the past, present and future, as without them we would not have history to make it through today, or knowledge to make decisions for tomorrow. Take time out of your day to say hello, visit and laugh with an elder and to help them in any way possible. These humble actions will bring happiness to your day as well as to an elder's day.

Our Swinomish elderly population is growing rapidly. Presently we have about 150 elders, and not long ago we only had 60-70. Our elderly community is growing, and we need to prepare for the new needs and services to provide safe housing, programs and activities. For many years our Elder's Committee and Lori Ann Cayou have been working with the community on programs to ensure our treasured family members are being taken care of in a good way. We extend our appreciation to them and also to our caretakers for ensuring our elder's needs are fulfilled.

Bless each and every one of you, and please do not forget to hold a hand to others and treat them as you would like to be treated. Help one another in a time of need, and may the Creator lay his hand on you and keep you safe always.



Speaking of Elders....here is Mike "Jughead" Cladoosby relaxing and displaying a recently completed totem pole which has been sold.

LA CONNER AND SWINOMISH COMMUNITIES UNITE AGAINST UNDERAGE DRINKING!



The 3rd Annual Think! Don't Drink! March took place May 6th.

This march is organized by the students of the La Conner School District. They are bussed to the Swinomish Youth Center to begin the 2.2 mile march, which crosses the Swinomish Channel, proceeds down the main street of La Conner, and ends at La Conner High School.



A motorcycle escort from the Swinomish Police Department leads the marchers over Rainbow Bridge from the Swinomish Reservation to the town of La Conner.



Swinomish Chairman Brian Cladoosby and his wife Nina participate in the community march. The Cladoosby's do not drink; Brian's sign suggests Mountain Dew as an alternative to alcohol.



Darlene and Steve display their signs: "Save Your Brain: Abstain!" and "Think! Don't Drink!"



Swinomish Parents for Wellness Now hosted a community dinner in the Swinomish Gymnasium after the march.

The march was presented by the La Conner School District, the La Conner Alliance for Youth and Families, and the Swinomish Indian Tribal Community.

SPONSORS: Swinomish Wellness Program, Town Hall Meeting, La Conner Neighborhood Church, Crystal Springs Water, Community Mobilization Against Substance Abuse.

LETTERS OF THANKS

On behalf of the La Conner Alliance for Youth & Families and the Swinomish Parents for Wellness; we would like to thank the community for your support, participation, and volunteer efforts in organizing the 3rd Annual Prevention Awareness March and Wellness Dinner.

Two hundred and seventy marchers gathered with their signs and banners to begin the 2.2 mile jaunt across the bridge, through town and back to the schools to raise awareness for underage drinking. The event concluded with a Community Dinner which drew about 110 attendees.

The event was a big success with the help of the following individuals and organizations: Swinomish Keeyoks, Ann Smock, John Janson, Caroline Edwards, LCHS Cheerleaders, Peers Educating Peers, Swinomish Youth Group, and T.E.C. Also to thank are the sponsors: La Conner School District, Swinomish Indian Tribal Community, Town Hall Meetings, Community Mobilization Against Substance Abuse, The La Conner Neighborhood Church, Swinomish Wellness Program, and Crystal Springs Water.

A big thank you to the La Conner Fire Department & Jason Carlson, Fire District #13, the Swinomish Police Department, Skagit County Sheriff's Detachment, School District Transportation, Sunee Lagerwey, Town of La Conner, Skagit Bay Search & Rescue, school district staff, and parent volunteers for keeping the event safe for all. A special thank you to the Kiwanis Club of La Conner for doing an outstanding job providing water to thirsty walkers as they passed by.

Sincerely,
Debbie Mendum,
La Conner Alliance for Youth & Families
April James, Swinomish Parents for Wellness

History of Father's Day

The world owes thanks to Ms Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington. It is because of her admiration for her father who raised her that Father's Day came to be.

The idea of a Father's Day celebration originated in Sonora's mind in church when she listened to Mother's Day sermon in 1909. Sonora pondered if there is a day to honor mother then why not for father? Sonora felt strongly for fathers because of the affection she received from her own father Mr. William Jackson Smart, a Civil War veteran. Sonora's mother died during childbirth when she was just 16. Mr. Smart raised the newborn and five other children with love and care.

Spokane celebrated its first Father's Day on June 19, 1910. Its popularity spread, and President Woodrow Wilson approved of the idea in 1916. Finally, President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day in 1966. (The same year the first Keeyoks was published!)

HAPPY FATHER'S DAY!

The Wellness Program would like to give a big, genuine, "Thank You" to the Planning, Public Works, Wellness, Prevention, and Recreation Staff Members, as well as, the cooks, kitchen staff, and the many volunteers who helped make this year's 10th Annual Swinomish Sobriety Dinner such a wonderful success!!

The food was wonderful. Thank you so much Joe McCoy for the inspirational dinner prayer, and thank you to Kevin Paul for the welcoming drums. Mitch Factor came back for a second year and again kept us in stitches with his wonderful sense of humor.

Brian Cladoosby did a wonderful job as our MC for the second year in a row. Thank you, Brian for your hard work.

Barb James was recognized by the community as the Joe Dunn Inspirational Sobriety award recipient for 2010!

This year's award was passed on to her from Joey Williams, who is the 2009 Joe Dunn Inspirational award recipient. It was a very special moment for all to witness and to be a part of.

This year the Sobriety Dinner committee recognized a new award and voted it into place; The Elder's Inspirational Sobriety Recognition award. This year's recipient was Eileen Charles. Eileen gave a wonderful thank you speech and shared some of the stories from her journey in sobriety.

We would also like to add a special thanks to our wonderful Sobriety Dinner Committee, who worked so very hard to pull this special night together.

Great Job!!

WE DID IT!!!

Respectfully, The Wellness Program

Now it is time to start planning for the 2011, 11th Annual Sobriety Dinner.

see photos from the 2010 Sobriety Dinner on page 17

OBITUARIES

“Babe” Marlita Nannette John

Marlita N. John age 42, of Swinomish, passed away peacefully in the presence of her family and friends, Wednesday, April 28, 2010 at Skagit Valley Hospital. Marlita was born in Anacortes, on March 5, 1968, the daughter of Ed and Bernita (John) Johnny. Marlita graduated from La Conner High School. Her partner for many years was Robert Edwards.

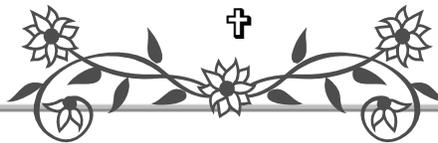
Marlita was a homemaker, and she worked for the Skagit Valley Herald. She also was a loving caregiver to her family. Marlita was survived by her

daughter, Tashina John; godchildren, Lanie Montoya, Meranda John, Emily Jimmy and Leenndra Cayou; sister, Gwendolyn (John) Cayou; brothers, Nathan John, Kenny and Tony Johnny. She was preceded in death by her parents Ed and Bernita (John) Johnny; brothers, Robert and Myron John; uncles, Albert Johnny and Charlie Jimmy.

A Prayer Service was held on Friday, April 30, 2010 at 7:00 PM in the Swinomish Social Services Building. Funeral Services were

held on Saturday, May 1, 2010 at 10:00 AM in the Swinomish Social Services Building. Burial followed in the Swinomish Cemetery. Arrangements were under the care of Kern Funeral Home of Mount Vernon.

You may share your memories of Marlita and sign her online guest register book at www.kernfuneralhome.com. The Family would like to thank all of you for the donations, prayers, your time with us, and to the ones that traveled to be with us from far and near, we hope you had a safe trip back to your loved ones.



Cheryl Marie Edwards Sweet-Taut #3

Cheryl Marie Edwards, age 55, a resident of Sedro-Woolley, passed away surrounded by her loving family on Monday, May 17, 2010 at Skagit Valley Hospital. Cheryl was born on February 16, 1955 in Olympia, WA, the daughter of Roger Clark, Sr. and Lois Jean Bailey. Cheryl attended Indian schools such as Chilocco, Fort Sill in Oklahoma, and Chemawa in Oregon. She earned her GED at the Northwest Indian College, Swinomish Site. After completing her education, she lived in La Conner.

Cheryl was known for her beautiful talent of quilting; she enjoyed playing Tribal Bone Games and playing Bingo. You could often find

her at garage sales. She also loved to cook, which included her famous Indian Fry Bread. She adored taking care of everyone's children. More favorites of hers was to fish on the Skagit River, making floral arrangements, selling fireworks for the 4th of July and looking for our beautiful eagles.

Cheryl is survived by her devoted husband, Jeffrey M. Edwards; daughters Roberta Christy Clark and Lana James; brothers Roger Clark, Jr. and his wife Viola, Phillip Millford, Edward Fornsby and his wife Deanna, Warren, Randy and Ricky Fornsby; nine grandchildren: Jenieva Tom, Chenoah Tom, Raylee Ward, Petty Ward, Cheryl Ward, Jr., Terrance Fornsby, Haley

James, Joslin James and Chas James; God children: Carene Fornsby, Jesse Cayou, Jessica Cayou, Tonya Jimmy, Dylan Stone and Mathew Damien. She was preceded in death by her father, Roger Clark, Sr. and step-father, Pete Fornsby, Sr.; paternal grandparents Aldeen Clark and Alma Palmer; maternal grandparents William Bailey and Myrtle Dan; four brothers: Mike Clark, Ray Fornsby, Sr., Pete Fornsby, Jr. and John Fornsby, Sr., and one sister, Liz Fornsby, and a nephew Baby Ray Fornsby, Jr.

You may share memories of Cheryl with her family online at www.kernfuneralhome.com.

“Tee Sa Luq”

Curtis Anthony Bailey

Curtis passed away suddenly on May 24, 2010 due to an infection in his heart. Curtis was born to Joe and Sophie Bailey on May 3, 1977.

Curtis was a Swinomish Tribal member, a member of the St. Paul's Catholic Church, the Swinomish Smokehouse and a supporter of the Swinomish Warchief Canoe Club. Curtis, like his grandfather and grand uncles, love to play softball. He was also an excellent soccer player and enjoyed golfing with the guys.

Curtis attended school in La Conner from elementary to high school. He then attended Northwest Indian College where he pursued his transfer degree. He worked for the Swinomish Tribal Community for seven years as a prevention counselor; as a dealer at the Swinomish Northern Lights Casino and also was a commercial fisherman. He began selling

fireworks at a young age and did so every summer. He was a volunteer firefighter for District 13, and a reserve Swinomish Police Officer. Most recently he was the caretaker for his Grandpa Chet. On October 21, 2000 Curtis married the love of his life Erica, and they have two children Victor and Salena, who were the pride and joy of his life. Curtis really enjoyed playing stick games with them and attending all of their sporting and school events.

Curtis is survived by his wife Erica, children Victor and Salena, parents Joe and Sophie, sister Aurelia (Jim) Washington; brother Eugene Edwards, grandfather Chet Cayou, Sr. from whom he received his name Tee Sa Luq; Godparents Bruce (Barb) James; several aunts, uncles, nieces, nephews and cousins. Curtis was always loving, caring, and sharing towards his people. He had the biggest, kindest, heart filled with love, and he always had a hug for



everyone. Curtis is preceded in death by his grandmother Velma Cayou, grandparents George Bailey, Walter and Eleanor O'Leary; sister Cassandra Cayou; cousin Wayne Bob, Jr.; uncle Fred Cayou, Sr., uncle, Donnie Cayou and his great grandparents and many other family members.

Prayer services will be held on Thursday, May 27, 2010 at 7:00 pm at the Social Service Building. Funeral services will be held on Friday, May 28, 2010 at 10:00 am at the Swinomish Gymnasium on the Swinomish Reservation. You may offer your condolences and share memories of Curtis to his family online at www.kernfuneralhome.com. The Bailey and Cayou Families thank everyone for their prayers, thoughts, donations and phone calls now and during the weeks in Seattle.

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

An original version written by Dr. Kent M. Keith hung on the wall in Mother Teresa's home for children in Calcutta

-this version is credited to Mother Teresa

BLESSING OF THE FLEET 2010



Father and son, Johnny and Junior Grossglass, help cook salmon for the annual community luncheon before the Blessing of the Fleet.



Lisa Turpin helps prepare loads of fresh crab; Lydia Grossglass enjoys her plateful of seafood.



Above right: Edwards Family members lead procession to the docks with their Family Song; Larry Campbell, Donald Damien III, Zeb Grossglass and Junior Grossglass hold offerings as the tribal fishermen receive blessings from the local pastors: Fr. Jerry Graham of St. Paul's Catholic Mission, Pastor Doug York from the Neighborhood Church and his Korean American guests, Minister Joe McCoy, 1910 Indian Shaker Church, and Traveling Missionary John Cayou, Jr., 1910 Tulalip Indian Shaker Church.



Young Quentin Edwards helps with the Family Song.

Afterward, each of the baskets were taken in boats to the four directions; Donald Damien III offers one of the four baskets to the sea and sets it adrift.





Spring/Summer

Native Plant of the Month



Sterile and fertile new shoots in spring (above).

Fertile shoots soon wither away leaving the sterile shoots (left).

Field horsetail colonizes and grows en masse (far left).

Landscape Value

Horsetail is often considered a nuisance weed in most gardens, because its rhizomatous root system makes it difficult to eradicate.

Consider planting (or encourage existing horsetail) to grow as a groundcover under deciduous trees along with flowering shrubs. Horsetail can be an attractive addition to the landscape, especially in difficult places such as rocky slopes or wet areas.

Field or Common Horsetail

Equisetum arvense

- One of the most widespread plants in the world, it descends from the age of the dinosaurs.
- Horsetail is named for the shape of its leafy, bushy tail-like stalks.
- This was one of the first plants to send green shoots up through the ash of Mt. St. Helens.
- This plant colonizes on poisoned land (such as along railroad tracks) and processes heavy metals in the soil, making the soil compatible for other plants.

Text by Heidi Bahan
©Starflower Foundation



More about horsetail:

Best to pick it in early spring when stalks are still light green and tender.

It may have received its name because it was known to have been tied to the tails of horses to help repel and swat flies. Early hair extensions!

For a really helpful tea/tonic to tone the lungs, add dried mullein leaves and/or dried nettle leaves (also best picked in early spring).

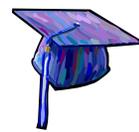
bubḫəd-

(boabHhhud)

Horsetail

is a therapeutic plant that contains sillicic acid which is a mineral known for strengthening and toning connective tissue. When used for medicinal purposes, horsetail can provide therapeutic benefits like healing joint injuries, soothing rheumatism, skin disorders, strengthening lung tissue, flushing out the kidneys and soothing gout. Preparing a tea requires hanging the plants to dry, and once dried, the leaves of the plants should be taken from the stem, crumbled and placed in a tea strainer; adding peppermint & honey is recommended.

Those who should not drink horsetail tea or ingest horsetail include the following: pregnant and nursing women, young children and those who have a kidney disease.



Graduation 2010 is June 10th @ 7 PM in the Landy James Activity Center



Anna Cladoosby

Anna is the daughter of Lori and Tony Cladoosby of Swinomish. She is the granddaughter

of Davine and Calvin Kight. She has two sisters, Lena and Jessica. Following graduation, Anna has plans to attend school to become a dental hygienist. She attributes her academic success to her parents. "I thank my mom and dad for all of their hard work and making me get up in the morning. I owe all of my success to them."



Alana Quintasket

Alana is the daughter of Marlo and Joe Quintasket of Swinomish. Her siblings are Dianne, Joey, Jeanette; Maternal grandparents are Dave and Dianne Edwards and Ron Williams;

Paternal grandparents are Phillip and Barb Quintasket and Eileen Clausen.

Alana plans to enter the elementary teaching program at UW.

For her success in school, Alana thanks, "My parents, of course, Auntie Tracy and my math teacher and advisor, Mr. Giovanne; He is the best teacher ever!"



Theodore Edge, Jr.

is the son of Ted Sr. and Lorinda Edge of Swinomish, and the brother of Heather Edge. He is graduating from Lummi Nation High School one year early. He excels in sports. He will be attending Skagit Valley College in the fall. LNHS graduation is June 10th.



Tonya Jimmy

Tonya is the daughter of Josephine Jimmy and grand-

daughter of Jean Jimmy of Swinomish. Her sisters are Emily and Theresa Jimmy and brothers are Terry and Gilbert Jimmy. Tonya is still deciding what to do after graduation. She thanks "Grandma Jean, Auntie Trish and Theresa for her academic success."



Clarissa "Wray-Wray" James

Wray-Wray is the daughter of

Ginger James of Swinomish and Dewey Penn. Her siblings are Andre Tom, Chelsea Tom and Isabelle Yakanak. Wray Wray plans to attend Bellingham Technical College to become a dental hygienist.



David Grossglass

David is the son of Barb and Johnny Grossglass of Swinomish. David completed his senior year through the Alger Home School and is attending Bellingham Technical College.

College Graduates

Josiane Williams Damien,

Swinomish, is receiving her Associate in Arts & Science Degree from NWIC and works for Northwest Indian College, Swinomish Site.



Caroline J. Edwards, Swinomish, completed her Associate in Arts & Science Degree from NWIC in 2009.

She is employed by the Swinomish Tribe and plans to continue her education through a four year university this fall.

April James, Swinomish, completed her Associate Degree in 2009 through NWIC. She works for the Samish Tribe in Anacortes.



Maranee Bowen, Upper Skagit,

is receiving her Associate in Arts and Science Degree from NWIC and will be attending Oklahoma University in the fall.



Heather Edge, Swinomish, is the daughter of Ted and Lorinda Edge, and the sister of Ted Edge, Jr. She

has completed a certificate in Medical Assisting from Everest College, Bellingham. She will spend the summer interning in the cardiology unit at St. Joseph's Hospital in Bellingham.



LA CONNER SCHOOLS APRIL ATTENDANCE WINNERS!

Elementary 0 days absent

Elijah Adams
Kahneesha Casey
Ryan Charles
Dakota Damien
Cynthia George
Hailey James
Jordan Johnston
Ariana Murchison
Claudia Parker
Briana Porter
Elijah Porter
Alicia Topaum
Grover Topaum
Cheyenne Weatherby
Jeremiah Williams
Rylee Williams

Elementary 1 day absent

Arjuna Adams
Kaliana Bill
Kalona Casey
Tredamas Casey
Benjamin Cayou
Henry Cayou
Zanetta Cayou
Ajay Damien
Terrence Fornsby
Merissa George
Chad John
Scottie Miller
Kaylena Misanes
Kaleb Parker
Andrea Sampson



Elementary 2 days absent

Isaiah Adams
Alexis Bobb
David Cruz
Tyler Day
Darren George
Zebediah Joe
Edmond McCoy
Joreen McDonald
Lily McLeod
Mary Lou Page
Michael Page
Michael Paul
Tiffany Sampson
Dylan Stone

Middle School 0 days absent

Jarrette Cayou
Jacob Cruz
Thomas Day
Cilla Edge
Isaias Guzman
Logan James
Wil James
Brendan Kasayuli
Collin LaPointe
Joe Quintasket
Ashlee Siddle
Cincerrae Grossglass
Darrell Williams
Kiana Williams

Middle School 1 day absent

Alex Cayou
Olivia Cayou
Mariah Clark
Kendall Edwards
Courtney Finkbonner
Asiah Gonzalez
Colby James
Emily Jimmy
Allen John
Terry Jimmy
Carol John
Danika McCoy
Lavannah Shongutsie
Carrissa Washington
Matthew Damien
Wayne Fornsby
Donovan George
Corrina Kaubin
Cassandra Salas-Sam

Middle School 2 days absent

Lakiesha Bird-Rice
Siomi Bobb
Matthew Damien
Wayne Fornsby
Donovan George
Corrina Kaubin
Cassandra Salas-Sam

8th Grade Moving Up Ceremony:
June 15th at 6:30 PM

BRAVO!!

High School 0 days absent

Aiyana Guzman
Sarah Scott
Joseph Finkbonner

High School 1 day absent

General Cayou
Jamall James
Sheldon Williams
Landelin James

High School 2 days missing

Samantha Bobb
Irma Ceja
Leila Clark
Lanessa Edwards
William Hunt
Christian Johnston
Felicia McCraigie
Dianne Quintasket

Tiffany Sampson
8th Grade Science Fair
photo by Amylynn Richards





MaryLee Chambers
Preschool Director

SUSAN EDWARDS WILBUR EARLY CHILDHOOD CENTER

La Conner Swinomish Head Start Preschool

The students at preschool are spending school time “Under the Sea!” That is the end of the year theme for the classroom. Our students have helped to create the feel for an underwater environment with their creativity. We have transformed the classroom. There are jellyfish, octopi, whales and fish sharing space with the children. We have been learning about sea life with songs, stories and art activities. In the month of May, we made our annual fishing trip to the Upper Skagit Tribe’s fish hatchery. We spent a day with our families learning about salmon, cultural artifacts, catching fish and having lunch. We also went to Rosario Beach to explore tide pools and see first hand the small sea life that captures the interest of our preschoolers. We welcome community members who might want to share stories or talk about fishing with our children. Just give us a call and we will get the kids ready if you want to visit (Candace 466-7345 or MaryLee 466-7326).

The school year ends with a family day on June 10th this year. Twenty-one students will be transitioning to kindergarten in the fall. We hope to enroll all age eligible children in the community for preschool next year by the end of June. Please call us for an application if your child will be three by the 31st of August. Again, call Candace Charles at 466-7345.



Ivory Souryavong gets an up close look.



JaVaughn Bill and Chloe Edwards examine snails.

The Swinomish Child Care Center to offer infant care

If you are interested in **infant care**, we need your name, contact information and hours of care needed. This will be the only way we know you are interested in this service. Information packets are available at the center.

Applications will be available when we are licensed to accept infants. Thank you!

466-7276 or 466-7329

NORTHWEST INDIAN COLLEGE @ SWINOMISH



Graduation is June 18, 2010

5:00 PM at the Wexliem Building
Lummi Nation

Swinomish Site Registration is June 2
with site advisor Maeg Dammons

Summer Quarter: June 28 to August 13

Fall Quarter begins September 20th



Gaylene Gobert
Site Manager
Tallawhalt Lane C-11
La Conner, WA 98257
466-4380 ext 1



ADULT BASIC EDUCATION & GED PREPARATION

Open all summer

See Virginia Bill in the NWIC GED classroom
466-4380 Ext. 3

NWIC EXTRAVAGANZA



Northwest Indian College proudly presents its 4th Annual Extravaganza. You are invited to join in the family-friendly fun on Friday, June 4, 2010 at NWIC's Lummi Campus from 11:30 AM to 4:00 PM. Bring your friends! The Extravaganza will consist of entertainment throughout the day, including Music by DJ Fresh, a dunk tank, cake walk, sumo wrestling, clowns, cotton candy, snow cones, face painting, a bouncy castle, games, informational boots as well as a community BBQ. Star Nayea, an award-winning artist, will also be performing during the event.

Star Nayea is a recipient of the 2006 Native GRAMMY and NAMA awards for her contribution to "Sacred Ground" on Silver Wave records. Nayea was crowned as the 2008 NAMA recipient for "Song Writer of the Year" and "Best Independent Recording" in 2001. Nayea was also garnered with the prestigious honor of "Song Writer of the Year," at the 2008 10th annual NAMA awards, as well as "Mainstream Songwriter of the Year." She also received recognition for "Best Blues Recording" at the first annual NATIVE E-AWARDS in 2008.

For more information call 360-392-4280



YOUTH CENTER

SUMMER SAFETY: SWIMMING by Dorraine Booth, Prevention

Swimming is one of the most popular outings sponsored by the Swinomish Youth Center. It is a pleasant, active, and healthy way to engage in fun; adults and children alike, love swimming. Unfortunately, there are risks that are associated with this pleasure. With the weather getting warmer, it is important at this time of the year to remind ourselves of some basic rules for safe swimming:

1. Learn to Swim!

2. Swim with a buddy!

3. Never leave children alone in or near water!

Don't forget that children watch what their parents (or peers) do and imitate them.

4. Adults should not be involved in any other distracting activities while supervising children in the water: (such as texting, talking on cell phone, or reading). That way, your good and safe behavior relevant to water and swimming, will have a significant impact on your child.

5. Stay sober when supervising children: Alcohol use is involved in up to half of the deaths associated with water recreation. Alcohol use affects judgment, vision, balance, and coordination. As a result of poor decision making, the number of water accidents and people drowning increases each year.

6. Do not use water toys in place of life jackets
Do not rely on devices such as water wings, noodles, or other foam or air-filled toys



Dorraine Booth

It is your responsibility to supervise your children, and set boundaries for them and their friends if they are together. Contrary to popular belief, children drownings happen silently and quickly. Therefore, you should have a clear visual field to keep a watchful eye on them and do only this.

For further information on water safety visit the following website: <http://www.aap.org/healthtopics/watersafety.cfm>



Loving, Caring and Sharing Together

Paddle to Swinomish swədəbš 2011

Next Canoe Journey Meeting is: June 16th

At the Youth Center @ 9:00 AM



Aurelia Washington



Melissa Miller

Less than 13 months until 2011 Canoe Journey Landing hosted by the Swinomish Tribal Community. This Canoe Journey will give us the opportunity to revive the life-long journeys of our ancestors. This is not just a show or a party, it's a time to demonstrate our Native strengths as we all come together with our relatives in one place and share in our celebration theme, "Loving, Caring and Sharing Together." What is our Journey as Swinomish People? I believe this journey gives us a window of opportunity to focus on revitalizing our language, teaching our ceremonies, practicing our traditions, and reclaiming our spiritual connections on the waters and in everyday life. We will be doing some cedar hats/basket making and sewing, this will be open to everyone who wants to come and participate. We appreciate all the talent we have in our community and we would like authentic Swinomish arts & crafts for the Canoe Journey Giveaway, if you want to contribute please let us know. Any Elders wanting to make, share or demonstrate how to make their items please let us know; we can get any materials needed for your projects. We would love to have all the help we can get.

KIKET ISLAND

From Chairman Brian Cladoosby

In May, the Senate approved the purchase, co-ownership and co-management of Kiket Island with the Washington State Parks and Recreation Commission. Under the terms of the Tribe's agreement with State Parks:

Subject to final approvals by federal and state agencies and agreements with state parks and the tribe, federal and state grant funding and private donations will be used to purchase Kiket Island from its current owners by June 16, 2010;

The Tribe and State Parks will each own a 50% undivided interest in Kiket Island;

The Tribe and State Parks will jointly manage Kiket Island to allow for limited, non-consumptive public recreational use of the property consistent with long-term protection and preservation of the unique natural and cultural resources of Kiket Island;

The United States will continue to own the tidelands surrounding Kiket Island in trust for the tribe, and the tribe will continue to have the exclusive right to manage the Kiket Island tidelands and the exclusive right to hunt, fish, shellfish, and gather on the Kiket Island tidelands; and

State Parks will receive the right to cross tribal tidelands to access the Kiket Island property and to use tribal tidelands for limited purposes related to the operation of the park as long as the agreements between the Tribe and State Parks remains in effect. Private, non-Member ownership of the Kiket Island uplands has prevented the Tribe and Tribal members from accessing the tidelands and waters surrounding Kiket Island for treaty fishing and shellfishing, as well as for other purposes.



Additionally, the current owners of Kiket Island have made claims to ownership of the Kiket Island tidelands that are adverse to the United States' ownership of the tidelands in trust for the Tribe. Both of these problems will be permanently resolved under the terms of the Tribe's agreements with State Parks.

The Senate, Fish & Game Management Commission, and Lorraine are working to develop a plan to open the Kiket Island tidelands to limited C & S clamming as soon as possible. However, the Kiket Island tidelands continue to be closed to all fishing and shellfishing. Any fishing or shellfishing violation at Kiket Island, whether before or after the Tribe and State Parks purchase Kiket Island, will be prosecuted to the fullest extent of the law.

Although Kiket Island is entirely within the Reservation and is surrounded by tidelands owned by the United States in trust for the Tribe, the Kiket Island uplands were allotted to a member of the Tribe in the late 1800s and eventually passed out of tribal ownership. The Senate is very excited about the opportunities the Tribe's new partnership with State Parks provides

in protecting Kiket Island and facilitating the Tribe's use of Kiket Island, the Kiket Island tidelands, and nearby marine waters. Please contact me, Charlie O'Hara at Planning, or Emily Hutchinson at Legal if you have any questions about the Kiket Island project.

Interesting Facts:

In 1894 the first big Coke sign was found on the side of a building located in Cartersville, Georgia, and still exists today.

The three best-known western names in China are: Jesus Christ, Richard Nixon, and Elvis Presley.

Cinderella is known as Rashin Coatie in Scotland, Zezolla in Italy, and Yeh-hsien in China.

One out of 20 people have an extra rib.

Istanbul, Turkey is the only city in the world located on two continents.

In 1873, Colgate made a toothpaste that was available in a jar.

Orcas (killer whales), when traveling in groups, breathe in unison.

SOCIAL SERVICES

The Swinomish Social Services Building is located at 17337 Reservation Road. Hours of operation are 8:00 AM to 6:00 PM Monday through Thursday. The court office on the second floor remains open on Fridays.

Swinomish Announces New Scholarship Program

The Swinomish Indian Tribal Community is proud to announce the launch of its new scholarship program. The scholarship is designed to help women get back on their feet after they've experienced violence. The program was made possible through a Recovery Act Grant from the U.S. Department of Justice's Office on Violence Against Women.

A woman who is a survivor of violence may qualify for scholarship funds to cover tuition, books, supplies, course fees, lab fees, transportation, and childcare expenses that are not otherwise covered by financial aid. All funds are made payable directly to the educational institution.

To be eligible, an applicant must:

- ▶ Be pursuing a degree or academic certificate
- ▶ Show proof of acceptance into an accredited institution of higher education within the United States. This includes:
 - tribal colleges • community colleges • four year colleges
 - GED programs • vocational colleges • technical colleges
- ▶ Show proof of enrollment in a federally-recognized Indian tribe:
 - Swinomish
 - If non-Swinomish, the applicant must show:
 - (a) applicant was abused by a Swinomish member, or
 - (b) applicant lives on the Swinomish Reservation, or
 - (c) applicant lived on the Swinomish Reservation at the time of abuse
- ▶ Submit an application outlining educational goals and declaring that applicant is a victim of domestic violence, dating violence, sexual assault, or stalking and that the funds are needed to recover from abuse and/or to obtain economic independence from an abuser.

All applications will be reviewed by a confidential Scholarship Review Panel. Applicant identity will be kept strictly confidential and will not be disclosed without the candidate's express written consent.

Complete application materials can be obtained by contacting Swinomish Behavioral Health or Swinomish Family Services.



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



NORTH INTERTRIBAL VOCATIONAL REHABILITATION PROGRAM (NIVRP)

Tammy Cooper-Woodrich
Hours: Mon-Tue 10:00-3:00
360-466-1343



Tammy Cooper-Woodrich
 Vocational Rehabilitation Counselor
 360-466-1343

- Do you have a permanent disability?
- Are you an enrolled tribal member?
- Do you want to get or keep a job?
- Call for an appointment and we will get you started !



WELLNESS PROGRAM

The Sobriety Dinner: 2010

The Annual Sobriety Dinner is such an important event for the community, as it recognizes and honors the changes people have made in their lives.

What a night!! The sobriety dinner was a successful community gathering; 180 people attended and celebrated with food and fun. Congratulations to those who put time and effort in putting this event together. The food was wonderful, and the people seemed to be very happy enjoying the celebration of sobriety with their families and community.

Receiving the complementary raffle ticket, sobriety dinner t-shirt, and kid basket was a wonderful way for everyone to greet each other.



Barb James was presented the Joe Dunn Memorial Award and joined Joey Williams with heart filling speeches, motivating .

Last year's Joe Dunn Memorial honoree, Joey Williams, told his story and presented this year's recipient, Barb James, the award plaque as she spoke about her story of being sober. Way to go Aunt Barb! In addition to the Joe Dunn Memorial, it was decided this year to add an annual "Tribal Elder Acknowledgement." This year's award went to Barb's mother, Eileen Charles.

The award winners received wonderful gifts including a Pendleton blanket with their name stitched on it and beaded eagle feathers. Of all the contributions sober people make to the community, hope and inspiration may be the greatest. The Sobriety Dinner Committee looks forward to continuing this annual celebration and hopes to see everyone next year. So, what did everyone think of that comedian? What a character!

Caroline Edwards



Eileen Charles was also awarded that evening with the Elder Recognition Award, and received a beautiful feather that she so gladly enjoyed.



Respect

Renewal

Responsibility

Recovery

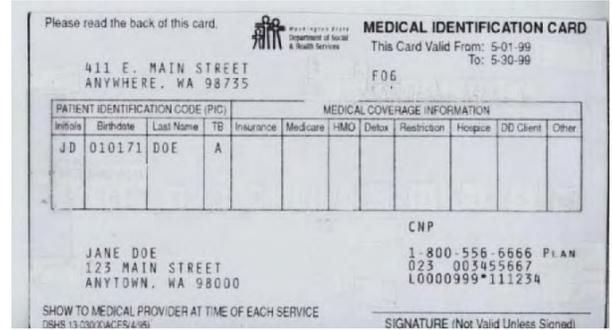


Barbara Wasserman
Clinic Social Worker
466-7208
Hours: Mon/Wed 8:30-6
Tues/Thurs 8:30-3:30

MEDICAL CLINIC

Medical Coupon Changes: coupons have been replaced!

If you have DSHS Medical Coupon coverage, you probably got your last medical coupon as well as a new Medical Services Card called **Provider One Services Card** this month.



It is a plastic card similar to other health insurance cards.

← It looks like this and is blue.
You will **not** get a new card each month.

It is very important to keep these cards in a safe place. It could take up to 30 days to get a replacement.

Each person in your household will get their own card.

Bring your card to your medical appointments so they can see what medical programs you have

If you get Food Stamps or cash benefits, you will continue to use your EBT (Electronic Benefit Transfer) Card for these benefits.

If your new Services Card is lost or stolen call: 1-800-562-3022

You cannot get a replacement card from your local DSHS Office. It must be mailed to you from Olympia. Questions? Call Barbara Wasserman or Anne Gregory during her new office hours at the clinic. 466-7267 Monday & Thursday 8 – 5.

HIV/AIDS....GET TESTED! The Swinomish Health Clinic can test YOU for HIV, the virus that causes AIDS. It is a quick and easy test with results in minutes.

What is HIV? HIV (Human Immunodeficiency Virus) is the virus that attacks your body's immune system and causes AIDS. It destroys cells in your blood that are important for fighting off infection and disease.

“AIDS rates have increased in recent years, becoming the 9th leading killer of Native people between the ages of 15 and 44.”

What is AIDS? AIDS (Acquired Immune Deficiency Syndrome) is the diagnosis that is given when HIV destroys your body's immune system. When your immune system is weak, it's easy to get sick from illnesses that are normally fought off.

Signs and Symptoms: Many people have HIV and still feel perfectly healthy. A healthy person can still spread the virus to others. The only way to know for sure whether you are infected is to **GET TESTED!!**

How Do I Get It? HIV is transmitted when infected blood or body fluid enters the body.

You can get HIV from:

- ◆ Vaginal, anal or oral sex
- ◆ Sharing a needle or syringe (like for drugs, insulin or steroids)
- ◆ Blood transfusions or blood clotting factor obtained before 1985
- ◆ Being born to or breast-fed by an infected mother.

You CANNOT get HIV from: sweat, spit, tears, clothes, drinking fountains, toilet seats, bug bites, utensils or closed-mouth kissing.

Get the quick test at
Swinomish
Health Clinic



From: **Project Red Talon**
Northwest Portland Area Indian Health Board
www.npaihb.org for more information

MEDICAL CLINIC

Swinomish Senate authorizes \$80,000 for Health Preventative Services

What is Priority 1?

I. EMERGENT/ACUTELY URGENT CARE SERVICES

Definition: Diagnostic or therapeutic services that are necessary to prevent the immediate death or serious impairment of the health of the individual, and which, because of the threat to the life or health of the individual, necessitate the use of the most accessible health care available and capable of furnishing such services. Diagnosis and treatment of injuries or medical conditions that, if left untreated, would result in uncertain but potentially grave outcomes.

How can we provide Preventative Services?

Priority 1 does not allow for many preventative services and you the patient do not receive the care you so deserve. Just recently the Swinomish Senate authorized \$80,000 from the General Fund to be used for Health Preventative Services, such as Mammograms, Pap Smears, Colonoscopies, Dentures and Partials.

Who is eligible for these funds?

To be eligible for these services you must be a Swinomish Indian Tribal Community member, living within Skagit County and eligible for Swinomish Contract Health Services.

Please contact the Swinomish Health Clinic (466-7372 or 7373) for additional information or if you are interested in having any of these services provided.

Women's Health Day



Three Generations joined us on Women's Health Day. Noreen Dan, Katrina Dukepoo, and Jasmine Harris (right) Michele Cruz enjoying the fun of Women's Health Day.

This annual event was held on May 12 at the Swinomish Medical Clinic



Wonderful chocolate covered strawberries and roses offered to the women who chose to participate.



Michelle Skidmore going over nutritional information with Candace Charles.

SWINOMISH swədəbš COMMUNITY ARTISTS ✎ SWINOMISH swədəbš C



Visitor at Lonetree

May 2010

By Char Day



Self Portrait by Victoria Morales



Self Portrait by Mekayla Smith

Hayden John

"This is me in my dirt bike helmet and racing suit."



Marriah Williams



Savannah Edwards



Isabelle James



COMMUNITY ARTISTS ✨ SWINOMISH swədəbš COMMUNITY ARTISTS



"Reflections" by Caroline J Edwards



Swinomish Sunrise by Caroline J. Edwards

"Sherman in a tie....not your stereotypical NDN~

by Robin Carneen ©5-20-10

He didn't quite look like
 An Indian- to me...
 I kept staring at his plaid tie
 Lost in its mystery
 But when he opened
 Up his mouth
 It clearly was a war cry
 A gritty messenger, standing brave
 Sharing handfuls of revealing light

I watched the non-Indians squirm
 To my left & and to my right
 They will leave here re-educated
 And see us in a different light
 We (the NDNs) can't blame them
 For what went on
 Generations long ago
 But sometimes they forget
 They're daily visitors
 Upon our Native soil

So if they've forgotten
 They've been reminded
 On this enlightening night
 By this Native man
 Poetry book in hand
 In a disarming suit & tie

While some of us are weavers
 Others craft with words
 We share knowledge about
 our people
 So we are finally seen & heard
 We all don't wear feathers
 We all don't wear beads
 Like Sherman, each of us are
 different

He counts coup through stories &
 poetry

He has arthritis in his heart (pain)
 Genocide on his mind (anger)
 Oppression bursting from his soul
 (fear)

He exudes our Native Pride (writing/
 poetry)

And I am so glad
 That he's out there
 For all the world to hear & see
 He reels them in & sets them
 straight
 Casting his truth net loose
 And his words set our feelings free!



Carmen Pastores-Joe(Upper Skagit), Sherman Alexie(Spokane/Coeur d'Alene Indian), Robin Carneen(Swinomish)@ Sherman Alexie Unplugged, May 20, 2010 La Conner Middle School Auditorium Photo by Ron Dahl @5-20-10 All Rights Reserved

"Known for his deep well of humor and sharp wit, Alexie made his stand-up debut at the Foolproof Northwest Comedy Festival in Seattle in April 1999. He has been featured on "Politically Incorrect"; "60 Minutes II"; and "NOW with Bill Moyers," for which he wrote a special segment on insomnia and his writing process called "Up All Night." In October 2008, he went head-to-head with Stephen Colbert on "The Colbert Report."
 Official website: <http://www.fallsapart.com/>

BEHAVIORAL HEALTH

Yoli Quevedo



There has been a lot of loss in the community recently and throughout the past year. It has been a tough time. There are different ways to cope with loss. Although coping is individual and there is no right or wrong, some ways are healthier than others.

Losing someone is hard and it hurts. Sometimes it seems easier to bear if a person ignores feelings and that something bad is happening. People get mad, sad, irritable and look for reasons why something has happened. These ways can present challenges in a small community as they can be hurtful or worrisome to others.

There are other healthier ways to cope with loss.

- Get support by turning to friends and family
- Get comfort through spiritual activities
- Talk to a therapist or counselor
- Take care of yourself by eating well and exercising
- Let yourself feel sad, cry, be angry or even smile sometimes

Plan ahead for **grief triggers** like holidays, anniversaries or birthdays by honoring your loved one during these times

Life can be hard and hurtful. The kindest thing we can do for each other is to listen and accept that in hard times others cope the best they know how.

FROM THE EDITORS



We hope you enjoy this month's issue of the Keeyoks, and we wish all those who are graduating congratulations and good luck for their futures.

Education is high priority at Swinomish, and you have achieved an important new status as a graduate, whether it's high school or college. Enjoy your well-deserved time in the spotlight.

The Keeyoks Editorial Board has begun regular meetings. This board serves to make decisions and establish policy and procedure for the production of the Keeyoks. We have received so many kind and complimentary calls, emails and notes, and cannot thank you enough for letting us know that you appreciate the our efforts to provide this mode of communication between community members and the many tribal departments, programs and service providers. We are doing our best to incorporate all the great suggestions and ideas we receive. We have reached a point where we are limited by space which is a good problem to have! *Ann Smock and Caroline Edwards*

Addition to last month's article ***Military Mom, Far From Swinomish***, Marlys Baker also has a younger brother, **Douglas Gunter**, living in Skagit County.



Douglas!

This year's **Journey to Makah** is July 6 through July 25, 2010.
Canoes will arrive at Swinomish on July 9.

see Makah website for details: <http://paddletomakah.org/index.htm>

Arrival Destination and dates for North Sound Lummi to Neah Bay:

- | | |
|--|--------------------------|
| July 6 Birch Bay | July 13 Port Gamble |
| July 7 Lummi (S. Sound: Squaxin) | July 14 Pt. Townsend |
| July 8 Samish (S. Sound: Nisqually) | July 15 Jamestown |
| July 9 Swinomish (S. Sound: Puyallup) | July 16-17 Elwah |
| July 10 Penn Cove (S. Sound: Muckleshoot) | July 18 Pillar Point |
| July 11 Tulalip (S. Sound: Suquamish) | July 19 Neah Bay! |
| July 12 Suquamish-JOIN South Sound Canoes | |



THIS SCHEDULE SUBJECT TO CHANGE

SWINOMISH / UPPER SKAGIT DENTAL CLINIC

Does Your Child Need Braces? Applications accepted June 1st - Sept 1st

Requirements to qualify for the new orthodontics program:

- ✓ Swinomish tribal member
- ✓ in school
- ✓ 18 or under
- ✓ cavity-free
- ✓ keeping up good homecare
- ✓ have a history of regular checkups with the Swinomish Dental Clinic.

*18 year olds who meet these requirements will be accepted automatically

OHI appointments: (oral hygiene instruction)

Because it is much harder to keep the teeth and gums clean with braces on, we want to know that the patient is already taking good care of his or her teeth at home. Teeth may be cavity free, but gums may need some preparation before getting braces. During OHI appointments, we can make sure the gum tissue is healthy prior to bonding braces.

Patients will be given two short oral hygiene check appointments at the Swinomish/Upper Skagit Dental Clinic about 4 weeks before the ortho start date. This gives the patient time to show good homecare and improve gum health if needed. Good brushing on the gums and flossing can clear minor gum inflammation within 7-10 days.

Ortho Patient Contract:

This contract is to ensure and inform the patient, and parents/guardian of the patient, about the commitment required to receive orthodontic treatment. Ortho treatment often requires an appointment with the orthodontist as often as every 4 to 6 weeks for the entire ortho treatment time, which can be up to 2 or 3 years. Responsible party will be charged \$25.00 fee for missed or broken appointments.



Dr. Ray Dailey DDS

466-3900



Steps to start orthodontic treatment:

1. Be on a regular dental checkup and recall appointment schedule, (minimum every 6 months).
2. Be cavity free, (and stay cavity free during ortho treatment).
3. Ortho evaluation appointment completed by age 18
4. Orthodontic records appointment, (x-rays, photos and models taken).
5. Parent consult appointment and sign ortho patient contract
6. Complete two consecutive good OHI appointments with the Swinomish/Upper Skagit Dental Clinic
7. If necessary, release of dental information from other dental providers
8. Begin orthodontics with the Swinomish contracted orthodontist
9. Be aware that if no appointment has been scheduled within 30 days of being selected, your spot will be forfeited and given to the next applicant.

On September 2nd:

Ten eligible applicants will be chosen in a drawing and informed that they have been selected. If you have any questions please call us 466-3900.

Dr. Dailey & Staff

Dr. Dailey Deployed to Viet Nam and Cambodia May 17 - July 2

Dr. Dailey has been deployed to the USNS Mercy, which is in Guam currently. From there he will be shipped to Vietnam and then to Cambodia to participate in a mock disaster relief effort with those countries. He will also be providing dental services to individuals from those countries. Dr. Dailey will be working with the Navy during this deployment. He says that during a conference call, most people were asking uniform and salute protocol questions, but his question was, "What about shore leave? I love Vietnamese Vegan foods!" The response from the team captain was a stern, "CDR Dailey, you and the other medical providers will be escorted from the ship to a bus where you will then be driven to a field hospital which will have a perimeter protected by the Vietnamese military. You will render services and then be escorted back to the Mercy; do not expect any sort of shore leave, this is not a cruise." Dr. Dailey is taking his annual leave time from work to make this deployment. Good luck Dr. Dailey, and we hope you will get to sample the local cuisine on your travels!

Dr. Sahi and Dr. Bruen covering in Dr. Dailey's absence.



Swinomish Gaming Marks Twenty-five Years

By Myrtle Rivas and Theresa Trebon

For many on the Swinomish Reservation, it's hard to believe that 25 years have passed since Swinomish began its gaming operations at the Swinomish Indian Bingo Hall. The doors officially opened on June 29, 1985, and following an "elaborate ceremony," a new and much-needed revenue stream, and 75 new jobs, came to Swinomish. That last point is critical for federal funding for tribes had been slashed in the early 1980s, and the fiscal outlook was bleak. But thanks to litigation that opened the doors to gaming in Indian Country, an economic avenue opened on the reservation, bringing jobs and opportunities for improved social services, education and medical facilities. In the words of Tribal Chairman Brian Cladoosby, gaming was critical in that turnaround: *"None of these things were possible until gaming. The Federal Government never had a Marshall Plan for Indian Country. Their plan for us was welfare. Welfare sapped our pride and fostered a generation of dependence. Now, for the first time, we are able to provide many of the services our parents and grandparents only dreamt about. Self-government and self-sufficiency are powerful medicine for our people."*

Swinomish actually began its bingo operation prior to the Bingo Hall's construction on the reservation's north end. In January 1983, following the green light for Indian gaming from U. S. courts, Swinomish opened a weekly bingo game in its Longhouse Restaurant, which today houses the Planning Department. The tribal senate then set to work on creating a larger facility. They turned to the tribe's "Industrial Park," on the north end of the reservation which had been completed in the late 1970s and where they hoped a marina would be built. However, due to numerous setbacks, that economic dream had not materialized. By late-1984, the Bingo Hall plans were on the drawing board for that site. Lydia Charles, who served as a senator at that time, remembered how difficult those times were: "I remember not having enough to pay IRS. They were knocking on our door,



Groundbreaking for Bingo Hall Spring 1985
Left to right: Ivan Willup, Lydia Charles, Marvin Wilbur, unknown, Bob Joe, Jim Wilbur, Laura Wilbur



Anacortes American
July 3, 1985

and the Bureau was about ready to come in and shut us down. That's how bad it was for the tribe. I remember when we made the decision to do our bingo hall and how scared we were—wondering if it was going to work or not.

casino employees. Kyle Bailey values the casino for two reasons, *"As a tribal member it is the main source of income to our tribe, and for me, it's my job that I feel lucky to have."* For Jesse Wolf John, the casino *"means a lot"* to him, for it gave him *"A job with benefits, a way to provide for my family, and a chance to move into a 3-bedroom home."* Jenny Peters, who has worked at the casino for fourteen years on and off, reflects that, *"As a tribal member I am proud that we have a casino. I want it to succeed, for it is important that we have tribal employment to teach, train and learn new levels of skills. It means that I have a job, and we have an opportunity to grow within the casino from being a floor worker to a management position. The casino provides jobs, income for our community, stability, friendship, and growth for both myself and the community."* Myrtle Bailey Rivas, who has been with the casino since the Bingo Hall opened in June 1985, echoes Jenny's sentiments. *"The casino has been great because it has succeeded in what it was planned for, and that is to help the tribe become self-sufficient and provide jobs for tribal members and others. It has provided me with an income to live, and I have grown with the company. I enjoy seeing all the guests come in, new ones and old ones, and I know a few from way back when. Being promoted to Table Games Manager in June of this year will be a whole new challenge for me, and one that I definitely look forward to succeeding in. I am excited for the benefits that we have built for the tribe."* But what does Myrtle value most from her profession the past twenty-five years? Her husband, Tom. *"I met him when he was a bingo customer!"*



Swinomish Bingo Hall, 1990

Photos from
Swinomish
Indian Tribal
Community
Archive



Elva Reade,
Lucky 8 Ball
Winner receiving
\$64,500 check
from Bob Joe
and Laura Wilbur
1986
Photo by Wallie
Funk
Photo courtesy of
Anacortes
Museum

A GATHERING OF COAST SALISH PEOPLES

WESTERN WASHINGTON TRIBES AND BRITISH COLUMBIA FIRST NATIONS OF THE SALISH SEA



Attending the Gathering

by Caroline J. Edwards

While attending the Coast Salish Climate Change Summit in Tulalip, WA, I learned from an inside perspective what the effects of climate change will mean to the Coast Salish Tribes and the First Nations. Already, changes are affecting availability of the natural resources that the people depend upon.



Makah Grandmother speaking on behalf of her tribe the Makah Tribe photo by CJ Edwards

I listened to Coast Salish tribes from Washington, and heard how they are struggling to keep the natural resources in balance, and how frustrating it is to see waste and apathy. Attendees included people like the Grandmothers of the Makah from Neah Bay. One grandmother spoke deeply about how the water is contaminated from the nuclear plant nearby. This elderly lady spoke from her heart, and explained why the

government should be responsible for the contamination. Hearing this story of how they did not follow the rights of the Makah Treaty was disappointing. The government broke the rights of the treaty by not following the Coast Salish way of preserving the natural resources.

How is something so wide-spread ever going to be dealt with if governments themselves aren't willing to step up and take care of the situation that seems to be ever increasing?

This united gathering was inspired from the need to hear from the Coast Salish people and other surrounding tribes who share compassion for their land, and wish their message to be carried on, and heard throughout the

nation. Everyone who was asked to present at this summit shared the goal of bringing attention to the fact that our main natural resource—the sacred salmon—will eventually head north. Fish are a critical indicator of the condition or health of the ocean, and the fish and other sealife are stressed. Salmon are going north for cooler, cleaner water, or so it seems.

Gathering together brought good thoughts, and more ideas of how we can stand as one and teach others how this harmful change is going to put the Coast Salish people into a state of not knowing what to do. The signs are here; it's up to those who recognize them and care about future generations to plan for climate change, and teach the value of respecting and caring for the earth.



*A common goal:
To protect the environment and natural resources of the Salish Sea for the Sustainability of the Coast Salish Peoples.*



SWINOMISH HOUSING AND UTILITY AUTHORITY NEWS

Conner Place Playground

photos & news by Robin Carneen 2010

On April 15th, a group of interested parents, who are tenants of the Conner Place Apartments, got together for the first time to meet and discuss a future playground for their children. SHA Director John Petrich and Life Skills Counselor Robin Carneen met with them and their children to launch the playground project.

The idea of a playground started a few months ago, amongst the tenants. Phyllis McCoy, an elder who lives in one of the apartments, came up with the idea to pass around a petition. She also wanted a safe place for her grandchildren and the many children, who live at the apartments, to play. She got all the tenants to sign the playground petition, sub-



Family Corner



Pictured: Joanna Spencer, Lorna Jo Dan, Victor Morales, Lisa Morris, and Laura Wilbur, all parents of Conner Place youth, discussing playground features with SHA Director John Petrich.



Pictured: (left photo) Ivory Souryavong; (right photo) Victoria Morales; Mekayla Smith; Arianna Siddle picking out a playground.

mitted it to the Swinomish Housing Board, and they approved it. A specific amount of NAHASDA funds were available to help their request become a reality. Robin Carneen has agreed to meet with them on Thursdays from 4:30-5:30 PM and form a "Conner Place Playground Planning Committee (CPPC)."

At this first CPPC meeting, the children (pictured) were so excited to be getting a playground, that they were jumping up and down with glee. Their average age ranged from kindergarten to 3rd grade. They kept saying, "Are you going to build it today?" (not really having any idea of "time" and what a big project this really would be.) Robin Carneen explained to the happy children, that it was like "giant Legos[®], which had to be brought in on big trucks."

Housing Director John Petrich explained the project steps to the newly formed CPPC. He told them how much the equipment, shipping, handling, hiring a contractor, etc. would cost. With that in mind, the CPPC parents agreed to get together on Thursdays, at the same time to plan out the new playground for their children. They held their second meeting on April 22nd, after the apartment complex tenants were given a chance to vote on the top four playgrounds they had selected. They tallied up the votes and narrowed it down to two models. Of course, the children including Ivory Souryavong, wanted a playground that had several large numbers as a price tag attached to it. He pointed to his favorite one and said he wanted "that one." Robin Carneen had to tell him it was "too much money." He looked really sad and said, "But it's only \$6.00!" Ivory was also sad because he was moving from his small apartment to a four bedroom house in the Swinomish Village, "Only because SHA is building a playground here," his mother Gertrude Damien said. Everyone reminded him he could always come back and visit and play on the new playground once it is built. The playground will be built sometime this summer.



Pictured: Sebneem Pura (on the left) and Lisa Stewart (on the right), from the HUD Northwest Office of Native American Programs, visited Tallawhalt on March 19th. SHA director John Petrich gave them a tour of the site where future homes will be built in 2011-2012.

More SHA Construction news...

The SHA is gearing up to build new homes on some of the vacant lots at the Tallawhalt site. It will be about two years before the new homes are ready to move into. The first step is planning what types of homes to build, how to site the homes on the lots and special features the homes will have. SHA will be conducting surveys, community meetings and small group discussions with you to help us in this planning process. This will happen this summer and fall. We will notify the community when we start this phase.

The SHA will also move forward on some home improvement projects this summer and fall. The main improvements will include: painting the homes on Solahdwh and Keeah, and replacing windows, siding, railings and decks at the Conner Place Apartments.

SPRING CLEAN UP DAY MAY 19

Every spring and fall since the 1960s, Swinomish holds a "Clean Up Day." The entire community spends the day spring cleaning inside and out. Offices close down, and all staff members spend most of the day outside sprucing up their buildings or helping with projects. This year crews also helped tribal elders with work around their homes. The lunch, (partly catered and partly pot-luck) is legendary .



Not everyone was present for this group photo, but thanks goes out to all who spent time on this year's spring clean up. *Smock photo*



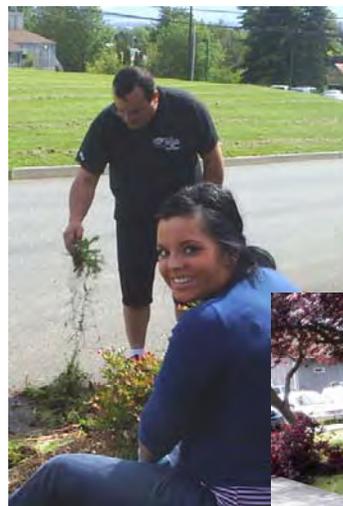
(above) Emily Hutchinson, who works in the Office of Tribal Attorney, tackles horsetail on the grounds of the Administration Building.

The Public Works crew never slowed down. Roberta Ewing and Dawn Fidler (Accounting) work outside the Administration Bldg.

(Photos by Karen Wolf)



Caroline Edwards, Diana Lowry, Mary Cayou, Judge Pouley, Teeny Williams and Marlo Quintasket pull weeds in front of Social Services



Jillian Johnston and Edwin Melendez pull weeds at the medical clinic on Clean Up Day *(photo by KO)*



Thank you everyone who sent pictures; they are posted in a Keeyoks Facebook photo album

New Employee for Public Works Department: Steve Goodrich

Meet Steve, newest Public Works Department employee, who began work for the tribe last month. Steve possesses academic degrees in the field, and has worked from Alaska to Michigan. He also worked in Washington in the early 1980s.



IDENTITY THEFT

Officer Earl Cowan

Identity theft occurs when someone uses your name, Social Security number, or credit card number without your permission.

As many as 9 million Americans have their identities stolen each year. Identity

thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make—or until you're contacted by a debt collector. While some identity theft victims can resolve their problems quickly, others spend hundreds of dollars and weeks or months repairing damage to their good name and credit record.

Skilled identity thieves may use a variety of methods to get hold of your information, including:

Dumpster Diving. They rummage through trash looking for bills or other paper with your personal information on it.

Skimming. They steal credit/debit card numbers by using a storage device when processing your card.

Phishing. They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information.

Changing Your Address. They divert your billing statements to another location by completing a change of address form.

Old-Fashioned Stealing. They steal wallets and purses; they rob your mailbox to get bank and credit card statements, pre-approved credit offers, and new checks or tax information. Many people have invested in locking mailboxes for this reason.



Pretexting. They use false pretenses to obtain your personal information from financial institutions, telephone companies, and other sources.

A police report that provides specific details of the identity theft is considered an *Identity Theft Report*, which entitles you to certain legal rights when it is provided to the three major credit reporting agencies or to companies where the thief misused your information.

If your identity is stolen, you should file an ID Theft Complaint with the FTC and bring your printed *ID Theft Complaint* with you to the Swinomish Police Dept. when you file your police report. **We are allowed by law to take your complaint no matter where the ID theft occurred, as long as you are a Swinomish resident. We will help you get what you need to repair the damage.**

Swinomish residents: you will be given a copy of your police report so you can get information from companies that dealt with the thief. To get this information, you must submit a request in writing, accompanied by the police report, to the address specified by the company for this purpose.

Don't delay in correcting your records and contacting all companies that opened fraudulent accounts. Make the initial contact by phone, even though you will normally need to follow up in writing. The longer the inaccurate information goes uncorrected, the longer it will take to resolve the problem.

Most of the information contained in this article courtesy of the Federal Trade Commission. For further information and assistance, see the Federal Trade Commissions ID Theft website at: <http://www.ftc.gov/bcp/edu/microsites/idtheft/index.html> or contact the Swinomish Police Department.



Officer Gary Grabill Promoted to Sergeant

Sergeant Grabill has been with the Swinomish Police Department for 14 years. He is currently working on a degree in criminal justice. He and Sergeant George Smith are the only two who hold the rank of sergeant within the Swinomish Police Department.

In late April, former Swinomish Police Department Sergeant James Lynch became police chief for the Nooksack Tribe. Officer Gary Grabill was sworn in to the position of sergeant on May 6, 2010.

Police Chief Tom Schlicker congratulates newly sworn in Sergeant Gary Grabill.



swədəbʃ TRIBAL COURT



FROM THE BENCH by the Honorable Judge Pouley

Sometimes I'm asked why we have a tribal court. Since many of our laws look similar to

State laws, wouldn't it be easier and cheaper to simply have court cases go to county courts?

Section 3-01.030 of the Tribal Code says that "The judicial power of the people of the Swinomish Reservation shall be vested in the Swinomish Tribal Court." Unfortunately, Judge Wopner stole the name, but the Swinomish Tribal Court really is "the people's court." This is where the judicial power of the people resides.

Most of the cases we hear today are criminal matters and it is easy to think these cases are "the tribe" against a person that broke the law. Really it's the community holding the rule-breaker accountable and that person, a citizen of the community, answering to his or her neighbors. In this process, the community begins to heal the injury caused by a wrongful act. Of course, it is equally important that the community ensure that all citizens receive a fair and just hearing to prevent the powerful from

taking advantage of the weak or innocent.

In civil matters, citizens bring their disputes to tribal court to resolve and bring peace to the community. The court offers a forum for the community to hear members' grievances and offer resolutions that are consistent with community values. It is also here that the community protects its children, its elders and other vulnerable citizens.

Finally, the tribal court provides the people a method to check the exercise of power by those the community has put in place to lead.

Why do we have a tribal court? The answer is simple, because it is YOUR court. Your voice, your values, and your rights are at the heart of everything that happens in Swinomish Tribal Court.

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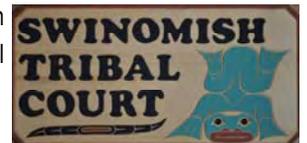
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Blair Page
Court Clerk



Kathleen Whitney
Court Clerk

Swinomish Tribal Court

Hours of Operation

Monday through Friday

8:00 AM to 5:00 PM

FREE: WILL DRAFTING AND ESTATE PLANNING SERVICES

The Seattle University School of Law is providing law student intern Amanda Effertz to provide Swinomish tribal members with will drafting and estate planning services free of charge. Over the past five years, this program has provided 98 community members with estate planning services. Ms. Effertz will be available for 10 weeks beginning May 25, 2010. She will set up her office in the small conference room next to John Stephens and Mary Cayou's office in the Social Services Building, and will share Mary Ellen Cayou's phone number, 360-466-7218. Because her time on the reservation is so short, please call as soon as possible to set up a time to meet with her.

Amanda Effertz

Seattle University School of Law Summer Intern

SENIOR CENTER MENU CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|--|
| Milk served with all meals | 1 Egg Salad Sandwich Chicken Noodle Soup Green Salad Orange | 2 Pepper Steak Rice Cauliflower Pineapple | 3 Baked Chicken Macaroni Salad Baked Beans Jell-O with Fruit Cocktail |
| 7 Ham Cheese Sandwich w/ Lettuce & Tomato Tomato Soup/Crackers | 8 Meatloaf Beef Barley Carrots Pears | 9 Fish Red Potatoes/Rolls Spinach Salad Strawberries | 10 Split Pea Soup Biscuit/Crackers Cantaloupe Cottage Cheese |
| 14 Tuna Bagel Sandwich Potato Chips Veggie Tray/Dip Banana | 15 Chicken Rice Casserole Roll Green Beans Peaches | 16 Pork Roast/Gravy Red Potato/Roll Cabbage Applesauce | 17 Bacon Banana Bread Tomato & Cucumber Slices Strawberries |
| 21 French Dip Sandwich Potato Chips Coleslaw Orange | 22 Spaghetti & Meat Sauce Garlic Bread Spinach Salad Grapes | 23 Fish Rice Baked Beans Watermelon | 24 Turkey Burger w/ Lettuce & Tomato French Fries Jello-O with Fruit Cocktail |
| 28 Turkey Cheese Sandwich Vegetable Soup/ | 29 Sweet & Sour Pork Rice Broccoli/Cauliflower/ Carrot | 30 Taco Meat & Refried Beans Flour Tortilla Shredded Lettuce/ | 4 11 18 25 Summer Fruits & Vegetable Van EVERY WEDNESDAY Starting June 23rd 11:30-12:30 Elders Parking Lot Caregivers Welcome |

Swinomish Summer Fruit & Vegetable Van

Fresh, locally grown organic produce

Strawberries
Radishes
Peas

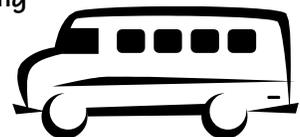
FREE!

WHEN? Every WEDNESDAY
June 23rd—August 25th

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

Prevent diabetes & heart disease

Eat 5 A Day



Sponsored By:



Look for the WHITE van

Want to be a program volunteer?



Native American Cultural Celebration

with the Samish and Swinomish Tribes

June 19

11 a.m.- 4 p.m.

Bowman Bay, Deception Pass State Park on Fidalgo Island

The day will feature singers, drummers and storytellers. Enjoy demonstrations of weaving, cedar work, nettle fiber work, carving and a salmon barbecue lunch (profits from lunch sales to benefit Samish and Swinomish Canoe Families)

Free canoe rides for the public from the Samish and Swinomish Canoe Families.



WASHINGTON STATE ARTS COMMISSION



Swinomish Tribal Community



Samish Indian Nation

This event is accessible to persons with disabilities.

If special accommodations are required in order to attend this event, please call (360) 675-3767

LUSHOOTSEED PHRASES

haʔtəx^w k^wi səʔulχəd ti bəsq^w.

ʔəsχaχtx^w čəd ti bəsq^w.

haʔt ti bəsq^w sʔub.

ʔuʔuləχilut čət ʔə ti bəsq^w.



Now is a good time to collect crab.

I like crab.

The crab soup is good.

Let's go out and collect crab.

When saying you will do something you use the "ʔu-" prefix. The "-iluʔ" suffix means to go out and do the verb it's attached to. From the "*Lushootseed Phrase of the Week*," by the Tulalip Lushootseed Department 6406 Marine Drive, Tulalip, WA 98271 Tel: (360) 716-4506 <http://www.tulaliplushootseed.com/>

MIDDLE SCHOOL SCIENCE SUMMIT



In mid-May, La Conner 7th and 8th graders participated in an exciting science curriculum.

*photos by
Linda Talman and
Linda Willup*



Mariah Clark and Emily Jimmy examine tide pools during a field trip to Rosario Beach.

As part of the Science Summit, presenters Todd Mitchell and Tanisha Gobert, from the Swinomish Planning Department, involve students in a demonstration about the science of water quality.



Eric Day presents a lesson on the science of canoeing.



Presenters encouraged students to see and touch how cows breathe. Courtney Finkbonner and Mariah Clark are brave. (right)



OPEN AIR MARKET IS NOW OPEN FOR BUSINESS!

By Merla Rae Martin, Realty Office

Legends and Crabby Coffee, on the main street in La Conner, serve a variety of food and coffee drinks to tourists and locals.



Many different Swinomish Tribal departments worked to make sure that repairs on the Open Air Market would be finished in time for our tribal member tenants Nancy Wilbur (Legends) and Melissa Miller (Crabby Coffee) to benefit from the Tulip Festival crowds.

Let's take a look back time:



Fish distribution day in 1954 at the Swinomish Tribal Office which is now the location of the Open Air Market
Photograph from Museum of History and Industry, Seattle
c/o Swinomish Tribal Archive



Smock photo

View of the Open Air Market from the Swinomish Channel

FIRST FUN RUN AT SWINOMISH A SUCCESS!

On Sunday May 23rd, we held our first Swinomish Youth Fun Run. We hope that it will become an annual event. There were 35 Youth Participants and even some parents to help us out~ It was fantastic to see the kids getting out there and participating, but even better to see the smiles. A big Thank you to the Swinomish Police Dept, Recreation Dept and the Volunteers that made this happen.

Hannah Grossglass and Lily Gonzalez



Good Day Cotten & Brian:

Here are a few shots from Sunday's event. The kids had a good time. Move over; it was a wonderful sight to see some of the parents out "doin' it" with them.

Thank you for working with me to begin what I hope will become part of a nationwide initiative for the Bureau of Indian Education and youth initiatives.

Sincerely,

Don Peck



The start of something big for youth on native tribal lands across North America.

Go Runners Go!



Unidentified runner is passed by a Swinomish police officer patrolling the route.





Swinomish Water Resources Program JUNE 2010

HEALTHY HOME



DIRTY DOZEN

Buy These Organic

- WORST**
- 1 Celery
 - 2 Peaches
 - 3 Strawberries
 - 4 Apples
 - 5 Blueberries
 - 6 Nectarines
 - 7 Bell Peppers
 - 8 Spinach
 - 9 Kale
 - 10 Cherries
 - 11 Potatoes
 - 12 Grapes (Imported)

CLEAN 15

Lowest in Pesticides

- BEST**
- 1 Onions
 - 2 Avocado
 - 3 Sweet Corn
 - 4 Pineapple
 - 5 Mangos
 - 6 Sweet Peas
 - 7 Asparagus
 - 8 Kiwi
 - 9 Cabbage
 - 10 Eggplant
 - 11 Cantaloupe
 - 12 Watermelon
 - 13 Grapefruit
 - 14 Sweet Potato
 - 15 Honeydew Melon



Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2

pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible. Source: www.foodnews.org

OUR WATERS

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

Part 1

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.

Bottled Water: Drink filtered tap water instead.

You can read the bottle label, but you still won't know if the water is pure and natural, or just processed, polluted, packaged tap water. EWG found 38 contaminants in 10 popular brands.



Tap Water: Learn what's

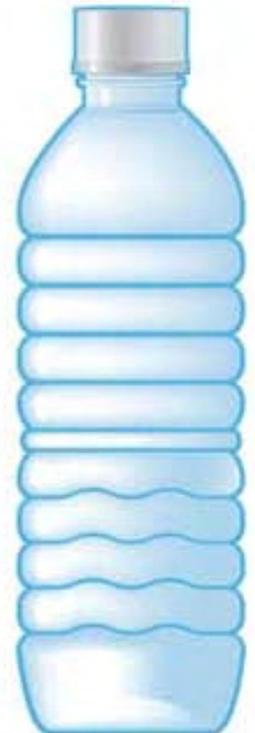
in it. Tap water suppliers publish all their water quality tests. Bottled water companies don't. Read your annual tap water quality report. Look up your city's water in EWG's National Tap Water Atlas (www.ewg.org/tap-water). (Private well? Get it tested.)

Filtered Tap Water: Drink it, cook with it.

- Choose a filter certified to remove contaminants found in your water: (www.ewg.org/tap-water/getwaterfilter) Effectiveness varies - read the fine print.
- Carbon filters (pitcher or tap-mounted) are affordable and reduce many common water contaminants, like lead and byproducts of the disinfection process used to treat municipal tap water.
- Install a reverse osmosis filter if you can afford it, to remove contaminants that carbon filters can't eliminate, like arsenic and perchlorate (rocket fuel).

Filters: Change them. Change your water filters on time. Old filters aren't safe – they harbor bacteria and let contaminants through.

On the Go: Carry water in safe containers. Hard plastic bottles (#7 plastic) can leach a harmful plastics chemical called bisphenol A (BPA) into water. Carry stainless steel or other BPA-free bottles. Don't reuse bottled water bottles. The plastic can harbor bacteria and break down to release plastics chemicals.





Swinomish Water Resources Program

JUNE 2010

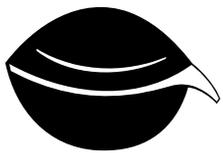
JULY '10 - TIDE TABLE - Lone Tree, Sneec-Oosh, N.Skagit Bay (ft MLLW)

| Date | High Time/Height | Low Time/Height | High Time/Height | Low Time/Height | High Time/Height | Moon | Sunrise | Sunset |
|--------|------------------|-----------------|------------------|-----------------|------------------|---------------|---------|--------|
| Thu 01 | | 03:59 4.79 ft | 08:45 7.98 ft | 15:14 0.72 ft | 22:10 11.17 ft | | 5:12 | 21:14 |
| Fri 02 | | 04:43 4.14 ft | 09:43 7.51 ft | 15:51 1.85 ft | 22:42 11.06 ft | | 5:13 | 21:14 |
| Sat 03 | | 05:28 3.42 ft | 10:51 7.15 ft | 16:31 3.13 ft | 23:15 10.88 ft | | 5:14 | 21:14 |
| Sun 04 | | 06:17 2.63 ft | 12:11 7.05 ft | 17:17 4.46 ft | 23:49 10.65 ft | Last Quarter | 5:15 | 21:13 |
| Mon 05 | | 07:05 1.79 ft | 13:47 7.37 ft | 18:14 5.71 ft | | | 5:15 | 21:13 |
| Tue 06 | 00:27 10.42 ft | 07:54 0.89 ft | 15:32 8.13 ft | 19:31 6.70 ft | | | 5:16 | 21:13 |
| Wed 07 | 01:08 10.26 ft | 08:41 -0.04 ft | 16:46 9.07 ft | 20:55 7.28 ft | | | 5:17 | 21:12 |
| Thu 08 | 01:52 10.21 ft | 09:28 -0.96 ft | 17:34 9.89 ft | 22:05 7.45 ft | | | 5:18 | 21:11 |
| Fri 09 | 02:40 10.28 ft | 10:14 -1.80 ft | 18:11 10.54 ft | 23:01 7.35 ft | | | 5:19 | 21:11 |
| Sat 10 | 03:30 10.44 ft | 11:00 -2.50 ft | 18:45 11.03 ft | 23:49 7.03 ft | | | 5:19 | 21:10 |
| Sun 11 | 04:22 10.59 ft | 11:45 -2.94 ft | 19:18 11.40 ft | | | New Moon | 5:20 | 21:10 |
| Mon 12 | | 00:35 6.51 ft | 05:15 10.63 ft | 12:31 -3.03 ft | 19:51 11.70 ft | | 5:21 | 21:09 |
| Tue 13 | | 01:23 5.81 ft | 06:11 10.49 ft | 13:16 -2.70 ft | 20:24 11.95 ft | | 5:22 | 21:08 |
| Wed 14 | | 02:12 4.93 ft | 07:10 10.13 ft | 14:02 -1.92 ft | 20:59 12.12 ft | | 5:24 | 21:07 |
| Thu 15 | | 03:04 3.95 ft | 08:13 9.57 ft | 14:48 -0.69 ft | 21:35 12.20 ft | | 5:24 | 21:06 |
| Fri 16 | | 03:58 2.92 ft | 09:21 8.93 ft | 15:34 0.87 ft | 22:12 12.14 ft | | 5:25 | 21:06 |
| Sat 17 | | 04:54 1.93 ft | 10:38 8.36 ft | 16:24 2.63 ft | 22:52 11.90 ft | | 5:26 | 21:05 |
| Sun 18 | | 05:53 1.04 ft | 12:09 8.09 ft | 17:22 4.36 ft | 23:35 11.51 ft | First Quarter | 5:28 | 21:04 |
| Mon 19 | | 06:54 0.30 ft | 13:59 8.37 ft | 18:35 5.82 ft | | | 5:29 | 21:03 |
| Tue 20 | 00:23 11.02 ft | 07:54 -0.30 ft | 15:41 9.16 ft | 20:09 6.71 ft | | | 5:30 | 21:02 |
| Wed 21 | 01:16 10.53 ft | 08:51 -0.76 ft | 16:52 10.02 ft | 21:43 6.93 ft | | | 5:31 | 21:01 |
| Thu 22 | 02:13 10.12 ft | 09:43 -1.08 ft | 17:43 10.63 ft | 22:52 6.74 ft | | | 5:32 | 20:59 |
| Fri 23 | 03:09 9.85 ft | 10:30 -1.26 ft | 18:23 10.94 ft | 23:43 6.42 ft | | | 5:33 | 20:58 |
| Sat 24 | 04:00 9.68 ft | 11:12 -1.30 ft | 18:56 11.03 ft | | | | 5:34 | 20:57 |
| Sun 25 | | 00:24 6.08 ft | 04:47 9.55 ft | 11:50 -1.21 ft | 19:22 11.00 ft | Full Moon | 5:36 | 20:56 |
| Mon 26 | | 00:58 5.70 ft | 05:31 9.43 ft | 12:26 -0.98 ft | 19:43 10.97 ft | | 5:37 | 20:55 |
| Tue 27 | | 01:29 5.26 ft | 06:14 9.26 ft | 13:00 -0.60 ft | 20:02 10.98 ft | | 5:38 | 20:53 |
| Wed 28 | | 02:00 4.75 ft | 06:57 9.05 ft | 13:35 -0.02 ft | 20:23 11.03 ft | | 5:39 | 20:52 |
| Thu 29 | | 02:32 4.15 ft | 07:42 8.79 ft | 14:08 0.75 ft | 20:48 11.07 ft | | 5:41 | 20:51 |
| Fri 30 | | 03:07 3.51 ft | 08:30 8.50 ft | 14:43 1.72 ft | 21:15 11.03 ft | | 5:42 | 20:49 |
| Sat 31 | | 03:45 2.86 ft | 09:23 8.20 ft | 15:18 2.84 ft | 21:44 10.87 ft | | 5:43 | 20:48 |

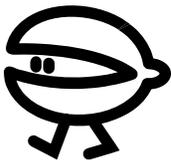
CLAM PSP



LONE TREE POINT: BUTTER CLAMS sampled by Swinomish Water Resources and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 5/17/2010 were found to be **SAFE TO EAT!**



From the Swinomish Water Resources Program & Planning Office - An invitation to Swinomish Tribal & Community Members and Employees to:



5th Annual Lone Tree Clam Bake & Swinomish Marine Interpretive Center Opening Ceremony



Thursday, August 26th, 2010

Opening Ceremony and dedication of the new Swinomish Marine Interpretive Center will start at

- I am at the Marine Interpretive Center @ Lone Tree Point.
- Lunch will be afterwards **in the lodge** by the beach.

Please bring your families & kids for an afternoon at Lone Tree & a tour of the new Marine Interpretive Center!



CELEBRATIONS

Happy 12th Birthday Asiah!!
Congrats on your big win!!



Love, Mom, Dad,
Lily, Aaliyah & Nene!!!

Happy 18 Spankin' Birthdays!
Felicia McCraige June 4



Love from your parents
Melissa & Vincent and
brothers Charlie and Timothy!



Happy
Birthday
Mary Ellen
Cayou!



HAPPY BIRTHDAY
YUANISSA CAYOU
ON JUNE 2ND!



Happy
Birthday
Auntie
Kimmy!
LOVE, your
Godson,
Damon



1910 Swinomish Indian Shaker Church Desecrated

I must regretfully write this letter concerning the unauthorized use of our 1910 Indian Shaker Church on Reservation Road the night of May 14th. Before I go any further, I, being the minister of our Shaker Church, have not given anyone permission to use the church, the grounds, or the two church buildings. It is my understanding that a "rave" party, involving alcohol and more, took place in the church, on the grounds, and in the condemned dining hall.

When I went into the church the next day, I couldn't believe my eyes. There was a beer can on the church altar, and one hand-bell and a small standing cross are missing. There was evidence of an act too despicable to write here; it made me sick to my stomach. I feel so hurt and confused why anyone would sink so low. I made a report to the Swinomish Police Department the following Monday, with the support of our First Head State Church Elder, to press charges for trespassing on our church property.

As of today's date, there will be no more use of the church or grounds for any festivities or any other purpose. I am sorry to say that this will include the annual Haunted Forest on Halloween night.

Minister Joseph P. McCoy



"I feel so hurt and confused why anyone would sink so low."



Food Handlers Class Monday June 21, 2010

9:00-11:00

Social Services Library



Please contact
Mary Ellen
Cayou if you will
be attending

Northwest Regional Council Job Announcement

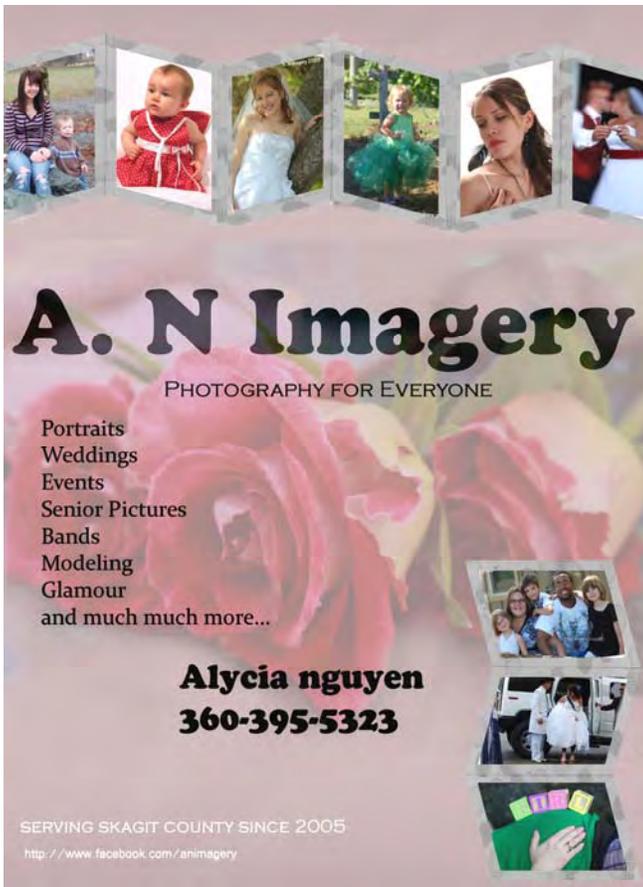
Tribal Outreach Coordinator—Area Agency on Aging seeks experienced social services advocate to provide information and assistance to regional tribal elders. Requires 4 years relevant work experience. Experience with tribal communities strongly preferred. \$33,253.00 per year.

Request application at:

NWRC
600 Lakeway Drive
Bellingham, WA
360-676-6749
www.nwrcwa.org EQE



FREE ADS

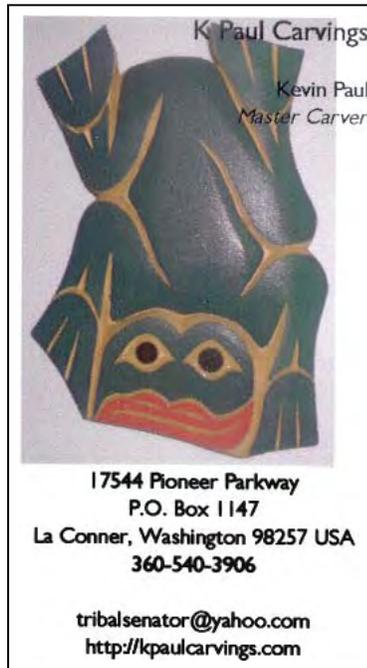


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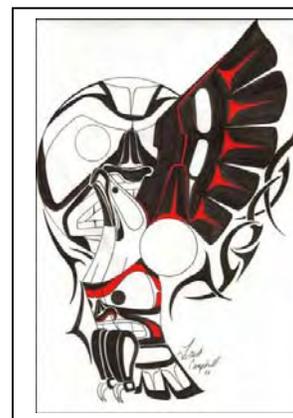
tribalsenator@yahoo.com
<http://kpaulcarvings.com>



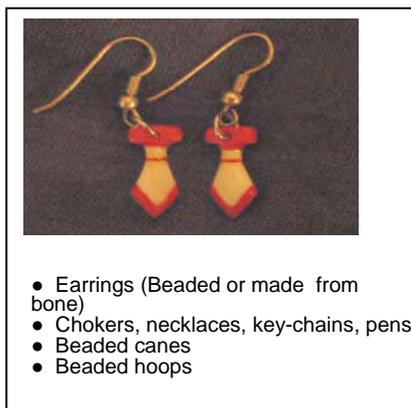
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To place ad in the next issue:
please submit to the Keeyoks by
the 15th of the current month



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Would you like your business card or announcement displayed here?

If you are a Swinomish community member or a local business which our community may be interested in hearing about, feel free to drop off your card at the Swinomish Social Services Building in an envelope or mail it to:
The Keeyoks

17337 Reservation Road La Conner, WA 98257
or attach jeg in an email: keeyoks@gmail.com



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OR CURRENT RESIDENT

JUNE BIRTHDAYS!

June 1 Jamison Sr., Ernest Charles
June 1 Wilbur Sr., Claude Anthony
June 1 James, Lana Jean
June 1 Villaluz, Paul Hillaire
June 2 Joe, Sonya Mae
June 2 Cayou, Yuanissa Ann Chasity
June 6 Wilbur, Roberta
June 6 Cultee, Kaitlyn Ann
June 6 Burke, Philip Andrew
June 7 Johnny, Hazel
June 7 Fornsby, Ricky James
June 7 Fornsby, Randy Peter
June 7 Peters, Beverly
June 7 Gonzalez, Cassandra Tai
June 8 Sylvester, Francis Darren
June 8 Shongutsie, Shirley Sunshine
June 8 Jack III, David Joseph
June 8 Perry, Nathaniel Angelo
June 8 Cayou, Cody Scott
June 9 Fornsby, Kimmy Shauneen
June 10 Day Jr., Gary Lee
June 10 Day, Nicole Elsie
June 10 Ballew, Loral Ann
June 10 Wilbur, Lisa Marie
June 11 Dan, Douglas Dale

June 11 Berntsen, Sharon Mary
June 11 Silva, Enedina Brenda
June 11 Edwards, Audrey Mae
June 12 Barron, James
June 13 Bailey, Sheila Marie
June 13 James, Jai-Lee Francine
Wray-Ann Mabel
June 13 Gonzalez, Asiah Jean Marie
June 15 Washington, Carol Louise
June 15 LaPointe, Bridget Ann
June 16 Jamison, Winona June
June 16 Solomon, Brian Nathan
June 16 Wilbur, Joan Caroline
June 16 Paul, Katherine Anne
June 16 Billy, Evan Leon Michael
June 16 Guzman, Aiyana Marie
June 17 Porter, Michael Eugene
June 17 Edwards, Loren Michael
June 17 Joe, Kateri Nicole
June 17 LaPointe, John Kennedy
June 18 John, Charlene Bobbie
June 18 Peters, Cheryl Ann
June 18 Wilbur, Vincent Charles
June 18 Cayou, John Owen
June 19 Sampson, Martin Ray

June 20 Beitzel, Georgia Ann
June 21 Deandrea, Valerie Jean
June 21 Charles, Darlene Summer Jean
June 22 Billy, Alyxandra Elizabeth
June 22 Billy Jr., Alfonso Francis
June 22 Yakanak, Gregory John
June 22 Harper, Howard
June 23 Wilbur Jr., Casimir Marvin
June 24 Finkbonner, Sah-Ja-halth Lea
June 25 Washington, Lashay
June 25 Lapointe-Gorman, Cecilia Betty
June 25 James, Logan
June 26 McCormick, Alyssa Nicole
June 26 Bill, Tammy Louise
June 27 Cayou, Mary Ellen
June 27 Bullplume (Lapointe),
Marquis Anthony
June 28 John Jr., Rodney Vernal
June 28 Bailey, Nathan Henry
June 29 Lewis, Vernitta Dee
June 29 Siddle, Augustus Wayne
June 29 Bill, Warren
June 29 McDonald, Joreen Barbra Jean
June 29 Cruz, David Anthony
June 29 Nutter, Lisa Marie