



VOLUME 44 ISSUE 4
SWINOMISH INDIAN TRIBAL COMMUNITY

KEE YOKS *Since 1966*

APRIL 2010



Mother Earth's Wonderful Features

Pictures by Caroline Edwards



QUYUUS
The
Seagull

An official publication of the
**Swinomish Indian Tribal
Community**

Officers:

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

Senators:

Sophie Bailey
Chester Cayou, Sr.
Brian Cladoosby
Dianne Edwards
Glen Edwards
Steve Edwards
Barbara James
Leon John
Kevin Paul
Brian Wilbur
Tandy Wilbur



PLEASE VISIT THE
SWINOMISH WEBSITE:
<http://www.swinomish-nsn.gov>



**Chairman's
Message**

Brian Cladoosby

Once again our tribal membership has blessed me with the best job in the world, and I thank the Creator for my community's vested commitment to a stable government. I will continue to fulfill my duties as your chairman and will strive to protect and enhance the quality of the lives of all tribal members. Our senate is determined to provide stable tribal governance policies and actions that ensure each of our tribal members an opportunity to live a prosperous, healthy and sustainable life. We will work toward jobs and housing opportunities for tribal members and continue to protect our rights and sovereignty as the Swinomish Indian Tribal Community. In our General Council several goals were mentioned, such as (1) provide a viable tribal economy and increase jobs for tribal members; and (2) continue to address unemployment issues and seek ways to help our members obtain employment. Education and training opportunities are viable skills needed in the many employment and small business ownership fields, and we will continue to enhance our options to assist all in leading successful lives. Our tribe is facing a rise in housing needs, and the senate is striving to build housing and increase financial support services for tribal families by working with the Swinomish Housing Authority to address those needs and build great affordable homes in Tallawhalt. Mr. John Petrich has spent a majority of his career at the SHA and, together with our senate, will be working endlessly to ensure our tribal members have housing. More importantly, we will ensure that our tribal members have the training to manage the responsibilities of being a home owner. Both the need to build homes and to invest in good home owner management is a must for our community. The Swinomish Senate will work together to accomplish this goal in a timely manner. We are blessed with strong and sound social, educational and health programs and a director who has committed over 30 years to our community. Mr. John Stephens and his assistant for many years, Mary Cayou, has shared our growth and will continue to work side by side with our senate to continue to provide essential services to each of our tribal members. Let us together invest in the future of our children by ensuring that each and every child has a sound education - from early education to adult education - and let us commit to creating healthy life styles for our tribal membership. As many of you know, I am a fisherman, my daughter Mary is a fisherman, and my granddaughter Bella may one day fish in the beautiful Salish Sea. I am so very grateful for my great-grandfather, Kel-kahl-tsoot, who signed the Point Elliot Treaty to ensure seven generations of our children would have the right to fish. I am so thankful he made sure my Bella could have this opportunity seven generations later. Our senate is committed to protecting our tribal hunting and fishing rights for generations and oppose anyone who tries to diminish our treaty-protected rights. It is our responsibility to ensure that our children have the opportunity to live this wonderful life we have at Swinomish. Once again I want to thank everyone who voted in the General Elections. ~Speepots

Kee Yoks

17337 Reservation
Road
La Conner, WA 98257
360-661-3524
Fax 466-1632
keeyoks@gmail.com

Advisory Committee

Allan Olson
John Stephens
Tracy Edwards

Ann Smock
Kee Yoks
Editor/Producer

Photos: Kee Yoks and
submitted

Article: <i>Halibut, CJE</i>	24
Birthdays	6-7
Bulletin Board	5
CEAG	26-27
Celebrations	8
Community News	17
Editor's Note	4
Education	12-13
Funnies	39
Free Ads	36-37
General Council	3
Health	20-21
Housing	22-23
Obituary	9
Planning	28-33
Police	18
Recreation	25
Senior Center	16
Social Services	10

General Council Meeting



CONGRATULATIONS!
BRIAN CLADOOSBY & SOPHIE BAILEY
who will continue to serve on the Swinomish Senate



Election Board: Wendy Otto, Ivan Willup, Brian Porter, Janet Wilbur-Charles, Sandy Wilbur-Bobb, Cathi Bassford

Sunday March 21, 2010

Newly Adopted Swinomish Tribal Members

- Issah J. Adams
- Josephina E. Adams
- Nina M. Cladoosby
- Tonna K. George
- Leeandra L-L John– Cayou
- Anneka V. R. Mitchell
- Colin A. R. Mitchell
- Aurora E. M. J. Wells
- Dekota L. S. M. Wells
- Jordan M. Wilbur



Look Who Joined the Kee Yoks Staff

My name is Caroline Edwards and I am thrilled to have been hired to help produce our Kee Yoks newspaper. I joined the Kee Yoks through W.W.I.E.T.P's On-the-Job-Training Program. Because I qualified, SITC was able to hire me. My grandparents are the late Russell & Alfreda Edwards from my dad's side, and Norval and Gertrude Charles from my mom's side. My great grandparents are the late Laura & Alfred Edwards and Elizabeth Shoemaker & Jim Edge (on my dad's side); Elizabeth & Al Sampson and Alice & Jim Charles (on my mom's side). I finished my Associates of Arts and Science Degree, commonly known as the Direct Transfer Agreement, last summer, and I will be furthering my education this fall when I begin classes to reach my goal in getting my Bachelor's in Liberal Arts Degree. I will be assisting Ann with the production of the Kee Yoks, along with working as a volunteer to steer our youth toward environmental ways of helping the community and our sacred Earth.



Caroline Edwards



Editor's Note

I am very pleased to introduce the new assistant editor to the Kee Yoks, Caroline Edwards! She is already improving the production of the Kee Yoks by leaps and bounds! We have moved the Kee Yoks office to the opposite end of the hall, at the top of the stairs (closer to the printer!). Caroline is now on the Swinomish email list as:

cedwards@swinomish.nsn.us

The deadline for getting something into the May issue is April 15th. Please email your items to both Caroline and I to ensure publication. Thank you, and we look forward to hearing from you. Ann

Ann Smock

asmock@swinomish.nsn.us

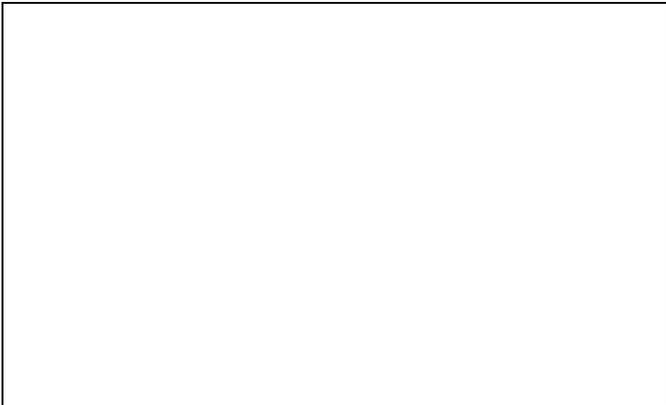
It Was A Busy Spring Break for Swinomish Kids!



photos by
Katie Bassford

Bulletin Board

SITC Contributions for 2010



	A	B
2	ANACORTES RELAY FOR LIFE	2,500.00
3	ANACORTES SCHOOL DISTRICT	2,500.00
4	ARIS PROGRAM	9,000.00
5	BIG BROTHERS BIG SISTERS	2,500.00
6	BOYS & GIRLS CLUB OF SKAGIT COUNTY	10,000.00
7	CELTIC ARTS FOUNDATION	2,500.00
8	COLLEGE SUCCESS FOUNDATION	7,500.00
9	EARTHJUSTICE	4,000.00
10	FRESH PAINT	5,000.00
11	FRIENDS HELPING FRIENDS	1,000.00
12	FRIENDSHIP HOUSE	2,500.00
13	FUTUREWISE	2,000.00
14	Hannahs House	5,000.00
15	LA CONNER COMMUNITY SCHOLARSHIP PROGRAM	2,500.00
16	LA CONNER FIRE DEPT	5,000.00
17	LA CONNER SCHOOL DISTRICT	20,000.00
18	LACONNER SCHOOL DIST LAYF	2,500.00
19	NW BASEBALL ACADEMY	5,000.00
20	OFF THE HORSE	10,000.00
21	SEDRO WOOLEY SCHOOLS	500.00
22	SK VALLEY HOSPITAL FOUNDATION	4,000.00
23	SPECIAL OLYMPICS	500.00
24	WASHINGTON ENVIRONMENTAL	4,000.00

BUDGET NOTICE: Funeral Allowances

Date: January 1, 2010

The Senate's approved 2010 Budget authorizes expenditures for the following funeral costs up to but not exceeding the following amounts:

Funeral Home	\$4,000.00
Food	\$ 500.00
Flowers	\$ 350.00
Casket Liner	\$ 220.00
Total	\$5,070.00

2 4 10!



April Birthdays

Birthday Full Name

4/1 Bill, Janice
 4/1 Cassimere, Karla Jobey
 4/1 Cayou, Ina Marie
 4/2 Stone, Matthew Alec Gus
 4/2 Deleon, Felipe Anthony
 4/2 Topaum, Gregory Dale
 4/2 Mitchell, Colin
 4/3 Wilbur-Westendorf, Layla Ann
 4/3 Stone, Nathan John
 4/3 Washington, Amanda Christine
 4/5 James, April Denise
 4/5 Cladoosby, Joleine
 4/5 Johnston, Mikailah Grace
 4/6 James, Taysha
 4/6 Dan, Darryl Dwayne
 4/6 James, Jamall
 4/6 Sampson, Troy Howard Alexander
 4/6 Adams, Kalikiano
 4/7 Sylvester, Gasper Dan
 4/8 Cayou, Rosemary Suzette
 4/8 Damien, Ajay Skyler
 4/8 Edwards, Dyson Jay Anthony
 4/9 Edwards, Greg Anthony
 4/9 Kellerman, Robert Glenn
 4/9 Cayou, Jerry Lee
 4/10 Williams, Robert Lester V.
 4/11 Bill, Breanna Elena
 4/11 Day Sr., Ronald James
 4/11 Bill, Leonard J. Joseph
 4/11 Smith, James Franklin
 4/12 Damien-Flores, Kathryn Olivia
 4/12 Dan, Lornajo Valina
 4/12 Dan, Donna Danette
 4/13 Cayou, Frank S.
 4/14 James Jr., Earl R.
 4/14 Jack, Jonathan Harvey
 4/14 Edwards, Quentin Anthony
 4/14 Williams III, Ronald Dale
 4/15 Barber, Ethel Marie
 4/15 Sylvester, Darrell Rodney
 4/15 Edwards Sr., Glen Anthony
 4/15 Wilbur, Richard Hawk
 4/16 Cayou Sr., Richard J.
 4/16 Keo, William H.
 4/16 Edwards, Russell Jay
 4/18 Charles, Ryan
 4/19 Sampson, Joseph Howard
 4/19 Bailey, Sophie Elaine
 4/19 Day, Tyler Scott
 4/19 Topaum Jr., Grover Delbert
 4/19 Day, Bryan Lako Be

4/19 Wilbur, Sally Ann
 4/20 Edwards, Jesse Owen
 4/20 Quintasket, Lori Ann
 4/21 John, Patricia J.
 4/21 Quintasket, Jeanette Katherine
 4/21 Tom, Andre Blackeagle
 4/22 Johnston, Matthew N.
 4/23 Adams, Josephina
 4/24 Damien, Corey Thomas
 4/24 Peters, Francis
 4/25 Bobb, Joanna Marie
 4/25 Bob, Regena Florence
 4/25 Dimond, Lori Anne
 4/25 Dan, Jadee Anthony
 4/25 Murchison, Arianna Raelene
 4/26 Dan, Phillip Morris
 4/26 Franklin, Marie Edna
 4/27 Damien, Ada Jean
 4/27 Sams, Samantha Lynn
 4/28 Edwards, Tracy Ann
 4/28 Johnston, Wilfred Guy
 4/29 Lewis, Helen Marie
 4/29 James, Sonny Joseph
 4/30 Bill, Craig Adam

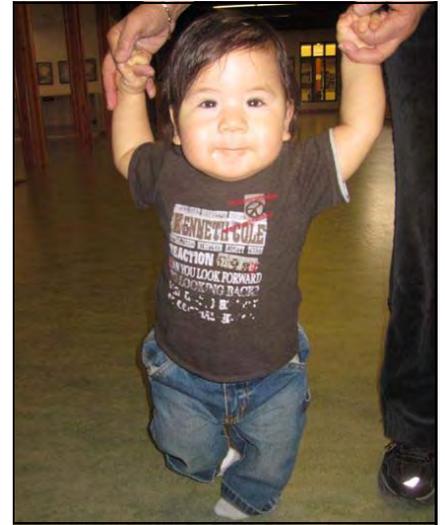




★ *Happy 3rd Birthday
Ronald III!
We Love you ...
Dad, Mom and Kiana*



*Happy 11th Birthday Ryan Jay!
April 18th
Luv Mom & Dad
Grandma Donna,
Auntsie Alice, Auntie Lynette,
Grandma Char & Papa Kev*



*Quentin
Happy 1st Birthday Son...
Mommy Loves You.* ♥



*Kathryn Damien-Flores
HAPPY BIRTHDAY!
LOVE MOM, DAD, SISTER &
BROTHER*



*Jeanette Katherine
Happy 10th Birthday Babe!
Love Nana, Papa
& Auntie Caroline*



Celebrations



Tori Hazel Annette Wilbur

Born on March 3, 2010.

At the Island Hospital, Anacortes, WA.

6 lb. 1 oz. and 18 in. long

Parents: Johnny Wilbur & Lorraine Charlie

Congratulations on your new baby girl!



Four Generations

Great Grandma Eileen,

Grandma Janet,

Daddy Johnny, and

Baby Tori Wilbur



Jorn Alexander Mcleod

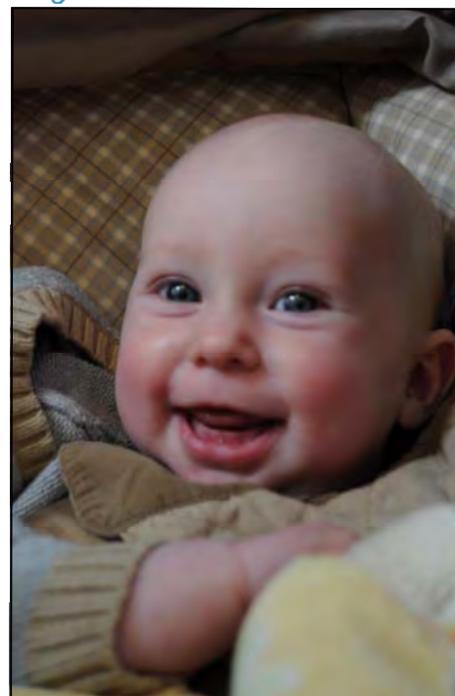
Born on October 7, 2009

At the Island Hospital, Anacortes, WA

7lb. 10oz.

Parents: Tyrone "spikeum" Mcleod and Molly Bisbey

Congratulations on your new baby boy!





It's in our hands...

Be Swinomish and *BE COUNTED!*

Don't Miss Out

**See our Census Representative
Velma Cayou-Lockrem**



March 1st until April 19th :

Mondays:

Admin. Building 1:00 6:00

Tuesdays:

Youth Center 3:30-6:30

Wednesdays:

Youth Center 3:30-6:30

Thursdays:

Admin. Building 2:30-5:30

United States[®]
**Census
2010**



IT'S IN OUR HANDS

It's not too late to mail back your census form!

If you have not mailed your Census form, you can still be counted!

Please mail it back as soon as possible. If you do not mail back your form, Census workers will visit your home to take the Census count in person.

Filling out your form:

- **Make sure to list all people living in your household, even if they are not permanent members of your household. If someone who has no permanent place to stay was staying in your home on April 1, 2010, count that person as your household in question #2.**
- **If you are a tribal member, when responding to question # 9 on the Census form, under race, please only check the American Indian or Alaskan Native box and write in Swinomish Indian Community on the line below.**
- **It's important to know...if you mark any other race, this will take funding away from our Tribe and programs so please only mark and write in our Tribe.**

If you did not receive your Census form in the mail, or if you have any questions visit Velma Cayou-Lockrem in the Administration Building until April 19th. Hours are listed above.

Obituary



Drake Anthony Edwards

Drake was born on November 11, 2009 to Glen Anthony Edwards Jr., and Evangeline Leavitt of La Conner. Drake "Sunshine" passed peacefully in the presence of his loving grandparents, Nancy and Glen Edwards, Sr., his Auntie Alethia Edwards, and cousins Jerome D. Toby and Dyson Edwards on March 6, 2010.

During Drake's four months with us here on earth, he touched many hearts with his gentle, calm, charming and happy spirit. Sunshine had the widest, sweetest and cutest smile. He enjoyed watching his cousin Jerome playing football and basketball in the living room; listening to his dad's stories and falling asleep in his mom's arms. He brought so much happiness and joy into all of our lives. He was deeply loved by all his family and will be greatly missed. He is an angel sent to us from Heaven for a short period of time.

Drake was preceded in death by his great grandparents, Russell and Alfreda Edwards; great uncles, Greg and Russell Edwards; great aunts, Susan Mae Wilbur, Ida and Carolyn Edwards; cousins, Jessica Beasley McDonald and Rachel Ann Bobb. He is survived by his parents, Glen Edwards, Jr. and Evangeline Leavitt; grandparents, Nancy and Glen Edwards, Sr., Rebecca and John Near, Rob and Ellen Leavitt; aunts, Melissa (Scott) Miller, Alethia (Jerome N. Toby) Edwards, Danielle (Casey) Tjeerdsma, Michelle Leavitt and Shelby Leavitt; his uncle, Russell (Jessica Ortez) Edwards; great-grandparents, Bob and Arlene Nelson, Gene and Phyllis Folsom, Kimoko Mori and Charles B. Leavitt; cousins, Scottie, Kennedy and Madison Miller, Jerome D. Toby, Dyson Edwards and Gavin Tjeerdsma; as well as other numerous relatives. Drake was so blessed to have his grandmother, Nancy, who was dedicated to his care and well being.

The Prayer Service was held on Tuesday, March 9, 2010 at 7:00 PM at the Swinomish Social Services Building and a Funeral Service was followed at 10:00 AM on Wednesday, March 10, 2010. Arrangements were under the care of Kern Funeral Home.

The family of "Sunshine" Drake Edwards, would like to thank Skagit County Fire District 13 for their valiant effort; Island Hospital Emergency Room Staff for their heroic efforts and Jeremiah LeSourd from Kern's Funeral Home for his personal touch. Thank you to the community for their prayers, support and food, and to Trish Breckenridge for the pins, Marina Plaster for the cedar roses, Cora Clark for the cedar roses, Kathrine Misanes, and to Darlene Peters and Leneé Kelly for helping us keep track of everything. Thank you Eric Haskins for the slide show, Ann Smock for the memorial card, a special thanks to Dussie and Sophie and Sally for your presence and all your help; for a the doctors who cared for Drake, and a big thank you to Brian Cladoosby for all he does; we thank God for family and friends who were an every present source of strength for us. Drake was an angel sent to us from Heaven for a short period of time, he brought so much happiness and joy into all our lives and he will be greatly missed – you have all helped us through this most difficult time and we thank you from the bottom of our hearts...

Glen Edwards, Jr. & Evie; Glen Edwards, Sr. & Nancy; and Drake's many, many other family members



Creating Healing Gardens

in Tribal Communities

April 15-16, 2010

Elma & Olympia, WA.

This 2-day class will help people to plan and run gardens in their communities. Vegetable, herb and native food gardens will be discussed. The first day will take place at the Northwest Indian Drug and Alcohol Treatment Center in Elma. The second day we will tour different types of community gardens.

To sign up please contact Elise Krohn (360) 485-3848 or elise@cwis.org

Offered through the Northwest Indian College Cooperative Extension Office

Sponsored through the Washington Health Foundation

April 15th

9:30	Sign in, tea and snacks
10:00-12:00	Planning a garden in your community
	Tour treatment center gardens
12:00	Lunch
1:00-5:00	Garden design
	Procuring plants
	Community involvement
	Maintaining a garden

April 16th 9:00-5:00

Tour local community gardens (tentative schedule)

- Fire Rose Farm, McCleary
- The Evergreen State College Farm, Olympia

Lunch in downtown Olympia

- GRuB Farm, Olympia
- Lincoln Elementary Vegetable Garden
- Nisqually Garden

Social Services



Tammy Cooper Woodrich
Vocation Rehabilitation
Counselor
2nd floor Social Services

Have you had an injury?

Do you have health conditions such as diabetes, arthritis, depression, memory loss, alcohol or drug use problems, learning disabilities?

NIVRP can help you...

With medical referral, education, job search, and transportation assistance, counseling, and coordination with other programs and agencies.

If you think you may qualify for NIVRP services, make an appointment with Tammy today.

Swinomish Office 1-360-466-7307 Mon. & Tues. 10:00-3:00
Bellingham Office 1-360-671-7626 Wed.-Fri. 8:30-4:30



Providing vocational rehabilitation services to assist American Indians with disabilities become employed



Heather Bryson
Wellness Program
Director
hbrson@swinomish.
nsn.us

Sobriety Dinner

Don't forget to vote for the **Joe Dunn Memorial** Recipient

It's coming...

And the "**Inspirational Elder Appreciation**" Recipient

April 28th @ 5:30 PM

Cast your votes [2] by calling Mary Cayou by April 10th

466-7218

Someone once asked me "Why do you always take the hard road?" And I replied "Why do you assume I see two roads?"

Jay Samson

Swinomish Behavioral Health

Denim Day is April 22

What's Denim Day?

In our country, 1 in 4 women will be a victim of sexual assault, and 1 in 4 girls and 1 in 6 boys will be sexually assaulted before the age of 18 (WCSAP 2009). April is Sexual Assault Awareness Month, and you can help Skagit Domestic Violence and Sexual Assault Services spread awareness in your community to end sexual violence by participating in *Denim Day 2010*.

Denim Day is an event based upon a 1998 Italian Supreme Court Ruling that overturned a rape conviction. The rapist, who had raped a 16-year-old girl, was set free because the Italian Supreme Court stated that the girls jeans were so tight, she must have helped to take them off, therefore making it consensual sex. News of the court case spread, and outrage and disbelief quickly turned into a movement that has spread across continents.

Skagit DV&SA Services asks Skagit County residents to help spread the message that we will not tolerate sexual violence in our community, that there is hope for survivors of sexual violence, and that perpetrators will be held responsible for their crimes. By wearing denim and a button that says, "Ask me about Denim Day," on Thursday, April 22nd, you can help spread this message of hope.

In the previous two years, we have seen incredible support from our community members and we're confident that the residents, tribal members, business owners, organizations, faith based community, and county employees will continue to support sexual assault survivors. To learn more about how you can participate please contact Jennifer McClain at (360) 336-9591.



Education

Elementary

Perfect attendance

David Cruz
 Ajay Damien
 Dakota Damien
 Collin Joe
 Zebediah Joe
 Jordan Johnston
 Joreen McDonald
 Lily McLeod
 Arianna Murchison
 Mary Lou Page
 Shawn Sam
 Alicia Topaum
 Grover Topaum
 Cheyenne Weatherby
 Jeremiah Williams
 Rylee Williams

1 day missed

Tyler Day
 Terrence Fornsbey
 Chad John
 Michael Page
 Claudia Parker
 Briana Porter
 Alex Stewart
 Lanita Williams

2 days missed

George Clark
 Hannah Grossglass
 Haley James
 Daniel Rapada
 Timothy Reid
 Tiffany Sampson
 Troy Sampson
 Dylan Stone
 Demonte Wolf-John

School Attendance for February 2010

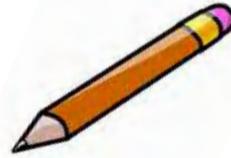
Middle School

Perfect attendance

Jarrette Cayou
 Jacob Cruz
 Mariah Clark
 Matthew Damien
 Thomas Day
 Isaias Guzman
 Logan James
 Emily Jimmy
 Terry Jimmy
 Carol John
 Brendon Kasayuli
 Corrina Kaubin
 Joe Quintasket
 Kenneth Revey
 Lavannah Shongutsie
 Darrell Williams

Missed 1 day

Lakiesha Bird-Rice
 Olivia Cayou
 Kaitlyn Cultee
 Cillastina Edge
 Wayne Fornsbey
 Asiah Gonzalez
 Wil James
 Danika McCoy
 Aubrey Stewart
 Austin Stewart



Director,
 Tracy Edwards
 trewards@swinomish.nsn.us

High School

Perfect attendance

Leila Clark
 Aiyana Guzman
 Landy James
 Garrett Wilbur
 Michael Wilbur
1 missed day
 Madeline Cayou
 Jamall James
 Taysha James

2 missed days

General Cayou
 Anna Cladoosby
 Robert Johnny
 Christian Johnston
 Breeana Sampson
 Sheldon Williams
 Natasha Yakanak



For Swinomish Enrolled Students:
Parents are able to get reimbursed \$150.00 per child PER YEAR for Athletic shoes and P.E shoes.
Forms were handed out during the Christmas Gift Card handout, and can be mailed to the Social Service building directed to:
Candace Charles
17337 Reservation Rd.
La Conner, WA 98257
If you have any questions please call Candace Charles at (360)466-7345.

Award in Education



Alana Quintasket Receives Honor

Alana Quintasket, La Conner High School senior, has been inducted into the National Honor Society. She is the daughter of Marlo and Joe Quintasket, and has been on the honor role throughout high school.

Photo by Amylynn Richards

Northwest Indian College @ Swinomish



Spring Quarter begins April 6th!

Take a class!

Gaylene Gobert
ggobert@nwic.edu

Adult Basic Education & GED Preparation



Virginia Bill is now the ABE/GED instructor for the Northwest Indian College here at the Swinomish site. She worked as the tribal liaison for the Northwest Fisheries Science Center before coming here to Swinomish. She served as an Educational Director for the National Indian Center for Marine Environmental Research & Education (NICMERE) for ten years. She was also the director of the Human Resource Department for the Chief Leshchi School in Puyallup Tribe in Tacoma. She looks forward to meeting and working with students on a successful completion of their GED. Please feel free to stop by and visit.

Virginia's Hours are:

Tuesday, Wednesday, and Thursday 8:30 AM to 6:00 PM

Virginia Bill
vbill@swinomish.nsn.us



Diane Vendiola,
Swinomish Elder

Earth Day at Grandpa Ganga's House by Diane Vendiola

My mother, Adelia Frank Hillaire left the rez in 1934. She married my dad and gave birth to me in Seattle in 1937.

From my earliest memory I remember my mother bringing my brother and me home to Swinomish every summer to stay with my Grandfather (Ganga) and my Grandmother, Christine.

At Ganga's house, it seemed like every day was 'earth day,' if earth day means being close and aware of our connection to the earth.

Ganga and Grandma Christine lived in a one room cabin on the corner of Reservation Road and Indian Road. My brother and I slept on the far side of the cabin, in a dark corner, on canvas mattresses filled with straw. And I believe even our small pillows were filled with straw. We slept head to head, so we often whispered to each other, until Ganga told us to go to sleep. The one thing I was scared of in those days was if I had to go to the bathroom after dark. I was scared about it because the bathroom was a wooden outhouse about 35 to 45 feet away from the cabin, back in the bushes and trees. And guess what? Flash lights were not a dime a dozen like they are in this day and age. As a matter of fact, I don't think I ever saw a flashlight at Ganga's house. My grandparents used to light their home with kerosene lanterns, which I thought was cool, because my Uncle Edmond would sometimes come over and tell my brother and me stories while he made shadows on the wall of the characters that were in the story. And those kerosene lanterns made great shadows, especially scary ones.

No matter how much I tried to stay awake, I always fell asleep listening to my grandparents talking to each other in the Language; the language was like music. My brother and I always wanted to stay at Ganga's house. My mom and dad liked to visit and sleep over at Aunt Agatha's house, which was just down the road.

In the morning, my brother and I were taught to fold up our bedding and our straw mattresses and put them in the corner. Ganga and Christine were usually awake before us, and Grandma Christine would always have a big apron on. She wore these thick, beige stockings and what I used to call "old lady shoes" (black lace-up shoes with an inch and a half heel). She usually had a cigarette in her lips, Lucky Strikes, I think. A nice warm fire would be going in the cook stove, and Christine would be making something good to eat, like French Toast, or pancakes or biscuits with jars of canned fruit or fresh berries. Ganga would be sitting outside in the sun, smoking a cigarette. He would watch my brother and me as we went to the well and pumped water into a bucket, which we carried to the wooden box stand just outside the cabin door. On the stand was a basin, above the stand were nails, hanging from the nails were our tooth brushes, a dipper (which is a ladle that has a cup with a long handle, looks like one of those punch bowl ladles, except it is made of tin), a wash cloth and a big towel. Underneath the basin was a shelf with a small dish containing a bar of Ivory soap, and next to the Ivory soap was a tin of Dr. Lyons tooth powder. As we washed and brushed, Ganga gave us advice about how to wash our face and not miss any spots, like behind our ears and under our chins. The best part was spitting as far as we could into the bushes when we were finished brushing our teeth. The next best part was getting to toss the used water from the basin into the bushes surrounding Ganga's house, which was my job, because I was the oldest kid.

Then it would be time to go inside and eat breakfast. Sometimes, we had biscuits with gravy, or sometimes we had Mother's Oats with Carnation canned milk and berries. All food tasted better when Grandma Christine made it.

There was always a big iron tea kettle on the stove. It heated water so we could wash, dry and put away the breakfast dishes when we were finished eating.

I wonder how much of a carbon foot print we left in those days? It seemed to me that I was much more aware of my connection to Mother Earth when I stayed at Ganga's cabin.



Diane in 1960 with 3 of her children, Richard, Shelly and Rudy, and Randy on the way!



**2010
SWINOMISH
EARTH DAY**

**Saturday, April 24th
8 AM - 4 PM
The Swinomish
Community Center
17275 Reservation Rd
La Conner, WA**

*For more information contact
Tiffany Hoyopatubbi
360.466.3374
thoyopatubbi@swinomish.nsn.us*

F R E E C O M M U N I T Y E V E N T

-  Prepare to get your hands dirty!
-  E-Cycle - bring old TVs, computers and monitors to recycle for free.
-  Volunteers are invited to a traditional salmon lunch.
-  Traditional music performed by Peter Ali, Gene Tagaban, and Eagleheart.
-  Participate in cultural activities and view educational displays.



Special thanks to the Swinomish Indian Tribal Community and Puget Sound Energy for financial support of this event.



Swinomish Elders

Attention all Elders of the Swinomish Tribal Community

The assistant editor Caroline Edwards would like to start hearing your stories, and be able to share, with your permission, anything that you would like to share or teach to your community through the Kee Yoks Newspaper. She would like to start this process by first asking all elders who would be interested in sharing your story with the tribe. This would be a perfect way to archive stories from our elders while teaching the community through these stories. She would like to encourage elders to attend the Elders Luncheon, because there she will start the process of listening to someone and would like to hear all of your stories over time.

If you are interested in participating please contact Caroline Edwards at cedwards@swinomish.nsn.us or contact her at her work #(360)466-7258.

Senior Center Lunch Menu

Mon	Tue	Wed	Thu	Fri
			1 Egg & Bacon Peach Cobbler Tomato/Cucumber Slices	2
5 Turkey/Cheese Sandwich Split Pea Soup/Crackers Orange	6 Sloppy Joe Sandwich Coleslaw Pears	7 Fried & Baked Chicken Potatoes/Gravy Mixed Vegetables Jell-O with Fruit	8 Fish Soup Biscuit/Crackers Green Salad Peaches	9
12 Egg Salad Sandwich Vegetable Soup/Crackers Apple	13 Sweet-n-Sour Pork Rice/Roll Broccoli Pineapple/Cottage Cheese	14 Beef Roast/Gravy Mashed Potato/Roll Green Beans Peaches	15 Meat Tacos Refried Beans Lettuce/Tomatoes/Cheese Cantaloupe	16
19 Ham/Cheese Sandwich Tomato Soup/Crackers Grapes	20 BBQ Spareribs Corn/Roll Coleslaw Watermelon	21 Beef /Vegetable Stew Fry Bread/Crackers Cantaloupe Slices	22 Tuna Sandwich Lay Chip Three Bean Salad Jell-O with Fruit	23
26 French Dip Sandwich Tomatoes/Cucumber Slices Banana	27 Chicken Noodle Soup Wheat Roll Green Salad Peaches/Cottage Cheese	28 Fish Parsley Potatoes/Rolls Carrots Berries	29 Pancakes Eggs/Ham Fruit Salad Vegetable Juice	



Craft Day

Please come and join Yoli on April 29, 2010 at the Senior Center, from 2:00 PM to 4:00 PM to learn how to make TULIP BAGS.

Contact Yoli at 466-7265 to RSVP

Community News



Indian Country Consultants President Lela Beckwith presenting Indian Land Associate award to Merla Rae Martin

Congratulations Merla Rae!!!

I would just like to share this accomplishment with the Swinomish Community. On March 9, 2010 I earned an Indian Land Associate Level I certificate from ICC Indian Training Enterprises.

Indian Country Consultants (ICC) is a premier training and consulting company, owned and operated by the Beckwith family. Lela Beckwith is the company president, Terry Beck is vice president and main instructor for all Federal Indian real estate classes.

Company website:
www.iccindianenterprises.com



Michael Paul helping shop for Haiti kids.

Swinomish Reaches Out to Children in Haiti

On January 12, 2010, the country of Haiti was stricken by a 7.0 earthquake. Officials estimate that approximately 230,000 are dead. Many others are left homeless. The devastation has been especially hard for children, many of whom have been left without parents.

In the aftermath of the Haiti earthquake, Swinomish has stepped up to help!

Swinomish employees, in partnership with Seattle-based non-profit World Concern, have contributed 39 "Kids Healing Kits" to the earthquake-ravaged children of Haiti. Each kit contains toiletries, school supplies, toys, and a message of encouragement, to make life after the earthquake a little easier for children in Haiti.

The idea started when the Swinomish Tribal Prosecutor, Jamie Jones, received an e-mail from World Concern asking for help. "There are so many children in Haiti who have lost their homes, their parents, everything," said Ms. Jones, "This lets them know that there are people in the world who care about them and want to help." The idea to reach out gained momentum when Swinomish tribal member and employee Janie Beasley suggested turning the project into an inter-departmental competition. The competition idea was great, with twelve (12) Departments participating.

Many Swinomish employees used the opportunity to teach their children and grandchildren about outreach, kindness, and service to others. Diana Falcon Lee's grandchildren prepared six (6) kits, which will bring great joy to children in Haiti.

Congratulations, Swinomish, for all you've done to help!

Estevan Ramos, Angelica Ramos, Analicia Ramos, and Stephanie Delafuente.

At the conclusion of the competition, all departments were winners, though the official tally was as follows:

- TGA: 9 kits
- Medical Clinic: 8 kits
- Public Works: 7 kits
- Planning: 4 kits
- Legal: 3 kits
- Family Services: 2 kits
- Mental Health: 2 kits
- Accounting: 1 kit
- Housing: 1 kit and \$100.00
- Child Care: 1 kit
- Fish Company: 1 kit
- Dental: 150 toothbrushes, 60 toothpastes

Swinomish definitely knows how to reach out in times of trouble. If you did not have an opportunity to prepare a "Kids Healing Kit" but would still like to help, you can give online at www.worldconcern.org.





Sergeant James Lynch
 jlynch@swinomish.nsn.us



For those of us that have ties to the salt chuck, either by choice or heritage, the stories are the same. The weather is kicking up, you get caught in the bite of the line, and over you go. Well now, because we all wear our life jackets and are not weighted down with rain gear and boots, we pop to the surface and the crew is right there to haul you out. **NOT!**

All too often, the sad truth is that we are not wearing a PFD (personal flotation device), and more than likely you are once again fishing by yourself and there is nobody there to help.

During summer, the average temperature in Puget Sound is 55 degrees, and the winter temperature is 46 degrees. The loss of body heat results in a loss of dexterity, loss of consciousness, and eventually loss of life. A few minutes in cold water makes it very difficult to swim, or even to keep yourself afloat. In addition, a sudden, unexpected entry into cold water may cause a reflexive “gasp” allowing water to enter the lungs.

The use of a float suit or float coat will greatly increase your chance of survival!

To slow the progression of hypothermia, follow these steps:

- If you can pull yourself partially out of the water, do so.
- Assume the **HELP position** (heat escape lessening position – the fetal position)
- **Get warm!**

Re-establishing body temperature can be as simple as sharing a sleeping bag or blanket, applying warm moist towels to the neck, sides of the chest or groin. Remove the wet cold cloths as they inhibit heat retention. Do not try to raise the body temperature too quickly! Hot coffee or tea can cause vasodilatation. That means the body allows cold blood from the extremities to the body core.



Your fisheries patrol and police department want to find you alive and take you home to your family.

Please help us do that, **wear your PFD.**

Be Safe

– from the men and women of your police department



FOSTERING TOGETHER

Supporting Families in Becoming & Being Foster Parents

**Our
Community
Our
Children**

- Island County
- King County
- San Juan County
- Skagit County
- Snohomish County
- Whatcom County

Fostering Together is a collaborative program between the State of Washington and Olive Crest Foster Family Agency, a national leader in therapeutic focused services for children in foster care.

Dedicated to finding prospective foster homes within Washington State, *Fostering Together* provides support and information for potential foster parents and assists them through the licensing process. Foster Parent Recruiters/Liaisons (FPRL) are available to assist potential foster families in a variety of services:

- † mentoring through the licensing process
- † answering questions regarding the fostering and adoption experience,
- † connecting to training resources,
- † assisting with the application packet and process,
- † providing both State and private agency information.

Fostering Together also offers on-going liaison services and genuine encouragement support to caregivers (licensed foster and adoptive families and kinship providers) by providing:

- † monthly support groups
- † mentors
- † trainings

All services are free to families.



Fostering
Together
A Program of
Olive Crest

Fostering Together


Partnering with
WA State DSHS
Children's Administration

CONTACT:
DEBRA ELLSWORTH, Recruiter/Liaison
Reaching Out to Foster Parents and Relative Caregivers
Call: 360-941-2244
Email: dkfoster3@ymail.com

Swinomish Medical Clinic



Cheryl Rasar, Director

Teen Health Festival

Where: Social Services Bldg.

When: April 13th, 2010

Time: 2:30 PM to 5:00 PM

Who: Anyone 13-19 years old

Come and learn about Nutrition, HIV, Birth Control, Domestic Violence, Tobacco Cessation, and your BMI.

We will be serving Pizza and Bottled Water.



Come and listen in on the different Topics for your chance to win a new I-Pod Touch.



Dr. Barbara Clure



Denis Donoghue

ddonoghue@swinomish.nsn.us

He's back! Introducing Fr. Denis Donoghue, Counselor

Father Denis Donoghue, S.J., a Jesuit Priest, now works as a counselor for the Swinomish Tribal Community. He initially came to our community in 2005 to serve at St. Paul's Catholic Church. Over the past two years, Father Denis has been working on a Doctorate in Pastoral Counseling from the Graduate Theological Union in Berkeley, California. As part of his degree program, he completed an internship with the Tulalip Tribes. In his new job with the Swinomish Tribe, he will be working with tribal youth at La Conner Middle School and High School. He will also serve as a trauma specialist for all the Swinomish Tribe Behavioral Health Program. With that said, Father Denis welcomes anyone who would like support, an empathetic ear, and help taking the next step in her or his walk of life. His office is on the second floor of the social service building where the Kee Yoks office was for the past few years.

If you would like to make an appointment with Father Denis please call (360) 466-7323.



The Health Effects of Tobacco Use

Part 2 of 3 Part Series
By Edwin Melendez II
(Tobacco Cessation Educator)

Now that we know a little bit about the history of tobacco and what cigarettes have in them, let's look at what health problems come with commercial tobacco use. Tobacco can affect your body in many ways. If you are a generally healthy person, with no chronic diseases like diabetes, cancer, heart problems, asthma, obesity, commercial tobacco can still hurt you severely. Now, if you do have chronic illnesses, then you are in very significant danger. If you are young and still in school, smoking commercial tobacco can cause very serious health issues in the future.

First, let's look at how commercial tobacco affects the healthy person without chronic diseases. According to the Surgeon General's report from 2004, "smoking can cause cancer of the mouth, throat, larynx, lung, esophagus, pancreas, kidney and bladder". Smoking has been linked to "cancer of the stomach (comes from cigarettes and chew tobacco), acute myeloid leukemia, which is cancer of the blood". **Smoking commercial tobacco "causes about 90% of lung cancer deaths in men and 80% of lung cancer deaths in women."** Heart disease also will affect those who smoke. It has been shown that "2,600 Americans die every day from cardiovascular diseases". **That is one death every 33 seconds. You are "4 times more likely to die from heart disease if you smoke."** This means that even if you are healthy, if you smoke commercial tobacco, there is a high chance that you will get very ill.

Second, what about those who suffer from chronic illnesses? Smoking commercial tobacco increases the danger of serious problems from chronic illnesses. You must remember that your body is fighting with a chronic illness and smoking makes this fight much harder. Smoking reduces your body's immune system. Remember that when you smoke "**nicotine can be found in every organ in your body, even breast milk.**" If you have chronic illnesses and smoke, you are making things much harder on yourself. You only hurt your fight against chronic illness if you smoke. When you are young and you smoke, this can lead to serious health risks in the future.

Ninth Annual *Four Tribes* Fitness Challenge



April 4th - May 29th

Participate for better health
Walk • Paddle • Swim • Bike

Fitness Incentive Nike N7 Shoe

*Registration open to all
10 years and older*

Registration Begins

Registration Information

If you choose to have a family, smoking commercial tobacco can cause terrible consequences for your family. The Surgeon General's report from 2004 noted that "**mothers who smoke during pregnancy hurt the lungs of their babies.**" In this report it was said that "**low birth weight babies and SIDS**" were linked to the effects of smoking in mothers. This report also noted that smoking "is related to chronic coughing, wheezing and asthma among children and teens".

Commercial tobacco affects the lives of the users as well as those around them. You will not escape the consequences if you choose to ignore them. You can quit smoking successfully. What can we do? How hard is it to quit? Who can help with this issue in our community? These are the questions I will answer in our next article.

Swinomish Housing Authority

Robin Carneen



**FOR AFTER HOUR EMERGENCIES
CALL: 466-4081 OR 466-7223
FOLLOW PHONE INSTRUCTIONS**

**10TH OF EACH MONTH
RENT & UTILITIES DUE**

- April 4th: Easter Sunday
- April 15th: Last Day to File Taxes
- April 22nd: Official Earth Day
- April 24th: Swinomish Earth Day
- & Last chance to enter the SHA/ AMERIND Fire Safety Poster Contest
- April 30th: Arbor Day



Fire Safety Poster Contest



AMERIND's annual National Fire Safety Poster Contest is ready for Membership participation. The Swinomish Housing Authority is sponsoring a local contest—

DEADLINE FOR ENTRY IS April 24th, 2010!

Look for our SHA workshop booth at Swinomish Earth Day!

Community Pride and Clean Up Days are coming!

For information call Robin Carneen: (360) 466-7354/466-4081



Dumpsters are being provided....

Things that will be NOT be allowed in the dumpster :

- No Tires
- No Oil
- No Appliances
- No Car batteries
- No Large pieces of metal
- No Paint
- No Hazardous Materials
- NO HOT FIREWORKS~



If you notice any inside or outside damages or repairs that maybe needed...

Call SHA & place a tenant work order!

Appliances need to be cleaned & to set out on the curb for pick up

Junk/abandoned/ or unwanted vehicles... call Robin Carneen for tenant procedures

Check medicine cabinet & dispose of outdated medicine-ask our Medical clinic to dispose of over the counter & prescription meds-466-3167

Pre-School Program Thanks Senator Brian Wilbur

March 21st, 2010

Brian Wilbur
Swinomish Tribal Senate Member
Cc Swinomish Tribal Senate

Pre-School Staff
Susan Wilbur Early Education Center

Brian,



Just a note to express to you our appreciation and gratitude for taking the time and effort to come to our Pre-school on numerous occasions to spend time with our students and see and experience what good things are happening here. It is always good to have you visit. Please know that students and staff alike enjoy your presence and your sharing of your time and energies. Thank you.

Sincerely,

Pre-school Staff



Mary Lee Chamberlain
Mary Lee Chamberlain

Barbara Grossglass

Amy Freeto
Amy Freeto

Jenny Mortenson
Jenny Mortenson

Barb Grossglass

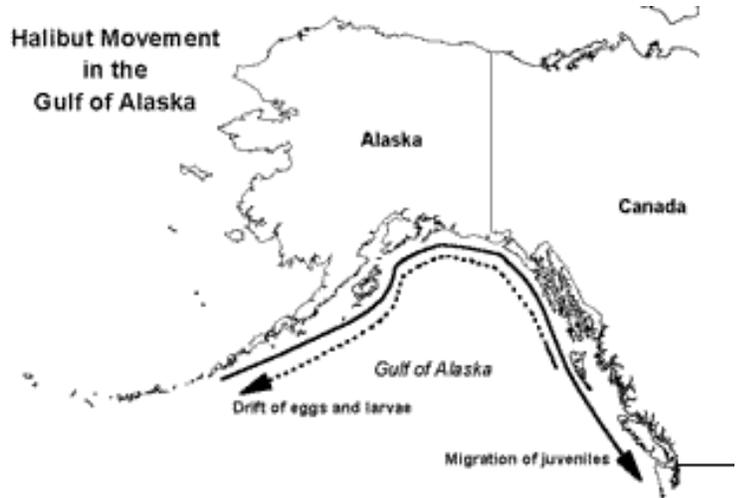
Trish Wilbur
Trisha Wilbur

Dave Ehman
Dave Ehman



Halibut: Where They Came From & the Official Opening By Caroline E.

“Halibut can be found throughout most of the marine waters of Alaska– as far north as Nome (Alaska), along the Aleutian Chain, and throughout the waters of the southeastern Alaska panhandle. Halibut can also be found along the continental shelf as far south as southern California, as well as along the coasts of Japan and Russia.” “As halibut mature, they migrate in a clockwise direction in the Gulf of Alaska, countering the drift of the eggs and larvae. Halibut tagged in the Bering Sea have been caught as far south as the coast of Oregon, a migration of 2,000 miles.” (Puget Sound Anglers State Board website-Pacific Halibut Fishing in Alaska).



The afternoon of Friday, March 5, 2010 the fisherman received the official word to start baiting up the hooks for Halibut fishing. The opening started at noon on March 6, 2010. This opening was a decision and a negotiation between other tribes, sport, and non-commercial fisherman. It takes months of preparation, as does every opening. This decision was also made by Judge Ricardo Martinez who overruled the testament against our tribe from having this halibut opening. Even though the fisherman got a late start, the halibut were still being caught.



Swinomish Youth Center Staff Supervisor



It is a privilege to welcome Dorraine Booth as our new Swinomish Youth Center Staff Supervisor, as of March 22, 2010. We look forward to her continued dedication and involvement on behalf of our youth, families, and community programs.

Heather Bryson, Steve Edwards, and Barb James

Youth Center / Prevention Program Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Dorraine Booth Sat
				1 Open 10am-6pm CEG 1-3pm (6-11) CEG 3-5pm (teens)	2 Open 10am-2pm CEG ALL AGES Youth Group trip to Kart Tracks in Burlington 1pm GOOD FRIDAY	3 Annual Easter Egg Hunt @ Ball Park
4  EASTER	5 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens)	6 Open 12:30-9pm CEG 4-6pm (6-11) SOS 6-8:30pm	7 Open 12:30-9pm YOUTH GROUP 6:30pm	8 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens) SOS 6-8:30pm	9 Open 12:30-9pm NWIYC Conference Seattle	10
11	12 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens)	13 Open 10am-6pm PARENT TEACHER CONFERENCES	14 Open 10am-6pm PARENT TEACHER CONFERENCES EDUCATION DINNER @ 5pm	15 Open 10am-6pm PARENT TEACHER CONFERENCES	16 Open 10am-6pm PARENT TEACHER CONFERENCES Youth Group trip to Mariners Game 4:30pm	17
18	19 Closed for Staff Retreat & Staff Meetings CEG 4-6pm (6-11) CEG 6-8pm (teens)	20 Closed for Staff Retreat & Staff Meetings CEG 4-6pm (6-11) SOS 6-8:30pm	21 Open 12:30-9pm YOUTH GROUP 6:30pm	22 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens) SOS 6-8:30pm EARTH DAY	23 Open 12:30-9pm Youth Group cooking class 6:30pm	24 Earth Day Celebration @ Youth Center 8am- 4pm
25	26 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens)	27 Open 12:30-9pm CEG 4-6pm (6-11) SOS 6-8:30pm	28 Sobriety Dinner	29 Open 12:30-9pm CEG 4-6pm (6-11) CEG 6-8pm (teens) SOS 6-8:30pm	30 Open 12:30-9pm Youth Group bowling trip to Riverside Lanes 6:30pm	Notes: CEG: Cultural Education Group SOS: Sharing Our Stories



PROTECT MOTHER EARTH



CEAG UPDATE

In March CEAG members, advisors and friends participated in a day long retreat held on March 5th to complete their evaluation and plan ahead. The theme for the retreat was, "Pulling Together: A Way Forward." CEAG agreed to continue the buildup of our



Photo: T. Tisdale

partnership with the **Swinomish youth programs**, with **nDigiDreams**, a native non-profit that provides digital-storytelling training, and

the **UW Burke Museum** who is interested in supporting a future digital-storytelling training. We are very honored and excited to work with these two organizations as we continue to map out the road ahead. Much appreciation goes to Rudy Vendiola (retreat facilitator), Gail Cayou, Tamara Cayou, and Bernadette James (cooks) for their support in making the retreat a success! The **collaboration and partnership**

with the **tribal youth programs** include launching the following projects:

~ **Its Cool Campaign**. The goal of this PSE campaign is to raise awareness about energy consumption and easy tips to reduce energy and save on electric bills.

Energy Saving bulbs will be coming your way soon!

~ **nDigiDreams** - Is a native digital story telling training geared for teens to learn how to create powerful digital stories about their lives and the environment. *This will compliment the filmmaking work of Native Lens.*

~ **North Cascade Institute - WILD** - Is a wilderness program that takes youth out for either a one day Spring camp or week long Summer camp held at the institutes Environmental Center. **SPOT LIGHT**

Upcoming events CEAG will be participating in are the **"Swinomish Earth Day"** on April 24th and the **Shelter Bay "Eco-Fair"** on May 22nd. Please stop by our booth!

Also, the article: **"Recycling Old Ways at the Tribal Journey"** tells how the Suquamish Tribe hosted the 2009 Tribal Journeys canoe gathering, and how they **reduced their waste by composting and recycling** nearly everything at meal times. **No small task** when 10,000 people were in town for the nearly week-long event. Watch video link:

<http://www.kitsapsun.com/videos/detail/recycling-old-ways-tribal-journeys/>



Photo: S.Vendiola

PROTECT MOTHER EARTH

WHAT YOU CAN DO ~ Compost & Garden!

Growing your own garden just makes sense! Right in your own home, you can grow a small garden first you start composting to create rich healthy soil, and then get seeds or starter plants and start growing! Here are a few smart tips:



9 Composter from Ace Hardware, Suncoast® Tumbling Composter (TCB6800) model will keep pests out, excels compost within 4-6 weeks, and sells for \$99.

9 How to Compost: http://www.eartheasy.com/grow_compost.html

9 How to Compost: more detailed information will be shared by the Planning Dept. in upcoming articles



9 Organic seeds local: Skagit Valley Food Co-op

9 Organic seeds online: www.uprisingorganic.com, www.abundantlifeseeds.com, & www.territorialseed.com.

PROTECTOR OF MOTHER EARTH!

This month we're honored to recognize Mary Ellen Cayou for her continued efforts in growing her garden. Now is the time! Mary plants seeds and has researched affordable ways to compost *and* keep pests away! Composting keeps food waste out of landfills and growing your own food greatly lessens emissions for transporting store bought foods. Congratulations for your efforts Mary!



Mary Ellen Cayou

Protecting Mother Earth articles are produced by the Climate Change Education & Awareness Group (CEAG), a Swinomish community-based interest group. For more information on the Climate Change Initiative, please contact:

- Shelly Vendiola, CEAG Communications Facilitator (Consultant)
360-421-4321, msvendiola@gmail.com
- Ed Knight, Swinomish Planning & Community Development, 360-466-7280



Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

April 2010

TIDE TABLE - MAY '10

for **LONE TREE POINT & SNEE-OOSH,**

Date	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Sat 01		02:17 6.01 ft	07:01 10.07 ft	14:08 -1.82 ft	21:30 11.23 ft		5:50	20:24
Sun 02		03:12 6.23 ft	07:45 9.42 ft	14:51 -1.26 ft	22:18 10.95 ft		5:49	20:26
Mon 03		04:13 6.28 ft	08:33 8.72 ft	15:37 -0.52 ft	23:09 10.65 ft		5:47	20:27
Tue 04		05:25 6.12 ft	09:30 8.01 ft	16:26 0.32 ft			5:45	20:28
Wed 05	00:00 10.39 ft	06:46 5.68 ft	10:40 7.38 ft	17:19 1.21 ft		Last Quarter	5:44	20:30
Thu 06	00:50 10.22 ft	07:56 4.99 ft	12:01 6.97 ft	18:17 2.09 ft			5:42	20:31
Fri 07	01:34 10.14 ft	08:45 4.13 ft	13:29 6.96 ft	19:19 2.91 ft			5:41	20:33
Sat 08	02:11 10.14 ft	09:22 3.19 ft	14:51 7.36 ft	20:21 3.65 ft			5:39	20:34
Sun 09	02:43 10.18 ft	09:51 2.21 ft	16:00 8.03 ft	21:18 4.32 ft			5:38	20:35
Mon 10	03:13 10.23 ft	10:18 1.20 ft	16:56 8.80 ft	22:09 4.93 ft			5:36	20:37
Tue 11	03:41 10.27 ft	10:45 0.22 ft	17:42 9.55 ft	22:56 5.47 ft			5:35	20:38
Wed 12	04:10 10.31 ft	11:15 -0.70 ft	18:24 10.21 ft	23:40 5.94 ft			5:33	20:39
Thu 13	04:39 10.32 ft	11:48 -1.50 ft	19:05 10.74 ft			New Moon	5:32	20:41
Fri 14		00:24 6.30 ft	05:11 10.31 ft	12:25 -2.11 ft	19:45 11.10 ft		5:31	20:42
Sat 15		01:08 6.56 ft	05:47 10.26 ft	13:06 -2.49 ft	20:28 11.31 ft		5:29	20:43
Sun 16		01:54 6.68 ft	06:27 10.11 ft	13:50 -2.60 ft	21:13 11.39 ft		5:28	20:45
Mon 17		02:45 6.66 ft	07:14 9.82 ft	14:36 -2.40 ft	22:01 11.38 ft		5:27	20:46
Tue 18		03:42 6.45 ft	08:08 9.35 ft	15:26 -1.86 ft	22:50 11.34 ft		5:26	20:47
Wed 19		04:46 5.99 ft	09:14 8.72 ft	16:18 -1.00 ft	23:38 11.32 ft		5:25	20:49
Thu 20		05:57 5.20 ft	10:33 8.05 ft	17:14 0.13 ft		First Quarter	5:23	20:50
Fri 21	00:26 11.33 ft	07:07 4.06 ft	12:03 7.63 ft	18:15 1.44 ft			5:22	20:51
Sat 22	01:11 11.36 ft	08:07 2.67 ft	13:39 7.70 ft	19:21 2.77 ft			5:21	20:52
Sun 23	01:53 11.40 ft	08:59 1.20 ft	15:12 8.33 ft	20:30 3.97 ft			5:20	20:53
Mon 24	02:33 11.39 ft	09:44 -0.14 ft	16:31 9.25 ft	21:37 4.94 ft			5:19	20:55
Tue 25	03:12 11.30 ft	10:26 -1.23 ft	17:35 10.16 ft	22:40 5.65 ft			5:18	20:56
Wed 26	03:50 11.12 ft	11:06 -1.98 ft	18:29 10.86 ft	23:38 6.12 ft			5:17	20:57
Thu 27	04:29 10.83 ft	11:45 -2.38 ft	19:16 11.30 ft			Full Moon	5:16	20:58
Fri 28		00:32 6.39 ft	05:09 10.46 ft	12:24 -2.45 ft	19:58 11.48 ft		5:16	20:59
Sat 29		01:23 6.49 ft	05:50 10.01 ft	13:03 -2.26 ft	20:37 11.48 ft		5:15	21:00
Sun 30		02:13 6.44 ft	06:33 9.52 ft	13:43 -1.87 ft	21:15 11.37 ft		5:14	21:01
Mon 31		03:03 6.28 ft	07:19 8.98 ft	14:24 -1.30 ft	21:52 11.21 ft		5:13	21:02

From the WWW Tide/Current Predictor by Dean Pentcheff (<http://tbone.biol.sc.edu/tide>). WWW Tide/Current Predictor warning. NOT FOR NAVIGATION. This program is furnished in the hope that it will be useful, but WITHOUT ANY WARRANTY; without even the implied warranty of merchantability or fitness for a particular purpose. Do not use this program as a basis for any decisions that could result in harm to people, other organisms, or property. Check these predictions against officially sanctioned tables. Agencies like NOAA exist because there is a need for certifiably correct tide predictions. Do not rely on these predictions if you need guaranteed results. There is NO WAY we can get certified data on a zero budget. We rely on users like you to tell us when something is wrong. Please continue to do so.

CLAM
PSP



LONE TREE—BUTTERS sampled and analyzed for Paralytic Shellfish Poisoning (PSP) on 2/22/2010 are found to be



Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
 11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

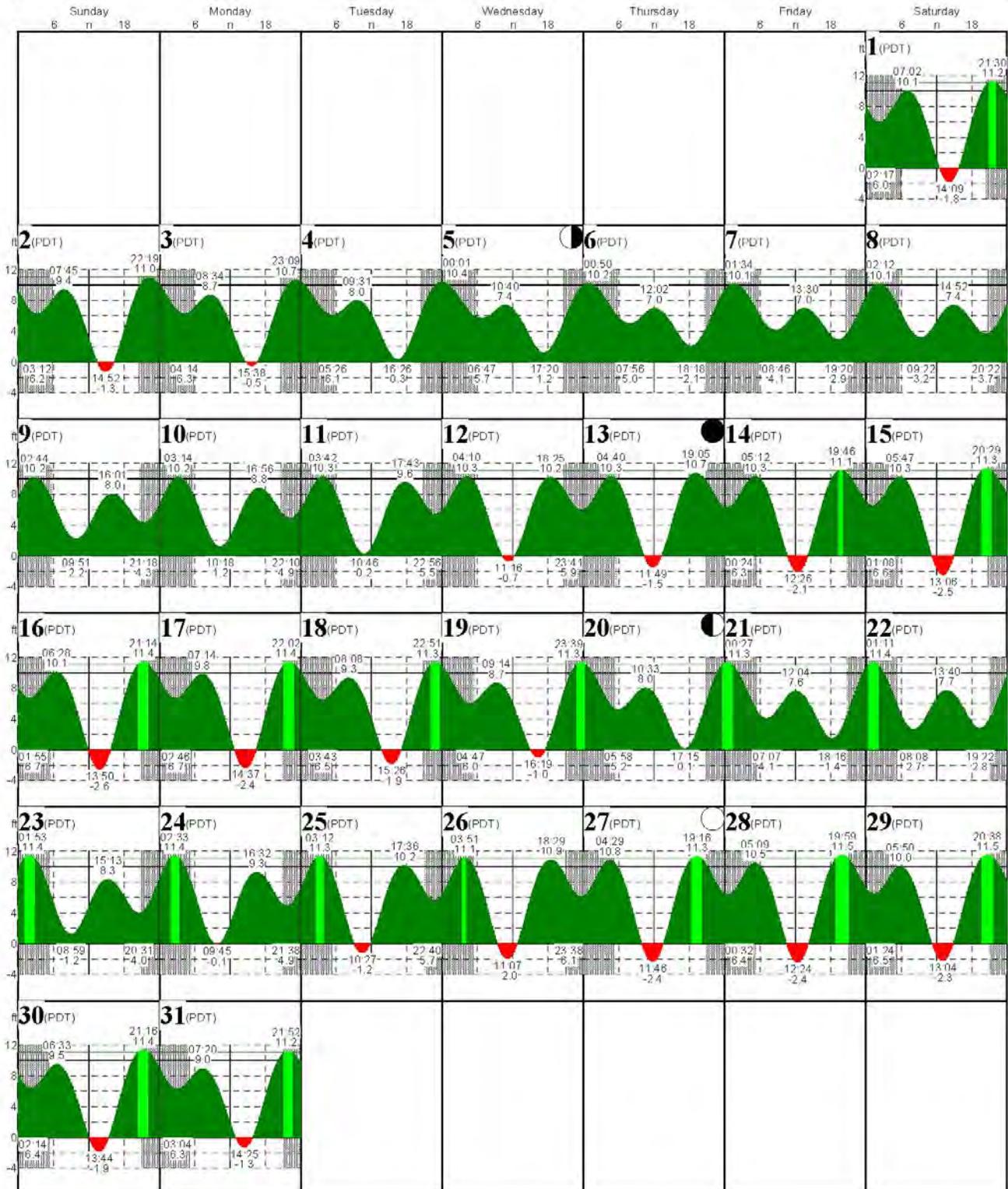
April 2010

TIDE GRAPH MAY '10 : LONE TREE POINT & SNEE-OOSH (ft MLLW)

Mean Range 7.6 ft
 MHHW: 11.1 ft
 Mean Tide 8.4 ft

May 2010

High May 28, 19:59 11.5 ft
 Low May 16, 13:50 -2.6 ft





Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

HOW ARE PLASTICS MADE?



The Source of today's wide variety of plastics? **Petroleum**

PETROLEUM TO PLASTICS:

Here's the route taken in the petroleum-to-plastics process:

1. Petroleum is drilled and transported to a refinery.
2. Crude oil and natural gas are refined into ethane, propane, petrochemical products, and fuel for your car.
3. Ethane and propane are "cracked" into ethylene and propylene, using high temperature furnaces.
4. Ethylene and propylene are combined with a catalyst, resulting in "fluff," a powdered material (polymer) resembling laundry detergent.
5. Fluff is combined with additives in a continuous blender.
6. Polymer is fed to an extruder where it is melted.
7. Melted plastic is cooled then fed to a pelletizer that cuts the product into small pellets, called "nurdles."
8. Pellets are shipped to customers to manufacture into various plastic products.



CAN YOU IMAGE A WORLD WITHOUT PLASTICS?

- Plastics are everywhere: Clothing, TVs, toys, phones, medical equipment, eating utensils, and food packaging are just some of the items made up of plastic.
- SURE, having plastics around is convenient, but everything comes at a cost....

Did You Know...?

Every year, Americans throw away some 100 billion plastic bags after they've been used to transport a prescription home from the drugstore or a quart of milk from the grocery store. It's equivalent to dumping nearly 12 million barrels of oil.





Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaComer, WA 98257 - 360.466.7280

A SWIRLING SEA OF TRASH

Why is the world's biggest landfill located in the Pacific Ocean?

In the middle of the Northern Pacific Ocean, between the West coast of the U.S. and the coast of Japan, there's the North Pacific Subtropical Gyre, a slowly moving, clockwise swirl of currents created by a high pressure system of air currents. Due to its lack of large fish and calm breezes, sailors and fisherman hardly ever travel through the gyre.

The area is essentially a dead zone, full of tiny plankton (floating microscopic plants and animals) but few fish or mammals. Although, the area is full of something other than plankton: trash; millions of pounds of it, most of it plastic. It's the largest landfill in the world, and it floats in the middle of the Pacific ocean. Some have estimate the total area to be twice the size of Texas. Of the more than 200 billion pounds of plastic the world produces each year, about 10 % ends up in the ocean. Seventy percent of that eventually sinks, damaging life on the ocean floor. The rest floats, with some plastic eventually washing up on shores. An estimated 80% of the garbage floating in the ocean comes from land-based sources, and 20% from ships.

In the most polluted areas, the plastic-to-plankton ratio is 48 to 1. Which is not a good thing for fish, birds, and mammals that mistake it for natural food, such as jellyfish or shrimp. Most of the plastic will eventually degrade into small particles, but will still be ingestible by mammals, birds, and fish—many of which we then consume ourselves.

Although plastic has long been considered indestructible, some scientists say toxic chemicals from decomposing plastics are leaching into the ocean. Some plastics begin to break down within one year, releasing toxic biphenyl A (BPA) and other chemicals, such as pesticides into the water. Several noxious plastic byproducts, including BPA and a substance called styrene trimmer, have been detected in small quantities in the ocean. Both BPA and components of styrene trimmer have been shown to disrupt hormone function and cause reproductive problems in animals. Plastics are the composition of the ocean now and it's only a matter of time that they will become part of us as well.





Swinomish Water Resources Program

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Ten Easy Ways to Reduce Your Plastic Footprint

1. Carry reusable cloth bags with you when you go shopping.

Keep a few in your purse, car, or briefcase and use them instead of plastic shopping bags. At some grocery stores, you will actually get a discount for bringing your own bag.

2. Avoid buying bottled water.

Carry a stainless steel water bottle with you, use water fountains, or drink from the tap. In the U.S., tap water is regulated much more than bottled water. It is perfectly tasty and healthy.

3. Bring your coffee mug to work and to the coffee shop.

A reusable thermos or coffee mug is easy to transport and durable. Using one will help cut down on Styrofoam cups and plastic lids.

4. Use wax paper bags and aluminum foil instead of Ziploc bags and plastic wrap.

Aluminum foil and wax paper can add more protection to your food than plastic wrap. Also consider storing leftovers in a bowl with a plate over it instead of using plastic wrap.

5. Don't use straws or plastic lids on your take-out beverages.

Most of the time you don't really need a lid or a straw, especially if you are staying in a restaurant to eat. Straws were the third most common item found last year during the International Coastal Cleanup and can choke seabirds and other marine animals.

6. Resist the urge to wrap your produce in plastic.

Most produce, like a bunch of bananas or a head of broccoli, is already bundled. If you plan on washing your fruits and veggies when you get home, there is no need to put them in individual plastic bags.

7. Use a bar of soap instead of liquid soap that comes in a plastic bottle.

This is one of the easiest ways to reduce your plastic footprint. Bars of soap are often less expensive, last longer, and work just as well for washing your hands and body.

8. Avoid using plastic utensils.

Bring your own with you to work if you often take out food. If you need to buy disposable utensils for an event, look for biodegradable alternatives made out of potato or corn starch. These can easily be composted.

9. Choose products made out of natural fibers and recyclable materials and avoid excess plastic or Styrofoam packaging.

Spread the word by telling your retailer about your preference for recyclable and compostable materials. Make an effort to recycle all plastic products and packaging when you do buy them. Styrofoam peanuts and take-out containers should be totally avoided since there are many recyclable alternatives. Styrofoam is not recyclable and takes thousands of years to break down in a landfill.

10. If you see plastic litter on the street, in a stream or pond, please pick it up.

Plastic is harmful to animals and can choke or kill them. When plastic starts to break down, it releases harmful toxins that pollute waterways. Do your part to help care for our watersheds.



Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

Winter/ Spring

Native Plant of the Month

Winter buds



Photo by Heidi Bohan



Photo by Heidi Bohan



Photo by Heidi Bohan

Landscape Value

Indian-plum is an excellent shrub for the forest edge and understory with enchanting clusters of white flowers. These soon produce orange berries which turn a deep purple.

There are male and female plants so be sure to plant both to produce berries, though they both have flowers in spring.

By midsummer this plant blends into obscurity as a light-green foliage plant, eventually turning yellow with leaf drop in early fall.

This plant is most attractive grown in groups along sunny to partly shady forest edges with vine maple, oceanspray, red flowering currant, evergreen huckleberry, serviceberry, and Oregon grape for year-round interest.

Indian-plum

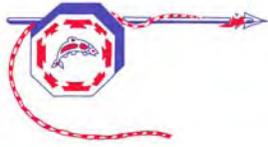
Also called Osoberry
Oemleria cerasiformis

- Indian-plum is the first native shrub to flower in our forest, and its blooming tells us to celebrate the coming of spring.
- "Oso" means bear in Spanish. The berries are a favorite food for bears, foxes, coyotes, and deer.
- Birds such as cedar waxwings and robins also quickly devour the berries.
- Indian-plum's early spring blooms help to feed Anna's hummingbirds after a long winter.
- The buds, flowers, and leaves smell like cucumbers when lightly crushed.

Text by Heidi Bohan
©Starflower Foundation



Looking Ahead to May Events



**Swinomish Indian Tribal Community
&
the Shelter Bay Community
Invite You to a**



Shredding Day & ECO- Sense Fair

Saturday, May 22, 2010 11:00 AM - 2:00 PM

at the Shelter Bay Clubhouse (Parking lot and Clubhouse)

- Bring your boxes & bags of used paper to the Shredder- Free of charge
- NO need to remove staples, paper clip or colored paper
- Win a \$100 prize for the person bringing in the greatest amount of material to be shredded
- FREE LUNCH of hotdogs, chips, veggie tray, lemonade, and coffee/tea- Clubhouse
- Door prizes and drawings at different exhibits
- Numerous exhibits and demonstrations- let's make our homes and communities more environmentally friendly

**WIN A PRIZE! By bringing in the most material for shredding.
Tribal members and Shelter Bay members welcome.**

Skipper's Meeting in the Youth Center Gym

Lunch: Noon

Meeting: 1:00

Dinner: 5:00 followed by jam session

Contact: Eric Day

Women's Health Fair May 12th, 2010



From 9:00 a.m. to 4:30 p.m.

We will be offering the following

PAP Exams
Mammogram's
Bone Density Screening
Colorectal Cancer Screening
Lipid Testing (fasting only)

Tobacco Cessation Education

As well as, tasty treats, beverages,
and a variety of pampering gifts.

Pre-Registration packets for BCHP, Take Charge
and Mammogram forms are available at the clinic
upon request.

Come by to see if you qualify for
"Take Charge" or "Breast + Cervical
Health Program." Those of you with
Medicare or Private Insurance qualify
for this as well.

If you don't think you qualify for any
of these programs, please call the
clinic at 466-3167.

Partly Funded by the Susan G. Komen Foundation



Community Clean Up Day!

May 19, 2010





HISTORY™, together with the Institute of Museum and Library Services and the President's Committee on the Arts and the Humanities, invites students to submit short video or multimedia presentations related to their local history or any American history topic.

Submissions must be postmarked by May 28th, 2010. Winners will be notified by June 28th, 2010. For information about how to submit, official contest rules, and a wealth of curriculum resources, visit us online at www.history.com/classroom. Questions? Email us at america@aetn.com

STUDENT VIDEO CONTEST

Requirements:

- Create a short video based on any topic related to American history. You can choose a topic related to your own local or community history, or focus on an American history topic that interests you most
- Submit a video of 5 minutes or less along with the official contest submission form
- Contest submissions must include a submission form and a short (250 words maximum) description of the video and the American/local history topic covered

Student Video Contest Categories:

- Middle School (6-8th grade)
- High School (9th-12th grade)
- College (ages 18-21)

Judging Criteria: Relevance to American history (25%); Creativity and originality (25%); Use of primary sources (25%); Quality of video/technique (25%)

Prizing:

- There will be three prizes awarded for each contest category.**
- Grand prize:** \$5,000 (1 winner from each level)
- First prize:** \$2,500 (1 winner from each level)
- Second prize:** \$1,000 (1 winner from each level)

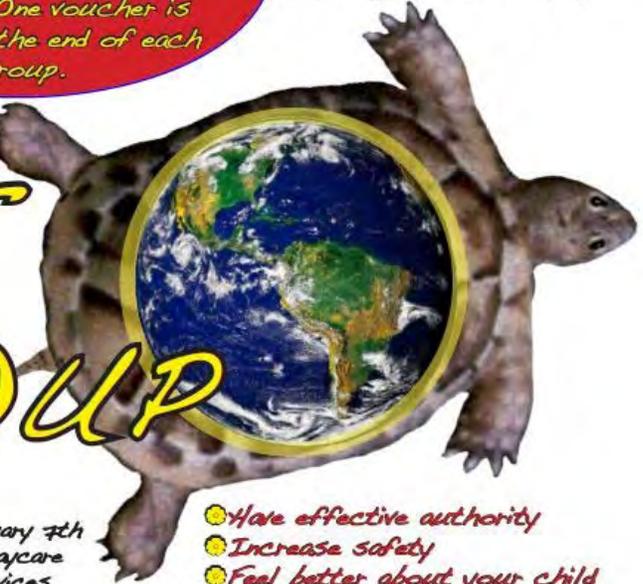
The Institute of Museum and Library Services' and President's Committee on the Arts and the Humanities' engagement in these contests does not constitute an endorsement of HISTORY or any other entity.

**SWINOMISH
COMMUNITY
THURSDAY
AFTERNOON**

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
When you come early and stay late you get a raffle ticket for a \$25.00 gasoline voucher. One voucher is awarded at the end of each group.

A gathering for parents, grandparents, adoptive parents, and foster parents who are parenting children of any age.

**PARENT
GROUP**



**CALL CHUCK BRITT
FOR INFORMATION
360-336-3382**

Starting Thursday January 7th at 3:30 PM in the old daycare room in the Social Services Building.

- *Have effective authority*
- *Increase safety*
- *Feel better about your child*
- *Feel better about your parenting*
- *All parents deserve support*

PROVIDED BY SWINOMISH TRIBAL SERVICES FOR TRIBAL MEMBERS ONLY

Custom Photography by Local Artist



A. N Imagery 2010



A. N Imagery 2009

Alycia Nguyen 360-395-5323
All Occasion Photography



A. N Imagery 2009

For detailed business information and price list call 395-5323 or go to:

Alycia A N Imagery @ facebook.com

Alycia and David Nguyen and their children. David is the son of Jenny and Vang Nguyen, and grandson of Ivan Willup, Swinomish.

Do you have items for sale, trade or donation?

Write down what the item is, terms of sale, and your contact information addressed to Kee Yoks and drop off at the Swinomish Social Services building or mail to:

The Kee Yoks
17337 Reservation Road La Conner, WA 98257
or email: keeyoks@gmail.com



GIFT BASKETS FOR SALE

CALL LAURA WILBUR AT (360)708-6016

Baskets include: one basket, frizz bee, two packs of sidewalk chalk, one squirt gun, gardening tool set, one pair of gardening gloves, 4oz bubbles, 36oz refilling bubbles, bubble wand, four Laffy Taffy candies, one marsh mellow candy, one marsh mellow character on a stick, seeds for planting.

Hand Knit Hats and Slippers!



Order these hand made knit hats by Tina Cayou! She makes slippers too! Call her to make an appointment and or to order these items guaranteed to keep your head & feet warm!

Tina Cayou (360) 466-9980



photos by Robin Carneen

Free Advertising



Native American Beadwork

- Earrings (Beaded or made from bone)
- Chokers, necklaces, key-chains, pens
- Beaded canes
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Louis Gobert
Blackfeet Artist

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K. Paul Carvings

Kevin B. Paul
Master Carver

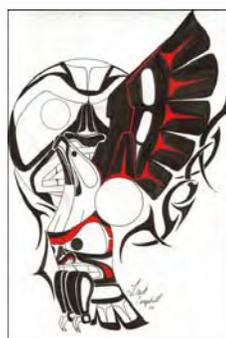
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Carvings and Prints for sale
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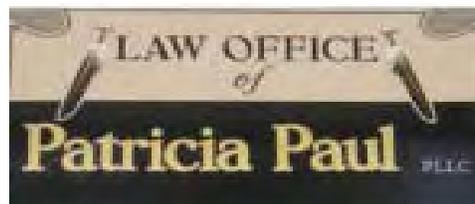
Getting Ready For The Holidays?

If you would like to buy name brand gifts for cheaper than retail stores, and need it before the holidays, birthdays or just because, Go to my website.

WWW.T-B.MYCHOICES.BIZ

It is Legal, It is reasonable prices, Privacy Guaranteed, Not satisfied with the product, Return it, 100% MONEY BACK GUARANTEE!!! What Retail store can promise that??

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610 South 1st Street 5
La Conner, Washington 98257
(360) 230-2369

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 Kee Yoks

17337 Reservation Road La Conner, WA 98257

or email: keeyoks@gmail.com

Letter to the Editor...

Why doesn't Swinomish have a men's basketball team any more for the Yakama men's basketball tourney? This is the best year ever— teams from all over the United States will be there: Pendleton, Minneapolis, Minnesota, Idaho, Arizona, Hollywood, California, Florida, Wisconsin, Wellpinit, Kanas, Tulalip, Wyoming, Seattle, and finally, Yakama Bucks. This is the 55th tournament. When was the last time Swin had a team for men?

Madeline Starr (via Kee Yoks Swinomish facebook)

First Nations@UW 39th Annual Spring Powwow

Honoring the Past, Present and Future



**A
P
R
I
L
9, 10, 11
2010**

**UW SEATTLE CAMPUS
BANK of AMERICA ARENA @ HEC ED PAVILION**

GRAND ENTRIES

Friday 7 pm
Saturday 1 pm (Coastal Grand Entry) & 7 pm
Sunday 1 pm

HEAD MAN

Alex Meninick (Yakama)

HEAD WOMAN

Madrienne Salgado (Muckleshoot)

MASTER OF CEREMONY

Arlie Neskahe (Navajo/Dine)

ARENA DIRECTOR

Walter Williams (Colville)

HOST DRUMS

Northern- **INDIAN NATION**
Southern- **SOUTHERN EXPRESS**

SPECIALS AND CONTESTS:

Saturday Night Dinner Break Entertainment Featuring: Danza Mexica Cuauhtemoc Dance Contests (Northern & Southern Categories), 1st, 2nd, & 3rd places
Drum Contest, 1st (1500), 2nd (750), 3rd (500)
7th Annual One-Man Hand Drum Contest, 1st (500), 2nd (300), 3rd (200)
Alex Meninick Men's 16 & Over Chicken Dance
Madrienne Salgado Women's 18 & Over Jingle, 1st (400 & Pendleton), 2nd (300), 3rd (200), 4th (100)
University of Washington Graduating Seniors Switch Dance, 1st, 2nd, & 3rd places
Mary J. Marchand 10th Anniversary Memorial Women's 18 & Over Fancy Shawl

A zero tolerance event: No drugs, alcohol, weapons or violence

Many thanks to our Sponsors:
Office of the Provost
Vice Provost for Student Life



To request disability accommodations contact the UW Disability Services Office at least 10 days in advance at: (206) 543-6450/V, (206) 543-6452/TTY, (206) 685-7264 (FAX), or ds@u.washington.edu.

CAMPUS MAPS AND DIRECTIONS
<http://www.washington.edu/home/maps/>

CONTACT
VENDORS: TASHINA WILLARD
TASHIW@UW.EDU, 206.697.6144

GENERAL INFO: TYSON JOHNSTON
TYSONJ@UW.EDU, 360.581.6581

Federal Income Taxes due April 15

File a Tax Return to Claim the Benefits you EARNED
Earned Income Tax Credit & the Child Tax Credit

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?



Maximize Your Tax Return!

You don't have to pay high fees to commercial tax preparers for quick cash refunds. Use your local free tax preparation site, and save your money. And find out if your family qualifies for the Earned Income Tax Credit (EITC).

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Made possible by Annie E. Casey Foundation



For the EIC, if you have:	Earned income less than:	Claim an EIC up to:
1 child	\$35,463	\$3,043
2 children	\$40,295	\$5,028
3 or more children	\$43,279	\$5,657
No children	\$13,440	\$457
For the CTC, if you have:	Earned more than:	Claim a CTC up to:
1 or more children	\$3,000	\$1,000 per child

NOTE: EIC income limits for married workers are \$5,000 higher!

SAVE YOUR PRECIOUS DOLLARS

And use a Volunteer Income Tax Assistance Site

To locate a FREE tax preparation site dial 1-800-829-1040 or in Washington dial 211.



Funnies

WALKING THE DOG

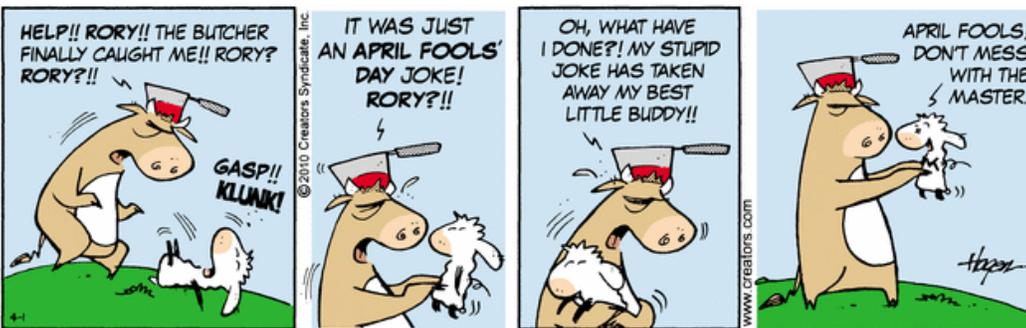
A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes. Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her seeing-eye dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, "Kathy, we are in Sacramento for almost an hour... Would you like to get off and stretch your legs?" The blind lady said, "No thanks, but maybe Buddy would like to stretch his legs."



Now picture this:

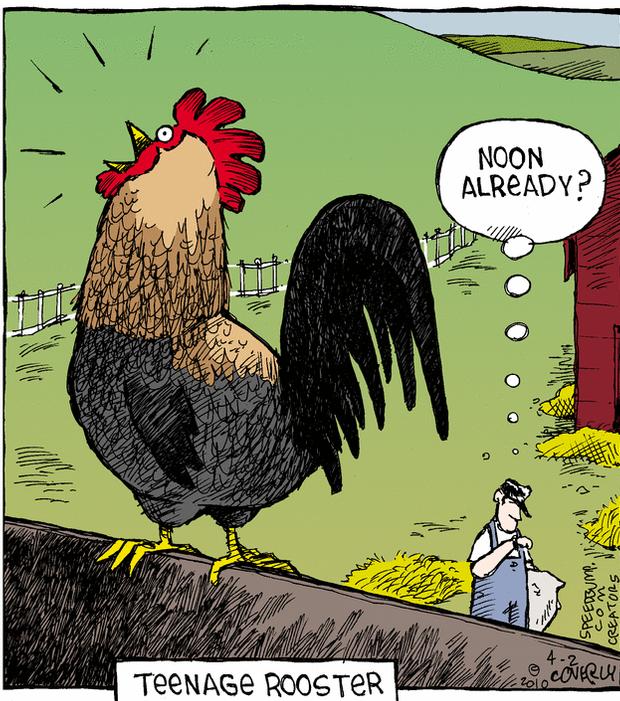
All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a seeing-eye dog! The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!

True story... Have a great day and remember.....THINGS AREN'T ALWAYS AS THEY APPEAR!



ALWAYS ASK, NEVER ASSUME

His request approved, the CNN News photographer quickly used a cell phone to



call the local airport to charter a flight.

He was told a twin-engine plane would be waiting for him at the airport.

Arriving at the airfield, he spotted a plane warming up outside a hanger.

He jumped in with his bag, slammed the door shut, and shouted, "Let's go."

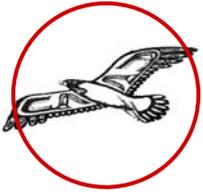
The pilot taxied out, swung the plane into the wind and took off.

Once in the air, the photographer instructed the pilot, "Fly over the valley and make low passes so I can take pictures of the fires on the hillsides."

"Why?" asked the pilot.

"Because I'm a photographer for CNN", he responded, "and I need to get some close up shots."

The pilot was strangely silent for a moment, finally he stammered, "So, what you're telling me, is . . . You're NOT my flight instructor?"



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OR CURRENT RESIDENT



Swinomish
Community Yard Sale
Earth Day
Saturday, April 24, 2010



The Earth Day Team needs YOU! Sign up to participate in the first ever Swinomish Community Yard Sale!

By participating in the community yard sale you will...

- De-clutter your home
- Re-use and Recycle
- Earn some extra cash



It's up to each individual seller where they will hold their sale and what time during the day the sale will take place.

The Swinomish Earth Day Committee will list your sale in various ads in La Conner, Anacortes, and Mount Vernon. Contact Tanisha Gobert at 466-1236 or e-mail her at tgobert@swinomish.nsn.us with your ad and we will advertise for you free of charge!