

VOLUME 44 ISSUE 3

SWINOMISH INDIAN TRIBAL COMMUNITY

K E E Y O K S

Since 1966

MARCH 2010

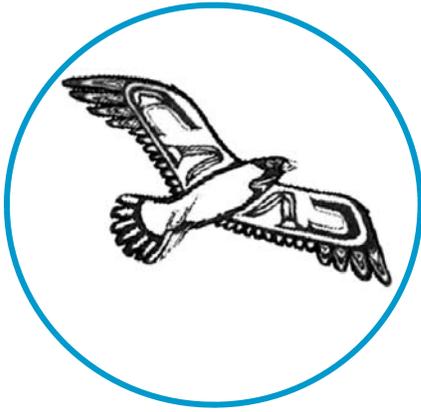


Photo by Tom Durkan, Swinomish Fish Company Manager

Inside: Election ♦ History ♦ Sobriety Dinner ♦ Sgt. Smith ♦ Free Ads ♦ School Spirit



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



FOR
CONTACT
INFORMATION

PLEASE VISIT THE
SWINOMISH WEBSITE:

<http://www.swinomish.nsn.gov>
(currently being updated)

**Cover photo by Tom Durkin,
Fish Plant Manager**



Chairman's Message

Brian Cladoosby

What a wonderful warm February we had! Spring has crept up on us, and the Swinomish Community is getting ready for a busy couple of months. I want to share a few reminders of the good community work which will be our focus over the next few weeks.

The Public Works and Planning Departments will be preparing for two annual community events: Earth Day Celebration, in April, and Spring Clean-Up Day, in May. You may want to start taking note of those items you would

like removed from your property. Please look for notices and guidance in the Kee Yoks and at the administration office for the dates, scheduled picks ups, dumpster locations and availability. As part of our efforts to provide a safe community, the senate will also be focusing on the removal of several hazardous sites located on the reservation. As a community, let us continue to help one another keep our reservation a safe and healthy place for our children to roam and play.

Our Tribal Canoe Journey Committee has been centered on the organization and management planning for the 2011 Tribal Journey hosted by Swinomish. In February the tribe hired a coordinator who will be responsible for the oversight and management of the 2011 event. We extend a warm welcome to our own Swinomish member Aurelia Washington, and we look forward working with her for the next two years on planning a successful event. In the next few weeks, we will be organizing several volunteer committees. You may contact Aurelia for more information through the Swinomish Administration Office.

School children will have spring break the first week of March. You may want to check the Youth Center calendar (on page 31) to see what types of activities will be happening throughout the week. Our new Youth Center is celebrating its second year, and we are proud to offer not only after school programs, but supervised programs that include sports, computers, and arts. I am thankful for the dedicated staff who continue to develop and provide new and innovative programs for our children. If you have new program ideas or activities, please email or phone a staff member. We would like to start planning sports tournaments and cultural activities for the summer, and we always like to hear our member's recommendations and ideas.

Lastly, I would like to offer my condolences to the James family for the loss of their loved one. We would like to offer our condolences to the Smokehouse Organization and pray that all broken hearts are healed quickly. To honor the loss to the James family, please refrain from commenting about this incident, whether it is via the internet or personally, to your friends and family. I would encourage all tribal members to pray that we can come together as a community and be united during this tough time.

Have a wonderful and warm March, enjoy the good weather and the community planning and activities in the weeks ahead.

Speepots

COMMUNITY NOTICE

SWINOMISH INDIAN TRIBAL COMMUNITY

GENERAL COUNCIL MEETING

&

TRIBAL SENATE ELECTION

SUNDAY, MARCH 21, 2010

VOTING HOURS ARE FROM 8:00 A.M. TO 1:00 P.M.

AT THE SOCIAL SERVICES BUILDING

TRIBAL SENATE CANDIDATES FOR GENERAL ELECTION:

Senate Seat 1:

SOPHIE BAILEY (Incumbent)

DARLENE PETERS

Senate Seat 2:

M. BRIAN CLADOOSBY (Incumbent)

WILBERT JAMES

Kee Yoks

17337 Reservation Road
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Advisory Committee

Allan Olson
John Stephens
Tracy Edwards
Kevin Paul

Photos: Kee Yoks
and submitted

Election 3-7

Tribal Department News

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From the Editor

As I publish this issue, I would like to extend an over-due (and ongoing) "thank you" to those who are available and willing to proof-read the Kee Yoks. Thank you to Mary Ellen Cayou, Leneé Kelly, Colleen "Teeny" Williams, Sophie Bailey, Chief of Police Schlicker, Assistant Chief Hutchings, and Kevin Paul. Additional thanks to Mary Ellen for help with word processing, and also to my wonderful husband for being helpful and patient about photos, photo-shop and computer graphics. Best of all, thanks to all those who take the time to send me material to put in the Kee Yoks. I hope you enjoy your March issue. Please submit April items by March 15th.

Due to technical difficulties beyond our control (hard drive crash in the main printer), this issue is late. Sincere apologies, especially to those who had announcements dated the first week of March.

Ann Smock 360-466-7258
asmock@swinomish.nsn.us
keyyoks@gmail.com



GENERAL ELECTION SENATE SEAT #2

Chairman M. Brian Cladoosby (Incumbent)

GOALS AND OBJECTIVES BRIAN CLADOOSBY

Goals:

As a Swinomish Senator I am committed to protecting and enhancing the quality of the lives of all tribal members by providing stable tribal government policies and actions that provide all tribal members with a prosperous, healthy and sustainable way of life. I will continue to work with the other Senators to create and provide jobs and housing opportunities for all Tribal members.

Objectives:

- Provide a viable tribal economy and increase jobs for tribal members; Unemployment is an area that we need to continue to address and look at in different ways to make sure tribal members have every opportunity to seek tribal employment
- Address increased housing needs by striving to build new housing and increase financial support services for tribal families by working with the Housing Authority to address those needs and build great affordable homes at Tallawhalt
- Ensure tribal members have sound social, educational and health services by continuing to build upon the great services we have to offer to our members now
- Ensure our tribal hunting and fishing rights are protected for generations and oppose any one who tries to diminish our treaty protected rights
- To respect the responsibility handed down from our ancestors and protect our tribal sovereignty, rights and culture
- Support the Senate with stable government policies and actions that enhance our members lives
- Continue my strong commitment to our tribal members by making sure we provide all the essential governmental services to make our members lives better
- Continue to show the commitment that I have shown to the Swinomish people throughout the years of service on the Swinomish Senate



GENERAL ELECTION SENATE SEAT #2

Wilbert James

The Election Board will not submit letters to the Kee-Yolks on behalf of those candidates with letters longer than a half-page defined as 300 words. I don't agree with their decision, but I do respect it because it is a decision made by the Swinomish tribal members in charge of the situation.

This is about independent self-determination. We can do this. We have had Swinomish in charge at the casino, as general manager, as housing director, and of the Kee-yolks. I was proud to return the Recreational Director to Swinomish status. General Council passed a challenge rule last year. The Senate should respect and enact General Council resolutions. If there is a job nobody is qualified for then we should contract the work out instead of creating career nonswin employees.

Independent self-determination will require full-time Senators and tribal members not working for the tribe paid to be on committees. We spend money paying people to serve on committees and not do the jobs they were hired for. We can have small business grants and loans for tribal member businesses. Swinomish should be building things around here. I want Swinomish people to have a voice. I'm listening and ready to do what you want. It is your tribe, your casino, your gym, etc.. How many Indians are there left in this tribe? Now is your chance to vote for me; together we can have independent self-determination.

Dr. James 466-8842.



GENERAL ELECTION SENATE SEAT #1

Sophie Bailey (Incumbent)

O Siam My Relatives,

It is an honor and a privilege to serve you as your Tribal Senator. If you re-elect me to the Swinomish Senate, I will continue to be the voice for my people. It is important that I stand up for what's right for all Swinomish People. I try to make my decisions based on what is in the best interest past, present and future and what the overall impact will be. Some people may disagree with my direct approach and demeanor; however I believe that everything the Swinomish Senate would stand for is working for the people and protecting their rights. If this is not met, I do speak up. I take pride in providing my voice on behalf of all Swinomish People. Over the past 10 years I have been a part of some great accomplishments. If re-elected, I will continue to encourage economic growth and self-sufficiency for the Swinomish Tribal Community. Our children are our future and we the Senate must continue to focus on making their education and well-being a priority. Many of our elders need moral, physical and financial assistance. We have taken great strides to improve elders programs, and we could continue to provide more for them since they are the ones who laid the foundation for a lot of our successes. Mostly, I am saddened for our fishermen by the continued downfall of our resources. I am sure our parents and grandparents never thought that this day would come. Therefore, we need to continue to protect and preserve what we have and continue to support replenishing all our harvests in whatever way possible. If re-elected, I will continue to be here for you. First and foremost we work for you the Swinomish People.

Respectfully Yours,

A handwritten signature in black ink that reads "Sophie Bailey". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Sophie Bailey - Sapelia



GENERAL ELECTION SENATE SEAT #1

Darlene Peters

Dear Swinomish Tribal Community,

I am asking that you thoughtfully consider me to represent you as a Senator for our Swinomish Tribe. I am excited and prepared to serve as your leader. I am committed to performing the work to further the growth and development of our tribe. On every issue, I will use sound judgment. I will be an active team player, working to build and strengthen strong healthy relationships and community. I am passionate about being a voice for you. I will stand and represent your ideas and concerns. Communicating with you on a regular basis, especially with our elders is of utmost importance. I will be available in person, by phone and email. I believe one person makes a difference and two or more make an even greater difference. When leaders make decisions the question is, "What is best for the good of all?"

Goals & Objectives:

- *Improve and maintain effective communication between senate, staff, and community members*
- *Increase the number of tribal natives employed by Swinomish Tribe*
- *Design and build an Elders Assisted Home Care Living Facility*
- *Develop educational programs to strive for 100% attendance and increase the number of graduates*
- *Design and build an improved docking area and a designated storage area for our fishermen's gear*
- *Design and construct a building shed for Sal-Hal (Stick Game) players*
- *Design and construct a building for providing services such as, haircuts, nails, pedicures, manicures, waxing, massages, coffee, etc.*
- *Design and build a sports complex; swimming, hot tub, roller skating, tennis, rock climbing, weight room, soccer, volley ball, basketball, baseball, etc.*

Thank you for your time and consideration. I am interested in talking with you! Please call 360-466-4920 or send e-mail to dpedwards@wavecable.com

*Peace, Love and Joy,
Darlene Frances Peters (Si-sai-sath)*

Photos courtesy of Election Board

SWINOMISH COMMUNITY ARCHIVES

Theresa Trebon ttrebon@swinomish.nsn.us



National Women’s History Month

This March marks the 30th anniversary of National Women’s History Month. For those of us who attended school in the 1960s and 70s, mention of notable women in textbooks was limited at best: usually Betsy Ross, Dolly Madison, or Marie Curie. Women’s History month was a concerted attempt to rectify that situation by “writing women back into history” and ensuring their stories were preserved, told to our children and honored by society.



Clara Wilbur James
1895-1959

In honor of the women of Swinomish, and the important contributions they have made to this community, we pay tribute to **Clara Wilbur James** for this first recognition of Women’s History Month, the first secretary for the Swinomish Indian Tribal Community Senate following the Indian Recovery Act of 1934.

Clara Wilbur James was born on December 13, 1895, here on the Reservation, the first child of Charles and Elizabeth Wilbur. She attended the Swinomish Day School until approximately 1908 and soon after transferred to the Tulalip Boarding School. In 1919 she married Wilbert James of Lummi, and together they raised two sons to adulthood: Charles and Landy. But in 1936, Clara added a new responsibility to her busy life as the mother of two small boys: she became secretary to the newly formed Swinomish Senate following the Tribe’s vote to adopt the provisions of the Indian Reorganization Act of 1934. Clara had grown up with the strong example of public service set by her father, Charles, who continually advocated on behalf of the tribal community until his death in 1936. Five months after his passing, in May of that year, Clara stepped up to take on the job of tribal secretary at the first meeting of the Senate and held the job for the next six years.

But that wasn’t all. Clara served as the first president of the Swinomish Ladies Welfare Club, a powerhouse of an organization that greatly added to the reservation’s quality of life, from hot school lunches for the children, to the annual “Decoration Day” observances in the Tribal Cemetery, to making sure Christmas was properly,

and joyfully, celebrated by the community each year. Additionally, she was an active member of St. Paul’s Catholic Church and contributed much to that congregation.

At her passing in October 1959, the local newspaper noted that James had *“always been very active in civic affairs of the Swinomish and served many times as she was needed.”* She is lovingly remembered by her family who recall her quiet ways, gentle smile, and, above all, dedication to the Swinomish Community.

RESOLUTION NO. 1

Be it resolved by the Senate of the Swinomish Reservation, assembled in regular session, That the Swinomish Indians of the Swinomish Reservation, Washington, hereby agree to assume charge and responsibility for the water system of the community Indian village of LaConner when and if constructed at no cost to said Swinomish Indian tribe and the Senate further agrees to operate this utility as a property of the Swinomish Indians.

Sec. Clara James.

Respectfully,
Clara James
Clara James, Secretary



approved
March 5, 1937.

Secretary --- *Clara James*

Smokehouse death ruled accidental

The death of a 29-year-old man at the Swinomish smokehouse has been ruled accidental in preliminary review.

By Lynda V. Mapes, Seattle Times staff reporter

Swinomish tribal members extended condolences Thursday to the family of a Puyallup tribal member who died at the Swinomish smokehouse Tuesday night.

The death of Romain James, 29, of Tacoma, has been ruled accidental by the Skagit County medical examiner in a preliminary review, pending results of a toxicology report to be complete in about four weeks. The cause of death was hyperthermia, or overheating.

James had asked to join the seowyn faith and Smokehouse family at Swinomish to follow relatives who belong, said Brian Porter, vice chairman of the smokehouse committee.

He'd been in the smokehouse less than two days and seemed fine, Porter said. There was no indication he was in physical trouble before he collapsed Tuesday night, Porter said.

James had been resting during quiet time at the smokehouse, a large, cedar-sided building on the Swinomish Reservation near La Conner.

Seven other initiates in the room with James were unaffected, and the room was, if anything, cool. Wood in the woodstove was wet and the fire wasn't making much heat, Porter said.

Smokehouse members and guests sometimes burn open fires in a large room next door for ceremonial gatherings but not Tuesday.

The seowyn faith is practiced by Coast Salish tribes throughout the region. The winter ceremonial season typically runs from just after Thanksgiving until March. Teachings and ceremonial activities in the smokehouses are private.

Tribal members visit from reservation to reservation during the winter, and it's not unusual for a Puyallup tribal member to become initiated at Swinomish. James had family ties there.

Once suppressed by the federal government, and today protected by 1978 federal civil-rights legislation, the gatherings have long been core to tribal life. The Swinomish people have occupied the land that includes their reservation for thousands of years, and they have always practiced the winter ceremonies.

Initiation into seowyn is not unlike a kind of baptism. Initiates of any age are called babies, because they are beginning a new way of life.

Tribal members enter the smokehouse for many reasons, from gaining a sense of belonging to kicking a drug or alcohol habit.

"People are seeking help and they are turning to the spiritual teachings of their people to seek wellness," said Danita Washington, an elder in the oldest and largest smokehouse, at the Lummi reservation near Bellingham.

She said lives are turned around, and enriched every winter by the ceremonies, which at Lummi also date back to time immemorial.

Her smokehouse helped bring the tradition back to other tribal communities, where it had been lost because of forced assimilation.

A doctor on the reservation and 911 were called as soon as tribal members realized James had collapsed, said Brian Cladoosby, chairman of the Swinomish tribe.

"If we could have prevented it, we would have. We didn't realize he had such a high fever, or we would have taken appropriate measures, it just happened so fast," Cladoosby said.

Tribal police and the county medical examiner investigated the death, and will forward the findings to the FBI, a routine procedure.

"We have to pray for the family members that lost this individual, and we offer first and foremost, our condolences," Cladoosby said. The smokehouse season is continuing, albeit with one less member.

"This will carry on," Cladoosby said. "It is like someone having a heart attack in a Catholic or Pentecostal church. Life goes on."

Reprinted with permission from the Seattle Times



- 3/ 1 Edith Marie Palmer
- 3/ 3 Alice Charles
- 3/ 3 Jillian Harene Wolf-John
- 3/ 3 Rachel Louise Morris
- 3/ 3 Jason Owen Paul
- 3/ 4 Sheri Naomi Chagnon
- 3/ 4 Alice C. Topaum
- 3/ 5 William L. Washington
- 3/ 5 Marlita Nanette John
- 3/ 5 Derek Anthony Damien
- 3/ 5 Marvin Roger Archuleta
- 3/ 5 Keith David Perry
- 3/ 6 Andrea Mia Wilbur
- 3/ 6 Donna Jean Charles
- 3/ 6 Mailee Athena Marie Nguyen
- 3/ 7 Joshua Johnston
- 3/ 7 Herbert Franklin Murchison
- 3/ 7 Gertrude Jacqueline Damien
- 3/ 7 Barbara A. White
- 3/ 7 Marco Damien
- 3/ 8 Sarah Anne Cook
- 3/ 8 Jeffrey Craig Moore
- 3/ 9 Velma Suzette Cayou
- 3/10 Claude Anthony Wilbur, Jr.
- 3/10 Ace Cory Baker, Jr.
- 3/11 Jamie Nicole Damien
- 3/11 Alta R. Cassimere
- 3/12 Javaughn Bill
- 3/12 Levi Donald Paul
- 3/12 Ishmael Malik Joseph Villaluz
- 3/13 Jennifer Nahleen McAbee
- 3/13 Carol John
- 3/13 Bettina Vivian Louise Joe
- 3/13 Jenieva Leemarie Tom
- 3/14 Larry Kenneth Bill
- 3/14 Phillip Roland Morris
- 3/15 Clara Rose Seward
- 3/16 Dianna F. Paul

- 3/17 Jeff Patrick Shongutsie
- 3/17 John Phillip Cayou, Jr.
- 3/17 Eva Bea Porter
- 3/17 Alfonso Joseph Sampson
- 3/17 Dave William Johnston
- 3/18 Adam Michael Day
- 3/18 Warren Henry Fornsbey
- 3/19 Jaydin Robert Lee Frederick Eagleheart-Clark
- 3/19 Raymond Kanim Williams, Jr.
- 3/19 Kailee Lynette Elain Merian Perry
- 3/19 Nellie Angelina Edge
- 3/19 Douglas Anthony Bill
- 3/20 Rudy Paul Vendiola
- 3/21 Isaias Martin-Jose Guzman
- 3/21 Larry Wm. Campbell, Jr.
- 3/21 Kaleb John Parker
- 3/21 Cheyenne Marie Weatherby
- 3/22 Tandy Wolf Wilbur III
- 3/22 Sabrina Maria Joe
- 3/22 Ariel Lapointe
- 3/22 Taylor Shae Edwards
- 3/22 Elijah David Nguyen
- 3/23 Emily Angela Mae Jimmy
- 3/23 John Carl Grossglass III
- 3/23 Richard J. Cayou, Jr.
- 3/24 Phyllis Audrey McCoy
- 3/25 Donald J. F. Damien III
- 3/27 Siomi Lee Bobb
- 3/27 Bruce Thomas James, Sr.
- 3/28 Clayton Charles Day
- 3/29 Brent Jason Bobb, Jr.
- 3/29 Arthur Roderick Billy, Sr.
- 3/30 Alex Stewart
- 3/30 Brenda Elizabeth Williams
- 3/31 Raymond Mitchell
- 3/31 Roberta Ann Cladoosby

Submitted by Swinomish Enrollment

**HAPPY 5TH
BIRTHDAY JAMIE!**



Jamie Nicole Louise Damien

**We love you so much!
Mom, Dad and Family**

**HAPPY 3RD
BIRTHDAY JAYDIN!**



**Lots of Love from
your family!!**

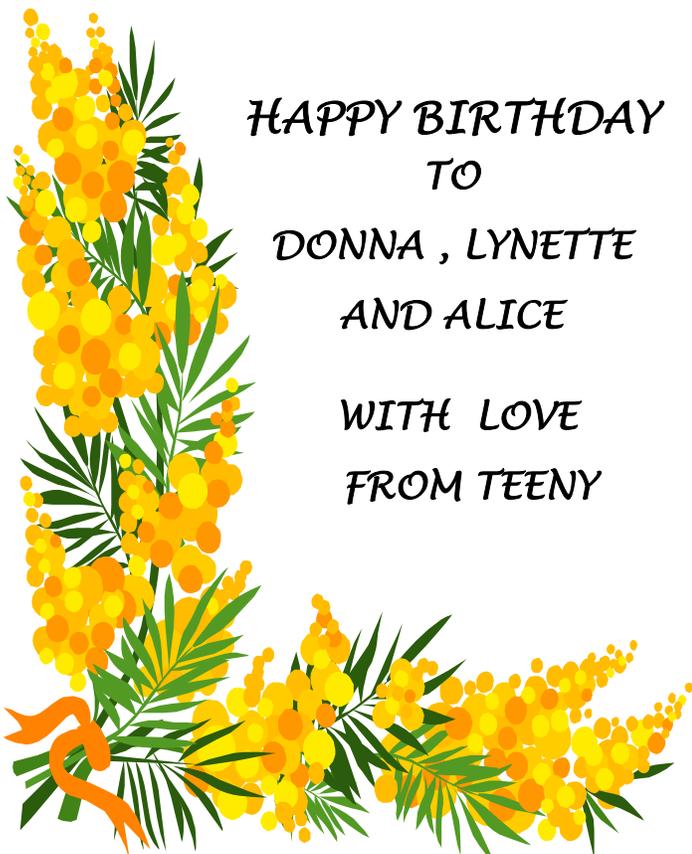
**HAPPY BIRTHDAY
TO
DONNA , LYNETTE
AND ALICE
WITH LOVE
FROM TEENY**

Happy 32nd Birthday!

Donald Damien III



**From your loving
wife Melissa and
all the kids ♡**



EDUCATION

A report on the:

Pathways for Native American Students in Higher Education Conference, February 17-18, 2010

By Diane Vendiola

This conference focused on the challenges/resources to getting higher education that are faced by our young people, educational institutions and tribal communities.

The first workshop I attended was **Generational Resilience: Strategies for Reproducing Success in Native College Students**. I believe that what I learned about how to reproduce and/or enhance our kids' educational success is important to me as a grandmother, as well as many of my friends and relatives who have kids in school and want for our young ones the best opportunities in life available to them. **This is what I want to share with all of you.**



Diane Vendiola

“Native population is young and growing: nearly one-half of our entire population is under 18.” (PATHWAYS for Native Students: A Report on Washington State Colleges and Universities, Page IV of Executive Summary). Changes in federal policy promoting tribal self-governance in diverse areas is now resulting in a growing need for our people to pursue post high school education and training.

Educational Attainment Levels & Median Annual Earnings of 25-64 year old American Indians (Average, 2005-2007)

For Washington State:

Less than High School	High School Graduate	Some College No Degree	Associate's Degree	Bachelor's Degree	Graduate or Professional Degree
\$16,021.	\$20,890.	\$29,246.	\$34,639.	\$36,557.	\$51,958.

(Excerpt from **PATHWAYS for Native Students: A Report on Washington State Colleges and Universities**)

In the **Generational Resilience Workshop**, I learned that we, as tribal communities, need to identify strategies for our communities and educational institutions to work together in order to enhance the persistence of our people as they step forward to gain more education. Thankfully, our leadership at Swinomish and the La Conner School District meet every month already. So our tribal leaders have started the dialogue.

Persistence Factors Identified in Workshop Research:

1. **Strong exemplars and valuers of educational pursuit in family, extended family, community and leadership.**
2. **Educated/trained mentors as highly skilled role models interacting with students on a day to day basis.**
3. **Students are guided and supported by mentors, educators, family, and community to define clear educational goals.**
4. **Institutional support and collaboration with our tribal community's issues regarding student success.**
5. **Provide opportunities for students to broaden understanding and to participate in diverse learning experiences within and without the tribal environs.**
6. **Collaborative efforts between Tribal leadership and institutions, as well as inter-tribally to share, facilitate, support and/or enhance vehicles to learning within the Tribal community and in the context of rich tribal history.**
7. **Encourage and support positive family influence and high expectation for our young people and ourselves.**

Swinomish Education - La Conner Schools



**Director,
Tracy Edwards**

towards@swinomish.nsn.u

Two New Para-Pros at Middle School

Please welcome our two new para-pros. **Randall Cook**, a former Swinomish recreation director, has accepted the middle/high school para-pro position here at Swinomish. His wife is Lenora Cook, and they have three wonderful kids: Jonah, Anna, and Sarah. Randall is an enrolled Hualapai tribal member from California. He has a Bachelors and a Masters Degree and has volunteered numerous hours with many organizations such as Boys & Girls Club, Immaculate Conception Catholic Church and school, and the AIDS Walk. **Jill Rohrs** has accepted the other middle/high school para-pro position. She has a husband and teenage twin boys. She has a Bachelor of Arts degree with Kindergarten through 8th grade teaching

certification. Some of Jill's teaching experience includes: managing the Mt. Vernon Sylvan center, training as an Outdoor Experiential Educator, mentoring, teaching summer school, and she is a member of Leadership Skagit. The Swinomish Education Department is excited about welcoming both Randall and Jill, and we believe they will work very hard to support our students here at the La Conner School District.



Jill Rohrs



Randall Cook



Attendance for January 2010



Elementary

Perfect Attendance:

Elijah Adams
Isaiah Adams
Krista Bailey
Alexis Bobb
Kalona Casey
Tredamas Casey
Brett Cayou
Henry Cayou
Yuanissa Cayou
Zanetta Cayou
Ryan Charles
Ajay Damien
Terrence Fornsbys
Cynthia George
Aaron Jack
Isiah James
Chad John
Jordan Johnston
Joreen McDonald
Arianna Murchison
Mary Lou Page
Claudia Parker
Briana Porter

Elijah Porter
Jeanette Quintasket
Shawn Sam
Alex Stewart
Alicia Topaum
Cheyenne Weatherby
Lanita Williams
Rylee Williams
Only missed 1 day
Arjuna Adams
Kahneesa Casey
Benjamin Cayou
Jahrel Cayou
Jasmine Cayou
Boyce Charles
Tyler Day
Cincerrae Grossglass
Hannah Grossglass
Claudia Jack
Janel Jack
Haley James
Quentin Kaubin
Scottie Miller
Michael Paul
Andrea Sampson

Tiffany Sampson
Dylan Stone
Hunter Williams
Jeremiah Williams
Demonte Wolf-John
Only missed 2 days
Allen Bill
Roger Clark
Raven Edwards
Darren George
Merissa George
Madeline Jack
Collin Joe
Shannen John
Edmond McCoy
Blaine Navasie
Daniel Rapada
Grover Topaum
Middle school
Perfect attendance
Alex Cayou
Olivia Cayou
Mariah Clark
Thomas Day

Asiah Gonzalez
Isaias Guzman
Logan James
Wil James
Terry Jimmy
Brendon Kasayuli
Corrina Kaubin
Collin LaPointe
Danika McCoy
Natalie Misanes
Joe Quintasket
Kenneth Revey
Lavannah Shongutsie
Ashlee Siddle
Darrell Williams
Kiana Williams
Only missed 1 day
Siomi Bobb
Jarrette Cayou
Kaitlyn Cultee
Matt Damien
Taylor Edwards
Wayne Fornsbys
Sydney James

Emily Jimmy
Carol John
Isabelle Keo
Only missed 2 days
Lakiesha Bird-Rice
Cillastina Edge
Kendall Edwards
Cordell Manibusan
Aubrey Stewart
Austin Stewart
High School
Perfect Attendance
General Cayou
Leila Clark
Hilary Edwards
Jamall James
Landelin James
Taysha James
Alana Quintasket
Dianne Quintasket
Only missed 1 day
Christian Johnston
only missed 2 days
Martin Sampson

SUSAN M. EDWARDS-WILBUR EARLY EDUCATION CENTER



Infant Child Care Available Soon

We are currently in the process of preparing our center to provide child care for infants. We have not yet been approved to begin this service, but are looking forward to this happening soon.

Swinomish Child Care
466-7276 or 466-7329

Do you need this service? Please come by the center ASAP and pick up an information packet, as there are limited slots available.

We will need your name, contact information and hours of care needed. This will be the only way we know you are interested in this service.

Applications will be available when we are licensed to accept infants. Thank you! *Child Care Staff*



Above, fourth grader Brett Cayou reads to Robbie George while other reading pairs find comfortable places to sit for story time at right. La Conner Elementary School coordinated with the Early Education Center to bring the students together

Photos: Jeanne Robson

How do you know spring is on its way?



Brandon Damien:
"Because I like yellow flowers!"



Chloe Mae Edwards:
"All kinds of birds come out!"



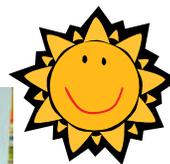
Cincerrae Grossglass:
"I like spring because you get to play in the pool at Auntie Donna's!"



Kalikano Adams:
"It's getting hotter out!"



Dakota Damien:
"You get to play outside!"



Joslin James:
"Because of hearts!"



Joyce Jack:
"Because my Daddy brings me cookies!"



Northwest Indian College @ Swinomish



Gaylene Gobert, Site Manager

ggobert@nwic.edu

360-466-4380

**REGISTRATION IS MARCH 2
CLASSES BEGIN APRIL 6TH**

Northwest Indian College Board of Trustees Vacancies; Positions Open to Extension Site Communities

Letters of interest and resumes are being accepted to fill the Board of Trustees'

Positions 4, 6 & 7. These positions have three-year terms. Interviews will occur after letters of interest are reviewed by the current Board. The new board members' terms will begin following the offer and acceptance of the position.

Each board member shall be a recognized member of a participating Northwest Indian tribe and shall be selected for his/her qualities of industry, responsibility, honesty, integrity and judgment. These positions are reserved for community members of the Lummi Nation and other participating sites of Northwest Indian College. A majority of the seven (7) voting Northwest Indian College members will be recognized members of the Lummi Nation. Members or employees of the Lummi Indian Business Council may also be members of the Board of Trustees; however, this group may not constitute a majority of the membership. Board members shall not have contractual, employment or financial conflict of interest with the College. The Board regularly meets on the 1st Wednesday of each month and at other times as needed. The College provides partial reimbursement for expenses incurred for conducting college business.

QUALIFICATIONS – All appointed members of the Board of Trustees must meet the following qualifications:

- Must be at least eighteen (18) years of age at the time of appointment; and
- Must not be an employee of the College; and
- Must not have a conflict of interest arising from any Lummi Nation, state or federal law regarding his or her appointment; and
- Must not have been convicted of a felony within five (5) years preceding the date of appointment; and
- Must have a sober lifestyle, refraining from excessive or inappropriate

use of alcohol and abstaining from all illegal drug use.

DUTIES AND RESPONSIBILITIES - Northwest Indian College Board of Trustees is the governing body and shall be responsible for the operation and management of the College. The college offers post-secondary educational opportunities, including vocational, academic, adult, continuing, cultural, recreational and in-service education leading to appropriate certificates and degrees for the Lummi Nation as well as other participating Northwest Indian communities. The college will be responsible for providing management for the enterprise, funding for the enterprise and seeing that it operates in a sound, economic and educational manner. The college shall establish overall operating policies for the enterprise and shall enforce strict adherence to such policies as well as their charter.

TERM OF OFFICE – The term of office of each Board member shall be three (3) years, provided that he/she shall be appointed to positions with terms staggered as follows: The term of office of the LIBC member shall coincide with that member's term as appointed by LIBC. Following completion of the current terms of members appointed prior to 2001, all new members of the Board (other than the LIBC member) shall have three (3) year terms.

APPLICATION PROCESS – Interested individuals should submit a current Resume, Letter of Interest, which states their qualifications and contact information, and a Letter of Recommendation from an unrelated community member to: LIBC Human Resource Department or the President's Office at Northwest Indian College.

Current member of the Board of Trustees are as follows:

- Position 1 Julie Johnson,
- Position 2 Jana Finkbonner,
- Position 3 Levi Jefferson,
- Position 4 Kristin Kinley (until position is filled), and
- Position 5 Sandy Finkbonner.

Positions 4, 6 & 7 are open.



This is the new NWIC logo. It was officially changed in 2009.

ADULT BASIC EDUCATION AND GED PREPARATION

A new ABE/GED teacher has been hired! Mrs. Virginia Bill will take charge of the Swinomish GED Program before the beginning of NWIC's spring quarter. "Ginny" is the daughter of Swinomish member Lottie Sampson, and granddaughter of Mary Moore Sampson Willup. Her father, Earl A. Picard, is a Colville member whose military career led the family to the Tacoma area where she was raised. Ginny has been involved with education all of her adult life. She received her teaching license at Pierce College and has worked in public schools, tribal schools, adult education and college settings. Ginny has years of experience helping people achieve their educational goals. She and her husband Wayne, SITC's "H.R. Dude," have a daughter, Nadine, who teaches for NWIC, and a son, Craig, who works in Olympia with our state legislators. Please stop by the college and welcome Virginia Bill. If you are a past, present or future GED student, now's your chance! Remember, the GED will be re-written for 2011, so it's a good time to finish up or get it done.



Virginia Bill



Sergeant George Smith

How I Became a Police Officer

I am past the half-century mark in life, and over half of that I have been a law enforcement officer.

I grew up with a deep respect and love of the outdoors. I have been hunting and fishing ever since I can remember. My life started in the state of Virginia, and many of you may not consider that as a place where there would be a lot of outdoor activity. When I was growing up, I did live in the city, but most of my family originally came from mountain country. The Blue Ridge Mountains are an amazing and wonderful place. Although it's within an hour or so of Washington DC, there are still trout streams and mountain lions, black bears, wild turkeys, and white tail deer. I don't remember much of city life, but the memories of the mountains and wild life are still strong. Other interesting things are nearby like the Smithsonian Museum, Lincoln Memorial, Capitol Building, Washington Monument and the White House. All of those things were part of my early life and gave me a deep respect for both my country and nature; two things which I believe are closely tied together.

So, how did I get out here to the great state of Washington? Like so many families these days, my parents divorced. I was one of five children, and suddenly we lived with our mother. Both of my parents and grandparents were still part of our lives. I don't think we lacked for love or support. Mom remarried, and we got lucky as our new stepdad adopted all five of us right away. Yep, he was in the Navy, but the cool thing was his parents had homesteaded land in the north-east corner of Washington State, across the river from the little town of Lone, WA. As kids we were turned over to Grandma Smith and ranch life. Man, is that the life we all need to experience. Milk a few cows in the morning. Feed the hogs. Then have most of the rest of the day to ride horses off into the forest, living on berries and hand caught trout from beaver pond spillways you dammed up while out for the day on horseback. We had to make it back to the ranch in time for evening milking before dinner. Ok, once in a while you paid the price by having to buck hay all day.

Then, when it got too hot to work, we would back Red-bird (our cutting horse) out into the Pend Oreille River and swim onto him. You could tickle his flanks with your toes, and he would buck you off into the river like having a diving board.

It's just a little bit hard to get into trouble with your time being spent like that. I believed my mom when she said if I got into trouble not to call her because she would not be coming to get me out. I also had too much respect for my parents to let them down that way. Oh by the way, did I mention that I was the oldest of the five kids? I was constantly being told to set an example for the other kids.

About high school age I really got involved with the salt water and boats. I had purchased my first boat at age ten with money I saved from mowing lawns and working in my grandpa's garden. It was a ten-foot john boat that

Mom would cart to the local lake, so my brothers and I could catch little sunfish and perch. Once I got to the Pacific Northwest, the salmon would lure me out in bigger boats and bigger water. After high school, I took some boat-building classes, and worked for a few boat yards in La Conner and Anacortes. I wanted to try the Coast Guard, so I talked to a recruiter and joined the Coast Guard Reserve. I went to boot camp in Alameda, California. It was August, all my hair was shaved off, and I got sunburned ears doing drills. I went for a dual rating of Boatswain's Mate/ Port Security. That was my real first taste of law enforcement. Port Security duties involved inspecting port facilities and vessels like tankers and freighters. The Boatswain's duties involved piloting the Coast Guard's small boats. I learned navigation and different vessel handling characteristic. Towing and maritime law issues were also part of that job. I did that for a few years as a reserve while commercial fishing in Alaska and down here some.

"If you meet the qualifications and could be sponsored by the Tribe, the police academy is still trying to fill classes."

Don't ask me to help you hang a net, because I have already forgotten how to do it.

During a particularly bad year of fishing, I decided to give my interest in law enforcement a go, so I applied at several local agencies. I tested with Island County Sheriff's Dept., Skagit County Sheriff's Dept., and the Anacortes Police Dept. They were all hiring at the time. I had a few college classes under my belt, but fortunately you only needed to have a high school diploma and no disqualifying criminal record. I was still young enough to pass the physical portion of the testing. I remember back then, it was a test to see if you were strong enough to lift a beer keg into and out of the trunk of a patrol car. Then you had to pass a grip test which measured your hand strength (pulling those nets by hand in Bristol Bay didn't hurt any there). There was also a running test. Well, I passed them all, and off to the Police Academy I went. Back then it was only three months long, instead of five. Academy was kind of like boot camp. Your weapon and uniform are inspected almost every day. You learn all the applicable state and federal laws. You practice officer skills like traffic stops, domestic disputes, crime scene investigations, evidence handling, and emergency vehicle operation (EVOC). Needless to say, there is a lot to learn and get really good at. I have been very blessed to have experienced everything I have in my career. I started as a patrolman. I then went into forest patrol/search and rescue. Back then, there three times as many gravel roads in the

Skagit County forests as there were paved roads. After that I spent ten years or more as a detective, working everything from burglaries, to homicides and arsons, to undercover drug work. I finished by spending the final five years with the Skagit County Sheriff's Office working in the town of La Conner. Many of you saw me at the La Conner School zone in the morning and afternoon when you were picking up your children. It was during my last year in La Conner when officers from your department began talking to me about coming to work here for you. I know you have an outstanding police department working for you. I have seen, and continue to see, many things happening in this police department that are going to be firsts in the state and probably across the nation. I have always had it in my heart to help people, and I consider that the main satisfaction I get from my work.

I would like to take this opportunity to invite any Swinomish Tribal member with the desire to serve their community in a law enforcement capacity to come see us. There is a police reserve academy starting soon at Skagit Valley College. If you meet the qualifications and could be sponsored by the Tribe, the police academy is still trying to fill classes.

Sgt. George Smith

Swinomish Police Department

NEW OFFICER SWORN IN



Newest Swinomish Police Officer Denny Naumec was sworn in by Swinomish Senator Steve Edwards on February 9, 2010. The swearing in took place in the police department training room.

Officer Naumec comes to Swinomish after serving for the Bellevue Police Department.



Officer Denny Naumec



March 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Boys & Girls Varsity Basketball - State 2B Spokane Arena	4 Boys & Girls Varsity Basketball - State 2B Spokane Arena	5 Boys & Girls Varsity Basketball - State 2B Spokane Arena	6 Boys & Girls Varsity Basketball - State 2B Spokane Arena
Mid-Winter break March 3, 4, 5						
7	8	9	10	11	12	13 10:00AM Boys Varsity Baseball - League Jamboree @ Concrete
14	15	16 3:30 PM Girls Varsity Softball 3:30 PM Boys Varsity Baseball 3:30 PM & Co-ed Golf @ Rainier Christian School	17 3:30PM Girls Varsity Softball VS. Quilcene HS 3:30PM Boys Varsity Baseball VS. Quilcene HS 3:30PM Coed Varsity Golf VS. Highland Christian Schools	18 3:00PM Coed Varsity Golf VS. Lopez Senior HS 3:30PM Girls Varsity Softball VS. University Preparatory Academy 3:30PM Boys Varsity Baseball VS. University Preparatory Academy	19 TBA Coed Varsity Track @ Friday Harbor High School	20 10:00AM Girls Varsity Softball - League Jamboree @ La Conner
21	22 3:30PM Coed Varsity Golf @ Grace Academy	23 TBA Coed Varsity Golf @ Friday Harbor High School 4:00PM Girls Varsity Softball VS. Concrete HS 4:00PM Boys Varsity Baseball VS. Concrete High School	24	25 3:30PM Coed Varsity Track @ Grace Academy 3:30PM Coed Varsity Golf @ Highland Christian Schools	26 3:30PM Girls Varsity Softball @ Darrington High School 3:30PM Boys Varsity Baseball @ Darrington High School	27
28	29	30	31 4:00PM Boys Varsity Baseball @ Seattle Lutheran High School	Spring Break March 29, 30, 31		



Junior Cheerleaders in the Air!

photo: Amylynn Richards



Jeanette Quintasket and Kalona Casey
photo: Lanessa Edwards

LA CONNER SCHOOL SPORTS PAGE



photos: Lanessa Edwards



Every year La Conner Senior High School cheerleaders hold a cheer camp for junior cheerleaders. They performed at half-time on the last Friday night in January. A few of the future cheerleaders included Jamie Damien, Cincerrae Grossglass and fellow cheerleaders (above); Chloe Edwards and Kennedy Miller (upper right); Joreen McDonald and Emily Montoya (right). Thank you Teresa James!

photos: Amylynn Richards



La Conner Middle School Girls!

- Coach Loran James**
- Corrina Kaubin**
- Mariah Clark**
- Cassie Salas Sam**
- Siomi Bobb**
- Natalie Misanes**

photo: Sandy Wilbur-Bobb

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2010 Sobriety Dinner

APRIL 28
5:30 PM

Call or email Mary Cayou @ 466-7218
mcayou@swinomish.nsn.us

to place your vote for the recipients of the
Joe Dunn Inspirational Recovery

Recognition*

and the **Elder's Inspirational Sobriety**

Recognition**

*See the Sobriety Dinner Announcement for details

**55 years and above

*don't forget to vote
by March 31st*



Attorney James Jannetta

COURT RULES SAMISH IS NOT A TREATY TRIBE

On December 12, 2009, the federal Ninth Circuit appeals court upheld a ruling that the Samish Indian Nation is not a treaty tribe and cannot exercise treaty fishing rights. The ruling came in a sub-proceeding of the treaty fishing rights case, *U.S. v. Washington*.

Thirty years ago, before the Samish gained federal recognition, the federal courts ruled that the Samish Indian Nation was not a treaty tribe because it did not maintain a political connection with the Samish group that signed the treaty. After it obtained federal recognition, Samish sought to reopen that decision. The district court ruled that Samish could not do so, and the Ninth Circuit agreed. As a result the Samish Indian Nation has no treaty fishing rights.

Seven treaty tribes, including Swinomish, opposed Samish. This case is important to Samish. Not only would Samish have shared in the treaty right, but it was also claiming to be the only successor to the treaty Samish. If that argument succeeded, Swinomish would have lost a part of its treaty rights and U&A.

The Ninth Circuit heard the case *en banc*, which means that it involved 11 judges instead of the normal three. All 11 of the judges joined the decision against Samish. The decision also overturned an earlier case that indicated the Samish might be able to become a treaty tribe.

Samish is expected to petition for Supreme Court review, but that petition is unlikely to be granted.

Jim argued the case in the Ninth Circuit on behalf of the seven tribes opposing Samish.

2010 Sobriety Awards
Vote by March 31st



2010 Annual Sobriety Dinner
April 28th

New to Social Services

If you haven't met Amy in the Early Education Center, you can find her in the Social Services building. She is working part-time in the 2nd floor office which used to house Northwest Indian College. Amy is continuing the Second Step classes for 4th graders and the Teen Group on Tuesdays for middle schoolers which started in the fall.

ATTENTION YOUTH!!

4th grade Second Step: WED. 4:00-5:00 PM

Middle School Teen Group: TUES. 5:00-6:00

Youth Center Teen Room

FOOD, PRIZES AND FUN!

Coming to these groups will give you a chance to win a Touch IPod at the end of the school year!

Be one to help keep our community safe!



Amy Freeto
Education and Social Services
Second Steps and Teen Group

MEDICAL CLINIC

Cheryl Rasar, Director crasar@swinomish.nsn.us



Know the signs and symptoms of stroke

- F** - Face—uneven smile facial droop or numbness, sudden change in the way you see
- A** - Arm and leg- weakness, numbness, difficulty walking
- S** - Speech—slurred, wrong words or unable to speak
- T** - Time—Call 911 immediately

Do you know the signs and symptoms of a stroke?

“Stroke “ or “Brain Attack” is an Emergency that occurs when a blood vessel in the brain is blocked by a clot or bursts.

Remember to act **FAST** and call 911 if you have new symptoms or see someone else having them.

Then, check the time so you know when the first symptoms started

By calling 911, the Emergency Medical System (EMS) sets a chain of actions in motion. The hospital is notified a stroke patient is on the way and special teams are mobilized

What are the treatable risk factors for stroke?

High Blood Pressure. Know your blood pressure. It should be lower than 120/80.

Transient ischemic attacks (TIAs). Tia is a “warning stroke,” sometimes called a “mini-stroke”.

Tobacco use. Cigarette smoking is the No. 1 preventable risk factor.

High blood cholesterol. A high level of cholesterol in the blood is a major risk factor.

Physical inactivity and obesity. At least 30 minutes total on all or most days of the week.

Carotid or other vascular disease

Heart disease

Diabetes



Dr. Barbara Clure, MD

SIGNS OF A HEART ATTACK

The first hour of a heart attack is known as the golden hour. If you get help within this hour, you are more likely to recover.

If you are experiencing chest pains or think you're having a heart attack, do not hesitate to call 911. Physicians recommend getting emergency help immediately if you experience

one of these symptoms for two minutes or more:

- Pressure or fullness, squeezing or pain in the center of chest.
- Pain spreading to shoulders, neck and arms
- Severe pain
- Sudden weakness
- Dizziness
- Fainting
- Sweating
- Nausea or shortness of breath

For those with angina, any change in frequency, duration or intensity of the attacks or symptoms that don't respond to nitroglycerine.

Not all of these warning signals occur in every heart attack. A delay in getting medical help can be deadly.



Quileute to receive apology for MSN.com's 'Twilight' video

By Paige Dickerson
Peninsula Daily News

LAPUSH -- MSN.com is set to offer a public apology to the Quileute tribe today for a video shot on

Stephenie Meyer Weekend in September that showed unapproved filming on the reservation -- including

scenes of the cemetery and graves, said tribal spokeswoman Jackie Jacobs.

Jacobs said she was first alerted to the video on Nov. 12 -- just two days before she and tribal council members left for the Los Angeles premiere of "The Twilight Saga: New Moon."

"It was such a bittersweet trip because I found out just two days before, and I knew I would be going to this huge celebration and would have to sit down and tell the council about it," Jacobs said.

"I couldn't really reiterate verbally or adequately convey what those images were like."

The film crew shot images of the Tribal Council building, totem poles, First Beach, the Senior Center and the Quileute Cemetery.

The film was set to dark music -- described by Jacobs as "macabre" -- and was filmed in an amateur documentary style.

Grave of chief

Repeatedly zooming in and out on a grave of a Quileute tribal chief -- whom Jacobs did not name -- also added to the dark, suspenseful nature of the short film.

"As a native woman, I was astounded and sick to my stomach -- especially knowing I was the person who would have to tell the family about this," Jacobs said.

When Jacobs spoke with MSN on Nov. 12, it took the video down within minutes, she said.

Jacobs said the filmmakers had contacted the Forks Chamber of Commerce for permission to film points of interest for a virtual Twilight tour. Meyer is the author of the Twilight series; she was not associated with the MSN project.

Jacobs said no one at the tribe was contacted for permission to film on the reservation. "Anyone who is conducting business on our sovereign nation should go through the proper channels," she said. Her contact information as well as the tribal numbers appear on the web site www.quileutenation.org, she said.

Pain and suffering

"This situation has caused an enormous amount of pain and suffering to the Quileute Nation as a whole, but especially to the descendants of the Quileute chief," she said.

"An apology will never erase that hurt. "Besides heartbreak, I was in shock and perplexed that an organization that presents itself as culturally sensitive and aware to indigenous people's plights all over the world could make such an egregious choice in their own backyards."

Jacobs said the tribe plans to work with MSN, which will produce a series of educational videos that the tribe can use to teach about its culture.

"We need to use the situation as an educational opportunity to teach the world how to conduct themselves when visiting a sovereign nation," said Carol Hatch, Quileute tribal chairwoman. Among the etiquette guidelines the tribe posted on its site <http://www.quileutenation.org/indian-countryetiquette> is: "Burial grounds and religious ceremonies are sacred and are not to be entered."

"You can't really erase these situations," Jacobs said. "But you can utilize it as an educational platform."

Reporter Paige Dickerson can be reached at 360-417-3535 or at paige.dickerson@peninsuladailynews.com.



Tammy Cooper Woodrich
Vocation Rehabilitation
Counselor



North Intertribal Vocational Rehabilitation (NIVRP)

Based at: Stillaguamish Tribe of Indians
P.O. Box 277

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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.

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Bellingham Office 1-360-671-7626 Wed.-Friday 8:30-4:30

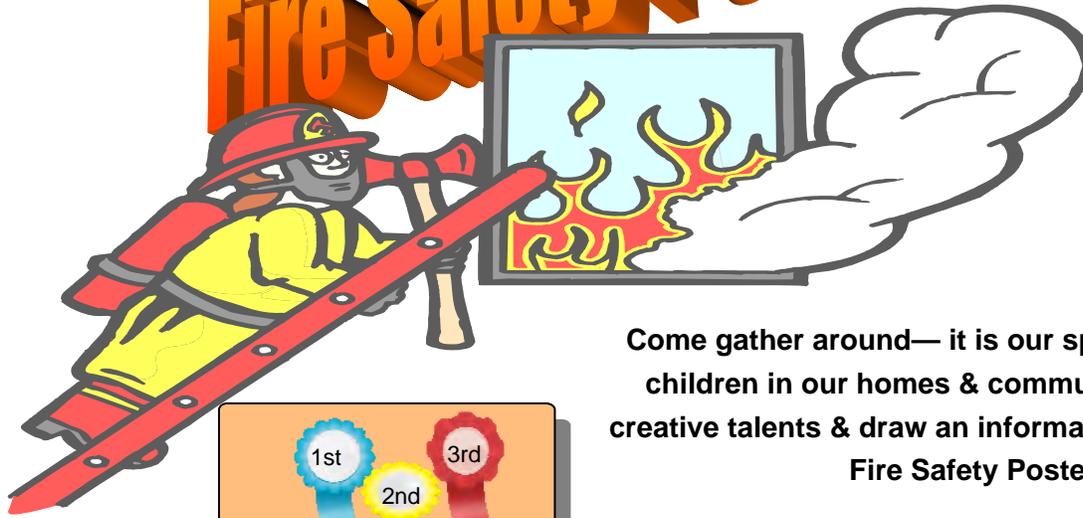


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Fire Safety Poster Contest



Come gather around— it is our special time for the children in our homes & community to use their creative talents & draw an informative & enlightening Fire Safety Poster.

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!**

CASH PRIZES for 1st, 2nd & 3rd place winners in each age category! !

Every participant will get a \$5 Gift card!

Fire Safety Poster Workshops will be announced! Come see Robin Carneen if you want a 2010 Contest Certificate entry form, contest rules & details!

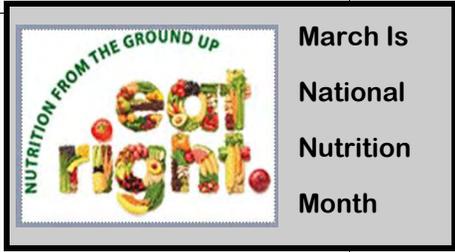
This form needs to be completed & attached to each entry, when it is turned in.

- ◆ All entries must be original and created by the child using crayons, markers or paint. Please do not use pencils.
- ◆ Posters must be drawn horizontally on 8.5" x 11" paper.

- ◆ All submitted posters must illustrate a 'fire safety' theme.
- ◆ Children in kindergarten through the 8th grade during the 2009 -2010 school year are eligible to participate (only one entry per child).
- ◆ Category Grades (K – 3) / (4 – 6) / (7 - 8) Fire Safety Poster workshops TBA!!



SENIOR CENTER LUNCH MENU - MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1 Ham Cheese Sandwich Split Pea Soup/ Crackers Oranges	2 Chicken Rice Casse- role Rolls Broccoli & Carrots Jell-O with Fruit	3 Spaghetti Meat Sauce Whole Wheat Noo- dles Whole Wheat Bread Green Salad	4 Eggs & Bacon Pancakes Bananas/Berries Vegetable Juice Yogurt	5
8 Cheeseburger Lettuce/Tomato Baked Beans Grapes	9 Pork Roast/Gravy Mashed Potato/Roll Carrots Applesauce	10 Lentil & Ham Soup Whole Wheat Rolls Pears Nut Bread	11 Baked Fish Rice Corn Melon Slices	12
15 Tuna Sandwich Vegetable Soup/ Cracker Apple	16 Baked Chicken Rice/Rolls Carrots & Green Beans Pears	17 Corned Beef Cabbage/Potato Biscuits Sliced Peaches	18 Sausage Gravy Biscuit/Toast Sliced Tomato/ Cucumber Sliced Melon Cottage Cheese	19
22 Cheese Sandwich Chicken Noodle Soup Green Salad Orange	23 Shepherd's Meat Pie Rolls Fruit Salad	24 BBQ Fish Red Potato/Rolls Carrots Berries	25 Roast Turkey/Gravy Stuffing/Potatoes Green Beans Jell-O with Fruit	26
29 French Dip Sandwich Coleslaw Grapes	30 Hamburger/ Vegetable Soup Biscuit/Roll Banana	31 Chicken Adobo & Rice Broccoli/Cauliflower Pineapple Slices Cottage Cheese/ Yogurt		



Yoli Says, "Let's make beaded spiral bracelets!"

When: **March 4th, 2010** Time: **1:00 PM to 4:00 PM**

Where: Senior Center

Supplies will be provided for you.

Please come and join Yoli and have fun!



SWINOMISH WELLNESS PROGRAM

Committed to treating alcohol/other dependencies and supporting wellness in our community.



Heather Bryson
 Director
 hbryson@swinomish.
 nsn.us

MARIJUANA (CANNABIS)

Marijuana (grass, pot, weed) is the common name for a crude drug made from the plant Cannabis Sativa. The main mind-altering (psychoactive) ingredient in marijuana is THC (delta-9-tetrahydrocannabinol), but more than 400 other chemicals also are in the plant. A marijuana "joint" (cigarette) is made from the dried particles of the plant. The amount of THC in the marijuana determines how strong its effects will be. The type of plant, the weather, the soil, the time of harvest, and other factors determine the strength of marijuana. The strength of today's marijuana is as much as ten times greater than the marijuana used in the early 1970s. This more potent marijuana increases physical and mental effects, and the possibility of health problems for the user. Hashish, or hash, is made by taking the resin from the leaves and flowers of the marijuana plant and pressing it into cakes or slabs. Hash is usually stronger than crude marijuana and may contain five to ten times as much THC. Pure THC is almost never available, except for research. Substances sold as THC on the street often turn out to be something else, such as PCP.

Marijuana is the most readily available and widely abused illicit drug on reservations; it is also the primary illicit drug for which Native Americans seek treatment, according to the latest data available from Indian Health Service (IHS). Over the past 5 years, the number of Native Americans seeking treatment for marijuana abuse at IHS facilities has almost doubled.

What are some of the immediate physical effects of smoking marijuana? Some immediate physical effects of marijuana include a faster heartbeat and pulse rate, bloodshot eyes, and a dry mouth and throat. No scientific evidence indicates that marijuana improves hearing, eyesight, and skin sensitivity. Studies of marijuana's mental effects show that the drug can impair or reduce short-term memory, alter sense of time, and reduce ability to do things which require concentration, swift reactions, and coordination, such as driving a car or operating machinery.

Are there any other adverse reactions to marijuana? A common bad reaction to marijuana is the "acute panic anxiety reaction." People describe this reaction as an extreme fear of "losing control," which causes panic. The symptoms usually disappear in a few hours.

What Are the Short-Term Effects of Marijuana Use? For some people, smoking marijuana makes them feel good. Within minutes of inhaling, a user begins to feel "high," or filled with pleasant sensations. THC triggers brain cells to release the chemical dopamine. Dopamine creates good feelings—for a short time. But that's just one effect.

THC Impacts Brain Functioning: THC is up to no good in the brain. THC finds brain cells, or neurons, with specific kinds of receptors, called cannabinoid receptors, and binds to them. Certain parts of the brain have high concentrations of cannabinoid receptors. These areas are the hippocampus, the cerebellum, the basal ganglia, and the cerebral cortex. The functions that these brain areas control are the ones most affected by marijuana. For example, THC interferes with learning and memory—that is because the hippocampus—a part of the brain with a funny name and a big job—plays a critical role in certain types of learning. Disrupting its normal functioning can lead to problems studying, learning new things, and recalling recent events. The difficulty can be a lot more serious

“ . . . the majority of youth entering drug abuse treatment reported marijuana as their primary drug abused.”

than forgetting if you took out the trash this morning, which happens to everyone once in a while.

Smoking Marijuana Can Make Driving Dangerous. These THC effects can cause disaster on the road. Research shows that drivers on marijuana have slower reaction times, impaired judgment, and problems responding to signals and sounds. Studies conducted in a number of localities have found that approximately 4 to 14 percent of drivers who sustained injury or death in traffic accidents tested

MARIJUANA (CONTINUED)

positive for delta-9-tetrahydrocannabinol (THC), the active ingredient in marijuana.

Marijuana Use Increases Heart Rate Within a few minutes after inhaling marijuana smoke, an individual's heart begins beating more rapidly, the bronchial passages relax and become enlarged, and blood vessels in the eyes expand, making the eyes look red. The heart rate, normally 70 to 80 beats per minute, may increase by 20 to 50 beats per minute or, in some cases, even double. This effect can be greater if other drugs are taken with marijuana.

Addictive Potential of Marijuana; Many people don't think of marijuana as addictive—they are wrong. In 2007, the majority of youth (age 17 or younger) entering drug abuse treatment reported marijuana as their primary drug abused. Marijuana increases dopamine, which creates the good feelings or "high" associated with its use. A user may feel the urge to smoke marijuana again, and again, and again to re-create that experience. Repeated use could lead to addiction—a disease where people continue to do something, even when they are aware of the severe negative consequences at the personal, social, academic, and professional levels. Marijuana users may also experience a withdrawal syndrome when they stop using the drug. It is similar to what happens to tobacco smokers when they quit—people report being irritable, having sleep problems, and weight loss—effects which can last for several days to a few weeks after drug use is stopped. Relapse is common during this period, as users also crave the drug to relieve these symptoms.

What are the dangers for young people? One major concern about marijuana is its possible effects on young people as they grow up. Research shows that the earlier people start using drugs, the more likely they are to go on to experiment with other drugs. In addition, when young people start using marijuana regularly, they often lose interest and are not motivated to do their schoolwork. The effects of marijuana can interfere with learning by impairing thinking, reading comprehension, and verbal and mathematical skills. Research shows that students do not remember what they have learned when they are "high". Recent research has shown that the ability of a group of long-term heavy marijuana abusers to recall words from a list remained impaired for a week after quitting, but returned to normal within 4 weeks. The good news is that the indication some cognitive abilities may be restored in individuals who quit.

Does marijuana affect the human reproductive system?

Some research studies suggest that the use of marijuana during pregnancy may result in premature babies and in low birth weights. Studies of men and women may have a temporary loss of fertility. These findings suggest that marijuana may be especially harmful during adolescence, a period of rapid physical and sexual development.



How does marijuana affect the lungs? Scientists believe that marijuana can be especially harmful to the lungs because users often inhale the unfiltered smoke deeply and hold it in their lungs as long as possible. Therefore, the smoke is in contact with lung tissues for long periods of time, which irritates the lungs and damages the way they work. Marijuana smoke contains some of the same ingredients in tobacco smoke that can cause emphysema and cancer. In addition, many marijuana users also smoke cigarettes; the combined effect of smoking these two substances creates an increased health risk.

Can marijuana cause cancer? Marijuana smoke has been found to contain more cancer-causing agents than is found in tobacco smoke. Examination of human lung tissue that had been exposed to marijuana smoke over a long period of time in a laboratory showed cellular changes called metaplasia that are considered precancerous. In laboratory tests, the tars from marijuana smoke have produced tumors when applied to animal skin. These studies suggest that it is likely that marijuana may cause cancer if used for a number of years.

How are people usually introduced to marijuana? Many young people are introduced to marijuana by their peers - usually acquaintances, friends, sisters, and brothers. People often try drugs such as marijuana, because they feel pressured by peers to be part of the group. It is important to teach our children how to say no to peer pressure to try drugs. Parents can get involved by becoming informed about marijuana and by talking to their children about drug use.

continued next page →

WELLNESS PROGRAM



go for it! Sobriety Dinner 2010

It's that time of year again when the planning of the Sobriety Dinner is in "**full steam ahead**" mode. The dinner is scheduled for **Wednesday, April 28th @ 5:30 PM**. It will be held in the gym. All community members are invited to attend and celebrate the sobriety of many tribal members.

The dinner is a time to recognize recovering individuals that have given back to the people and contributed to the enrichment of Swinomish Tribal Community. In 2008 the "Joe Dunn Inspirational Recovery" recognition was established to honor those folks. It is an admirable recognition. The recipient of this award is chosen by the votes of all interested tribal members.

The Sobriety Dinner Planning Committee has chosen to include an additional recognition category. This will be known as the "Elder's Inspirational Sobriety". This will be an acknowledgement of an elder who has passed on their message of sobriety to younger folk. This person is someone that we can look to and know our lives are better because they chose a path of sobriety.

All tribal members are invited to vote. Rather than send out paper ballots, it has been determined that call-in or email voting might be easier (*and greener*) for all community members to participate in. Mary Ellen Cayou has agreed to record the votes. Please call (466-7218) or email her mcayou@swinomish.nsn.us to submit your votes. Every person may submit one vote for each honor. The deadline for voting this year is March 31st. The Sobriety Dinner Planning Committee will tally all the votes on April 7th at the dinner planning meeting.

We look forward to seeing you at the celebration. It looks to be another great year!

Mary Cayou (466-7218) mcayou@swinomish.nsn.us

continued from previous page

What is marijuana "burnout"? "Burnout" is a term first used by marijuana smokers themselves to describe the effect of prolonged use. Young people who smoke marijuana heavily over long periods of time can become dull, slow moving, and inattentive. These "burned-out" users are sometimes so unaware of their surroundings that they do not respond when friends speak to them, and they do not realize they have a problem.

How long do chemicals from marijuana stay in the body after the drug is smoked? When marijuana is smoked, THC, its active ingredient, is absorbed by most tissues and organs in the body; however, it is primarily found in fat tissues. The body, in its attempt to rid itself of the foreign chemical, chemically transforms the THC into metabolites. Urine tests can detect THC metabolites for up to a week after people have smoked marijuana. Metabolites stay in the systems of daily users for a considerably longer period of time.

How can I tell if my child or a friend is using marijuana? Sometimes it's difficult to tell. Some possible signs are: change in behavior, an inability to remember things that just happened, having red, bloodshot eyes, a lack of motivation or interest in doing things they may have enjoyed at some time. These are but a few of the signs to look for. More information can be obtained by going to <http://drugabuse.gov>. You can also contact any of the counselors at the Swinomish Wellness Program.

If you have any questions or concerns about marijuana use or abuse, please stop by and have a confidential visit or give us a call @ 360-466-1024.

Our hours are:

Monday through Thursday

8:00 AM - 12:00 PM and 1:00 - 6:00 PM

We look forward to serving you.

Research Group from UW to Study Substance Abuse at Swinomish

Research Partnership with the UW's Alcohol and Drug Abuse Institute (ADAI): Message from the Researchers

In 2008, the Swinomish Tribal Senate approved a research partnership with the ADAI, and we are honored to have this opportunity to work with the Swinomish Indian Tribal Community. Through focus groups and key stakeholder interviews, our goals are to learn about community strengths and resources, and how to best promote good health and wellness in your community by addressing substance use and abuse. We are committed to working respectfully with all of our partnering communities, and our research involves collaboration with the community at each step. Our ADAI research group is also working with a number of other tribes in Washington State to evaluate issues around substance abuse

and behavioral health, and to assist communities in providing community-driven interventions.

Our ADAI team includes Dennis Donovan, Lisa Rey Thomas, and Sandra Radin. The ADAI is a multidisciplinary research center at the University of Washington. Its mission is to support and facilitate research and research dissemination in the field of alcohol and drug abuse. At our website, <http://depts.washington.edu/adai/>, you will find extensive information, publications, and reports such as Opiate Substitution Treatment in WA and Drug Court Options for Juveniles, and can join our mailing list or learn about training and conference opportunities in the area. We hope to meet you soon! Please call Sandra Radin for more information: (206) 543-5013.



Our Community Our Children

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

FOSTERING TOGETHER

Supporting Families in Becoming & Being Foster Parents

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

CONTACT:

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

Fostering Together
A Program of
Olive Crest



Partnering with
WA State DSHS
Children's Administration

YOUTH CENTER (RECREATION, PREVENTION, WELLNESS)



Anna Young

Suicide Prevention

"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

~Mourning Dove Salish

March is Suicide Prevention Month here at the Swinomish Tribal Community's Prevention Program. Throughout Indian country there is a struggle with depression that can lead to the worst case scenario of a tribal member losing his or her life. To help prevent suicide, there are actions we can take to reach out and help. Many people have the misconception that asking someone if they are thinking about harming themselves is invasive and awkward. This is a natural feeling, but it does not prevent suicides. It is better to overcome our fears of socially offending the person, and ask the question, "Are you thinking about ending your life?" This is a proven method of prevention; most people who actually are experiencing thoughts of suicide will answer truthfully and tell you, "yes I am." You are then in a position to get that person the help they need.

The right thing to do is love and care for someone enough to ask the question about suicide. Then at least they will know one person is concerned for their welfare. There can always be exceptions to the rules, because we are all uniquely different. Sometimes people will have different ways of showing they are experiencing depression. There have been cases of elders who have lost their mates and can't see going on through life alone. A person who has shown signs of depression may indicate the thought of suicide by giving away possessions, especially cherished ones, and struggling with family gatherings. The case of elder suicides in Native communities is, fortunately, rare. This may be largely attributed to Native cultures valuing respect and cherishing elders. Non-native cultures have a higher rate of elder suicide due to different values sometimes placed on the elderly.

Throughout Swinomish there are many resources available for community members experiencing depression and thoughts of suicide. There is traditional spiritual help and a

list of services provided by the Swinomish Tribal Community. The numbers are listed for anyone to have as a resource if there is ever a concern of suicide. Statics found on Native suicide as a health issue are listed below. They outline the ages of suicides in Indian Country. It is time to start saving our communities from suicide and keep teaching traditional values that up lift our tribal members.

Don't be afraid to ask for help for yourself or if you know anyone who is struggling with suicide! The first step to saving a life is to be aware, ask the question and get help. The good news is suicide is preventable and once a person gets help the thought of suicide can be overcome. Keep walking in a traditional native life listen to your elders and make your community proud to be NATIVE!

Swinomish Tribal Referral Resources

1. 911 for Emergency or Immediate Help
2. Care Crisis Response -1800-584-3578
3. Family Services:
Tracey Parker: 466-7222
4. Father Jerry Graham: 466-5737
5. Medical Clinic: 466-7208 Barb Wasserman
6. Behavioral Health: 466-7265
Yoli: 466-7375
Diana: 466-2090
7. Police:
Chief Schlicker: 466-7237
Leneé Kelly: 466-7244
to be connected w/ an officer

Suicide among American Indians/Alaska Natives

The Centers for Disease Control and Prevention report that, from 1999 to 2001:

- ⇒The suicide rate for American Indians/Alaska Natives was 10.84 per 100,000, higher than the overall US rate of 10.75.
- ⇒Adults aged 25-29 had the highest rate of suicide in the American Indian/Alaska Native population, 20.67 per 100,000.
- ⇒Suicide ranked as the eighth leading cause of death for American Indians/Alaska Natives of all ages.
- ⇒Suicide ranked as the second leading cause of death for those from age of 10 to 34.

Anna was inspired to write about suicide prevention after attending the Feb. QPR training. For more information, inquire about QPR at the clinic or Youth Center, and watch for notices for more training dates.



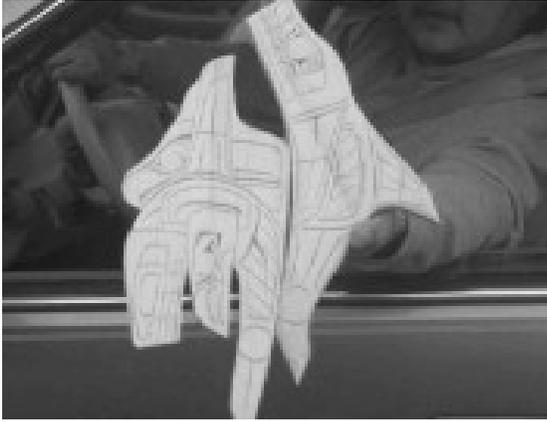
YOUTH CENTER CALENDAR

MARCH 2010



SUN	MON	TUE	WED	THU	FRI	SAT
<p>*Mid-Winter Break</p> <p>Activities to Be Announced*</p>	<p>1 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>2 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>3 No School Mid-Winter Break Youth Center Hours: 10am-6pm</p>	<p>4 No School Mid-Winter Break Youth Center Hours: 10am-6pm</p>	<p>5 No School Mid-Winter Break Youth Center Hours: 10am-6pm</p>	<p>6 A.A Speaker's Meeting</p>
<p>7 Daylight Savings Time Begins</p> 	<p>8 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>9 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>10 Youth Group 6:30 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>11 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>12 Youth Group Activity</p>	<p>13</p>
<p>14</p>	<p>15 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>16 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>17 Youth Group 6:30 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>18 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>19 Youth Group Activity</p>	<p>20</p>
<p>21 General Council Meeting</p>	<p>22 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>23 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>24 Youth Group 6:30 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>25 Arts & Crafts 3-6:30pm Gym Floor Activities 3-6:30pm Open Gym 7-9pm</p>	<p>26 1/2 Day of School Youth Center Hours: 10am-6pm</p>	<p>27</p>
<p>28</p>	<p>29 No School Spring Break Youth Center Hours: 10am-6pm</p>	<p>30 No School Spring Break Youth Center Hours: 10am-6pm</p>	<p>31 No School Spring Break Youth Center Hours: 10am-6pm</p>	<p>*Spring Break Activities to be Announced*</p>		

COMMUNITY ARTS



Frank Campbell Carvings (see page 41)



Quentin Edwards by Katie Bassford



Eagle and Raven by Patricia Breckenridge



Swinomish Channel by Katie Bassford

Olympics, by Katie Bassford

2011 Canoe Journey Update

Announcing the new coordinator for the 2011 Canoe Journey, Aurelia Washington. Aurelia is an enrolled Swinomish tribal member who formerly worked in our TERO department before moving to Lummi and working for the Silver Reef Casino. As our Canoe Journey Coordinator, her primary responsibilities include planning and directing staff and volunteers during the hosting of the 2011 Canoe Journey here at Swinomish. In addition, initial tasks will include planning meetings with the Youth Center staff, the Public Works Department, the Planning Department and other SITC staff. This is a big undertaking, and the Journey is only 16 months away! Welcome Aurelia!



Aurelia Washington

Anyone interesting in participating should contact Aurelia at 360-853-6376.

What: 2011 Canoe Journey Final Landing
Where: Swinomish Indian Tribal Community
When: Week of July 24 through the 31st, 2011

Monthly meetings are held on the 3rd Wednesday of every month in the Susan Wilbur Early Learning Center Education classroom.

This event will take many hands to make a reality. We invite anyone who's interested to come and join in this important undertaking for Swinomish. Your ideas, talents, and enthusiasm would be most welcome!

NEXT MEETING: March 17, 2010

A Special Thank You Note

Gus Stone, Jr. (Memorial)
 February 13, 2010

The whole family, would like to thank everyone who helped us in the memorial for our late father, Gus Stone, Jr.

Thank you for all the homemade items, quarter bags, give-aways, blankets and quarters. Thank you for every one that helped us gather all the Indian foods: deer meat, elk, clams, fish, duck, and oysters. We appreciate all the help you have given our family; it was a great turn out. A special thank you to the Veterans, to Fisheries for donating the fish and clams, to Aurelia Washington, Lori Ann Cayou, and Beth Montoya for seeing us through our memorial; they were a big help for us. We love you all; God bless you, and if we left out anyone, please forgive us.

Thank You All,
 "The Stone Family"

"Keep That Native Radio Going ON!" ~Robin Carneen~

NAMAPAHH First People's Radio

is hosted and produced by Robin Carneen, an enrolled member of the Swinomish Indian Tribal Community. Topics include-Native American news, views & music & you can listen online at (archives too!):

www.blogtalkradio.com/NAMAPAHH_Radio

NAMAPAHH stands for: Native American Multi-media; Activism; Performance/poetry; Art;Health/Humor/History. NAMAPAHH's links: MYSPACE!

<http://www.myspace.com/namapahh> &
<http://www.myspace.com/nativeradio4all>

Facebook:<http://www.facebook.com/robin.carneen>

Twitter me:<http://twitter.com/NAMAPAHH1>

Got a new music release? Press Kit? Want to be on the show?

Robin Carneen c/o NAMAPAHH First People's Radio

PO Box 1551 La Conner, WA 98257 Email:

robin.carneen@gmail.com

Call me for times &

dates of radio shows or get on my email or Facebook mailing list

" LENA the Rez Dawg invites you to listen too!"





PROTECT MOTHER EARTH



CEAG UPDATE

In February, CEAG members and advisors continued their self-evaluation by reviewing the goals accomplished since starting in August 2009 and ideas for **planning ahead**.

Plans for a **closer collaboration** with the **tribal youth services programs** were discussed. Caroline Edwards will help spearhead this effort as the CEAG Youth Programs liaison. We are so proud of her for stepping up to do this exciting work!

Steve Edwards has agreed to be involved as a Youth Services Program advisor to CEAG, and has attended the CEAG self-evaluation sessions to get informed and network. **In collaboration with youth services, we hope to launch the following programs this year:**

DigiDreams - Is a Native digital story-telling training geared toward teaching youth how to create powerful digital stories about their lives and the environment. Technology requires the use of free software! *(It's a wonderful compliment to the multimedia work of Native Lens).*

North Cascade Institute - WILD Program - Is a program that takes youth out into the wilderness to connect with other youth to learn natural environment, team building and leadership.

It's Cool Campaign - The purpose of this Puget Sound Energy program is to raise awareness about energy consumption and to provide tips for people to reduce their energy footprint and save on electric bills.

Energy Saving bulbs are on the way!



SPOT LIGHT

Did you know that the typical U.S. family spends about \$1,900 a year on home utility bills? Unfortunately, a large portion of that energy is wasted. Each year, electricity generated by fossil fuels for a single home puts more carbon dioxide into the air than two average cars. To learn more about U.S. Department of Energy programs in energy efficiency and renewable energy, visit the Office of Energy Efficiency and Renewable Energy's web site at www.eere.energy.gov,



PROTECT MOTHER EARTH



WHAT YOU CAN DO

To reduce your carbon footprint:

- ☼ Right in your own home, you have the power to reduce energy demand, and when you reduce demand, you cut the amount of resources, like coal and gas, needed to make energy—that means you create less greenhouse gas emissions.
 - ☺ Use compact fluorescent light bulbs with the ENERGY STAR® label.
 - ☺ Wash only full loads of clothes and hang dry.
 - ☺ Wash only full loads of dishes and air dry (*turn-off dry cycle on dishwasher*).
 - ☺ Turn off your computer and monitor when not in use.
 - ☺ Plug home electronics (TVs, DVD player, etc), into power strips; turn the power strips off when the equipment is not in use.
 - ☺ Lower the thermostat on your hot water heater to 120°F.



PROTECTORS OF MOTHER EARTH!

This month we're honored to feature Josephine Finkbonner for planting seeds to grow her garden. Now is the time! Growing your own food combats global warming since it greatly lessens emissions for transporting store bought foods, composting keeps food waste out of landfills, plus fresh veggies help keep the family healthy!

Congratulations!



For more information on the Climate Change Initiative, please contact:

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

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



Swinomish Water Resources Program

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

COMPACT FLUORESCENT LIGHT BULBS (CFLS): FRIEND OR FOE?

Recycling & Mercury



Find out the real environmental costs of using — or not using — CFLs. Learn about disposal options and what to do if a CFL breaks.

Compact Fluorescent light bulbs (CFLs) and Mercury

Mercury is a necessary element in the process of fluorescent lighting; it allows the bulbs to be an efficient light source. Because CFLs contain trace amounts of mercury, it is important to educate yourself on proper use, recycling and disposal of these products.

The facts about CFLs and mercury

- Because CFLs use less electricity than traditional light bulbs, they reduce demand for electricity; that reduction means less mercury is emitted from power plants.
- CFLs contain a very small amount of mercury — an average of 4 milligrams in each bulb.
- No mercury is released when the bulbs are intact or in use.



CFLs and energy efficiency

CFLs use 75% less energy than traditional light bulbs. If every home in America replaced just one incandescent light bulb with an ENERGY STAR qualified CFL, we would save enough energy to light more than 3 million homes and prevent greenhouse gas emissions equivalent to that of 800,000 cars. And even though CFLs contain a small amount of mercury that could ultimately end up in the environment, that amount is significantly less than the amount of mercury avoided as a result of the energy savings.

Recycling and Disposing of CFLs

Like any other product containing potentially hazardous materials that you use in your home, CFLs come with special instructions. Consumers can contact their local municipal solid waste agency directly, or go to www.epa.gov/bulbrecycling or www.earth911.org to identify local recycling options.

For more information about CFLs, visit <http://www.energystar.gov/cfls>

For more information about CFLs and mercury, visit <http://www.energystar.gov/mercury>



Swinomish Water Resources Program

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11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

CLEANUP AND DISPOSAL GUIDELINES FOR COMPACT FLUORESCENT LIGHT BULBS (CFLS)

How should I clean up a broken fluorescent bulb?

1. Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

2. Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass fragments and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass pieces and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

3. Clean-up Steps for Carpeting or Rug:

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

4. Clean-up Steps for Clothing, Bedding, etc.:

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

5. Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

6. Future Cleaning of Carpeting /Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.



Swinomish Water Resources Program

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TIDE TABLE - APR '10

for **LONE TREE POINT & SNEE-OOSH**, N.SKAGIT BAY in feet Mean Lower Low Water (MLLW)

Date	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Thu 01		01:32 3.95 ft	07:04 11.43 ft	13:56 -1.26 ft	20:41 11.06 ft		6:48	19:40
Fri 02		02:22 4.88 ft	07:41 10.95 ft	14:39 -1.22 ft	21:37 10.83 ft		6:45	19:42
Sat 03		03:14 5.66 ft	08:21 10.29 ft	15:24 -0.84 ft	22:38 10.49 ft		6:43	19:43
Sun 04		04:15 6.23 ft	09:06 9.53 ft	16:13 -0.23 ft	23:46 10.14 ft		6:41	19:45
Mon 05		05:34 6.52 ft	10:01 8.74 ft	17:08 0.50 ft			6:39	19:46
Tue 06	01:02 9.91 ft	07:20 6.35 ft	11:10 8.05 ft	18:10 1.17 ft		Last Quarter	6:37	19:48
Wed 07	02:12 9.86 ft	08:44 5.76 ft	12:34 7.64 ft	19:18 1.69 ft			6:35	19:49
Thu 08	03:04 9.92 ft	09:36 5.01 ft	13:58 7.64 ft	20:23 2.04 ft			6:33	19:51
Fri 09	03:40 10.01 ft	10:13 4.21 ft	15:10 7.95 ft	21:19 2.34 ft			6:31	19:52
Sat 10	04:06 10.10 ft	10:41 3.40 ft	16:09 8.41 ft	22:06 2.68 ft			6:29	19:54
Sun 11	04:28 10.20 ft	11:05 2.55 ft	16:58 8.93 ft	22:47 3.12 ft			6:27	19:55
Mon 12	04:48 10.31 ft	11:27 1.67 ft	17:41 9.43 ft	23:26 3.65 ft			6:25	19:56
Tue 13	05:10 10.41 ft	11:53 0.79 ft	18:22 9.91 ft				6:23	19:58
Wed 14		00:03 4.23 ft	05:34 10.46 ft	12:21 -0.03 ft	19:02 10.32 ft	New Moon	6:21	19:59
Thu 15		00:41 4.81 ft	06:00 10.45 ft	12:54 -0.74 ft	19:43 10.64 ft		6:19	20:01
Fri 16		01:20 5.37 ft	06:29 10.39 ft	13:30 -1.25 ft	20:27 10.80 ft		6:17	20:02
Sat 17		02:02 5.87 ft	07:01 10.25 ft	14:11 -1.54 ft	21:15 10.81 ft		6:16	20:04
Sun 18		02:47 6.29 ft	07:37 10.02 ft	14:55 -1.56 ft	22:08 10.69 ft		6:14	20:05
Mon 19		03:40 6.60 ft	08:20 9.66 ft	15:45 -1.33 ft	23:07 10.53 ft		6:12	20:07
Tue 20		04:44 6.70 ft	09:14 9.17 ft	16:40 -0.87 ft			6:10	20:08
Wed 21	00:12 10.44 ft	06:04 6.45 ft	10:28 8.60 ft	17:42 -0.25 ft		First Quarter	6:08	20:10
Thu 22	01:13 10.50 ft	07:27 5.69 ft	11:58 8.18 ft	18:48 0.45 ft			6:06	20:11
Fri 23	02:05 10.69 ft	08:34 4.49 ft	13:30 8.18 ft	19:55 1.18 ft			6:04	20:12
Sat 24	02:48 10.94 ft	09:25 3.04 ft	14:55 8.60 ft	20:59 1.94 ft			6:03	20:14
Sun 25	03:26 11.18 ft	10:09 1.53 ft	16:09 9.30 ft	21:57 2.73 ft			6:01	20:15
Mon 26	04:00 11.36 ft	10:50 0.14 ft	17:13 10.04 ft	22:52 3.56 ft			5:59	20:17
Tue 27	04:34 11.42 ft	11:29 -0.99 ft	18:11 10.69 ft	23:43 4.35 ft			5:57	20:18
Wed 28	05:08 11.32 ft	12:08 -1.76 ft	19:04 11.14 ft			Full Moon	5:55	20:20
Thu 29		00:34 5.06 ft	05:44 11.05 ft	12:47 -2.14 ft	19:54 11.37 ft		5:54	20:21
Fri 30		01:25 5.62 ft	06:21 10.63 ft	13:27 -2.14 ft	20:41 11.39 ft		5:52	20:22

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 REPORT

LONE TREE—BUTTERS sampled and analyzed for Paralytic Shellfish Poisoning (PSP) on 1/26/2010 were found to have NO TOXIN DETECTED.



Swinomish Water Resources Program

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

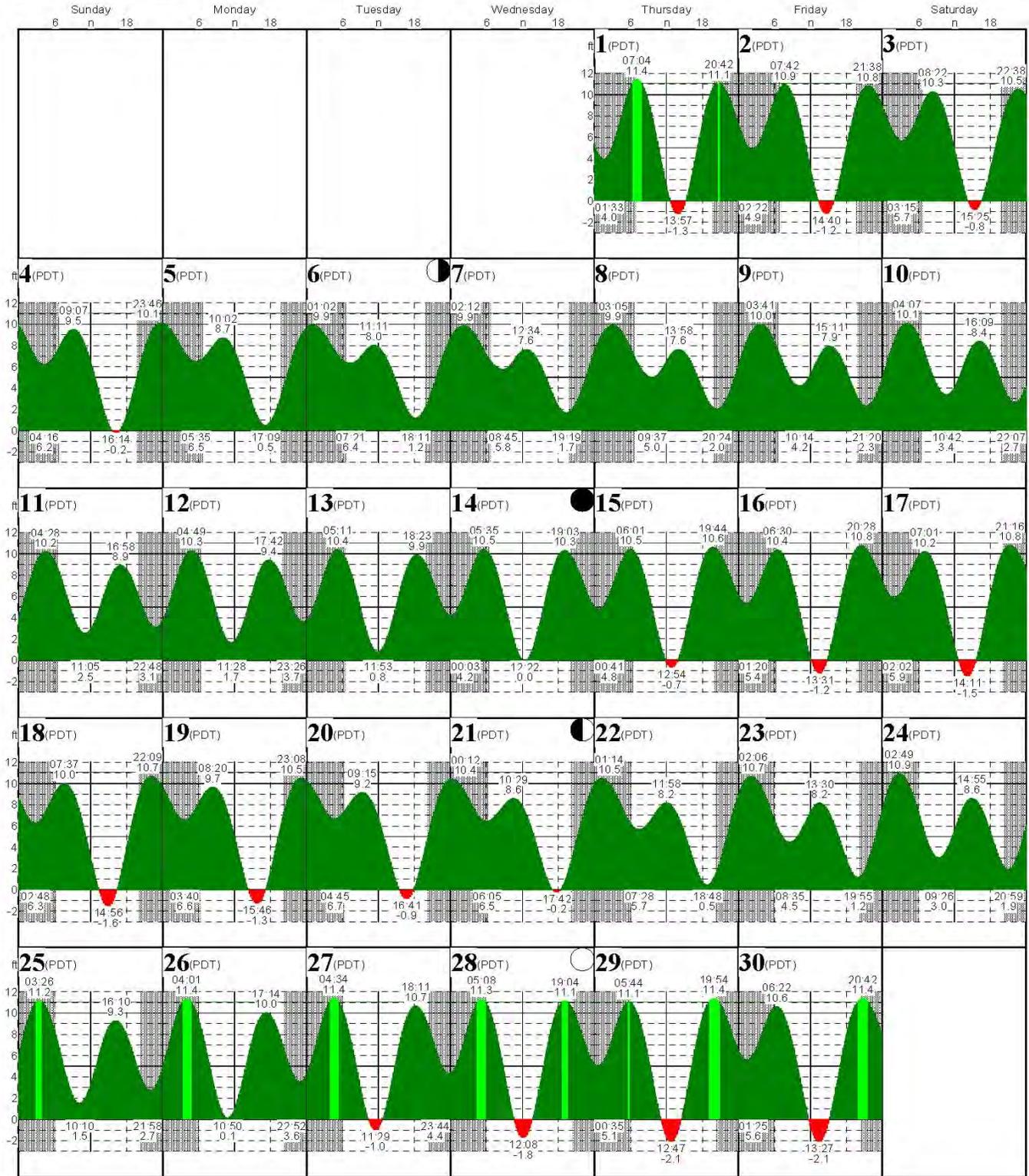
TIDE GRAPH APR '10 : LONE TREE POINT & SNEE-OOSH (ft MLLW)

For visual reference only—not as accurate as TIDE TABLE

Mean Range: 7.6 ft
 MHHW: 11.1 ft
 Mean Tide: 6.4 ft

April 2010

High April 1, 07:04:11.4 ft
 Low April 29, 12:47:-2.1 ft



Wedding Vows



**Russell & Harlene
DeCoteau**

Were married

February 14, 2010

Epiphany of Our Lord Parish Church
Lingayen, Pangasinan, Philippines

Russell is the son of
Jennifer G. Peters, Swinomish, and
Jackson W. Harvey.

Harlene is the daughter of
Alfredo and Genarda Manuel,
Philippines.

The couple plans to reside in Skagit
County following Harlene's graduation
for her teaching degree
in the Philippines.

**Congratulations
Russel and Harlene!**



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Blackfeet Artist

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Mr. Illg comes around occasionally and prefers faxed orders with his name on the fax. He has watches with the medals for the face in the above three designs. They are very nice! Call for a price list.

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**Deadline for the April issue of the
Kee Yoks is March 15th.**

**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

**F
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How I Learned to Mind My Own Business:

I was walking past the mental hospital the other day,
And all the patients were shouting, '13....13.....13.'

The fence was too high to see over, but I saw a
Little gap in the planks, so I looked through to see
What was going on.....

Some idiot poked me in the eye with a stick!

Then they all started shouting '14....14....14'...



Cowboy Poetry by Bill Jones

Jake, the rancher, went one day
to fix a distant fence.
The wind was cold and gusty
and the clouds rolled gray and dense.

As he pounded the last staples in
and gathered tools to go,
The temperature had fallen,
the wind and snow began to blow.

When he finally reached his pickup,
he felt a heavy heart.
From the sound of that ignition,
he knew it wouldn't start.

So Jake did what most of us
would do if we had been there.
He humbly bowed his balding head
and sent aloft a prayer.

As he turned the key for the last time,
he softly cursed his luck.
They found him three days later,
frozen stiff in that old truck.

Now Jake had been around in life
and done his share of roaming.
But when he saw Heaven, he was shocked --
it looked just like Wyoming !

Of all the saints in Heaven,
his favorite was St. Peter.
(Now, this line ain't needed
but it helps with rhyme and meter)

So they set and talked a minute or two,
or maybe it was three.
Nobody was keeping' score --
in Heaven time is free.

'I've always heard,' Jake said to Pete,
'that God will answer prayer,
But one time I asked for help,
well, he just plain wasn't there.'

'Does God answer prayers of some,
and ignore the prayers of others?
That don't seem exactly square --
I know all men are brothers.'

'Or does he randomly reply,
without good rhyme or reason?
Maybe, it's the time of day,
the weather or the season.'

'Now I ain't trying to act smart,
it's just the way I feel.
And I was wondering', could you tell me --
what the heck's the deal?!

Peter listened very patiently
and when Jake was done,
There were smiles of recognition,
and he said, 'So, you're the one!'

'That day your truck, it wouldn't start,
and you sent your prayer a flying,
You gave us all a real bad time,
with hundreds of us trying.'

'A thousand angels rushed,
to check the status of your file,
But you know, Jake, we hadn't heard
from you in quite a long while.'

'And though all prayers are answered,
and God ain't got no quota,
He didn't recognize your voice,
and started a truck in Minnesota .'



IT'S BEST TO KEEP IN TOUCH



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

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

FREE COMMUNITY EVENT

- 🌍 *Prepare to get your hands dirty!*
- 🌍 *E-Cycle - bring old TVs, computers & monitors to recycle for free.*
- 🌍 *Volunteers are invited to a traditional salmon lunch.*
- 🌍 *Participate in cultural activities, view educational displays, listen to traditional music.*

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





**SWINOMISH INDIAN
TRIBAL COMMUNITY**

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**March
is
National
Nutrition
Month**

Prevent Diseases, Eat Real Food

- Drink water several times a day
- Eat fish twice a week or more
- Eat nuts or peanut butter daily
- Eat dark green vegetables everyday
- Eat orange fruits and vegetables everyday
- Eat cooked dried beans a few times a week
- Eat 100% whole wheat bread, pasta, or box cereal daily
- Eat whole grain brown rice, oatmeal, or air popcorn daily
- Drink low fat milk twice daily or use calcium supplement
- Cook with olive oil

