

Swədəbš Kiyuuq^ws

SWINOMISH INDIAN TRIBAL COMMUNITY

Volume 45 Issue 10
OCTOBER 2011



"Moon of the Falling Leaves"

pedx^witx^witil

KEE YOKS *SINCE 1966*



Trick
or
Treat!



Kiyuuq^ws

The Seagull



An official
publication
of swədəbš

Swinomish Indian
Tribal Community

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Tandy Wilbur
Wolfe

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The Kiyuuq^ws
deadline to submit to the
November 2011 issue is
October 15TH

The Kiyuuq^ws

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This issue of the Kiyuuq^ws is
available on the Swinomish website.
<http://www.swinomish-nsn.gov/>

The on-line version of Kee yoks
is in full color.

Because we are now on the internet, when submitting information or photos, please be aware that everything published in Kee yoks will also be on the internet and available to the world. Please consider carefully whether anything you are submitting might have information or images that may not be appropriate for the internet. By submitting information or photographs to Kee yoks for publication, we consider that you are agreeing we can publish the information or photo in both the paper version of the Kee yoks and on the Swinomish Indian Tribal Community website.



"KEE YOKS Newspaper"

Cover : Haunted House By
Caroline Edwards

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Kiyuuq^ws Mission

The mission of the kiyuuq^ws newspaper is to provide monthly communication to swədəbš, the Swinomish Indian Tribal Community, near and far. We are committed to serving as an apolitical forum for SITC governing officials and all community members. The newspaper is not intended to reflect the official position of the governing body of the Swinomish Indian Tribal Community, but rather reflects the ideas, events, and thoughts of individual community members and tribal staff. As such, the Swinomish Tribe makes no claim as to the accuracy or content of any of the articles contained therein.

CHAIRMAN'S MESSAGE**BY BRIAN CLADOOSBY**

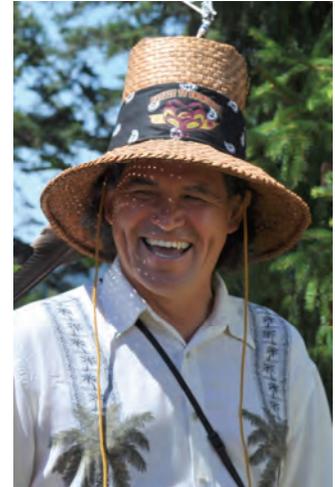
We have been blessed with a wonderful summer of good weather and fishing. Many of us spent the month of August on the beaches of Lone Tree, seining for pinks and silvers. My Uncle Kevin Day was a warrior on the beach with the young bucks. He is an elder who has lived his life crabbing, fishing and hunting. Both he and my Dad shared stories that took us back to the days when the beaches were full of families and their boats were overflowing with fish. This season was a memorable time and I am so happy the Creator provided a good salmon season for my community, crew and family.

September came around fast and our children put on their new backpacks and headed off to start the new school year. I walked by the kindergarten class and Mrs. Henderson created a mural on the wall entitled, "Paddle to School," and the children had their pictures in canoes, paddling together. A month later and our Tribal Journey is still reaching far and wide and touching our community around us. I wanted to express my gratitude to Ms. Hendrickson for raising the message of culture into her classroom.

Our greatest responsibility is to provide every educational opportunity for our children. We have partnered with La Conner Superintendent Tim Bruce and the La Conner School Board to ensure we support education programs and services. We appreciate the dedication of Janie Beasley for serving on the School Board and to Tracy James for her continued commitment to enhance the Education program so we may provide the best services for our members.

Just very briefly, let me share a few good directions we have moved in this past year. Currently we provide assistance through Para-pros to our elementary and high school students both in school and after school, and we are working with the State and the La Conner School District on a new curriculum that shares our Swinomish history, teachings and cultures, as well as the meaning of sovereignty. Our Senators have invested in school programs, educational outreach tools, sports and recreational activities to help our children succeed from pre-school to college. We have not stopped here, as sometimes our toughest obstacles are here at home. I raise my hands to our tribal members and teachers who continue to help one another. Helps comes in many forms and we have all shared in picking up a child to make sure they are not late for school, grabbing an extra breakfast or lunch meal, helping with school work, and at times just helping a child make it through a tough day. Swinomish will continue to improve the educational program for the future of our community.

In closing, as we gear up for a rainy and cold fall, we may want to remind ourselves to be good neighbors and reach out and offer assistance to our neighbors and family members. May the Creator bless you all.



Chairman Brian Cladoosby



BULLETIN BOARD

Fall Back Daylight
Saving Time!

Remember to set
your clock back one
hour at 2:00am on
Sunday

November 6, 2011

Spiritual Center Craft
Bazaar 2011



November 19, 2011

9:00am-5:00pm

* Rent Tables for \$30.00

Contact:

Laura Kasayuli

360-466-3900 or

Beverly Peter

360-466-7305

FROM THE SWINOMISH ELECTION BOARD!

Alternate Member position needs to be filled!

The Election Board is accepting letters of interest from anyone with all of the following qualifications:

- Enrolled member of the Swinomish Indian Tribal Comm.
- Age 21 or older
- Not currently a member of the Senate
- Resident of the Swinomish Reservation (as defined in Section 2- 01.050) OR employed by the Tribe
- Send letter of interest to Wendy A. Otto in Admin. or email to:
wotto@swinomish.nsn.us

**EDMONDS TECHNICAL
DIVING SERVICES**

ETDS

Interested in becoming a Commercial Harvester?

**Next Classes: August 1-5
September 19-23
November 14-18**

We can make you an experienced
SCUBA Diver & Harvester in five days!

**Darnell 425.785.1287 or
diveservice@aol.com**

**Surface Supplied Air
Full Diving Program**

“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.” — Dr. Seuss



Halloween Party!

When: Halloween Day
Monday, Oct. 31, 2011

From 6:00-9:00pm

Where: Swinomish Gymnasium

Costume Competition!

Games!

Appetizers, Beverages and Much
More!!!

THE FITNESS CENTER
PRESENTS
*
FITNESS FOR LIFE!
*
EARN INCENTIVES FOR
WORKING OUT~
*
WATER BOTTLES*
HATS*VISORS*T-SHIRTS*
TOWELS* SWEATSHIRTS
AND MORE!!
THERE WILL ALSO BE MONTHLY
DRAWINGS FOR PARTICIPANTS
STOP BY THE FITNESS CENTER TO
SIGN UP

ART'S ALIVE!

LA CONNER CELEBRATES 27 YEARS!

Art's Alive! celebrates 27 years in La Conner,
November 4-6, 2011.

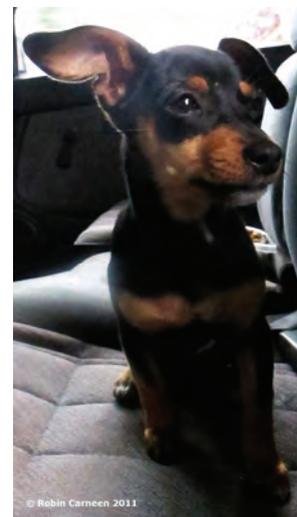
This town-wide reception features art, music, poetry and food; enjoy extended hours at over 50 galleries, shops, museums and restaurants. Opening night festivities include an artist's reception at Maple Hall and Civic Garden Club on Friday, November 4th, 5 - 9 PM with an \$8 admission, as well as ongoing activities throughout town. All Exhibits are open Friday noon-4, Saturday 10-5 and Sunday 10-4 – **Free Admission!**

To enter Sculpture, Painting, Photography, Jewelry, Quilting, or other media contact Pat Doran (360) 466-3365 or email www.laconnerartshows@gmail.com for an entry form.

Deadline to submit artwork is October 10, 2011

For more information contact the La Conner Chamber of Commerce

toll free at (888) 642-9284 or visit
www.laconnerchamber.com.



On Sept 12th, this little female dog was found following people in the Village. I am not sure what kind of dog she is: Dachs-hund or Chihua-hua? She is young, teething, and still has her baby teeth. She didn't have a collar when she was found down at the Housing Bldg. She followed one

of the water workers down from Squi-Qui neighborhood. I have sent an email around with her pictures & asked a few people who might own her, or know who she belongs to. My Mom Connie Allen has taken her in for now & will adopt her if no one claims her...for now she calls her "Shadow" and says she is very smart and sticks right to her, thus the name "Shadow". Please contact Connie if you own this cute dog or know who may. You can reach Connie at home at (360) 428-6858
Thank you, Robin Carneen

CERT TRAINING

OCTOBER ANNOUNCEMENT— CERTIFICATION OPPORTUNITY

The Swinomish Community is hosting a CERT training in October.

There is no cost to participate. The course will be held over a three week period at the Skagit County Fire District 13 - Hope Island Fire Station, located at 17433 Snee-Oosh Road.

The course will run from 6pm to 9pm on Mondays and Thursdays (two days a week) for three weeks beginning Monday, October 10 and ending Thursday, October 27. There is also a hands-on, practical disaster exercise for participants on Saturday, October 29 from 8am to 4pm. Space is limited.

Please contact Jim Sande by email at jsande@swinomish.nsn.us if you are interested in attending.

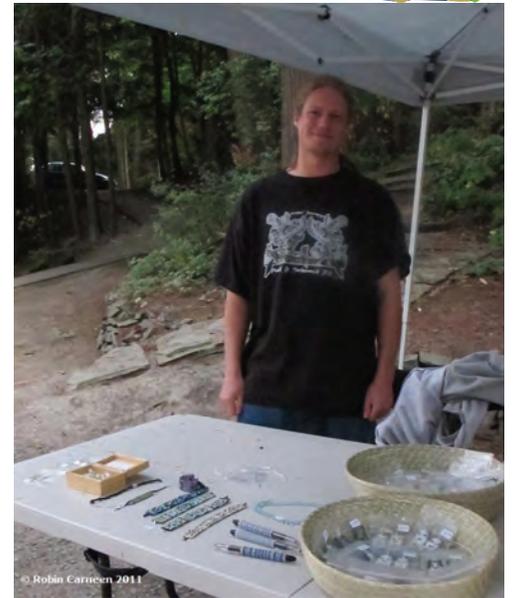


First Annual Music and Arts Festival in La Conner

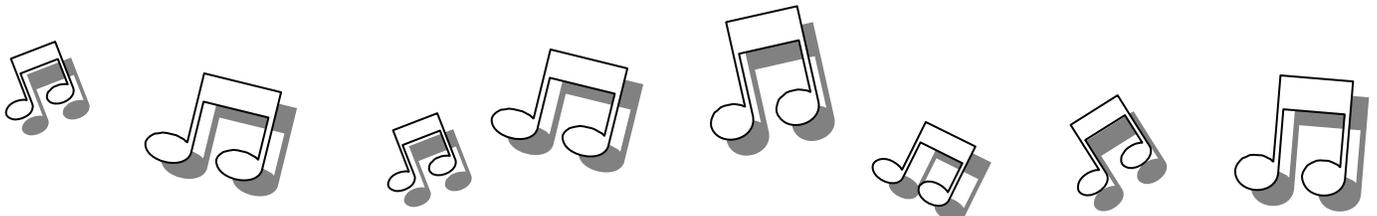


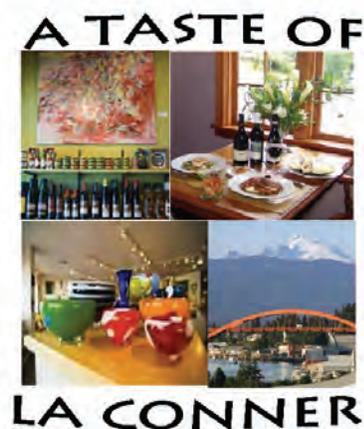
Laura Kasauli with June Mcloud.

The Music and Arts Festival in La Conner was held at the Pioneer Park next to the Rainbow Bridge, on September 17, 2011. Local artists show cased their artwork. While bands like *Folk Caribbean Steel Drum* played music along with some Blues in the mix. The goal of this festival was to inspire the cultural community of La Conner, and its surrounding community to build La Conner as the Culture Center of Skagit Valley. The Canoe Family also made an appearance at the art festival to perform their beautiful songs. It was a grey afternoon, but many people still gathered to enjoy the wonderful art cultural of La Conner.



Gregory Gustafson husband of Carrie Sams Gustafson





TASTE OF LA CONNER

The Taste of La Conner takes place on:

Friday, October 14, 2011 from 4:00 – *8:00 PM .

The participating eateries use fresh, local ingredients – offering something different and exciting each month.

Due to the popularity of this delicious and fun event, all tickets must be pre-sold by 5 pm the day of the event.

Tickets can be picked up at Will-Call or sent through the mail. Each guest can enjoy 5 tastes for \$25.00.

Participating in the July Taste:

- La Conner Seafood & Prime Rib House
- La Conner Pub & Eatery
- Waterfront Café
- Seeds Bistro
- Nell Thorn

YOU pick the route! A map is provided showing you where each stop is located. Last month tickets were SOLD OUT and October will be the last Taste until Spring 2012!

To purchase tickets or for more info, please contact the La Conner Chamber: www.laconnerchamber.com,

info@laconnerchamber.com or 360-466-4778.

FROM THE ASSISTANT EDITOR



Each month that moves by the Keeyoks department has to be two steps ahead in order to be on top of things. If you would like to submit an article, picture, birthday announcement, I would like to request that you submit them in a timely matter for our department to plug it into the computer so that we have time to print before each month.

The holidays are around the corner, and the clouds keep moving in. I hope that everyone enjoys their Halloween this year and I hope that the children enjoy trick or treating.

Sincerely, Caroline Edwards
Assistant Editor for the Keeyoks

"Every child is an artist. The problem is how to remain an artist once he grows up." — Pablo Picasso

SARVEY WILDLIFE CENTER
TEACHES STUDENTS ABOUT EAGLES



Two workers from the Sarvey Wildlife Center from Arlington came to the Swinomish Gym with two eagles; a male bald eagle and a female golden eagle. The children were anxious to be around the eagles, and were told to sit still and be very quite so that they didn't scare the two eagles. Everyone did their best to keep still but that was not easy because the students were ready to play in the gym. After the students were allowed to ask questions, they asked questions like, "which eagle flies faster?", and which eagle is stronger?" The students were able to line up and touch the talon of the golden eagle. This was a special moment because one of the wildlife workers told one of the Swinomish Youth workers that they have never let children do anything like that before.



The youth were lining up to touch the talon of the golden eagle.



Here, the students were asking questions about the two eagles that were present.



Sarvey Wildlife worker holding a bald eagle.



Finally, A New Skatepark in La Conner!!!



It has been a long wait for skateboarders of La Conner to be able to legally skate at a skate park on school campus. I can remember when I was in Middle School in 1998 & 1999, there were these group of boys who skated here on the Reservation because they would always get into trouble for trying to skate at school. Over ten years have passed since then, and a new generation has made it possible.

The opening of the new skate park located near the parking lot of the La Conner High School, was enjoyed by many skateboarders and people who supported the idea of building a new skate park. Hotdogs, chips, and pop were handed out during the Grand Opening.

Caroline Edwards

Paddle to Kindergarten

Loving, Learning, Caring and Sharing Together.



In the Kindergarten hall there are pictures above the cubby's where the children hang their coat and back pack, displaying the Kindergarten class paddling in canoe's, and the theme is Paddle to Kindergarten.

October is Domestic Violence Awareness Month

By Diane Vendiola

"To end violence against women and children in every community in America requires sustained focus and commitment from the Justice Department as a whole. Domestic violence is devastating not only for the immediate victims, but takes an enormous toll on each survivor's family, friends, co-workers, and community." (*United States Department of Justice Website*)

Violence in Native Communities

- * Associating violence with power intensified in Native communities after the advent of colonization. Along with this change came a shift in the concepts of women's roles, in particular defining women and children as property. This imbalance of power created a framework that allows domestic violence to be a common occurrence, affecting 4 million women every year.

DOMESTIC VIOLENCE

Definition: A pattern of assaultive, abusive, controlling, or coercive behavior including physical, sexual, spiritual, emotional, and psychological tactics, as well economic coercion that is used in effort to gain or maintain control or authority in an intimate relationship.

- * Domestic violence differs from other forms of violence in that the violence or threat of violence is used to maintain an intimate relationship through the abuse of power.

POWER & CONTROL — This model is based on a belief system in which an individual has control in a relationship and maintains that control through certain actions and behavior. These actions have an intent and purpose behind them. Physical violence is only one tactic used to maintain control. Other tactics may be:

- Economic abuse: making all financial decisions on how money will be spent,
- Intimidation: such as threatening to use physical force,
- Isolation: cutting off friends and family members from talking or visiting,
- Threats: threatening to take the children away if she leaves the relationship,
- Sexual abuse: forcing her to have sexual intercourse, particularly after a physical assault.

(Domestic Violence Awareness Project)

Hang a Purple Ribbon

Raise Awareness About Domestic Violence

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic violence, today has become one of the most widely recognized symbols of the battered women's movement – the purple ribbon.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic violence in their own and surrounding communities.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.

If you or someone you know is in an abusive relationship, call the National Domestic Violence Hotline at 800-799-SAFE (7233) or TTY 800-787-3224, or your local domestic violence program (listed below).

All help is FREE and CONFIDENTIAL.

Swinomish Indian Tribal Community Domestic Violence Program

24 Hour Hotline: 360-399-1046



STOP violence against one another in Indian Country

- * Develop and enhance effective plans for tribal governments to respond to violence committed against Indian women;
- * Strengthen the tribal criminal justice system;
- * Improve services available to help Indian women who are victims of violence;
- * Create community education and prevention campaigns;
- * Address the needs of children who witness domestic violence;
- * Provide supervised visitation and safe exchange programs;
- * Provide transitional housing assistance; and
- * Provide legal advice and representation to survivors of violence who need assistance with legal issues caused by the abuse or the violence they suffered.

(*United States Department of Justice Website*)

La Conner Sunrise Food Bank

Location: 601 S. 2nd St, La Conner
(United Methodist Church)

Hours of Operation: Mondays 2:00pm – 3:00pm

Mobile Food Delivery: Mondays 2:00pm – 5:00pm
(Must Qualify)

For Food Emergencies: (360) 420-0558

For information, to donate or to learn about volunteer opportunities, we would appreciate hearing from you!

Contact Phone: (360) 420-0558

Email: laconnersunrisefoodbank@gmail.com.

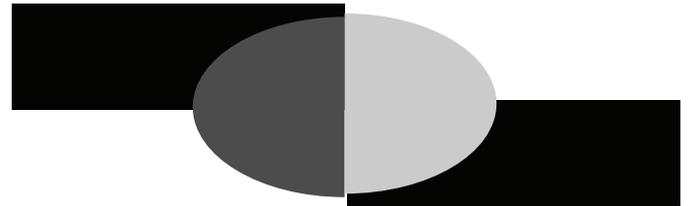
Mail: P.O. Box 922, La Conner WA 98257

Chief Judge Mark Pouley

Has been asked to be in the Gallery By the Bay, a juried Art Show located in Stanwood. The theme is "Embracing Mother Earth Show."

*When: October 7, 2011 through
November 2011*

Stop by to support your local artist!



SWINOMISH PARENT SUPPORT GROUP

THURSDAYS AT 4:00 PM
In The Social Services Building Library
CALL 360-8002 FOR INFO

- 8 weeks starting **Thursday October 13**
(No session on Thanksgiving)
- **\$50.00 Grocery Coupon** for 4 consecutive weeks.
(One per household each 4 weeks)
- **College Credit**
- **Official Certificate Of Completion**
- **Weekly Pick Box**
- **Parenting Honors Dinner** in January



I AM THE MIRROR OF MY BELOVED CHILDREN.

Swinomish Casino & Lodge

Construction for the Swinomish Casino & Lodge has begun. The five story building will hold 98 rooms with 1 restaurant. The restaurant-13 Moons will have specials each month based around Native foods of the 13 moons. For example, this month's special would have been chum salmon while last month's special would have been based around berries.

There will be two entrances, the main entrance from the Casino will be in the Northwest corner where the Poker room is, right next to the Cashiers Cage.

The grand opening will be April 1, 2012. Information about the grand opening will be posted in the Keyyoks as the months get closer and closer to April.

For tribal members who are interested in being employed with the new lodge there will be 40 jobs available for the lodge, and 20 jobs available for the restaurant.



We're looking for Unpaid Family Caregivers

- * If you spend 40 plus hours a week taking care of a friend or family member and are not paid for this work, you are considered an unpaid family caregiver and can receive services from the Family Caregiver Support Program.
- * Hours spent sleeping at someone's home (to make sure they are ok through the night) also count as care giving.
- * The care giving experience is unique for everyone. What those of us who care for loved one and friends do have in common is the additional stress.
- * The Family Caregiver Support Program helps caregivers learn what services are available and why it's so important use them. By helping people manage their own care giving experience, we provide support to prevent exhaustion, illness and placement of the love one.

For more information, contact the **Family Caregiver Support Program at 466-7305 or 428-1301**



STEVE EDWARDS

SEAT #6

"Candidate Petitions for Nomination will be available on November 15, 2011 in the Office of the Tribal Attorney. Terms Expiring: Steve Edwards, Senate Seat #6 and Leon John, Senate Seat #7."



LEON JOHN

SEAT #7

RECENT TRIBAL CODE AMENDMENTS

This Fall the Senate made several important changes to both the Membership Code and the Elections Code which alters the membership of the Enrollment Committee and the timing of the General Election and General Council meeting.

Membership Code. In September, 2011, the Senate approved changes to the Tribe's Membership Code found in Title 6, Chapter 1. Specifically, it added an alternate member to the 7 member Enrollment Committee, provided that the alternate's term be the same as that for regular members, that is, one year, and required that two members of the Enrollment Committee shall also be members of the Election Board.

Election Code. In October, 2011, the Senate approved changes to the Tribe's Election Code found in Title 2, Chapter 1. These changes affect the date by which candidates must file their intention to run for office as well as the date of the General Election and General Council Meeting. Petitions for Nomination will now be available by November 15th. Candidates must submit their petitions and complete all of the candidate requirements, including the drug test, by December 21st. Candidate drug tests will now be performed exclusively by the Swinomish Wellness Program. Candidate certification will occur no later than January 4th.

Initially, the date of the General Election and General Council meeting will be determined by the need for a Primary election. By January 15th, the Election Board will know whether a Primary Election is required; the Board will post a notice advising the Community of the date of any required Primary OR if no Primary is needed, the date of the General Election and General Council meeting. If a Primary is not required, the General Election and General Council meeting will occur on the second Saturday in February. However, if a Primary is necessary, the Primary Election will occur the second Saturday in February and the date of the General Election and General Council meeting will be determined after the Primary Election. The date will depend upon by whether anyone protests the results of the Primary. If nobody protests, the General Election and General Council meeting will occur two Saturdays after the Primary. But if there is a protest, the General Election and General Council meeting will be held on the third Saturday in March. The Election Board will post a Notice of the General Election and General Council Meeting no later than four days after any required Primary.

The amended codes are available for review on our website at <http://www.swinomish-nsn.gov>. Paper copies are available for review at the Swinomish library, the Tribal Clerk's office, the Office of the Tribal Attorney, the Senate's Executive Assistant, Social Services and Planning.

SWINOMISH POLICE DEPARTMENT



Sgt. George Smith

There have been many car prowls and related thefts reported in Skagit County in the last month. An experienced car prowler or thief can gain access to your car in virtually seconds. In less than 30 seconds, someone could break into a parked car. Most car prowls themselves take less than two minutes. The damage done to locks and windows can be very expensive to repair and cause great inconvenience.

REDUCE YOUR RISK OF CAR PROWLs

The following are recommendations that can reduce your risk of being a victim of a car prowls or theft.

When you exit or enter your parked vehicle, stop and take a look around the area.

Before leaving your parked car, always remove the keys, roll up the windows and lock the car.

Make a habit of locking your garage door and car doors.

If possible, store your car in a closed and locked garage.

If your car is stored in a carport or parked near your house, leave your exterior lights on throughout the night.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY OCTOBER 29TH

National Prescription Drug Take Back Day is Saturday, October 29, 2011, for the disposal of unwanted and unused prescription drugs. The Swinomish Police Department is a collection site for unwanted prescription drug disposal.



More than seven million Americans currently abuse prescription drugs. Each day, approximately, 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet.

Four days after last fall's Take-Back Day, Congress passed legislation amending the Controlled Substances Act to allow the DEA to develop a process for people to safely dispose of their prescription drugs. The DEA immediately began developing this process after President Obama signed the Safe and Secure Drug Disposal Act of 2010 on October 12. Until that process is complete, however, DEA will continue to hold Take Back Days every six months.



Northwest Justice Project

FREE LEGAL ADVICE CLINIC FOR LOW INCOME SWINOMISH COMMUNITY MEMBERS

Do you need advice or assistance with a civil legal problem (not criminal) AND is your income lower than 200% of federal poverty guidelines?

For a household of 2 that would be less than \$2428 per month
For a household of 4 that would be less than \$3675 per month.

If so, take advantage of the free legal clinic on:

Thursday, October 20, 2011

10 a.m. to 3 p.m.

Swinomish Social Services Building, Room 206A

(No appointment necessary)

An attorney from the Northwest Justice Project will be coming to Swinomish the third Thursday of each month to provide free legal consultations to eligible tribal members on civil legal matters (not criminal).

Civil legal aid issues may include (among other things):

- ✓ Family Law – custody, dissolutions, child support
- ✓ Housing – evictions, foreclosures
- ✓ Consumer – payday loans, collections, repossessions
- ✓ Education – suspensions, expulsions
- ✓ Employment – terminations
- ✓ Health Care and Welfare Benefits

PLEASE MAKE SURE TO BRING ALL THE PAPERWORK RELATED TO YOUR LEGAL PROBLEM.

If you have any questions or would like more information please call
Jean Seeley at 1-888-201-1012, ext. 631.



WELLNESS PROGRAM- What Treatment Options Exist for Heroin Addiction?

Medical Detox (Also Sometimes Known as Rapid Detox)

- Heroin withdrawal symptoms begin within about 12 hours of a last dose, peak in intensity after 2 or 3 days and last for a week or longer. Although heroin withdrawal symptoms are very rarely dangerous, the detox period is very tough.
- Medically supervised opiate detox programs use medications to minimize the severity of withdrawal symptoms and keep patients under 24 hour a day observation, to ensure safety and maximal comfort. Many medical detox programs will use drugs such as Subutex or methadone to help transition away from illicit opiates.

Methadone

- Although methadone treatment has some drawbacks, no treatment works better than methadone in keeping people free from opiate relapse. Methadone maintenance is a form of opiate substitution therapy; you switch from heroin, a drug of abuse that causes negative health and behavioral effects onto methadone, a legal opiate that allows you to function normally in society.
- Since you do not switch *off* opiates completely, you do not feel any withdrawal symptoms while on methadone. Methadone is a generally well tolerated medication that does not damage any of the body's organs or systems, even if used over a long period of time.
- Taking an appropriate dosage of methadone once a day removes drug cravings and withdrawal symptoms entirely. Unfortunately, because taking a very high dosage of methadone can lead to intoxication, access to the medication is tightly controlled.
- When starting out in methadone treatment, you will have to travel daily to a methadone clinic to take your dose under supervision. Over time, patients who comply with clinic rules can earn greater take home doses, eventually earning the right of monthly visits.
- Methadone removes drug cravings and allows people to participate fully in behavioral therapies, to get back on track at work or school, or with family, and to regain health and well being. Some people choose to continue taking methadone indefinitely, others eventually decide to gradually reduce their dosage of the medication and ultimately quit entirely.
- Problematically, although methadone works very well, it is not an easy drug to quit using. Many people consider the withdrawal off methadone more difficult than a heroin withdrawal; it certainly takes longer. Many methadone users now transition onto buprenorphine (which has an easier withdrawal syndrome) prior to quitting opiates entirely.

Buprenorphine (Suboxone)

- Buprenorphine works similarly to methadone, as an opiate substitution medication; once you take buprenorphine, you feel no drug cravings or symptoms of heroin withdrawal. Buprenorphine is FDA approved for the treatment of heroin addiction when sold as Suboxone or Subutex.
- Suboxone contains 2 active ingredients, buprenorphine and naloxone. The buprenorphine binds to opiate receptors in the brain (similarly to methadone) and keeps you from feeling withdrawal symptoms and the naloxone is added to make the drug difficult to abuse.
- Because Suboxone is less easily abused than methadone, it can be prescribed in month long doses – people taking Suboxone do not have to travel to a methadone clinic each day like users of methadone do. Additionally, the eventual syndrome of withdrawal off Suboxone is considered far milder when compared to methadone.
- Unfortunately, some people cannot get full withdrawal symptom relief from Suboxone, some patients don't respond to buprenorphine at all. People who had very heavy heroin habits often need to take the much stronger drug, methadone, to feel real relief.

Wellness Program– Continued Article

Naltrexone

- Naltrexone works by binding to opiate receptors in the brain, essentially plugging these receptors up. If you take heroin after taking naltrexone, the heroin cannot access the opiate receptors in the brain and so causes no effect.
- Naltrexone can help very motivated people stay abstinent. Naltrexone (unlike methadone and buprenorphine) will not reduce the severity of withdrawal symptoms.
- Clinical studies show that both methadone and buprenorphine work better than naltrexone in keeping people from opiate relapse. Naltrexone is less widely used than either buprenorphine or methadone.

Behavioral Therapies

- Behavioral therapies, such as cognitive behavioral therapy or contingency management, have shown some efficacy in helping people break free from opiate addiction. For improved chances of success, studies have shown behavioral therapies with pharmacological therapies (such as methadone or buprenorphine treatment) in one comprehensive treatment plan.
- Cognitive behavioral therapy (CBT) is an evidence based treatment that teaches those in recovery new strategies for maintaining abstinence. Addicts learn what environmental factors put them at risk of relapse, are taught to avoid these "triggers" if at all possible and taught strategies for overcoming temptation that does inevitably occur. Behavioral therapies such as CBT require engagement in the therapeutic process and a practicing of the techniques learned.
- People stabilized on medications like methadone or buprenorphine are much more able to engage in this process than people struggling to overcome drug cravings and withdrawal symptoms.

Support Groups

- Many opiate addicts in recovery find that attendance and participation in support groups, such as 12 steps based programs, can be helpful. People who attend meetings can access viable drug-free social support systems, can make sober friendships, and can discuss the trials and tribulations of opiate recovery with others who truly understand the journey.
- Some opiate addicts in recovery find Narcotics Anonymous (NA) helpful, while others prefer Methadone Anonymous (MA) or other non step based support groups.

What Heroin Treatment Is Best for You?

- The best form of treatment is one that meets your needs and works for you, and no form of treatment is best for everyone.
- In general, people seem to have the best success when combining methadone or Suboxone maintenance therapies with behavioral therapy and other treatment elements, such as participation in support groups or regular attendance at 12 steps meetings. Some people prefer to break free completely from opiates and choose instead a medical detox followed by a comprehensive program of behavioral therapies and other addiction treatments.

A heroin addiction is difficult but beatable. Whatever route to sobriety you choose, know that treatment works, but that it *takes time* - there are no quick and easy fixes; and that people that stay involved in treatment for a year or longer have a much better chance of staying clean for good.

Any questions please contact the Wellness Program at 466-1024. Dawn, Dave and Heather

References: National Institute of Drug Abuse (NIDA) www.nida.nih.gov/infofacts/heroin.html, www.drug-rehabs.com



Fall Quarter is in Session as of September 19, 2011 & It Ends December 9, 2011

Gaylene Gobert
NWIC @ Swinomish
Site Manager
466-4380 Ext. 1

Virginia Bill
ABE/GED Instructor
466-4380 Ext. 3

Fall Harvest Celebration- "Let's Celebrate Huckleberries."

The Traditional Plants and Foods Program, had another celebration here at Swinomish in the Spiritual Center on September 14, 2011. The theme was Fall harvest, and the traditional menu included geo duck chowder, deer meat stew, baked king salmon, steamer clams, huckleberry smoked salmon dip, macaroni salad, green salad, fry bread with huckleberry honey butter, foam berry Indian ice cream and huckleberry swamp tea. Elise Krohn and Valerie Segrest are coauthors of the book "Feeding the People, Feeding the Spirit." They showed a presentation on the Northwest Indian Treatment Center Healing Gardens, and explained a little bit about what the program is and how it benefits people who are faced with addiction. This treatment center teaches patients to grow traditional plants and foods, and this in return helps them remember the teachings of their elders. The event was a wonderful turnout with great food and good company.



Vanessa Cooper
The Traditional Plants & Foods Program Director



Elise Krohn
The Director of Native Foods Nutrition Project & coauthor of: Feeding the People, Feeding the Spirit.





Northwest Indian College

Start your career in the health professions As A Certified Nurses Assistant



Start Date:
October 31, 2011
End Date:
February 15, 2011
Monday thru Friday
9:00 am- 12:00 pm

Northwest Indian College

Building 1
2522 Kwina Road
Bellingham, WA 98226

For More Info Contact Fran D.
Phone: 360-676-2772
Fax: 360-738-0136
E-mail: Frand@nwic.edu



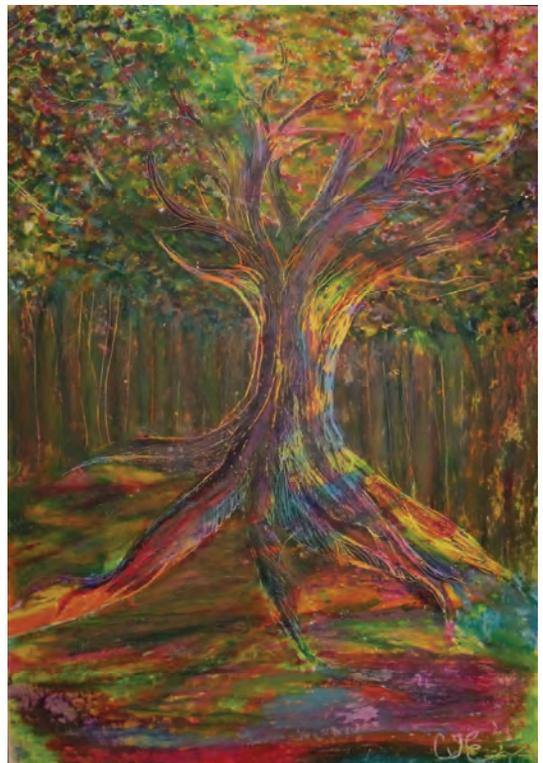
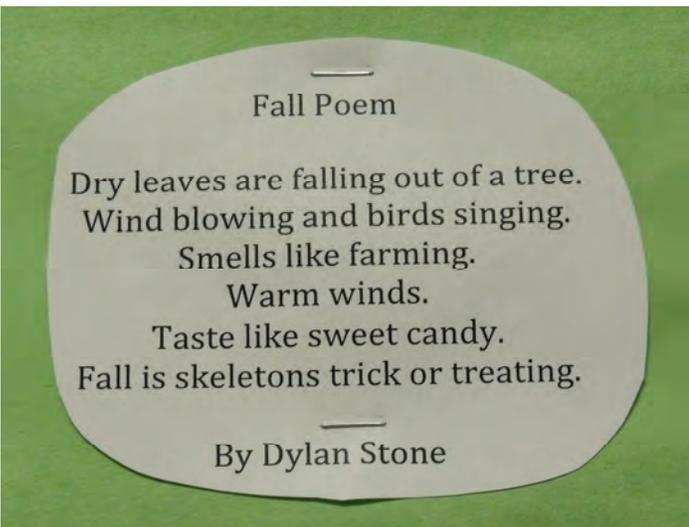
- Must have 2-step PPD (tuberculosis) skin test prior to enrollment
- Pass a criminal background check
- May qualify for full funding, childcare cost, transportation and more!



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"To love someone is to identify with them." Aristotle



Blast From the Past



Darlene C., Lisa W., Colleen W., Janice B., the late Kim B., and Lona W. June 13 & 15 1967 -The Seattle Center





"Being Frank"

Every Bit of Salmon Habitat is Important

By Billy Frank, Jr.

Chairman

Northwest Indian Fisheries Commission



Billy Frank Jr.

I've been talking a lot lately about the connection between salmon, habitat and treaty rights. That connection is pretty simple. No habitat equals no salmon; no salmon equals no treaty rights; and no treaty rights equals a breach of contract between the tribes and U.S. government.

It is the U.S. government – not the state of Washington – that has the responsibility to recover salmon in western Washington. It's also up to the federal government to protect and uphold our treaty rights.

We believe that one of the best ways to do that is by coordinating federal agencies and programs designed to protect salmon and their habitat.

A good place to start is with the dikes and levees that allow construction in floodplains that really shouldn't be developed. They call them floodplains for a reason. When you build in a floodplain, you are going to get flooded. It's only a question of how often and how bad the flooding will be. Dikes and levees lead to straight rivers with high-speed flows and little to no salmon habitat. They destroy a river's ability to spread out and move naturally along its path, which makes flooding worse, leading to even more damage.

Dikes and levees may be good for development, but they are bad for salmon habitat. I'm not saying that all dikes and levees should be removed. Floodplain management that is good for salmon can also be good for flood control. In fact, with the proper vegetation, levees could make a small contribution to salmon recovery. Salmon need cool, clean water to survive. In healthy river systems, trees and shrubs along the banks help keep temperatures low. But when dikes or levees line a river, the U.S. Army Corps of Engineers says most of that vegetation must be cut down. The corps has started enforcing that rule all over the country.

It's a one-size-fits-all approach that might work on the Mississippi River, but is out of place here in western Washington. Some people say the corps is simply trying to cover its bases following Hurricane Katrina, which wiped out much of New Orleans a few years ago.

Despite the huge cost of clear-cutting trees and plants on levees, there hasn't been any kind of study to find out whether vegetation actually weakens them. In fact, many scientists believe the root systems help make levees stronger.

Meanwhile, tribes have been finding creative solutions that help protect property and restore salmon. The Nisqually Tribe has spent the last few years building logjams on the Mashel River, a vital salmon tributary to the Nisqually. The logjams replaced a levee made of riprap and are doing an excellent job of protecting two city parks and a home.

The old riprap levee made flooding worse by increasing the speed of the river. Now, the river moves more slowly and is a much friendlier place for salmon and people. The tribe and community volunteers have planted hundreds of trees and shrubs along and on top of the logjams, providing important shade for salmon in the Mashel.

Salmon recovery is not easy. It never has been. Unfortunately some federal agencies and programs make it harder than it needs to be. It's sad that salmon habitat in our rivers has declined to the point that levee vegetation is something to fight about, but we have to do everything we can to protect what little habitat we have left.

NATIVE BUSINESS: No Is Not Forever

Regardless of business, it is people that make it or break it. The most successful business men and women are those that understand “No’s” are the foundation to building stronger bonds. Winners grow relationships on top of a “No.” No, is an opportunity to reevaluate a business plan and make it better. No, is a chance to gain clarity through feedback and collect information to work smarter.

People that push forward after receiving a “no” build a reputation on tenacity. Opportunity finds tenacious people and lenders want these folks in their portfolio. Remembering “No is not forever” is a good Indian trick when deciding to persevere.

When a lender or investor is approached with an opportunity to lend they often ask a lot of questions to gain an understanding of the business plan. The first pass of questions tests the borrower on how well they understand where their business is today and how they will get to where they want to go in the future. The second and third layers of questions challenge assumptions, surface relevant economic factors, and construct performance conditions; all the while evaluating the borrower’s responses to inquiry. The way a borrower responds is as important as the information they provide. A lender or investor will remember the speed of a response and completeness of information provided. Business men and women that perform well by keeping cool and providing thorough response tend to have a higher probability of success in obtaining capital. Other times a turndown is the only result. It is impressive when a prospective borrower receives a turndown and takes the time to understand what would qualify their business for financing and then re-applies when the time is right. No is not forever.

Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge.

Jim can be reached at: sovereigndevelopment@hotmail.com



Jim Stanley

North Intertribal Vocational Rehabilitation

The North Intertribal Vocational Rehabilitation Program helps people that have a permanent disability. The disability has to be documented as a permanent one. A disability causes barriers to work.

Getting a job, or keeping a job, is sometimes hard when a person has a disability. There are many resources and programs that help get rid of the barriers. This makes it easier to get a job or keep a job.

The vocational rehabilitation program will help take a closer look at the barriers and work with the disabled person to overcome them.

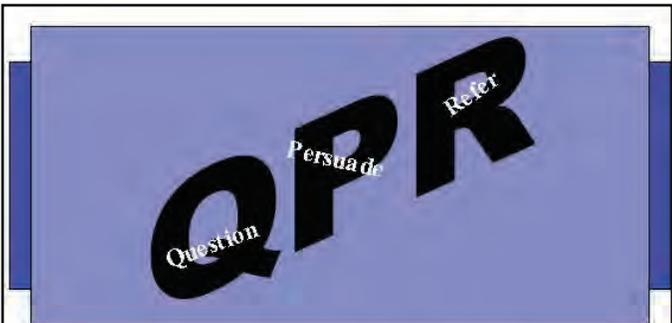
If you need help with getting or keeping your job, due to a disability, please call the social services office and set up an appointment with the front desk.

Call Colleen Williams (Teeny) at 360-466-7307 to set up an appointment.

Tammy Cooper-Woodrich is the Vocational Rehabilitation Counselor and her hours are Monday and Tuesday, 10:00-3:00. She is upstairs at the Social Services Building.



Tammy Cooper-Woodrich
466-7307 Mon & Tue



Suicide Prevention Training For Tribal Staff Members and Community Members

**Thursday, November 9th, 2011
12:00 pm to 1:00 pm
Youth Social Room at the Gym**

Lunch will be provided.

**Please email Yoji or Contact her
at 466-7265 for registration.**

Thank You

YOUTH CENTER CALENDAR

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
* High School Youth Group TBA						
2	3	4	5	6	7	8
	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Staff in Service with Laura K. & Yoli	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Belly Dancing with Monica	Youth Ctr. hrs: 10-6 PM	
9	10	11	12	13	14	15
	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Staff in Service with Laura K. & Yoli	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Belly Dancing with Monica	Youth Ctr. hrs: 10-6 PM	
16	17	18	19	20	21	22
	Youth Ctr. hrs: 12:30 – 9 PM 6-9 PM Open gym	Youth Ctr. hrs: 12:30 – 9 PM 6-9 PM Open gym	Youth Ctr. hrs: 12:30 – 9 PM 6-9 PM Open gym 6:30 PM Staff in Service with Laura K. & Yoli	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Belly Dancing with Monica	Youth Ctr. hrs: 10-6 PM	
23	24	25	26	27	28	29
	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Staff in Service with Laura K. & Yoli	Youth Ctr. hrs: 12:30 – 9 PM 6:30 PM Belly Dancing with Monica	Youth Ctr. hrs: 10-6 PM	
30	31					
	Halloween Party @Gym 					





YOUTH GROUP REUNION



Youth Group participants gathered on September 15 to eat pizza, and share memories of past Youth Group Trips. The former Youth Group members were asked what type of things they enjoyed most about Youth Group and why they attended. Barb James shared many memories of fun times with the youth and expressed how much she cares for the youth and their participation in Youth Group.

Different Generations of Swinomish Youth Group



The youth were learning how to play an Icebreaker game by quickly guessing who was on the other side of the red sheet.



LEFT- The youth were learning how to work together and try to pick up the hoola-hoop with one finger above their chest without dropping it.



The youth played a game where they had to line up from oldest to youngest without saying a word, I have to say they did a pretty good job even with the younger kids.



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

Oct 2011 Swinomish Housing & Utility Authority News

Fall is here...
 a good time to get ready for winter...
 here are some winter safety tips from AmerIND-corp.org:



- Keep 3 feet of clearance from heating equipment and combustible materials (items that can catch on fire-like clothes, newspapers, blankets, beds too close to baseboards heaters, etc)
- Always turn off portable heating appliances when leaving home or retiring for the evening

<http://www.amerind-corp.org/safety/page4060203.aspx>

OCTOBER REMINDER

2011
 10TH OF EACH MONTH...
 RENT & UTILITIES DUE !!!!!



When winterizing your vehicle PLEASE remember: Antifreeze is dangerous to Children and Animals:

If a child's toy rolls through antifreeze and a child places that toy in their mouth, they may ingest enough antifreeze to prove lethal. Dogs have been known to chew through containers to get into the toxin. Children and pets also come into contact with antifreeze

through improperly sealed, stored or discarded containers and through spills or leaks in driveways or roadways. The sweet smell and taste attracts children and animals.

Ingesting less than a teaspoon can be fatal to children and animals!!

<http://www.georgialpa.org/upload/files/Antifreeze%20fact%20sheet.pdf>

School's Back In! Halloween is Around the Corner! Please Be More Aware and take an extra look as you drive! Kids watch out for cars-be where they can see you!!



Budgeting Workshops

Do you want to get your spending habits back on track/manage your bills/Find out about resources?

Dates: Oct 19th; Nov 16th 2011

Time: 1-3pm

Location: Social Services Library

Please RSVP with Life Skills counselor Robin Carneen by coming by her office at Social Services or calling (360) 466-7354

- **Oct 19th:** Ways people can help build their communities (where does all the money go?)
- **Nov 16th:** Come learn about Checking & Savings Accounts ; Accessing credit & understanding credit

This FREE workshop is designed to provide families with the tools and skills to manage money and help get back on track!

In and Around Cars Fact Sheet

Key Facts

Non-traffic related vehicle incidents are incidents that occur in places other than a public highway, street, or road. These incidents occur in driveways, parking lots, or off-road locations and may involve bicyclists, pedestrians, non-moving vehicles, or vehicles backing up.

<http://www.safekids.org/our-work/research/fact-sheets/in-and-around-cars-fact-sheet.html>

SWINOMISH DENTAL CLINIC

Ortho Hygiene and Qualification Appointments:

Must be a Swinomish tribal member, in school, 18 or under, cavity-free, keep up good homecare and regular checkups with the Swinomish Dental Clinic.



Steps to start orthodontic treatment:

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

If I do not keep my appointments I will be responsible for a 25 dollar broken appointment fee.

OHI appointments: (oral hygiene instruction)

Because it is much harder to keep the teeth and gums clean with braces on we want to insure the patient is working well at homecare prior to braces. They are already cavity free at this point but this does not mean the gums are healthy. With these appointments we can make sure the gum tissue is also healthy prior to bonding braces.

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

Ortho Patient Contract:

This contract is to ensure and inform the patient and parents/guardian of the patient of their commitment required to receive orthodontic treatment. Ortho treatment often requires an appointment with the orthodontist as often as every 4 to 6 weeks for the entire ortho treatment time, which can be up to 2 or 3 years.

SWINOMISH ELDERS LUNCH MENU

Not going to be home? Please call center at 466-3980 to cancel your delivery.

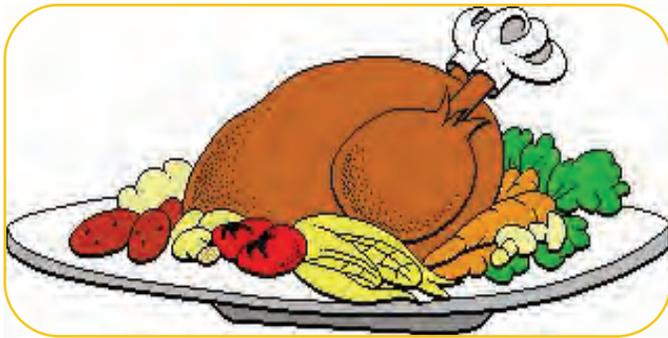
Mon	Tue	Wed	Thu	Fri
2 Turkey Salad Rolls Carrot/Celery Sticks Fresh Pear Assorted Yogurt	3 Meatloaf & Gravy Mashed Potato/Roll Green Beans Banana	5 BBQ Pork Ribs Rice Baked Beans/Green Beans Watermelon	6 French Toast Eggs & Sausage Patty Berries/Orange Juice Sliced Tomato/ Cucumbers	7
10 Hamburgers Lettuce/Tomato/Onions Potato Chips Oranges Assorted Yogurt	11 Roast Chicken Parsley Red Potatoes/ Rolls Carrots Peaches	12 Beef & Macaroni Soup Biscuit Mixed Green Salad Apples	13 Egg & Bacon Sandwich Hashbrown Patty Cantaloupe Veggie Tray	14
17 Tuna Sandwich w/ Let- tuce Tomato Soup Apples Assorted Yogurt	18 Pork Chop/Gravy Stuffing Carrots & Green Beans Applesauce	19 Chicken Fettuccine Garlic Bread Mixed Green Salad Oranges	20 Egg & Ham Breakfast Burrito Refried Beans/Cheese Cantaloupe Yogurt	21
24 Grilled Ham & Cheese Sandwich Vegetable Soup Fresh Pear Assorted Yogurt	25 Lasagna Garlic Bread Mixed Green Salad Bananas	26 Roast Beef & Gravy Mashed Potato/Rolls Green Beans Peaches	27 Quiche & Bacon Sourdough Toast Spinach Salad Berries	28
31 Clam Chowder BLT Sandwich Oranges Assorted Yogurt		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Join us for lunch at the Senior Center on October 26th ELDERS FUN DAY Speakers Games Information Healthy Giveaways</p> </div>		

ELDER FUN DAY

When: Wednesday

October 26, 2011

From 11:00am-2:00pm in the Swinomish Senior Ctr.



Contact Barbara Wasserman 466-7208 or Yoli Quevedo 466-7265 for more info.



BINGO

11:00 to 12:00 Opening Prayer & Eat Lunch

12:00 to 12:30 Visit exhibit tables and get information on: Exercise, Nutrition, DSHS, Medicare, Wills & legal info. Get your blood pressure checked, do a balance evaluation. Bring in your medicines and meet with a pharmacist to ask questions.

12:45 to 1:00 Play Nutrition Bingo

1:00 to 2:00 Listen to presentations on: health & safety, Living Wills, How to utilize your pharmacist, immunizations/ closing prayer.

*****Win Door Prizes - 50/50 Raffle*****

*****Win Raffle Prizes*****

Call 466-7374 or 466-7208 if you need a ride to the Senior Center for this special day

Sockeye Fishing



"Mr. Wonderful"



Photo Credit-
Jeff Edwards

Fry bread Recipe

2 Cups All Purpose Flour

1/2 tsp Salt

2tsp Baking Powder

2tsp Powdered or Dry Milk

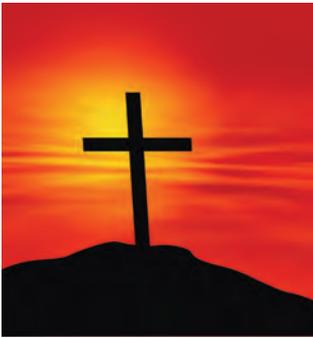
1tsp raw sugar



- * Start with 1 Cup of warm water..add slowly & stir a little, mine was a little sticky....so you can take another cup of flour and slowly add it and knead it when it is less sticky so it feels just right (hard to describe, you don't want it sticky, but also not too dry or crumbling)....form one big ball, divide in 4 even pieces with floured hands and then make 4 dough balls all together- I did this on a lightly floured paper plate. Heat oil while you wait, don't get it too hot or the bread will fry too fast & not cook up right.
- Stretch dough out so it is about 5-7 inches around & if you get one spot that is a little thin, go ahead & make a hole in in, less then penny size. Gentle place it in the heated oil, these cook up fast so watch them & I cooked them one at a time. Like about 3-5 min. & used hole to turn them onto other side. I turned them onto original side if it looks lighter than the second side, but just for 30-60secs more.
- Put them on a paper towel so oil will drain off....you can butter them up when they are still hot or wait for jam or whatever you want or eat them without butter or anything(low fat diet version...LOL! :)

Submitted by Robin Carneen

Five Generations Present at Infant's Dedication



On Sunday September 11, 2011

Sisters Jessica and Lena Cladoosby presented their infant sons in dedication to the Lord at the La Conner Neighborhood Church. Jessica presented her son Anthony Marvin Cladoosby, and Lena presented her son Issac Calvin Cladoosby. Officiating at the dedication was Pastor Doug York. Five generations were present at the dedication.



Back Row: Tony C., Lena C., Lauri C., Jessica C., Anna C., James R. Front Row: Great Grandmother Dee K., Issac C., Divinity C., Great Grandmother Aldean P., Anthony M.

What's Been Going On At The... La Conner High School Spirit Week!!!!

THIS YEAR'S THEME IS- "AROUND THE WORLD"

Paris SENIOR HALL



New York SOPHMORE HALL



Hong Kong JUNIOR HALL



RIO FRESHMAN HALL



"Life is not measured by the number of breaths we take, but by the moments that take our breath away." — Maya Angelou



Swinomish Water Resources Program

TIDE TABLE: October 2011 - Lone Tree, Snee-Oosh, N.Skagit Bay (ft MLLW)

Day	Low	High	Low	High	Low	Moon	Sunrise	Sunset
Sat 01		02:37 -1.81 ft	09:30 10.99 ft	15:08 5.28 ft	20:23 10.70 ft		7:09	18:49
Sun 02		03:28 -1.51 ft	10:37 10.66 ft	16:13 5.90 ft	21:16 9.94 ft		7:10	18:47
Mon 03		04:25 -0.89 ft	11:53 10.38 ft	17:36 6.17 ft	22:21 9.12 ft	First Quarter	7:12	18:45
Tue 04		05:27 -0.12 ft	13:13 10.27 ft	19:18 5.88 ft	23:42 8.44 ft		7:13	18:43
Wed 05		06:36 0.61 ft	14:22 10.33 ft	20:40 5.12 ft			7:15	18:41
Thu 06	01:11 8.14 ft	07:47 1.18 ft	15:15 10.44 ft	21:37 4.19 ft			7:16	18:39
Fri 07	02:36 8.27 ft	08:52 1.62 ft	15:54 10.50 ft	22:19 3.28 ft			7:18	18:37
Sat 08	03:45 8.65 ft	09:48 2.05 ft	16:23 10.50 ft	22:53 2.46 ft			7:19	18:35
Sun 09	04:41 9.10 ft	10:34 2.55 ft	16:45 10.45 ft	23:21 1.73 ft			7:20	18:33
Mon 10	05:28 9.51 ft	11:15 3.13 ft	17:06 10.40 ft	23:46 1.07 ft			7:22	18:31
Tue 11	06:09 9.86 ft	11:53 3.75 ft	17:27 10.33 ft			Full Moon	7:23	18:29
Wed 12		00:11 0.49 ft	06:47 10.16 ft	12:29 4.36 ft	17:51 10.23 ft		7:25	18:27
Thu 13		00:38 0.01 ft	07:23 10.39 ft	13:05 4.93 ft	18:18 10.07 ft		7:26	18:25
Fri 14		01:08 -0.35 ft	08:00 10.53 ft	13:42 5.44 ft	18:46 9.83 ft		7:28	18:23
Sat 15		01:42 -0.55 ft	08:40 10.57 ft	14:22 5.87 ft	19:17 9.53 ft		7:29	18:21
Sun 16		02:19 -0.58 ft	09:23 10.50 ft	15:06 6.24 ft	19:50 9.18 ft		7:31	18:19
Mon 17		03:00 -0.43 ft	10:12 10.35 ft	15:57 6.50 ft	20:29 8.78 ft		7:32	18:17
Tue 18		03:47 -0.15 ft	11:08 10.19 ft	17:01 6.60 ft	21:19 8.33 ft		7:34	18:15
Wed 19		04:39 0.25 ft	12:08 10.12 ft	18:19 6.38 ft	22:32 7.91 ft	Last Quarter	7:35	18:13
Thu 20		05:38 0.70 ft	13:07 10.20 ft	19:35 5.74 ft	23:59 7.72 ft		7:37	18:11
Fri 21		06:42 1.16 ft	13:56 10.42 ft	20:30 4.71 ft			7:39	18:10
Sat 22	01:25 7.95 ft	07:46 1.62 ft	14:36 10.72 ft	21:14 3.40 ft			7:40	18:08
Sun 23	02:42 8.56 ft	08:48 2.11 ft	15:13 11.06 ft	21:54 1.91 ft			7:41	18:06
Mon 24	03:50 9.40 ft	09:44 2.68 ft	15:47 11.39 ft	22:33 0.39 ft			7:43	18:04
Tue 25	04:50 10.27 ft	10:37 3.34 ft	16:21 11.66 ft	23:13 -0.98 ft			7:45	18:02
Wed 26	05:47 11.03 ft	11:28 4.05 ft	16:58 11.79 ft	23:55 -2.04 ft		New Moon	7:46	18:01
Thu 27	06:41 11.59 ft	12:19 4.74 ft	17:36 11.73 ft				7:48	17:59
Fri 28		00:39 -2.68 ft	07:35 11.88 ft	13:11 5.34 ft	18:18 11.45 ft		7:49	17:57
Sat 29		01:24 -2.84 ft	08:30 11.92 ft	14:06 5.80 ft	19:03 10.93 ft		7:51	17:55
Sun 30		02:11 -2.54 ft	09:26 11.76 ft	15:06 6.08 ft	19:54 10.20 ft		7:52	17:54
Mon 31		03:01 -1.85 ft	10:24 11.48 ft	16:15 6.12 ft	20:52 9.34 ft		7:54	17:52



CLAM PSP UPDATE

Lone Tree Point:

Butter Clams sampled by Swinomish Water Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 8/11/2011 were found to be

SAFE TO EAT!

Swinomish Tribal Members may conduct Subsistence Harvesting on the Reservation when the Swinomish Fisheries Dept indicates beaches are as OPEN and the Dept has issued the digger a valid Ceremonial and Subsistence Shellfish Harvesting Permit.



FREE Guided Tours for Tribal Members on Kiket Island the first Wednesday of every month!

Approximately 2 hours– Take a short walking tour and learn about the history of this special place to our Swinomish ancestors. Info: 466-7201





Swinomish Water Resources Program

Native Plant of the Month

Devil's Club– *Oplopanax horridum*



Practice coloring the native plant of the month! Use the photos to the left to help you. Draw in the berries and remember to look for them in the forest!



Harvesting Tips

People harvest Devil's club in late October after the leaves turn yellow, through the winter and even into the early spring. This plant can be tricky to harvest because it is covered in spines. It is best to harvest in the



outer reaches of the plants community to avoid disturbing the roots in the center of the community. You will need pruners to cut pieces of stem, along with a shovel or digging stick to tenderly coax the roots out of the ground. The roots are fleshy, while the old stems that have fallen have a very hard inner wood. The light, hard inner wood is not used for medicine, but can be used to make drum sticks and other implements. Take a knife and scrap away the spines off the stems, and then peel the bark. Toots are washed before they are stripped or cut. Dry in open baskets in a warm place where there is good airflow.

Background

Devils club is a large shrub reaching up to 15 feet. Each plant is connected to other nearby plants beneath the surface of the soil with underground stems called rhizomes where fleshy roots grow out of the node. Large devils club leaves create a lower forest canopy. Flowers are yellow to white and are born on a cone shaped stem. The berries are blood red. The root and stem bark have a wonderfully strong, earthy fragrance. Damp woodlands, along streams, and on wet shady slopes is where this plant thrives.

Traditional Uses

Devil's club is undeniably one of the most important traditional medicines along the Northwest Coast. Like cedar and rose, devil's club is used to treat both physical and spiritual sickness. Devils club root and bark is used to treat arthritis, both internally as a tea, and topically as a steam or a bath. One of the important traditional uses of devils club is treating colds, coughs, tuberculosis and fever. The root and bark are strongly aromatic and encourage lung tissue to work in a more efficient way. Devil's club is also used to internally and topically to treat swollen glands, boils and infections. The root and inner bark can be used as a deodorant and a healing powder for babies with diaper rash. It is also used as a medicine for blood sugar imbalances and adult onset diabetes. Although the berries are not edible, they can be rubbed in the scalp to kill lice, to treat dandruff and to make the hair shiny.



Swinomish Water Resources Program

What is a Wetland?

Wetlands are indeed the vital link between water and land. "Wetlands" is the collective term for marshes, swamps, bogs, and similar areas found in generally flat vegetated areas,

In depressions in the landscape, and between dry land and water along the edges of streams, rivers, lakes, and coastlines. Because they are so varied, wetlands can be difficult to recognize. Some are wet all of the time; some may look completely dry most of the time. Many have been altered by human activities such as farming, ranching, and the building of roads, dams, and towns. Wetlands can be found in nearly every county and climatic zone in the United States. In fact here on the Swinomish Reservation there are 36 verified wetlands!



Snee-Oosh Wetland on the Swinomish Reservation

Who needs a Wetland?

Wetlands have often been regarded as wastelands-- sources of mosquitoes, flies, unpleasant odors, and disease. People thought of wetlands as places to avoid or, better yet, eliminate. Largely because of this negative view, **more than half of America's original wetlands have been destroyed**-- drained and converted to farmland, filled for housing developments and

industrial facilities, or used to dispose of household and industrial waste.

As people understand ecological processes better, attitudes towards wetlands change. We now know that wetlands are, in fact, valuable natural resources. Whether drier or wetter,

bigger or smaller, wetlands provide important benefits to people and the environment.

Wetlands help regulate water levels within watersheds; improve water quality; reduce flood and storm damages; provide important fish and wildlife habitat; and support hunting, fishing, and other recreational activities. The Swinomish Water Resources Team monitors the Snee-Oosh wetland pictured above. Amphibian studies have also been conducted in the past.

This is a special place of ecological importance to the tribal community.

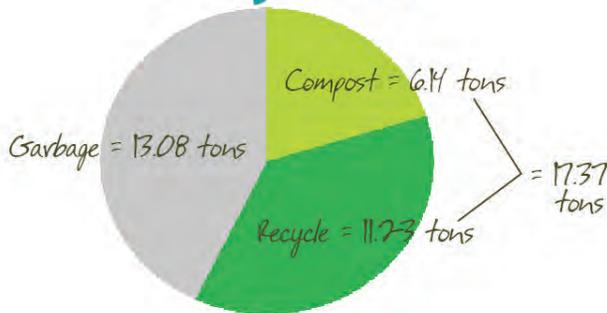
Wetlands are natural wonderlands of great value.



Did you know?

Hundreds of Protect Mother Earth volunteers helped reduce the waste created during the 2011 Canoe Journey.

57% of the total waste was composted and recycled!



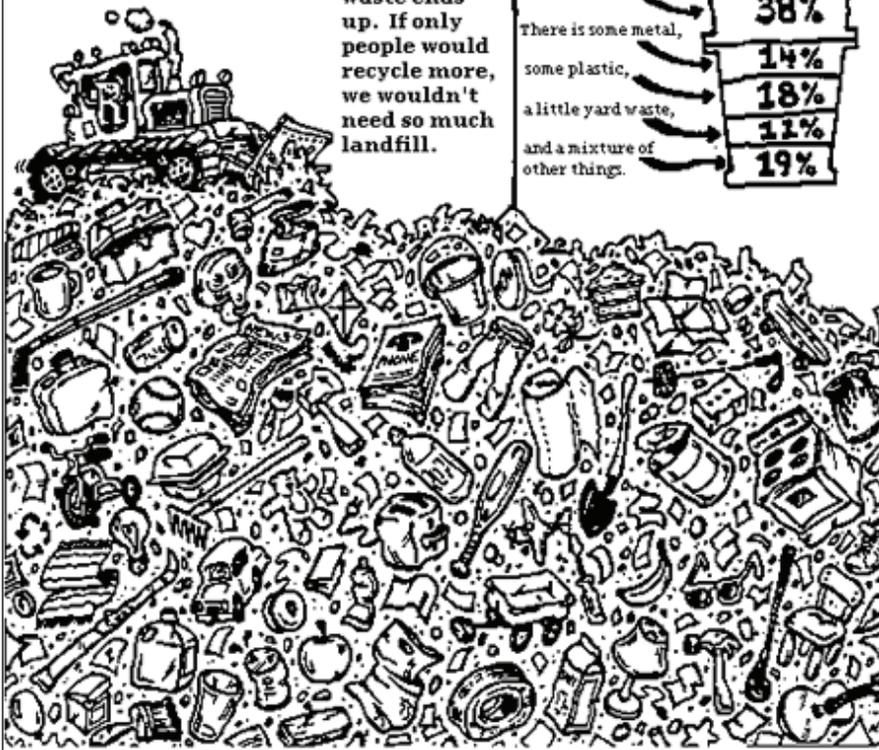
The Protect Mother Earth Task Force plans to meet when time convenes. Each group member comes from a very different area of profession but share the same outlook towards keeping the world more Earth friendly.

Some of our accomplishments can be seen within the reservation. One of them is down at our Swinomish Dock. Our group felt the need for there to be a recycling bin close to where the fisherman get rid of their garbage. The amount of waste that is produced is tremendous. These bins will help separate the recycling from the waste, preventing more contamination in the landfills.

Another huge accomplishment occurred during the long week of the Canoe Journey. With the help of hundreds of volunteers PME was able to prevent 17.37 tons of compost and recycle from entering landfills. That is 57% of total waste that was composted and recycled.

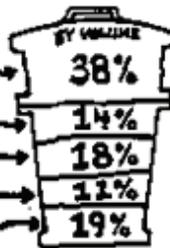
LOOK - WHAT'S IN THE LANDFILL?

The landfill is where most waste ends up. If only people would recycle more, we wouldn't need so much landfill.



WHAT'S IN OUR GARBAGE?

Most of the garbage volume is paper!
There is some metal, some plastic, a little yard waste, and a mixture of other things.



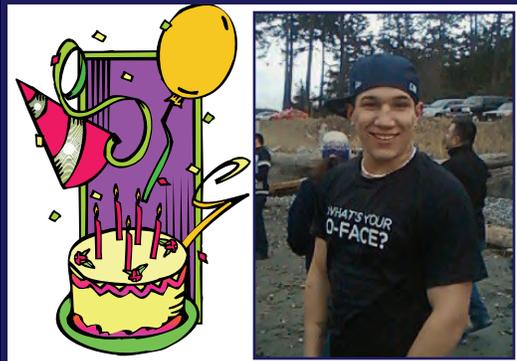
Recycling Statistics

- * 82 Million tons of materials are recycled in the United States.
- * Each person produces 4.6 lbs. of trash per day in the United States.
- * United States recycles about 32% of its waste today.
- * 53.4% of all paper products are recycled today.

These statistics show that since the average person of the United States produces 4.6 lbs. of trash per day, that means that the population as a whole produces 2,432,114,704.8 lbs of trash per day. While only 32% of that trash is recycled. These statistics are important because America needs to recycle their own portion of waste to reduce the tremendous amount of waste going into landfills.



October Celebrations



Happy Birthday Kurtis Perry!!!

Love Grandma, Dad and Auntie Michele

*Happy Birthday
Denise and Beth Willup!!!
Love you girls!
CJ*

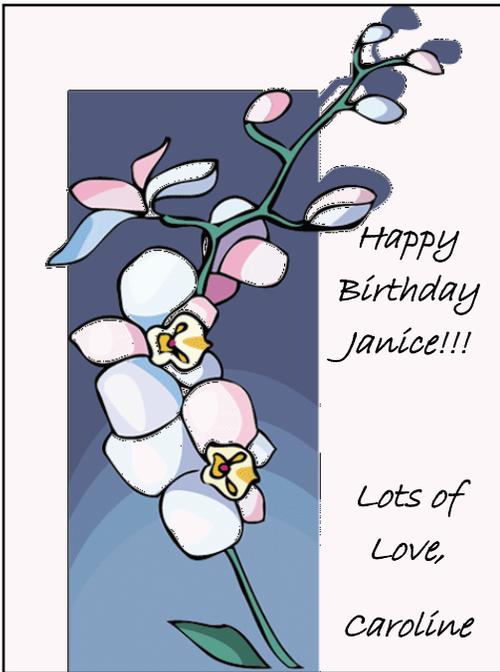


**HAPPY BIRTHDAY
CHAS!!!**

HAPPY BIRTHDAY KIELY!!!



From Auntie Teeny



*Happy
Birthday
Janice!!!*

*Lots of
Love,
Caroline*



Happy 2nd Birthday

Damon Michael

Love Mom, Dad, Brother & Family



Happy 28th Birthday

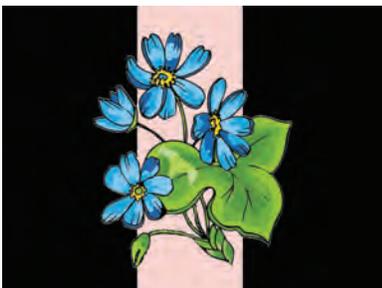
to my 1st born,

Kyle

Love you to the Moon
and Back.

Love Mom!!!

Happy Birthday Ida!!!



From Auntie Teeny

Happy Birthday Dad!!!



Love Caroline



Flower– Marigold

October Birthdays



Birthstone– Opal

Birthday Name

10/1 Shauntia Melody Cayou
 10/1 Dennis Gerald Ace Minks
 10/2 Mary K. Curtiss
 10/2 Brian Lee Wilbur
 10/3 Jean Carol Jimmy
 10/3 Raymond Allen Williams
 10/3 Leonard Joseph Bill Jr.
 10/6 Josiane Nicole Damien
 10/6 Michael Joseph Cladoosby-Page
 10/7 Julie Darlene George
 10/11 William Patrick Lapointe
 10/11 Aaliyah Marie Spencer
 10/11 Anneka Viola Rittenhouse Mitchell
 10/12 Jeremy James Wilbur
 10/12 Myrtle E. Elizabeth Rivas
 10/12 Laura Faith Edwards
 10/13 Neva Michelle Hall
 10/13 Damon Michael Charles Wolf-John
 10/14 Bertha Winifred Dan
 10/15 Nicholas Brian Perry
 10/15 Lena Ann Cladoosby
 10/16 Kiley Clara Elizabeth Egbers
 10/16 Samantha Rae Rogers
 10/16 Ida Colleen Joe
 10/16 Victor Joseph Bailey
 10/17 Lydia Charles

Birthday Name

10/18 Rachel Aurora Cheyenne Bill
 10/18 Qelensen Leah James
 10/19 Jason Jay Jamison
 10/19 Karen Warren
 10/20 Milton Willard Bill
 10/20 Steven Paul Lapointe
 10/21 Ann Marie Haverfield
 10/21 David Russell Edwards
 10/21 Leeandra Layliah - Lynette John-Cayou
 10/22 Denise Rose Willup
 10/23 Eric John Day
 10/23 Joanna Mae Bullion
 10/23 Michele Vendiola
 10/24 Marcus Ambrose Joe
 10/24 James Washington
 10/24 Janice Lynn Joe
 10/24 Caitlynn Irene Billy
 10/24 Kyle Adam Damien
 10/25 Beth Willup
 10/27 Jordan Johnston
 10/27 Lavonne Long
 10/27 Kurtis Michael Perry
 10/29 Darlene Frances Peters
 10/30 Dolly Jean Lucille Bill
 10/30 Eugene Edwards
 10/30 Chas Joseph James
 10/31 Charles Thomas Baker



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Senate Meeting	5	6 Fitness Center Closed for Clean-up	7	8
9	10 Swinomish Hotel & Casino Job	11 Columbus Day	12	13	14	15
16 National Boss Day	17	18	19	20	21	22
23	24	25	26 Elder Fun Day	27	28	29
30	31 Halloween Party 					

- **October 4** Senate Meeting at 9:00am in the Admin. Bldg.
- **October 6** Fitness Center Closed for Deep Clean Up
- **October 10** Swinomish Hotel and Northern Lights Casino Job Fair from 10:00am-2:00pm in the Social Services Bldg.
- **October 26** Elder Fun Day from 11:00am-2:00pm in the Senior Center.
- **October 31** Halloween Party from 6:00-9:00pm at the Gym

FREE ADS



Swinomish Indian Tribal Community
DOMESTIC VIOLENCE SHELTER
 "The House of Healing"

We provide the following services:
 Advocacy-Based Counseling • Emergency Shelter
 Information and Referrals • Support Groups

Please call our hotline 360-399-1046
 17264 Squi-Qui Lane • La Conner, WA 98257

Swinomish Shelter Mission Statement
The Swinomish Shelter provides a safe and temporary home to women and children coming out of violent living situations. The shelter is a refuge where residents will find out what it takes to keep them safe from harm. Women will be offered the tools that promote dignity and self-respect. Their children will be given the structure and assistance needed to heal from the wounds of violence. We will honor each person's unique life story and offer them hope for a better future.



Original Beaded Earrings by Maggie Finkbonner

360-982-4118

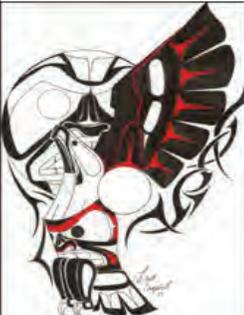
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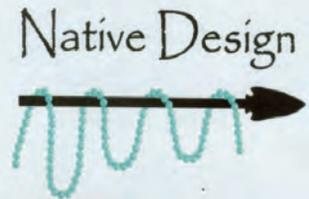
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First People's Radio

is hosted and produced by Robin Carneen, an enrolled member of the Swinomish Indian Tribal Community, in La Conner, WA. Topics include-Native American news, views & music & you can listen online at (archives too!):
http://www.blogtalkradio.com/namapahh_radio

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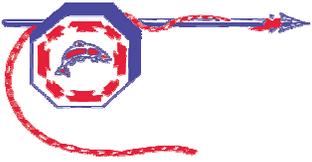
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Have a Safe Halloween!!!
-Keeyoks

