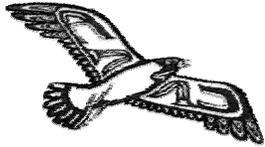


qyuuqs



(Kee Yoks)

March 2012

Volume 46 Issue 3

Swædæbš qyuuqs



Moon When Frog Talks

waqwaqus (WAK-WAK-oos)



# qyuuqs

## The Seagull



An official  
publication  
of swədəbš

Swinomish Indian  
Tribal Community

### Officers:

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

### Senators:

Sophie Bailey  
*Sapelia*

Brian Cladoosby  
*Spee-pots*

Glen Edwards  
*Cha-das-cud II*

Steve Edwards

Barbara James  
*Taləq talə II*

Leon John  
*šm šk š ĩš*

Kevin Paul  
*Wa lee hub*

Brian Porter  
*Ya-qua-leouse*

Brian Wilbur

Tandy Wilbur  
*Wolfe*

Chester Cayou, Jr.  
*Pay a huxton*

## qyuuqs (Kee Yoks)

The deadline to submit to the qyuuqs (Kee Yoks) is the 15th of every month or nearest business day.

## qyuuqs (Kee Yoks)

17337 Reservation Road  
La Conner, WA 98257  
360-466-7258  
Fax 466-1632  
keeyoks@gmail.com

## Advisory Committee

Allan Olson  
John Stephens  
Tracy James  
Kevin Paul

Michael Vendiola  
Editor

mvendiola@swinomish.nsn.us

Caroline Edwards  
Assistant Editor

cedwards@swinomish.nsn.us

*Photos: qyuuqs and submitted*

*Cover art by Caroline Edwards*

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

The on-line version of **qyuuqs** 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 Kee Yoks Newspaper"

Cover :

## CONTENTS:

Announcements	37
Being Frank	16
Birthdays—March	36
Chairman's Message	3
Blast from the Past	12
Community Bulletin Board	4
Education	18-19
Elections/General Council	8-9
Fisheries warning	32
Free Ads	39
From The Editor	5
How a panda saved my life	15
Housing & Utility Authorities	28
La Conner Basketball	30
Plant of the Month	35
Senior Lunch Menu	25
Upcoming Conferences	24
Water Resources Program	34
The Winter Meetings	7
Youth Center Calendar	18

### qyuuqs Mission

The mission of the **qyuuqs** 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

Thank you all for coming to the community lunch and General Council, Sunday, February 12, 2012. We celebrated our day with a wonderful lunch and thank Cathy and the kitchen staff and cooks for their hard work. Every day is a good day to be Swinomish, especially when we have salmon, and friends and family to enjoy surrounding us.

I wanted to share a few of my thoughts from the Annual Report's Chairman's message on our economic investments and status. If you would like to receive a copy of the Annual Report, you can contact Michael Vendiola at, [mvendiola@swinomish.nsn.us](mailto:mvendiola@swinomish.nsn.us), or phone him at 360-466-7200. We are pleased to welcome Michael home, and look forward to working with him and Caroline Edwards.

One of the most precious teachings we have learned and implemented throughout Swinomish is to remember to acknowledge those who give to you and to remember to give to others. Living our lives according to our culture, we are given special teachings from our parents, grandparents, aunts, uncles and others who are close to us.

Many of our values are simple, as we are not a greedy nor vengeful people, but rather we are a people who are gracious and thankful for who we are and what we have together. Swinomish is known to be the peace makers, the stable canoe, and the tribe that gives and takes care of those around them. Our community is respected for our teachings, values, and respect for one another. We perpetuate these values by practicing them in our roles as decision makers. We act responsibly to ensure our homes, our culture, our rights and all that is ours will be protected for seven generations and beyond.

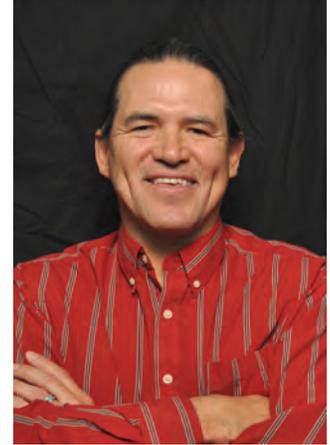
In the many years working for all of you, our Senate and staff have worked hard to develop sound programs and services that give back to our community. We believe that you have invested your todays and tomorrows into all eleven of us on the Swinomish Senate, and our goal is to make sure we give back to all of our members' growth and prosperity, and to a community all of us can be proud to call home.

Let us take a closer look at two important economic development ventures: the Swinomish Northern Lights Casino and North End Endeavors. The Swinomish Northern Lights Casino once again has a steady revenue record for 2011, just as it has had in the past. We have built a reputation and relationship with our local community, and we thank them for their patronage to our "little wonder of the Salish Sea." The Marketing Department has done a creative and innovative job reaching out through catchy billboards such as "Swin it to Win It," along with radio and network marketing techniques which have paid off, as we are not only bringing in more entertainment, but also reputable performers. All of these small improvements have drawn in more patrons and kept our revenue steady for 2011.

In the past two years, we have taken on the challenge to invest in our economic endeavors. As you may know, during this economic crisis there are benefits for those who have the ways and means to update or improve existing businesses or new business ventures. Luckily for Swinomish, we have been working years on saving, researching and planning for the

right time to move forward with our economic development investments.

In less than 45 days Swinomish will open our new hotel! We celebrate the growth of the Tribe, and look forward to a successful future. There is presently on going phases to grow the north end investments, and our most recent plan is for an amphitheater and development of the west side of the casino, on the other side of the overpass. Ideas include facilities for cultural, educational and family-oriented adventure. With low interest rates and building funds, we can save on costs that would normally be very high for even our tribal governments. Planning for these investments has required a vigorous hands-on effort from our Senators and staff, and we are now moving towards our goal.



Spee-pots

We have also done very well with the North end gas station in the past few years. Business has been so good that Chevron has noted we are the top seller of their gas in the Northwest. With this success, we expanded to open a smaller Chevron station in community. We have seen much success with both investments.

Over the past few years, we have been investing in the Swinomish Fish Company, and it really paid off. Swinomish Fish Company is one of very few remaining tribal fish companies in the nation, as many have fallen to mismanagement, poor investments and lack of fishing fleets. Swinomish has withstood all this, and we are proud to say we are moving on up! Presently, the company is one of the most respected and prosperous caviar producers in the world. Who would have ever known the older the chum, the better and higher-priced caviar? We will be certified as an official 8a small business through the Bureau of Indian Affairs' 8(a) Program, where tribes are allowed first bid for government contracts. Lastly, we are investing in new equipment for the dock and building, so we can manage the hauling, production and safety of the plant for our fisherpersons.

These four economic investments are part of our way to ensure that our economy provides us funding for today and tomorrow. Our economic investment plan consists of a common theme which is to ensure that we provide a prosperous future for seven generations. We want to build a steady stream of revenue for our government, so we can fulfill our responsibility to our tribal members.

Lastly, I wanted to express my gratitude to our tribal members, as it takes your commitment to stability and trust in each of your Senators, and the prayers you give us all everyday for a health and safe community. I am Swinomish, and I am committed to each of you. May the Creator bless you and your family.

***"Living our lives according to our culture, we are given special teachings from our parents, grandparents, aunts, uncles and others who are close to us."***

## From the Wellness Program:

### UNDERAGE GAMBLING

Teens and young adults are routinely warned about the hazards of drug and alcohol abuse. Rarely, if ever, are they cautioned about Problem Gambling. Kids who gamble are twice as likely to engage in other risk behaviors, such as alcohol and drug use, fights, skipping school, etc. They need to know:

- Games of chance can be a lot of fun - but they can also be addictive
- One out of 12 Washington adolescents (8.4%)\* are at risk of becoming Problem Gamblers
- The consequences of Problem Gambling are serious for youth and can look surprisingly like drug and alcohol abuse (higher rates of suicide)

At any age, if you choose to gamble set a limit on how much time and money you will spend and STOP when you reach your limit.

Limits can help protect you from gambling addiction. If you can't stop, get help as soon as possible. Any questions please contact Dawn Lee at the Swinomish Wellness Program 360-466-7273.

## VIEW FROM TxiwúC – 1790

**T**he year is 1790, shortly before the first European explorers enter the waters near today's Swinomish Reservation and life forever changes for our people. This painting by Swinomish tribal member, Cecelia LaPointe Gorman, depicts the view from our ancestral village of TxiwúC, which once stood on these shores. To the east, our ancestors fish and hunt in the rich delta of the Swinomish Flats, a fertile landscape crisscrossed with sloughs and channels that supports abundant resources for our people. Our men tend fishing weirs and basket traps in the Swinomish Slough that runs in front of the village. Our women dry salmon and shellfish on the beach and keep close watch on their children. In the longhouse, elders weave baskets, warming themselves before bright fires.



**SWINOMISH**

I am never fulfilled without my home  
I'm comforted by the mountains that  
surround me, for they are my mother.  
I'm inspired that guides my steps that each  
month of love air carries me.

My father who serves the moon, fish for  
guidance, seeking their respect from the sea.  
The water is where we learn about the  
relationship between all living things,  
that relationship is ours to earn.

The children are our children, we must protect  
them so they can carry strength upon us  
our mother.

Our elder brother the animal has taught us  
how to survive, our younger sister the sun  
will always shine on the light.

The stars are bright shining on our  
grandfather the moon, who waits to hear  
from us sometimes, as the winds for messages  
through the blowing of the wind.

The message is for the people of Swinomish:  
take care of our land.

Our ancestors lie within, protecting us,  
waiting for our return to them.

We live in the trees, this is our home.  
We can never be fulfilled without this place  
we call home.

CAROLINE JANA EDWARDS  
Swinomish Tribal Member  
2011

k'i'at 'ə ti'ə' swətix'təd dx'wal 'iisšədcəl 'i ti bək' yəlyaləbcəl  
*Our land is sacred to us and to all of our ancestors who have lived here from time immemorial*

## From the Health Clinic:

*We have begun to see patients with Flu symptoms at the Health Clinic, please consider visiting your health care clinic today.*

If you have answered yes to any of the questions below you are considered high risk and should consider getting your FLU SHOT soon.

- Do you have Asthma?
- Are you Diabetic?
- Are you 65 or older?
- Are you Pregnant?
- Do you have Cancer?
- Do you have children younger than 5 years old?  
Especially children younger than 2 years old?
- Do you have HIV or AIDS?

It is recommended that all patients receive a FLU SHOT; you need not be high risk.

***You do not need an appointment for this; please drop by for a nurse's visit.***



**Remembering the life of John T. Williams**—Chairman Brian Cladoosby speaking at the memorial totem pole raising on Sunday, February 26, 2012 in honor of John T. Williams, a Native carver who was killed by a Seattle Police Officer in 2010.



**In memory of Famous Amus (Amy Alfreda Edwards)** and her 24<sup>th</sup> birthday, we sky jumped from the Stratosphere in Las Vegas on Feb. 24<sup>th</sup>. 2012

Sisters: Melinda, Hilary, Alice. Grandma: Bev, Auntie: Jenny and mom: Darlene



## From the qyuuqs (Kee Yoks) Editor: *Michael M. Vendiola*

Thank you so much for picking up and reading this issue of the qyuuqs (Kee Yoks)! We are very delighted to bring you the latest in Swinomish Indian Tribal Community news. It is always nice to be able to keep up with what is happening in the community whether near or far.

For this issue you will see some new stories from our staff. Caroline had the prestigious opportunity to travel to Washington DC to represent the American Indian Higher Education Consortium (AIHEC) and, in particular, Northwest Indian College as a Swinomish site student. Please read about her experience on page 07. Also, I was able to travel to Albuquerque, New Mexico to

participate in a scholarship read for emerging Native American high school scholars. You can read about that on page 15.

Further, you notice the incorporation of more of the Lushootseed language. In most places, you'll see a word in Form Lushootseed, the English translation, and the phonetic pronunciation. A great example is the title of this publication: The Form Lushootseed is "qyuuqs", the English translation is "seagull", and the phonetic spelling is "Kee Yoks". As we continue to heighten the use of the Lushootseed language in the community, you will see words presented in this fashion. We will continue to research on our end and consult with the language

department to maintain authenticity in what we present. We hope you practice along with us to make the language an every day tool for communication.

Lastly, if you let us know about upcoming events happening in the community, we'll do our best to cover it in the Keeyoks! Please feel free to contact me at:

[mvendiola@swinomish.nsn.gov](mailto:mvendiola@swinomish.nsn.gov) or 360.466.7258

Please find us on the web at:

<http://www.swinomish.org/news.aspx>  
Facebook: 'Swinomish Kee Yoks Newspaper'  
Twitter: 'KeeYoksNews'

# Swinomish Development Authority (excerpted from the 2011 SITC Annual Report)

2011 was a very active year for the SDA overseeing the development and operation of tribal enterprises and recommending potential development activities. The SDA is responsible for directly overseeing the Northern Lights Chevron, the Village Gas Station, the Ramada Ocean Shores Hotel and assessing other potential business developments. Most notable among those actions and project developments are described in the following:

**Village Gas Station & Convenience Store.** The SDA devoted significant time and energy to the design, construction and operation of the Village Gas Station. The gas station project was conceptualized by tribal leadership to provide a convenient location in the village for tribal members and the local community to buy affordable fuel and other necessities. Using funds from a Chevron contract renewal and the Tribe, the station was completed within budget and just in time for the Tribal Canoe Journey. To date the Village Gas Station is doing very well!

**Northern Lights Chevron.** The Chevron gas station and convenience store continues to be a significant component of provide substantial profits to the Tribe's economy as well as employment opportunities for our tribal members. Plans and specifications for the expansion of the convenience store have continued to be on hold pending the completion of new road construction for the casino hotel currently under construction.

**Ocean Shores Ramada Inn.** The hotel continues to struggle to reach a profitable level of operation. The hotel has now completed its sixth year of operations and continues to work its way through the challenges of the economic downturn that has impacted all the motels and hotels in the Ocean Shores area. Slight increase in hotel revenues have been erased by \$100,000 in development tax assessed by the city. The addition of a pool at the Inn required by our franchise agreement with Ramada Has improved customer satisfaction with the facility and is expected to increase occupancy. The SDA is exploring the possibility of conducting an assessment by hotel industry consultants on ways of increasing profitability of the hotel.

**Commercial Leasing.** The SDA is responsible for commercial leasing on the Reservation. Commercial leases include Dunlop Towing log yard, Thousand Trails RV Park and Latitude Marine Boat repair facility. The SDA also facilitated the Housing Authority's lease on land in the Tallawhult Development and construction of additional houses is nearing completion.

**North End Economic Development Zone.** The SDA in conjunction with the Planning Department, Utility Authority, Public Works and outside consultants developed a Master Plan that outlines future North End economic development. The plan designates the locations of necessary infrastructure including; storm water facilities, roadways, waterlines and wastewater lines. Construction also was completed on the removal and relocation of the Anacortes water line. The Swinomish Casino Hotel currently under construction is an outgrowth of this Master Plan process.

North of SR20, the Master Plan provides for a number of development activities; these include expansion of the RV park, hotel expansion, amphitheater and concession space, a potential parking garage, waterfront cottages and adjacent moorage, retail space, and a possible waterfront restaurant (see North SR20 master plan map below).

South of SR20, future development would include additional retail and commercial space, a cultural center, marine-oriented services, a boat launch, a research and training center, and family-oriented lodging.

**Kiket Island.** The SDA and Legal Department closely monitored the acquisition of Kiket Island. Through astute negotiation, the Tribe was able to acquire joint title of the island with State Parks while retaining full ownership of the tidelands. The public park now is now co-managed by State Parks and the Tribe through a six member management board and is now formally known as the Kukutali Preserve.



qyuuqs feature:



# The Winter Meetings

Written by *Caroline Edwards*



Supreme Court Bldg. & Jefferson Bldg.



Night Portrait of the Capitol Bldg.



NWIC Students with Senators- Norm Dicks and Patty Murray



Left- Union Station



Above-Statue inside the Capitol Bldg.  
Statue inside the Jefferson Bldg.

“The American Indian Higher Education Consortium (AIHEC) was founded in 1972 by the presidents of the nation’s first six tribal colleges as an informal collaboration among member colleges. Through AIHEC, tribal colleges nurtured a common vision and learned to see themselves as a national movement. Their work—research, advocacy and lobbying—was done through volunteerism and came almost exclusively from the presidents, community members, and other tribal and local leaders. Today, AIHEC has grown to represent 37 colleges in the United States and one Canadian institution and is the lifeline of these tribal colleges”(AIHEC Website).

The Winter AIHEC Meetings were held in Washington D.C at the Capitol Hill Liaison Hotel. The agenda was full for everyone who attended this year’s Winter Meetings. There were meetings held with college presidents, AIHEC board members, students, and representatives. All of which discussed and prepared for the Capitol Hill visits with the Congressional Delegations.

During the Delegation meetings I met with Senator Maria Cantwell, Senator Patty Murray, and Senator Norm Dicks. I explained to them my story of being a student at NWIC and a full time worker with the Swinomish tribe. In doing so my story brought them to my home and they will remember me and other students from NWIC because of our stories.

During the Consortium I met some wonderful new friends from South Dakota, North Dakota, New Mexico, California, and Alaska. The issues that each tribe had about higher education was very real in the sense that their tribal concerns were very relative to what my school-NWIC concerns are for students like me.

Washington D.C is a very busy city with very fast pace workers. Coming from a small town like La Conner, the Nations Capitol was a real eye opener. The history itself is so rich in culture and the people who I met had a prestige persona that I will never forget. I’m very happy to have been selected to attend these meetings in WA D.C, it has changed my life.

# Elections 2012



## 2012 Election Results

This year Senate seat 6 held by Steve Edwards and Senate seat 7 held by Leon John were on the ballot. Steve Edwards was unopposed and received 195 votes. Leon John was challenged by Janie Beasley. Leon John received 120 votes; Janie Beasley 119 votes.

Additionally, this year for the first time voting on individuals seeking to be adopted into the Tribe occurred at the same time as the General Election for Senators. There were five applicants: Ruby Glenda Billy, Charles James Edwards, Tashina Emerald May Kinsman, Natasha Lila Marie Kinsman, and Jace Clement Dorman Kinsman. The votes came in as follows:

Applicant	Yes Votes	No Votes	Percent
Ruby Glenda Billy	227	5	98%
Charles James Edwards	229	4	98%
Tashina Emerald May Kinsman	164	51	76%
Natasha Lila Marie Kinsman	167	51	76%
Jace Clement Dorman Kinsman	165	52	76%

As only 60% approval by the voters is required, all five applicants were approved for provisional membership by adoption. The Senate Chairman administered the oath and advised the applicants and their parent(s) or guardian(s) that they were now on provisional status for five years and at the end of the five year period they must each petition the Senate to be taken off provisional status.



Chairman Cladoosby swearing in new adoptees



# Swinomish Indian Tribal Community Senate hosts 2012 General Council meeting

On Sunday, February 12 the Swinomish Indian Tribal Community (SITC) Senate convened the General Council meeting for 2012. The meeting began at 1:00 PM following tribal elections that were held from 8 AM to 1 PM and a community lunch held in the gymnasium.

The Swinomish General Council, comprised of every enrolled member of the Swinomish tribe, heard reports from every major department within SITC. With over 100 in attendance, the Senate heard a variety of concerns voiced from the community. The meeting went into the early evening.



## Swinomish Domestic Violence Shelter introduces new Legal Advocate



April James  
Shelter Coordinator

I am introducing our new Legal Advocate Laima Scott to our working partners and Swinomish Tribe. Laima will be working at the Swinomish Domestic Violence Shelter Monday thru Thursday 10:00 am to 3:00 pm. You can call the DV hot line 360-399-1046 if you need Laima for the following:

- Help filling out paper work
- Protection orders
- Restraining orders
- Parenting plans

**Domestic Violence Shelter**  
17264 Squi-qui Lane  
La Conner, Wa 98257  
Cell: 360-610-6651  
Office: 360-399-1018  
Fax: 360-399-1138

- Anti-harassment orders
- Advocate support services
- Assisting victims/clients to court
- Referring to the appropriate services needed.

Laima also will be helping clients who need to fill out the appropriate paper work with the Skagit County Superior Court house. Please call or email me if you have any questions,

Thank you, April James  
Shelter Manager



Laima Scott  
Legal advocate

## Swinomish Domestic Violence Shelter “The House of Healing”

The Swinomish Domestic Violence Shelter has been up and operating now since June 10<sup>th</sup> 2011. We are providing the following services; Advocacy Support Services, Emergency Shelter, Information and referrals and Women’s Support Groups. We just recently hired a Legal Advocate Laima Scott who is available Monday thru Thursday 10:00 am to 3:00 pm. Laima can help with protection orders, parenting plans, restraining orders her services are available to all community members who are dealing with domestic violence.

The Swinomish Domestic Violence Shelter would like the community members to know that our shelter is open to all women in need of services that pertain to “Domestic

Violence”. Abusive relationships can be defined as physical abuse, mental abuse and emotional abuse. We have support services available to our women who may not want shelter stay but just someone to talk to, we can help you.

Please call our 24/7 hotline at 360-399-1046,

Respectfully

Ach-Pia-Nuk  
April James  
Swinomish Domestic Violence Shelter Manager

This project was supported by Grant No. 2008-TW-AX-0003 and Grant No. 2009-EG-S6-0034 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

## From St. Paul’s Church: Upcoming important dates

- |                                       |                |      |
|---------------------------------------|----------------|------|
| Palm Sunday                           | April 01, 2012 | 1PM  |
| Holy Thursday                         | April 05, 2012 | 5 PM |
| • Reception of Sacred Oils            |                |      |
| • Washing of the feet                 |                |      |
| • Reposition of the Blessed Sacrament |                |      |
| Good Friday                           | April 06, 2012 | 5 PM |
| • Stations of the Cross               |                |      |
| Easter Vigil (Sat.)                   | April 07, 2012 | 5 PM |
| • Blessing of Fire and the            |                |      |
| • Preparation of Paschal Candle       |                |      |
| Pentecost Sunday                      | May 27, 2012   | 1 PM |
| • Invitation to Archbishop Sartain    |                |      |



The Earth Day Committee is looking for Tribal homes that would like to establish a potted "color patch" of mixed flowers that will be distributed during Swinomish Earth Day. The plants to be given away will be located at the Swinomish Housing Authority Office. A few mature native plants will also be available.

In exchange, we will ask each grower to track the care & growth of these flowers.

There will be limited supplies, first come first served !

If you have any questions contact Tony Basabe at 466-2512.



**PLEASE SAVE THE DATE**

## Women's Health Fair

### May 24th, 2012




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

**We will be offering the following**

**PAP Exams**  
**Mammogram's**

**Bone Density Screening**  
**Colorectal Cancer Screening**  
**Lipid Testing (fasting only)**

**Tobacco Cessation Education**

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

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

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

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

Please call BCHP  
(1-888-631-6931)  
to get  
Pre-Authorized  
for Women's  
Health Fair. If you  
need  
assistance with  
this please don't  
hesitate to  
contact us at the  
Clinic.




Partly funded by the Susan G. Komen Foundation



 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, March 15, 2012**  
**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.




**From the Education Department:**

**Please join us in welcoming to the Education Department, Ida John who is our newest Para Pro for 4th& 5th grade!**

**ATTENTION:**

**The Education Dinner will be on April 11th at 5:00 at the Youth Center to honor our Preschool, 5th grade, 8th grade, 12th grade, GED, and College graduates.**

**Please mark your calendars!**

Come help save  
**SWINOMISH  
EARTH DAY!**



Organizing meeting for:  
**2012 SWINOMISH EARTH DAY**  
To be held:  
**Wednesday, March 7, 2012 at 2:00pm**  
Location:  
**Planning Office.**

Planning Office staff are unable to be the event coordinators for a large Earth Day event this year. We will be making this Earth Day a much smaller, community based event similar to a community clean up day. So, please come with any new ideas and organizing support for the 10th Annual Swinomish Earth Day. Contact: Todd, Tiffany or Tanisha in the Planning Office. Phone: 360.466.7280



**Blast from the past?**  
Can you name all of these people??



## Se-eye-chen Youth Home provides services for youth in need

3212 Balch Road  
Bellingham, WA 98226  
Phone: 360-758-2026  
Fax: 360-758-2083

Se-eye-chen Youth Home is available to provide residential services to youth who need chemical addiction counseling at Level 2.1 or lower – those requiring services at Level 3.5 are deemed a higher level of care. Se-eye-chen is able to take youth to live with us for transitional services until they leave for their scheduled higher level of care Inpatient Treatment 3.5. We also take youth who are returning home for aftercare transitional services. We work with those youth per the recommendation of the Inpatient Treatment for aftercare.

We also take private referrals from parents and families who feel a youth is getting out of hand and who want residential care for a youth tied into chemical dependency counseling and if they are deemed acceptable for Level 2.1 care. If their assessment says they need Level

3.5, then we will take them up until they are accepted at a higher level of care for Youth Inpatient Treatment such as that offered at Healing Lodge in Spokane or at Sundown in Yakama or perhaps at Daybreak at Vancouver, WA.

If you feel your youth needs special care,



please contact Annette Solomon for an assessment at Lummi Counseling 384-2330 or call her at 758-2026 to arrange an assessment. Youth require a Medicaid Provider One card for services.

The program requires a temporary placement of guardianship so we can take them to the doctor or even the hospital if necessary if they become sick or ill or injured and if the clinic is not open.

In 2011, we served 37 Lummi youth or youth who are a descendant of a Lummi. Without Se-eye-chen, these Lummi youth would have had to wait for a bed date at one of the other locations, making it more challenging for parents to visit with their child or grandchild.

Please call 360-758-2026 for Intake packet for services. We would be happy to serve you and your family member.

Se-eye-chen Youth Home  
adriannah@lummi-nsn.gov  
annettes@lummi-nsn.gov

# Register to vote!

## How to REGISTER to vote in state and federal elections

If you will be 18 by the next election (November 6) and are not registered to vote, you may pick up mail-in Voter Registration forms from Mary Ellen Cayou in the Social Services Building. You can use the same form to update your registration if your name or address has changed. If you need help completing the form, Mary Ellen will help you. You can also register to vote online at <https://wei.secstate.wa.gov/olvr/site/>.

**Monday, October 8, 2012 is the last day to submit voter registration forms by mail or to register online** in order to vote in the November General Election, scheduled for November 6, 2012. **You may register in person at the Skagit County Auditor's Office until October 29, 2012.**

Any registered voter who fails to transfer his or her residential address by the above deadline may vote according to his or her previous registration address.

## Section 184 Home Loan Program for Swinomish Tribal Members

The Swinomish Senate has been informed that the Tribe's request to participate in the HUD subsidized 184 Home Loan Program has been granted.

The HUD 184 program offers home loans with:

- Low interest rates based on current market rates (rather than credit scores)
- Low down payments
- 2.25% on loans over \$50,000.00
- 1.25% on loans under \$50,000.00

Approval of the loan requires a 1% loan guarantee fee paid at closing, which can be financed.

The HUD 184 program requires that the borrower show that they have enough income to pay back the loan. This is based on the ratio of the borrower's debt to income. Under the Section 184 program, total monthly debts including the loan typically cannot be more than 41% of gross monthly income.

The loan can be used, both on and off the Swinomish Reservation, to

- Purchase an existing home
- Rehabilitate an existing home
- Construct a new home
- Refinance a current loan

For information packets containing instructions on how to obtain a loan, a list of approved lenders, frequently asked questions, and requirements of the program, please see John Petrich at the Swinomish Housing Authority.



**Mrs. V's 2 Cents**  
By **Diane I. Vendiola**

## The Importance of Civic Responsibility

This past Sunday, February 12<sup>th</sup> 2012, members of my Tribal community turned out to vote and to hear and have a say in what our tribe has accomplished, what our tribe is working on presently, and what our tribe hopes to accomplish in 2012.

Those community members in attendance, some traveling over a hundred miles round trip, came to our annual General Council meeting and election because they understand that each one of us can influence our tribal leadership's decision-making through our voting and our attendance.

It is true that:

- Everyone has the right take part in the government of his/her tribal nation, directly and/or through freely chosen representatives.
- Everyone has the right of equal access to public service in his/her tribe.

Our ancestors planned for us to govern ourselves way back in 1934, almost 80 years ago. They discussed, agreed upon and wrote a constitution and by-laws mandating that we, as a people conduct an annual meeting, that we be free to attend this meeting of our own free will, so that we would all have an equal vote and an equal say in our community's business.

For thousands of years, American Indians governed themselves through tribal laws, cultural traditions, religious customs and kinship systems. Today most modern tribal governments are organized democrati-

cally, that is, with an elected leadership.

Through our tribal governments, tribal members generally define condition of membership. And we did indeed do so at our General Council meeting last Sunday. We welcomed three children as new members of the Swinomish Tribal Community. In our Swinomish Constitution and By-laws, the Preamble states:

*We, the Indians of the Swinomish Reservation, in order to establish a more perfect tribal organization, promote the general welfare, encourage educational progress, conserve and develop our lands and resources, and secure to ourselves and our posterity the power to exercise certain rights of home rule, in accordance with and by the authority of Congress of June 18, 1934, do ordain and establish this constitution for the Swinomish Indians.*

### **CERIFICATION OF ADOPTION**

*Pursuant to all order, approved October 21, 1935, by the Secretary of the Interior, the attached constitution and by-*



*laws was submitted for ratification to the Indians of the Swinomish Reservation and was on November 16, 1935, duly ratified by a vote of 87 for, and 1 against, in an election in which over 30 percent of those entitled to vote cast their ballots. In accordance with section 16 of the Indian Reorganization Act of June 18, 1934 (48 Stat. 984) as amended by the act of June 15, 1935 (Pub. No. 147. 74<sup>th</sup> Cong.) (Signatories:)*

**MARTIN J. SAMPSON**  
*Chairman of Election Board*

**GEORGE ALEXANDER**  
*Chairman of Swinomish Indian Senate*

**CLARA (WILBUR) JAMES**  
*Secretary*

I am eternally grateful to Martin J. Sampson, George Alexander and Clara Wilbur James for their willingness to step forward and stand up for what they believed as right and just, not only for themselves, but for future generations (us) too.

During the 1930's everybody was so poor that people banded together in order for the common good. Almost everything was voluntary, from fire departments to the public arts to the Civilian Conservation Corps (CCC) of the 1930s and 1940s, citizens participated in projects that shaped communities and ultimately the nation. Due to civic responsibility, citizenship was understood in terms of the labors of ordinary people who created goods and

undertook projects to benefit the public. This kind of civic identify helped create an important balance between pursuit of individual wealth and the creation of public things a political community founded for the common good.

*"The importance of civic responsibility is vital to the success of democracy and philanthropy. By engaging in civic responsibility, citizens ensure and uphold certain democratic values written in the United States Constitution and the Bill of Rights.*

*Those values or duties include justice, freedom, equality, diversity, authority, privacy, due process, property, participation, truth, patriotism, human rights, rule of law, tolerance, mutual assistance, self restraint and self respect."—Jennifer Self, Civic Responsibility*

*Diane I. Vendiola, Swinomish tribal elder, is a regular contributor to the qyuuqs (Kee Yoks), continues to serve the tribe in her retirement, and is a loving grandmother.*

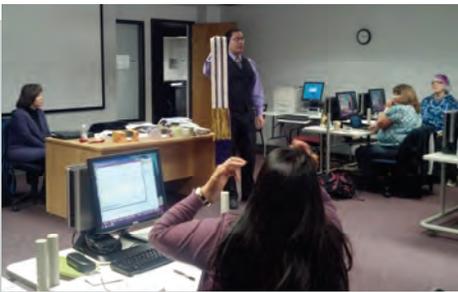
## How a panda saved my life

By Michael M. Vendiola, qyuuqs Editor



From February 18 through February 24 I had the opportunity to travel to Albuquerque, New Mexico to participate in a scholarship read that would help determine the educational future of 150

Native American high school seniors. I was part of a team of approximately 30 people from across the nation. Each one of us represented different regions of the country and had some networked affiliation with Indian education from our area. Our leadership came from the American Indian Graduate Center Scholars (AIGCS) organization based in Albuquerque. AIGCS serves as the fiscal sponsor, working collaboratively along with the Hispanic Scholarship Fund, the Asian & Pacific Islander American Scholarship Fund, and the United Negro College Fund to distribute The Gates Millennium Scholars (GMS) Program scholar-



ship funds to their respective communities. AIGCS distributes 150 of these "full ride" scholarships throughout Indian Country.

The Gates Millennium Scholars (GMS) Program, established in 1999, was initially funded by a \$1 billion grant from the Bill & Melinda Gates Foundation.

The GMS Scholarship Award Provides:

- Support for the cost of education by covering unmet need and self-help aid;
- Renewable awards for Gates Millennium Scholars maintaining satisfactory academic progress;
- Graduate school funding for continuing Gates Millennium Scholars in the areas of computer science, education, engineering, library science, mathematics, public health or science;

Leadership development programs with distinctive personal, academic and professional growth opportunities.

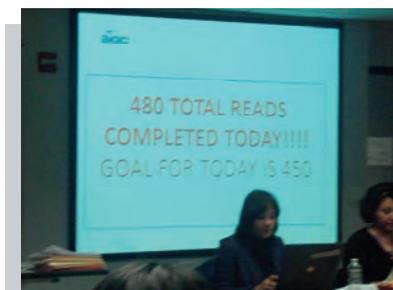
For this year's read, AIGCS experienced the largest applicant pool to date with 702 applications from Native American



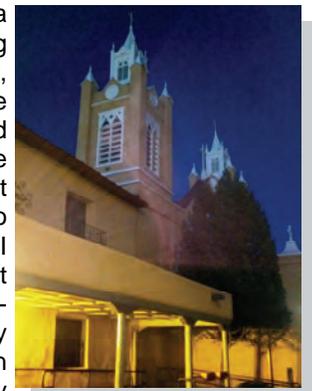
high school seniors. Our goal as a scholarship reading team was to examine each scholarship for a variety of criteria some of which included academic rigor, quality of self perception, understanding systems, quality of support system, and outside of the classroom learning. Each scholarship was read twice, each time by a different team reader. In total our team read 1404 scholarship applications in the span of the week.

While there was a clear rating scale for each criterion, it was not easy when you began to read the personal hardships students endured while maintaining the highest level of academic achievement. In other words, even in the face of some very challenging lifestyles these Native students had figured out a way to be successful in school and see the value in attaining that success. There were stories from the students that included extremely violent acts that happened to themselves or close family members, stories of families losing their homes due to natural disaster or economic reasons, and, of course, stories of the tremendous heartache of watching a mother or father or both slowly lose their lives through addiction.

To say the least, at times it was not easy to read the personal stories of these



youth, especially when recognizing that these stories are not uncommon across Native America. We were tasked with reading each application individually, meaning we were not to compare applicants but to see them in their own light. Some great advice was given by one of our trainers. She said, "You will cry reading some of these applications. There's no doubt. Give yourself a break when this happens." She then went on to say that one way that she handled the grief she read in the applications was that she always had the "Panda Cam" on in the background on her computer monitor. So, whenever she had a challenging application, she would take a break and just watch the Panda bears at the San Diego Zoo. At first, I had thought that her comment was only as a joke. On the second day I was tuned right in to the San Diego Zoo Panda Cam!

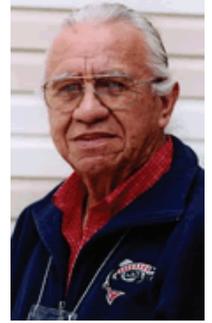


A tremendous lesson was learned and/or reinforced through this process: **We need to see and champion the beauty and hope of our Native American youth!**

By the end of the week we were a very close team through sharing stories of our culture and identity, sharing meals, and, of course, sharing our 'Indian Humor'. We were also successful in reading each scholarship application twice. Each one of us carried home approximately 50 different stories from the lives of Native America's next generation of outstanding scholars!



## Being Frank



### We need to win the battle for salmon recovery

Feb. 6th, 2011

By Billy Frank, Jr., Chairman NWIFC

We are losing the battle for salmon recovery in western Washington because salmon habitat is being destroyed faster than it can be restored. Despite massive cuts in harvest, careful use of hatcheries and a huge financial investment in restoration during the past four decades, salmon continue to decline along with their habitat. As the salmon disappear, so do our tribal cultures and treaty rights. We are at a crossroads, and we are running out of time.

That's why we are asking the federal government to come to align its agencies and programs, and lead a more coordinated salmon recovery effort. We want the United States to take charge of salmon recovery because it has the obligation and authority to ensure both salmon recovery and protection of tribal treaty rights. That responsibility is alive today, just like the treaties.

We held up our end of the bargain when we ceded most of the land in western Washington to the U.S. government through the treaties of 1854-55. In those treaties, we retained certain rights for ourselves, such as the right to harvest salmon in our traditional fishing places as we have always done. But those rights are meaningless if the salmon disappear. Already some of our tribes have lost even their most basic ceremonial and subsistence fisheries, the cornerstone of tribal life.

We began our effort to get the federal government to take charge of salmon recovery when we traveled last summer to Washington, D.C., to meet with the White House. Follow-up meetings with federal leadership have been encouraging. Attention is being focused on increased enforcement of existing habitat protection laws, protecting instream flows for salmon, and ensuring that federal actions are helping to meet salmon recovery needs and goals.

Too often, federal actions and federally funded state programs don't contribute to salmon recovery, and sometimes even make it more difficult. A recent lawsuit filed by environmental groups over floodplain management in western Washington provides a good example.

The environmental groups want the U.S. government to stop issuing flood insurance in some parts of Puget Sound until floodplain management plans are changed to reflect

the needs not only of developers, but of endangered salmon and orcas as well. We couldn't agree more.

Floodplains are low-lying areas that allow rivers to spread out during high flows. They help provide important salmon habitat for migration, rearing and spawning. Dikes, over-development and other floodplain impacts restrict the ability of that habitat to support salmon, and can lead to more costly damage when flooding occurs. But it doesn't have to be that way. Floodplain management that is good for flood control can also be good for salmon habitat.

Up until now, the federal government's main response to declining salmon runs has been to restrict harvest. That's a recipe for failure. Habitat must be held to the same standard as harvest if we are going to recover salmon.

Before tribes can go fishing, we are required to show that our fisheries will contribute to salmon recovery under the Endangered Species Act. Those who damage or destroy habitat must be held to the same standard. No amount of fishery restrictions can restore salmon unless they have enough good spawning and rearing habitat.

We believe that salmon recovery must take place at the watershed level because that's where salmon begin and end their lives. We already have developed recovery plans and identified barriers to salmon recovery for most watersheds in western Washington. Those plans must be implemented and those barriers fixed, and it needs to happen soon.

One thing is clear. By every measuring stick we use, salmon habitat continues to disappear at an alarming rate, and that trend shows no signs of improvement.

What we have been doing isn't working. If we are going to succeed with salmon recovery, the federal government must use its authority to honor our treaties and put us all back on the path to salmon recovery.

*Billy Frank Jr. is the chairman of the Northwest Indian Fisheries Commission.*

**For more information, contact:** Tony Meyer or Emmett O'Connell, NWIFC, (360) 438-1181

## From the Tribal Archive

### The Swinomish Ladies Club

By Theresa Trebon

March is Women's History Month, the perfect time to honor an amazing group of women who diligently worked for the Swinomish community for over half a century. Over the years, they went by several names—the Swinomish Ladies Club, the Ladies Welfare Club, the Ladies Aid Society—but though their name differed from time to time, their commitment to doing good for their community did not.

Although the group officially celebrated its fiftieth anniversary in 1984, there is evidence they were active well before 1934. When tribal members gathered in 1928 to discuss building a new American Hall, minutes of that meeting record that “The Ladies Aid prepared a splendid dinner and served the same.” During the Depression years, the group sponsored dances and box socials at American Hall, events remembered fondly by elders for the good times they had. The Ladies prepared the dinners for funerals as well as the community's annual Memorial

*“Long ago we had hard times. We had to get in and do some kind of work, just to raise a few dollars.”*

Day observances. And each December, they ensured that Christmas arrived in style at Swinomish. Never shy about asking the Tribal Senate for its support, the women petitioned them for everything from donations of fish from the Tribe's fish trap for funeral dinners, to funding for their “Christmas doings.” In 1938, they successfully shepherded a senate resolution to ap-

*50¢ per plate the price set for the dinner for special table by Ladies Club.*

Swinomish Ladies Club “Special Table” dinner ticket  
c. 1937  
Swinomish Tribal Archive



Swinomish Ladies Club Plaque  
1984

proval that started a hot lunch program at Swinomish because, “We feel that serving lunches to our children constitutes a means of furthering better health and education for the children of the tribe.” The Senate covered the cost of “wood, lights and water”; the ladies cooked and served the lunches. In 1941, the Ladies Welfare Club filed an official complaint with the Senate over the reservation's increasingly large dog population, stating they were a menace to the community: “We ask you kindly to take immediate action for their disposal.” And always, always, the women worked to raise funds for the special projects

they championed. Whether it was through

bake sales, raffles, or “special table dinners” where they sold

their home-cooked food for fifty cents a plate, they brought in much-needed funds to help their community, and invaluable assistance in good times and bad.

*“The Ladies Welfare Club gave incalculable service to the Swinomish Community for many years prior to the formal organization of the Swinomish Tribal Community in 1936.”*

*Martin Sampson, 1972*

The club appears to have disbanded sometime in the late 1980s as more women went to work at paying jobs outside the home, and interest in the grass roots efforts of the Ladies Club waned. Despite the dissolution of the group, the hard work and dedication of these individuals lives on in the important “jump start” they gave to so many in the community. Their service was the foundation upon which many current Swinomish outreach efforts were built. Here's to the women!

*If anyone in the community has stories or photographs to share about this important Swinomish organization, please contact Theresa at the Tribal Archive: 360.466.7351 or ttrebon@swinomish.nsn.us*



Puget Sound Mail  
12-23-1953  
Swinomish Tribal Archive

# Youth Center Calendar March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				<b>SLEDDING LO- CATION TBA</b>	<b>MOVIES</b>	
4	5	6	7	8	9	10
	6:15 SWIM- MING		430-5:30 Middle School Youth Group  5:30-6:30  High School Youth Group		Middle & High School Outing	
11	12	13	14	15	16	17
	6:15 SWIM- MING		430-5:30 Middle School Youth Group  5:30-6:30  High School Youth Group		Middle & High School Outing	
18	19	20	21	22	23	24
	6:15 SWIM- MING		430-5:30 Middle School Youth Group  5:30-6:30  High School Youth Group		Middle & High School Outing	
25	26	27	28	29	30	31
	6:15 SWIM- MING		430-5:30 Middle School Youth Group  5:30-6:30  High School Youth Group		Middle & High School Outing	

## Education

### Tutorial Help Available

**Who:** 6th-12th grade students

**What:** Tutoring from our Swinomish Para Pros and homework help.

**Where:** Middle and High School study labs and snacks will be available.

**When: Monday-Thursday, 3:05-4:05pm** and our Recreation van will be available to transport students back to the Youth Center.

**Why:** Because our tribe believes that education is important and wants to support our students and help them succeed.

### Swinomish preschool featured on front page of Skagit Valley Herald

The Susan Wilbur Early Education Center Preschool was featured on the front page of the Skagit Valley Herald. Three of our children were pictured on a field trip to the Breazeale Interpretive Center at the Padilla Bay National Estuarine Research Reserve. The children have been learning about our local ecology and science from our volunteer teacher, Lynn Beebe. They will visit the mud flats this April, learning about how nature works and how they play a part in use and preservation.

We have also had a number of playground improvements, including a safety fence, refinishing of playground equipment, and new play sand. Thank you Swinomish Indian Tribal Community!

We are excited to have two new volunteers, Macky Cayou and Lena Cladoosby. If you are interested in volunteering, please visit us or call 630-7788.

-From the Preschool Staff



### La Conner High School students excel in education

Congratulations to LCHS students who have maintained an above average GPA for the 1st semester of the academic year!

Tribal Student GPA  
1st Semester 2011/2012

GPA	Student
3.83	Hilary Edwards
3.62	Aubrey Stewart
3.47	Wil James
3.45	Anna Cook
3.08	Madeline Cayou
3.00	Taysha James

2.94	Robert...
2.93	Irma Ceja
2.88	Leila Clark
2.76	Diane Quintasket
2.73	Landy James

We had 18 students who missed 3 days or less of the 95 school days we've had so far.

Report by:  
Lisa James  
Swinomish Tribal Para-Pro



# swədəbš Community Arts swədəbš Community Arts swədəbš



*Photo by Judge Pouley that will be on display at the Stanwood Camano Art Guild's "Art at the Schoolhouse".*

## Swinomish judge captures Northwest landscapes

Our very own Judge Pouley will be exhibiting and selling photographs at the Stanwood Camano Art Guild's "Art at the Schoolhouse" during the Skagit Valley Tulip Festival. Please show him some support by stopping by his exhibit.

Where: Christianson's Nursery at 15806 Best Road, Mt. Vernon

When: April 6 – 29, 2012

10 a.m. – 5 p.m. Daily

The show will include a variety of different styles of art from 20+ local artists.



*Photos by Judge Pouley*



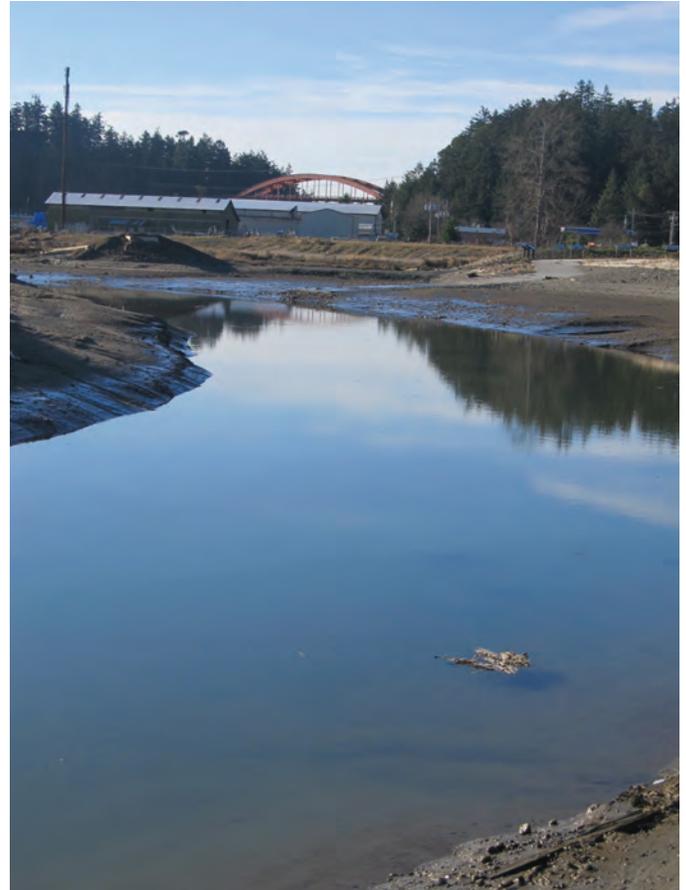
# swədəbš Community Arts swədəbš Community Arts swədəbš

**Minds starve, just plain empty  
Shaking my head, resulted only in avalanche,  
Sounds echoing off of canyon walls.**

**As much as I could I tried to fulfill  
that wordless void.**

**The formation wasn't there!**

—Paul Villaluz



## Nation of our Creation

**We are our elders creation.  
Our elders are our foundation.  
Our elders leave it to us to lead our  
sovereign nation.  
Our elders teach us our history, language  
and tradition.  
Our children are our creation.  
Our children are the next generation to  
lead our sovereign nation.  
As our children grow up they learn wisdom  
of our volition.  
We teach our children our history, language  
and tradition. It's our volition.  
To Live clean, sober and healthy Lives is  
our mission to teach our younger generation.  
We're destined to complete our mission  
and carry on our Coast Salish Tradition.  
We hold close to our hearts our elders,  
children, history, language and tradition.  
We're grateful for the next generation who  
will lead our sovereign nation.  
We look forward to the future.  
We look forward to the day when we will  
have grandchildren to nurture.  
We live for the past, present and future.  
We're one part Father Creator, One part Mother  
Nature. Without them we wouldn't have a future.**

—Jonathan Harvey Jack, 2012



Photo by Eric Day

# Traumatic Brain Injury

## - Concussion

Traumatic brain injury (TBI) is a serious public health problem in the United States. Each year, traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability. Recent data shows that, on average, approximately 1.7 million people sustain a traumatic brain injury annually.<sup>1</sup>

A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from “mild,” i.e., a brief change in mental status or consciousness to “severe,” i.e., an extended period of unconsciousness or amnesia after the injury. The majority of TBIs that occur each year are concussions or other forms of mild TBI.<sup>2</sup>

CDC’s research and programs work to prevent TBI and help people better recognize, respond, and recover if a TBI occurs.

### What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Health care professionals may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

### What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

### Symptoms of concussion usually fall into four categories: (See graphic on next page)

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems. Others may not understand why they are having problems and what their problems really are, which can make them nervous and upset.

The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.

### When to Seek Immediate Medical Attention: Danger Signs in Adults

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and

crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.

Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.

Lose consciousness (*a brief loss of consciousness should be taken seriously and the person should be carefully monitored*).

### Danger Signs in Children

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
  - Will not stop crying and cannot be consoled.
- Will not nurse or eat.

### What Should I do If a Concussion Occurs?

People with a concussion need to be seen by a health care professional. If you think you or someone you know has a concussion, contact your health care professional. Your health care professional can refer you to a neurologist, neuropsychologist, neurosurgeon, or specialist in rehabilitation (such as a speech pathologist). Getting help soon after the injury by trained specialists may speed recovery. Learn about common signs and symptoms that you may experience, as well as about danger signs and when to seek immediate medical attention.

### What to Expect When You See a Health Care Professional

While most are seen in an emergency department or medical office, some people must stay in the hospital overnight. Your health care professional may do a scan of your brain (such as a CT scan) or other tests. Other tests, known as “neuropsychological” or “neurocognitive” tests, assess your learning and memory skills, your ability to pay attention or concentrate, and how quickly you can think and solve problems. These tests can help your health care professional identify the effects of a concussion. Even if the concussion doesn’t show up on these tests, you may

still have a concussion.

Your health care professional will send you home with important instructions to follow. Be sure to follow all of your health care professional’s instructions carefully.

If you are taking medications—prescription, over-the-counter medicines, or “natural remedies”—or if you drink alcohol or take illicit drugs, tell your health care professional. Also, tell your health care professional if you are taking blood thinners (anticoagulant drugs), such as Coumadin and aspirin, because they can increase the chance of complications.

### Getting Better: Tips for Adults

- Get plenty of sleep at night, and rest during the day.
  - Avoid activities that are physically demanding (e.g., heavy housecleaning, weightlifting/working-out) or require a lot of concentration (e.g., balancing your checkbook). They can make your symptoms worse and slow your recovery.
  - Avoid activities, such as contact or recreational sports, that could lead to another concussion. (It is best to avoid roller coasters or other high speed rides that can make your symptoms worse or even cause a concussion.)
  - When your health care professional says you are well enough, return to your normal activities gradually, not all at once.
  - Because your ability to react may be slower after a concussion, ask your health care professional when you can safely drive a car, ride a bike, or operate heavy equipment.
  - Talk with your health care professional about when you can return to work. Ask about how you can help your employer understand what has happened to you.
  - Consider talking with your employer about returning to work gradually and about changing your work activities or schedule until you recover (e.g., work half-days).
  - Take only those drugs that your health care professional has approved.
  - Do not drink alcoholic beverages until your health care professional says you are well enough. Alcohol and other drugs may slow your recovery and put you at risk of further injury.
  - Write down the things that may be harder than usual for you to remember.
  - If you’re easily distracted, try to do one thing at a time. For example, don’t try to watch TV while fixing dinner.
  - Consult with family members or close friends when making important decisions.
  - Do not neglect your basic needs, such as eating well and getting enough rest.
  - Avoid sustained computer use, including computer/video games early in the recovery process.
- Some people report that flying in airplanes makes their symptoms worse shortly after a concussion.

(continued next page)

## Honor the Gift of Food

### Spring Quarter 2012

(April 3 to June 12)

### Health 130 (3 credits)

*CEU (Continuing education course credit available)*




**COURSE DESCRIPTION:**

Introduction to traditional foods and basic nutrition. Emphasis is on the relationship between culture, traditional foods and how whole foods are grown, processed and prepared for human consumption.

Upon completion of this class students will have basic knowledge of healthy food choices and how to include them in their lives.

Garden experience possible.

2012 Spring Quarter  
Tuesdays 1-4pm  
NWIC Swinomish Campus,  
Room 113

Facilitate by  
Jessica Gigot Ph.D.  
Science Faculty

Contact Gaylene Gobert  
[ggobert@nwic.edu](mailto:ggobert@nwic.edu)  
360-466-4380  
To register

# On Rich Soil

## Reclaiming the Early Roots of Resonance Between Coast Salish and Christian Wisdom

This four part workshop revisits the period of early contact and the arrival of Christianity to the Pacific Northwest.

**Participants will:**

- Explore and rediscover how and why the Christian stories spread and flourished among the Coast Salish people.
- Search for the resonant wisdoms found in both the Christian stories and the traditional stories of the Coast Salish.

**This workshop is for:**

- Those who are searching for some resolution to feelings of conflict between their Catholic faith and their awareness of historic injustices.
- Those who want to gain a deeper understanding and appreciation for Christianity and Coast Salish wisdom.

**Where:** Swinomish Spiritual Center, LaConner, WA  
**Time:** 9:00 A.M. - Noon (all sessions)

**Part One - "Lamentations of the Coast Salish"**  
Date: Saturday, January 21, 2012

**Part Two - "The Sahale Stick"**  
Date: Saturday, February 18, 2012

**Part Three - "Our Stories, our Wisdom"**  
Date: Saturday, March 17, 2012

**Part Four - "Christ and the Coast Salish"**  
Date: TBA

Note: This workshop is presented by Puget Coast Salish Ministries and is part of a dissertation project created by John K. La Pointe for a doctorate in Ministry degree through San Francisco Theological Seminary.

### Symptoms of concussion usually fall into four categories: (from previous page)

Thinking/ Remembering	Physical	Emotional/ Mood	Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

#### Getting Better: Tips for Children

Parents and caregivers of children who have had a concussion can help them recover by taking an active role in their recovery:

- Having the child get plenty of rest. Keep a regular sleep schedule, including no late nights and no sleepovers.
- Making sure the child avoids high-risk/high-speed activities such as riding a bicycle, playing sports, or climbing playground

equipment, roller coasters or rides that could result in another bump, blow, or jolt to the head or body. Children should not return to these types of activities until their health care professional says they are well enough.

- Giving the child only those drugs that are approved by the pediatrician or family physician.
  - Talking with their health care professional about when the child should return to school and other activities and how the parent or caregiver can help the child deal with the challenges that the child may face. For example, your child may need to spend fewer hours at school, rest often, or require more time to take tests.
- Sharing information about concussion with parents, siblings, teachers, counselors, babysitters, coaches, and others who interact with the child helps them understand what has happened and how to meet the child's needs.

*Lushootseed Research Presents*

# A New Canoe

Teaching Language and Culture with Today's Technology

3rd Annual Lushootseed Language Conference

**Saturday April 21, 2012**

Hosted by Seattle University, Office of the President

**Fun and Exciting Workshops that will explore:**

- Innovative Teaching Approaches
- Newest techniques & technology

**Space is limited! Register early at NW Indian College, nwic.edu**

- ✓ Advance Registration only \$40.00
- ✓ Discount for students and elders
- ✓ Some Scholarships available
- ✓ For more information contact: [jill@lushootseed.org](mailto:jill@lushootseed.org)

Sponsored By:




**From the Realty Office:**

I would just like to recap information that was given at the Northern Tribes and Mid-sound Landowners meeting in 2010 at the Skagit Resort then at the Tulalip Resort with the Puget Sound Agency's Trust Programs of the Bureau of Indian Affairs.

For those of you that didn't attend but are interested I have decided to submit a brief article in the Realty section every other month. I will select a Trust Program and provide a brief description and contact information at the local and agency level.

Your first installment is Probate and Estate Services. At the tribal level the first crucial step is submittal of the death certificate to the Puget Sound Agency. Your Tribal Enrollment Officer will submit the death certificate on behalf of the family. This starts the entire probate process. A next key element for the surviving family or heirs is to provide an address for the estate of the recently departed.

At the Puget Sound Agency level the Probate Contacts are:

Suzanne Karelsen, 425-258-2657 Extension 266

As usual, I am available by telephone (360) 466-7302 or here at my office, 11430 Moorage Way. Just a quick reminder my hours of operation are Monday to Wednesday, 8:00 am to 6:00 pm and on Thursdays, 8:00 am to 5:30 pm and closed on Friday. Thank you.



SAVE THE DATE!!

MAY 23, 2012

TRIBAL MENTAL HEALTH CONFERENCE

**TRIBAL NEEDS & HEALTHCARE REFORM**

12th Annual Conference

Presented by the North Sound Mental Health Administration and the North Sound Tribes

At the Skagit Resort in Bow, WA

EARLY BIRD RATE WILL BE \$80.00 UNTIL MARCH 15, 2012

REGULAR REGISTRATION \$100

Visit our Website for more details as they become available

[HTTP://NSMHA.ORG/TRIBAL/DEFAULT.HTM](http://NSMHA.ORG/TRIBAL/DEFAULT.HTM)

# Swinomish Elders Lunch

# MARCH 2012

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

Mon	Tue	Wed	Thu	Fri
Milk served with all meals			1 Eggs & Sausage Links French Toast Peaches Vegetable Juice	2
5 Sloppy Joe Sandwich Oven Tatar Tot Veggie Platter Fresh Fruit Bowl Yogurt	6 Homemade Chicken & Rice Soup Oven Rolls/Crackers Mixed Green Salad Pears	7 Roast Beef & Gravy Mashed Potato/Rolls Mixed Vegetables Peaches	8 Eggs & Bacon Pancake Berries Yogurt Vegetable Juice	9
12 Split Pea Soup Turkey/Cheese Sandwich Fresh Fruit Bowl Yogurt	13 BBQ Chicken Macaroni Salad/Rolls Green Beans Jell-O with Oranges	14 Corned Beef Cabbage/Red Potatoes Dinner Rolls Peaches	15 Sausage Gravy Biscuit/English Muffin Cantaloupe Cottage Cheese Tomatoes	16
19 French Dip Sandwich Oven French Fries Coleslaw Fresh Fruit Bowl Yogurt	20 Pork Chop Brown Rice/Rolls Carrots & Green Beans Applesauce	21 Homemade Chicken Noodle Soup Whole Wheat Rolls/Crackers Mixed Green Salad Oranges	22 Eggs & Ham Peach Cobbler Spinach Salad Yogurt	23
24 Lasagna Garlic Bread Mixed Green Salad Fruit Cocktail	25 Homemade Vegetable Soup Turkey/Cheese Sandwich Banana Yogurt	26 Pepper Steak Brown Rice Cauliflower/Carrots Pineapple	27 Eggs & Bacon Waffles Berries Yogurt Vegetable Juice	28

## Elders Craft Project:

We will be making dream catchers at the Senior Center on **Tuesday, March 13<sup>th</sup>** from 1pm-3pm for the Elder's Luncheon in June.

**Everybody is welcome!**





MARCH 2012

The Swinomish Police Department is pleased to announce the creation of an **Explorer Cadet Program**. Throughout the United States, young adults are given a front row seat to the ins and outs of police work in all types of law enforcement agencies through cadet programs. The Swinomish Police Department recognizes the importance of providing our youth the chance to explore a possible career in law enforcement and to be future active citizens in their communities.

The goal of the cadet program is to give young people, ages 14-20, the opportunity to explore the law enforcement profession as a possible career. Cadets, with the knowledge and consent of their parents, will be in uniform and working for the police department. They will have no enforcement authority, but they will be trained in criminal law, patrol procedures, and radio procedures. Cadets will be able to experience the activities of the various divisions in the department such as:

**patrol, investigations, traffic and marine units.**

Cadets will also take part in activities such as assisting in traffic control on the Swinomish Reservation and assisting with bike safety rodeos for the younger members of our community. By attending meetings, training and performing various details at the police department and in the community, cadets earn hours towards **ride-a-longs with officers**.



Along with the goal of mentoring and encouraging young adults to become police officers, this program will help develop pride, responsibility, character and a sense of civic duty that will help them in whatever path they may choose in life.

The Explorer Cadet Program offers experiences which young adults will want to share with their peers and other members of the community. In this way, their experiences in the program will help to build trust and confidence between the police department, and the Swinomish community as a whole.

**More information can be obtained by contacting the Swinomish Police Department at 466-7237.**



## Swinomish Tribal Community Dinner

The Swinomish Tribal Community Dinner happens on a monthly basis on the third Wednesday of every month. So, please mark your calendars! The next dinner will be on Wednesday, March 21 at 6:00 PM in the gym. If you have any questions or would like to help out, please contact Qws Tan Ya (Aurelia Washington), Cultural Events Director, at 360-466-6376 or 360-853-6376.



### Social Services

## How can I tell if my child is using drugs?

For parents, it's sometimes hard to tell if our children have started underage drinking or other drug use. It can be difficult to determine if changes in mood or interests have changed because of alcohol or drug use, or if it's due to common changes that teenagers may go through. Some changes can signal that something is going on, and often that involves alcohol or other drugs. The following is a watch list for parents to look for signs of substance use. Look for:

- Signs of depression, withdrawal, and hostility.
- Change in attitude and temper.
- Changes in hobbies, or loss of interest.
- Changes in friends.
- Negative changes at school- in schoolwork, grades, being absent, discipline problems, or changes in activities.
- Increased secrecy about possessions or activities.
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors.
- Changes in language or conversation with friends, using 'coded language', such as "four twenty", a code for a time to get high.

- Change in clothing choices to clothes that highlight drug use.
- Finding drug paraphernalia, such as pipes or rolling papers.
- Evidence of inhalant products, such as correctional fluid or a product that they would not normally have in their room.
- Bottles of eye drops used to mask blood shot eyes or dilated pupils.
- Missing prescription drugs, especially narcotics or mood stabilizers

As parents, we are the first line of defense when it comes to our youths drinking or drug use. Take time to talk to your children. Get to know their friends, where your children are and what they're doing during unsupervised times. If you have any questions, would like more information or want to talk to someone about your child's use of drugs, please feel free to contact our staff at the Wellness Program.

References: Elks Organization  
Alcohol & Drug Abuse Institute



# March 2012 Swinomish Housing & Utility Authority News

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



**MARCH 2012 Reminder: 10TH OF EACH MONTH....RENT & UTILITIES DUE !!!!! DON'T LET THOSE BALANCES CREEP UP!**



**"Make your FULL housing payment by the 10th of the Month"**

**For details on how you qualify for the monthly raffle contact the SHA or Life Skills Office. CONGRATS To**

**Feb2012 raffle winners! Carol Washington~ Warren James~ and Donna Charles !!! :)**

**Earned Income Tax Credit (EITC)...Putting More Money in Families Pockets!**

**APRIL 17th- LAST DAY TO FILE!** Do you need help understanding how to get an Earned Income Tax Credit (EITC) back this year. If you are in the low income category, you may also qualify for free help in filing your taxes and receiving larger tax refunds.

Please contact Robin Carneen and she can explain what Earned Income tax credit is and she can see if you qualify. Mon-Friday, 8:30am-5pm and is available by appointment. Her office is located upstairs in the Social Services building.



**REMINDER: All work subsidy must be done and/or payment made before shut off date. If not, water will be shut off and not turned on until work is done or payment is made.**



## Resident's Corner | Preventing Household Poisoning for Children (excerpt from Ecwise Feb 2012/ Vol 10, Issue 2)

Nationwide poison control centers receive a call about possible poisoning every 13 seconds. Chemicals in and around the home can injure people or pets and cause longterm injury. Children are particularly at risk for household poisoning. The natural curiosity of children can lead to accidental poisoning. Below are descriptions of some of the most dangerous poisons for children.

- **Medicines:** The right amount of medicine is ok for the right person but can be very dangerous to children if they take the wrong or too much medicine.
- **Cleaning Products:** Many cleaning products can cause burns just as bad as fires. Even cleaning products that may not burn skin can cause considerable damage if swallowed. When purchasing these cleaning products, only small quantities should be bought and the excess should be discarded.
- **Nail Polish and Nail Polish Remover:** Some ingredients in nail polish and nail polish remover can cause cyanide poisoning when swallowed by children.
- **Hydrocarbons:** This broad category includes gasoline, kerosene, lamp oil, motor oil, lighter fluid, furniture polish and paint thinner. Breathing these liquids into the lungs can cause inflammation making it difficult to breathe. If swallowed, the liquids can cause diarrhea, nausea or vomiting. Hydrocarbon poisoning is a leading cause of poisoning death in children.
- **Pesticides:** Many pesticides can be absorbed through the skin and their fumes can also be inhaled. They can affect the nervous system and can make breathing difficult.
- **Alcohol:** When children swallow alcohol they can have seizures, go into a coma or even die. Beer, wine and liquor are not the only sources of alcohol. Mouthwash, facial cleaners and hair tonics can have as much alcohol in them as alcoholic beverages.

### Tips for poison prevention:

- Keep medicines and cleaning products locked up and out of reach of children.
- Always store products in their original containers. Should a child or adult be poisoned an unmarked container will put the individual at further risk because the poison can't be clearly identified.
- Ensure that the product has child-resistant packaging, and nothing is child-proof.
- Teach children to ask first before eating or drinking anything; many poisons can look like food or drinks.

If a poisoning happens and the victim has collapsed or is not breathing, *call 911*. If the victim is awake and alert, call a Poison Control Center at 1-800-222-1222 and have information on the victim's age and weight, the container or bottle of the poison. Also try to note, the time the poisoning occurred and the address where the poisoning occurred. Then stay on the phone and follow the instructions from the emergency operator or poison control center.

For more information on poisoning prevention go to: <http://www.cdc.gov/HealthyHomes/ByTopic/Poisoning.html>.

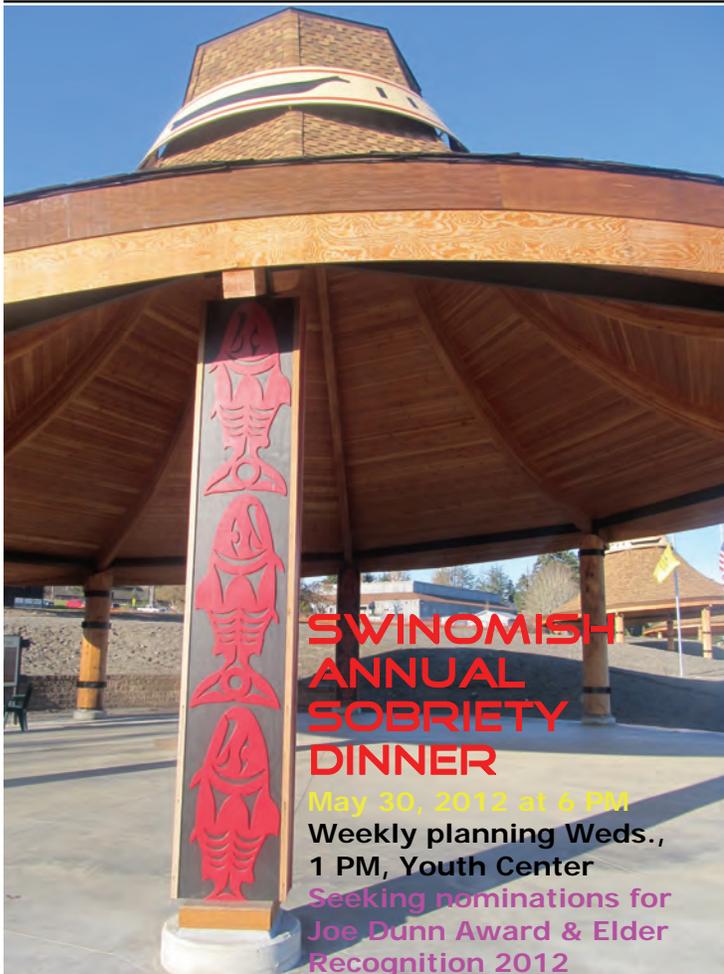
### **Public and Indian Housing Information**

#### **Resource Center (PIH IRC)**

2614 Chapel Lake Drive

Gambrills, MD 21054 Toll free number: 1-800-955-2232 E-mail: [pihirc@firstpic.org](mailto:pihirc@firstpic.org) (Put "EcoWise" in subject line)

Follow us on: <http://facebook.com/HUD> ; <http://twitter.com/HUDnews>; [www.hud.gov](http://www.hud.gov)



**SWINOMISH ANNUAL SOBRIETY DINNER**  
 May 30, 2012 at 6 PM  
 Weekly planning Weds., 1 PM, Youth Center  
 Seeking nominations for Joe Dunn Award & Elder Recognition 2012

**Own Interest in Squaxin Island?**

The Squaxin Island Tribe is purchasing undivided fractionated interest in allotments on Squaxin Island. At least twenty-four (24) tribes in the surrounding area have members eligible to sell their interests.

*The allotments include:*

ALLOTMENT #	ALLOTTEE	ALLOTMENT #	ALLOTTEE
3	Isaac / Chavitsried	17	Tyce Bob
4	Old Man Sindam	18a	Peter Klabsch
8	Old Man Sedulk	19a	John Scalth
12	Tom	20	Henry Kopel
13	Kate Charley	21	Tobolitsa
14	Old Man Sollatah	22	Jack / Yesapab
16	John Senaksub		

The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside established buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management Plan. The Squaxin Island Tribe will only be able to purchase interest on allotments that have been appraised by the BIA, Office of Special Trustees. Appraisals are conducted annually.

The Tribe is buying undivided interest on a first come = first served basis. The date of your application will determine your priority status.

**PLEASE CONTACT:**  
**Esther Fox, Real Estate Manager, Squaxin Island Tribe,**  
**(360) 432-3864 or efox@squaxin.us**

**NORTHWEST INDIAN COLLEGE/SWINOMISH SITE**

**Spring 2012 Quarter - April 3 to June 15**  
 Gaylene Gobert, NWIC Swinomish Site Manager, (360) 466-4380, Ext. 1  
 Registration Feb 27 to March 30

ARTD	146	SW	PNW Beadwork I	Gobert, G	R	9:00A - 12:00P
ARTD	147	SW	PNW Beadwork II	Gobert, G	R	9:00A - 12:00P
ARTD	151	SW	PNW Indian Basketry I	Bailey, A	TBA	
ARTD	171	SW	PNW Indian Woodcarving I	Jojola, B	MW	4:00P - 6:30P
BIOL	202	SW	Plant Biology: Gifts of Plants Plant Biology: Gifts of Plants Lab	Gigot, J	TR	10:30A - 12:00P R-Lab 12:30P - 4:30P
HLTH	130	SW	Honor the Gift of Food	Gigot, J	T	1:00P - 4:00P
MATH	070	SW	Basic Mathematics	Cladoosby, M	MW	9:00A - 11:30A
MATH	098	SW	Elementary Algebra	Gobert, G.	MTW	10:00A - 11:30A
MATH	107	SW	Elementary Statistics I	Heinze, B	MW	3:30P - 6:00P
NASD	105C	SW	NWIC Seminar III	Gobert, G	R	12:00P - 1:00P
NESC	393C	SW	NESC Seminar III	Gigot, J	R	9:30A - 10:30A
PHED	126	SW	Stretch and Tone	Mavar, C		

**ADDITIONAL CLASSES AVAILABLE ON:**  
 ITV (Interactive tv), Independent Learning and Online

URBAN AMERICAN INDIAN/ ALASKA NATIVE EDUCATION ALLIANCE  
 &  
 Seattle Clear Sky Native Youth Council  
 presents

**2nd Annual Native Youth Conference 2012**

**April 18<sup>th</sup>-20<sup>th</sup>, 2012**  
**Location: Indian Heritage School 1330 North 90<sup>th</sup> Street Seattle, WA 98103**

**"Native Youth Tribalization, Self-Determination, and Empowerment"**

Workshop topics include: Leadership 2012, mock campaign, Tribal sovereignty and Treaty Rights, Making Medicine, Environmental Science, Health and Native Sports/Athletics, Native American Spirituality, Anti-Oppression training & discussions, financial empowerment, theatre games/Team building activities, Creating Social Change through Visual Arts and Storytelling.  
 Conference Special events: Talent Show, RES Performance, and Fun Run/Walk, prizes and awards!

Registration fee: \$50.00 per youth ages (10-19),  
 Fee waivers for SPS students/ Scholarships are available - Required approval by UAI/ANEA conference committee

**Congratulations to the ladies of  
La Conner High School Girl's  
Basketball on a hard  
fought season!**



#40 Aubrey Stewart on defense



#32 Anna Cook shooting



#40 Aubrey Stewart on defense



#32 Anna Cook on defense



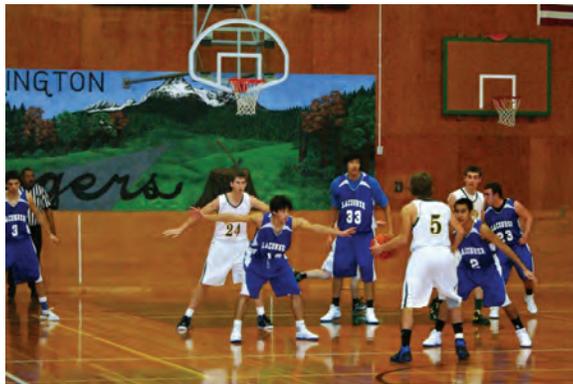
#3 Landy James Blocking a shot



#3 Landy James & #2 Mike Wilbur  
Double-teaming on defense



#2 Mike Wilbur on a fast break



All photos by  
Melissa Reynolds

**Swinomish  
powered!**  
Pictured from left  
to right are:  
#3 Landy James,  
#13 Jamall James,  
#33 Jonah Cook,  
#2 Mike Wilbur,  
and #23 Wil James

**La Conner High School Boys  
Basketball: On to state!**

The La Conner High School Boys basketball team accomplished a regional victory win to seal a spot at the state basketball tournament to be held in Spokane, Washington. The boys

team has had a successful season including matchups against AA teams while still recording victories. This year's roster features a number Swinomish athletes. Some unique times can be witnessed during some games where all five players on the floor are from Swinomish. Please be sure to congratulate all of the players when you see them in the community!



**Man cave brings together men & wellness for another year**

The 2nd annual Men’s Health Event brought together Swinomish community members, tribal senators, and employees to educate and address various men’s health ideas and issues. Some healthy topics addressed were physical exercise, relaxation, and emotional wellbeing. Specific health issues addressed during the daylong event were over indulgence,

unhealthy eating, and smoking. Some of the highlights throughout the day were an educational health fair, various health screenings and/or appointment scheduling, and a free & healthy breakfast and lunch.

Barbecue duties were taken up by Senator Leon John with oversight by elder Francis Peters. A big ‘thank-you’ goes out to the Swinomish Health Clinic staff who worked hard to make this enjoyable event happen.

A Women’s Health Fair is scheduled for May 24th. Please see page 11 for more details.

**North Intertribal Vocational Rehabilitation Program (NIVRP)**

An application is done as the very first step in the process and a participant is made eligible based on documents from their provider. Once that is done a vocational goal can be done. It is one of the most important aspects of vocational rehabilitation. It is the setting of some short-term and long-term goals. The goal setting process happens just before an individual plan for employment is done.

The vocational rehabilitation counselor will work with the participant to select a reasonable vocational goal based on their

limitations of their disability, previous work and volunteer experience, the participants interests then training and education (education they have and education needed to reach their goal). The job outlook within the labor market is then looked at for the surrounding area.

Once the vocational goal is set, the individual plan is done. The plan will outline the goal and services necessary to reach that goal. The plan also outlines how the goals and services can be measured. There are several ways to measure the outcomes. Getting updates from providers is one of the most important ways along with the participant’s personal statements regarding their progress.

If you know of anyone that may qualify

for vocational rehabilitation program, please have them call, email, or stop by the education building and set up an appointment with Tammy Cooper-Woodrich. Her contact information is as follows: Email Addresses: tcooper-woodrich@stillaguamish.com or twoodrich@swinomish.com

360-466-7307-Swinomish Office  
Mon & Tue 10:00-3:00

360-671-7626-Bellingham Office  
Wed-Fri 8:30-4:30

North Intertribal Vocational Rehabilitation Program is available for anyone that has a disability, enrolled in a federally recognized tribe that wants to get or keep a job.

## A submission from Swinomish Fisheries Patrol:

The Swinomish Tribe has Lone Tree Beach open for subsistence clam harvests through March 31st. The limit is one 5 gallon bucket per digger, with no more than half a bucket of manilas/native littlenecks. Swinomish Fisheries Patrol conducted a recent night time patrol of area beaches and found diggers exceeding the Tribe's limit on clams. One of the tools that fisheries patrol uses is a night vision device mounted to a video camera to record harvest

activities that are suspicious. Attached is a still picture captured from recent video surveillance to illustrate that just because it's dark, doesn't mean fisheries patrol can't see what's going on. Contact Swinomish Fisheries at 466-7313 for additional information on clam seasons.



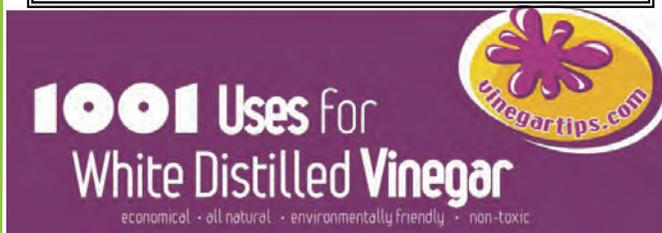
# FOUR TRIBES FITNESS CHALLENGE

**REGISTRATION MARCH 26<sup>TH</sup>-30<sup>TH</sup> @ The FITNESS CENTER**  
**CHALLENGE BEGINS APRIL 1<sup>ST</sup>**  
**Incentive Prizes**



# Swinomish Water Resources Program

## HEALTHY HOME



### CLEANING

White distilled vinegar is a popular household cleaner that's inexpensive, easy to find and environmentally friendly. It's effective for killing most mold, bacteria and germs due to its acidity.

**Deodorize the garbage disposal** by pouring in 1/2 cup baking soda and 1/2 cup hot white distilled vinegar. Let sit for 5 minutes then run hot water down the disposal.

### LAUNDRY

Vinegar is a safe and inexpensive way to boost the power of your detergent. Adding vinegar to detergent will make whites or colors brighter and also acts as a stain remover.

**To remove soap residue that makes black clothes look dull** use white distilled vinegar in your final rinse.

### GARDEN

Killing weeds, deterring pests and helping clean gardening tools are just a few ways vinegar can help you around the yard.

**Kill weeds and grass growing in unwanted places** by pouring full-strength white distilled vinegar on them. This works especially well in crevices and cracks of walkways and driveways.

### AUTOMOTIVE

Keeping your car windows frost-free in the winter, adding extra shine to a car wash, and as a cleaning agent are some ways you can use vinegar when working on your automobile.

**Keep car windows frost-free overnight in winter** by coating them with a solution of 3 parts white distilled vinegar to 1 part water.

### PETS

Removing odors, killing fleas and deterring cats are just some of the ways vinegar can be useful to you and your four-legged friends.

**Remove pet odors.** After cleaning, cover the area with baking soda. Let it stand overnight. The next day vacuum up the baking soda and wash the area with white distilled vinegar. Rinse and let dry.

### COOKING

As a salad dressing is just the most common way to enjoy vinegar in the kitchen. Regular and flavored vinegars are versatile recipe ingredients and are also healthy.

**If you've added too much salt to a recipe,** add a spoonful of white distilled vinegar and sugar to try correcting the taste.

## OUR WATERS

### What's that bug!?



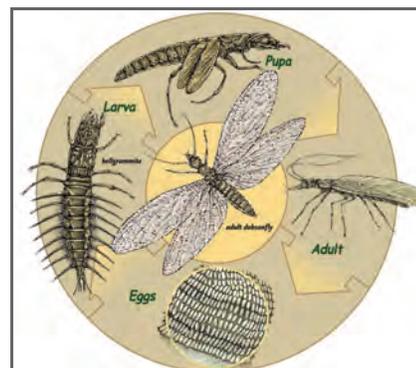
Adult Dobsonfly



Dobsonfly

This Hellgrammite pictured above was found in Snee-Oosh Creek here on the Reservation. Hellgrammites (say hell-gra-mits) are Dobsonfly larvae, see picture of adult above. Hellgrammites are a good indication that Snee-Oosh Creek is healthy because they require good water quality with high amounts of Dissolved Oxygen. They live on the bottom and with strong legs cling to rocks and sticks. They may grow up to 5 inches in length. They

have a strong set of mandibles (mouth parts) that can catch, hold and eat many aquatic insects and even small fish. They can breathe underwater through gills and out of water using breathing tubes on their abdomens. The larval stage may last 1-3 years.



Female dobsonfly's attach eggs on overhanging vegetation; when eggs hatch, the larvae fall directly into the water, see life cycle above. The larvae are major underwater predators and are eaten by many species of fish including salmon.

<http://fishandboat.com/anglerboater/2000/janfeb2000/dobsonfy.htm>



# Swinomish Water Resources Program

## TIDE TABLE: March 2012 - Lone Tree, Snee-Oosh, N.Skagit Bay (ft MLLW)

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 01		05:04 7.37 ft	10:09 8.77 ft	17:34 1.44 ft			6:50	17:55
Fri 02	01:38 8.65 ft	06:53 7.51 ft	11:14 8.50 ft	18:37 1.22 ft			6:48	17:56
Sat 03	02:38 9.09 ft	08:13 7.16 ft	12:22 8.50 ft	19:36 0.86 ft			6:46	17:58
Sun 04	03:14 9.51 ft	08:58 6.57 ft	13:25 8.74 ft	20:28 0.47 ft			6:44	17:59
Mon 05	03:40 9.89 ft	09:32 5.79 ft	14:21 9.12 ft	21:14 0.22 ft			6:42	18:01
Tue 06	04:04 10.25 ft	10:04 4.81 ft	15:14 9.56 ft	21:57 0.21 ft			6:40	18:02
Wed 07	04:28 10.61 ft	10:39 3.68 ft	16:04 9.95 ft	22:39 0.50 ft			6:38	18:04
Thu 08	04:55 10.94 ft	11:16 2.47 ft	16:55 10.24 ft	23:21 1.10 ft		Full Moon	6:36	18:06
Fri 09	05:25 11.20 ft	11:56 1.30 ft	17:48 10.39 ft				6:34	18:07
Sat 10		00:04 1.97 ft	05:58 11.35 ft	12:40 0.32 ft	18:42 10.37 ft		6:32	18:09
Sun 11		00:49 3.03 ft	07:34 11.33 ft	14:25 -0.37 ft	20:41 10.17 ft		7:30	19:10
Mon 12		02:36 4.17 ft	08:14 11.09 ft	15:15 -0.69 ft	21:44 9.86 ft		7:28	19:12
Tue 13		03:29 5.28 ft	08:58 10.64 ft	16:09 -0.64 ft	22:57 9.52 ft		7:26	19:13
Wed 14		04:32 6.22 ft	09:50 10.02 ft	17:09 -0.32 ft		Last Quarter	7:24	19:15
Thu 15	00:25 9.36 ft	05:56 6.78 ft	10:55 9.34 ft	18:16 0.09 ft			7:22	19:16
Fri 16	01:57 9.50 ft	07:40 6.67 ft	12:13 8.80 ft	19:27 0.42 ft			7:20	19:18
Sat 17	03:07 9.83 ft	09:05 5.96 ft	13:37 8.59 ft	20:36 0.64 ft			7:18	19:19
Sun 18	03:56 10.12 ft	10:02 5.02 ft	14:54 8.69 ft	21:35 0.84 ft			7:16	19:21
Mon 19	04:33 10.30 ft	10:46 4.09 ft	15:57 8.93 ft	22:24 1.15 ft			7:14	19:22
Tue 20	05:02 10.37 ft	11:22 3.24 ft	16:50 9.18 ft	23:08 1.61 ft			7:12	19:24
Wed 21	05:26 10.37 ft	11:53 2.48 ft	17:37 9.37 ft	23:47 2.22 ft			7:09	19:25
Thu 22	05:47 10.34 ft	12:22 1.81 ft	18:19 9.52 ft			New Moon	7:07	19:27
Fri 23		00:24 2.92 ft	06:10 10.27 ft	12:51 1.23 ft	19:00 9.63 ft		7:05	19:28
Sat 24		01:01 3.65 ft	06:36 10.15 ft	13:21 0.77 ft	19:40 9.68 ft		7:03	19:30
Sun 25		01:37 4.37 ft	07:04 9.96 ft	13:53 0.45 ft	20:21 9.66 ft		7:01	19:31
Mon 26		02:15 5.06 ft	07:35 9.68 ft	14:29 0.30 ft	21:05 9.55 ft		6:59	19:32
Tue 27		02:56 5.70 ft	08:09 9.32 ft	15:09 0.34 ft	21:54 9.35 ft		6:57	19:34
Wed 28		03:41 6.27 ft	08:46 8.89 ft	15:53 0.53 ft	22:51 9.12 ft		6:55	19:35
Thu 29		04:36 6.72 ft	09:30 8.43 ft	16:43 0.81 ft	23:57 8.96 ft		6:53	19:37
Fri 30		05:50 6.95 ft	10:26 8.01 ft	17:41 1.09 ft		First Quarter	6:51	19:38
Sat 31	01:09 8.99 ft	07:21 6.76 ft	11:39 7.73 ft	18:44 1.28 ft			6:49	19:40



### CLAM PSP UPDATE

Butter Clams sampled by Swinomish Water Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 2/13/2012 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 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





# Swinomish Water Resources Program

Winter/ Spring

## Native Plant of the Month



Photo by Heidi Bohan



Photo by Heidi Bohan

### Landscape Value

Red osier dogwood is an important medium-sized shrub used extensively in naturalized landscapes. The red branches in winter provide important winter interest. The umbels of white flowers in spring are followed by clusters of white to blue berries.

This plant is most successful in a sunny, rich, moist garden soil. Place it behind the perennial border, plant *en masse* or mix it with other native plants such as snowberry, mock orange, red elderberry, thimbleberry, tall Oregon grape, paper birch and red cedar for year round interest. Trim back to old wood every few years to encourage new red growth.

Text by Heidi Bohan  
©Starflower Foundation

### Red Osier Dogwood *Cornus stolonifera* (also *scericea*)

- "Osier" comes from the French/Gaulish word that means "riverbed," which is prime habitat for this plant. "Osier" is also the word used for the long flexible branches used in wicker basketry.
- There are three types of dogwoods that grow in our area: a groundcover, a flowering tree, and this attractive shrub.
- The berries are important food for many birds and, though bitter, were also eaten by Native Americans.
- Red osier dogwood thickets provide nest sites and cover for many songbirds.

Birthstone-  
Aquamarine

# March Birthdays



Flower- Daffodil

3/1	Edith Palmer	3/16	Dianna Paul
3/3	Tori Wilbur	3/17	Dave Johnston
3/3	Jillian Wolf-John	3/17	Alfonso Sampson
3/3	Jason Paul	3/17	Eva Porter
3/3	Alice Charles	3/17	Elijah Adams
3/3	Rachel Morris	3/17	John Cayou Jr.
3/4	Alice Topaum	3/17	Jeff Shongutsie
3/4	Sheri Chagnon	3/18	Warren Fornsbey
3/4	Keith Perry	3/18	Adam Day
3/5	William Washington	3/19	Nellie Edge
3/5	Derek Damien	3/19	Raymond Williams Jr.
3/5	Marvin Archuleta	3/19	Jaydin Eagleheart-Clark
3/6	Donna Charles	3/19	Douglas Bill
3/6	Mailee Nguyen	3/19	Kailee Merian Perry
3/6	Andrea Wilbur	3/20	Rudy Vendiola
3/7	Gertrude Damien	3/21	Larry Campbell Jr.
3/7	Barbara White	3/21	Cheyenne Weatherby
3/7	Herbert Murchison	3/21	Kaleb Parker
3/7	Marco Damien	3/21	Isaias Guzman
3/7	Joshua Johnston	3/22	Ariel Lapointe
3/8	Sarah Cook	3/22	Sabrina Joe
3/8	Jeffrey Moore	3/22	Elijah Nguyen
3/9	Alexia Edwards-Loucks	3/22	Taylor Edwards
3/9	Velma Lockrem	3/22	Devin Wilbur-Blankenship
3/10	Ace Baker Jr.	3/22	Tandy Wilbur III
3/10	Robert Johnny	3/23	Richard Cayou Jr.
3/10	Claude Wilbur Jr.	3/23	Emily Jimmy
3/11	Alta Cassimere	3/23	John Grossglass III
3/11	Jamie Damien	3/24	Phyllis McCoy
3/12	Javaughn Bill	3/25	Donald Damien III
3/12	Ishmael Villaluz	3/27	Siomi Bobb
3/12	Levi Paul	3/27	Bruce James Sr.
3/13	Carol John	3/28	Clayton Day
3/13	Bettinna Joe	3/29	Brent Bobb Jr.
3/13	Jenieva Tom	3/29	Arthur Billy Sr.
3/13	Jennifer McAbee	3/30	Brenda Williams
3/14	Phillip Morris	3/30	Alex Stewart
3/14	Larry Bill	3/31	Raymond Mitchell
3/14	Dashawn Siddle	3/31	Roberta Cladoosby
3/15	Clara Seward		



# March Celebrations



Congratulations  
Johnny and Lollie  
on the new addition to  
  
**Heidi G. Wilbur**  
Born  
February 20, 2012



Happy 5th Birthday  
Kailee Perry  
Lots of Love  
Auntie Shell

*Happy Birthday  
Donna!*



*Love,  
Your Sisters*

*Happy 16th Birthday  
Siomi Bobb!!!  
"Sweet 16"  
Love Auntie Brenda  
and Family*

Happy Birthday  
Grandma Donna,  
Auntie Alice &  
Auntie Lynette!  
Love Ryan Jay and  
Gavin



*Happy Birthday  
To Everyone Who  
Was Born in March!!!*

Happy 8th Birthday CeCe  
Love Dad, Mom and Sister



Happy  
12th  
Birthday  
Kaleb!  
We love  
you!

**Happy 18th Birthday Robert!**  
From Grandma, Mom, Uncle &  
Auntie!



**Happy 8th Birthday Hannah**  
love Dad & family

## What is Daylight Savings 2012?

Daylight savings 2012 will begin on the second Sunday of March and end on the first Sunday of November. In March, clocks are moved forward one hour from 2am standard time to 3am daylight savings time (or DST), and in November, clocks are moved back one hour from 2am DST to 1am standard time. The phrase "spring forward, fall back" is a helpful reminder of these time changes.

The reason for daylight savings 2012, like all daylight savings changes, is to increase the period of light during the afternoon while decreasing the hours of daylight in the mornings. This is why in 2012 clocks will be moved forward an hour in the beginning of spring and set backward an hour during fall. The practice of DST has its benefits and problems. Adding light to the afternoon benefits after-work activities and also has an economic benefit to retailers that prosper during daylight hours. However, DST can be problematic for timekeeping, travel and sleep cycles.

DST was first introduced in 1895 by George Vernon Hudson, a New Zealand entomologist. William Willett independently came up with the idea of DST in 1905. As an avid golfer, Willett disliked how his afternoon golf round was cut short by early days. During 1916, Germany and its allies in WW1 were the first countries to adopt daylight savings time to ensure consistent railroad times and limit coal usage.

Interestingly, not all countries will participate in the daylight savings 2012 time changes. About 70 countries worldwide participate in daylight savings, while some major countries like China will not participate in daylight savings in 2012.

Source: Day-finder.com <http://www.day-finder.com/daylight-savings-2012.html>

# March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Senate Meeting at 9:00am	7 Earth Day meeting at 2:00pm	8	9	10
11	12	13	14	15 qyuuqs (Kee Yoks) deadline	16	17 St. Patricks Day!
18	19	20	21	22	23 Last Day of Winter Quarter at NWIC	24
25	26 4 Tribes Fitness Challenge registration	27	28	29 Senate Materials due for April meeting	30	31



**FREE ADS:** To place a free ad please contact the Kee Yoks at keeyoks@gmail.com

**LLKreations**

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



**LaConner Health & Wellness LLC**  
Wilbert D James, MD.

Office 360.466.8842  
Fax 360.466.1616  
413 Morris St / P.O. Box 483  
LaConner, WA 98257



**Brier's ANACOSTEE FLORAL & GIFT**

Black & Blue

(360) 238-5412

790 Commencement Avenue  
Anacostes WA 98221



**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



Jeremy Oliver | Owner

Swinomish tribal member recommended!

**ABSOLUTE PLUMBING**

PO BOX 1403  
Mount Vernon, WA 98272  
Toll Free: 888.535.0606  
Local: 360.610.6141  
Fax: 360.630.5047  
Email: absoluteplumbing247@yahoo.com




Original Beaded Earrings by  
**Maggie Finkbonner**



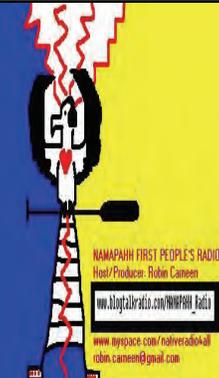
\$30.00 to \$50.00 per pair • custom orders accepted

Phone: 360-982-4118

**NAMAPAHH**  
*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](http://www.blogtalkradio.com/namapahh_radio)



Carvings and Prints for sale by  
**Frank Campbell**  
360-333-2796  
or 360-399-1043

**Northwest Propeller**

MARINE PROPELLER REPAIR & SALES

Certified to: ABS, USN, USCG code requirements

Specialty Welding ~ Over 40 Years Experience

Tom Ashbrook 360-630-7867

PO Box 693 / La Conner, WA / 98257



HAIR & NAIL SALON  
(360) 466-4321

**LaConner Hair Design**

Date \_\_\_\_\_ Time \_\_\_\_\_  
159 Maple, LaConner, WA 98257

**K Paul Carvings**  
Kevin Paul  
Master Carver



**Swinomish Shelter Mission Statement**

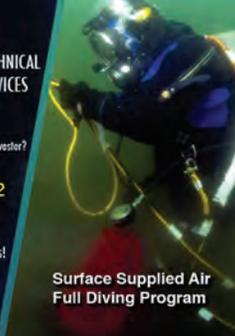
The Swinomish Shelter provides a safe and temporary home to women and children coming out of violent living situations. The shelter is a refuge where residents will find out what it takes to keep them safe from harm. Women will be offered the tools that promote dignity and self-respect. Their children 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.

**EDMONDS TECHNICAL DIVING SERVICES**  
**ETDS**

Interested in becoming a Commercial Harvester?  
Next Classes:  
**MARCH 12-16, 2012**

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



17544 Pioneer Parkway  
P.O. Box 1147  
La Conner, Washington 98257 USA  
360-540-3906

;) Get noticed! *Free ad here.*

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



The Swinomish Indian  
Tribal Community

qyuuks  
KEEYOKS Newspaper  
17337 Reservation Road  
La Conner, WA 98257

KEE YOKS on line:  
[http://  
www.swinomish-nsn.gov/  
"NEWS"](http://www.swinomish-nsn.gov/NEWS)



Search: Swinomish Kee Yoks Newspaper

PRSRT STD  
US Postage Paid  
Permit #35  
ANACORTES, WA  
98221



OR CURRENT RESIDENT



**I am Swinomish!**  
**I will graduate!**