qyuuqs

(Kee Yoks)

June 2012
Volume 46 Issue 6

swədəbš qyuuqs

Moon of the Salmonberry
pədstəgʷad (puds-teh-GWAD)

swədəbš qyuuqs

An official publication of swədəbš Swinomish Indian Tribal Community

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)

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This issue of the qyuuqs is available on the Swinomish website:
www.swinomish.org

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

Find us on Facebook

"Swinomish qyuuqs (Kee Yoks) News"

Cover: "Blessing of the Fleet"

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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.

Spee-pots
(Brian Cladoosby)

Chairman's Message:

Our Blessing of the Fleet was a very special day for us to thank the Creator for sharing our most precious resources with us and to ask for a special blessing to protect those who harvest our resources from the Salish Sea.

I am especially thankful for my fellow brothers and sisters who take care of me on the waters. We share a special relationship as fisherman and women, as we have always remembered to give an extra prayer of safety for one another.

Swinomish remembers our Fishing warriors who invested their life to ensuring generations will be able to harvest our resources. We thank our long time sister, Lorraine Loomis, for her 40 years of commitment to the community and honoring our friend, Bob Hayman.

It takes a team to put on the Blessing of the Fleet, and we thank the Swinomish staff for their years of commitment to ensure we have a wonderful day to honor our way of life.

I wanted to share my deep respect and honor for our veterans during this Memorial Day. The Swinomish Community gathered with our Veterans Committee at the Cemetery to honor our courageous Native Warriors. We are so thankful for Cathy and Sharon and all the fish cooks for the wonderful meal at the gym after, everything was delicious.
It has been brought to my attention by one of our finest female warriors to ever wear a uniform for the United States Military that I forgot to mention our Awesome, Dedicated, Spectacular and Brave Female Warriors. So to all the lady veterans who served to allow us to live in the greatest Nation in the world, a "BIG THANK YOU"!

I wanted to share a few facts from NCAI President Jefferson Keel's address to Indian Country. The following are the most current facts;

Hundreds of thousands of tribal members have served in the U.S. military in the last century, including the recent engagements in Iraq and Afghanistan. As of March 2012 the Pentagon estimates that since 2001, 64 American Indians and Alaskan Natives have died fighting in Afghanistan and Iraq (42 in Operation Iraqi Freedom; 22 in Operation Enduring Freedom (Afghanistan)).

The Pentagon also reported in March that 22,248 American Indian/Alaska Natives (AI/AN) currently serve in the military (active duty). Native personnel serve across the Armed Forces at the following levels; Army: 4,404; Navy: 13,511; Marine Corps: 2,128; and Air Force: 2,205.

" I am especially thankful for my fellow brothers and sisters who take care of me on the waters. We share a special relationship as fisherman and women, as we have always remembered to give an extra prayer of safety for one another."

The 2010 U.S. Census estimates that there are currently 156,515 American Indian and Alaska Native veterans. (Source: 2010 American Community Survey for the American Indian and Alaska Native alone population)

According to Department of Veteran Affairs, in 2006 more than 36,000 female veterans are AI/AN, representing almost 10 percent of all AI/AN veterans, and nearly twice the national average (6 percent of women in the overall population are veterans).

In closing; we are so very thankful for the courage and sacrifices our fellow warriors have given on behalf of the First Americans of the United States. We are blessed.

Legal Assistance – Washington State Moderate Means Program

Article Provided by Wendy Otto

The Washington State Bar Assoc. and the three in-state laws schools have joined to form a moderate means program to assist individuals in the state with moderate incomes reduced fee legal services. This program assists individuals whose moderate income falls between 200-400 percent of the poverty level. It offers legal assistance for those who do not qualify for pro-bono assistance and cannot afford full-fee legal representation. The program is operated by volunteers; law students and seasoned lawyers. For more information regarding Washington's Moderate Means Program, visit www.moderatemeanswa.org or call 1-855-741-6930.

2012 Poverty Guidelines for the 48 Contiguous States and the District of Columbia	
Persons in family/household	**200-400% of the Poverty guideline**
1	$22,340 - $44,680
2	$30,260 - $60,520
3	$38,180 - $76,360
4	$46,100 - $92,200
5	$54,020 - $108,040
6	$61,940 - $123,880
7	$69,860 - $139,720
8	$77,780 - $155,560

Seattle U intern to assist Swinomish with estate planning

Seattle University law student Crystal Lloyd will be completing her internship at Swinomish this summer. Her internship will focus on Indian estate planning. She has an interest on how federal, state, and tribal laws intersect with one another sometimes causing confusing and conflicting laws.

Crystal is available to any tribal member for assistance in estate planning, setting up a will, drafting papers to prevent further fractionation (separation) of trust land, health care directives and other services. Please stop by the Social Services building Monday, Tuesday, and Thursday from 9:30 to 5:00 to visit with Crystal until July 24. If you'd like to email her you can email her at: swinomishindianwills@gmail.com

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.

2012 Home Composting Workshops

The Skagit County Master Composter/Recycler Program will offer FREE public workshops throughout the summer!

When: First Saturday of each month, May - October, 10:00 a.m. to 12:30 p.m.
Where: Meet in the outdoor pavilion at the WSU Discovery Garden; 16650 State Route 536 Mount Vernon, WA 98273 (Off Memorial Hwy)

Clinics will be held rain or shine, bring your gardening attire, and dress for the weather.

Questions?
Callie Martin
Outreach/Education Specialist
Skagit County Public Works
360-419-7683
calliem@co.skagit.wa.us

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, June 21, 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.

THE ALLIANCE for Equal Justice

LSC

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

It is trying so hard to be summer! At the very least this seems to be a very busy time of the year as we are coming out of our winter slumber to become social again. We've had so many community events in the last month there is barely enough room in the qyuuqs to fit all of the stories, photos, and information! You'll notice for this issue that we have made slight changes to the layout so that we can accommodate the many events we have here at Swinomish!

On behalf of Caroline and myself, I would like to thank the community for the continued support of the qyuuqs and our attempts to grow the ways that we connect with the community. For example, on our Facebook page, I am proud to announce that we average approximately 900 individual reads! We are quite satisfied with this statistic and look forward to increasing the media presence of the Swinomish people. The power of media can act in powerful ways to support and strengthen the knowledge and understanding of the Swinomish people.

Further, there have been many subscribers who have now switched over to our electronic mailing list to receive the qyuuqs. Thank you to those who have made this switch! We hope you are accessing the content without any issues.

We are very pleased to be a part of the work of improving the qyuuqs! As always, if you have any ideas of how we can improve, please communicate with us and we will consider all ideas!

Lastly, our new 'Community Calendar' event page is a popular page with many. If you continue to let us know about upcoming events happening in the community, we'll do our best to add it to the calendar and cover it in the qyuuqs (Kee Yoks)! Please feel free to contact me at:

mvendiola@swinomish.nsn.gov or 360.466.7258

Please find us on the web at:

http://www.swinomish.org/news.aspx

Facebook: 'Swinomish qyuuqs Newspaper'

Twitter: 'KeeYoksNews'

Back to School Gift Cards will be distributed to our enrolled Swinomish Birth-12th grade students on-

When: August 8th 2012 at 10:00am

Where: Social Services Bldg.

High School Students, *9th-12th* grade who do not attend La Conner Schools will need to fax, mail, or personally deliver documentation to the Education Department staff verifying that they were in attendance (copy of grades, email or fax from school official documenting they were attending school, etc.) on or before August 8th, in order to receive their gift card.

In case you are wondering why we are requesting high school documentation, it is because we want the gift cards to benefit the students who are still attending school and not to the ones who have chosen to leave school.

School Supplies will also be distributed that day to all Native Community Members attending La Conner Schools.

If you have any questions feel free to call Tracy James at (360) 540-2702 or Candace Casey at (360)466-7345. Education Department Fax# (360)466-7350 and mailing address is Swinomish Education Department, 17337 Reservation Rd, La Conner WA, 98257

Native American cultural celebration returns to Deception Pass State Park

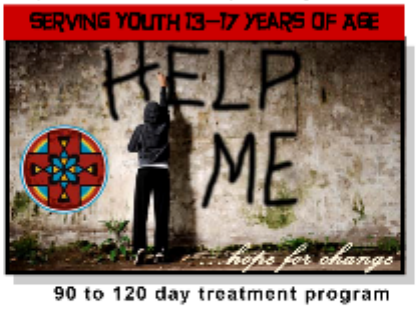
OLYMPIA – May 15, 2012 – The Washington State Parks and Recreation Commission invites the public to attend the Seventh Annual Salish Sea Native American Culture Celebration with the Samish and Swinomish tribes. The event is at Deception Pass State Park on Fidalgo Island, between the cities of Oak Harbor and Anacortes.

The celebration runs from noon to 4 p.m. June 9 at the Bowman Bay picnic area on the Fidalgo Island side of Deception Pass State Park, 41020 State Route 20 in Oak Harbor. The event celebrates the maritime heritage of the two participating Coast Salish tribes and features canoe rides, singers, drummers and storytellers. Artists from the two tribes will demonstrate traditional weaving, cedar work and woodcarving. A salmon and frybread lunch also are available for purchase during the event.

STRUGGLING WITH DRUGS OR ALCOHOL?

The Healing Lodge of the Seven Nations provides residential chemical dependency treatment for tribal youth, right here in the Northwest.

SERVING YOUTH 13–17 YEARS OF AGE



90 to 120 day treatment program

Expressive Arts • Social Justice • Recreational opportunities • Native American cultural base • Music Program complete with recording studio

Admission Contact: Dorothy Poppe • Phone: 509-795-8340 • dorothyp@healinglodge.org • 5600 East 8th Avenue • Spokane Valley, WA 99212

Enrolled tribal members or direct descendants (children and grandchildren) have their treatment paid directly by Indian Health Service, never a cost to tribal programs.

Recovery is just a call away. (509) 795-8340

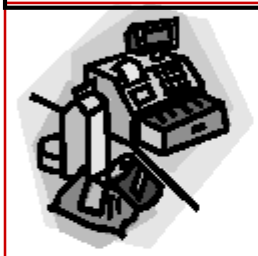
Swinomish Child Care Program

Summer Session begins June 18, 2012

Please check in by phone or in person at the Center if you have been on the waiting list and are in need of child care services. *Reminder:* application to Working Connections Child Care (DSHS) is the first step in the process of registration (800-501-2233.)

The Child Care Center will be CLOSED the week of August 20th. This time will be used for required annual trainings and the set up of rooms for fall school year.

Questions? 466-7329 or 466-7276



Are you feeding a young family?
Let us help provide healthy foods.

Swinomish WIC Nutrition Program

All children under 5 years & pregnant women with DSHS medical qualify regardless of income.

For appointments and information, please call us at 466-3167

qyuuqs feature: Danika McCoy

Swinomish youth wins first-place award for ‘NO to alcohol and drugs’ essay

WASHINGTON STATE
LAW ENFORCEMENT ASSOCIATION

Is Proud to Recognize

DANIKA McCOY

As

Region 3 First Place Winner

In the 18th Annual Washington State 8th grade Essay Contest

"Why I will say NO to Alcohol and Drugs!"

Congratulations on a job well done

Pete Sirois, Chairman of the Board WSLEA

April 26, 2012

Date

WSLEA
Washington State Law Enforcement Association

April 26, 2012

Ms. Tiffanee Brown
LaConner Middle School
P.O. Box 2103
LaConner, WA 98257

Dear Ms. Brown,

The Washington State Law Enforcement Association (WSLEA) thanks you for your support of our annual essay contest "Why I will say NO to Alcohol and Drugs!". In addition to the effort put into each essay by the participating students, we hope that the contest helped prompt discussion of the fight against drugs and alcohol in your classroom.

Enclosed are a certificate and a check for $250.00 for the First Place Winner in Region 3 for the essay from your class. Please present these to Danika Mccoy with our thanks and congratulations. For additional information on the essay contest, please visit our website at www.wslea.org, or send an email to wslea@wslea.org or call (800) 227-8753 with any questions.

Again, thank you for your ongoing support of the essay contest. We look forward to your participation in 2013.

Best Regards,

Pete Sirois
Chairman of the Board
Washington State Law Enforcement Association

Why I will say no to alcohol and drugs!

By Danika McCoy

Doing drugs at an early age can give me health problems and addictions. That's why I choose to abstain from drugs and alcohol so I can live a full healthy, clean, above the influence life.

Underage drinking and doing drugs can make me do a lot of things I am not supposed to do such as disobeying my parents and house rules. I would also be breaking the law. It is not legal to be drinking if you are not 21 and it is never legal to be doing drugs. Some teenagers may think they look cool because they're doing drugs, but you don't have to do drugs and alcohol to be cool. Just because my friends might be doing drugs, it doesn't mean I have to do it.

I want my elders to see how good of a person I am and show them I can achieve my goals. For example, graduating from high school and going to college. In the native culture there are many things to do to have fun and enjoy life that do not involve drugs and alcohol. My family travels to pow wows in the summer and in the winter. I just started participating in the canoe journey when we go to all these places and are amongst all our relations from near and far. We all do this clean and sober. Whether it's for the weekend or just for one day, I am in a safe, clean environment.

Drinking and doing drugs takes away energy and motivation from doing the things that I love such as sports, going to school and chores. There's a lot of great athletes with good grades that choose to do drugs and alcohol but choosing the wrong path is a waste of good talent. It can ruin possibilities of getting a good education and can also ruin my career opportunities.

There are a lot teenagers going out to parties, staying out late drinking and doing drugs. This becomes an addiction. The more they stay out late, the sooner they will lose their motivation to get up and go to school. I would like to do the opposite of teenagers might do like go to school and do sports.

Doing drugs and alcohol can cause health problems and addictions, make me do a lot of things I'm not supposed to do and take away energy and motivation. That's why I abstain from drugs and alcohol so I can live a full healthy, clean and above the influence life.

Monday, May 28, 2012

Swinomish Cemetery

Swinomish Memorial Day Services

Fisheries:

Swinomish Fisheries Patrol

Part of the problem confronting fisheries officers is the inability to be everywhere all the time. To get the best results with our limited manpower, fisheries patrol officers rely heavily on making the violators worry whether they are being watching or not. Fisheries officers accomplish this by doing a great deal of surveillance from a distance or from concealment and then revealing their presence later on. Often when contacting a violator, fisheries patrol already has pictures of the offense and already knows where any illegal catch might be hidden nearby. This keeps the violators guessing on whether they are being watched or not. So if you're out fishing and a bush waves at you, wave back, because it's probably one of your friendly neighborhood fisheries officers.

Fisheries Officer, lower North Fork on the first salmon opener.

Honoring of Twin Cedar Carvings

Caroline Edwards

Margaret Rojas and Marlo Quintasket

After the completion of the Office of Violence Against Woman Grant, Margaret Rojas was given Twin Cedar Carvings carved by Kevin Paul for her contribution. Marlo Quintasket turned to Margaret for advice. Margaret graciously volunteered to help her with the application process but in return she wanted something significant to the Coast Salish culture.

Margaret is on the Skagit Valley College school board, has her Masters Degree in Higher Education, Bachelor Degree in Psychology, and earned her A.A Degree at Skagit Valley College. She has worked with domestic violence clients in Bellingham at the North Sound Mental Health for six years and is very passionate about the work she does.

Swinomish Earth Day 2012

Attacking Weeds in Front of Community Sign.

Students who participated in Youth Service Learning Project.

Clothing Swap

Brian Cladoosby mowing Elder's Yard.

Volunteers from the Shelter Bay Enhancement and Eco Education committee members.

Shelter Bay Street Clean up

Earth Day Event Article on Page 15

8TH GRADE SCIENCE FAIR 2012

Alex Stewart with his Science Project Homemade Armor.

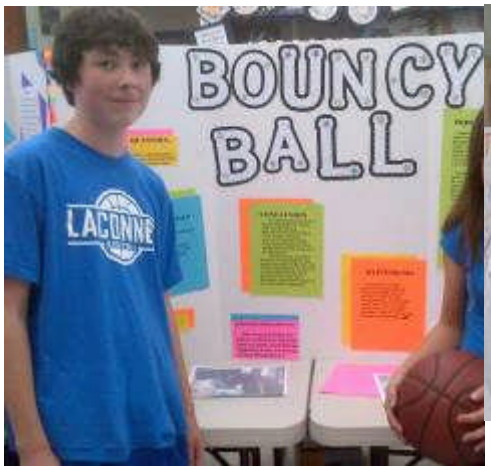
Isaiah James and Michael Page with their Science Project An Electric Motor's Output.

Jarette Cayou with his Science Project Growing Seeds.

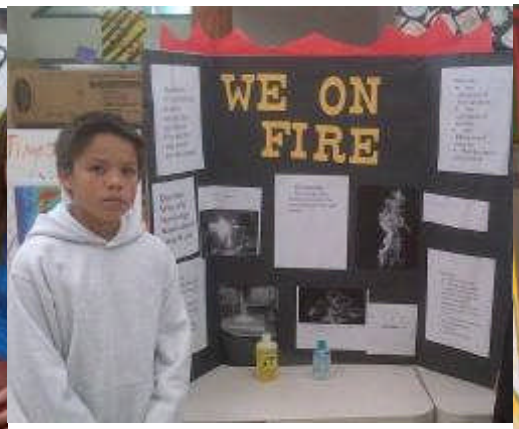
Nakiya Edwards with her Science Project You Make Me Metl.

Zanetta Cayou with her Science Project Sport vs. Energy Drinks.

Sydney James with her Science Project Music in Movies.



Jordan Johnston with his Science Project Bouncy Ball.



Jeremiah Williams with his Science Project We On Fire.

Ryan Charles with his Science Project Weights on Plates.

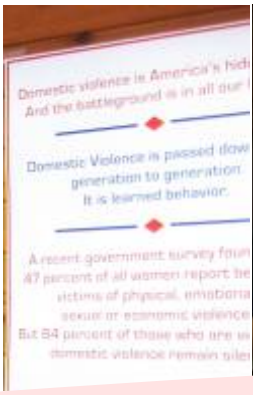
Science is Fun. Good Job 8th Graders!!!

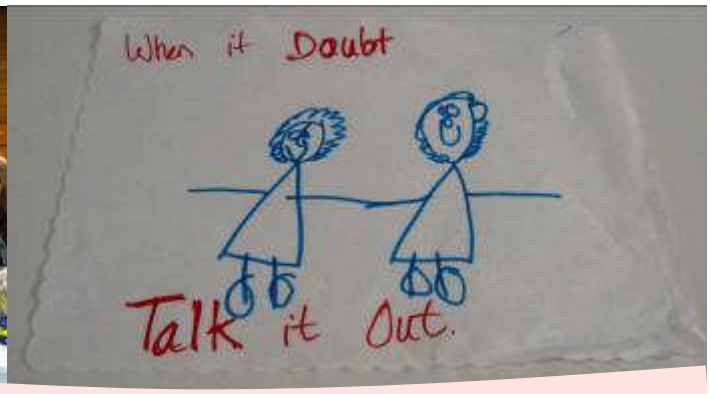
Swinomish hosts Domestic Violence Community Health Fair and dinner

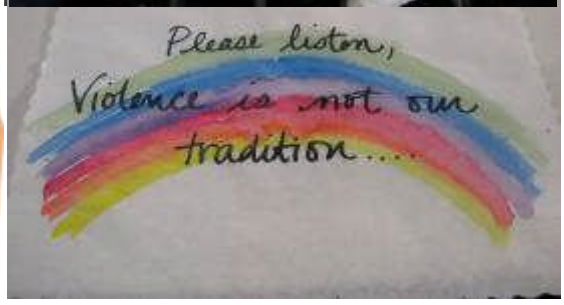
April James, Domestic Violence Prevention program manager, had great vision when she began the early planning for the Domestic Violence Community Health Fair and dinner. The planning committee and April though carefully about the way they would approach the serious and sensitive topic of domestic violence in the community. They knew that even calling the event a 'domestic violence' prevention fair and dinner alone could possibly impact attendance. While approaching the topic with a subtle but unwavering attitude the planning committee was successful in drawing a large gathering on May 23 to the Swinomish gym. The event began with a community fair with booths that addressed topics ranging from domestic violence to smoking cessation. Overall the intent was to provide the community information and resources and demonstrate how one unhealthy habit or behavior might impact another unhealthy habit or behavior.

Further, there were several presenters from various community services who described the services their organization provides the Swinomish community. The keynote presenter was Alma Goddard from the Women Spirit Coalition (www.womenspiritcoalition.org) who gave an informative presentation on how choosing a healthy lifestyle can prevent domestic violence and many other negative impacts to humanity.

Finally, the evening was closed with encouraging words from Chairman Spee pots about eating healthy. The health fair and dinner were a tremendous success and a hearty thank you goes out to all of the organizers, planners, cooks, vendors, volunteers and all those who had any part in making the event successful!







Swinomish Water Resources Program

Local Recycling Centers

Skagit County Recycling & Transfer Station

Aerosol Cans Aluminum Beverage Cans Aluminum Food Cans Antifreeze Glass Brush Car batteries Books Chipboard Paper Ferrous Metals Lead Acid Batteries (Non-Automotive) Marine Battery Metal Lids Metal Tags Milk and Juice Cartons Newspaper NiCad Batteries Nonferrous Metal Paint Cans Paper Bags Rechargeable Batteries Scrap Metal Tin or Steel Cans Tree Trimming Used Motor Oil Used Tires

(360) 424-3873
14104 Ovenell Rd
Mt Vernon, WA 98273
Monday through Sunday 8:30 to 6pm
Closed Holidays
General Waste: $89.00/ton + 3.6% tax ($10.00 min.)
RECYCLING is FREE!!!!!

Skagit County Household Hazardous Waste Facility

Adhesives Aerosol Cans Ag Pesticide

Disposal Antifreeze Brake fluid Car Batteries Car Fluids Chemistry Sets Compact Fluorescent Light bulbs Degreasers Fertilizers Fire Extinguishers Fluorescent Tubes Fungicides Gasoline and Unwanted Fuels Herbicides HHW Household Cleaners Insecticides Items Containing Mercury Lacquer Latex Paint Lead Paint Chips Lead-Acid Batteries (Non-Automotive) Lice Shampoo Marine Used Motor Oil Mercury Thermostats Nail Polish NiCad Batteries Oil based Paints Paint Paint Strippers Paint Thinners Pesticide Containers Pesticides Photographic Chemicals Pool Chemicals Re-fined Agricultural Oil Re-fined Automotive Oil Rechargeable Batteries Smoke Detectors Solvents Stains Transmission Fluid Used Motor Oils Used Oil Filters Vanish

(360) 424-9532
14104 Ovenell Rd
Mt Vernon, WA 98273
Monday to Friday 10am to 4pm
This site is located at the Recycling & Transfer Station on Ovenell Road, and is closed on all major holidays. It is also open the first Saturday of each month, and there are no fees involved for Skagit County residents.

There is a 25 gallon per month limit for the disposal of household hazardous waste.

Christian's Auto Recycling

Aluminum Beverage Cans Auto Parts Large Appliances Car Batteries Nonferrous Metals

(360) 675-8442
685 Christian Road
Oak Harbor, WA 98277
Monday to Friday 8am to 4:30pm and Saturday 8am to

Clear Lake Recycling & Compactor Site

Aerosol Cans Aluminum Beverage Cans Aluminum Foil Aluminum Food Cans Antifreeze Auto Bodies Glass Brush Car batteries Books Chipboard Paper Ferrous Metals Lead Acid Batteries (Non-Automotive) Marine Battery Metal Lids Metal Tags Milk and Juice Cartons Newspaper NiCad Batteries Nonferrous Metal Paint Cans Paper Bags Rechargeable Batteries Scrap Metal Tin or Steel Cans Tree Trimming Used Motor Oil Used Tires Large Appliances (Accepts refrigerator and freezers which do not contain coolant, call first)

(360) 856-5083
23159 Howey Rd
Mt Vernon, WA 98273
Sunday, Monday, Wednesday, Friday, and Saturday 8am to 6pm
Please rinse all containers, remove all caps and flatten boxes to conserve space

Skagit River Steel and Recycling

Aluminum Beverage Cans Aluminum Food Cans Aluminum Pie Plates Aluminum Trays Auto Parts Bi-Metal Cans Bicycles Glass Books Chipboard Cookware Corrugated Cardboard Unwanted Fishing Nets Paper Ferrous Metals Glass Bottle Lids Large Appliances Lawn and Garden Equipment Mixed Paper Molded Plastic Metal Lids Metal Tags Newspaper Nonferrous Metal Paint Cans Pallets Paper Bags Pipe Scrap Metal Shredder Paper Tin or Steel Cans

(360) 757-6096
1265 S Anacortes St
Burlington, WA 98233
Monday to Friday 8am to 4:30pm and Saturday 8am to noon

Mrs. V's 2 cents!

By Diane I. Vendiola

"Graduating"

"That's one small step for man; one giant leap for mankind".

Neil Armstrong's words on first setting foot on the moon, in 1969. This was accomplished 40 + years ago.

Think about these defintions of the word 'graduate'.

Graduate: 1. to receive an academic degree or diploma. 2. To pass from one stage of experience, proficiency or prestige to a higher one.

I think that definition number 2 applies to mans' first step on the moon, do you agree? I mean mans' first setting foot on the moon certainly was passing from one stage of experience to a higher one, if I do say so myself. Not unlike one's first kiss.

In todays' two-cents I am writing about how we, you, me and everyone else travel through life graduating all the time (only thing is we usually have a hard time fighting with ourselves to let go of water under the bridge so we can go on to the future.)
One thing I learned as an elder: Life moves forward.

Today, at the First Salmon Ceremony, Billy Frank, Jr. said that life is a journey, and we do what we are given to do in order to survive. We do what we do, not just for our own self to survive, but for our family too. And part of our family is Mother Earth, and we are all related. He said that his Dad who lived to be 104 years old told him that we walk only for a short time here and we must remember to give back.

I believe that Billy Frank, Jr. is a very wise, intelligent man.
I visualize life as a journey too. Like any journey that we travel there are segments, parts, stages of this life journey that we go through.

Now me, I have graduated from the day-to-day working world to the world of retirement, (it only took me 40 years.) Plus, I have graduated to the world of giving back, the world of mentorship, (i.e. when life presents me with willing protégés).

My first-born son and daughter are on the threshold of graduating from solid, secure connections in the world to full maturity. It almost brings tears to my eyes to recognize that my first grandchild is graduating from high school on June 11th 2012. (My grandchild? My Grandbaby? Graduating from high school?) That is almost as momentous for me as landing on the moon. I have a hard time recognizing that my Angel face is 18 and is now graduating from his young teen years to early adulthood.

In the 1970's a mentor, by the name of Howard Rainer came to Swinomish during our summer school, this is what he taught us:

Go my son, go and climb the ladder
Go my son, go and earn your feather
Go my son; make your people proud of you
From on the ladder of an education
You can see to help your Indian Nation
Then reach, my son, and lift your people up with you.

One of my Mentors taught me, "Every little bit helps." Her name was Grandma Laura Edwards.

> *"In todays' two-cents I am writing about how we, you, me and everyone else travel through life graduating all the time..."*

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.

2012 Swinomish Earth Day Event

By: Caroline Edwards

The Swinomish Earth Day Event brought people together in an uplifting movement. The service learning projects planned for that day were well structured, with lots of help from like minded people who were there willing to serve for the Earth. Here is a list of what went on during the Earth Day Event at Swinomish:

1. Swinomish Indian Tribal Community (S.I.T.C) employee Theresa Trebon oversaw the gardening work done on the Interpretative garden in the Swadabs Park.
2. S.I.T.C employee Tony Basabe organized the Green Cleaning Kits while volunteers and other S.I.T.C employees helped hand out the kits to S.I.T.C members. The kits included- lemon juice, baking soda, vinegar, a spray bottle, and two plants, with instructions on how to use the "green" products.
3. S.I.T.C employees, and volunteers gathered all of the E-Cycle TV's, VCR's, Radios, CD Players, Cassette Players etc.
4. Brian Cladoosby, Nina Cladoosby, Leon John, and Eric Day worked very hard in Edith Bobb's yard on Pioneer Pkwy. by mowing the lawn and taking down as much blackberry bush as possible.
5. Community members of Shelter Bay cleaned up debris and garbage around the Shelter Bay Sign.
6. Certain plants were planted in the garden beds over in the Swinomish Apartments located in La Conner.
7. There was a successful turnout for the clothing swap that occurred in the Social Services Bldg. Clothes that weren't exchanged were donated to the S.I.T.C Domestic Violence Shelter.
8. Caroline Edwards did a service learning project with middle school and high school students where she took the youth to McGlinn Island located in La Conner, and taught them about what the meaning of Earth Day is about and taught them about the native species growing on McGlinn island.

At the Earth Day Event this year many participants enjoyed each other's company while giving the Earth a good scrub.

Earth Day Results

- 10 Truck Loads of E-cycle were recycled on Earth day.
- 100 Green Cleaning Kits were donated and delivered.
- Tony Basabe donated 200 annual flowers for the Green Cleaning Kits.

Green Cleaning Kits.

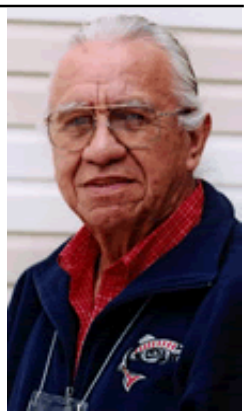
Thank you, to those who participated in the 2012 Swinomish Earth Day Event.

Tanisha and Tiffany Handing out Green Cleaning Kits.

Volunteer, Tony Basabe and Britta Eschette Handing Out Green Cleaning Kits.

TV's and monitors that were recycled at an E-Cycle Washington drop-off site the day of Earth Day.

Being Frank



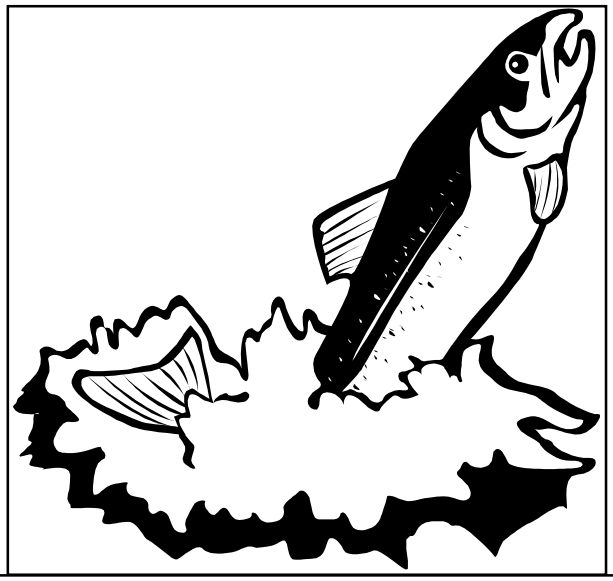
Hatcheries are necessary tools

May 7th, 2012

By Billy Frank, Jr., Chairman NWIFC

Salmon hatcheries are under attack by people with very short memories. They have forgotten why many hatcheries were built in the first place.

Most were built to make up for lost natural salmon production caused by habitat damage and destruction. Today, more than half of the chinook and coho we harvest are hatchery fish. That's a direct reflection of the huge amount of natural salmon production we have lost. We continue to lose more every day.



I think hatcheries are a necessary tool that we can use to help recover wild salmon while also providing limited harvest opportunities. I wish we didn't need hatcheries. I wish that salmon habitat in our rivers could produce abundant wild stocks, but it can't.

In response to declining wild salmon runs, we have cut harvest to the point that more reductions will not contribute to salmon recovery. That's because there isn't enough good salmon habitat left to support natural salmon production.

"[W]e can't forget that the true path to salmon recovery requires that we protect and repair habitat. It always has, because habitat is the key to salmon recovery."

Do hatcheries threaten wild salmon stocks? Of course there are risks associated with hatchery programs. There is risk that the program might fail; risk that hatchery salmon will compete with wild salmon for food and space in our rivers; and risk that hatchery fish might affect wild salmon if they interbreed. These are all risks we must measure and balance, and under the science-driven Hatchery Reform effort of the past 12 years we have done just that.

We also need to weigh the risk to wild salmon from lack of habitat. Hatcheries are not a substitute for good salmon spawning and rearing habitat. Hatchery salmon were never intended to replace naturally spawning salmon. But that's what's happening after more than a century of habitat degradation. We've become dependent on hatcheries and the fish they produce because we are losing the battle to recover naturally spawning salmon and their habitat.

Another risk we must measure is the risk to our treaty rights. We tribes depend on hatcheries to support our treaty fishing rights, to provide salmon for our tables, our cultures and our economies.

All fishermen – Indian and non-Indian – rely on hatcheries, because to some extent, hatcheries support all fisheries. Some facilities produce fish for harvest, which helps reduce fishing pressure on naturally spawning salmon. Others are dedicated nurseries where weak wild stocks and their offspring are protected from disappearing altogether.

White River chinook wouldn't be here today if not for hatcheries. By 1977, fish-blocking dams and other habitat losses resulted in only 66 adult chinook returning to the river. An egg bank was created that year to save White River spring chinook from extinction.

We were almost too late. In 1986 just six adults returned, but today those fish have a future.

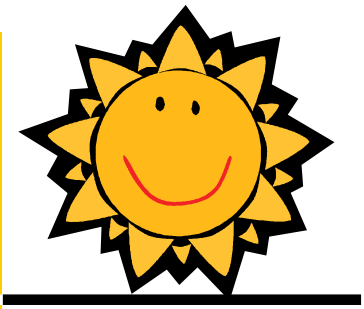
In 1989 the Muckleshoot Tribe's White River Hatchery opened to protect, preserve and restore those spring chinook. Returns today number in the thousands every year. It's a direct result of good hatchery management practices, habitat improvements in the upper watershed and cooperation by the tribes, state and others.

Don't get me wrong. Tribes don't prefer to rely on hatcheries for the salmon that are the foundation of our cultures and treaty rights. Hatcheries are not a long-term solution to salmon recovery. But when they are managed as part of a river's ecosystem and are combined with conservative fisheries and habitat improvements, they can be effective tools that provide fishing opportunities for everyone.

But we can't forget that the true path to salmon recovery requires that we protect and repair habitat. It always has, because habitat is the key to salmon recovery.

Swinomish Youth Center

SCHOOLS OUT FOR SUMMER!



JUNE EVENTS:

Cultus Lk Canoe races	2-3
High Graduation	7
Eighth Grade Promo	8
Stommish	15-17
Play Day	20
Community Dinner	20

Points of Interest:

- High School Youth Group meets June 6 & June 13
- Middle School Youth Group meets June 6 & 13
- Monday Night Softball please call Monica at Youth Center for more info

PLAY DAY JUNE 20, 2012 NOON—4 PM

Join us for a fun filled day in the sunshine or liquid sunshine!

Photo taken Play Day June of 2011

Last day of school means Play Day. Without a doubt it has to be the youth's favorite day of the entire year because rain or shine we will have games, inflatable's and food galore.
Play Day has been eventful and packed full of friends, games, and lots of laughter.

In the past we've had a 3 lane bungee run, Velcro wall, a rock wall and always a favorite a slide.
Play Day is a time for families to join us in some healthy fun. So join us! As quickly as the day begins, Play Day ends filled of good memories. Have some fun in the sun!

Every year we all enjoy playing outside.

YOUNG AUTHORS At SKAGIT VALLEY COLLEGE

Allen Bill was selected by a panel from Skagit Valley College to represent LaConner Schools.
He was joined by class mates from LaConner Schools, others from Skagit, Whatcom, and Snohomish County schools.
He participated in reading aloud a story with peer group, and was given "How to" instructions to creative writing. Applied that knowledge to writing and reading it aloud to his peers and Carol Schaefer, author.
Allen is in Third Grade, a Swinomish Tribal member.
So let's encourage and support our Young Author's!
Good job! HIP HIP HOORAY!

Northwest Indian College

Winter Quarter 2012 Dean's List

3.50-3.99 GPA

Last Name	First Name	Location/site
Cladoosby	Lena	Swinomish
Gustafson	Gregory	Swinomish

Winter Quarter 2012 President's List

4.0 GPA

Last Name	First Name	Location/Site
Edwards	Caroline	Swinomish
Willup	Linda	Swinomish

SWINOMISH SITE
NWIC

NEED YOUR GED?

17113 Tallawhalt Lane
LaConner,Wa98257
Phone: 360 466-4380 ext 3
Fax: 360466-4690
E-mail: vhill@nwic.edu

Through education, NWIC promotes indigenous self-determination and knowledge.

Registering for Spring quarter.

Now is the time to complete your GED. Stop by or call. Instructor is on site ,Tues. Wed. and Thurs. all day. Let education be a part of your future!

La Conner High School Attendance

9/1/11-4/30/12

Swinomish Tribal Students who have missed 2 days or less of school.

General Cayou	Thomas Day
Wil James	Darrell Williams

The Big Move-From Toddlers to Preschoolers

Top Row: Landon, Helen, Jimbo, Eva, Maxwell, Kalani, Thomas,

Bottom Row: Aurora, Damien, Sunniva, Quentin, Kellie, Jayden.

CONGRATULATIONS KIDS!!!

Education: Congratulations Graduates!

Graduate spotlights: Swinomish to graduate Master's student and eager high school students

Tracy James ~ Evergreen State College ~ Masters Degree

Plans following graduation? Continue working for the tribe as Education Director.

What is one fond memory of your time in school attaining this degree that you'd like to share? I made life-long friends from all over Indian Country that will always be in my heart.

Who are the most important people you would like to thank for supporting you during your education? My tribe for helping me with my scholarship funding, my family and friends who helped support me when I wanted to discontinue my formal education, my supervisor for being my mentor, my elders, teachers, tribal leaders both past and present who were my role models, and my school cohort who shared this education journey with me.

What advice would you give those students following behind you to be successful in school? I think there are many different definitions of success and they vary by person or culture. My personal definition is not specifically about earning a graduate degree but more importantly it is about learning knowledge that I can bring back to help my people and/or community. Success means that each student needs to learn how to persevere with their education regardless of the hardship or obstacle in order to help the next generation. I like this quote from Mother Theresa "What is not given, is lost". Natives are a generous people and need to give their knowledge to those who are willing to learn.

Josiane Sam ~ Northwest Indian College ~ Certificate in Chemical Dependency

Plans following graduation? Working toward my Bachelor's in Business.

Who are the most important people you would like to thank for supporting you during your education? My family and friends.

What advice would you give those students following behind you to be successful in school? Work hard and if you have questions about something it is always best to ask.

Photo courtesy of Karla Reynolds

Michael Wilbur ~ LaConner High School ~ High School Diploma

Plans following graduation? Skagit Valley College

What is one fond memory of your time in school attaining this degree that you'd like to share? I will always remember getting my name called out in the starting five at the La Conner High School varsity basketball games .

Who are the most important people you would like to thank for supporting you during your education? My entire family my grandma, grandpa, aunt, uncle, cousin, and the staff at La Conner High School.

What advice would you give those students following behind you to be successful in school? Don't procrastinate ask Cook...he will help you get thru it!

2012 Graduating Seniors
Michael Wilbur, Martin Sampson, Landy James, Tiyanna McCraigie, Madeline Cayou.

Graduating Seniors who are not pictured here are Kelci Douglas and Dianne Quintasket.

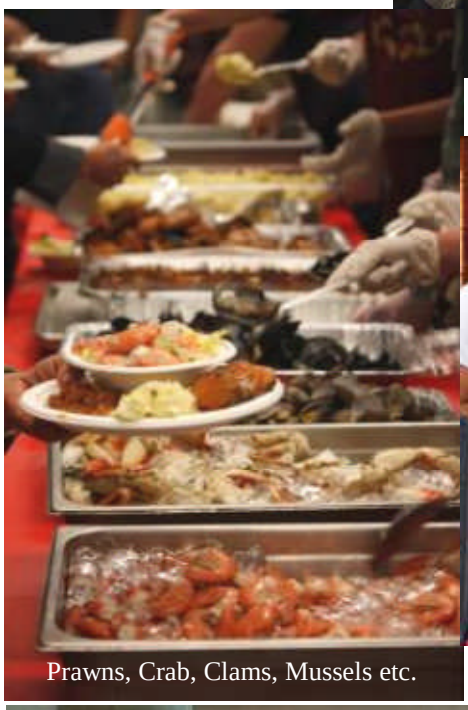
Swinomish descendent graduates from Harvard Law School

Marjorie (Margie) Evelyn James graduated from Harvard Law School in 2012. She is enrolled Tulalip. She is the daughter of Mark "Butchie" James (Tulalip) and Jeanne (Williams) James (Swinomish). Her Maternal Grandparents are Henry Williams (Swinomish) and Geraldine (Edwards) Williams (Swinomish). Her Paternal Grandparents are Chuck James (Swinomish) and Marjorie (Coy) James (Tulalip). Margie is related to the Williams, James, and Edwards families.

2012 Blessing of the Fleet / 1st Salmon Ceremony

Salmon Barbeque

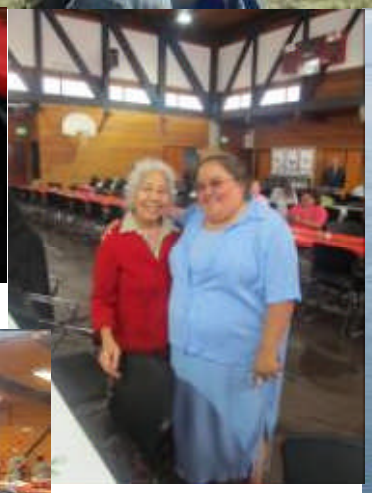
Food Servers



Prawns, Crab, Clams, Mussels etc.

Canoe Family Singing a Blessing Song

Divinity Cladoosby and Belle Long



Carmen & Maggie visiting and saying 'hello'!

Blessing of the Four Corners

Pinoche and Billy Frank Jr. exchanging laughs

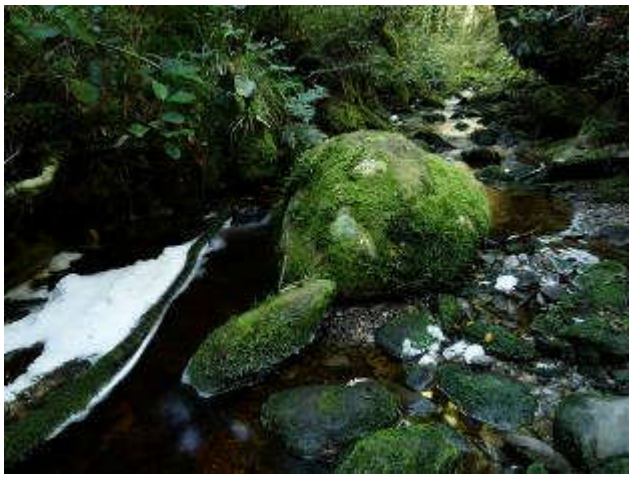
Martin family enjoying fun times together

Volunteer staff ready to serve!

Swinomish Water Resources Program

OUR WATERS

What's that foam?



It's not uncommon to find foam in a stream, especially in shaded areas. Natural foam is not harmful.

Foam develops on water when two things happen:
1) something reduces surface tension on water such as soap, detergents, oils, or natural organics
2) air is mixed into the water as bubbles.

Under natural conditions, water surface tension may be reduced when oils and other organic compounds are released by decomposing plant and algal matter (tannins) and/or are leached from organic soils.

Oils and organics rise to the surface, then bubbles may form by water moving downstream and splashing against objects in the water like twigs, stumps or rocks.

How to tell natural foam from foam resulting from soap or other pollutants?

Consider the following factors:

- Give it the touch and smell test. Does the foam smell soapy or sweet? Is it heavy and thick, and feel slippery like suds in a sink? Natural foam does not.
- Are there factors there that suggest natural foam: Lots of tannins in the water, as well as leaves, twigs, and logs?
- Are there conditions that could result in pollutants getting into the water? Are there businesses nearby that are draining into the water? Homes? Pipes with water emptying into the waterway?
- In large bodies of water, enormous amounts of detergents are required to produce foam. If large quantities of foam are found and you suspect it is from a release, the culprit should be obvious. If not, and the foam passes the smell and touch test, it is probably natural foam.

http://loyno.edu/lucec/natural-history-writings/foam-nature

Swinomish Elders Lunch JUNE 2012

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

Mon	Tue	Wed	Thu	Fri
All meals served with milk				1
4 Elders Luncheon Swinomish Casino	5 Egg Salad Sandwich Three Bean Salad Potato Chip Cantaloupe Cubes	6 BBQ Spareribs Corn/Rolls Coleslaw Fruit Salad	7 Eggs & Bacon Pancake Berries Yogurt Vegetable Juice	8
11 Lasagna Garlic Bread Mixed Green Salad Jell-O with Fruit	12 Baked Chicken Macaroni Salad Green Beans Watermelon	13 Hamburger Soup Biscuit Mixed Green Salad Cantaloupe	14 Eggs & Ham Hashbrown/Toast Fruit Salad Vegetable Juice	15
18 French Dip Sandwich Tator Tots Coleslaw Fresh Fruit Bowl	19 Baked Pork Chop Rice Green Beans Fresh Strawberries & Banana	20 Fish Potato Salad/Rolls Baked Beans Watermelon	21 Eggs & Sausage Biscuit Peaches Vegetable Juice	22
25 Sub Sandwich Macaroni Salad Vegetable Tray & Dip Fresh Fruit Bowl Assorted Yogurt	26 Meat Chili Crackers Sliced Cucumbers Fresh Strawberries	27 Meatloaf Rice Carrots/Green Beans Pears	28 Fish Hash Toast Cantaloupe Vegetable Juice	29

(www.gocomics.com)

To all Swinomish Tribal Elders who are 55 and older:

***On Mondays:**
Leave at 9:30 am and 1:00 pm,
To transport Elders up to Walmart for shopping.

***Tuesday, Wednesday, and Thursday's:**
From 11:00 am to 1:00 pm - transport any Elders to & from Senior Center for lunch.

***Wednesday:** In the am - visit the Elders in Nursing homes.

****For any other Transporting:**
Visit or call my office 466-7374 to schedule appointment:

- Then I need at least 24 hrs notice prior appointment.
- Need information of: who, where, when, and time (of how long I will be).
- No appointment to be schedule between 11:00 am - 1:00 pm everyday.
- First come, first serve basis depending on schedule.

Lori Ann Cayou
Swinomish Elder's Case Worker
My Office is at the Senior Center
Office phone: 360-4667374 or cell
360-391-5737

Lushootseed Language:

Practice along!

Gaalapu si?i?ab d?iiSed
gwah-ah-lah-poo see-ee-ahb dee-ee-shud
My dear, honorable people

TiGitubuAed VeA
Tee-gwee-too-boothl-ud chuthl
We give thanks to all of you

day ha?A sesEu? VeA
die-oh hathl sus-Qwoh chuthl
It is so good that we can gather together

?uTiGitubuAed VeA sdi?alab
oo- Tee-gwee-too-boothl-ud chuthl sdee-ah-lahb
We give thanks that you are here with us

?uAi, ?uAi si?i?ab ?ulaXataGel VeA
oh-thlee oh-thlee see-ee-ahb oo-kwah-wha-togwul chuthl
We are grateful for your presence;
We help strengthen each other in this way

With all our thanks to taqSeblu

Pronunciation

?		Shortens the sounds like in uh-uh
G	gw	Like in Gwendolin
S	sh	Like in shoe
T		Hard t Like a t but popped
A	thl	Lisp like Sylvester the cat, blowing out sides of your tongue
V	ch	Like in church
E		Qu but said at the back of your throat like you are swallowing the sound
X		A soft throat clearing sound
x		like wh but as a soft blowing out sound

ƛəladiʔ i kʷi əsistə (***Sound and Symbol***)

dxʷləšucid pronunciation is much more regular than many written languages. The pronunciation guidelines given throughout the text are the primary sounds for the letters. Most letters have only one sound. The slight variation for other letters is fairly easy to memorize.

1.1	a	*ah*	is like the *a* in f*a*ther. (Not like that of ate.)
1.2	c	*ts*	is for a sound like that at the end of ha*ts*, a *t* and *s* pronounced as a single unit.
1.3	č	*ch*	like the ch in *ch*urch
1.4	ə	*uh*	is a special character used to represent the sound of a in about, u in but, or o in mother. It is called a schwa.
1.5	gʷ	*gw*	is similar to gw in the name Gwendolyn. The ʷ is raised to indicate that the g and w function as one sound instead of two.
1.6	i	*ee*	is sometimes like the kʷ in machine and sometimes like the ei in eight.
1.7	kʷ	*qu*	is the qu in queen. The ʷ is raised to indicate that the k and w function as a single sound.
1.8	ɬ		There is no pastəducid equivalent to this sound. It is something like the *thl* in Kathleen
1.9	q	*k*	There is no pastəducid equivalent to this sound. It is something like the pastəducid K but pronounced farther back in the mouth.. Try this to help master this sound: place your finger at the tip of your tongue and gently push it back while trying to say Kay. This should produce the sound for the first part of the word sqigʷəc, deer.
1.10	u	*oo*	is at time like the *oo* in b*oo*t and at other times like *oa* in b*oa*t. This fluctuation is NOT significant in dxʷləšucid.
1.11	xʷ	*wh*	is similar to *wh* in pastəducid *wh*ere and *wh*o but it has a slightly more raspy quality. Imitate the instructor or tape carefully. (See 1.18 and 1.19)
1.12	ʔ	*uh*	represents an abrupt stop of the preceding sound as in the pasteducid word uh-uh. It is a sort of catch in the throat.
1.13	š	*sh*	*sh* as in shoe

Swinomish Village Chevron Grand Opening!!!

Cars were lined up all the way down Front St.

9.29 KISM Radio Station posted up in front of Village Chevron.

Free $25.00 Gift Cards for Gas being handed out.

Community members enjoying each other's company at the Grand Opening.

Hotdog BBQ Luncheon.

Marlon Edwards getting free gas.

Clown Face Painting.

SWINOMISH POLICE

FOUR GRADUATE FROM BASIC LAW ENFORCEMENT RESERVE ACADEMY

New Swinomish Reserve Officers

We are pleased to announce to the Swinomish Community the addition of five new Reserve Police Officers. Reserve Officer Ryan McKenna (not pictured) is already an officer for another agency, but will now be available to our department when needed. The other 4 new officers just completed the Reserve Police Officer Academy at Skagit Valley College. Their training covered all aspects of Law Enforcement including arrest / search and seizure, emergency vehicle operations, crime scene and evidence collection, domestic assault and family crisis intervention, criminal law and courtroom testimony. Training took six months to complete and amounted to over 320 hours.

Josh and Velma Lockrem

It is with great pride that we now have Velma (Cayou) Lockrem, a Swinomish Tribal member, as one of our new Reserve Police Officers. She is the granddaughter of Ina Cayou and the late Joe Sias. Her other Grampa Joe Bailey has served on the Swinomish Police Department since 2002. Velma and her husband Josh have two daughters, Katie and Kellie, and live on the reservation.

Joining Velma at the Academy were Chris Rogers of La Conner, Hans Kleinman, who also works for the WA. Department of Corrections, and Hank Fauvelle. They are now going through a Field Training program where they will be riding with our regular officers and learning the ropes. These are volunteers dedicated to helping us serve you better. You can look forward to seeing them out in the community, making friends and serving your needs.

Sgt. George Smith

Chris Rogers,
Hank Fauvelle,
Hans Kleinman

"Weaving Of the Stories" Sobriety Dinner 2012

Susie Emily Billy was awarded the 2012 Elders Inspirational Sobriety Recognition Award.

Vincent Cayou Sr. was awarded the 2012 Joe Dunn Memorial Inspirational Sobriety Recognition Award

Greg Edwards Jr. was recognized by the Sobriety Dinner Committee for his contribution of the Cedar Pavilion Picture that he donated.

Photo Credit: Greg Edwards Jr.

Community Arts ~ swədəbš ~ Community Arts

Joshes Good Wolf

I felt like I've lived both lives of Good & Evil and that's all the Devil caused was hurt & pain. I'm finally seeing what the light is saying & finally want a knew life. I starved my Good Wolf long enough so sorry Bad Wolf but enough is enough. This change is hard. This change is crazy. But now I know ain't nothin' come easy. I have to fight, I have to want. Because I believe it's time for my Good Wolf too shine.

Joshua's Journey Still

I've finally looked back at my life & what I've become to where I wanna go. I thought that Bad Wolf had my back more. I has spent some Good Times but more bad. I'm paying the cost for my losses; everything from material, in & out of jails, schools & people. That's not what I wanna become because of Drugs & Alcohol. So, for all the people that really know me and what I can become Because I still believe I can change. I just know, I just know that there's something out there for me.

Written by Josh Spencer

Submitted by Pat Lujan

Photo: Eric Day

Photo: Michael M. Vendiola

Photo: Eric Day

Community Arts ~ swədəbš ~ Community Arts

Photo: Michael M. Vendiola

Elder Recognition Sobriety Dinner Speech: Great Serenity

Hello everybody my name is Susan Billy. I am here to stand in for someone.

Seems as though it's hard to say what God is going to give in this message. I will do my best in sharing my thoughts with you.

I use to go to places with my late husband Harry when he got saved from alcohol serenity, I myself didn't drink much. In my early twenties I tried it, but never saw the fun in it.

My dad taught me from a young age to be a good Christian and to follow rules and be a good person. Just like my late brother Chester Cayou Sr. He gave people on this reservation hope. I have hope that all have learned from his kind words the message he left behind. We think of him on this coming Memorial Day. His spirit will be with us, all family and friends as he watches over us in love and safety.

I care for all my family and friends. Thank you for listening.

Susan Billy

*See more on the Sobriety Dinner on page 27.

Photo: Jimi Wilbur

I know nothing of myself at the age of 63

I am yet learning! "What am I?"

How do I fit in with natural surroundings?

What are my values? How am I using them?

Besides my brain! What else am I missing?

I'd like answers people!

There are supposedly 7 billion of you out there… I'd like answers.

Thank you

Paul Hillaire Villaluz

Photo: Michael M. Vendiola

NORTHWEST INDIAN COLLEGE
Xwlemi Elh>Tal>Nexw Squl

2522 Kwina Road Bellingham, WA 98226 360-676-2772 Toll Free: 1-866-676-2772 Web: www.nwic.edu

Seventh Annual Vine Deloria, Jr. Indigenous Studies Symposium

Hosted by Northwest Indian College Lummi Campus

July 12, 13, 14, 2012

The purpose of this symposium is to bring together Native and non-native scholars and tribal elders who are interested in honoring the life and work of our friend, colleague, and mentor, Vine Deloria, Jr., and in presenting new ideas and expanding knowledge in several key areas that Vine devoted his life to. There will be no topical focus or theme this summer. The symposium itself will be organized as a series of *intellectually driven* panels – no "workshop" type presentations – and specially invited speakers addressing these issues. Individual presentations may be formal or informal, but in keeping with the spirit of Vine, *there will be no PowerPoint or other electronic presentations.*

The deadline to receive abstracts is June 15th

For more information please contact:

Angel Jefferson, Co-coordinator (Registration)
360-392-4287 email: ajefferson@nwic.edu

Steve Pavlik, Co-coordinator (Presentation abstracts)
360-392-4307 email: spavlik@nwic.edu

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/olvrsite/.

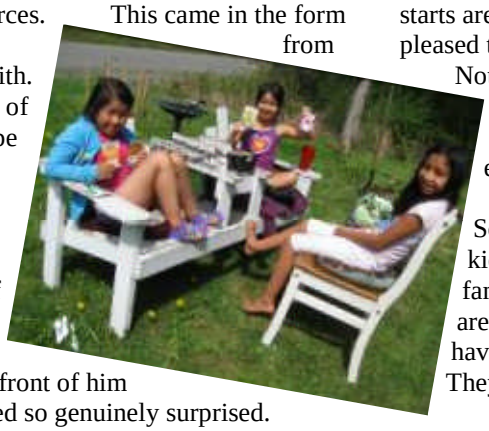
Monday, October 8, 2012 is the last day to submit voter registration forms by mail or to register online in order to vote in the November General Election, scheduled for November 6, 2012. **You may register in person at the Skagit County Auditor's Office until October 29, 2012.**

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.

"GET YOUR GARDEN ON -Indian Rd Garden"

Harvest McCampbell quote
Article and pictures by Robin Carneen

Despite these rainy days, Jeff and I have been converting our front lawn into a edible and living educational landscape for ourselves and grand kids. We thought it was important to teach them where some of our food comes from and how it grows! To my amazement, as we were spending time in the garden with our grand kids, I witnessed a startling "disconnect" between some of us humans and our food sources. This came in the form of pure astonishment from some of the children we garden with. It was a harsh reminder that many of the children don't know or might be thinking that all food just comes from a grocery store and/or a fast food place or-who knows where?



Case in point-when I asked one of the grand children to pick some lettuce and eat some of the leaves, he made me eat a piece in front of him first, then he ate his leaf and looked so genuinely surprised. That precious moment brought the importance of this effort we are making home to me. We NEED to do this, not just here, but all over our reservations and in communities willing to set aside some space to set up gardens in and teach people how to do this. It could be an avenue for healing in so many ways- mental, physical & spiritual, just by simply gardening, especially with others.

The grand children are definitely curious and are so eagerly "hands on". They dig, plant, water, monitor the progress of the Indian Rd Garden and from time to time harvest the lettuce. I can't wait for them to taste the other vegetables we have growing, with their love and help.

They ask a lot of questions and "oooo" and "awe" over how tall their plant starts are getting and are so pleased that some of their seeds are sprouting. Not only that, they are using their indigenous abilities that are ingrained in them from "past relations" and "ancestors" who were hunters, gatherers, and harvesters of fish, crab and so much more for hundreds of years.

So, please consider gardening with your kids, grand kids,neighbor kids,etc - it is so rewarding and a GREAT family activity! Its pretty exciting too, to know that we are"planting this seed" in them, so one day, they too may have a garden of their own and teach generations to come. They will be happier and healthier for it!

Links to kids gardening:

http://kidsgardenclub.org/wfdata/frame133-1011/pressrel6.asp

http://www.ziggityzoom.com/activity/eggshell-garden-project-earth-week

Smokers at Risk from Their Own 'Second-Hand' Smoke

A way to improve our quality of life is by improving our health. We can do this by making healthier decisions when it comes to our health. Taking the first step is always hard. The Swinomish Tribe has provided help for those in the community who want to quit smoking. Edwin A. Melendez II is the Smoking Cessation Educator at the Swinomish Tribe Medical Clinic. Please take advantage of the help that is given through the tribe.

Educating ourselves about the dangers of smoking can also help motivate us to quit smoking. For example, New research shows that in addition to damaging your health by directly inhaling cigarette smoke, smokers are at additional risk from breathing environmental tobacco smoke. (Credit: iStockphoto/Leonid Nyshko)

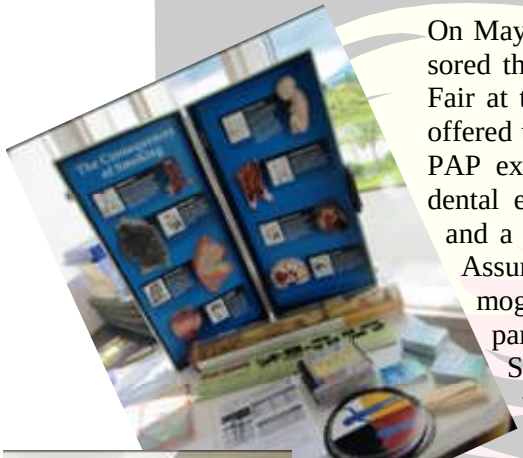
ScienceDaily (Jan. 29, 2010) — It is well known that smokers damage their health by directly inhaling cigarette smoke. Now, research published in BioMed Central's open access journal *Environmental Health* has shown that they are at additional risk from breathing environmental tobacco smoke, contrary to the prevailing assumption that such risks would be negligible in comparison to those incurred by actually smoking.

Maria Teresa Piccardo worked with a team of researchers from the National cancer Research Institute, Genoa, Italy, to study the exposure of newsagents in the city to harmful cigarette smoke. She said, "Newsagents were chosen because they work alone in small newsstands, meaning that any tobacco smoke in the air they breathe is strictly correlated to the number of cigarettes smoked by that newsagent. We studied the contribution environmental tobacco smoke made to carcinogen exposure in 15 active smokers."

The researchers found that environmental tobacco smoke may have a significant impact on smokers' health. For someone who smokes 14 cigarettes a day, their own second hand smoke resulted in exposure the equivalent of smoking an extra 2.6 cigarettes. According to Piccardo, "Both active and passive smoking contributions should always be considered in studies about health of active smokers."

Now we know we are doing more damage to our bodies by smoking. As we learn more about the dangers of smoking, we see how it can have a negative effect on our health. Please take the first step and come and see Edwin at the Swinomish Tribe Medical Clinic to start your own smoking cessation program.

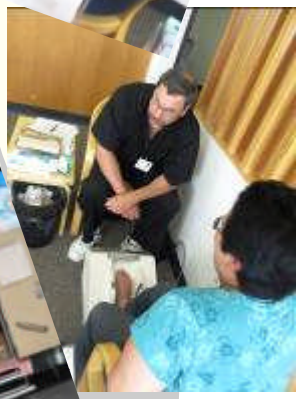
Women's Health Day draws women together to focus on healthy lifestyles



On May 24 the Swinomish Health Clinic sponsored the annual Swinomish Women's Health Fair at the clinic. A variety of services were offered to support improved health including PAP exams, smoking cessation education, dental education, bone density screening, and a large bus in the parking lot from Assured Imaging that provided mammograms. In addition, various departments from Swinomish Social Services were on hand to provide educational resources to the community.

The day long event also included a luncheon, pampering gifts, and massage appointments for participants to enjoy. There was a steady flow of traffic throughout the day with many women taking advantage of the free services provided by the clinic.

Thank you to all of the organizers and participants who made the event a success!



Wellness Program:

Medication-Assisted Treatment is coming to the Swinomish Wellness Program in July of 2012.

What is Suboxone?
SUBOXONE is a narcotic medication indicated for the maintenance treatment of opioid dependence, available only by prescription, and must be taken under a doctor's care as prescribed.

What are opioids?
Natural opioids (morphine, codeine) are substances that are derived from the opium poppy. Endogenous opioids (endorphins) are produced by the human body during exercise. Semi-synthetic opioids (oxycontin, hydrocodone, oxymorphone) are produced in the laboratory from natural opioids. Synthetic opioids (fentanyl, propoxyphene) are manufactured 100% in the lab.

How does the Suboxone Component work at the Swinomish Wellness Program?
The Suboxone Component is part of the treatment program offered at the Swinomish Wellness Program. Suboxone is a pill or a film that patients take as a substitute for narcotics (like heroin and oxycontin). In addition to using Suboxone, all of our patients are involved in counseling to address the psychological aspects of drug addiction. The Swinomish Wellness Program medical staff will provide the medical management of Opioid Addiction (*prescribing Suboxone*, screening urines for illegal drugs so as to keep patients on track, and counseling determined by patient need).

How does Suboxone Work?
Suboxone is an opioid. Like all opioids, Suboxone works by binding to a receptor called the mu- receptor. The mu-receptor lives on the surface of cells in the body and the opioid is what activates the receptor. Think of it as a door with a lock on it where the receptor is the lock and the opioid is the key. In order to get high from morphine or treat pain with Percocet, the key must fit into the lock.
During exercise, endorphins are the key. If you are using street drugs, they become the key. If you are on Suboxone, Suboxone is the key. Some drugs bind for a long time, others for a short time. Some bind and turn the receptor on; others bind and turn the receptor off.

Why does the Swinomish Wellness Program recommend Suboxone patients be in therapy?
Research has shown a higher success rate of opioid dependence treatment with a program that combines medical management (Suboxone) and behavioral therapy (counseling, intensive outpatient therapy, AA, NA, etc.). Therapy is an integral part of this program. Each patient will be evaluated to determine the course of treatment, there will be a minimum of one Suboxone therapy group per week.

Are there any safety Issues associated with taking Suboxone?
Most deaths from Suboxone overdose occur because Suboxone is mixed with alcohol, other opioids, or other prescription drugs (Valium, Ativan, Xanax, sleeping pills, tranquilizers, etc.) that depress brain activity. Suboxone has the potential for abuse and can produce dependence. Suboxone withdrawal is not considered to be as severe as withdrawal from other narcotics.

Is it possible to ever get off Suboxone?
Yes. The ultimate goal is to taper all of our patients off Suboxone. Generally, the patients who are the most successful in tapering are involved in intensive therapy, have an extensive social support network, and taper off Suboxone over a long period of time, (estimated 2 years, most successful).

At the Swinomish Wellness Program we treat chronic opioid dependence as a lifelong disease that should not be viewed with any sense of shame. Diabetes is good example of another lifelong disease. A diabetic patient may control their blood sugar with diet and exercise but they still have diabetes. We are not asking for a cure; we just want people to get healthy, one day at a time.

If you are ready to step into recovery, call the Wellness Program today to reserve a spot. There are only 30 slots available. You must complete an evaluation and physical before starting this program. Other options are available before July 1, 2012. We look forward to hearing from you. **Wellness Program Staff 360-466-1024.**

Dawn Lee to take lead role in Wellness Program

Dawn Lee is no stranger to juggling tasks. She has been employed at Swinomish Indian Tribal Community in the Social Services area for the past two years as a Chemical Dependency Professional providing counseling services. Her journey to Swinomish was not typical. Following the completion of a bachelor's degree at Western Washington University, Dawn moved in two directions. She wanted to attain a master's degree and also work in the counseling field. To meet these goals she entered both a master's program at Eastern Washington University and a chemical dependency program at Northwest Indian College. She mixed this in with being employed and having a tremendous commute. She also worked at other tribal communities such as Stilliguamish and Tulalip before joining Swinomish which further compounded her educational endeavor. Before long she realized that her passion was in the social services and began to focus on counseling as a profession.

Two years later, almost to the day, Dawn will move to be the Wellness Program director for the Swinomish Tribe. Her new duties will include supervisory and managerial aspects. However, she will continue to provide direct service, direct the Gambling program, and direct the newly formed Soboxone Treatment program. With a July start date Dawn feels confident in the program and appreciates the Senate's support in building and funding the Soboxone program. Dawn credits the formation of the Opiate Task Force, comprised of the Tribal Judge, probation, the defense attorney, and the medical clinic as being instrumental in addressing the spike in opiate addiction since January of 2012.

In the near future Dawn will focus on filling a chemical dependency counselor position, developing policy for the Wellness Program, educating the community about the Soboxone program and fill spaces in the program. Please make some time to learn about this new program and congratulate in her new role!

The Wellness Program is offering Responsible Gaming Education & Problem

Appointments now available Monday-Friday.

Questions for you or a loved one?

Give us a call

360-466-1024

Swinomish Water Resources Program

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

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 01	02:06 10.79 ft	09:27 −0.82 ft	16:12 9.10 ft	21:30 5.69 ft			5:12	21:04
Sat 02	02:50 10.88 ft	10:13 −2.09 ft	17:12 9.97 ft	22:31 6.16 ft			5:12	21:04
Sun 03	03:34 10.91 ft	10:58 −3.02 ft	18:06 10.65 ft	23:30 6.39 ft			5:11	21:05
Mon 04	04:21 10.81 ft	11:45 −3.53 ft	18:56 11.10 ft			Full Moon	5:11	21:06
Tue 05		00:26 6.42 ft	05:11 10.55 ft	12:31 −3.60 ft	19:44 11.33 ft		5:10	21:07
Wed 06		01:23 6.27 ft	06:03 10.12 ft	13:19 −3.23 ft	20:30 11.40 ft		5:10	21:08
Thu 07		02:20 5.96 ft	06:58 9.51 ft	14:06 −2.48 ft	21:15 11.35 ft		5:09	21:09
Fri 08		03:20 5.51 ft	07:58 8.78 ft	14:54 −1.40 ft	21:59 11.21 ft		5:09	21:09
Sat 09		04:23 4.92 ft	09:03 7.99 ft	15:43 −0.06 ft	22:43 11.01 ft		5:09	21:10
Sun 10		05:28 4.19 ft	10:17 7.29 ft	16:34 1.44 ft	23:25 10.77 ft		5:09	21:11
Mon 11		06:33 3.34 ft	11:43 6.86 ft	17:30 2.97 ft		Last Quarter	5:08	21:11
Tue 12	00:07 10.49 ft	07:31 2.43 ft	13:22 6.92 ft	18:34 4.39 ft			5:08	21:12
Wed 13	00:48 10.21 ft	08:22 1.54 ft	14:59 7.48 ft	19:47 5.53 ft			5:08	21:12
Thu 14	01:28 9.93 ft	09:04 0.74 ft	16:13 8.28 ft	21:02 6.28 ft			5:08	21:13
Fri 15	02:08 9.69 ft	09:41 0.06 ft	17:08 9.02 ft	22:07 6.70 ft			5:08	21:13
Sat 16	02:46 9.49 ft	10:15 −0.51 ft	17:52 9.59 ft	23:01 6.91 ft			5:08	21:14
Sun 17	03:24 9.34 ft	10:48 −0.96 ft	18:27 9.97 ft	23:45 6.98 ft			5:08	21:14
Mon 18	04:01 9.22 ft	11:21 −1.32 ft	18:57 10.22 ft				5:08	21:14
Tue 19		00:23 6.96 ft	04:38 9.12 ft	11:55 −1.58 ft	19:24 10.39 ft	New Moon	5:08	21:15
Wed 20		00:58 6.83 ft	05:16 9.01 ft	12:31 −1.71 ft	19:51 10.55 ft		5:08	21:15
Thu 21		01:34 6.60 ft	05:57 8.86 ft	13:08 −1.67 ft	20:19 10.70 ft		5:09	21:15
Fri 22		02:12 6.24 ft	06:40 8.65 ft	13:46 −1.41 ft	20:50 10.84 ft		5:09	21:15
Sat 23		02:54 5.74 ft	07:27 8.35 ft	14:26 −0.88 ft	21:23 10.94 ft		5:09	21:15
Sun 24		03:39 5.08 ft	08:21 7.98 ft	15:07 −0.02 ft	21:57 11.00 ft		5:10	21:15
Mon 25		04:29 4.26 ft	09:24 7.57 ft	15:51 1.14 ft	22:33 11.01 ft		5:10	21:15
Tue 26		05:22 3.27 ft	10:37 7.26 ft	16:39 2.52 ft	23:12 10.96 ft	First Quarter	5:10	21:15
Wed 27		06:17 2.13 ft	12:01 7.20 ft	17:35 4.00 ft	23:53 10.89 ft		5:11	21:15
Thu 28		07:14 0.90 ft	13:34 7.57 ft	18:42 5.34 ft			5:11	21:15
Fri 29	00:39 10.82 ft	08:09 −0.35 ft	15:06 8.34 ft	19:59 6.32 ft			5:12	21:15
Sat 30	01:28 10.76 ft	09:02 −1.48 ft	16:21 9.25 ft	21:16 6.82 ft			5:12	21:15

CLAM PSP UPDATE

Lone Tree Point: NTD

Butter Clams sampled by Swinomish Water Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 5/7/2012 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 the history of this special place to our Swinomish ancestors.
Call Todd Mitchell @ 466-7201

Spring

Native Plant of the Month

Landscape Value

Red elderberry is an excellent addition to the landscape. It is especially valuable for the butterfly and wildlife garden as it provides nectar, berries, and foliage for birds, small mammals, butterflies, and their larva.

Its arching pyramidal form works well in the back of a perennial border, or along the edge of woodland forest. In spring it is covered with lilac-shaped blooms and followed by striking clusters of red berries in summer.

Plant red elderberry with tall Oregon grape, oceanspray, mock orange, and Pacific ninebark to create a fine woodland hedgerow.

Red Elderberry

Sambucus racemosa

- Red elderberry is named for its red clusters of berries. It is closely related to blue elderberry.
- Red elderberries are a favorite food for many birds such as grosbeaks, finches, and robins.
- The foliage is browsed by deer and elk. This plant produces a bitter chemical to protect itself when over-browsed.
- Red elderberry colonizes disturbed areas such as landslides and logging clear-cuts and is part of the early succession of a forest ecology.
- The whole plant is somewhat toxic, and wild red elderberries are best left for the birds.

Text by Heidi Bohan

©Starflower Foundation

ENVIRONMENTAL STEWARDSHIP
SEATTLE PARKS AND RECREATION

June Flower: The Rose

June Birthday's

June Birthstone: Moonstone and Pearl

6/1	Lana James
6/1	Ernst Jamison Sr.
6/1	Paul Villaluz
6/1	Claude Wilbur Sr.
6/2	Sonya Joe
6/6	Philip Burke
6/6	Kaitlyn Cultee
6/6	Roberta Wilbur
6/7	Randy Fornsby
6/7	Ricky Fornsby
6/7	Cassandra Gonzalez
6/7	Hazel Johnny
6/7	Beverly Peters
6/8	Cody Cayou
6/8	David Jack III
6/8	Nathaniel Perry
6/8	Shirly Shongutsie
6/8	Francis Sylvester
6/9	Kimmy Siddle
6/10	Laural Ballew
6/10	Gary Day Jr.
6/10	Nicole Day
6/10	Lisa Wilbur
6/11	Sharon Berntsen
6/11	Douglas Dan
6/11	Audrey Edwards
6/11	Enedina Silva
6/12	James Barron
6/13	Sheila Bailey
6/13	Asiah Gonzalez
6/13	Jai James
6/15	Bridget Lapointe
6/16	Carol Washington
6/16	Evan Billy
6/16	Aiyana Guzman
6/16	Winona Jamison
6/16	Katherine Paul
6/16	Brian Solomon
6/16	Joan Wilbur
6/17	Loren Edwards Sr.
6/17	Kateri Joe
6/17	John Lapointe
6/17	Michael Porter
6/18	Ruby Billy
6/18	John Cayou
6/18	Charlene John
6/18	Cheryl Peters
6/18	Vincent Wilbur
6/19	Martin Sampson
6/20	Georgia Beitzel
6/21	Darlene Charles
6/21	Valerie Deandrea
6/22	Alfonso Billy Jr.
6/22	Alyxandra Billy
6/22	Yuanissa Cayou
6/22	Howard Harper
6/22	Landon Ruzika
6/22	Gregory Yakanak
6/23	Casimir Wilbur Jr.
6/24	Sah-Ja-halth Finkbonner
6/25	Nathan Bailey
6/25	Logan James
6/25	Karen Joe
6/25	Cecilia Lapointe-Gorman
6/25	Lashay Washington
6/26	Tammy Bill
6/26	Donovan George
6/26	Alyssa McCormick
6/27	Marquis Bullplume
6/27	Mary Cayou
6/27	Duron Eagleheart-Clark
6/28	Rodney John Jr.
6/29	Warren Bill
6/29	David Cruz
6/29	Vernitta Lewis
6/29	Joreen McDonald
6/29	Lisa Nutter
6/29	Augustus Siddle

June Celebrations!

Happy Birthday Cassie
Love Michelle!!!

Happy Belated Birthday Marie Franklin (Mom), for all you have done, we all love you.
Leo Tsinnie

Congrats on your One Year Anniversary Miranda and Husband!

Happy 80th Birthday Grandma Dumps!!!

We Love you!!

Love Your Family!

Happy Birthday Mom & Grandma
Love you, Sheila, Gary, & kids

Happy 21st Hazel
Love you, Mom, Gary, & kids!

Happy 13th Birthday David Cruz!!!
Love your Family!

Happy 14th Birthday Asiah!!!
Love Mom, Dad Lily and Lia

Happy 4th Birthday Nathan!!!

Love, Mom Dad and Brother.

Happy Birthday Mom/ Grandma
Love, your kids and grand-kids!!!

Happy Birthday to my husband, Jay!

I LOVE YOU!

Ida john

Happy 15th Anniversary

Barry and Maggie!!!

Hello,

I just want to let my family and the Swinomish Community know that I have just been crowned "Jr. Miss Northwest Indian College – Mother Blessing Day Powwow, 2012 & 2013." I had to fill out an application of my upbringing, do a dance, and give a speech in front of the Powwow. It was between me and one Lummi girl, who was just 7 yrs old.

My proud parents are Fred R. Cayou, Jr. & Lori Ann (Edwards) Cayou. My siblings are Ayla Cayou and General Cayou. My paternal grandparents are Mary E. Cayou and the late Fred R. Cayou, Sr. My maternal grandparents are Lottie Atkins, Colville and the late Lawrence "Putt" Edwards, Jr. My great-grandmother is Mary Porter, Xaxli'p "Fountain". All the following great-grandparents have went into the spirit world: Gene Porter; Chester Cayou, Sr. and Velma (Stone) Cayou; Edward McCraigie and Ester (Sammuels) McCraigie; Lawrence "Pudgie" Edwards, Sr. and Ester (George) John.

So, once again I will be traveling in the Northwest region for pow-wows. I started dancing when I was three years old. I have also held the titles: Jr. Miss Swinomish 2002-2003; first runner up First Nation University of Washington Pow-wow 2004; first runner up Little Miss Omak Stampede Encampment 2004 (in August 2007 I won this crown and carried the title for two years); and Little Miss Colville Confederated Tribes 2009 & 2010.

I'm currently in the 7th grade and I made the honor roll last quarter. I'm also pulling canoe with the Swinomish Canoe Club this summer. Hope to see you on the pow-wow trail!

"Missy" Zanetta Lottie Cayou

"Missy" Zanetta Lottie Cayou

Hats off to Swinomish

The new lodge adjoining the casino is not just nice—it's spectacular.

While enjoying my stay and tour of the new premises, I had dinner in the new 13 Moons Restaurant. Not only did I enjoy my five-star food and service, but also a wonderful view of the bay and mountain chain.

Thank you, Swinomish—it was a real treat.
Jean Wedin
La Conner
*Reprinted from La Conner Weekly News

COMMUNITY CALENDAR

JUNE

- 2-3—Cultas Lake Water Festival CR, Cultas Lake, BC
- **04—Swinomish Elder's Luncheon, Swinomish Lodge, 11:00 AM**
- **07—NWIC Graduation**
- **12—Mima?ad s?uladxw (Memont Solahdwh) Youth Canoe Blessing, Cedar Hat Pavilion, 5 PM**
- **15—NWIC Graduation, Wex li em, Lummi, 4 PM**
- 15—World Elder Abuse Awareness Day
- 15-17—Stommish Water Festival CR, Lummi, WA
- 23-24—Cowichan Days, Cowichan CR, BC
- 30-July 1—Scowlitz CR, Scowlitz, BC

JULY

- 7-8—Whey ah wichen Days CR, Cates Park, Vancouver, BC
- 12-14—7th Annual Vine Deloria Symposium, Northwest Indian College
- 14-15—Ambleside CR, Vancouver, BC
- **19—Tribal Journey canoes arrive at Swinomish**
- 20-22—27th Annual Seafair Indian Days Pow Wow, Seattle, WA
- 21-22—West Saanich CR (TENTATIVE)
- Chemainus Bay CR, Chemainus Bay, BC
- 30-31—Paddle to Squaxin Protocol, Squaxin Island Tribe

AUGUST

- 01-05—Paddle to Squaxin Protocol, Squaxin Island Tribe
- **08-School Gift Card Distribution for Swinomish Enrolled Students.**
- **11-12—Swinomish Water Festival CR, Swinomish, WA**
- 18-19—Chief Seattle Days, Suquamish, WA
- **23—Swinomish Community Clam Bake**
- 24-26—Makah Days, Makah, Washington

SEPTEMBER

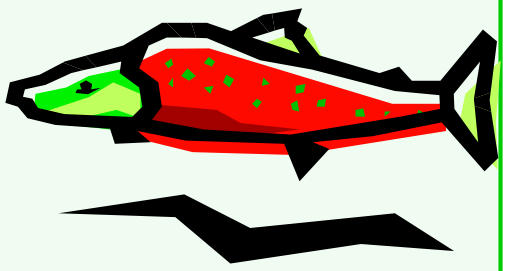
- **17—Fall Clean-up Day**

OCTOBER NOVEMBER DECEMBER

- **12—Christmas Distribution**

*Please submit important dates to the qyuuqs (Kee Yoks)!

*'CR' denotes 'canoe race'.
***Bolded** text denotes Swinomish Community event.



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

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"The House of Healing"
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Jeremy Oliver | Owner
Swinomish tribal member recommended!
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tribalsenator@yahoo.com
http://kpaulcarvings.com

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Christine Porter
House cleaner
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Cell Ph: 360-395-8991

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May 7-11, 2012
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is hosted and produced by **Robin Carneen**, an enrolled member of the Swinomish Indian Tribal Community, in La Conner, WA. Topics include- Native American news, views & music & you can listen online at (archives too!): http://www.blogtalkradio.com/namapahh_radio

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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.

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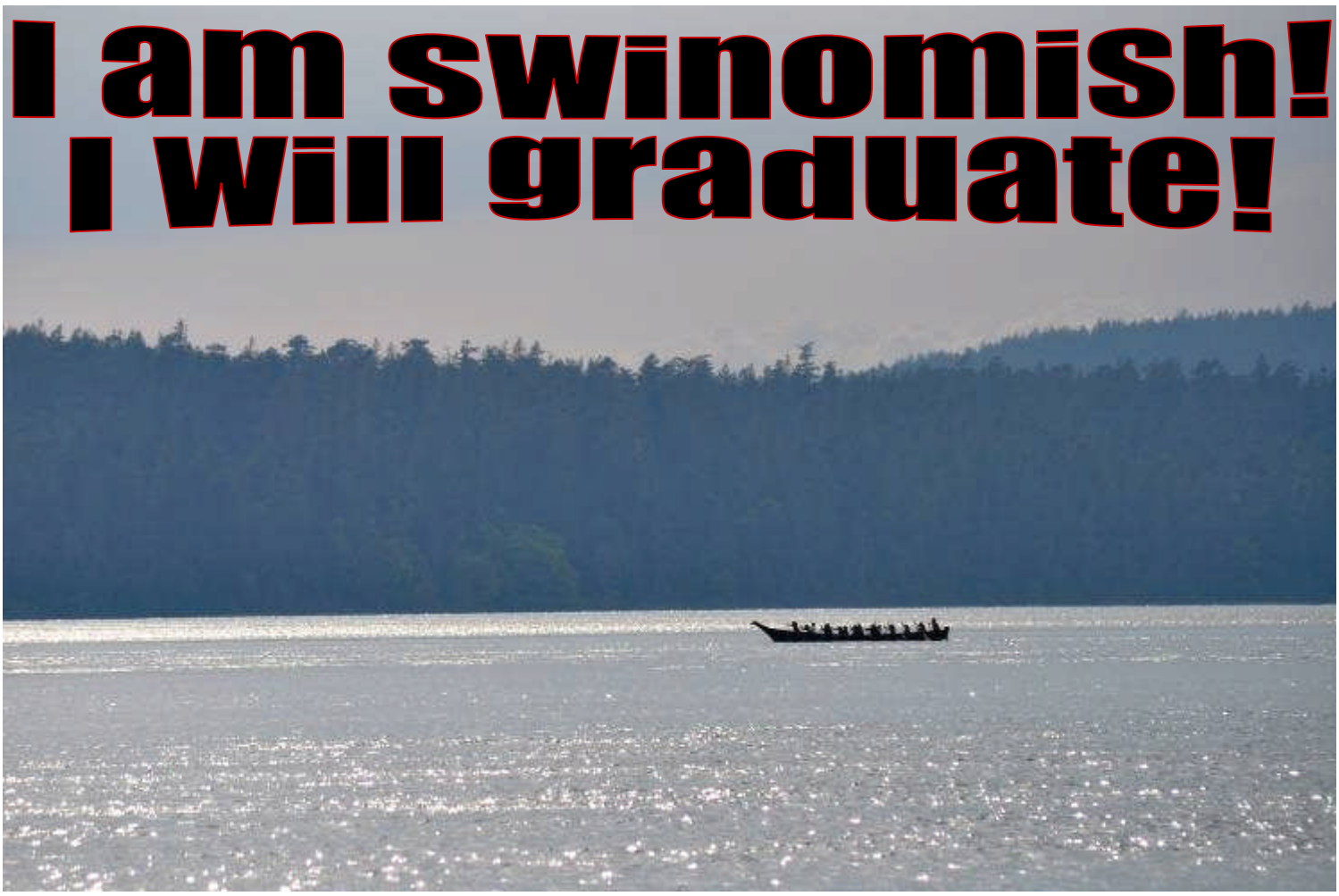
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