

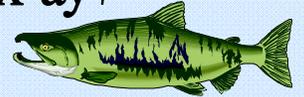
KIYUUQ^WS

Since 1966

KEE YOKS

NOVEMBER 2010

pedłx^way?



"Dog Salmon time"

HONORING OUR SWINOMISH VETERANS



TUESDAY



**John K.
Bob**
1923-1944

"It was the only time I ever saw some of those soldiers with tears in their eyes. Never saw that again in all the war, and we had thousands of casualties. Those boys thought John Bob was the best thing in the world."

~Addison Austin of Mt. Vernon who enlisted with Bob in 1942.

Photo courtesy of SITC Archive



Turn back clocks
November 7

Kiyuuq^ws
The Seagull



An official
publication
of the

**Swinomish
swədəbš Indian
Tribal Community**

Officers:

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

Tuk Tuk Luus

Senators:

- Sophie Bailey
Sapelia
- Brian Cladoosby
Spee pots

Dianne Edwards
Ya-so-litza II

Glen Edwards
Cha-das-cud II

Steve Edwards

Barbara James
Taləq talə II

Leon John
sm ʔk ʔ ʔ

Kevin Paul
Wa lee hub

Brian Wilbur

Tandy Wilbur
Wolfe

The Kiyuuq^ws
deadline to get
something into the
December issue is
NOVEMBER 15TH

The Kiyuuq^ws

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

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Photos: Kee yoks kiyuuq^ws and submitted

**This issue of the Kiyuuq^ws is
available on the Swinomish
website.**

<http://www.swinomish-nsn.gov/>

The on-line version of Kee yoks is in full
color. The content is exactly the same as
the paper Kee yoks.

For this reason, please be mindful when
submitting information or photos that every-
thing published in Kee yoks after October
2010 will also be on the internet and avail-
able to anyone, anywhere. Please consider
carefully whether anything you are submitting
might have information or images that may
be of a private or sensitive nature. By submit-
ting information or photographs to Kee yoks
for publication, we consider that you are
agreeing we can publish the information or
photo in Kee yoks on paper and on the Swi-
nomish Indian Tribal Community website.

COVER: Photo of Swinomish Veteran John
K. Bob, courtesy Swinomish Archives.

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Keeyoks Kiyuuq^ws Mission

The mission of the Keeyoks kiyuuq^ws
newspaper is to provide monthly commu-
nication within the Swinomish swədəbš
Indian Tribal Community, near and far. It
is committed to serving as an apolitical
forum for SITC governing officials and all
community members.



"Kee yoks Swinomish

Swədəbš Kiyuuq^ws Swədəbš Kiyuuq^ws Swədəbš

CHAIRMAN'S MESSAGE BRIAN CLADOOSBY SPEE-POTS



Spee-pots

We are the First Americans of this beautiful country, and your vote matters!

Get out and vote. It does not matter who you vote for – just vote! That is the bottom line. Our Native vote made a difference in 2008, and we now have to continue our momentum and elect candidates who are committed to fulfilling the federal obligation to Indian Country.

“As you take time out of your busy schedule to head to the polls, do not forget to say a special prayer of thanks to our veterans. For without their commitment to this country and to you as a citizen, we may not have had the opportunity to exercise the right to vote.”

Every state is in the midst of a political battle. The outcomes of these elections are going to impact the direction taken by the United State's government. Yes, there will continue to be deep impacts throughout the United States, but it will only get worse if the plans are made in haste and in desperation. Yes, we have a long haul before the United State's economy will be stabilized, and these are tough times for all citizens, but we cannot give up and not vote.

Indian Country lives the reality of tough times everyday, but we have never given up. Our grandfathers who signed our treaties across America carried hope that we may live a better life on our own lands. Remember, when you walk to the polls to cast your vote, yours are the footsteps of a leader, of someone who believes they can make a difference, just as our fore-

fathers did a long time ago. It is easy to see what a difference voting makes throughout Indian Country. In the past two years, President Obama has followed through with his commitment to honor the First Americans by recognizing Indian Country as nation of sovereign governments. No other president in recent history has supported us in this manner or followed through with their commitments. If you want change, you need to take it upon yourself to step up to the challenge and make a difference. Thus, we have experienced his actions in changes to our Indian services such as Indian child welfare, tribal law and order, housing, health care, social services, education, and the list goes on. The wrong candidate can bring harm to tribal governments and threaten not only the programs, but the funding and structure of these programs. It just takes a vote.

Swinomish has been fortunate to have a strong relationship with Governor Gregoire, Senator Murray, and Congressional Representatives Larson, Dicks and Inslee. These relationships have helped support tribal legislative matters that impact not only our tribe, but tribes across the nation. We seek your support in voting for strong representatives who will follow through with federal treaty responsibilities, ensure we have healthy state and

tribal relations, and encourage smart decision making for seven generations of Washingtonians.

Our vote matters at Swinomish, and your support at the polls is part of your contribution as a citizen of the Swinomish Indian Tribal Community and the United States. As you take time out of your busy schedule to head to the polls, do not forget to say a special prayer of thanks to our veterans. For without their commitment to this country and to you as a citizen, we may not have had the opportunity to exercise the right to vote.



NOVEMBER 2ND

ATTENTION: ALL ENROLLED SITC MEMBERS

*On Wednesday, December 15, 2010, from 10 AM – 6 PM,
the Swinomish Indian Tribal Community will be handing out the following in the Social Services Building:*

- GIFT CARDS for all enrolled SITC members.
- SMOKED SALMON for those who come in person.
- CANDY BAGS for those who come in person.

YOU MUST COME IN PERSON TO PICK UP YOUR GIFT CARD.

If you cannot come in, you will need to contact Social Services staff Teeny Williams 360-466-7307 (phone), cwilliams@swinomish.nsn.us (email) or Mary Ellen Cayou 360-466-7218 (phone), mcayou@swinomish.nsn.us (email) by 5:30 PM on Thursday, December 9 to update your mailing address so your gift card can be sent to you by certified mail.

If you have been receiving the Kee yoks each month in the mail, you DO NOT need to update your mailing address.
It means we already have a valid address for you.

Social Services staff will deliver to elders, those in hospitals, nursing homes, assisted living facilities, and others unable to physically come to the Social Services Building.

Members who are incarcerated on the day of distribution (December 15, 2010) **will not be receiving a gift card.**

Children in middle school and high school can request to pick up their own gift cards. The child must call by 5:30 PM on Thursday, December 9 if they want their gift card held for them.

In the split household, in compliance with ICW rules and common sense, we will again give the gift card to the parent/guardian that the child physically resides with, regardless of that parent's enrollment status. This assures that the child receives the benefit.

Members residing out of state will receive their gift card by certified mail. Please provide us with any addresses (or phone numbers) you may have of your family members residing out of the area.

The cut-off date for new tribal enrollment will be Tuesday, December 7, 2010.

The gift card may be used in any store where the VISA logo is displayed.

SWINOMISH INDIAN TRIBAL COMMUNITY

NOTICE OF TRIBAL ELECTIONS

**PRIMARY ELECTION (if needed SATURDAY, FEBRUARY 12, 2011
GENERAL ELECTION SATURDAY, MARCH 19, 2011**

TERMS EXPIRING:

Dianne Edwards, Ya-so-litza II, Senate Seat 3

Kevin Paul, Waleehub, Senate Seat 4

Tandy Wilbur, Senate Seat 5

NOTE: DEADLINE FOR TRIBAL SENATE NOMINATION PETITIONS:

5:30 PM, THURSDAY DECEMBER 20, 2010

Nomination forms may be obtained from Wendy Otto, Tribal Election Officer, at the Swinomish Administration Building, beginning on Monday November 22, 2010

Notice of Appeal Rights: Any person excluded from an Eligible Voter List may appeal his or her exclusion to the Senate pursuant to STC 2-01.150(D)(1)(a) Any person who has been

MARGARET ROSS, OLDEST SWINOMISH MEMBER, PASSES AWAY AT AGE 99

Margaret Ross was born October 7, 1911 and passed away October 25, 2010. In October 2007, Frank Dunn interviewed "Aunt Marg" for his October issue of the Kee yoks. Here are some excerpts from that interview:

"She has outlived all of her siblings: Alfred Sampson, Helen Sampson, Lotty Sampson-Picard, Eugene Sampson, Alvina Sampson, Ida Williams and Annie Cole. Her parents were the late Mary Moore Sampson Willup and James Sampson. Margaret grew up in Bow, Washington and lived on a farm on the land where the Skagit Casino is now, from 1913 until the early 1020s. She remembers sitting in a wagon that was pulled by horses as her family went to Samish Island to dig for clams."

"Margaret remembers going to La Conner when she was a young girl sometime before 1920, and Swinomish would have a mussel bake below the old American Hall (where the Social Services building is now). At that time, the old bridge connected Snee-Oosh Road with Morris Street in La Conner." The present day Swinomish Channel was more of a beach back then. "At low tide, one could wade across to the other side." Margaret is quoted in the article as saying, "Down by the Senior Center was the only well in Swinomish; it's a wonder that everyone got their water from that one well."

As a child, Margaret attended Bow School with her siblings. They were the only Native Americans to attend the predominantly white public school. "However, after 8th grade she was transferred to Tulalip's Indian Boarding School." She recalled good memories and the

provision of shoes and clothes by the school during the Great Depression. She also recalled that students were not allowed to speak their Indian language, though the teachers could speak theirs, and "they must have been Swedes from Sweden." She attended Chemawa Indian Boarding School, Oregon, for high school, and was employed by the school for 2 years after graduating. She married and was widowed a short time after. After 2 years working at an Indian Hospital, she moved back to Washington. During WWII she was one of the "Rosie the Riveters" at Boeing making B2 Bombers. (Because of her small size, they used her to crawl inside the wings and rivet from the inside.) After the war, the Boeing plant closed, and Margaret moved to Tacoma to become a nursing assistant, which led to a career in public health at a Seattle hospital, from which she retired in 1973.

"Margaret has 4 children: Joyce Meachem Reyes, George Meachem, Jr., James Hook, and Jody Hook." In 2007, she had "10 grandchildren, 18 great-grandchildren, 4 great-great-grandchildren, and 4 great-great-great-great-grandchildren!" Her daughter Joyce is quoted in the article as saying, "Mom made many sacrifices, never gave up, never felt sorry for herself, never lived on welfare." Margaret witnessed many changes in her lifetime. About Swinomish she said, "More kids are going to school and getting a higher education. The tribe has a medical clinic, dental clinic, senior center, casino, Chevron gas station, to name a few. I am proud of Swinomish; keep up the good work."

Margaret Ross's obituary will be printed in the December issue.

*La Conner
Retirement Inn
would like to honor
our Veterans on
November 11, 2010
with a buffet luncheon.*

*Please call the Inn
and let us know if
you would like to attend.*

360-466-5700

8th Grade Culture Fair

Will be held on FEBRUARY 15th!

This year, the Swinomish After School Program will provide special study nights to help students and families with their Culture Fair exhibit.

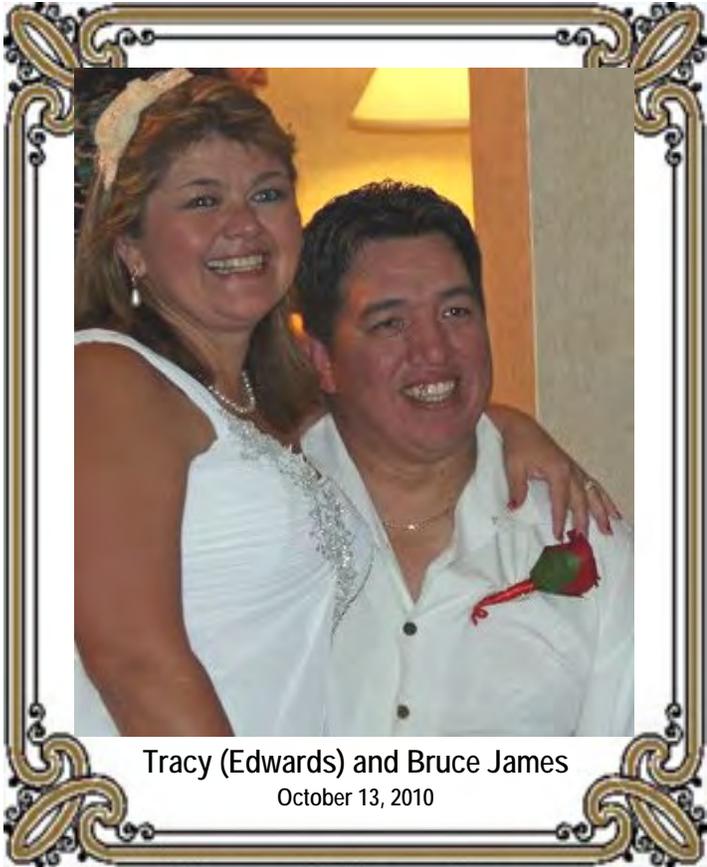
The dates for Culture Fair Preparation nights are:

**January 11th, 18th, and 25th
February 1st and 8th.**

6:00 to 8:00 PM

Take advantage of this great opportunity to get help in preparing your presentation.

DOUBLE THE HAPPINESS



Kyle and Olivia Bailey were married in Las Vegas on October 12. The next day, his mom Tracy Edwards was married to Bruce James (all of Swinomish). The many family members who were able to attend were treated to and/or participated in 2 weddings in 2 days in Las Vegas. To the left are the daughters of the brides, Raven and Kaylee. Kaylee is also Tracy's granddaughter.



photos by Janine Rebensdorf



Native Plant of the Month Cattail ʔulal pronounced oo lall (rhymes with wall)



Landscape Value

Cattails provide important food and cover for wildlife and have been used by people in a variety of ways. Yellow-headed and red-winged blackbirds, and marsh wrens perch and build their nests on them. Waterfowl, such as Mallards and Canada Geese, nest among them. Frogs and salamanders lay their eggs in the water on and between them. Fish hide or nest among them. Many birds use the seed fluff to line their nests.

Muskrats use rhizomes (root ball) for food and the foliage to build their houses. This then provides resting and nesting sites for water birds. Deer, raccoons, cottontails and turkeys use them as cover. Insects eat and live on them.

All of the cattail is edible. The leaves are often used for baskets, chair seats and mats. The fluffy seeds are used as insulation for pillows and coats, and glue can be made from the stems. The pollen can be used like flour and the silky down surrounding the seeds can be used to stuff life jackets and mattresses.

Common Cattail *Typha Latifolia*

- 4-5 feet tall perennial stalk. Often grows near water (marshes or ponds) in thick stands.
- They can live in fresh or somewhat brackish water, and can live in up to 2 feet of water or grow in floating mats.
- Leaves are large spear shaped.
- Stalks are topped with hotdog shaped, dark brown flowers which contain thousands of tiny seeds. Flowers are present May through July.
- Their root systems help prevent erosion.

SAY IT IN LUSHOOTSEED

dxʷləšucid

Cattail ʔulal pronounced oo lall (rhymes with wall)

Traditional uses: mats were used to make temporary summer houses and also used to line the inner walls of winter houses. In both seasons, the cattails provided "insulation". ʔulal was also used to make small sleeping mats -- "k'u)t pronounced "kwoot". k'u)t were also used to line the bottoms of canoes.



Veteran's Day

stubsədəd əldat
stoob-shud-ud uth-dot

Thanksgiving

pədtigʷidəldat

pud-tee-gweed-uth-dot



SENIOR LUNCH MENU FOR NOVEMBER 2010

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

Mon	Tue	Wed	Thu	Fri
<p>1 French Dip Coleslaw Lay Chips Apple/Applesauce</p>	<p>2 Meat Lasagna Garlic Bread Green Salad Grapes</p>	<p>3 Roast Chicken/Gravy Stuffing Mixed Vegetables Oranges</p>	<p>4 BLT Sandwich Split Pea Soup Cantaloupe Slices Yogurt</p>	<p>5</p>
<p>8 Chicken Cheese Sandwich Vegetable Soup Crackers Orange</p>	<p>9 Pork Chop/Gravy Rice/Roll Green Beans Pears</p>	<p>10 Fish Potato/Roll Carrots Berries</p>	<p>11 HOLIDAY Veteran's Day</p>	<p>12</p>
<p>15 Tuna Sandwich Green Salad Lay Chips Grapes</p>	<p>16 Chicken Adobo Rice Cauliflower/Carrots Pineapple</p>	<p>17 Roast Beef/Gravy Potato/Rolls Mixed Vegetables Peaches</p>	<p>18 Sausage Gravy Biscuits/English Muffin Cantaloupe Sliced Tomatoes Cottage Cheese</p>	<p>19</p>
<p>22 Submarine Sandwich Coleslaw Lay Chips Apple/Applesauce</p>	<p>23 Turkey Dinner</p>	<p>24 No Service</p>	<p>25 HOLIDAY </p>	<p>26</p>
<p>29 Egg Salad Sandwich Tomato Soup Crackers Orange</p>	<p>30 Ham Macaroni & Cheese Peas Fruit Salad</p>	<p>Milk served with all meals</p>		

**ATTENTION ELDERS! PLEASE COMPLETE THIS SURVEY
AND RETURN TO MARY CAYOU OR LORI ANN CAYOU. THANK YOU!**

In 2003, the Swinomish Tribal Community Elder Protection Code was completed with the help of many of our elders, and our Tribal Attorney at that time, Cami Frazer.

The code was a policy written with input from our community and written into law by our sovereign governing body, the Swinomish Tribal Senate of 2003.

Caring for and protecting our elders is a traditional value. This is a value which our Swinomish leaders continue to uphold. In an effort to support that leadership as elders, we must help our senators to do the best they can to care for and protect us.

We must let them know what it is that we want and need. We can help our tribal senators to make informed decisions about what we need by :

- ↳ filling out this questionnaire
- ↳ returning it to Mary Ellen Cayou, Social Services Administrative Assistant or Lori Ann Cayou, Elder’s Caseworker (Senior Center).

The Title VI Request for Elder Program Services funding must be ready for submission by November 18th. Please return your questionnaires to Lori or Mary by November 11th. We hope to elicit responses from at least 50% of the 131 Swinomish Elders eligible for services, by November 11th. Beginning Monday, November 14th until Thursday, November 17th, 7 volunteer tribal staff will begin visiting and interviewing elders to help those who have not turned in a questionnaire.



Tribal Questionnaire/Needs Assessment

1. What things get in your way of leading a good life?

Check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> Not enough money | <input type="checkbox"/> Lack of employment |
| <input type="checkbox"/> Poor health | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Family problems | <input type="checkbox"/> Drug/alcohol abuse |
| <input type="checkbox"/> Home repairs needed | <input type="checkbox"/> Knowing how to manage my health |
| <input type="checkbox"/> Lack of quality housing | <input type="checkbox"/> Lack of care for elders |
| <input type="checkbox"/> Lack of transportation | <input type="checkbox"/> Lack of support for grandparents raising grandchildren |
| <input type="checkbox"/> Homelessness | <input type="checkbox"/> Lack of support for caregivers caring for elders |
| <input type="checkbox"/> No or limited access to health care | <input type="checkbox"/> Don't know who to call for help |
| <input type="checkbox"/> Not enough food | |
| <input type="checkbox"/> Not enough exercise | |
| <input type="checkbox"/> Don't feel safe in my community | |

What would help you live a better life?

2. Things that would help my physical, mental health, and well being:

Check all that you think could help you:

- | | |
|---|---|
| <input type="checkbox"/> Education about living well with life-long health conditions | <input type="checkbox"/> Education about going to and coming home from the hospital |
| <input type="checkbox"/> Education about how to take my medicine | <input type="checkbox"/> Having a doctor when I need one |
| <input type="checkbox"/> A phone number to call if I'm in crisis | <input type="checkbox"/> Regular health check-ups |
| <input type="checkbox"/> Access to a dentist/denturist | <input type="checkbox"/> Information about hospice (end of life care) |
| <input type="checkbox"/> Information about exercising | <input type="checkbox"/> Help understanding what I should eat to be healthy |

3. Things that would improve my ability to go to family and community gatherings:

Check all that you think could help you:

- Information about gatherings
- Transportation to gatherings
- Someone to help me while I am at gatherings
- Activities with younger people

4. Things that would help me as a family caregiver or grandparent raising grandchildren

Check all that you think could help you:

- Information about how to care for someone
- Information for caregivers about how to care for themselves
- Information about Alzheimer's Disease
- Enough money to help you care for a family member
- A break from giving care for a family member
- Someone to come to your home to help provide caregiving
- A place for your loved one to safely be during the day
- Support groups for caregivers
- Legal help with caring for grandchildren



If you would like someone to contact you about anything in this survey, please list your name below and someone will contact you.

Name _____ Telephone _____

Thank You!

SUSAN EDWARDS-WILBUR EARLY EDUCATION CENTER



SWINOMISH PRESCHOOL



Anthony Smith
Director

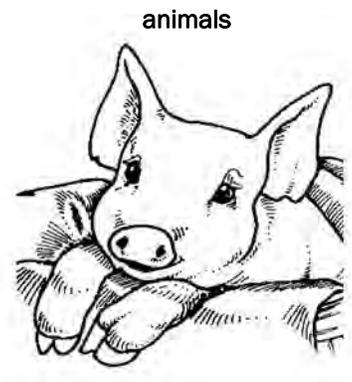
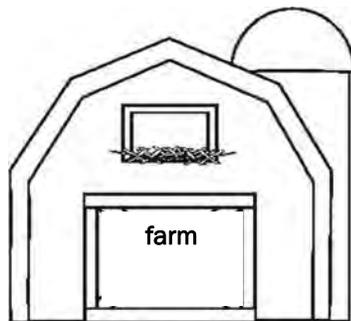
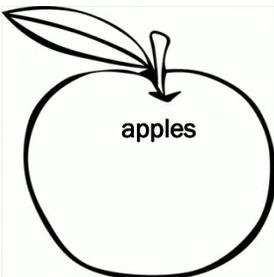
*Childcare
Picture day
NOVEMBER 3
Make sure teachers have
your order (o:*



We had a great October at preschool!

Here's what's going on with our awesome students!

Our October theme was: harvest



Preschool Learning Centers:

Creative Stories-beginning, middle, end

Sequencing Stories-beginning, middle, end

Apple "Wiggle" Books-Arthur Goes to School, Mrs. Wiggles

Counting-Letter "A"- Rhyming

SWINOMISH EDUCATION DEPARTMENT

Free Tutoring!

at La Conner Elementary or Swinomish Youth Center

Advantage Tutoring Center, an approved SES provider, will be offering tutoring at La Conner Elementary and at the Swinomish Youth Center.

- Programs for K-5
- Remedial Help and Advancement
- Reading and Math Programs
- Help for Dyslexia and Learning Disabilities Individualized Instruction

WE GET RESULTS!

We work with students within the scope of their abilities, to help students build self esteem, and train them in successful methods of comprehension.

To qualify, students must attend La Conner Elementary school and be on Free and Reduced Lunch.

Times-

Either before or after school programs.

To Enroll Please Contact:

Mary Morrison
 Advantage Tutoring Center
 360-312-3495
 mary@advantagetutoringcenter.com

To apply, you must fill out an SES enrollment application, available at the Swinomish Youth Center or at La Conner Elementary. There is an enrollment deadline, so if you are interested, please fill out an application as soon as possible.

You may drop off your application at the Swinomish Youth Center or at La Conner Elementary.

We look forward to working with your children!
 Mary Morrison



HEAD LICE: We can all be part of the solution.

Head lice spread easily and no one likes to have to deal with this. Please be part of the solution, by checking your children's heads frequently and treating the whole house if found.

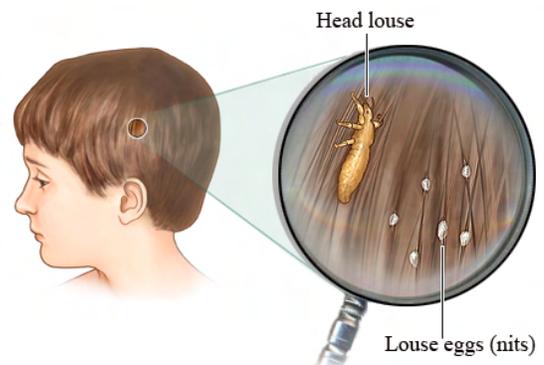
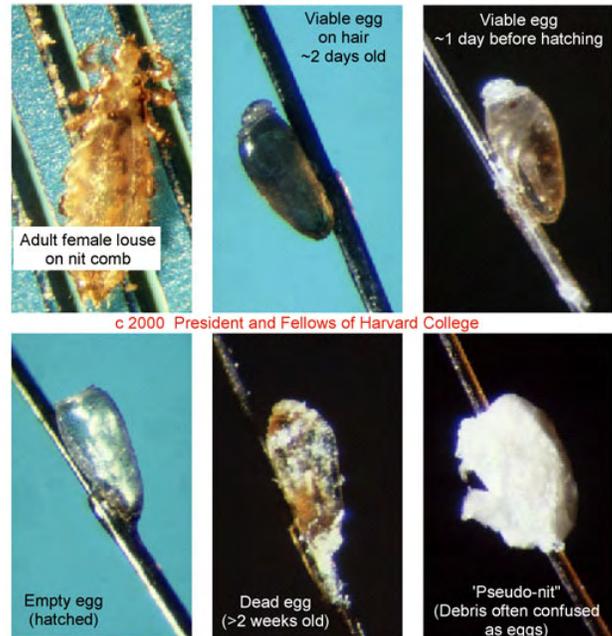
Nits: These are the eggs, and are tiny whitish sacs that are difficult to pull off the hair unless you use a tiny "nit comb." Typical spots to find them are the back of the neck, sides of head, and anywhere near the scalp, but they can be anywhere. If you find nits, you've got a head lice infestation.

Bugs: These are the lice. They can be so tiny that you can hardly see them (and blend in with the color of the hair), or big enough to see easily.

Treatment:

1. **Shampoo** with a guaranteed brand of lice/nit shampoo from a pharmacy. You may have to leave it on for a while.
2. **Comb out** the hair a small piece at a time to remove all nits.
3. **Laundry:** everything must be washed and dried in a hot dryer to kill them.
4. **Bag up** all stuffed toys and things you can wash for one month.
5. **Spray** your car seats and furniture with nit spray.

Images to assist in the identification of head lice and their eggs.
<http://www.hsph.harvard.edu/headlice.html>





NEW TRIBAL ATTENDANCE LAW AFFECTS GRADES K-12

Education of Swinomish Tribal Community youth is a top priority of the Swinomish Senate. The Senate has now amended the Tribal Code to put that priority into action in conjunction with the La Conner schools.

Swinomish Tribal law now requires all Indian youth to go to school. The new law requires all youth on the Swinomish Reservation to attend kindergarten through grade 12.

The new Swinomish law gives parents a duty to make sure their children go to school. The Code gives Indian youth a duty and a responsibility to go to school.

Unexcused Absences

The Code has immediate consequences if a youth has an unexcused absence. After the first unexcused absence, the Swinomish Attendance Officer will contact the youth's parents to set up a meeting. In the meeting, the Attendance Officer will talk with parents to solve the reasons the youth missed school. The Attendance Officer will offer help and support to parents so that the youth does not miss more school.

If the youth has still more unexcused absences after the meetings, then after the third unexcused absence the Attendance Officer will try to make a written agreement with the parents for school attendance. If no agreement can be made after seven days, the Attendance Officer will file a case in Swinomish Tribal

The case in Swinomish Court will name the parents as parties to the case. If the youth is in middle school or high school, the youth will also be a party to the case.

The new law gives the Swinomish Court wide powers to require that Indian youth go to school. The Court can order that parents make sure that their children are going to school. If the youth are in middle school or high school, the Court can directly order the youth go to school. The law gives the Court powers to enforce these orders.

Excused Absences

The Senate is concerned about youth who are not at school. This is true whether the youth's absence is excused or is unexcused. Under the new law, if a youth has two excused absences during one calendar month, the Attendance Officer will meet with the parents. The Attendance Officer will offer help, support and referrals to solve the reasons the youth missed school.

Assistance Available

The Senate encourages and supports all Swinomish families to send their children to school this coming year. The Tribe will work with families on concerns that they may have about their children attending school.

Unexcused

2nd Unexcused:
The 2nd time there is an unexcused absence, parents are contacted by the attendance officer. Attendance officer will meet with parents and offer help.

3rd unexcused: A written agreement will be made.
7 Days: If the agreement isn't written and signed in 7 days, case is sent to Swinomish Tribal Court.
elementary: only parents called to court
middle/high school: Both parents and student called to court

If you would like assistance with attendance or other school concerns, please contact Swinomish Education Department Director Tracy (Edwards) James, 466-7320.

Excused

2 excused absences in one calendar month:
Attendance Officer will contact parents.
Attendance officer will meet with parents to learn about why student or students are missing school, and help to get them back to school.

**Winter
Lushootseed dx^wlǝšucid
Language Classes**
now forming

If you are interested,
contact Carmen Pastores-Joe
cpastoresjoe@swinomish.nsn.us
Office: 360-466-7356
Cell: 360-610-0021

Proposed time: Tues/Thurs evening
5:30-6:30 PM
*Please let us know if this time
would work out for you*

Northwest Indian College

Native Art Market

December 11 & 12, 2010
12:00pm-4:00pm

New location- Whatcom County History & Art,
250 Flora St, Bellingham, Wa

Participant Admission Fee: \$3.00
Vendor Fee: \$35



Native Artists will sell items including: cedar baskets, cedar hats, coastal carvings, jewelry, paintings, ornaments and more. Make checks payable to Northwest Indian College. To reserve a table or for more info please contact Ruth Solomon at 360-392-4259 or e-mail: rsolomon@nwic.edu



**FREE BUSINESS HELP FROM
WESTERN WASHINGTON UNIVERSITY**

Starting Your Own Business: A Step-by-Step Guide

Are you ready to take the first official steps to starting your own business? If so, then there are some important steps to be taken in order to legally establish your business in the State of Washington. You will need to decide what business structure is best for your situation and take the proper steps to submit the necessary applications and obtain the appropriate licenses. This can be a complicated process, but hopefully we can help clear some things up with our publication "Starting Your Own Business: A Step-by-Step Guide" online as a PDF.

The Center for Economic Vitality (CEV) at Western Washington University is available to help Native entrepreneurs. The CEV offers free, confidential business counseling in person or virtually. To schedule an appointment or learn more about us call (360) 733-4014 or visit our website at: www.cevforbusiness.com

Note: Much of this information was taken from a guide provided by Washington State at the following link:
<http://access.wa.gov/business/checklist/checklist1.aspx>.

If you would like more information, visiting the step-by-step guide they provide may be useful.



Additional topics and publishing schedule include:

- ☞ How to set up basic bookkeeping, November 10, 2010
- ☞ Intro to marketing – who are customers and how to find them, December 10, 2010
- ☞ Intro to advertising, January 10, 2011
- ☞ Advertising on a shoestring, February 10, 2011
- ☞ Key concepts in customer service, March 10, 2011
- ☞ **Selling Native Art** – local festival/events & how to sell at them, April 11, 2011

Selling Native Art – selling on Etsy or similar sites, May 10, 2011

Other topics, TBA

Contact: Tom Dorr, Director, Center for Economic Vitality
College of Business and Economics
Western Washington University
(360) 733-4014, extension 123



NORTHWEST INDIAN COLLEGE @ SWINOMISH



NWIC Swinomish Site
17113 Tallawhalt Lane, Box C-11
La Conner, WA 98257

Getting a college education at a tribal college is a way to head down the path of success ensuring that you, your family, and your community thrive, not just in your career, but spirituality, rooted in your Native ways. You will learn new skills - computers, business, education, and science. You will also learn the old ways - Native language, traditions, and the history of your people.

Education is a commitment to yourself, your family and your people, to walk the path that the creator made for you. Tribal colleges are committed to giving you the valuable skills to thrive in Indian Country and beyond, by teaching you the Native way.

Fall Quarter 2010 classes have began their third week of classes!!! Students are settled into their class schedules. We are seeing a record number of students this quarter at NWIC for college and for GED. With that in mind...please see the following dates:

Registration for Winter Qtr.	November 9
Veterans Day (College Closed)	November 11
Thanksgiving (College Closed)	November 25-26
Fall Qtr. Ends	December 10
Winter Qtr. begins	January 10



Contact:
Gaylene Gobert,
Site Manager
(360) 466-4380 Ext. 1



Ground Blessing Ceremony at NWIC Swinomish in September

Joke Time

“My psychiatrist told me I was crazy and I said I want a second opinion. He said, okay, you’re ugly too.”
~Rodney Dangerfield

Oscar Wilde: “The old believe everything; the middle-aged suspect everything; the young know everything. “

In Honor of Swinomish Veterans: The Story of John K. Bob

By Phil Dan and Theresa Trebon

For over seventy years, the Swinomish community has passed through a simple arch at the entrance to the village ball field en route to baseball games, picnics, and festivals. That archway names the field in memory of John K. Bob, while a nearby metal plaque marks the ultimate sacrifice that he, and two other Swinomish veterans, Melvin Ross and Roy Knight, gave during World War II. Few, however, know the story of Bob's military service which only recently has come to light.

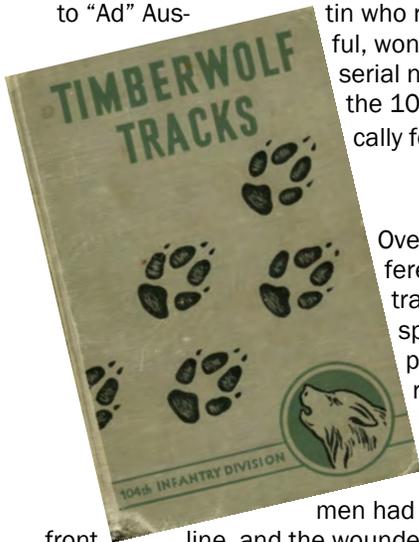
The preservation of the John K. Bob Arch and plaque was critically important to Senator Chester Cayou, Sr., who worked with the Swinomish Veterans Committee to ensure those monuments would be protected for future generations. In 2007, he requested that the Tribal Archive document the history of the John K. Bob Field "for our youngsters" so they would know about the sacrifice of past veterans. Now, because of Senator Cayou, new information has now surfaced about John Bob's military service. A photo of Cayou in front of the John K. Bob Arch, published by the *Skagit Valley Herald* in a memorial tribute to the Senator this September, prompted Addison Austin of Mt. Vernon to call Phil Dan of Swinomish Veterans Affairs. Mr. Austin announced, "I knew John K. Bob. I enlisted with him in 1942," and soon he was at Swinomish, graciously sharing his memories of Bob, and ephemera of their Army division, for the Tribal Archive.



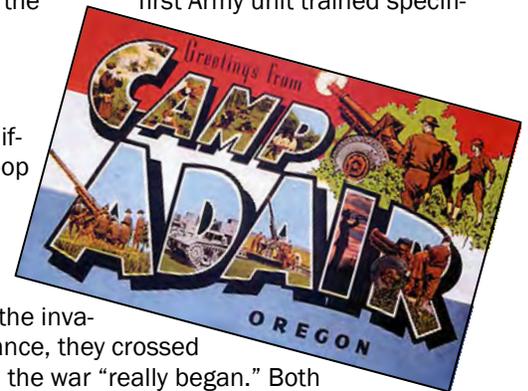
John K. Bob
1923-1944
SITC Tribal Archive

John K. Bob was born in 1923 to Tommy and Angeline Bob. He enlisted in the Army while a senior at La Conner High School. The class president, Bob was very popular among students and teachers alike, a trait soon repeated in the Army according to "Ad" Aus-

tin who remembered Bob as being "real well liked among the other soldiers.... I would hear wonderful, wonderful reports about him." Bob and Austin enlisted the same day in Mt. Vernon, their Army serial numbers just two digits apart. Both soon headed to Camp Adair, Oregon for basic training in the 104th Infantry, known as the "Timberwolf Division," the first Army unit trained specifically for fighting in nighttime conditions.



Over the next two years, Bob and Austin headed in different directions: Austin to Arizona for additional troop training, Technical Sergeant (TS4) Bob to Texas for specialized schooling as an Army medic. Their paths would cross occasionally and they finally reunited in the fall of 1944 in New York as they boarded a ship bound for Europe to take part in the invasion of Germany. After landing in Cherbourg, France, they crossed overland to Holland where, Austin remembered, the war "really began." Both



men had dangerous jobs: Bob served as a Medic and Austin as a truck driver, ferrying supplies to the front line, and the wounded and deceased back to the rear. Austin stated that "To me, Holland was probably the worst part of the war because of the dikes. We had to go up and over them and then there would be a flat area maybe about half a mile. Just flat. Sometimes we would just loose everybody ... as the Germans mowed them down." A letter written by John K. Bob on November 13, 1944, to Jack Whitaker, La Conner School Superintendent, hinted at that danger, stating, "We chased the Jerries (Germans) into Holland and boy, they really have a lot of canals there. The dikes came in handy for they were the only thing we could get into deep enough for protection from mortar fire."

It would be Bob's last letter home. Five days later, as the 104th battled to take the heavily-fortified industrial city of Eschweiler, Germany, Bob was killed as he attempted to give medical aide to a fellow soldier, Earl "Ray" Roper. Ad Austin reached the scene shortly after Bob's death and the company commander told him what had happened. Ray Roper had been shot and Bob wanted to go out and help him. The commander said, "I told him not to do it because it was too dangerous. He wasn't supposed to go out. But John said, 'I just got to go out there to see if I can help him.'" Like all Army medics, Bob carried no weapon and, armed only by a large, Red Cross on his helmet, he slipped out to help Roper. Almost as soon as he reached the wounded man, Bob was shot, "right through the Red Cross on his helmet." Austin remembered that Bob's passing hit the unit especially hard: "It was the only time I ever saw some of those soldiers with tears in their eyes. Never saw that again in all the war and we had thousands of casualties. Those boys thought John Bob was the best thing in the world."

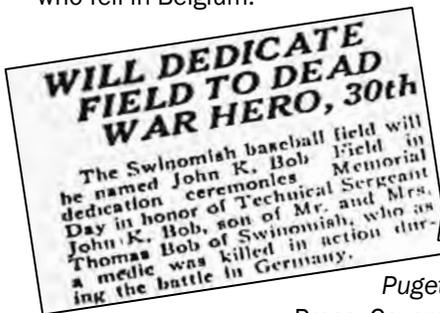
Austin and the 104th went on, fighting all the way into Berlin where they met Russian troops and secured the city as the war ended. Austin was sent back stateside and readied to depart for the invasion of Japan when he heard the United States had dropped atomic bombs on Hiroshima and Nagasaki, thus ending World War II—and Austin's military service. 65 years later, he would come to Swinomish and recall one of the men he served with, John K. Bob, with great clarity.

In 1938, when John Bob was fifteen, he undoubtedly was excited about the newly-built Swinomish baseball field dedicated in August of that year, along with the Swinomish Totem Pole; little did he know that the field would one day be named in his honor. On Memorial Day 1946, a large crowd gathered at Swinomish to honor veterans and speak of the sacrifice that Bob and his fellow soldiers had made. Jack Whitaker, of the La Conner School District, "spoke of Bob's character .. and his desire to do his work not only for himself, but for others." Wilfred Steve of Tulalip, spoke of "the history of the Indian and their nature, no matter what the penalty, to always fulfill their duties as they promised." Sebastian Williams, President of the Northwest Federation of American Indians, "gave an eloquent talk on the Indians' part in the war" and then presented Swinomish with a bronze plaque commemorating the John K. Bob Ballpark, as well as Melvin Ross, who was killed in Italy, and Roy Knight who fell in Belgium.

Silver Star Award Citation

John K. Bob

"Technician Fourth Grade John K. Bob (Army Serial Number 39196971), Medical Department, Medical Detachment, 414th Infantry, United States Army, for gallantry in action in Germany on 18 November 1944. Advancing with the leading assault troops Sergeant Bob administered first aid to many men. At great risk to his life he crossed open terrain and, after rescuing one man, removed a second wounded comrade to safety. While administering first aid, he was mortally wounded in trying to protect his fellow soldier from mortar fire which covered the area. His gallant heroism, at the cost of his life, exemplifies the finest traditions of the American medical soldier in his mission of mercy."

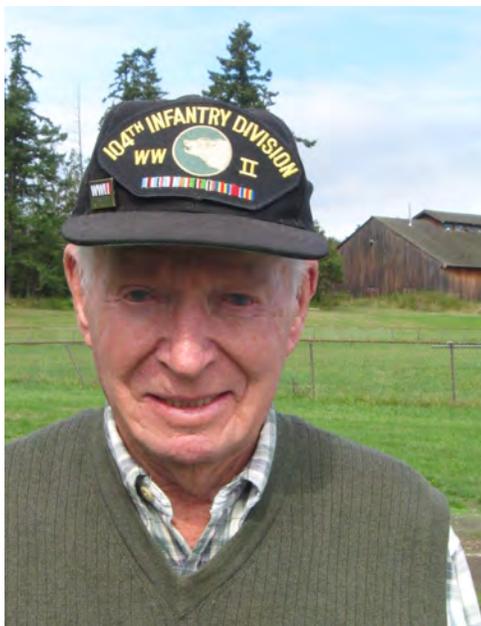


Puget Sound Mail
Press Coverage, May 1946



Timberwolf insignia is visible on shoulder patch in photo on the cover of this issue

A speaker at the 1946 dedication called the John K. Bob Field "a living memorial established to remind future generations of the price paid for our liberty and freedom." Today the arch and plaque at that "living memorial" are in need of restoration, a task that the Swinomish Veterans Committee is committed to overseeing. Their efforts to preserve this important symbol in the Swinomish community pays tribute to all Swinomish veterans who have served in the United States Armed Forces, and ensures that their sacrifices will be remembered—and honored—for generations to come.



Ad Austin wearing hat with Timberwolf Insignia
9-16-2010



Ad Austin and Phil Dan 9-16-2010

YOUTH CENTER CALENDAR FOR NOVEMBER 2010

 **YOUTH CENTER ACTIVITIES !**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	6 PM Fidalgo Pool	Early Dismissal 11:45 Skagit Skate @ 12:30	Early Dismissal 11:45 Children's Museum 12:30 – 2:30 PM Mini Edu. Dinner	Early Dismissal 11:45 Riverside Lanes @ 1 PM	Movie Day @ Youth Center Youth High-Risk Field Trip	
7	8	9	10	11	12	13
	6 PM Fidalgo Pool	Sewing/Crafts	6:30 PM Youth Group/Outing	Veterans' Day Remembrance Day Youth Ctr. Closed	Early Dismissal 11:45 Youth Ctr. Closed	
14	15	16	17	18	19	20
	6 PM Fidalgo Pool	Sewing/Crafts	6:30 PM Youth Group/Outing	Sewing/Crafts	Youth High-Risk Field Trip	
21	22	23	24	25	26	27
	6 PM Fidalgo Pool	Sewing/Crafts	6:30 PM Youth Group	Thanksgiving Day  Youth Ctr. Closed	Youth Ctr.	
28	29	30				
	6 PM Fidalgo Pool	Sewing/Crafts				

7th Annual Ray Warren Multicultural Symposium

November 10-12, 2010: And Justice For All



Free and open to the public.
All events will be held on campus.

NOV. 10

Keynote Lecture

7:00 PM, Council Chamber, Templeton Campus Center
"Indigenous Expressions: Living With Historical Trauma"
 Marcie Rendon, playwright, poet, performance artist

Introduced by Katherine Paul, L&C student and symposium co-chair, '11

Marcie Rendon is an enrolled member of the White Earth Anishinabe Nation. An award-winning writer, her works include non-fiction children's books, poetry, short stories, plays, and other freelance writing. She recently co-authored Native Artists: Livelihoods, Resources, Space, and Gifts. She is director/producer of Raving Native Productions theater projects and has mentored or otherwise advised numerous projects encouraging Native artists. She has also worked as a mental health counselor, including work as International Liberation Reference Person for Native Americans with Re-evaluation Counseling.

For more information on this symposium visit: <http://www.lclark.edu/live/news/7141-7th-annual-ray-warren-multicultural-symposium-and>
 call: 503-768-7378
 or email ethnics@lclark.edu

Thursday, November 11

1:45-3:15 PM, Stamm Dining Room, Templeton Campus Center

Race and Justice in American Schools

Education is often thought of as the key to social mobility, yet the students who often need the most attention are the ones the American educational system is failing. How does racial discrimination affect the U.S. educational system? What are the impediments to educational progress and how can they be overcome? This panel will address experiences in the American educational system and ways to promote equality and justice in American schooling.

Friday, November 12

1:45-3:15 PM, Stamm Dining Room, Templeton Campus Center

Made in Oregon: Racism in the Rose City

submitted article

Swinomish member Katherine Paul is in her final year of studies at Lewis & Clark College in Portland, Oregon. Her Commencement is May 8, 2011. Her BA is in sociology/cultural anthropology. Her family is pleased to announce that she has made education her priority!



Ann Smock and Caroline Edwards

Happy Thanksgiving!

FROM THE EDITORS:

Are you ready for the holy-days, holidays or holly-daze? No matter how you look at it, we'll soon be in a whirl of family, fun and holiday spirit!

This issue is coming out a few days before Halloween so that everyone will receive the time sensitive announcements for the first week of November. Be sure and **vote on November 2!** If you haven't registered, it's a good time to do it, so that you can vote in future elections!

Picture day for pre-school and childcare is November 3rd; make-ups and siblings on the 4th.

Veterans Day is November 11.

Thanksgiving is November 25.



And don't forget to turn your clocks back NOVEMBER 7 (2:00 AM) !!

HOLIDAY OFFICE SCHEDULES:

- | | |
|--------------|--|
| THANKSGIVING | OFFICES WILL BE CLOSED WED. NOV. 24 TH UNTIL MON. NOV. 29 |
| CHRISTMAS | OFFICES WILL BE CLOSED THE WEEK OF DECEMBER 20 TH |
| NEW YEARS | OFFICES WILL BE CLOSED ON THE 30 TH |

SWINOMISH swədəbš COMMUNITY ART ✍ SWINOMISH swədəbš

Music Mentor Academies Olympia, WA

Courtney Finkbonner, Swinomish, recently performed 2 music keynote presentations as part of a Music Mentor Academies conference held at the Tulalip. This event was hosted by Four Directions National Conference and took place October 1, 2010.

Music Mentor Academies gives youth the tools to create life-affirming poetry and songs that examine the personal challenges they face at home, at school and with their peers. The program integrates music into prevention education to increase student's opportunity for success in school and life. The week long academy includes a series of hands-on workshops focusing on topics such as addiction prevention, native language, cultural awareness and careers in creative arts.

The Music Academy teaches youth how:

- music can be used to promote long-term student involvement in addiction and violence prevention
- students become peer educators within their school and community
- the program involves parents and elders as allies and stakeholders.



Courtney Finkbonner performing



Lummi/Swinomish intertribal Music Mentor CD release celebration.

photos by Todd Denny, Music Mentor Academies



Phyllis McCoy "Getting ready for a Powwow"

By Robin Carneen© 2010

COMMUNITY ARTISTS ✨ SWINOMISH swədəbš COMMUNITY ART



"Padilla Bay- End of Summer Sunrise" 2010
By Robin Carneen©



"Heron visiting Solahdwh"
By Robin Carneen© Fall 2010

Waking Up is A Blessing

When you feel the cool fog
and the dampness in the air,
that's when waking up is a blessing.

Finding yourself smelling the sea
under a lone tree

Announcing who you are,
how you got there,
who to tell,

then you're waking up,
and that can always
be a blessing.

Catching this feeling
is a struggle; waking up does
not always promise
the blessing .

Seeing love, love that can only
come from kinsman, you dream
of its presence trying hard not to
wake up because you know
that next is the blessing.

You tell yourself that no
matter how tired you are, you should
cherish waking up because that
presence can only come before
the blessing.

by Caroline Edwards

SWINOMISH MEDICAL CLINIC

It's all about feet!



Dr. Rhonda Nelson
Podiatrist

New Doctor on Staff!

The Swinomish Medical Clinic has added a podiatrist to their medical staff.

Dr. Rhonda Nelson has spent the last 13 years in Indian Country. She worked on the Navajo Reservation for 11 years and most recently worked with the Tulalip Tribes.

Prior to her work in Indian Country, she was in private practice.

She will be in clinic on Tuesday afternoons and Thursday mornings.

You may make an appointment in advance with her by calling the clinic at 466-3167.

A limited number of same day appointments will be available on Tuesday afternoons and Thursday mornings as well.

Dr. Nelson will be offering a Diabetic Foot Clinic
November 17 from 8 AM – Noon and 1:00—6:00 PM

If you would like to be seen in the Diabetic Foot Clinic, contact 466-3167 to schedule an appointment.

Diabetic Foot Care Tips:

- ☺ Do not ever walk barefoot.
- ☺ Do not wear any shoes with open toes, soles or heels. Be sure to wear shoes or slippers with firm soles, especially outside of the house, in your yard or at the beach or pool.
- ☺ Wear shoes that fit snugly but not tight. The lining should be smooth and free of ridges, wrinkles and seams.
- ☺ Rotate your shoes every day and keep your shoes in good condition.
- ☺ Break in new shoes gradually and wear for only a few hours at first to prevent blisters and sore spots. Check your foot for red areas indicating too much pressure.
- ☺ Check inside your shoes daily for sharp edges and foreign objects.
- ☺ Do not soak your feet for extended times. This causes too much moisture between the toes and Athlete's foot.
- ☺ Carefully and gently pat your feet dry (DO NOT RUB). Use a soft towel and remember to get in between all your toes.
- ☺ Use moisturizing cream in small amounts and massage into feet well twice a day. Do not apply between toes.
- ☺ Do not pull off loose pieces of skin.
- ☺ Wear clean socks, change them daily and discard when worn out.
- ☺ Inspect the socks daily for signs of drainage from an open sore that you may not realize you have because you cannot feel it.
- ☺ Keep your toenails trimmed. Diabetics should be evaluated by a podiatrist at least annually, to determine if it is safe for the diabetic to trim their own nails at home.
- ☺ Do not attempt to trim you own corns or calluses. See your podiatrist.
- ☺ Do not use commercial corn or wart remedies. These contain harmful acids that are very dangerous to diabetics.
- ☺ Avoid extremes, such as cold or heat, and if your feet are cold, wear warm boots. Never use hot water bottles or heating pads.

Diabetes Foot Care Clinic



November 17, 2010
Swinomish Medical Clinic

We would like to introduce you to Dr. Rhonda Nelson.
Please call us today to make your Appointment to get
your Foot Care taken care of.

*Put your feet up to maintain
your blood flow.*



**Keep Your
Toes Dry**

*Visit your doctor or podiatrist for
regular check-ups on your feet, even if
you don't have any foot problems.*



**Look at Your
Feet Every Day**

Check and trim feet every week!





FROM THE FITNESS CENTER

Colleen Mavar, Director



WALKING ADVANTAGES AND SAFETY TIPS!

A REGULAR WALKING PROGRAM CAN HELP:

- REDUCE BLOOD CHOLESTEROL
- LOWER BLOOD PRESSURE
- INCREASE CARDIO VASUCLAR INDURANCE
- BOOST BONE STRENGTH
- BURN CALORIES AND KEEP WEIGHT DOWN

ALWAYS WALK SAFELY:

- FACE TRAFFIC
- WALK ON SMOOTH SURFACES, SUCH AS DIRT PATHS AND SIDEWALKS
- AT NIGHT, WALK WITH A BUDDY AND WEAR REFLECTIVE CLOTHING
- LISTEN FOR TRAFFIC; DON'T WEAR HEADPHONES
- CARRY IDENTIFICATION AND A CELL PHONE OR CHANGE FOR A PHONE CALL
- DON'T WALK TOO FAST. SLOW DOWN IF YOU CAN NOT CATCH YOUR BREATH, FEEL DIZZY OR CAN NOT CARRY ON A CONVERSATION WHILE WALKING.
- WEAR FOOTWEAR THAT IS ROOMY ENOUGH TO WIGGLE YOUR TOES.
- WEAR WHITE SOCKS IN ORDER TO EASILY CHECK FOR ABRASIONS OR OTHER INDICATIONS OF POOR CIRCULATION.

START YOUR WALKING PROGRAM TODAY!

QUESTIONS PLEASE STOP BY THE SWINOMISH FITNESS CENTER

466-3151



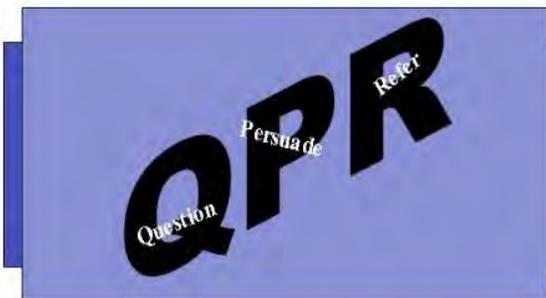
BEHAVIORAL HEALTH

Yoli Quevedo, Director

Please welcome our newest staff member, Shirley Swanson. Shirley is a Licensed Mental Health Counselor working with middle and high school youth 10 hours a week.

Her hours are
8:00 AM to 1:00 PM Wednesdays and Thursdays

(photo unavailable at this time)



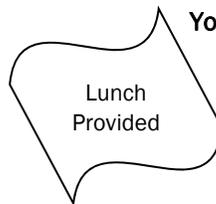
Suicide Prevention Training

For tribal staff and community members

Tuesday November 9th, 2010

Noon to 1:00 PM

Youth Room at the Gym



Lunch Provided

to register:

Please email

Yoli Quevedo

yquevedo@swinomish.nsn.us

or call her @ 466-7265

Nov 2010 Swinomish Housing & Utility Authority News



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

NOV 2010

10TH OF EACH MONTH....

RENT &

UTILITIES

DUE !!!!!

FOCAL POINT: Swinomish Reservation Dog Owner Responsibilities

Unfortunately SHA has been receiving complaints about several loose dogs on the Swinomish Reservation. SHA wanted to share a few reminders and some pet related information:



1. The following breeds of dogs are not allowed on the reservation (Swinomish Tribal Police can give you complete info):

- Pit Bull /Pit Bull Terrier
- Rottweiler
- Doberman

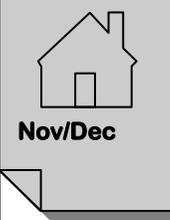


2. As a dog owner you are required by Swinomish Tribal Code to have your dog either tied up or in a fenced yard.

3. Dog owners who's dogs become a nuisance can be cited under tribal codes and it could also be considered a violation via the SHA tenant agreement. If you have questions regarding tribal codes, please contact the Swinomish Tribal Police for information. SHA can also provide answers to questions you may have as well.

4. Dogs and cats that are not vaccinated, especially those that roam, can carry diseases that can be spread to other pets through direct and indirect contact and through pet feces. If someone is bitten, it could lead to serious problems and poses a health and safety risk as well. It is required by Swinomish Tribal Code that if you own a pet, you need to have them vaccinated. If your pet needs vaccinations, please pick up a certificate at the Swinomish Tribal Police Station.

5. Puppies and kittens of various ages are also showing up from litters on the Swinomish Reservation. Even though they are cute, it is much better to get your pets "fixed" than to end up with more dogs or cats than you can handle. In order to have your dog or cat spayed or neutered, please go to the Swinomish Tribal Police Station and get a certificate to have your dog or cat fixed. This will help keep the population of dogs and cats down on the Swinomish Reservation. If you no longer want your dog (s) or cat (s) you can contact the Skagit Valley Humane Society located at 18841 Kelleher Road, Burlington, WA 98233 / Phone: (360) 757-0445.



Nov/Dec

The SHA will be conducting up to three Community Meetings for homes it plans to build on Tallawhault in 2011 and 2012. The October meeting was already held, with other meetings coming up in November and December. The exact time and location will be announced at a later date. Food and refreshments will be part of the meeting.

We hope many community members will join us and share your ideas and suggestions about our plans.



Striking A Balance!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

It can be hard to keep up on the rent, other bills and planning ahead for a cold winter. With the holidays and other gatherings just around the corner and trying to manage your general household needs– it all can be very overwhelming.

Need some advice? You can make an appointment with SHA's Life Skills

counselor Robin Carneen. She has tips and even "month by month", easy to use budgeting sheets that your whole family can use– even your kids or grandkids can start learning about fixed, flexible, and luxury expenses, as well as learning about what credit is. Need help open a checking and/or savings account? Find out more by calling (360) 466-7354.

Since I have been recycling, I no longer have to put out & pay for extra bagged garbage!



Did you know SUA will pay for the first 3 months of service for **CURRENT** SUA garbage customers?

- Call Waste Management at:
(360) 757-8245

Tell them you're a **CURRENT** SUA garbage customer and ask to add the curbside recycling service (for the rate of \$7.40 per month) to your SUA bill. Bring your bill with the recycling charges to the SUA office for credit.

- Call SUA at:
(360) 466-7223 for more info.

OUR TRIBAL SOVEREIGNTY, PART 3 by *Diane Vendiola*



Diane Vendiola
Swinomish Elder

Not many people have knowledge regarding Tribal Sovereignty. Possessing a general knowledge of our History as Indian People is critical to gaining an elementary understanding of our Tribal Sovereignty.

Timeline of Washington State Indian History

- 1543: Pacific Northwest claimed by Spain.
- 1579: Washington Coast sighted by Sir Francis Drake and claimed for England.
- 1770's Smallpox and other diseases introduced by Europeans ravage Indians in the Pacific Northwest.
- 1790: Under threat of war from Great Britain, Spain signs the Nootka Concession, opening its Pacific Northwest territories to other nations' explorers and traders.
- 1792: Spain establishes the first European settlement at Neah Bay.
- 1824: Bureau of Indian Affairs is set up in the War Department.
- 1833: Hudson's Bay Company establishes Fort Nisqually, first non-Indian settlement on Puget Sound.
- 1851: First settlers land on the site of Seattle.
- 1853: Farmers living north of the Columbia

River successfully argue for Congress to create the region of **Washington Territory**. It encompasses land east to the Rocky Mountains that are today Idaho and part of Montana.

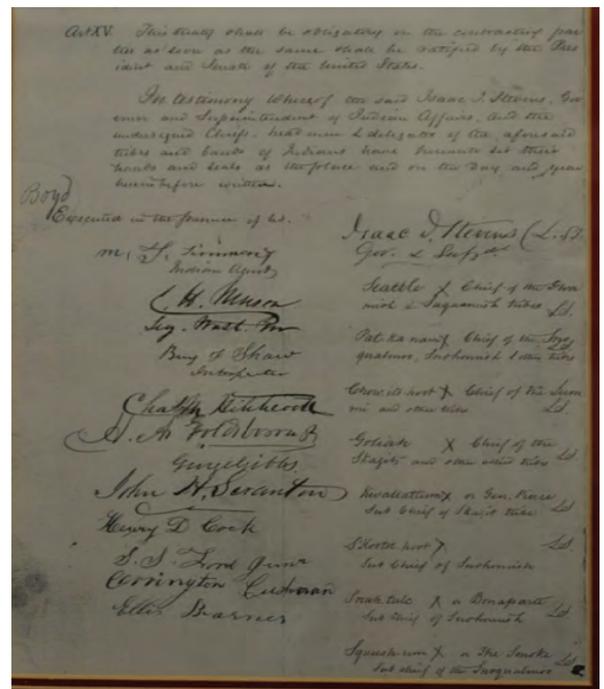
1854: Medicine Creek Treaty is signed on December 26th 1854.

Our tribal sovereignty today is supported by the acts of our ancestors in the reality of their recognized roles as sovereigns. Historically, there were eleven sovereign tribes and bands living here for generations prior to the signing of the Point Elliott Treaty.

The following are excerpts from:

"Indians of Skagit County", by Chief Martin J. Sampson

<u>Tribe</u>	<u>Signers</u>	<u>Non-signers</u>
1. Kik-i-allus	Sd-zo-Mahtl	
2. Noo-qua-cha-mish	Ch-lah-ben	
3. Cho-bah-ah-bish	Ch-lah-ben	
4. Me-sek-wi-guilse	Sd' zek-du-num	
5. Sba-le-och		Sat-ba-but-kin
6. Mis-skai-whwa		Ki-ya-hud
7. Sah-ku-meh-hu	Dahtl-de-min (sub-Chief) Waw-wit-kin (Chief)	
8. Noo-wha-ah	Pat-the-us	
9. Squin-ah-mish	Sats-kanam	
* 10. Swinomish	Be-lole, Sto-dum-kan Kel-kahl-tsoot	
11. Samish	Chow-its-hoot (Lummi Chief signed for Samish)	



Pictured here is one of 18 pages of the Point Elliott Treaty. The individual pages of a certified copy hang in the Swinomish Senate room. This page shows a few of the many signatures.

The domain of the Swinomish once included the east half of Fidalgo Island, up to Deception Pass, the north end of Whidbey Island, including the northern half of Dugualla Bay and west to the shoreline including the present Naval Base. Their territory extended to the mainland in an area encompassed by a line beginning at Dugualla Bay and running in an easterly direction to Bald Island, then north-easterly to a point about halfway to Mount Vernon, then north to Red Creek, then through Padilla Bay between Bayview and Fidalgo Island to Hat Island, then south along the middle of Fidalgo Bay to the south end of the Bay, then in southerly direction to the north-west end of Deception Pass, thus including the eastern half of Fidalgo Island.

"Those powers which are lawfully vested in an Indian tribe are not, in general, delegated powers granted by express acts of Congress, but rather inherent powers of a limited sovereignty which has never been extinguished. Each Indian tribe begins its relationship with the Federal Government as a sovereign power, recognized as such, in treaty and legislation." ~Felix S. Cohen, Handbook of Federal Indian Law.



POLICE

FROM THE SWINOMISH POLICE DEPARTMENT



Officer Mike Boehmer

“Why are the cops at the Chevron so much?”

You may have found yourself asking this question, and you can be sure there is a perfectly good explanation for it.

Throughout the past year, the Swinomish Police Department has been teaming with the Northern Lights Chevron in an effort to get out and meet the community. Officers are at the Chevron during the rush hour times and during closing. Prior to officers being posted at the Chevron, there were countless thefts taking place of anything from soda to fuel. There were also incidents with unruly patrons, as well as minors eyeing up the liquor.

Officers have made an effort since January 2010 to make a presence and deter crime while supporting the Chevron and assisting the community. Along with protecting tribal assets, our officers assist with vehicle lock outs, child seat inspections, investigating motor vehicle accidents that occur in the parking lot, and meeting the traveling public. We especially enjoy when the young kids want to check out the police vehicles. We'll even let the kids play with the lights and sirens. Showing kids they can trust the police helps officers everywhere to bridge the gap between kids and cops.

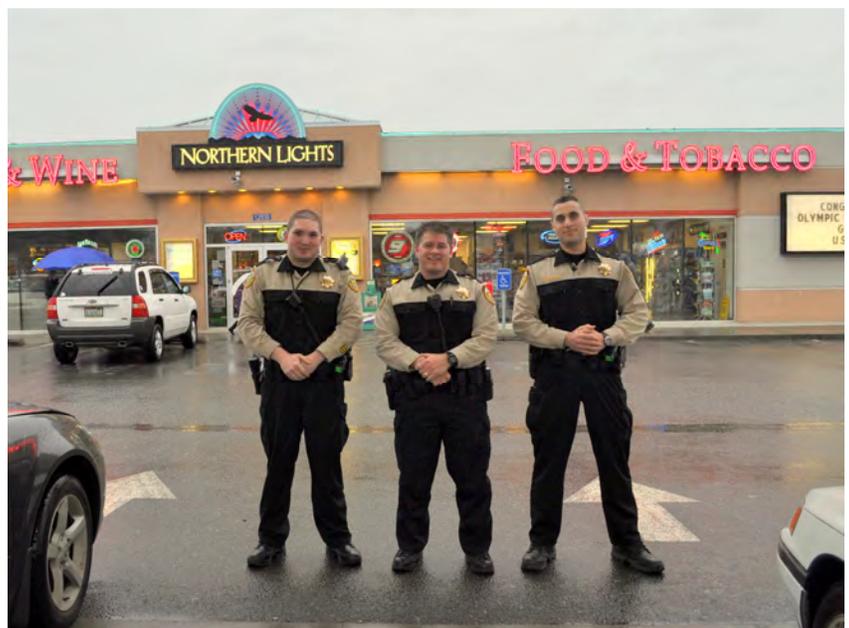
The Chevron employees are a big reason for our presence. Many of them have made comments on how much safer they feel while officers are around, especially late at night when officers stand by during closing time. Employees have also commented that they have noticed a reduction of difficult customers causing problems in the store.

Policing the Chevron station benefits the entire community. Since the Swinomish Police Department has placed an officer at the Chevron, we have had a much better response time for incidents that happen on the north end of the reservation. Having constant officer presence in that area also allows us to respond to incidents at the Northern Lights Casino much faster.

In addition, officers have made a point to conduct foot patrols in and around the Chevron and casino parking lots. Having an officer on foot has proven to be an effective deterrent for illegal activity. Numerous arrests have been made while conducting such foot patrols, for anything from warrants to DUIs.

While having an officer posted at the northern end of the reservation, we are also able to provide officer patrols in the Village, Waterfront, and Shelter Bay areas. This has provided a great opportunity for us to spend valuable time in those areas. I have been told by numerous members of the community that there are now more officers seen in these three districts than ever before.

The Swinomish Police Department is always trying to come up with innovative ways to bring the best service possible to the community. We are open to suggestions and welcome your constructive feedback. There are tentative plans for a North Precinct when the Chevron gets their addition. The Swinomish Police Department North Precinct will have an office capable of housing one officer with the same amenities offered by the main Swinomish Police Department.



Officers Cowan, Naumec and Boehmer provide nightly patrols at Northern Lights Chevron Station on the north end of the Swinomish Reservation.

SOCIAL SERVICES



From the Wellness Program

By Heather Bryson

Are you addicted to opiates and pregnant?

Most opiate-addicted women who get pregnant worry about doing the right thing. Many want to stop using opiates as soon as possible to protect the health of their unborn child. (Some common opiates include; heroin, prescription pain medications; Oxycontin, Percoset, Diluadid, Vicodin, Codeine) Unfortunately, quitting opiates very suddenly puts the fetus at great risk, and invariably does more harm than good.



For safety, pregnant women are strongly advised to avoid opiate withdrawal.

If I keep abusing opiates, what might happen to Baby?

You are more likely to lose the baby if you continue to abuse opiates. Newborns that are born addicted to opiates suffer from seizures, severe tremors, feeding difficulties, sleep disturbances, mother-infant relationships, diarrhea and vomiting resulting in excessive weight loss and dehydration. Opiate withdrawal in newborns can occur for weeks or months. The use of other illegal drugs can complicate symptoms.

What's the recommended treatment for pregnant opiate addicts?

The most commonly recommended treatment for pregnant women who are addicted to heroin or other opiates is Methadone maintenance treatment.

Methadone has been very well studied for a long period of time, and it is known to be safe for both the mother and unborn child.

Is Methadone better than Subutex during Pregnancy?

Preliminary studies of Suboxone (Subutex) use during pregnancy have shown the medication to be safe and

effective for both mother and child. Your doctor may prescribe Subutex during pregnancy if he or she feels that the benefits of Subutex use outweigh the risks.

If you know someone that is pregnant and using opiates, please encourage them to seek medical attention as soon as possible or

contact the Wellness Department and we can help get them the care they need.

“Unfortunately, quitting opiates very suddenly puts the fetus at great risk, and invariably does more harm than good. For safety, pregnant women are strongly advised to avoid opiate withdrawal.”

PARENT SUPPORT GROUP EVERY THURSDAY 3:00 PM to 4:30 PM IN THE SOCIAL SERVICES BUILDING

CALL 336-3882 FOR INFO

WEEKLY DRAWING FOR \$25.00 voucher

North Intertribal Vocational Rehabilitation Program

Bellingham NIVRP Site:
3201 Northwest Ave. # 8 Bellingham, WA 98226

TELEPHONE: 360.671.7626
FAX: 360.733.3061 (Confidential)

Swinomish Site (Mon-Tue 10-3)
Social Services Building
17337 Reservation Road
La Conner, WA 98257
Tele: 360.466.1343
FAX: 360.466.1632

Tammy Cooper Woodrich



QUARTERLY REPORT: GENERAL FUND INVESTMENTS

Summarized by John Stephens

The Swinomish Indian Senate is making significant Tribal General Fund investments in a wide range of tribal programs.

These hard dollar contributions to community programs and services allow the Tribe to create or supplement funds to programs that are under-funded by the federal and state and local governments.

The Senate is making contributions to the following programs: Tribal Court, Youth Center, Child Care and miscellaneous local contributions are the largest and represent over half of the general fund subsidies. Following these are Canoe Journey, Fisheries Enforcement, Preschool, scholarships, senior subsidies, enrollment, funeral expenses, CHS support, Veterans, Tallawhalt, eyeglasses/hearing aids, culture, Tribal gas subsidies, Smokehouse/Spiritual Center, Dock Maintenance and others make up the balance.

Overall, the Tribe made general fund expenditures of \$1,494,591 in the prior fiscal quarter. As you can see, these are sizable and ongoing program and services costs that the Tribe is and will continue to cover. These are valuable and necessary services to the Community, The individual programs have varying support from other sources, so these general fund amounts don't reflect program support from other federal, state, local grant or contract or compact revenues.

Local Distributions for this quarter 2010

Category	\$ Amount
Tribal Court	203,773
Youth Center	158,272
Child Care	204,822
Preschool	61,767
Scholarship Fund	71,885
Tallawhalt Project	53,863
Recreation	68,743
Fisheries Enforcement	99,021
Energy Assistance -	
Senior Program	32,189
Misc. Local Contributions	155,130
Senior Subsidy	61,568
Enrollment	37,264
Culture Program	30,231
Tribal Gas Discounts	20,172
Fire Dept. Service Contrib.	18,580
Funeral exp.	33,863
CHS Support -	
Eyeglasses, Hearing Aids	13,187
Veterans	17,010
Canoe Journey	86,007
Traditional Activities	141
EAP For Tribal Members	7,531
Election/Annual meeting	13,201
Smokehouse operating costs	6,575
Donations-Political	13,950
Neighborhood Church Contribution	2,000
Spiritual Center Contribution	7,000
Dock Maintenance Fund	16,846
Cemetery Renovation-	

Total General Fund Expenditures \$1,494,591



The Friday Night Opening Celebration is November 5th, 5 – 9 PM at two locations: Maple Hall, 104 Commercial, and La Conner Civic Garden Club, 622 S. 2nd. Tickets \$5 at the door admit you to both locations. All artwork is for sale. The evening's celebration continues throughout the town.

Enjoy many free exhibits, performances and wonderful fare at local restaurants throughout the weekend. Discover over 200 artists, enhance your collection, or begin your holiday shopping.

Make your lodging and dining reservations early. *Art's Alive!* is sponsored by the La Conner Chamber of Commerce. For program details call toll free at (888) 642-9284, or visit or www.laconnerchamber.com.



[Becky Fletcher]



SELLING OUR GENES? LECTURER DEBRA HARRY TALKS ABOUT HER MOVIE AND THE DNA OF NATIVE PEOPLES

by Caroline Edwards

Summary of Debra Harry's Talk

Debra Harry directed the movie *The Leech and the Earthworm* which is about the exploitation of genetics. Debra is from the Pyramid Northern Pike Territory located in Nevada, and started researching the issue of bio-colonialism in 1993, when she became worried about the impacts on Native People. There are people out there, she explains, who are after the extension and the interior biological make up of organisms who are only interested in the colonial process. She explains how food is our spiritual relation and begins talking about the issue of bio-colonialism, and how cultures are sitting on the edge of biodiversity, but are also holders of the medicinal plant knowledge and genetic diversity. She is describing research conducted in the field of bio-colonialism and the genetic material within the DNA or the cellular material. She goes on to tell the class how all living things have genes, and this is what genetic engineers are looking for: the useful DNA. They want to know how to discover it and then patent it.

In her lecture she explains, "Indigenous peoples voice their views on Western science, its vision of a genetically engineered future, and its deep links with corporate profits and globalization.



Debra Harry



The Leech and the Earthworm is a journey that combines passionate critiques of a future threatened by genetic engineering, and shares living alternatives to a globalize monoculture, with stunning visuals and music from around the world. *The Leech and the Earthworm* is a provocative film that inspires us to ask serious questions of the collective illusion we call "progress."

When she told my class that there was a patent on the breast cancer gene, and that you have to pay the company who patented it in order to see if you have breast cancer, I was in shock. I cannot see anyone having a right to a possible cure for that specific disease and then making a profit from it. This field of genetic engineering disgusts and frightens me, because nature is so easy to have possession over, yet the pressures of guarding it are high. Nature can only be preserved by those who don't see it as a possession.

Joke Time

One day while he was at the track playing the ponies and all, but losing his shirt, Mitch noticed a priest who stepped out onto the track and blessed the forehead of one of the horses lining up for the 4th race. Lo and behold, that horse...a very long shot...won the race.

As the horses began lining up before the next race, Mitch watched with interest the priest step onto the track. Sure enough, as the horses for the 5th race came to the starting gate, the priest made a blessing on the forehead of one of the horses.

Mitch made a beeline for a betting window and placed a small bet on the horse. Even though it was another long shot, the horse the priest had blessed won the race.

Mitch collected his winnings and anxiously waited to see which horse the priest would bless for the 6th race. Again the priest blessed a horse. Mitch bet big on it and the horse won. Mitch was elated. As the races continued, the priest kept blessing long-shot horses and each one ended up coming in first.

Bye and bye, Mitch was pulling in some serious money. By the last race, he knew his wildest dreams were going to come true. He made a quick dash to the ATM, withdrew all his savings and awaited the priest's blessing that would tell him which horse to bet on.

True to his pattern, the priest stepped onto the track for the last race and blessed the forehead of an old nag that was the longest shot of the day. Mitch also observed the priest blessing the eyes, ears, and hooves. Mitch knew he had a winner and bet every cent he owned on the old nag.

Mitch watched, dumbfounded, as the old nag came in dead last. In a state of shock, Mitch made his way down to the track area where the priest was. Confronting the priest, he demanded, "Father! What the hell happened? All day long you blessed horses and they all won. Then in the last race, the horse you blessed lost by a Kentucky mile. Now, thanks to you, I have lost every cent of my savings. ALL OF IT!"

The priest nodded wisely and with sympathy, then said ...

"Son, that's the problem with you Protestants. You can't tell the difference between a simple blessing and the Last Rites."



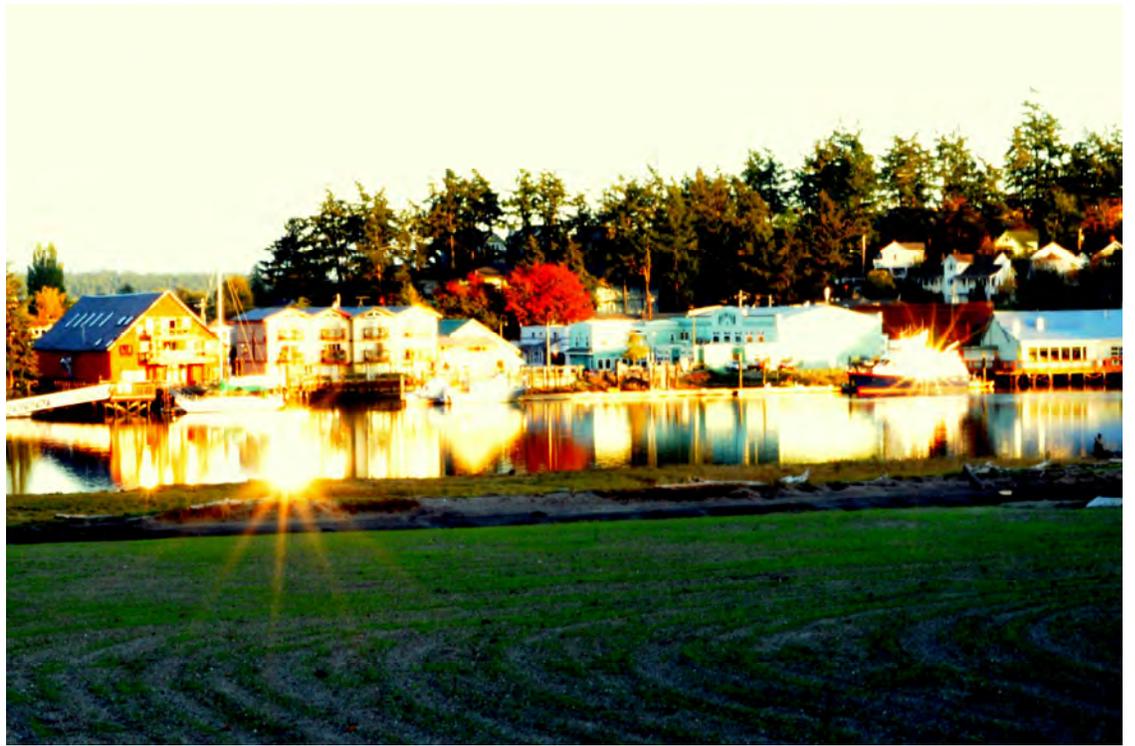
CANOE JOURNEY 2011



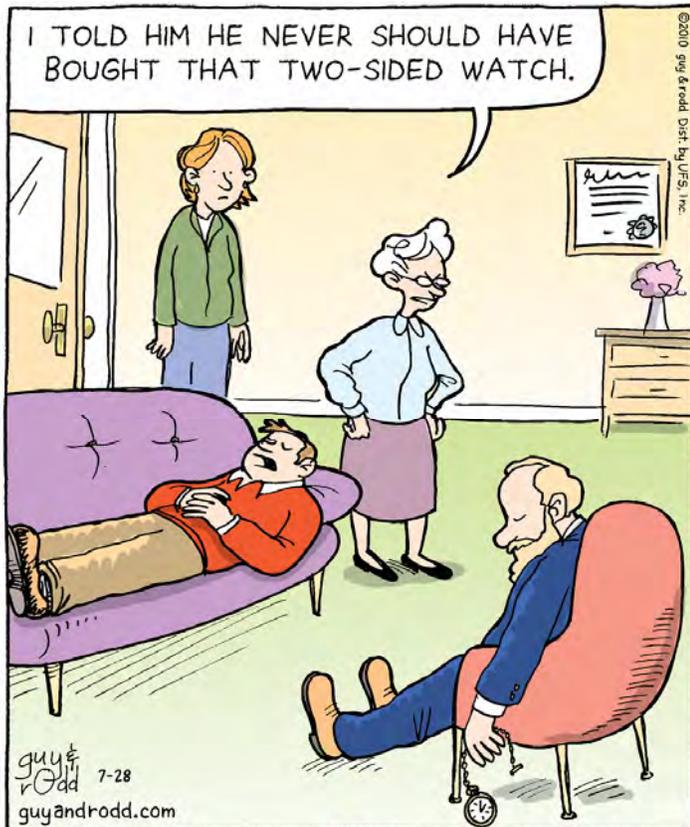
Aurelia Washington



Melissa Miller



Grass is now growing on the lawns above the new beach as fall colors emerge across the channel and the days get shorter.
v Photo by Ann Smock



SWINOMISH NURSING PROGRAM GRADUATION 1970

submitted by Beverly Peters



Skagit Valley Herald, Mount Vernon, Washington Friday, December 4, 1970

GRADUATION DAY—Twelve members of the Swinomish Indian Tribe received achievement cards as nurses' aides and will be eligible for a continuing Manpower Development Training Act program to take a practical nurses class. A ceremony Thursday at the Tribal Community Hall hailed the work of staff and students alike in the MDTA program which is sponsored by the Skagit Valley College. Marilyn Dye, Sedro-Woolley, a Skagit Valley College instructor, taught the Health Occupations Class. There were 11 women students and one man. Shown

here at ceremony are: Front row from left, Mary Alice Griffin (she had perfect attendance), Blanche Edge, Ernestine Damien, Matilda Cayou, Shirley Cassimere, Clarence Boone and instructor Mrs. Dye. Back row, Maxine Williams, Lorraine Waynick, Threase Sampson, Helen Ross, Rose Rice, Cecelia Ann Johnson and Joan Wilbur, teacher aide. (Staff photo by John Mitcham)

"Graduation Day— Twelve members of the Swinomish Indian Tribe received achievement cards as nurses' aides and will be eligible for a continuing Manpower Development Training Act program to take a practical nurses class. A ceremony Thursday at the Tribal Community Hall hailed the work of staff and students alike in the MDTA program which is sponsored by the Skagit Valley College. Marliyn Dye, Sedro-woolley, a Skagit Valley College instructor, taught the Health Occupations Class. There were 11 women students and one man."

Shown here are: *(front row from left)* Mary Alice Griffin (she had perfect attendance), Blanche Edge, Ernestine Damien, Matilda Cayou, Shirley Cassimere, Clarence Boone (correction: Boome), Instructor Mrs. Dye *(back row)* Maxine Williams, Lorraine Waynick, Threase Sampson, Helen Ross, Rose Rice, Cecelia Ann Johnson and Joan Wilbur, teacher aide.

Staff photo by John Mitcham



"EDUCATORS AND TRIBAL LEADERS— Swinomish Tribal general manager Tandy Wilbur, left, and Dewey Mitchell, third from left, chairman of the Swinomish Tribal Senate, talk with Cole Comings, next to Wilbur, and Willard Bill, following a graduation ceremony for a tribal Health Occupations class Thursday. Comings is Swinomish Reservation coordinator for Skagit Valley college in a Manpower Development Training program including the health class, a mechanical education program and one for carpenters. Bill is administrator for the program on three reservations, Swinomish, Tulalip and Lummi."

Skagit Valley Herald December 4, 1970

staff photo by John Mitcham



Swinomish Water Resources Program

NOV 2010

HEALTHY HOME

Thanksgiving is just around the corner! This is a great time to slow down and enjoy spending quality time with family and friends. With all the planning, cooking, and cleaning, the last thing you want to think about is **greening** your Thanksgiving, right? But this is the perfect time to reflect and reassess your holiday preparations with a nod to sustainability. Take our quiz to find out if you give **green** thanks, and learn a lot of **green** knowledge along the way!

How many days before the holiday should you

1. *purchase your pro-*
duce?



2. *Can wild turkeys fly?*
A. True B. False

3. *Including Thanksgiving, how much food does the average family waste per year?*

A. 5% B. 15% C. 27%

How many trees could be saved if every

4. *household replaced one package of paper napkins with cloth napkins this Thanksgiving?*

1. **Correct answer is A.** 4 days before the feast day is perfect for having time in advance to shop local for your produce needs. Most of the traditional thanksgiving foods are in season this time of year and can be easily found. 4 days gives some items time to ripen more, allows you time to easily locate specific items, yet you don't have to rush around at the last minute running the risk of not finding what you need, paying too much or purchasing under or over ripe items.

2. **Correct answer is A.** While the domesticated turkey cannot fly, the wild turkey can fly up to 55 mph. That seems pretty unfair for all those farmed turkeys out there. If we stopped eating turkeys and all the turkey farms closed, eventually all the turkeys would be wild and soaring to new heights. Turkeys are pretty amazing animals. In fact, they can run 25 mph. That beats any human we know!

3. **Correct answer is C.** Did you know that we typically throw away about 27 percent of the food available for consumption according to the New York Times? All but about 2 percent of that food ends up in landfills. Thanksgiving is a major waste holiday. This year don't cook so much food and don't buy a 20 pound bird for a family of four. The recommended serving size on Thanksgiving for a main course is 1 pound per person so take that into account when you are shopping for a turkey.

4. **Correct answer is B.** Just by replacing one package of paper napkins with cloth napkins, you could save 1 million trees. Why not go paperless this Thanksgiving and instead use linens, e-vites, and reusable dishware and silverware? Think how many trees you could spare.

OUR WATERS

What has the Water Resources Team been up to?



The Swinomish Water Resources Team has been very busy doing all of our usual (yet fun!) field work, monitoring the reservations ground, fresh and marine water sources. We often incorporate special projects into our schedule. Just last week we planted 150 *plantago maritima*. This really cool Sea Plantain is a salt tolerant emergent species found in coastal sandy soils, such as Lone Tree Point!

Native saltmarsh plants such as this, can protect the area from being colonized by invasive species. If you are out beach combing or visiting the Swinomish Marine Interpretive Center be careful not to step on these little plant starts which are all marked by the bright pink flags!





Swinomish Water Resources Program

NOV 2010

TIDE TABLE NOV '10 - Lone Tree, Snee-Oosh, N.Skagit Bay (ft MLLW)

Date	High	Low	High	Low	High	Phase	Sunrise	Sunset
Mon 01	00:57 7.91 ft	07:17 1.57 ft	14:11 11.13 ft	20:56 3.11 ft			7:56	17:50
Tue 02	02:26 8.38 ft	08:23 2.41 ft	14:50 11.39 ft	21:41 1.53 ft			7:57	17:49
Wed 03	03:44 9.20 ft	09:25 3.26 ft	15:26 11.61 ft	22:22 0.02 ft			7:59	17:47
Thu 04	04:50 10.11 ft	10:22 4.09 ft	16:01 11.73 ft	23:01 -1.24 ft			8:00	17:45
Fri 05	05:49 10.93 ft	11:17 4.86 ft	16:37 11.69 ft	23:42 -2.13 ft		New Moon	8:02	17:44
Sat 06	06:42 11.52 ft	12:09 5.51 ft	17:14 11.48 ft				8:03	17:42
Sun 07		00:22 -2.59 ft	06:33 11.85 ft	12:01 6.01 ft	16:53 11.08 ft		7:05	16:41
Mon 08		00:04 -2.61 ft	07:22 11.92 ft	12:55 6.34 ft	17:35 10.52 ft		7:07	16:40
Tue 09		00:46 -2.26 ft	08:11 11.79 ft	13:51 6.49 ft	18:21 9.83 ft		7:08	16:38
Wed 10		01:30 -1.61 ft	09:00 11.54 ft	14:54 6.46 ft	19:12 9.06 ft		7:10	16:37
Thu 11		02:17 -0.76 ft	09:50 11.24 ft	16:06 6.22 ft	20:10 8.27 ft		7:11	16:36
Fri 12		03:06 0.23 ft	10:40 10.97 ft	17:25 5.70 ft	21:22 7.55 ft		7:13	16:34
Sat 13		03:58 1.29 ft	11:28 10.77 ft	18:35 4.94 ft	22:47 7.09 ft	First Quarter	7:14	16:33
Sun 14		04:55 2.36 ft	12:11 10.64 ft	19:28 4.02 ft			7:16	16:32
Mon 15	00:20 7.08 ft	05:58 3.37 ft	12:48 10.58 ft	20:07 3.05 ft			7:17	16:31
Tue 16	01:49 7.55 ft	07:03 4.26 ft	13:22 10.55 ft	20:38 2.08 ft			7:19	16:29
Wed 17	03:01 8.32 ft	08:04 5.01 ft	13:52 10.53 ft	21:05 1.13 ft			7:21	16:28
Thu 18	03:57 9.17 ft	08:59 5.63 ft	14:22 10.51 ft	21:32 0.24 ft			7:22	16:27
Fri 19	04:43 9.94 ft	09:48 6.15 ft	14:51 10.48 ft	22:01 -0.56 ft			7:24	16:26
Sat 20	05:22 10.59 ft	10:32 6.55 ft	15:21 10.45 ft	22:32 -1.24 ft			7:25	16:25
Sun 21	05:58 11.08 ft	11:14 6.85 ft	15:52 10.40 ft	23:07 -1.77 ft		Full Moon	7:26	16:24
Mon 22	06:34 11.42 ft	11:55 7.03 ft	16:25 10.33 ft	23:45 -2.10 ft			7:28	16:23
Tue 23	07:12 11.63 ft	12:38 7.10 ft	17:03 10.20 ft				7:29	16:22
Wed 24		00:26 -2.21 ft	07:52 11.73 ft	13:25 7.04 ft	17:46 9.95 ft		7:31	16:22
Thu 25		01:10 -2.04 ft	08:35 11.76 ft	14:17 6.81 ft	18:37 9.54 ft		7:32	16:21
Fri 26		01:56 -1.56 ft	09:19 11.76 ft	15:17 6.35 ft	19:38 8.95 ft		7:34	16:20
Sat 27		02:46 -0.75 ft	10:04 11.76 ft	16:23 5.59 ft	20:53 8.27 ft		7:35	16:19
Sun 28		03:38 0.39 ft	10:49 11.77 ft	17:30 4.50 ft	22:23 7.77 ft	Last Quarter	7:36	16:19
Mon 29		04:36 1.77 ft	11:33 11.80 ft	18:32 3.11 ft			7:38	16:18
Tue 30	00:01 7.75 ft	05:40 3.22 ft	12:16 11.84 ft	19:26 1.60 ft			7:39	16:18

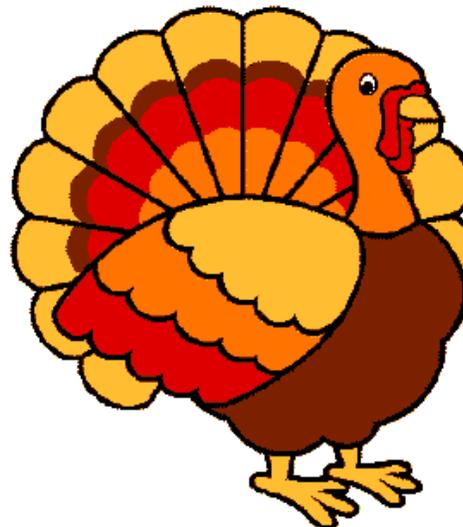
CLAM PSP



Turner's Bay:
Manilla Clam.
sampled by
Skagit County
Health
Department and
analyzed By WA
Dept of Health
for Paralytic
Shellfish
Poisoning (PSP)
on 9/07/2010
were found to be

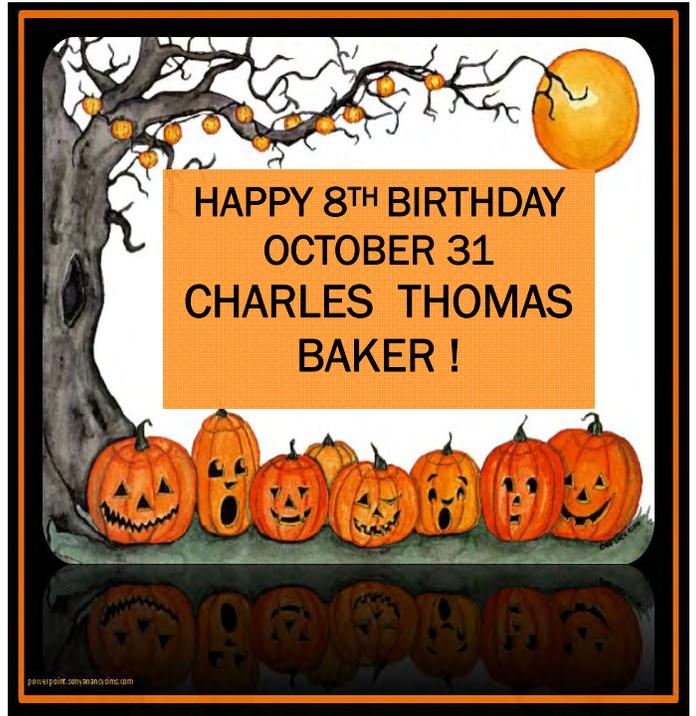
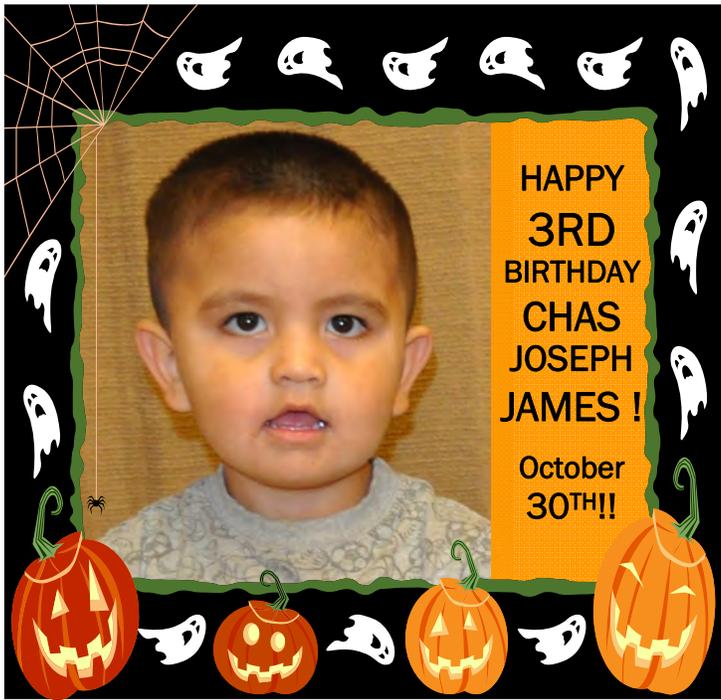
SAFE TO EAT!

Wild Turkeys (*Meleagris gall-pavo*) live in woods in parts of North America and are the largest game birds found in this part of the world. They spend their days foraging for food like acorns, seeds, small insects and wild berries. They spend their nights in low branches of trees. Each spring male turkeys try to befriend as many females as possible. Male turkeys puff up their bodies and spread their tail feathers. This is when they make the "gobble-gobble" sound to help attract the females. After the female turkey mates, she prepares a nest under a bush in the woods and lays her tan and speckled brown eggs. She incubates as many as 18 eggs at a time. Turkey eggs take 28 days to hatch. Baby turkeys are called poults. When the babies hatch they flock with their mother all year (even through the winter). For the first two weeks the poults are unable to fly. Wild turkeys are covered with dark feathers that help them blend in with their woodland homes. The bare skin on the throat and head of a turkey can change color from flat gray to striking shades of red, white, and blue when the bird becomes distressed or excited.

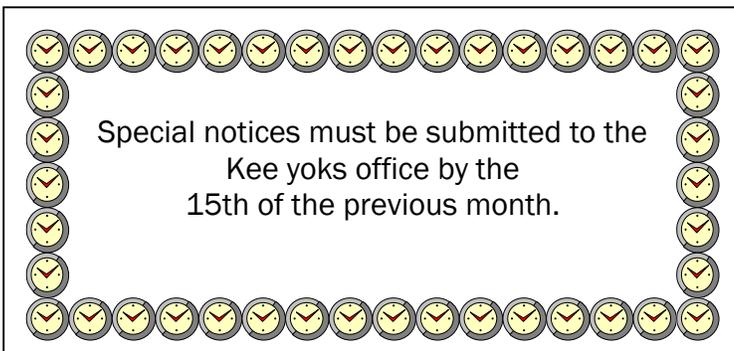


Q: Why didn't the turkey eat dessert?

A: Because he was stuffed!



KEEYOKS apologizes for leaving Chaz and Charles off of the October Birthday list in the last issue! Happy Birthday guys!



BIRTHDAY WISHES

Happy Birthday!



Chloe Mae Edwards!
From Your Family!

Happy Birthdas
3 Year Old!



Shaniquah Casey!
from your family!

Happy Birthday!



Kennedy Miller!
From your Family!

BLAST FROM THE PAST!!

HAPPY BIRTHDAY!
and congratulations on becoming a Grandma!




Darlene Charles-Cabunoe
From the whole family!




HAPPY 13TH BIRTHDAY
BRITTENY!!



From your whole family!

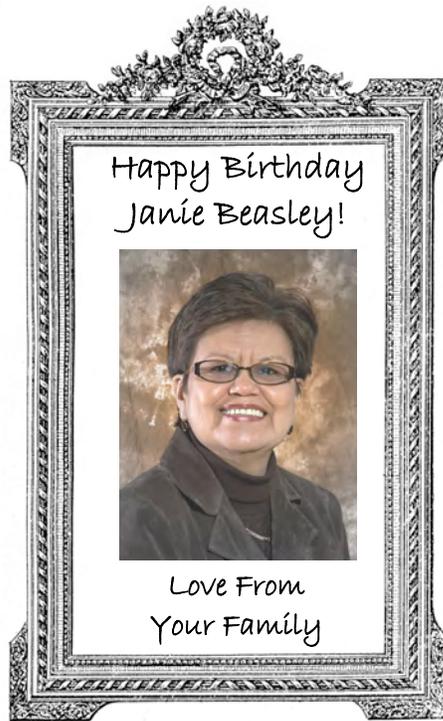


HAPPY BIRTHDAY
"H"
MISS YOU!
LOVE,
C





HAPPY BIRTHDAY!



Yes, it's true! Steve Edwards has turned the BIG 5-0!!

Happy Birthday from the WHOLE FAMILY!!



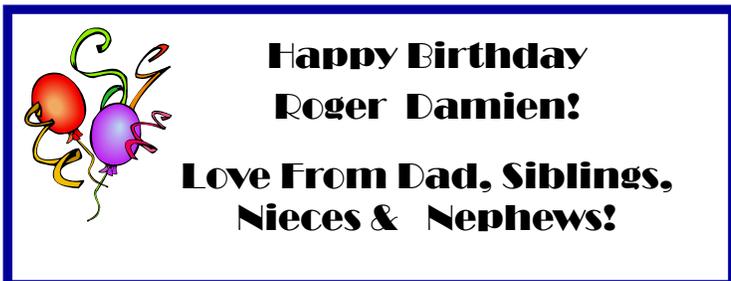
HAPPY 32nd Joseph "BOOTS" Day

~ We Love You ~ Summer, Ryan, Jalen, Joey, Malia, Dad, Mom, Adam, Kevin jr., Sheena, Landon, Aunt Ramona...
Mr. Country Rock Star



HAPPY BIRTHDAY LENEÉ KELLY!

from the whole family and the Birthday Club Girls!!



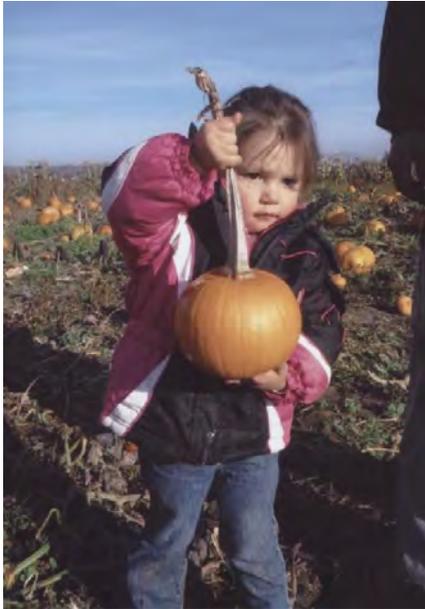
Happy Birthday Roger Damien!
Love From Dad, Siblings, Nieces & Nephews!



HAPPY HALLOWEEN !

This issue went to print before our official Halloween activities, but these childcare children had lots of fun in the pumpkin patch and dressing up in various costumes!

photos submitted by Swinomish Childcare



Katie finds her pumpkin
pumkin photos by Linda Hamman



Quentin the Ragamuffin



Princess Shaniquah!

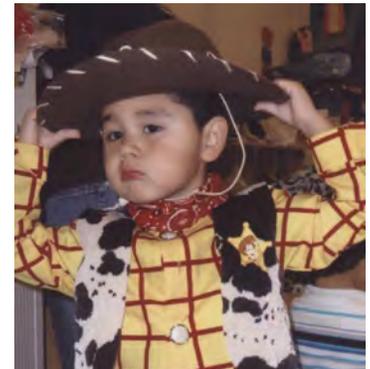


Grrr! Lydia the Lioness!

costume photos by Alice Charles



Toy Story is top choice for
Jerome and Chas



Ronald gives it a try





American Foundation for Suicide Prevention

12th Annual National Survivors of Suicide Day
Saturday, November 20, 2010



Thousands of survivors of suicide loss will gather together around the world on this day of healing, support, and empowerment.

If you have lost someone in your life to suicide, please join us.

Hundreds of local conference sites will simultaneously watch a 90-minute broadcast produced by the American Foundation for Suicide Prevention. On this broadcast, a diverse panel of survivors and mental health professionals will address the questions that so many survivors face. "Why did this happen? How can I cope? Where can I find support?"

Healing After Suicide Loss

BREMERTON

Norm Dick's Government Center, 345 6th Street, Bremerton, WA 98337
Conference Start: 9:00 a.m. PST
Fee: no
Website: www.kitsapcountyhealth.com/community_health_promotion/sp_suicide_prevention.htm
Contact: Barb Smithson, smithb@health.co.kitsap.wa.us, 360-337-5250

SEATTLE

Crisis Clinic, 9725 3rd Ave NE, Ste 300, Seattle, WA
Conference Start: 10:00 a.m. PST
Contact: Jo McNeal, jmcneal@afsp.org, 425-482-0965

SPOKANE

Park Heights Church, 5101 S. Freya St., Spokane, WA 99223
Website: www.hopedefined.com
Conference Start: 12:30 pm PST
Fee: \$10.00
Contact: Leslie Stichel, leslie@hopedefined.com, 509-230-5506

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	Issac / Chivritsed	17	Tyce Boly
4	Old Man Sindam	18a	Peter Klabsch
8	Old Man Sedulle	19a	John Sealth
12	Tom	20	Henry Kopel
13	Kate Charley	21	Toboltra
14	Old Man Sollatrah	22	Jack / Yesapab
16	John Senaksub		

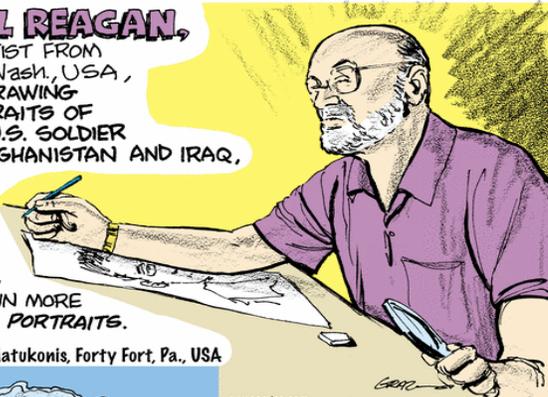
The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside established buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management 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

Ripley's Believe It or Not!

MICHAEL REAGAN,
AN ARTIST FROM
Edmonds, Wash, USA,
IS DRAWING
PORTRAITS OF
EVERY U.S. SOLDIER
KILLED IN AFGHANISTAN AND IRAQ,
AND GIVING
THE ART
FREE TO
THE
FAMILIES.
SINCE 2003,
HE HAS DRAWN MORE
THAN 2,000 PORTRAITS.



Submitted By Ed Matukonis, Forty Fort, Pa., USA



THE ANTARCTIC TREATY
AGREED TO BY MORE THAN
40 COUNTRIES - PROHIBITS
ANY MILITARY ACTIVITY ON
THE LAND OR ICE SHELVES
OF ANTARCTICA.

Submitted By Chester Tomidajewicz, Amsterdam, N.Y., USA



JAMES BRIMMER
of Flint, Mich., USA
WAS HIT BY A TRAIN, WHICH
SHEARED HIS CAR IN HALF,
WHILE DRIVING AROUND A
LOWERED RAILROAD CROSSING
GATE, AND THE ONLY INJURY
HE SUSTAINED WAS A
SCRATCHED KNEE!

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Missing Person

Paul is wearing a black sweat-shirt with the 4 directions emblem on the back of it. It states Healthy Choices Stronger Nation & has Lummi Nation emblem on front of it.

Paul is
5'8 and
165 lbs.



Paul is
wearing a
black hat
with the
C
stitched
with
black/red



Paul Fast Horse

Age 17; Native American; Med. Tone/braces. Last seen wearing a white t-shirt/black pants/black/red converse tennis shoes. Last seen Wednesday 9/15/10 in Lynnwood, WA.
If you see Paul or know his whereabouts please call
360-920-8341 or 911 or Lynnwood Police.

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Earrings**
by
**Maggie
Finkbonner**
360-982-4118



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

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Ashley Conway**
Contemporary Native Beadwork
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NAMAPAHH

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Www.blogtalkradio.com/NAMAPAHH_ Radio

Hosted by Robin Carneen
Swinomish



Frank Campbell

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NATIVE AMERICAN BEADWORK

Louis Gobert

Blackfeet Artist



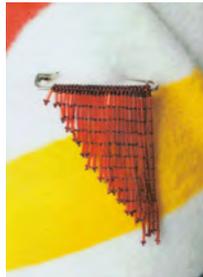
(360) 293-1398 (home #)
(360) 840-1010 (cell #)
(360) 840-3499 (cell #)

- Earrings (Beaded or made from bone and quill)
- Chokers, necklaces, key-chains, pens
- Beaded canes • Beaded hoops

Native Design



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Ava Goodman 360-420-6950
Lonnie Cutts 360-630-9397
thenativedesign@gmail.com

Swinomish Biz? Your business card posted free!
Send to: keeyoks@gmail.com
or: 17337 Reservation Road La Conner, WA 98257

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Alycia nguyen
360-395-5323

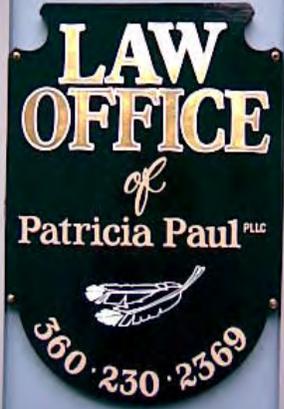


K Paul Carvings
Kevin Paul
Master Carver

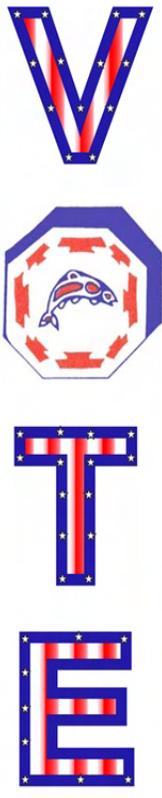


17544 Pioneer Parkway
P.O. Box 1147
La Conner, Washington 98257 USA
360-540-3906

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



P.O. Box 1546
610 S. 1st Street, Suite 5
La Conner, WA 98257
patriciapauljd@msn.com



**Swinomish swədəbš
Indian Tribal Community**



Keeyoks kiyuuq^ws
17337 Reservation Rd.
La Conner, WA 98257
keeyoks@gmail.com

PRSR STD
US Postage Paid
Permit #35
Anacortes, WA 98221

11/2

OR CURRENT RESIDENT



NOVEMBER BIRTHDAYS!

Stewart, Aubrey Lynn	1	Alexandria Jade Bill	9
Samuel Jason Cladoosby	1	Carrie Roberta Gustafson	10
Chloe Mae Edwards	1	Tiffany Sampson	11
Darlene Charles-Cabunoc	1	Eyowyn Kiyara Sam-Gustafson	12
Kenneth John Martin, Jr.	2	Todd Allyn Wilbur	12
Jonathan Raymond Orock	2	George Allen Meachem	13
Kennedy Jay Miller	2	Brandon Emil Leon Williams	14
Cameron Hunter Wilbur	3	Leslie Ann McDonald	14
Julia Thresea Joe	3	Leon Bryan John	15
Paula Marie Jelvik	4	Gloria Mary George	15
Lisa Lenee Kelly	4	Roger Walter Damien	15
Jillian Kay Johnston	4	Candace Jean Charles	16
Michael Joseph Wilbur, Sr.	5	Henry Allen Cayou, Jr.	16
Jared Charles Douglas	5	Janel Jack	17
Heather L. Edge	6	Brittney Grossglass	17
Lawrence Paulman	6	Isabelle Marie Keo	17
Shawna Lee Stone	7	T-Kayah Edwards	18
Wilbur Metroken Bailey	7	Glen Anthony Edwards, Jr.	19
Christina Irene Rice	7	Steven Jeffrey Edwards	19
Joseph John Day	7	Harold Jon Williams	19
Andrew Garrett John, Sr.	7	Lisa Marie Williams	19
Patrick Thomas willup	8	Aretha Marlo Jack	19
Richard C. Bobb, Sr.	8	Ryon Wanchena	19
Monica John	8	Aaron Ambrose Jack	19
Boyce Evon Charles	8	Brett Gregory Bobb	20
Amanda Johnston	9	Ronald J. Perry	20

NOVEMBER
Chrysanthemum



Kim L. Murphy	20
Danika McCoy	21
Mathyus Lolo Marcello Flores	21
Leanna Colleen Johns	22
Aurora Emerald Mayleigh	
Jacemin Wells	23
Christine Renee Porter	23
Shaniquah Lil Springs Casey	23
Larry Knake	23
David Joseph aleck	24
Allen John	25
Tehya Perry	25
Laura Ann Joe	25
Janie Marie Beasley	26
Elijah Porter	26
Loran Clare James	26
Gertrude Davidson	27
Mary Denise Cladoosby	27
Donna Jean Ikebe	27
Adrienne Hunter	28
Wilbert Michael James, Jr.	28
Robin Carneen	28
Wally Walter Cayou	29
Dakota Cyrus Damien	29
Russ Knake	30
Hans Trevor Alexander	30
Jennifer Willup	30
Charles McCoy, Jr.	30



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