



Aqimuk's Kitchen

By Patricia Aqimuk Paul, Esq.
Food Editor

Wild is just that. Meats have a strong, wild taste. Elk live as a herd and graze in the wild. Their food is the natural vegetation that grows in the valleys, fields and lower levels of mountains. It takes skill and understanding of regulations to be a successful hunter. I come from a family of hunters in Alaska. Dinner on Sundays were fried chicken and most other meals were moose. Wild game. The cooking I do with venison and elk is similar to my mother's recipes for moose. For a meatloaf you want to add mild ingredients to soothe out the wildness of the meat. Nothing too spicy added.

Elk Meatloaf



Ingredients
Elk burger, 1 lb.
Cooked white rice, 1 cup
Onion, ¼ cup minced
Tomato soup, 1 can
Worcestershire sauce, 3 tablespoons
Dried parsley, 1 teaspoon
Salt and pepper

Preparation
Use a mixing bowl. Add the minced onion first and then the cooked rice. Mix with a fork. Add the elk burger and 1 tablespoon Worcestershire sauce. Mix with the fork and then your hands. You don't want chunks of elk burger, you want the rice and onion thoroughly mixed in. Add 2/3 can tomato soup and mix in. Mix in third tablespoon of Worcestershire sauce, dried parsley and salt and pepper (just a few shakes of each). When thoroughly mixed, place in baking dish, patting down evenly. Pour over top last 1/3 can of tomato soup and last tablespoon of Worcestershire sauce. Place in preheated 350 degree F oven. Bake for one hour.

Skagit County Sheriff's Office

POLICE BLOTTER

Monday, April 15

11:38 a.m.: It's somewhere – Caller reporting a lost black and tan wallet. She stated she either lost it in La Conner or while hiking on Deception Pass. A store, S. 1st St., La Conner.

12:53 p.m.: Trouble not wanted – Deputies responded to a civil complaint. The complaint was settled on contact. S. 1st St., La Conner.

2:39 p.m.: How now – Animal Control investigated a reported cow neglect. ACO found no neglect. Moore / Fir Island Rds., Conway.

6:35 p.m.: Roundup – Report of horses in the roadway. A family member corralled them prior to deputies' arrival., Best / Young Rds., Greater La Conner.

Wednesday, April 17

9:43 a.m.: Who called? – Deputies responded to a report of a private impound that ended up being a stolen vehicle. Deputies confirmed the vehicle was stolen and contacted the owner to recover. Investigation continuing. Fir Island Rd., Conway.

9:49 a.m.: Fake news – Animal Control responded to a possible neglected dog that was near death at the humane society. ACO confirmed the dog was not near death, it only had a skin infection. Conway.

12:48 p.m.: Goods stolen – Caller reported a theft of property. There are no suspects at this time. Flats Rd., La Conner.

Thursday, April 18

2:47 a.m.: Yelling is legal – Deputies responded to a verbal domestic. Deputies determined there was no crime. Maple Ave. / Conner Pl., La Conner.

6:29 a.m.: Roundup 2 – Report of loose horses. Horses had been secured prior to Animal Control Office arrival. McLean / Best Rds., Greater La Conner.

11:21 a.m.: Bring in reinforcements – Caller wanted to know what to do with tulip parkers who block his driveway. The

caller was advised to call 911 to have deputies handle it. La Conner.

1:42 p.m.: Wrong turn – Deputies investigated a two car non-injury MVA. Deputies determined the causing vehicle failed to yield to oncoming traffic. Beaver Marsh / McLean Rds., Greater La Conner.

Friday, April 19

7:15 a.m.: Open invitation – Deputies investigated two vehicles that had been prowled. The vehicles had been left unlocked, no suspect information. La Conner Whitney Rd., La Conner.

10:40 p.m.: Watched trifecta – Deputies responded and stood by while Swinomish Tribal Police investigated an eliding hit and run and DUI. Pioneer Pkwy., Rainbow Bridge, La Conner.

Saturday, April 20

2:29 p.m.: Possibly legal – Deputies responded to a report of a male walking with a "possible rifle." Deputies checked the area, unable to locate. Main St. / Jones Rd., Conway.

3:30 p.m.: Dog savior – Deputies were requested to check on a dog left in a car. Swinomish Police arrived before deputies and checked on the dog. S. 1st St., La Conner.

Sunday, April 21

10:11 a.m.: Help not needed – Deputies responded to backup request by Swinomish Tribal police. No action taken by deputies. Conner Way., La Conner.

1:21 p.m.: Back road braker – Deputies responded to a complaint of tailgating and brake checking by a vehicle. Deputies checked the area and were unable to locate the suspect vehicle. Dodge Valley / Valentine Rds., Greater La Conner.

1:26 p.m.: Where is she? – Deputies responded to a report of a female dancing on the sidewalk and roadway. Deputies checked the area, Unable to locate the female. A restaurant, Maple Ave., La Conner.



NEXT BEST THING TO TIPTOEING – Ask your parents or maybe your grandparents for that reference. Taking photos among the tulips is one of the best thing for couples to do on a Sunday afternoon. This Washington Bulb Company field on the south side of Jungquist, east of Beaver Marsh Road, was full of couples. – Photo by Ken Stern



COLOR CODED KIDS – Did the parents know to dress their children in coats matching the tulip flowers? There was very much an international flavor, a rainbow of languages and skin tones as well as flower colors Sunday afternoon at this Roozengarde/Washington Bulb tulip field on Jungquist Road. – Photo by Ken Stern



SPRING HAS SPRUNG IN THE SKAGIT – The defining characteristics of April in our Valley: mountains and tulips. And farmers' hours, which some photographers keep, also. – Photo by Nancy Crowell

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Food Editor

My husband, Kevin, and I are graced to be blessed with gifts of venison and buffalo. The more wild game in our diets, the better our cholesterol levels. One summer we ate elk from a tribal hunter and organic vegetables from Hedlin's CSA Box. The effects on our health was marvelous. When my blood sugars are out of kilter, wild fish and game provide balance. Tribes support food sovereignty with workshops and conferences. They focus on foods we have harvested from the air, land and water. Many are protected by treaties. The care of Mother Earth is a deep philosophy and teaching in Indian Country.

Each year, since my husband's mother, Isabelle Yakanak, passed, we have cared for the family graves. As time and tragedy passed, we care for nine family graves in the Swinomish Cemetery. This year I resolved to hold a family meal for those who assisted. On the menu was sockeye salmon, venison roast and buffalo short ribs. The buffalo was received from a Crow family and the venison from a Colville family. These are two tribes who hunt and eat wild game.

We are counting our blessings.

Venison & Buffalo in Slow Cooker



Ingredients

- Venison roast
- Buffalo short ribs
- Oil spray
- Dehydrated red onion rings
- Dried English thyme
- Worcestershire sauce
- Ketchup

Preparation

Oil the bottom and sides of the slow cooker. Both meats were frozen. Liberally splash Worcestershire sauce over top of both. Crumble English thyme with your hands and coat the top of the venison roast. I grow and dry this herb. Squeeze ketchup over top of the buffalo short ribs. Lay the dehydrated red onion rings over top and down the sides. You can substitute bbq sauce for the ketchup. You can substitute fresh onion for the dehydrated. Last year I dehydrated red onion rings and this seemed the best time to use them. Set the temperature on low and cook all night. Set to warm until ready to serve.

Skagit County Sheriff's Office

POLICE BLOTTER

Monday, June 10

12:58 p.m.: Stuck in traffic – Motor vehicle accident occurred in the Conway round-a-bout. Investigation continuing. Main St., Conway.

4:48 p.m.: Who you gonna call? – Caller wanted to know how to safely dispose of found marijuana. Spruce St., Conway.

Tuesday, June 11

11:17 a.m.: Took down – Theft of hanging baskets from the front of business. A vague description of a female suspect was given by a witness. No way to ID the suspect and the witness did not recognize person Myrtle St., La Conner.

1:11 p.m.: Go get 'em – La Conner town hall was advised of an animal problem for code enforcement. N. 4th St., La Conner.

3:12 p.m.: Bad report – Animal Control Office responded to a report of a dog locked in a car with the windows only cracked. ACO located the vehicle parked in the shade without a dog in it. S. 1st St., La Conner.

4:57 p.m.: Not forgotten – Deputies contacted Child Protective Services in reference to children not being picked up. Deputies contacted the mother who had plans to pick up the children before the facility closed. CPS was re-contacted and confirmed the mother was picking up the children and deputies were not needed. N. 6th St., La Conner.

7:34 p.m.: No safe port – Deputies responded to a trespassing complaint. Deputies contacted a La Conner Marina employee who wanted a male subject trespassing from all port property. Deputies contacted the suspect in town and he was given a verbal trespass warning for all port property. A

marina. N. 2nd St., La Conner.

Wednesday, June 12

3:35 p.m.: Wrong spot – Deputies contacted a seven-year-old juvenile who had been contacted by a citizen walking on the side of Best Rd. Deputies contacted the parents who responded to the scene. It was determined that it was a misunderstanding between the juvenile and parents on where the child was supposed to get off the bus that day. Best Rd., Greater La Conner.

Thursday, June 13

4:34 p.m.: Cyber fraud here – Caller reporting credit card fraud. The victim's bank had already been notified and there was no suspect information to follow up on. McLean Rd., Greater Conner.

9:17 p.m.: Alone together – Verbal domestic, parties separated for the night. N. 6th St., La Conner.

Friday, June 14

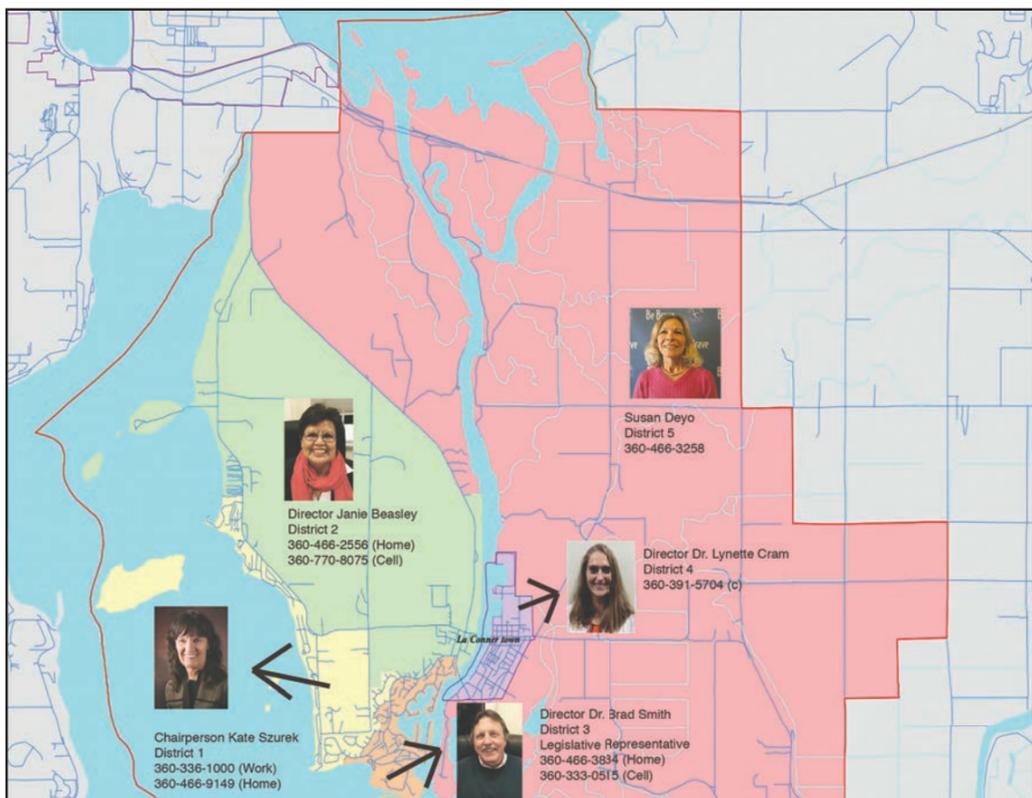
3:25 p.m.: Where to next? – Deputies responded to a trespassing at the La Conner marina bathrooms. The suspect was moved along by security, deputies were unable to re-locate him. N. 2nd St., La Conner.

11:16 p.m.: Lock him up – Deputies responded to a second hand report of a physical domestic. Deputies arrived on scene and determined a female had been assaulted. Deputies took a male into custody for assault 4th degree Domestic Violence Prevention Act. S. 1st St., La Conner.

Saturday, June 15

3:31 p.m.: Rescue – Deputies responded to a citizen assist. Deputies determined an elderly passenger was unable to open her door herself from prior damage from a MVA. Fire department

(Continued on Page 3)



LA CONNER SCHOOL DISTRICT DIRECTORS – Here are the five districts and the directors who represent the residents of the school district. It is always a good idea to contact your elected officials and to share your views and concerns. – Graphic based on School District and Skagit County government websites



BALANCING ACT – Brian Masonholder helps steady the La Conner Elementary School totem pole before its transport last week to the home of Swinomish carver Kevin Paul for summer restoration work. The pole, a La Conner campus fixture since 1995, is scheduled to be re-installed when classes resume in the fall. The project coincides with the 100th anniversary of integration between La Conner Schools and the Swinomish Tribal Community, said La Conner Superintendent Dr. Whitney Meissner. – Photo by Brad Reynolds

Totem pole . . .

(Continued from Page 1)

ley, students gathered nearby sang the friendship and goodbye songs in Lushootseed and later spontaneously swarmed around Paul to sing the eagle blessing song.

"I thought it was awesome," Beasley said, "when the kids joined Kevin."

Paul was also joined by retiring teacher Mike Carrigan. Together they have taught a popular long-running carving class at La Conner High.

"It's been a neat collaboration," said Carrigan. "We've become good friends."

The totem pole restorations further reflect that.

"There's always an effort here to do more," Carrigan said. "The relationship between the tribe and town and school district is real good. It's real healthy."

The evidence is in how quickly and seamlessly plans came together on Thursday.

"Things just don't roll like that," emphasized Trebon. "So it was definitely meant to be."

Shelter Bay . . .

(Continued from Page 1)

ter Bay standards – with cars and trucks sometimes backed up at intersections and vehicles parked on either side of the community's narrow streets.

Many who held sales were up early setting out their wares, well before the sale's 8 a.m. start time. By day's end it was hard to tell whether buyers or sellers were more fatigued.

Still, all felt it was time – and in most cases, money – well spent.

"It was great," said Karen Winchell, who held a sale on a tree-shaded hillside, "because our whole family was involved."

For them, she said, it was months in the planning.

Others were somewhat more spontaneous, often altering the circular flow model of economics Shelter Bay-style. It wasn't uncommon for those hosting sales to at some point break away and check out bargains elsewhere.

Most felt they did far better than break even.

"This," Winchell stressed late Saturday afternoon, "is the best place to have a sale."

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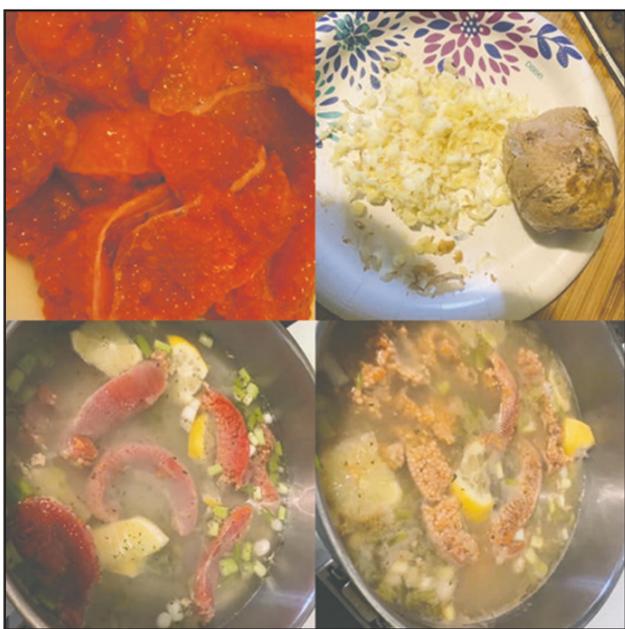


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Baker Lake Sockeye have been running in the Skagit River. My husband, Kevin, was filleting and vacuum sealing sockeye for our daughter's wedding in September in Portland. Three of the ten sockeye had eggs. I cooked them up for dinner. Swinomish tribal fish cooks barbecue fish eggs on the outdoor grill over alder. Simply boil them in water for salmon egg soup, which has been eaten in our family for years. They also freeze well. When cooked this way, a bite of salmon eggs with lemon broth in the same spoonful is delicious!

Salmon Eggs in Lemon Broth



Ingredients

- Fresh skeins of salmon eggs
- Lemon, 1, quartered
- Fresh ginger, 1 tablespoon grated
- Green onion, 3 chopped
- Green bell pepper, ½ chopped
- Water, one quart

Preparation

Rinse the skeins of fresh salmon eggs. Leave skeins whole. To a small soup pot, add one quart of water. Add the fresh grated ginger, chopped green onion and green bell pepper. Add the quartered lemon. Gently bring to a simmer, about 15 minutes. Add in the salmon skeins, simmer 8 minutes, turning once. As they cook, they will turn from bright red to a pale tan. Season with black pepper after you place the fish eggs and broth in the bowl. Discard the lemon.

Skagit City School supporters answer bell again

By Bill Reynolds

It was as much a homecoming as a picnic for those who gathered at the historic Skagit City School Sunday afternoon.

Among the large group on hand was a number of Skagit City Community Club alumni, several with La Conner ties – Peter Goldfarb and Chip Hall, to name two – who were chief advocates for preservation of the landmark school on nearby Fir Island before recent major restoration by contractor Chad Fisher was realized under ownership of the Skagit County Historical Museum.

Duane and Fern Brown, who formerly lived on and farmed land next to the school building, arrived for the annual Skagit City School Picnic from their present home in eastern Washington, and were pleased with what they saw.

“Whenever we come over to see our kids,” said Fern, “we make it a point of making a side trip here to see the school. A few years ago when we saw the Chad Fisher construction sign out front we really got excited.”

Duane was part of a corps of volunteers that tirelessly raised money and did enough maintenance a generation ago to keep the aging two-room schoolhouse and its grounds from slipping off life support.

It wasn't easy.

Like so many others, the Browns were also busy making ends meet and raising children. In addition, Duane did yeoman work battling rising water on the North Fork of the Skagit River during the big Fir Island flood of 1990.

Duane often used his own riding lawn mower to cut grass at the school, and the Browns embraced the site to the point where they held their own family picnics there.

But the Skagit City Community Club had trouble keeping pace with the impact time and Pacific Northwest weather had on a structure built just two years after the turn of the 20th century.

“It was definitely hard to maintain,” Mount Vernon attorney and Skagit County Pioneer Association Vice-President John Kamb, Jr. said.

Kamb has painstakingly compiled a thick, chronological album of clippings and photos related to Skagit City and the school's history, much of the material having been collected by the late Ronnie Holttum, who was admired by many in the La Conner, Fir, and Conway areas.

Holttum was a master storyteller. But his filing system in the pre-digital era was something else entirely. He saved everything printed and published about the Skagit City School, but often posted those items inside the building in a haphazard manner, rarely in any particular order.

The main thing, though, is he had the foresight to save those articles and pictures. He also saved the school's iconic bell from theft, Duane Brown recalled.

“Ronnie was the caretaker of the schoolhouse,” said Brown, “and he happened to drive out one time just as two guys had gotten the bell out of the cupola. He caught them right then and there. If he hadn't, they would've gotten away with it.”

The building had closed as a school sometime between 1938 and 1940 – accounts vary – a victim of consolidation. Holttum purchased it from the Conway School District in 1943 for \$500 and with his wife, Ethel, created the Skagit City Community Club as a non-profit to preserve the school's integrity.

He started the summer picnics shortly thereafter as a way to honor Skagit City students, their families, and descendants.

By the time of Holttum's pass-

ing, in 1995, the school had been recognized as a National Historical Site. But that didn't keep it immune from financial stress.

The state had denied the Skagit City Community Club tax-exempt status because the building was used so infrequently. But to increase its use would have required significant renovation costs to meet code standards.

A true Catch-22 scenario.

The Skagit City Community Club launched various fundraising events to keep the school property afloat.

“We came up with a lot of different ideas,” Kamb said, “and they worked. They kept it viable.”

For a time, at least. By 2007, the summer picnics could no longer be held there on a regular basis.

In stepped the Museum, which in 2014 took over care of the school and began securing the donations and grant monies that have made possible its restoration.

The picnics have been renewed as well.

“Getting the Museum and the Historical Society involved,” Goldfarb said, “has been terrific.”

Another key milestone was reached last weekend. The bell whose theft Holttum thwarted has been returned to the school's rooftop cupola, thanks to funding provided by Joy and Gary Walter. The Anacortes couple was given the honor of ringing the bell at Sunday's picnic.

The applause that followed was nearly as loud as the bell itself.

Skagit County Sheriff's Office

POLICE BLOTTER

Monday, July 8

11:05 a.m.: Busted – Deputy stopped vehicle with expired tabs. Deputy cited the driver for multiple traffic violations. Laurel St., La Conner.

12:14 p.m.: Busted 2 – Deputy stopped the driver for cell phone use while driving. Deputy cited the driver for multiple traffic violations. Best Rd. / SR 20, Greater La Conner.

12:57 p.m.: Passive-Aggressive? – Caller was accidentally locked in her room by her dog sitter. Deputies were cancelled prior to arrival. Caledonia St., La Conner.

1:27 p.m.: Traffic signal – Caller reported being flipped off by a motorcycle that had been following them. Deputies were unable to locate the MC. Farm to Market / Church Rds., Bay View.

4:25 p.m.: Trophy size – Caller hit a deer with his car. The accident had reportable damage. Leslie Ln. / Best Rd., Greater La Conner.

Tuesday, July 9

1:11 p.m.: Stop sign ran? – Deputies investigated a two car reportable MVA, no injuries. McLean / La Conner Whitney Rds., Greater La Conner.

7:06 p.m.: False alarm – Deputies responded to a report of a male slumped over the wheel of his car. Fire arrived first and determined the male was just using his phone. Morris St., La Conner.

Wednesday, July 10

9:33 a.m.: Too young, too fast – Deputies investigated a one car roll over motor vehicle accident. The passenger sustained minor injuries and was transported to Island Hospital. Photo, page 1. Pioneer Pkwy / Rainbow Brdg., La Conner.

1:38 p.m.: Boom on purpose – Deputies responded to a fireworks complaint. Deputies determined it was propane cannons going off in the blueberry fields. Jungquist Rd., Greater La Conner.

2:07 p.m.: Gone means gone – Business wanted an ex-employee permanently trespassed. Deputies contacted the ex-employee and issued a trespass admonishment. McLean Rd., Greater La Conner.

10:04 p.m.: Kept me up –

Deputies responded to a complaint of a running generator. Deputies found that it was a cleaning company working. Morris St., La Conner.

Thursday, July 11

10:27 p.m.: Drive defensively – Caller said she was almost hit by another vehicle traveling eastbound on Fir Island Rd. Deputies checked the area, Unable to locate. Fir Island Rd., Conway.

10:56 p.m.: After the fact – Deputies responded to a fight call. When deputies arrived they were directed to a specific apartment. Deputies did not observe any fighting and the people in the apartment said they had heard some yelling, but everyone had already left. S. Maple Ave., La Conner.

11:08 p.m.: Called too soon – Caller stated a male was threatening the bartender. Deputies spoke to the bartender who said the male was upset he had been cut off but was not threatening. S. 1st St., La Conner.

Friday, July 12

1:37 p.m.: Eyes on road – This was a bicycle vs. mailbox accident. The rider was transported to Island Hospital. La Conner Whitney Rd., Greater La Conner.

8:56 p.m.: Drunk and drove – Deputies responded to a report of an intoxicated male leaving the area in a vehicle. Deputies checked the area, Unable to locate. Morris / N. 6th Sts., La Conner.

Saturday, July 13

10:41 a.m.: Here and gone – Earlier deputies tagged an abandoned vehicle. On 7/13 deputies returned to find the vehicle had not been removed. The vehicle was impounded. Chilberg Rd., La Conner.

10:31 p.m.: Rogue journalist? – Caller reporting a female approached her car as she pulled up to the laundromat, wrote down her license plate and started making phone calls. The caller felt uncomfortable with this situation. Deputies checked the area for the female and were unable to locate. N. 2nd St., La Conner.

Sunday, July 14

12:15 a.m.: Paper protection
(Continued on Page 7)



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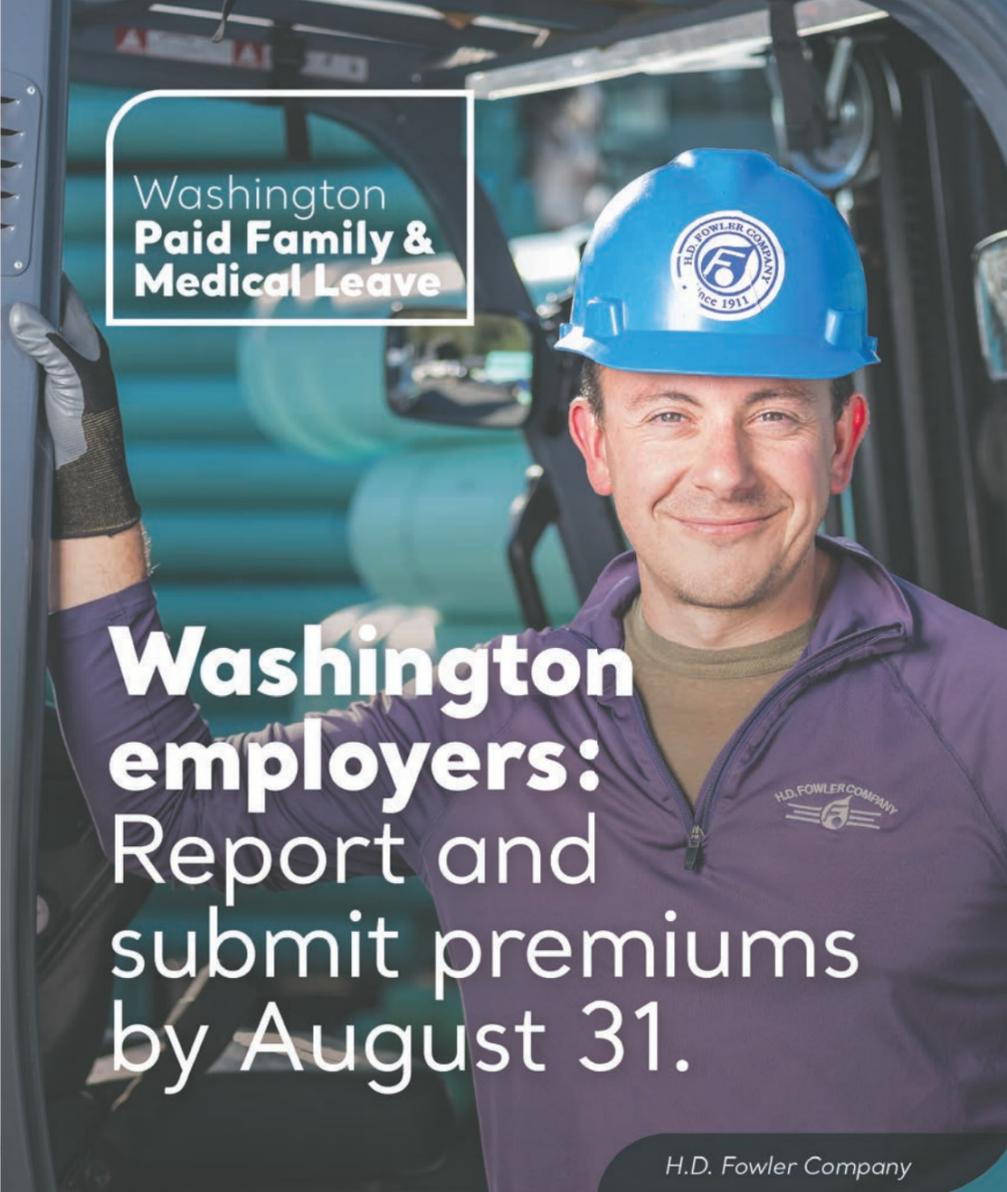


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