



Happy New Year!

Volume 44 Issue 1

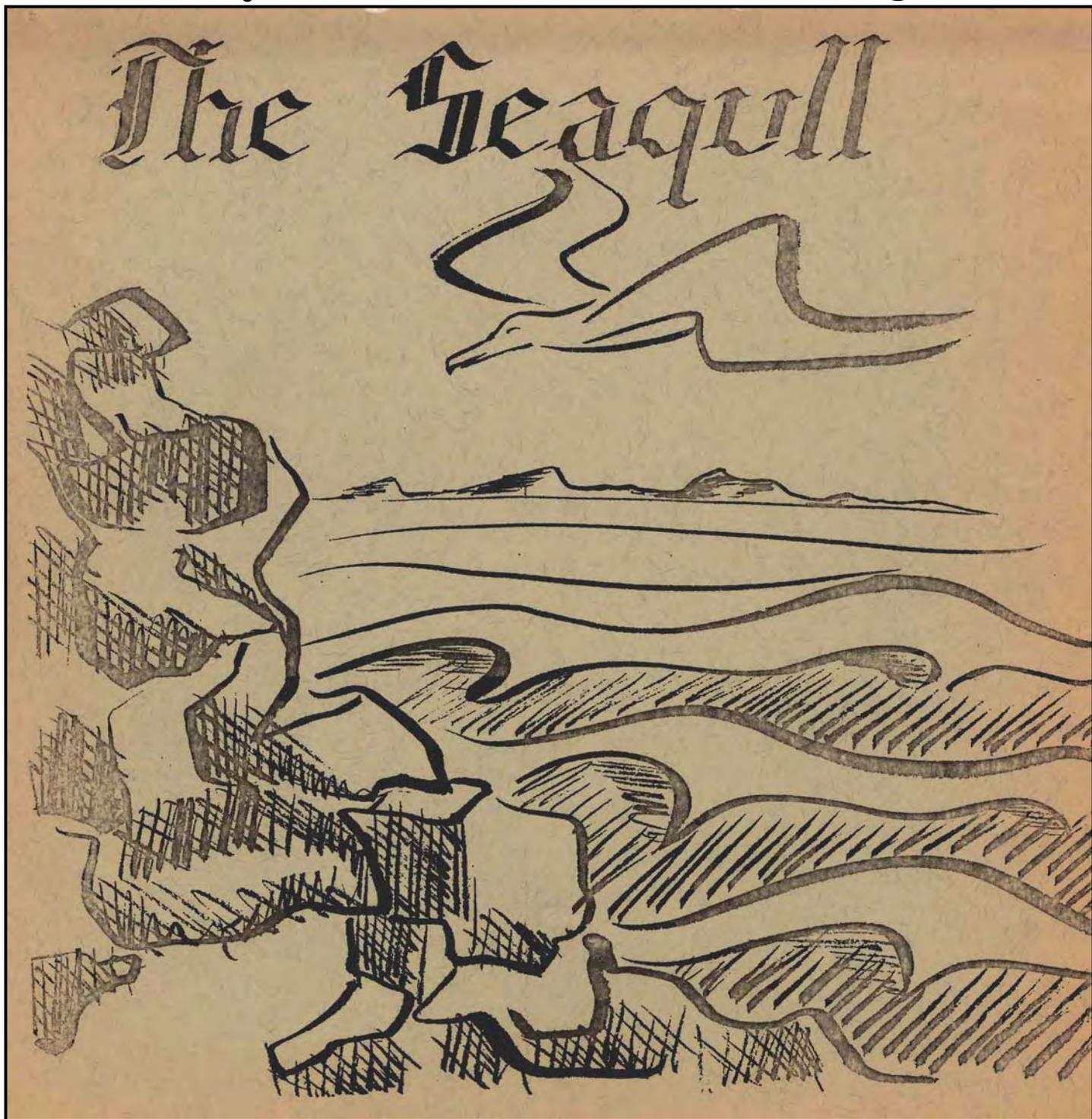
Kee Yoks

Since 1966

January 2010

History of the Kee Yoks

Page 4



Kee Yoks

The first illustrated cover of the Kee Yoks Seagull, October 1966



QUYUUS

The
Seagull

An official publication of the
Swinomish Indian Tribal
Community

Officers:

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

Senators:

Sophie Bailey
Chester Cayou, Sr.
Brian Cladoosby
Dianne Edwards
Glen Edwards
Steve Edwards
Barbara James
Leon John
Kevin Paul
Brian Wilbur
Tandy Wilbur



PLEASE VISIT THE
SWINOMISH WEBSITE:

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



The Chairman's Message



another, we will continue to provide a safe and healthy community for decades to come.

Over the last 10 years, we have celebrated gym and child care renovations, health center improvements and new elder's kitchen equipment, as well as new housing program opportunities that have been offered to our tribal members. Both the improvements and expanded community programs will help us prepare for a busy year of sound programs in social services, education, cultural activities, health, economic stability and safety of our community.

A noteworthy accomplishment of this year has been the tribe's selection for the honor of hosting the 2011 Tribal Journey. We were chosen by the Tribal Journey Families for the event. We anticipate over 10,000 people attending this event, and it will take a strong community to successfully accommodate these visitors to our reservation. I look forward to working with each of you on this event throughout 2010.

Our Tribal Journey Committee is currently being chaired by Senator Kevin Paul and assisted by senators Sophie Bailey and Dianne Edwards. The committee meets once a month and is currently accepting volunteers for many subcommittees. If you are interested in volunteering, please contact Kevin, Sophie or Dianne at the Swinomish Administration Office 466-7200. Although 2011 seems to be far off, there is much to be done in the period of time remaining, and we will need everyone's help to be successful.

As I mentioned above, we have a busy year ahead of us in 2010. I am proud of our Swinomish Community and send each and every one of you my blessings and prayers for a safe and healthy new year.

Speepots

Kee Yoks

17337 Reservation
Road
La Conner, WA 98257
360-661-3524
Fax 466-1632

Advisory Committee

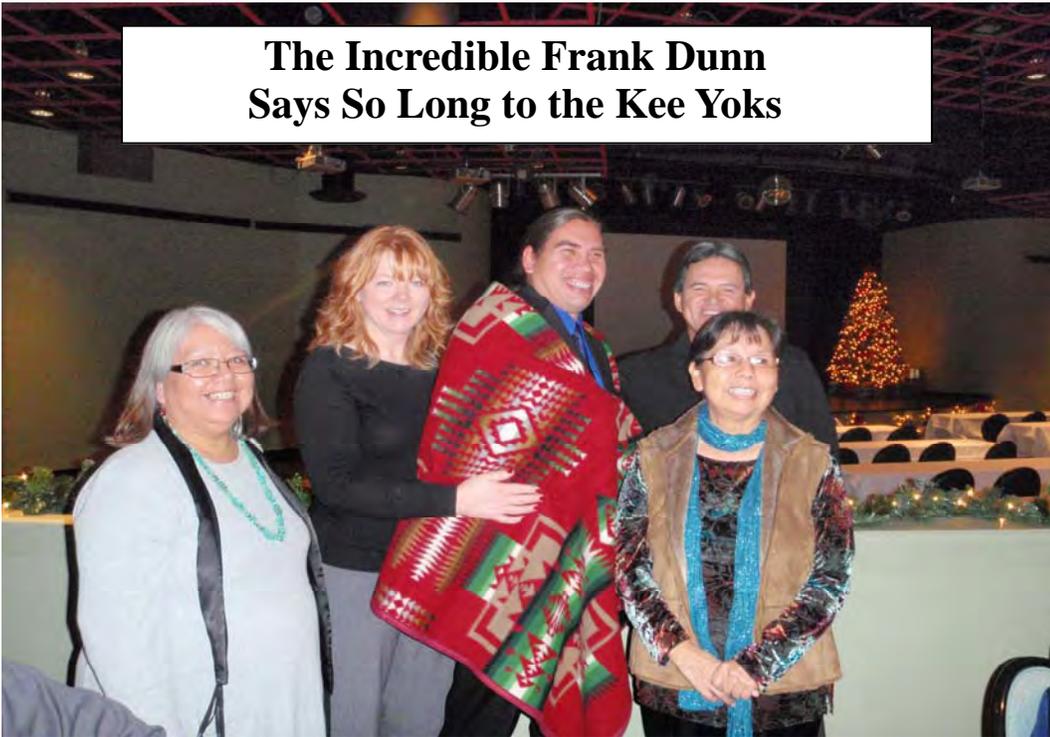
Allan Olson
John Stephens
Tracy Edwards

This edition of the
Kee Yoks has been
produced by
Ann Smock,
Kee Yoks Editor

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The Incredible Frank Dunn Says So Long to the Kee Yoks



Swinomish Vice-Chair Barbara James, Frank's wife Margie Dunn, Frank, Chairman Brian Cladoosby and Dianne Edwards present Frank with a Pendleton blanket at December's Senate meeting.

Frank Dunn Leaves Swinomish for New Artistic Position

Mr. Frank Dunn, Kee Yoks producer and media specialist for the Swinomish Indian Tribal Community, has made a career change. He is now employed by the Native Arts and Cultures Foundation based in Vancouver, Washington. Frank took the position of Communications and Development Specialist in mid-November. "The Native Arts & Cultures Foundation is dedicated to supporting, developing and revitalizing the diversity of artistic expression in American Indian, Alaska Native and Native Hawaiian communities across the United States." As stated on their website (<http://www.nativeartsandculture.org>), "In the long term, the Foundation's staff and board are focused on an ultimate vision: a society where flourishing Native arts and cultures are essential to the overall

integrity of the cultural landscape." This newly established foundation is primarily Native-led and the first of its kind. It is a collaborated effort between Native peoples and other funding entities, it is permanently endowed and national in scope.

"My heart is in working with Native communities."

-Frank Dunn

Most anyone who has resided on this reservation over the past 10 years knows what an artist Frank is, and can see what a perfect fit this new occupation is for him. So far, he loves the new position. "My heart lies in working with Native communities," Frank said, as he explained what a tough decision it was to leave Swinomish. He feels strongly

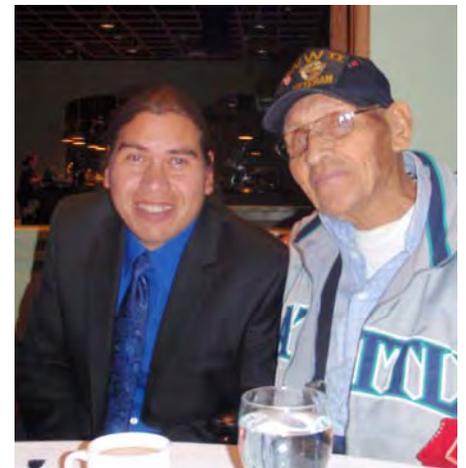
that God had a hand in sending him in a direction which will allow him to use his talents and artistic expression at this new level. Working for the arts and culture foundation will also allow him to meet many people, travel a bit, and explore many avenues of artistic expression and communication. The foundation's focus on Native arts includes music, painting, pottery, and basketry, as well art more contemporary to Native artists, such as glass blowing, photography, sculpture and much more.

On the development and communications side of his job, one of Frank's first assignments is to build relationships with larger companies interested in the Foundation and what they are doing for Native Arts Cultures. He recently enjoyed the honor of having lunch with Mr. David Kennedy of Wieden-Kennedy Advertising. In the eighties, company created the Nike symbol with which we are all familiar today. They are currently working on a Coke commercial for the Superbowl, and have done some work for Native education forums.

There is no doubt that Frank will soar to new heights in his work with the Native Arts and Cultures Foundation. We wish Frank and his family great success and happiness.



Cathi Bassford presents Frank with a card and blanket



Senator Chester Cayou, Sr. says good bye to Frank and wishes him well.



From the Archives

Theresa Trebon, Historian ttrebon@swinomish.nsn.us



Marie Charles and Theresa Trebon display the earliest covers of the "Seagull" and later the "Kee Yoks"

Cover Story:

A History of the Kee Yoks

by Theresa Trebon

It's the first issue of a new decade, a good time to look back at the Tribe's newsletter, now under the hands of a new editor. Four decades and more have passed since the *Kee Yoks* first appeared in the Swinomish community, linking tribal members near and far. Since then, its pages have announced countless births, tribal elections, graduations and celebrations for more than a few generations.

The first issue of the *Kee Yoks*, then called *The Seagull*, rolled off the press on September 20, 1966. It was not the first newsletter to report Swinomish news: fifty years earlier, the monthly *Tulalip Bulletin* posted short snippets about life at Swinomish, sent in by the "Farmer-in-charge," the Office of Indian Affairs agent that lived on the reservation. This entry from the June 1916 issue was typical: "Bids opened by the Fisherman's Union of La Conner, of which many of our fishermen are members, proved very unsatisfactory: only four and one-half cents is offered (per pound) for spring fish."

But the *Kee Yoks* was the first newsletter published at Swinomish and its start was rooted in the **Economic Opportunity Act** of 1964. That landmark piece of "War on Poverty" legislation funded two programs that resulted in the Swinomish Tribe's newsletter: the **VISTA** program [Volunteers in Service to America] and the **Community Action Program** or

CAP. In February 1965, the Swinomish Senate discussed applying for its first VISTA volunteers and that May, Ann Lubell of New York, and Tillie Sirocca of Pittsburgh, came to the reservation. One year later, they were replaced by Jack Willmoth, a VISTA volunteer who specialized in working with the tribe's teenagers. Trying to organize summer activities, Willmoth was hampered by the lack of communication on the reservation and decided to launch a newsletter. He called it "*The Seagull*" because, as he recalled, he wanted a name that appealed to the Swinomish youth. He contacted an instructor at Skagit Valley College, who drew a seagull for the magazine's logo, and recalled:

"For the first couple issues, I had to borrow paper, staples and supplies from La Conner High School and ran off the issues on their ditto machine. I wrote a grant to the University of Utah to fund more issues but I had to have a invoice that showed what my costs would be. So I went to Collins Office Supply in Mount Vernon. Had a bit of a problem because

Tribal secretary Marie Charles began working on the newsletter, typing up copy and running the mimeograph machine. She recalled that, "It was such a messy job. Your hands would get all blue!"

they wouldn't write me a receipt unless I bought the supplies. But they finally did and I got a grant for \$30.00. We talked Laura Wilbur into getting a mimeo machine at the tribal office and we started to do it over there. I'd take pictures to a friend of mine in Seattle and he would some how put the photos on the long blue ditto sheet. When I started delivering it, the first door I knocked on was Mike Cladoosby's. Brian was little and the kids helped me out, helped me deliver it."

The first issue was just one page but by the November 1 newsletter, it had grown to five. That issue announced that the Tribe had just purchased its own mimeograph machine and production shifted from the high school to the tribal office, then situated in La Conner on First Street. Tribal secretary Marie Charles began working on the newsletter, typing up copy and running the mimeograph machine. She recalled that, "It was such a messy job. Your hands would get all blue!" By the start of 1967, the newsletter was sent out to over 300 readers, across the reservation and from Goose Bay, Newfoundland Canada, to Argentina. Willmoth continually strove to improve the copy, soliciting articles from tribal members not just about reservation news but also their thoughts on topics from "The Teenager Today" to current events. In March of that year, he and Liddie Charles flew to Montana for a tribal newsletter publishing conference where professional journalists shared their knowledge. In May, Jack and Marie Charles headed to Seattle for the first Indian Newspaper Workshop ever held, and there the *The Seagull* was praised as one of the leading Indian newspapers then published.

Jack Willmoth left Swinomish in May 1967 for a new posting in Alaska. After a year of VISTA publishing the newsletter, production shifted to the newly opened Swinomish CAP office. Another federally sponsored program, CAP's long range goal was to "permanently increase the capacity of individuals and communities affected by poverty." *The Seagull's*

Continued on page 6



Lizzie Sampson, Bob Joe, Louise Joe 1967

Photo by Jack Willmoth

Swinomish Indian Tribal Community Archive



Left to right — Violet Parriette (Ft. Duchesne, Utah), Liddie Charles (LaConnor, Washington), and Bobby Girtin (Wind River, Wyo.) listen to advice given by Howard Rock, editor of Tundra Times, Fairbanks, Alaska, at University of Utah Communications workshop in Billings, Montana.

Liddie Charles at Communications Workshop

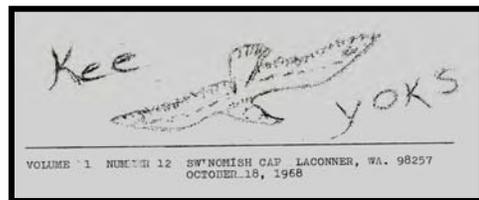
March 1967 *Consortium Newsletter*, Vol. 1, No. 1

Swinomish Indian Tribal Community Archive

publication fit into CAP’s mission, helping to inform the community about new federal programs such as Head Start and the MDTA or Manpower Development and Training Act, which provided job training opportunities for tribal members.

Prior to leaving Swinomish, Jack Willmoth had written an article in *The Seagull*, asking if anyone knew the “Indian name for seagull.” Before long, he recalled, he got his answer when tribal elder Lizzie Sampson began calling him “Kee yoks.” At his farewell dinner, Lizzie Charles presented him with a drum, painted with the Kee yoks, in honor of his work at Swinomish. Production of the newsletter was taken over by Marie Charles, and soon the newsletter bore a new name, which Marie remembered, came from Lizzie Sampson: “Lizzie came to the tribal office when salmon was distributed to tribal members. And she pointed to all the seagulls on the dock, ‘yakking back and forth to each other’ and said that Kee Yoks would be a good name for the newsletter which lets us talk back and forth too.”

In the years that followed, other changes came too. The Swinomish Tribe assumed publication duties from its CAP office in the 1980s. A succession of new editors met regular deadlines, starting with Liddie Charles in 1970, Nancy Wilbur and Brian Wilbur in the 1980s, followed by Ann Smock and Frank Dunn in the 1990s. The newsletter evolved from a one-page mimeographed sheet to being printed on actual newsprint for several years, and then to a color periodical. As the *Kee Yoks* embarks on its 44th year, it continues to keep tribal members and employees up to date and connected, ably fulfilling Jack Willmoth’s original intent for the newsletter, “to serve the people of Swinomish.”



Brian, Marvin and Tony Cladoosby deliver the first issue of the Kee Yoks.

Photo from the Swinomish Indian Tribal Community Archive

P. S. The Swinomish Tribal Archive has been working to preserve the old issues that are special windows into the past; while many have been found, there are still large gaps from prior to 1999. If you have any that we could copy and return, please contact Theresa Trebon at 466-7351. Thank you.

Salish Sea Update: It’s Official on Both Sides of the Border

-Theresa L. Trebon

On December 17, Swinomish received the following e-mail from the executive secretary of Natural Resources Canada:

“It is my pleasure to inform you that the name *Salish Sea* is now official in Canada. The last step in the process, the approval by the British Columbia Cabinet, was done on December 9 and we just received confirmation. The name will be entered in the federal data bases in the coming days and please note that at the federal level, the French form, *Mer des Salish*, will also be recognized.”



Northwest Indian College
Gaylene Gobert ggobert@nwic.edu

Winter Quarter Begins January 11

**ATTENTION STUDENTS: WINTER QUARTER STARTS
JAN. 11TH**

If you missed pre-registration in November,
you can still register up until the first day of classes.

Remember the earlier you register - the earlier you can order
books and also get your financial aid earlier in the quarter!

New teachers have been hired for the following classes:

ARTD 103 (5 cr.) Benjamin Jojola MW 4:00-6:30 PM
(Humanities Theory or NASD)

ENGL 100 (5 cr.) Sally Connor T/Thu 1:00 - 3:00 PM

Excel Workshop (CEU - non academic) M/Thu 7:00-8:00

Carl Symmons \$180.00 Begins January 11, 2010.

Math 70 9:00—11:30 M/W Marvin Cladoosby



Northwest Indian College
360-466-4380

**The Northwest Indian College
at Swinomish is located on
Tallawhalt . The mailing ad-
dress is: Box C-11, Tallawhalt
Lane,
La Conner, WA 98257. Gaylene
can be reached at:
360-466-4380.**

**The Skagit Valley
Herald is now for sale
daily at NWIC!
(coin-op) .75**

NWIC
PO Box C-11
Tallawhalt Lane,
La Conner, WA
98257



Marvin Cladoosby



Benjamin Jojola

Please see the Annual Schedule for
more classes via ITV, Independent
Learning, Online and Face-to-face
classes.



Here to help:
Trish Breckenridge and Josiane Damien

Adult Education/GED

What is happening with the GED program? Now that Ann Smock has become the Kee Yoks producer, a new GED instructor will be hired. In the meantime, if you are working on your GED, the classroom will continue to be open for independent study during business hours when NWIC employees are in the building.

MATH: Those needing to study math are encouraged to arrange a time for math instruction with Patricia Breckenridge or Josiane Damien. Another option is to buy the text book and enroll in NWIC Math 70 with Marvin Cladoosby. (no fee for GED students who audit.)

ENGLISH: Anyone preparing for the GED tests should attend NWIC English 100 with Sally Connor. You may enroll in this class as an "audit" for no charge. Ms. Connor will supply your classroom materials.



Education Department News

Tracy Edwards tredwards@swinomish.nsn.us

The Swinomish Senate, La Conner School Board and administrative staff held their first meeting together September 30th. These important administrative bodies met in regard to the education of our Native children. The idea to meet monthly is in response to an article by Michael Pavel from Washington State University called “*From Where the Sun Rises: Addressing the Educational Achievement of Native Americans in Washington State.*”



Tribal Officials with School Board Members and Administration

Front from left: Tracy Edwards, Senator Barbara James, Senator Steve Edwards, Janie Beasley, Mary Kirkwood, Gretchen McCauley, Senator Sophie Bailey

Back from left: Senator Brian Wilbur, Senator Tandy Wilbur, Superintendent Tim Bruce, Rick Thompson, Dave Hedlin, Chairman Brian Cladoosby, Dr. Brad Smith, Senator Kevin Paul

Our Children’s School Attendance Fall Quarter (42 Days) Excused & Unexcused

School	# Days Absent:	Zero-one Perfect attendance!	1 to 5 days	6-10 days	11-15 days	16-20 days	more than 20 days
			Elijah Adams, Isaiah Adams, Kahneesha Casey, Kalona Casey, Benjamin Cayou, Henry Cayou, Zanetta Cayou, Cora Clark. George Clark, Ajay Damien, Cincerrae Grossglass, Collin Joe, Zebediah Joe, Chad John, Shannen John, Jordan Johnston, Joreen McDonald, Alex Stewart, Grover Topaum, Cheyenne Weatherby, Jeremiah Williams, Lanita Williams, Rylee Williams				
La Conner Elementary School	# of Students:	Arjuna Adams Tredamas Casey Dakota Damien Arianna Murchison Shawn Sam		29	8	6	2
La Conner Middle School	# Days Absent:	zero –one Perfect	1 to 5 days	6-10 days	11-15 days	16-20 days	more than 20 days
	# of Students:	2	19	11	1	0	0
			 <p>Congratulations to these students who will be acknowledged in the February issue!</p>				
La Conner High School	# Days Absent:	zero – one Perfect attendance!	1 to 5 days	6-10 days	11-15 days	16-20 days	more than 20 days
	# of Students:	2 General Cayou Michael Wilbur	Kayla Aleck, Anna Cladoosby, Leila Clark, Aiyana Guzman, Jamall James, Taysha James, Robert Johnny, Christian Johnston, Charlie McCraige, Felicia McCraigie, Alana Quintasket, Sarah Scott, Garrett Wilbur	17	8	1	1



Swinomish Preschool children went from building to building singing Christmas carols. They dressed as Rudolph, jingled jingle bells and made bright stars shine.

Photos by Trish Breckenridge



Preschool children also sang Christmas carols at the Senior Center during the Elders' Christmas luncheon. They even brought Santa along with them!

Photos by Ann Smock



And guess who was waiting by the big Christmas tree?

Photo by Robin Carneen



Happy New Year from Swinomish Fisheries



Lorraine Loomis, Director, Lisa Turpin, Jim Gibson, and Pete Kairis

New Year wishes from Swinomish Wildlife/Hunting and Fish and Game Enforcement

Director: Todd Wilbur

Greetings everyone, the Swinomish Wildlife/Hunting and Fish and Game Enforcement Department wishes you to have a safe and wonderful 2010.



Happy New Year from Swinomish Chevron!





NIVR (North Intertribal Vocational Rehabilitation)
Tami Cooper Woodrich twoodrich@swinomish.nsn.us



Vocation Rehabilitation
 Counselor

Have you had an injury?

Do you have health conditions such as diabetes, arthritis, depression, memory loss, alcohol or drug use problems, learning disabilities?

NIVRP can help you...

with medical referral, education, job search and, transportation assistance, counseling, and coordination with other programs and agencies.

If you think you may qualify for NIVRP services, make an appointment with Tami today.

Swinomish Office 1-360-466-7307 Mon. & Tues. 10:00-3:00

Bellingham Office 1-360-671-7626 Wed.-Friday 8:30-4:30



Providing vocational rehabilitation services to assist American Indians with disabilities become employed



Swinomish Medical Clinic

Edwin A. Melendez II, Tobacco Cessation Educator
emelendez@swinomish.nsn.us

Smoking and Its Dangers: Both Hidden and Exposed

Smoking has been a source of controversy over the past 20 to 30 years. There have been law-suits with extra-large payouts by the tobacco industry. The airlines began to ban smoking on flights. States have begun to regulate smoking in public locations. Some states are looking into laws that punish anyone who smokes in their car with their children present. Why is this happening? Why has this issue come under so much scrutiny?

We should start with the health issues for smokers. The National Cancer Institute, which is part of the U.S. National Institute of Health, stated the following, *"Smoking harms nearly every organ of the body and diminishes a person's overall health. Smoking is a leading cause of cancer and of death from cancer.* It causes cancers of the lung, esophagus, larynx (voice

box), mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute myeloid leukemia." It also stated the following, *"Smoking also causes heart disease, stroke, lung disease (chronic bronchitis and emphysema), hip fractures, and cataracts.* Smokers are at higher risk of developing pneumonia and other airway infections. *A pregnant smoker is at higher risk of having her baby born too early and with an abnormally low weight. A woman who smokes during or after pregnancy increases her infant's risk of death from Sudden Infant Death Syndrome."*

We must look at its effects on those around us. Those exposed to the second hand smoke also can suffer greatly with the same health issues mentioned in the paragraph above. Imagine, those in our family who do not smoke are in as much risk as we who do smoke. Some try to go outside and smoke. What you need to know is that the smoke does stick to your cloths and this can still be brought back inside the home. We should reflect on the image we present to our children when we light up. Children learn quickly and now there is an epidemic of youth tobacco users within the tribal communities. In a recent research program conducted here in Washington State, it was found that children in 7th and 8th grade had started to experiment with smoking or had started smoking. The U.S. Department of Health and Human Services found that,

"youths between ages 12-17 who smoke are more than 11 times as likely to use illicit drugs in the future."

The United States Fire Administration showed that *"smokin at home and in the home is the number one cause of home fire deaths in the United States"*. The dangers associated with smoking must not be ignored. The Swinomish Tribe has given its community the help needed to quit smoking. I was hired as the Tobacco Cessation Educator in late September 2009.

My privilege will be to help the community learn about the dangers of smoking and the history of tobacco in our tribal community history, as well as to help all those who want to quit. I have an office in the medical clinic. You will not need an appointment with a doctor to see me. You may call the clinic and set up a time to see me. I am your new servant of the community. Please come and see me any time during clinic hours. I will work hard with you to help you quit smoking.



" My privilege will be... to help all those who want to quit."



Youth Center

Barbara James, Director bjames@swinomish.nsn.us



David Cruz and Austin Stewart learn to play the electric guitar after school in the Youth Center. Music instructor, Jake Baird, has been teaching after school drum and electric guitar lessons to anyone wishing to learn.

Lushootseed Lesson for January 2010! Language Department, Caroline Edwards

dx^wlǎšucid (Lushootseed):

saliʔači sbə^{kʷ}ači sdʒəlč ʔik^{wi} ʔulub

Pronunciation:

sah-leeʔ -ah-cheeʔ sbuh-kʷah-cheeʔ sdzuhlch ʔee kwee ʔoo-loob

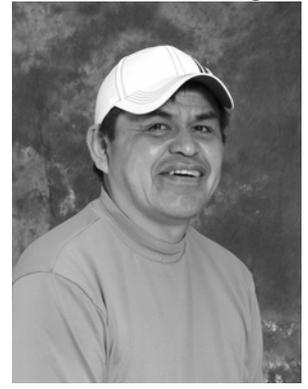
pastə ducid (English Language):

Literally this date says, “twenty hundred years and/plus the ten” or ‘2010’



Recreation

Steve Edwards, Director sedwards@swinomish.nsn.us



YOUTH CENTER CALENDAR

January 2010

Sun Mon Tue Wed Thu Fri Sat

					1 Youth Center Closed	2 AA Speaker's Meeting
3	4	5	6 Youth Group at 6:30pm	7	8 Cyber Bowling Youth Activity	9
10	11	12	13 Youth Group at 6:30pm	14	15 Movie Night Youth Ac-	16
17	18 Youth Center Closed	19	20 Youth Group at 6:30pm	21	22 Tribal Mixer Youth Activity	23
24	25	26	27 Youth Group at 6:30pm	28 Swinomish Youth Celebration & Dinner NO OPEN GYM	29 Youth Activity To Be Announced	30
31		Reminder: Parents are responsible for their children				

Youth Group is Back!!

Swinomish Youth Group

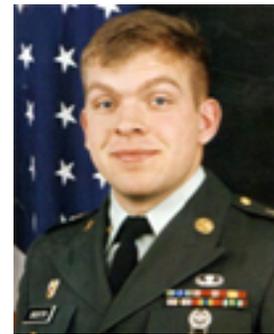
6:30 PM Every Wednesday

Everyone from age 12 to 18 is welcome!

360-466-7337



Swinomish PD Pays Tribute to Fallen Heroes



Officer Timothy Q. Brenton

Seattle Police Department
 End of Watch: Saturday, October 31, 2009
 Officer Brenton was shot and killed while sitting in his patrol car. He had served on the La Conner Police Department before transferring to Seattle 9 years ago.

Photos by Ann Smock





Winter Safety Tips from the Swinomish Police Dept.

Officer Martin Radley



“If severe winter driving conditions make you nervous, uncomfortable or fearful, stay off the road unless your trip is absolutely necessary. If you must drive, proper preparation and the right skills will help you face the challenge of winter driving.”

Driving on the Reservation during winter weather can sometimes be a challenge. Here are some things to remember while driving in the winter.

- Keep your gas tank at least half full to avoid gas line freeze-up.
- Make certain your tires are properly inflated.

- Make sure the windshield wipers are in good shape and that you have plenty of windshield washer fluid to clear the grime kicked up by passing vehicles.
- Use your seat belt every time you get into your vehicle.
- Keep your car properly equipped, (chains, shovel, blanket and first aid)
- **Accelerate and decelerate slowly**
- Remember that it takes longer to stop in icy and snowy conditions and while driving downhill. Know your brakes. If you have anti-lock brakes, keep a steady pressure on the brake pedal. If you do not have anti-lock brakes, use threshold breaking (gently pumping brakes) to avoid locking up your wheels when braking.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).

- **Play in the snow safely and with care:** In 2005, over 20,000 children ages 5 to 14 needed medical attention because of mishaps on sleds. Excessive speed and impact with immovable objects were the common cause of those injuries. Helmets cut those injuries in half, and the Safe Kids Coalition recommends adult supervision for all sledders 12 years of age and under.
- Play in the snow safely. Sleds and other sliding devices don't have steering or brakes, so pick sledding spots which don't intersect roadways. Never use your vehicle to tow anyone on a sliding device, (sleds, and tubes especially).
- Closed-head injuries are all too commonly associated with snow-play accidents. The choice of location and proper safety head protection can really reduce this risk. Bike helmets can be an added insurance to avoid these types of injuries.

Your Swinomish PD wishes everyone a happy winter season and a great new year. Be safe out there.

Wind Storms

Living in the Great Northwest, we've all been through at least one or more of our famous windstorms. Here are a couple of things to consider while driving in these conditions.

- Beware of wooded area where deadfalls and trees can fall onto the roadway. While driving in areas move slowly allowing you enough time to stop before hitting or being hit by a falling tree.
- NEVER drive under a tree that is being supported by electrical or telephone wires. People do not realize how much the tree that they are about to drive under actually weighs, and that all of that weight may be supported by just a couple of wires. This also goes for driving past road closed signs. Unless you KNOW that there are no live wires or downed wires in the fallen trees, do not approach the blocked roadway.
- Beware of live wires on the ground in the fallen trees. A couple of years ago, a driver stopped to put out small fire started by a fallen tree in Snohomish County. When the driver went to stomp out the flames, the driver inadvertently stepped on the downed wires that had started the fire. The driver was electrocuted as a result.



- Slow down if police and firefighters are trying to clear the roadway of an accident or debris; they may not be able to pay as much attention to the traffic as the situation warrants.

Newest Swinomish Police Officer Andrew Thorne was sworn in by Senator Leon John, Chairman of the Law & Order Committee, December 16, 2009. The swearing-in took place in the SPD training facility.





Swinomish Elders Lunch Menu

JANUARY 2010

Mon	Tue	Wed	Thu	Fri
Milk served with all meals				1
4 Egg Salad w/ Lettuce & Tomato Slices Chicken Noodle Soup	5 Baked Pork Chop Corn/Roll Green Beans Banana	6 Shepherd's Meat Pie Rolls Jello w/ Fruit	7 Sausage Gravy Biscuits/Toast Sliced Tomato Cut Melon	8
11 Cheeseburger Lettuce & Tomato Slices Lay Chips	12 Sweet & Sour Pork Rice Oriental Vegetables Pineapple	13 Creamed Chicken Egg Noodles/Roll Peas Peaches	14 Fish Rice Baked Beans Cut Melon	15
18 HOLIDAY M.L..K DAY	19 Turkey Cheese Sandwich Split Pea Soup/ Crackers	20 Roast Beef/Gravy Mashed Potato/Rolls Carrots Pears	21 Indian Meat Taco Shredded Lettuce/ Tomato Bananas	22
25 Grilled Ham & Cheese Sandwich Tomato Soup	26 Chicken Adobo Rice Broccoli/Cauliflower	27 Fish Red Potato/Roll Carrots	28 Spaghetti & Meat Sauce Garlic Bread Green Salad	29



On Tuesday, December 15th, the preschool kids came caroling for the elders. After their performance, the children received candy canes from Shelly Vendiola who was attending the luncheon with mom, Diane Vendiola.

Best and Worst of 2009

Ann Smock, Editor asmock@swinomish.nsn.us

Global, National or Local— What will you Remember about 2009?

Here at Swinomish, 2009 will be remembered as the difficult year a family member left us, the year someone graduated or got married, or the special year a new family member was born. If you are grieving, you can be sure you have many prayers being said for you. And if you are lucky enough to be caring for a new baby, I know you will always cherish this memory in your heart.



Law Enforcement:

Washingtonians may recall '09 as the year that being in law enforcement took on a whole new angle: ambush. I, and thousands of others, hope to never again attend a four-officer funeral.

Obama: The more politically-minded are quick to choose, “First African-American president.” I, however, tend to remember election



years more easily than inauguration years, (because they're even I guess), so when I'm looking back trying to remember the flash of history

in which I lived, I will most likely say that was 2008 news, but that's just me.

Jackson: Next on the big news list for a lot of people, is the death of Michael Jackson. I remember him

best when he was in the *Jackson Five*, but people of all ages were clearly affected by his death at only 50 years old.



Economy: The recession is another big one of course. Stocks fell, banks failed, businesses closed all around us, General Motors and Chrysler filed for bankruptcy. People are still losing jobs, and the homeless population is increasing. It has been a wake-up call for the world, and it sort of ties in with all the attention to global warming, taking care of our planet, and becoming less of a “throw away” society.

Hero Pilot: Here's a happy one—the “Miracle on the Hudson River.” All 155 passengers survived when pilot Chesley Sullenberger averted disaster and landed a US Airways jet right in the icy river.



Sports: And what about sports? (The Kee Yoks clearly needs a sports reporter!) Most sources agree that the “top sports moment of 2009 came in the biggest game of all, the Super Bowl. The Steelers beat the Cardinals 27-23 in a thrilling back-and-forth battle” ending when “quarterback Ben Roethlisberger drove the Steelers 78 yards for the winning touchdown -- on a six-yard TD pass to

receiver Santonio Holmes. Somehow Holmes reached for Roethlisberger's pass while keeping his toes inbounds in the corner of the end zone.” (www.askmen.com/top_10/sports)



Music: In the music world, who could forget the OMG moment



when Kanye West took the mic out of Taylor Swift's hand?

Swine Flu and H1N1 Vaccine



Medical breakthroughs were many in 2009. At the top of

the list was flu vaccine. “With the world already grappling with a pandemic of 2009 H1N1 influenza, no treatment was more hotly anticipated or more in demand in the U.S. (and the rest of the northern hemisphere) than the new H1N1 vaccine when flu season officially kicked off in the fall.” (*by Alice Park* www.time.com)

Whatever you will remember when you look back to the year 2009, I hope there will be happiness to balance the sad, and more sweet memories than bitter ones. Best wishes for good health, much happiness, and cherished times in 2010.



Happy New Year from your Health Clinic

Cheryl Rasar, Director crasar@swinomish.nsn.us

“A patient must meet residency, notification, medical priority of care and use of alternate resources requirements in order to be eligible for CHS.”

This past year we have been involved in a pilot program that is supported by **Indian Health Services** and the **Institute of Healthcare Improvements (IHI), Innovation in Planned Health Care (IPC II)**. We have learned in this program to be transparent (to be open) regarding all matters. Keeping in the spirit of transparency, we thought it best to post a policy and frequently asked questions.

Contract Health Services

Question: If I am eligible for CHS, why are some of my medical bills being paid and others not?

Answer: Each visit to a non-IHS health care provider (and the associated medical bill) is distinct and must be examined individually to determine CHS eligibility. All CHS requirements must be met for each episode (treatment) of care. A patient must meet residency, notification, medical priority of care and use of alternate resources requirements in order to be eligible for CHS.

Example: If a CHS authorization is issued, IHS will pay the first medical treatment. Follow up care or additional medical care is to be done nearest accessible IHS or tribal facility; or will require approval

with a new CHS authorization. If this process is not followed, the patient may be responsible for the expense.

Question: An IHS doctor refers me to a specialist, why am I being held responsible for the bill?

Answer: Referrals are not a guarantee for payment. A referral is a recommendation for treatment/test only. The CHS program must review the referral to make the determination for IHS approval of payment. All CHS eligibility requirements must also be met.

We continue to learn and grow from our experiences in life.

Swinomish Prescription Refill Policy



Dr. Barbara Clure

Purpose of this policy:

The purpose of this policy is to maintain a process that will be efficient and fair (equitable) to all patients (customers) of the Swinomish Health Clinic.

When a patient is in need of a refill of their medication they should follow the process listed below:

- Please call your pharmacy (drug store)
- notify them that you would like a refill



→ If you have zero refills left the pharmacy will do the following:

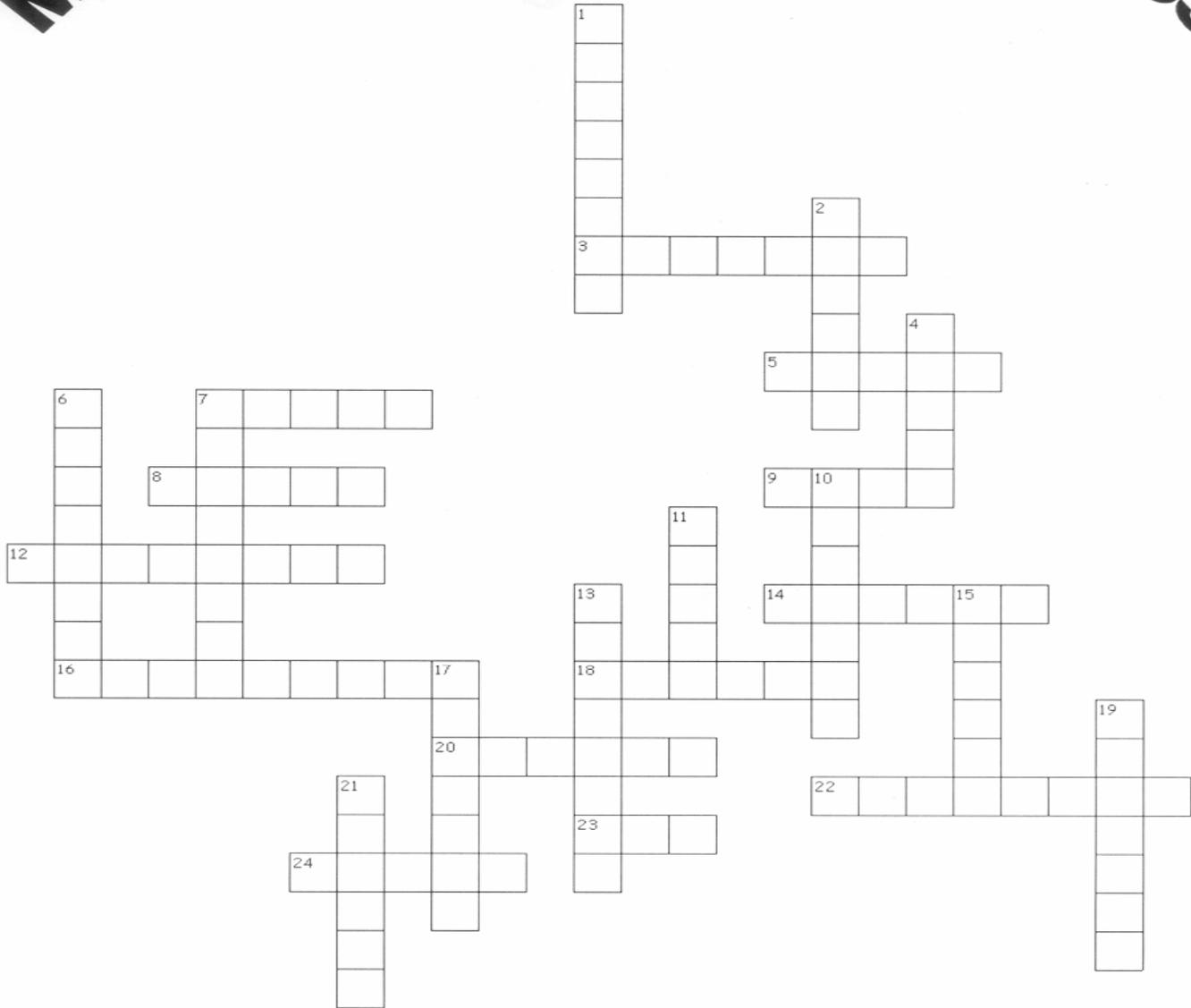
- ✓ A fax or email will be sent to the provider who last prescribed the medication
- ✓ Once the fax or email has been received
- ✓ Your medical chart is pulled and placed in a REFILL basket
- ✓ The provider has 24-48 hours to review and approve.
- ✓ Once it has been approved the Request to Refill will be faxed or emailed back to your pharmacy

Why does it take this long?

The provider is scheduled to see patients throughout the day, if s/he has time in between patients s/he will review, approve and have the Request to Refill faxed or emailed back to the pharmacy.

If the provider has a full schedule with patient appointments s/he will review prior to the end of the day, approve and have the Request for Refill faxed or emailed back to the pharmacy that evening or the next day.

Medical Clinic Criss Cross



ACROSS

- 3. What is used to sew up a wound
- 5. Physician
- 7. Smokers _____
- 8. Red Fluid
- 9. What you attach a bandage with
- 12. Tribal members that come to the clinic
- 14. How much you have eaten
- 16. Our community
- 18. Compassion
- 20. Affection, fondness, tenderness
- 22. Use when broken or sprained ankle
- 23. Machine to monitor our heart
- 24. Physician's Assistant

DOWN

- 1. Opposite of sickness
- 2. Pointy device to draw blood
- 4. Indian _____
- 6. Covering your wounds
- 7. Part time Physician
- 10. Reaction to food or medication
- 11. Elevated body temperature
- 13. Injection given to prevent disease
- 15. How tall you are
- 17. Christmas _____
- 19. Gesundheit
- 21. What our goal is



Swinomish Behavioral Health Department
Yoli Quevedo, Director yquevedo@swinomish.nsn.us

We have a new name! We are now your Swinomish Behavioral Health Department. While this name change was being decided, we did receive positive comments and expect that you, too will find our new name to be pleasant and positive.

Now, some thoughts about this winter season. Winter is the time of year that our daylight is dimmed by overcast skies. For some people in the Northwest that is a hard

adjustment to make, and not only are the days darker, but so are their moods. This means they become sad when life seems so dim, dark and damp. The good news is that we can do some things to help ourselves brighten our moods. We can use special (full-spectrum) light bulbs in the bathroom and living room. These bulbs create a more natural light and are good for us. Actually, sunlight is considered full-spectrum. No wonder we start to feel better with

more light. Here is some important information to prevent suicides. Winter time seems to be high risk time for suicide. Listening, encouraging and seeing that a suicidal person gets help is the best thing you can do. Anytime you need help please call Yoli @ 466-7265 or call the 24 hour crisis line 1-800-584-3578. In February we will have a suicide prevention training for community members. More on this next month.

“In February we will have a suicide prevention training for community members.”



Warm Wishes for a Happy New Year to all my friends, co-workers and the whole community. You all make my life very rich and full of joy, and it is an honor to work for and with you.

Barbara Wasserman
Medical Clinic – Social Worker
 bwasserman@swinomish.nsn.us



Swinomish Fitness Center
Colleen Mavar cmavar@swinomish.nsn.us

WINTER WALKING PROGRAM!

January 10 to March 13th

Join us for a Virtual Walk to Whistler!

Sign up today at the Fitness Center!

While you're there, check out our new
Wii “Fit and Active”





Swinomish Dental Clinic
Dr. Ray Dailey rdailey@swinomish.nsn.us



**Tooth Time—
Sealants**

What are sealants?

Your teeth are shaped with grooves and pitted surfaces. Sealants help protect these areas so food and bacteria do not get trapped especially when chewing. Sealants are made of clear or shaded plastic and generally applied to the back teeth where most cavities are prevalent.

How do sealants work?

Even with proper brushing and flossing, food and bacteria can build up inside tiny grooves and in the pits of some teeth resulting in decay. Sealants act by “sealing out” food and plaque buildup inside these tiny crevices thus reducing the risk of tooth decay.

How long do sealants last?

Sealants tend to last for many years if cared for properly. If

your child receives sealants, they are most likely protected during their cavity prone years. Sealants last longer if your child practices good oral hygiene and avoids biting hard objects. During routine dental visits, your dentist will check the sealants to see if they need to be reapplied or repaired.

What is the treatment like?

The tooth is first cleaned, conditioned and then dried. Following, the sealant is spread onto the grooves of the tooth and hardened with a special light. Sealant treatments are generally completed in one visit and fairly quick to apply.

Which teeth should be sealed?

The surfaces of your teeth are usually kept clean with the natural flow of saliva in your mouth, however, it does not wash the grooves and fissures. The teeth with the most prevalent risk of decay are the six-year and

twelve-year molars. Permanent premolars and primary molars may also benefit from sealant coverage as they contain many grooves and pits. Every child is different, so your dentist will assess your child’s mouth and recommend the proper sealant treatment if necessary.

If my child has sealants are brushing and flossing still important?

Yes! Sealants are only a part of a whole regime of keeping your child cavity-free. It is important to follow proper brushing, flossing, eating a nutritious diet and regular dental visits in order to achieve a bright, healthy smile!

Should you have any other dental questions call us at 466-3900

“Sealant treatments are generally completed in one visit and fairly quick to apply.”



From the Realty Office

Merla Rae Martin mmartin@swinomish.nsn.us



Individuals who have name changes and have not notified BIA, need to contact the Office of the Special Trustee (OST) at their Everett Office telephone (425) 252-4382. You will be given a form to update your name and address. This is to ensure that you receive all income in your updated account, and also to keep accounts current. Your individual interests (ITI) in the account will always reflect your current name and information.

If you would like help in contacting OST, I invite you to come in to the Swinomish Realty Office, located in the Swinomish Planning Department, 11430 Moorage Way or call me at 360-466-7302. Thank you, Merla Rae Martin

**Local City Populations
(from the Skagit Valley Herald
12/28/09)**

La Conner	885
Anacortes	16,640
Mt. Vernon	30,800
Burlington	8,460
Sedro Woolley	10,030
Concrete	845

their Everett Office telephone (425) 252-4382. You will be given a form to update your name and address. This is to



Legal Department, Emily Hutchinson
 ehutchinson@swinomish.nsn.us

Tribe Takes Steps to Protect Kiket Island Tidelands

“... protecting the Kiket Island tidelands against non-member trespass and reopening the Kiket Island tidelands to treaty shellfishing are very important priorities for the tribe.”

A year and a half ago, the Tribe learned that the Trust for Public Land and the Washington State Parks Commission were attempting to acquire Kiket Island and open a state park there. Because Kiket Island and the tribally-owned tidelands surrounding Kiket Island are so important to the tribe and tribal members, staff from the Legal and Planning Departments spent 18 months negotiating with TPL and State Parks regarding the proposed acquisition.

Unfortunately, those negotiations did not result in an agreement that was acceptable to the tribal senate. For example, the tribe made it clear from the out-

set of negotiations that it would not grant to State Parks perpetual rights to use tribal tidelands and needed firm assurances from State Parks that any public use of the tidelands would not interfere with treaty shellfishing or damage shellfish or other marine resources. In contrast, State Parks insisted that the tribe allow State Parks to use the Kiket Island tidelands forever, and was unwilling to provide the assurances sought by the Tribe.

Despite the lack of an agreement with the tribe, on December 3, 2009, the State Parks Commission decided to acquire Kiket Island anyway. The commission directed its staff to continue

to negotiate with the tribe, but did not make reaching an agreement with the tribe a condition of its acquisition of Kiket Island.

The senate has not made a final decision about how to respond to State Park’s decision, but wants to reassure tribal members and staff that protecting the Kiket Island tidelands against non-member trespass and reopening the Kiket Island tidelands to treaty shellfishing are very important priorities for the tribe.



This 1957 photo shows the west side of Kiket Island. *Photo courtesy of the Swinomish Indian Tribal Community Archive*

Artists in Our Community

My Dream

I had a dream that I was sneaking
 around the North Pole
 looking for my presents.
 I found this one room where I feel
 heat that is from
 the fire,
 I see this big shadow from the one
 and only chair that was in there.
 I creep up and peep my head
 around the chair
 and smell cookies that are being
 held by a guy that has
 an all red suit on.
 I go around to the other side of the
 chair to grab a cookie.
 The cookie tasted better than the
 cake I had on my
 birthday.
 When I grabbed the cookie
 I noticed that the guy that has an
 all red suit on was

SANTA!!!

By Courtney Finkbonner

Best Friends

Best friends know when to share
 they always care

When you are feeling blue,
 they are there to comfort you

When life gets tough, they remind
 you of the good stuff

Friends stick together through thick
 and thin,
 that's how their friendship begins

They come in all shapes and sizes;
 they are always full of surprises

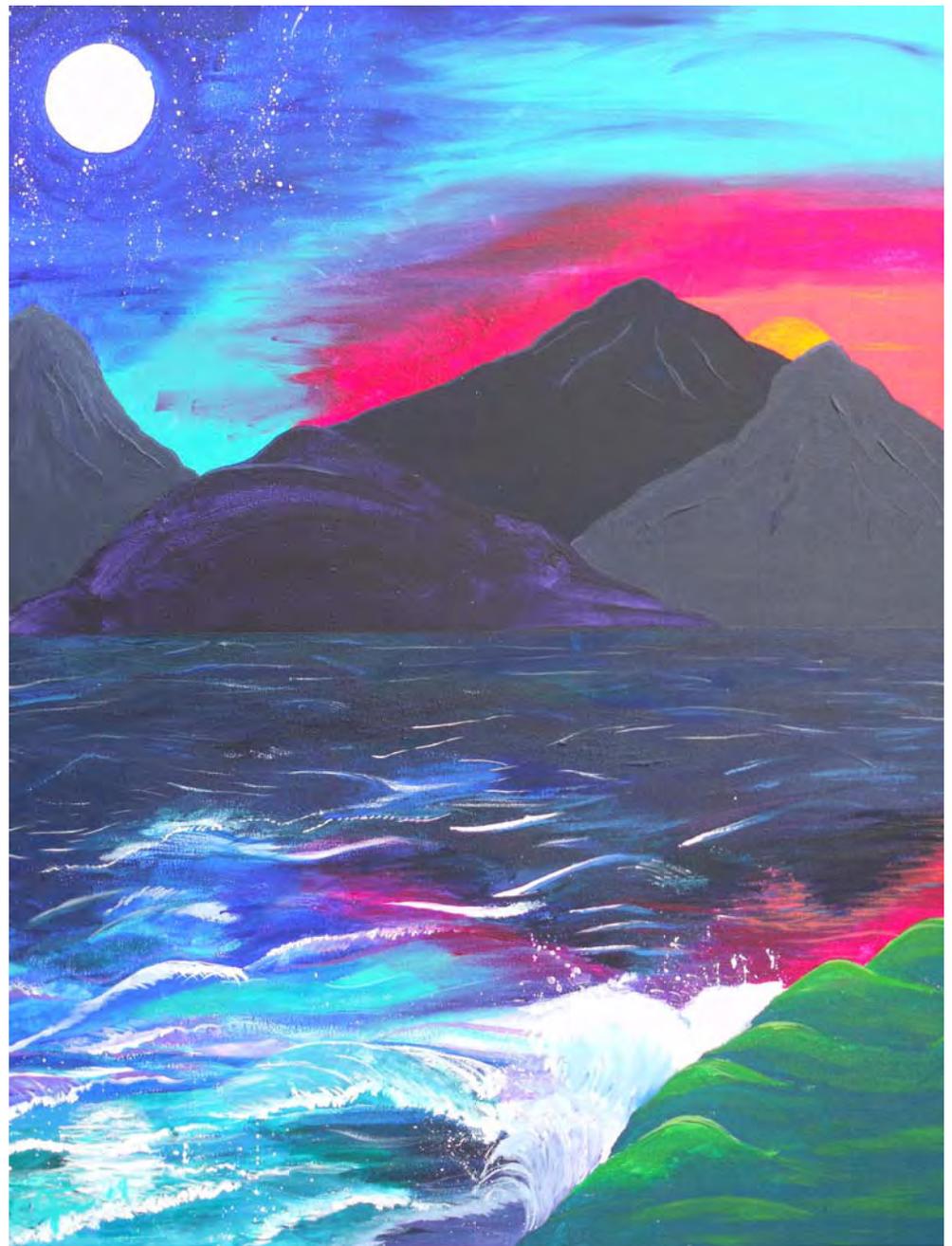
Best friends accept you for who you
 are,
 because they know you best by far

with hours of joking and laughing
 gone by,
 you get each other without ever
 wondering why

No matter what life throws your way
 A best friend is here to stay.

composed by Josiane Damien

Courtney not only writes poetry, but she writes music, too. These pictures of her and Tasha Yakanak were taken at this year's *Summer Tribal Youth Music Academy*, where they gained writing and performance experience.



*A painting by **Caroline Edwards** (acrylic paint), untitled*

Bulletin Board



The Archives has a backlog of the Kee Yoks and Annual Reports dating back to 2000. The issues are in boxes in chronological order and are free to all while the supply lasts. They are in the Social Services Building, main floor.



NOTICE OF TRIBAL ELECTIONS

PRIMARY ELECTION <i>(if needed)</i> Saturday Feb. 13, 2010	GENERAL ELECTION Saturday March 20, 2010
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TERMS EXPIRING:

Sophie Bailey, Sapelia, Senate Seat 1
and
M. Brian Cladoosby, Spee-pots, Senate Seat 2

NOTE:

**DEADLINE FOR TRIBAL SENATE NOMINATION PETITIONS:
6:00 P.M., MONDAY JANUARY 4, 2010**

Nomination forms may be obtained from Wendy Otto, Tribal Election Officer, (since November 23, 2009) at the Swinomish Administration Building

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 certified as a candidate may appeal the wrongful inclusion of another person in the Eligible Voters Lists to the Senate pursuant to STC 2-01.150(D)(1)(b)

If you have news for the February 2010 issue, please let the Kee Yoks know by January 15th!

Social Services needs contact information for the following tribal members in order to send their gift cards to them:

Howard Harper Mandi S. Meidlinger Jeffery C. Moore Ronald J. Perry	Please contact Teeny Williams 360-466-7303 cwilliams@swinomish.nsn.us or Mary Ellen Cayou 360-466-7218 mcayou@swinomish.nsn.us if you have this information.
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Next month
Memorial for
Gus Stone, Jr.
February 13, 2010
Swinomish Smokehouse
Table at 12:00 Noon and
Memorial starts 3:00 PM
Hosted by the family



Disco Scene!

**Swinomish Staff
Christmas Party
Northern Lights Casino
December 12, 2009**

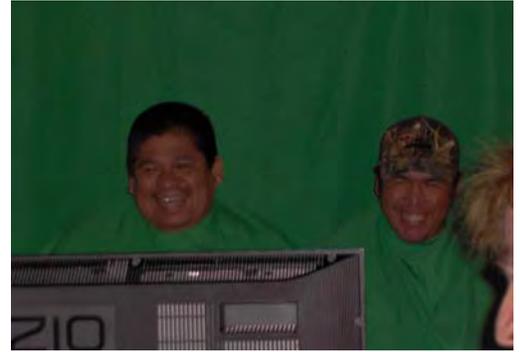
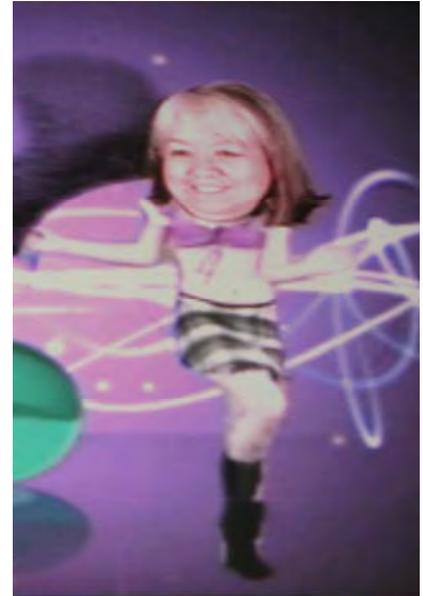


Photo by Gaylene Gobert



Dancin' Machines *Photos by Robin Carneen*



The Kee Yoks in 2010

This is the 44th Volume of the Kee Yoks (because it was started 44 years ago), and my 2nd issue in this century. I would like to take this opportunity to thank the Swinomish Indian Tribal Community for entrusting me once again with the job of editing and producing the Kee Yoks . It has been ten years since I took a leave of absence, and the Kee Yoks went to Frank Dunn, who brought it far in artistic and graphic quality. I have big shoes to fill. After 15 years of teaching GED, I am ready for a change and up for the challenge of continuing the Kee Yoks, and I am fortunate to have willing contributors and proof-readers to help me. This is a community newspaper, so my goal is to get more community members to submit articles, photos and announcements.



Sincerely, **Ann Smock, Kee Yoks Editor**

DEADLINE: Submissions to the Kee Yoks are due the 15th of the month for the following month's issue. (ie: for February's issue, I need items by **January 15th.**)

Email the Kee Yoks: **keeyoks@gmail.com**

Find the Kee Yoks on Facebook: **Kee Yoks Swinomish**

Call the Kee Yoks: **360-661-3524**

Fax the Kee Yoks **360-466-1632**

The Kee Yoks office is on the 2nd floor Social Services Building and will re-open in mid-January. Items can be left at the front desk. Please leave a name and phone number with photos, so they can be returned.

Community Announcements

Engaged:

Shaun Beasley and Sionna Stallings-Alailima

Shaun is the son of Janie and Troy Beasley of La Conner, WA and Sionna is the daughter of Melody Stallings of Olympia, WA and Piula Alailima of Honolulu, Hawaii.



Congratulations on your upcoming wedding from your family!

Josiane Damien Completes Degree

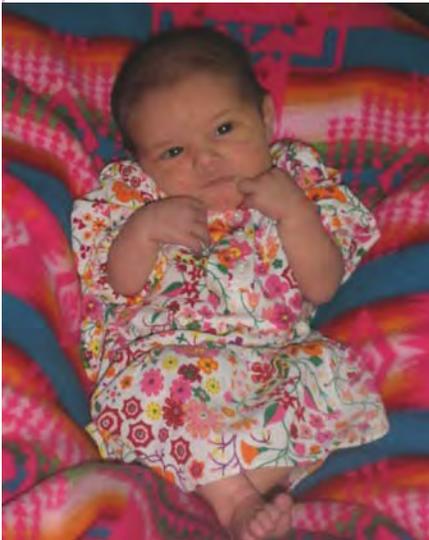
Josiane Damien finished her Associate of Science Transfer Degree from Northwest Indian College in December 2009. "there have been so many people that have helped me along the way that I would like to thank: my mom, sisters, husband and daughter for giving me their support and the drive to do my best; NWIC staff for giving me the tools I need to accomplish my goals; and Dad for showing me how important getting an education is. I am now employed as a teacher's assistant at NWIC Swinomish Site for the next 3 years. I am still attending some classes working towards my second degree, and then I will be moving on to Skagit Valley College into their nursing program.



Madison Jo Miller

**born December 3, 2009
5:40 PM, Island Hospital,
Anacortes, WA
7 lbs, 9 oz and 19.5 inches long**

**She is the daughter of
Melissa and Scott Miller,
little sister of Scottie and
Kennedy, granddaughter of
Glen and Nancy Edwards.
CONGRATULATIONS
to the family!**

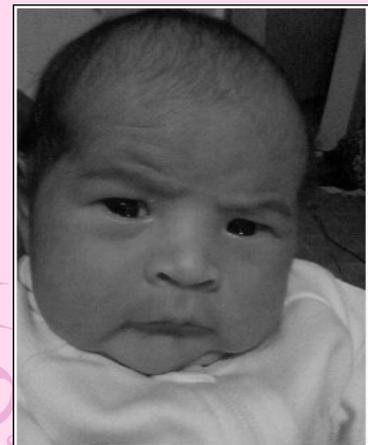


Naomi Cayou and Deen Sport

**wish to share with you all the birth of
our beautiful baby girl,**

NaDeen Nevaeh Maggie Cayou-Sport

**Born December 2nd, 2009 at Lionsgate
Hospital, 7:12 AM; weighing 8lbs and 19
3/4 inches long. NaDeen is great-grand
daughter to Chester Cayou, Sr. We live
up here in Canada and wanted to share
our wonderful news!**



Drake Anthony Edwards

**born November 11, 2009
11:59 PM Island Hospital,
Anacortes, WA
6 lbs 9 oz 18.5 inches long**

**He is the son of
Glen Edwards, Jr. and Evie
Leavitt, and grandson of
Glen and Nancy Edwards.
CONTRATULATIONS and
welcome to the world
Drake Anthony!**



Welcome Home LaVonne, Tyler and Isabella!

After 9 years of being away, the Long family (Tyler, LaVonne, and Isabella) has moved back home. We have bought our first home in Shelter Bay and are so happy to be near family and the entire Swinomish community. From our home to yours: have a blessed and Happy New Year.



LaVonne (eldest daughter of Chairman Cladoosby), Isabella and Tyler Long and their new home after a recent snowfall.

Five Generations from Chester Cayou, Sr. to Baylee Washington



Baby Baylee in Great-Great-Grandpa Chester Cayou, Sr's arms, Baylee's father Corey Washington, Corey's mother Aurelia Washington on left, and Aurelia's mother, Sophie Bailey on right.



Four Generations

When Hayden John (aka Santa) showed up with his preschool class to sing carols for the elders, it was a "Kodak moment" with 2 great-grandmas there for lunch!

Hayden and his mom Alyse John (in red), Hayden's Grandma Karen John, Great-Grandma Anna Tidrington (Karen's mom), Great Grandma Rosemarie "Posie" Williams (Leon's mom).



And here is Hayden's grandfather, Leon John, just after having his head shaved in honor of (and by) a fellow employee who is fighting cancer.





Why We Commemorate Treaty Day

By Diane Vendiola

Many of you may remember when we had the Swinomish Summer School. I had the distinct challenge of working with the late, great Landy James back then. I helped to teach Swinomish history. One part of our Swinomish history had to do with the written agreement between two (or more) political authorities, also known as a treaty. Boundaries for our Swinomish Reservation were written into the Point Elliott Treaty. Tribal leaders, our ancestors, signed this treaty over 7 generations ago. Grandma Laura Squi Qui Edwards (1890-1990) was a descendant of one of the signers: S'kwai-kwi (1816-1874).

Today, we remember January 21st-23rd, 1855 for a lot of reasons. Among those reasons are:

- Tribal ancestors reserved rights for themselves and their future generations---rights which help preserve some elements of our Indian lifestyle and culture. (These rights were already present for Tribal people residing here before the Treaties; they are not rights that were given to us.)

- Tribal members today exercise and protect their Treaty rights of fishing, hunting and food and/or medicine gathering.

- Acknowledging the treaty is a way to teach our young people the historical and cultural significance of the treaties made between Indian Nations and the U.S. Government.

- Educating the public about how tribes are rebuilding their nations.

- Using the opportunity to strengthen relationships and plan for the future of the tribes.

- The passage of the 1924 Indian Citizenship Act created for Indian people special rights and responsibilities, and a unique relationship with federal and state government in that we have dual citizenship. We are able to vote in both our Indian government elections, and run for office, as well are able to vote in federal and state government elections and run for office.

- 64 million acres (100,000 square miles) were ceded. (For the most part, Indians were willing to sell (having at the time no cultural comprehension of individuals owning land) but they were very unwilling to move out of Puget Sound country.

Siab Si'ahl (Seattle) was the first Tribal Leader to mark his signing the treaty with an X.

But before he signed it he made a

speech to the people.

In 1970, the speech Si'ahl made was actually rewritten and recomposed by a University instructor. His version was written to express environmental ideas from that era. This is a segment from the last paragraph:

"We will ponder your proposition and when we decide we will let you know. But should we accept it, I here and now make this condition that we will not be denied the privilege without molestation of visiting at any time the tombs of our ancestors, friends, and children. Every part of this soil is sacred in the estimation of my people. Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in days long vanished. Even the rocks, which seem to be dumb and dead as they swelter in the sun along the silent shore, thrill with memories of stirring events connected with the lives of my people, and the very dust upon which you now stand responds more lovingly to their footsteps than yours, because it is rich with the blood of our ancestors, and our bare feet are conscious of the sympathetic touch."

**Grandma
Laura
Squi Qui
Edwards**



photo courtesy Swinomish Indian Tribal Community Archive

**"Grandma
Laura
Squi Qui
Edwards
(1890-1990)
was a
descendant
of one of the
signers:
S'kwai-kwi
(1816-1874)"**



Valenzuelas to mark 50th

ANACORTES — Jim and Mary Alice Valenzuela marked their 50th wedding anniversary Friday, Nov. 20, 2009. They celebrated the milestone with a reception in La Conner.

The Valenzuela children are Beatrice Lude of Tucson, Ariz., and James Jr. and his wife Debi Valenzuela of Spokane.

The couple have five grandchildren and five



Jim and Mary Alice Valenzuela in 1959



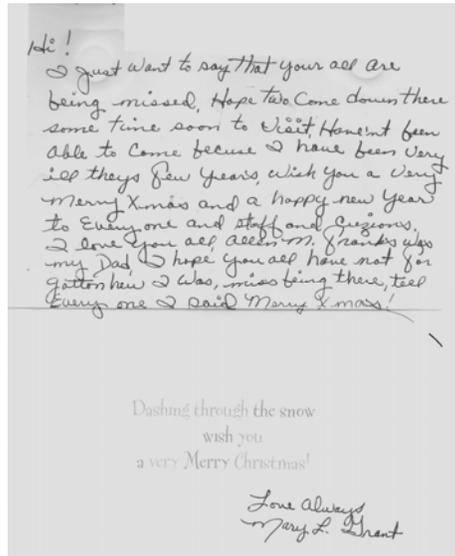
The Valenzuelas now

owners and operators of Bee Bee's Cafe in La Conner.

Jim and Mary Alice Valenzuela were married Nov. 20, 1959, in Coachella, Calif.

great-grandchildren, with "two more in the cooker."

For more than 30 years, Jim worked as a landscaper and Mary Alice was a hairdresser. They are the



Christmas Card from Mary Grant who lives in Lakewood, Washington. Please contact the Kee Yoks office if you would like her address.



Quintasket



Stewart

volleyball and serves as an Associated Student Body representative. Aubrey hopes to attend college after graduating

from high school.

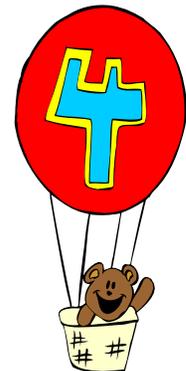
Quintasket is the daughter of Joe and Marlo Quintasket of La Conner. The La Conner High School senior is a cheerleader for wrestling and participates in Leadership Class and Inter-high. She is also active in the Affiliated Tribes of Northwest Indians. Alana plans to become an elementary school teacher.

Aubrey Stewart and Alana Quintasket have been named the Kiwanis Club of La Conner Students of the Month for December.

Stewart, the daughter of Chad Stewart and Jennifer Wilbur of La Conner, is in the eighth grade at La Conner Middle School, where she plays basketball and

Skagit Valley Herald, 12/28/09

Happy 4th Birthday Shawn Sampson on January 6!



YOUTH CENTER

Teen Room

Wednesdays 4:30-5:00 PM

SECOND STEP CLASS

4TH & 5TH grades / snacks & prizes!

taught by Lisa Jacobson

**Domestic Violence Educator
ljacobsen@swinomish.nsn.us**



This Christmas Greeting was sent to Swinomish:



May Christmas joy remain with you to brighten up the new year, too!

*Love Always,
from Judy Stephenin
and Family*

Address: Judy Stephenin
4513 80th St. SW
Tacoma, WA 98409



Make Sure You Get Counted in the 2010 CENSUS!

The Population of the World

“Our population growth has not been particularly even. During the first one hundred thousand years of human history, we averaged around twenty to fifty million people total. . . . we crept up to a few hundred million by the time of Christ, 2000 years ago. Around the time of the Crusades, when the world was, by most definitions, pretty well populated (enough so that we were coming into conflict with one another all over), there were only half a billion of us on the entire planet.

Not long after the American Revolution, we hit our first billion humans on planet Earth (1800).

The second billion didn't take 165,000 years. We doubled our population in just 130 years, hitting 2 billion in 1930. . . . our 4th billion took us only fourteen years to add (1974); our 5th billion, only thirteen years (1987), **and our sixth billion, only twelve years (1999).** ”

From the book *Threshold: The Crisis of Western Culture*, by Thom Hartmann, Viking, 2009



Recycling At Swinomish

The Swinomish Tribal buildings have been recycling for a long time, but there is no residential curbside pick-up, and there are too many recyclables going into the garbage that end up in the landfill.

Where?

The big blue 2-wheeled bins in front of the tribal buildings are for mixed recycling. You can empty bags full of cans and bottles into these, but keep bags out (they mess up the recycling conveyer belts). There are several behind the Planning Department, at the doors of Social Services and the gym, and 2 in front of Northwest Indian College (one of these almost always goes empty, so please fill it up).

Why?

Why waste all that metal, plastic, paper, and glass, when it can be made into something else? Our planet is getting overloaded with garbage. Countries and states are running out of places to dump it, burn it or bury it. The oceans are really filling up with it, too. Plastic is the worst, because it takes hundreds of years to disintegrate. The call to be good stewards of our planet is becoming urgent.

How?

If you want your own bins and curbside pick-up, it costs \$7.40 per month with Waste Management. All you do is call and they set up your account, bring you a bin and add you to the existing route on the reservation. Eventually, you can cut your garbage down to one small can and save money that way.

When?

The truck comes around every other Monday.

Our kids are learning to recycle in child care, preschool and public schools. Advocate teaching them how to be good participators by joining in! It's really easy these days; you no longer have to flatten the cans or remove labels. You can throw metal, glass, paper and plastic all into the same bin, as long as there is no food or garbage in there. To learn more, "google" recycling or come to one of the tribe's recycling meetings. The next one is January 14th in the library of the Social Services Building (if the library is not available, there will be a note on the door to direct you). There is so much talk about "our carbon footprint" these days, and recycling is something anyone can do that will actually make a difference locally.



Happy Birthday to those born in January!

Meza, Julia Ann	1/1	Edwards, Nakesha	1/15
Reid, Melissa Emily	1/2	Rod, Verna A. Alice	1/16
Wilbur Sr., Marvin Casimir	1/2	Morris, Marlene	1/16
Edwards, Jeffrey Michael	1/2	James, Wilbert Daniel	1/17
Eastman, Tashina Luta Winyan	1/3	Damien, Brandon Charles	1/17
Willup, Casey	1/3	Tom, Georginia Annette	1/17
Edwards, Kenneth Wayne	1/3	Mitchell, Todd Andrew	1/18
Bill, Kaliana Deandra Takoda	1/4	Joe Sr., Mark W. Wayne	1/19
Clark, Cora Lynn	1/4	Fornsby, Sheena Elaine	1/19
Cook, Anna Celestine	1/5	Sampson, Ursula Happy	1/19
Bailey, Aurelia	1/5	Cayou Sr., Vincent Louis	1/19
Topaum, Kelly Maelenaalice	1/5	Aleck, Kayla	1/19
Billy Jr., Arthur Roderick	1/6	Cayou-Lockrem, Kellie Rose	1/19
Chagnon, Sarah Lynn	1/6	Jimmy, Terry Joseph	1/19
Sampson, Shawn	1/6	Washington, Carissa Lee Estella	1/19
Wilbur, Jennifer Lynn	1/7	Siddle, Ashlee Irene Jordan	1/20
Lapointe, Collin Jacob	1/7	Dan, John Kennedy	1/20
Edwards, Alethia Ida	1/7	Bates, Faye	1/20
Grossglass, David Vincent	1/8	Cladoosby, Matthew Keith	1/20
Topaum III, Grover Delbert	1/8	Siddle, Julie Ann	1/21
Bobb, Susan Ann	1/8	James, Lewis Keith	1/21
Vink, Desiri Luanne	1/8	Stephenin, Judy	1/21
Cayou, Vernon Keith	1/9	Williams-Egbers, Elizabeth	1/22
Cayou, Alexander Lee	1/9	Barron, Anthony	1/22
Barron, Hector	1/9	Riche, Ronald Peter	1/23
Loomis, Nicholas Paul	1/9	Fernando, Lane David	1/24
Wilbur, James Raymond	1/9	Fisher Jr., Michael	1/24
Bailey, Alfred S. Sam	1/9	James, Bernard Gerald	1/25
Bobb, William Gerald	1/10	Silva, Julian Gerald	1/26
McCoy, Charles Raymond	1/10	McDonald, Abraham Martin	1/27
Bobb, James Lee	1/10	Siddle (mc Coy), Sacheen Augusta	1/27
Bailey, Salena Nicole	1/10	Day Jr., Ronald James	1/28
Jamison, Margaret Elaine	1/11	Kochuten, Divinity Elizabeth	1/28
Martin, Steve Allen	1/11	Clark, Donald Lamar	1/29
Willup, Michael	1/11	Shannacappo, Cara Rea	1/30
Williams, Ronald Owen	1/11	McCoy, Phillip Joseph Henry	1/30
Fornsby, Bonnie Rose	1/12	Edwards, Thomas	1/30
Campbell, Betsey Denise	1/12	Stone, Dylan Leland Patrick	1/31
John, Chad	1/12	Cayou, Ayla Christine	1/31
Manibusan, Cordell Scott	1/13	Nguyen, Amelia Dawn Marie	1/31
Hamburg, Krista Leigh	1/13	George Jr., Robert	1/31
Wilbur, Treyton Arthur Muskwa	1/14		
Edwards, Nakiya	1/15		
Aleck, Lynn Edith	1/15		

Monthly birthdays courtesy of Swinomish Tribal Enrollment



2009 Lexicon

Every year the *New Oxford American Dictionary* prepares for the holidays by making its biggest announcement of the year. This announcement is usually applauded by some and derided by others, and the ongoing conversation it sparks is always a lot of fun.

Without further ado, the 2009 Word of the Year is: **unfriend**.

unfriend – verb – To remove someone as a ‘friend’ on a social networking site such as Facebook.

As in, “I decided to unfriend my roommate on Facebook after we had a fight.”

“It has both currency and potential longevity,” notes Christine Lindberg, Senior Lexicographer for Oxford’s US dictionary program. “In the online social networking context, its meaning is understood, so its adoption as a modern verb form makes this an interesting choice for Word of the Year. Most “un-” prefixed words are adjectives (unacceptable, unpleasant), and there

“Word of the Year: unfriend” (verb) – to remove someone as a ‘friend’ on a social networking site such as Facebook.”

are certainly some familiar “un-” verbs (uncap, unpack), but “unfriend” is different from the norm. It assumes a verb sense of “friend” that is really not used (at least not since maybe the 17th century!). Unfriend has real lex-appeal.”

Wondering what other new words were considered for the *New Oxford American Dictionary* 2009 Word of the Year?

Technology

<http://blog.oup.com>

“hashtag” – a # [hash] sign added to a word or phrase that enables Twitter users to search for tweets (postings on the Twitter site) that contain similarly tagged items and view thematic sets

“intexticated” – distracted because texting on a cellphone while driving a vehicle

“netbook” – a small, very portable laptop computer with limited memory

“paywall” – a way of blocking access to a part of a website which is only available to paying subscribers

“sexting” – the sending of sexually explicit texts and pictures by cellphone

Economy

“freemium” – a business model in which some basic services are provided for free, with the aim of enticing users to pay for additional, premium features or content

“funemployed” – taking advantage of one’s newly unemployed status to have fun or pursue other interests

“zombie bank” – a financial institution whose liabilities are greater than its assets, but which continues to operate because of government support

Politics and Current Affairs

“Ardi” – (*Ardipithecus ramidus*) oldest known hominid, discovered in Ethiopia during the 1990s and announced to the public in 2009

“birther” – a conspiracy theorist who challenges President Obama’s birth certificate

“choice mom” – a person who chooses to be a single mother

“death panel” – a theoretical body that determines which patients deserve to live, when care is rationed

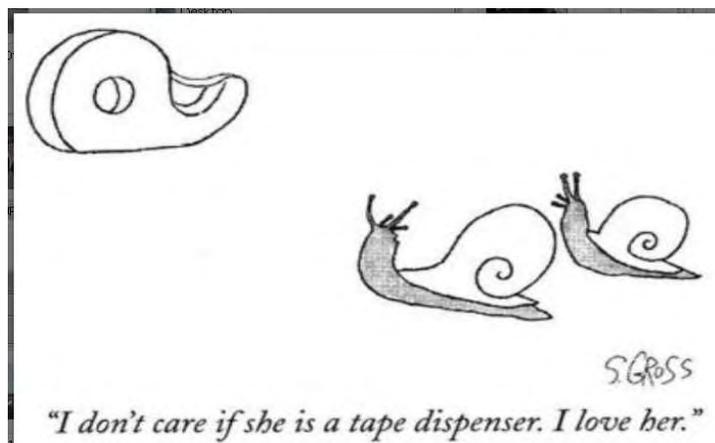
“teabagger” – a person, who protests President Obama’s tax policies and stimulus package, often through local demonstrations known as “Tea Party” protests (in allusion to the Boston Tea Party of 1773)

Environment

“brown state” – a US state that does not have strict environmental regulations

“green state” – a US state that has strict environmental regulations

“ecotown” – a town built and run on eco-friendly principles



Betcha didn't know...

- The Titanic was never christened
- The largest toy distributor in the world is McDonald's
- The raised reflective dots in the middle of highways are called *Botts dots*, after their inventor
- A baby oyster is called a "spat"
- Each year 55,700 people in the U.S. are injured by jewelry
- No matter its size or thickness, no piece of paper can be folded in half more than seven times
- A mule won't sink in quicksand, but a donkey will
- On average, a four-year-old child asks 437 questions a day
- Because of Animal Crackers, many kids - until they reach about age 9 - believe a bear is as tall as a giraffe
- Rod Stewart once worked as a gravedigger
- A dime has 118 ridges around the edge.
- A cat has 32 muscles in each ear.
- A crocodile cannot stick its tongue out.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A group of geese on the ground is a gaggle; a group of geese in the air is a skein.
- A "jiffy" is an actual unit of time for 1/100th of a second.



But wait, there's more!

Signs of the Times:

On a Septic Tank Truck in Oregon:
"Yesterday's Meals on Wheels"

On a Septic Tank Truck sign:
"We're #1 in the #2 business."

Sign over a Gynecologist's Office:
"Dr. Jones, at your cervix."

On a Plumber's truck:
"We repair what your husband fixed."



On a Plumber's truck:
"Don't sleep with a drip. Call your plumber.."

Pizza Shop Slogan:
"7 days without pizza makes one weak."

At a Tire Shop in Milwaukee:
"Invite us to your next blowout."

On a Plastic Surgeon's Office door:
"Hello. Can we pick your nose?"

On an Electrician's truck:
"Let us remove your shorts."
In a Nonsmoking Area:
"If we see smoke, we will assume you are on fire and take appropriate action."!

Power of the mind.

Can you read this note?
It's amazing.

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdgnieg

THE PHAOMNNEHAL PWEOR OF THE HMUAN MNID

Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in

waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the

frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses

and you can sitll raed it wouthit mcuh porbelm. Tihis is bcuseae the huamn mnid

deos not raed ervey lteter by istlef, but the wrod as a wlohe.

On a Maternity Room door:

"Push. Push. Push."

At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."

A highway patrolman pulled alongside a speeding car.



Glancing at the car, he was astounded to see that the woman behind the wheel was knitting.

The trooper cranked down his window and yelled to the driver -- "PULL OVER!"

"NO!" the woman yelled back, "SCARF!"

Free Advertising

Would you like your business card or announcement displayed here?

If you are a Swinomish community member or a local business which our community may be interested in hearing about, feel free to drop off your card at the Swinomish Social Services building in an envelope or mail it to: The Kee Yoks

17337 Reservation Road La Conner, WA 98257
or email: keeyoks@gmail.com

Do you have items for sale, trade or donation?

Write down what the item is, terms of sale, and your contact information addressed to Kee-Yoks and drop off at the Swinomish Social Services building or mail to:

The Kee Yoks
17337 Reservation Road La Conner, WA 98257



Native American

Louis Gobert

Blackfeet Artist

- Earrings (Beaded or made from bone)
 - Chokers, necklaces, key-chains, pens
 - Beaded canes
 - Beaded hoops
- (360) 293-1398 (home #)
(360) 840-1010 (cell #)
(360) 840-3499 (cell #)

LLKreations



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



Frank Campbell

Carvings and Prints for sale
call 360-466-9114

LEGACY SERIES • LIVING TRADITIONS



Weaving Woman



Thunderbird



Otters

JPI / Crabcat Studio
Artisan Designer

Joseph Paul Ilg

NW Coastal Native Art

- Table Tops Wall Art
- Stone Lines
- Ceramic • Glass Tile
- Door Inserts & Sculpture
- Furniture • Gift Lines
- Corporate Art
- Copper Repoussé Garden Art
- Solid Copper, Silver • Gold
- Miniatures & Jewelry Lines
- Made in the Pacific Northwest

Fax: 425-361-2384
Phone: 425-361-2382
crabcat@comcast.net

P.O. Box 15163
Seattle, WA 98115
www.CrabcatStudio.com

OLD. ANCIENT SALISH SPINOLE
MADE IN THE PACIFIC N.W. USA

Mr. Ilg comes around occasionally and prefers faxed orders with his name on the fax. He has watches with the medals for the face in the above three designs. They are very nice! Call for a price list.

For new ads: Please submit to the Kee Yoks by the 15th of the month

Current ads will continue to run indefinitely.



K. Paul Carvings

Kevin B. Paul
Master Carver

17544 Pioneer Parkway
P.O. Box 1147
La Conner, Washington 98257 USA

(360) 540-3906
kpaulcarvings@hotmail.com
http://kpaulcarvings.com

Getting Ready For The Holidays?

If you would like to buy name brand gifts for cheaper than retail stores, and need it before the holidays, birthdays or just because, Go to my website.

WWW.T-B.MYCHOICES.BIZ

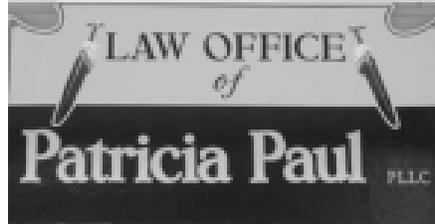
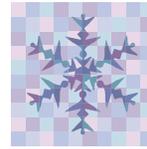
It is Legal, It is reasonable prices, Privacy Guaranteed, Not satisfied with the product, Return it, 100% MONEY BACK GUARANTEE!!! What Retail store can promise that??

WASH STATE CHOICES

WASH STATE CHOICES

Business News

La Conner Law Office Open for Business



Attorney Patricia Paul has opened an office on the La Conner waterfront. The office is located at 610 S. First Suite #5, directly across the street from the Fire Department Museum. This sign hangs at the entrance of a short corridor next to "The Quotation" which leads directly to the door of Pat's office, on the ground floor. An open house reception was held Monday, December 14th. The office has a deck and a view of the Swinomish Channel.

Law Office of Patricia Paul, PLLC

new location

610 S. 1st Street, #5

La Conner, Washington 98257

(360) 230-2369



Patricia Christine Aqimuk Paul, Esq.

Patricia Christine Aqimuk Paul, Esq. (Inupiat); JD, 1998, Seattle University School of Law, Certificate in "Innovations in Governance," JFK School of Government, Harvard University, 2005. Attorney in private practice since 2006, member of the Washington State Bar Association. Lectures on Federal Indian Law in Brazil, Chile, Finland, Guatemala, Mexico, Sweden.

SWINOMISH COMMUNITY THURSDAY AFTERNOON

When you come early and stay late you get a raffle ticket for a \$25.00 gasoline voucher. One voucher is awarded at the end of each group.

A gathering for parents, grandparents, adoptive parents, and foster children of any age.

PARENT GROUP

Starting Thursday January 7th at 3:30 PM in the old daycare room in the Social Services Building.

PROVIDED BY SWINOMISH TRIBAL SERVICES FOR TRIBAL MEMBERS ONLY

- Have effective authority
- Increase safety
- Feel better about your child
- Feel better about your parenting
- All parents deserve support

CALL CHUCK BRETT FOR INFORMATION 360-336-1932



~HAPPY NEW YEAR~
FROM
SWINOMISH HOUSING
AUTHORITY



EXCITING NEWS!
CONNER PLACE
PLAYGROUND PROJECT!

Residents of Conner Place submitted a petition asking for a playground to be built for the children that live in the apartments and need a safe & fun place to play.

The Swinomish Housing Board approved the request and requested that a committee of residents work with Swinomish Housing Authority's Life Skills Counselor Robin Carneen to start meeting about the Conner Place Playground.

If you would like to be on the Conner Place Playground (CPP) committee & volunteer to help with the design & building of the playground, please contact Robin Carneen (360)466-7354



Amerind Risk Management Corporate
Safety Tip : Burning Hazard
Wood stoves are very hazardous to young children for obvious reasons.

Consider installing a screening or children's fence at or around the stove to protect small children.



SAVE \$\$\$\$ & the Earth By RECYCLING!

Call Waste Management to order pick up of



recyclables @ 360-757-8245 . Ask for the \$7.40 per month *recycle* rate!

Mold Prevention: Removing blankets from windows once a day to let heat and air circulate around the window. Use a rag to wipe up moisture on the window sill and frame. Pick up wet clothes and dry them in the clothes dryer or hang them to dry in the open air. Use your fans during and after cooking or bathing. Keep heat and air circulating in all rooms of the house on a regular basis. Call the Swinomish Housing office to request more tips!

FOR AFTER HOUR EMERGENCIES
CALL: 466-4081 or 466-7223
& FOLLOW PHONE INSTRUCTIONS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				RENT 	1 Happy New Year (closed)	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 closed MLK Day	19	20	21	22	23
24 31	25	26	27	28	29	30

Resource of the Month: Salvation Army
(360) 293-6682
3001 R Ave, Suite 100, Anacortes, WA 98221
Provides assistance with payment of electric utility bills. Does not pay natural gas bills. Must have a shut-off notice. Only for Anacortes and La Conner residents.

Distribution Day

It starts the week before Christmas with Distribution Day, when tribe members receive their Christmas gift cards, smoked salmon, a bag of peanuts and candy, and this year, La Conner School sweatshirts for all the secondary students. Pictured is **Dianne Edwards** in a sea of candy bags and (below) with daughter Caroline ready for distribution. Dianne has been in charge of the bags for 32 years, since Grandma Laura Wilbur handed on the job to her. The distribution is held in the Social Services building.



Thank you to all who helped make Distribution Day a success! Mary Ellen Cayou would like to extend a very special thank you to Tabitha Bean with FedEx Lost and Found in Memphis, TN and to Michelle Johnson and Erin George with Key Bank for their extraordinary assistance in assuring that the tribe received the entire gift card shipment in time for the scheduled distribution. Bravo!

As recipients flowed from table to table, they were greeted by members of "CEAG" (see pages 40-41). Group members gave away tote bags, flashlights and other goodies from the Climate Change Initiative.

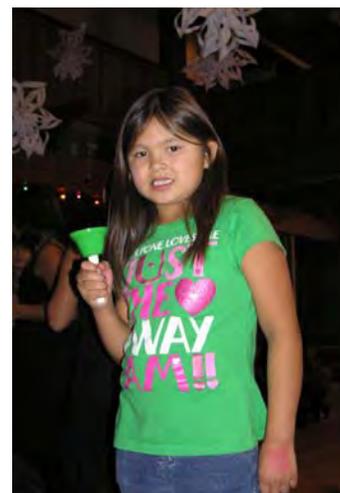


Shelly Vendiola presents Lane Fernando with Climate Change awareness information.



Janie Beasley, Caroline Edwards, Tara Tisdale, Shelly Vendiola, Diane Vendiola (not pictured) and Kevin Paul prepare the information booth.

Swinomish Christmas Eve!



Ashley, Jasmine Cayou, Rylee Williams and Yuanissa Cayou take part in the bell choir.



Brett Cayou and Alex Cayou



Brandy and Joslyn James ready to sing



Jarrette Cayou, Colin LaPointe and Terrance James



Anna Young & Aly John: MCs extraordinaire!



Alex Cayou, Ajay Damien, Katie Bassford, Robert Joe, Jr., Steven Joe, and Chloe Mae Edwards were part of a large choir on stage

“Wrap” contest



Jesse Edwards (and wrapping assistant Cathi Bassford) beats Out Kevin Paul (left with his daughter Kathy), and John LaPointe (at right with helper Michael Vendiola) in the gift wrapping contest!



Chairman Cladosby greets John and Jill

Santa gets hugs from Ivory and Mary



Not quite sure what to think about this guy....

Damian Cruz and Kailan Joe meet Santa for the first

More pictures on pages 46 and 47

Pics will be available at the end of January, so come by the Kee Yoks office if you see your child.





SPOT LIGHT

“We are of the Earth. The Earth is the source of life to be protected, not merely a resource to be exploited.” An excerpt from the “Mystic Lake Declaration created by tribal college educators, grassroots organizers, spiritual and traditional leaders, members and supporters of our Indigenous Nations such as Billy Franks, Jr., Terry Williams, Tom Goldtooth, and Winona LaDuke.

Indigenous peoples from around the world participated at the Global Climate Change Conference in Copenhagen this December where the declaration was presented. Indigenous people went to the global climate negotiations to talk about threats to our cultural survival and the life-threatening impacts of climate change in our communities,” said Thomas-Muller of the Indigenous Environmental Network.

CEAG UPDATE

The Climate Change Education and Awareness Group (CEAG) planned and participated in a series of community holiday events. EPA statistics show that during the holidays, between Halloween and New Years, waste (trash) generation skyrockets.



Members from the group participated in a series of holiday community events. Two events were held, one for elders in collaboration with the Elders Program and one for youth teaming with the Prevention Program and Dorraine Booth. Thank you !!

Diane and Shelly Vendiola gave presentations to offer tips on reducing, reusing and recycling. “I’m impressed with how informed our youth are about materials that can be recycled and reused,” Vendiola said. Holiday gift wrapping bows and gift cards were then made by using magazines, paper bags, old calendars and other recyclable materials.



Photos: S. Vendiola



Photo: Ben Prowless

During the Swinomish Holiday Distribution CEAG members gave gifts and information about the impacts that would occur here as outlined in the Swinomish Climate Change Impact report produced by the tribe’s Planning and Community Development department. This scientific study reveals *potential impacts* such as:

- Sea level rise—disrupts shellfish & beach seining areas
- Fires-threaten forests, homes & buildings
- Warmer waters-destroy salmon habitat
- Warmer summers-may cause heat related illnesses & other diseases

CEAG in collaboration with the Planning and Community Development department is soon planning a series of interviews and/or community meetings to gather information from community members about their concerns, changes they have seen, and ideas for dealing with the impacts.



PROTECT MOTHER EARTH

The Climate Change Education and Awareness Group (CEAG) meets every second Thursday of each month. **Are you interested in protecting mother earth and between the ages of 15-19?** We are looking for two youth leaders to join us. Please contact Shelly Vendiola at msvendiola@gmail.com!

WHAT YOU CAN DO!



- Commit to reducing and recycling
- Save gift bags, boxes, bows & ribbons for reuse next year
- Turn off computers and electricity when not in use
- Use energy saving CFL light bulbs—reduces electric bills
- Use your own bags when going shopping
- Water is sacred ~ don't pollute, keep it clean
- Dispose of toxics, metals, electronics appropriately
- Do not use plastic or Styrofoam - Use your own or reuse!



Much appreciation to Todd Mitchell and the Water Resources Team (Tiffany, Tanisha and Laura) for using real plates and silverware (not paper or plastic) during this years' Clam Bake! Manufacturing plastics contributes to global warming and trees help reduce global warming. Not using plastic and paper products helps. Also, all the food came from local farms, buying local helps too. Congratulations to the Water Resources Team!



For more information on the Climate Change Initiative, please contact:

- Ed Knight, Swinomish Planning & Community Development
360-466-7280 (main office) 360-466-7304 (direct line)
- Shelly Vendiola, CEAG Communications Facilitator (Consultant)
206-280-4079, msvendiola@gmail.com





Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

January 2010

OUR WATERS

Water Quality parameters

Dissolved Oxygen is the amount of oxygen in the water.

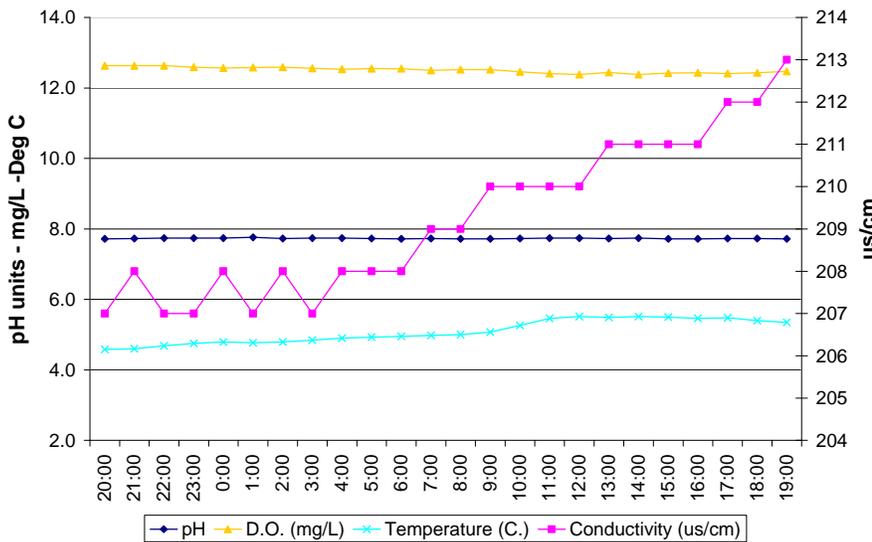
pH is the measure of how acidic or basic the water is. *See chart below.*

Salinity is the concentration of sodium in the water, the stuff that makes table salt.



Environmental Effects	pH Value	Examples
ACIDIC	pH = 0	Battery acid
	pH = 1	Sulfuric acid
	pH = 2	Lemon juice, Vinegar
	pH = 3	Orange juice, Soda
NEUTRAL	pH = 4	Acid rain (4.2-4.4)
	pH = 4.2	All fish die (4.2)
	pH = 4.5	Acidic lake (4.5)
	pH = 5	Bananas (5.0-5.3)
BASIC	pH = 5.5	Frog eggs, tadpoles, crayfish, and mayflies die (5.5)
	pH = 6	Clean rain (5.6)
	pH = 6.5	Healthy lake (6.5)
	pH = 6.8	Milk (6.5-6.8)
	pH = 7	Pure water
	pH = 8	Sea water, Eggs
	pH = 9	Baking soda
	pH = 10	Milk of Magnesia
	pH = 11	Ammonia
	pH = 12	Soapy water
	pH = 13	Bleach
	pH = 14	Liquid drain cleaner

MUN. 2 Jan 27th, 2009



The Water Resources staff deploys water quality probes (pictured above) in several streams on the Reservation. Four times each year these probes are left in the stream for 24 hours to 1 week at a time. Every hour the probe takes a reading which tells us the temperature, DO, pH and salinity of the water. The graph to the left shows water quality parameters for a deployment at Munks Creek in June.



Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

January 2010

POLLUTION AWARENESS

Can You Find These Words?

(Circle each one)

A N O N P O I N T S O U R C E
 N P U L O W I M P A C T I O P
 L T S T N E M I D E S W P R A
 O W A T R N B K C M L E A A C
 N A F D U I Y F F O N U R I S
 O T E W O T E R B W T N I N I
 I E R Y L P M N R G C D A G R
 T R T P O L L U T I O N N A E
 A S I E M S T D W S R I F R X
 V H L S K B W K J U R S L D N
 R E I T C T U A S O I M R E O
 E D Z I P L V O T A W Z H N I
 S E E C M F H I R E D L M S S
 N E R I A N N K G P R H P M O
 O D I D V O C M D J T J E G R
 C T N E M N O R I V N E T R E

- **Nonpoint Source**
- **Runoff**
- **Watershed**
- **Monitoring**
- **Conservation**
- **Environment**
- **Water**
- **Pollution**
- **Low Impact**
- **Rain Gardens**
- **Nutrients**
- **Sediment**
- **Pesticide**
- **Fertilizer**
- **Xeriscape**
- **Riparian**
- **Erosion**



Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

January 2010

TIDE TABLE - FEB '10

for **LONE TREE POINT & SNEE-OOSH,**

Day	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Mon 01		00:21 -1.35 ft	07:07 12.71 ft	13:14 3.46 ft	18:38 10.66 ft		7:39	17:09
Tue 02		01:05 -0.13 ft	07:41 12.77 ft	14:03 2.48 ft	19:40 10.10 ft		7:37	17:10
Wed 03		01:50 1.40 ft	08:16 12.64 ft	14:54 1.68 ft	20:48 9.52 ft		7:35	17:12
Thu 04		02:37 3.09 ft	08:53 12.30 ft	15:47 1.13 ft	22:06 9.04 ft		7:34	17:14
Fri 05		03:28 4.77 ft	09:33 11.74 ft	16:45 0.80 ft	23:44 8.90 ft	Last Quarter	7:33	17:15
Sat 06		04:33 6.23 ft	10:19 11.05 ft	17:46 0.64 ft			7:31	17:17
Sun 07	01:42 9.30 ft	06:09 7.21 ft	11:13 10.36 ft	18:50 0.51 ft			7:30	17:19
Mon 08	03:08 10.03 ft	08:06 7.39 ft	12:17 9.81 ft	19:51 0.36 ft			7:28	17:20
Tue 09	04:03 10.64 ft	09:25 7.04 ft	13:24 9.51 ft	20:45 0.18 ft			7:26	17:22
Wed 10	04:44 11.00 ft	10:16 6.57 ft	14:25 9.46 ft	21:31 0.04 ft			7:25	17:23
Thu 11	05:15 11.14 ft	10:52 6.12 ft	15:16 9.51 ft	22:10 -0.01 ft			7:23	17:25
Fri 12	05:39 11.16 ft	11:22 5.67 ft	16:00 9.59 ft	22:46 0.06 ft			7:22	17:27
Sat 13	05:56 11.17 ft	11:47 5.16 ft	16:41 9.64 ft	23:19 0.30 ft		New Moon	7:20	17:28
Sun 14	06:11 11.24 ft	12:11 4.58 ft	17:21 9.64 ft	23:50 0.72 ft			7:19	17:30
Mon 15	06:29 11.36 ft	12:38 3.90 ft	18:02 9.60 ft				7:17	17:32
Tue 16		00:22 1.34 ft	06:50 11.46 ft	13:08 3.18 ft	18:45 9.52 ft		7:15	17:33
Wed 17		00:55 2.14 ft	07:14 11.49 ft	13:41 2.47 ft	19:31 9.40 ft		7:13	17:35
Thu 18		01:29 3.11 ft	07:40 11.40 ft	14:18 1.83 ft	20:22 9.23 ft		7:11	17:36
Fri 19		02:04 4.19 ft	08:08 11.20 ft	15:00 1.30 ft	21:20 9.02 ft		7:10	17:38
Sat 20		02:43 5.31 ft	08:38 10.92 ft	15:47 0.90 ft	22:30 8.85 ft		7:08	17:40
Sun 21		03:28 6.38 ft	09:13 10.60 ft	16:42 0.56 ft		First Quarter	7:06	17:41
Mon 22	00:03 8.89 ft	04:34 7.29 ft	10:00 10.26 ft	17:45 0.22 ft			7:04	17:43
Tue 23	01:58 9.35 ft	06:16 7.76 ft	11:06 10.01 ft	18:52 -0.23 ft			7:02	17:44
Wed 24	03:08 10.01 ft	07:56 7.55 ft	12:24 9.98 ft	19:55 -0.73 ft			7:01	17:46
Thu 25	03:48 10.62 ft	09:02 6.84 ft	13:38 10.20 ft	20:53 -1.14 ft			6:59	17:48
Fri 26	04:20 11.13 ft	09:51 5.85 ft	14:45 10.55 ft	21:44 -1.29 ft			6:57	17:49
Sat 27	04:49 11.56 ft	10:35 4.67 ft	15:47 10.86 ft	22:32 -1.05 ft			6:55	17:51
Sun 28	05:18 11.92 ft	11:18 3.41 ft	16:46 11.04 ft	23:18 -0.40 ft		Full Moon	6:53	17:52

From the WWW Tide/Current Predictor by Dean Pentcheff (<http://tbone.biol.sc.edu/tide>). WWW Tide/Current Predictor warning. NOT FOR NAVIGATION. This program is furnished in the hope that it will be useful, but WITHOUT ANY WARRANTY; without even the implied warranty of merchantability or fitness for a particular purpose. Do not use this program as a basis for any decisions that could result in harm to people, other organisms, or property. Check these predictions against officially sanctioned tables. Agencies like NOAA exist because there is a need for certifiably correct tide predictions. Do not rely on these predictions if you need guaranteed results. There is NO WAY we can get certified data on a zero budget. We rely on users like you to tell us when something is wrong. Please continue to do so.

CLAM PSP REPORT

LONE TREE—BUTTERS sampled and analyzed for Paralytic Shellfish Poisoning (PSP) on 7/31/09 were found to be SAFE TO EAT.

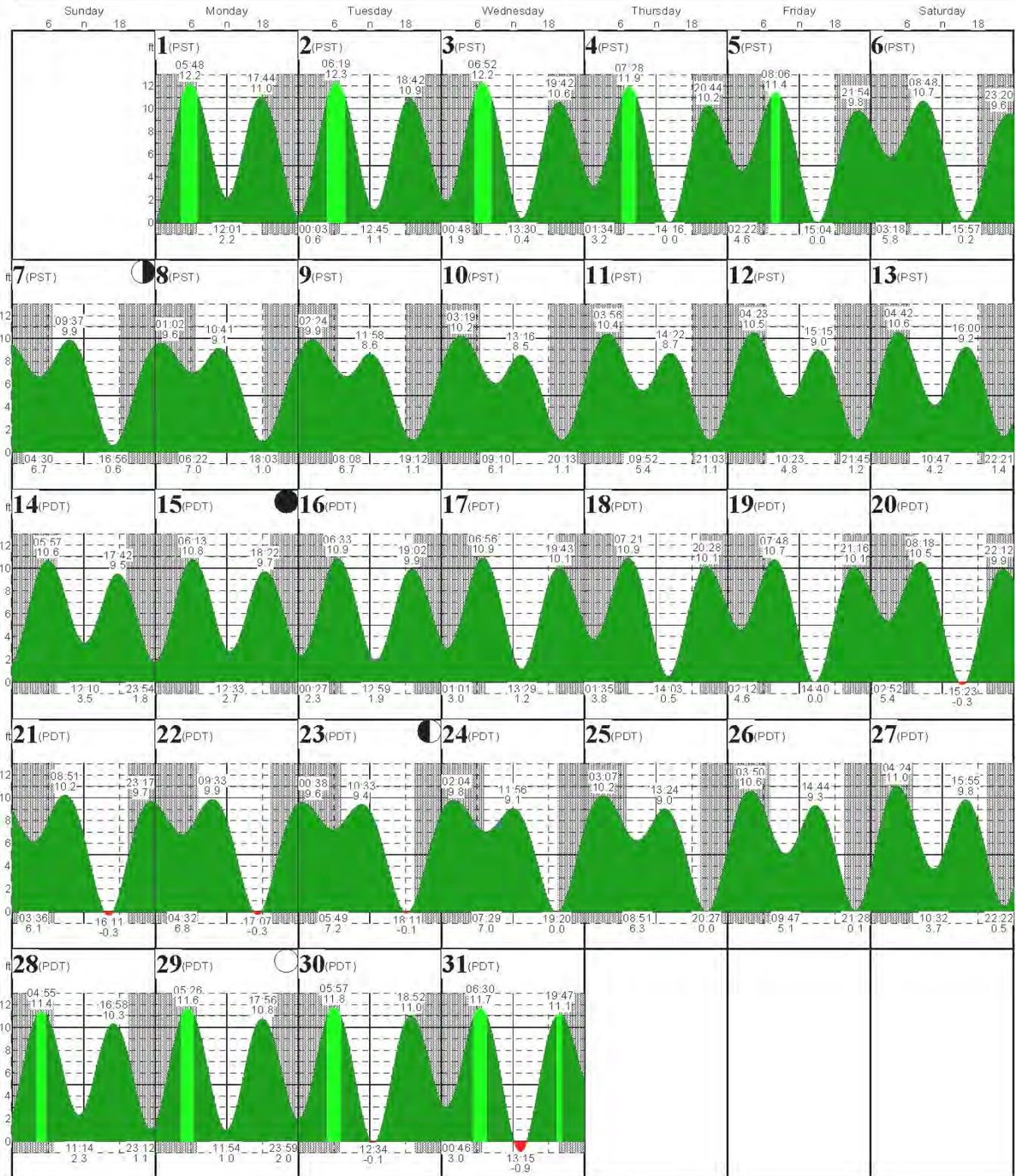


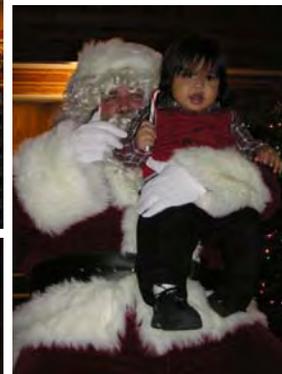
Swinomish Water Resources Program

Swinomish Office of Planning & Community Development
11430 Moorage Way - LaConner, WA 98257 - 360.466.7280

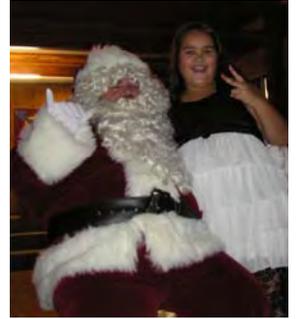
January 2010

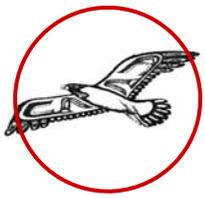
TIDE GRAPH FEB '09 : *LONE TREE POINT & SNEE-OOSH (ft MLLW)*





Photos by Katie Bassford and Ann Smock





Kee Yoks

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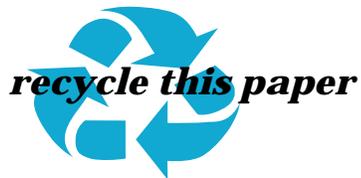
Swinomish Indian Tribal Community

17337 Reservation Road

La Conner, WA 98257

keeyoks@gmail.com

Address label here



OR CURRENT RESIDENT



Swinomish Elders Christmas Luncheon took place December 15, 2009

Front Row; Shirley Cassimere, Diane Vendiola, Edith Bobb, Rosemarie "Posie" Williams

Back Row: Senior Center Director Ivan Willup, Carole Davis, Barbara McCoy, Alfreda Bailey, Joe McCoy, Yoli Queveda, John Cayou, Jr., Gwen Cayou and Phillip Stone.