

VOLUME 44 ISSUE 2

KEE YOKS *Since 1966*

FEBRUARY 2010



An official publication of the
Swinomish Indian Tribal Community

Senate Position Letters: pages
4, 5 and 6

Cover photo by Robin Carneen, SITC
Swans having a "round table" discussion in the fields off
Maple Avenue; perhaps they are electing their officials ,too.



QUYUUS
The
Seagull

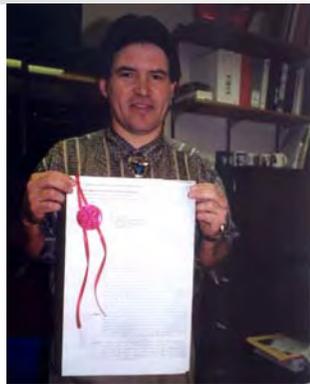
An official publication of the
**Swinomish Indian Tribal
Community**

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



Chairman's Message
Brian Cladoosby

This picture was taken for the front page of the Kee Yoks in about 1998 when Swinomish received its copy of the original Point Elliot Treaty. Treaty Day was January 22, and it is a day we should continue to honor year after year. All the pages of the

original treaty are framed in the Tribal Senate Chambers, as a constant reminder of the work our forefathers have done. I want to thank the Swinomish Smokehouse Organization for keeping our tradition alive by continuing to hold the Treaty Day Pow Wow. It was well attended by many, and the witnesses that were called to speak were from different tribes. The difference this year was that they called young men instead of elders to have them speak about the importance of the Treaty, and each one of them did a great job.

We, as leaders, need to never forget the sacrifice made by our elders, and we will continue to fight for our fishing, hunting and gathering rights. There are many out there who continue to challenge these rights. We need to protect these rights for our future generations.

We have always heard that we must look forward to our 7th generation. It is hard to believe that the kids we have here at Swinomish today *are* the 7th generation from the signing of the Point Elliott Treaty. When the Treaty was signed, it was these children that our Elders were thinking about.

Recently, I was very honored to represent Swinomish at the Governor's State of the State Address. I was asked by Governor Gregoire to give the opening prayer before her address. I can't thank our Creator enough for giving Swinomish this great honor.

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Chairman Brian Cladoosby (at podium) gives the opening prayer for State of the State Address.
Photo by Tyler Long

From the Election Board:

SWINOMISH INDIAN TRIBAL COMMUNITY

NOTICE OF 2010 PRIMARY ELECTION TO BE HELD SUNDAY, FEBRUARY 14, 2010

VOTING HOURS ARE FROM
8:00 A.M. TO 1:00 P.M.

AT THE SOCIAL SERVICES BUILDING

Pursuant to Senate Resolution 2010-01-04

TRIBAL SENATE CANDIDATES FOR PRIMARY ELECTION

Senate Seat 1:

SOPHIE BAILEY (Incumbent)

JOSEPH McCOY

DARLENE PETERS

ANTHONY CLADOOSBY

Senate Seat 2:

M. BRIAN CLADOOSBY (Incumbent)

WILBERT JAMES

PHIL DAN

position letters next page →

THE GENERAL ELECTION TO BE HELD ON SUNDAY MARCH 21, 2010.

STC 2-01.230(A)(1): In a primary election, the first and second place finishers for each Senate Position shall be certified by the Election Board as candidates for the general election.

7. EXPERIENCES ARE NOT ENHANCED THROUGH CRITICISM

Who we are, how we are, what we do, why we continue, flourish with tolerance. The canoe fellows who are grim go one way. The men and women who find the lightest flow may sometimes go slow, but when they arrive they can still sing. And they have gone all over the sea, into the air with the seagulls, under the curve of the wave with the dolphin and down to the whispering shells, under the continental shelf. Withdrawing the blame acknowledges how wonderful a part it all every one of us really is.

Happy Valentine's Day!



UpsideDownDogs.com

Primary Election: Candidate Position Letters: Seat 1



Senate Seat 1

Incumbent

Sophie Bailey

O Siam My Relatives,

It is an honor and a privilege to serve you as your Tribal Senator. If you re-elect me to the Swinomish Senate, I will continue to be the voice for my people. It is important that I stand up for what's right for all Swinomish People. I try to make my decisions based on what is in the best interest past, present and future and what the overall impact will be. Some people may disagree with my direct approach and demeanor; however I believe that everything the Swinomish Senate would stand for is working for the people and protecting their rights. If this is not met, I do speak up. I take pride in providing my voice on behalf of all Swinomish People. Over the past 10 years I have been a part of some great accomplishments. If re-elected, I will continue to encourage economic growth and self-sufficiency for the Swinomish Tribal Community. Our children are our future and we the Senate must continue to focus on making their education and well-being a priority. Many of our elders need moral, physical and financial assistance. We have taken great strides to improve elders programs, and we could continue to provide more for them since they are the ones who laid the foundation for a lot of our successes. Mostly, I am saddened for our fishermen by the continued downfall of our resources. I am sure our parents and grandparents never thought that this day would come. Therefore, we need to continue to protect and preserve what we have and continue to support replenishing all our harvests in whatever way possible. If re-elected, I will continue to be here for you. First and foremost we work for you the Swinomish People.

Respectfully Yours,

Sophie Bailey - Sapelia



Senate Seat 1

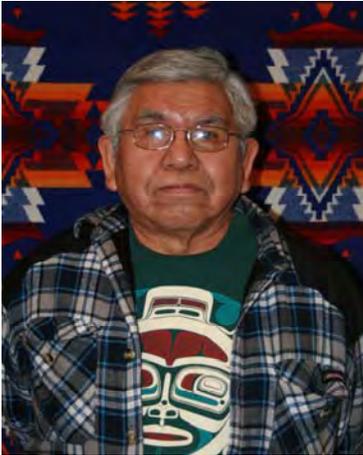
Anthony Cladoosby

Goals and objectives

My service to the Tribal Community started when in early adulthood. It is my belief that all the great leaders of our community were true servants to this community. In my endeavors in all my activities for our tribe have not been for personal gain but for the good of the community as a whole. It my goal to bring this servants heart and attitude to my duties as a Tribal Senator.

- To learn my assigned roles and responsibilities as a Senate member.
- The furthering of the hire ability and employment of all members.
- The housing needs of the tribal members and care and upkeep needs of all properties.
- The education of our members and to bring to an end the drop out rate that now exists.
- Explore for ways to reward the family heads for the students for completion of education.
- The protection of the fisheries and explore for ways to insure a quality market value.
- The protection of all other resources.
- The social needs of the community, and the healing physical, mental, for our community.

Primary Election: Candidate Position Letters: Seat 1



Senate Seat 1

Joseph P. McCoy

Joseph P. McCoy's Goals and Objectives.

If elected into the Swinomish Senate, my goals and objectives are not much different from previous and present senators today. Education is my first concern for our younger generation, many students drop out, how we can help them stay in school and graduate. We need to encourage our younger generation, go to college, graduate with a degree (masters?) and come back to work for our tribe. Our Indian students need to learn more of our tribal cultural teachings, spiritual, Indian language, woodcarving, Salish wood knitting, art, and history of our ancestors, etc. Secondly, Our Swinomish Health Clinic, "they do a very good service for our tribal members," I believe we can open more doors to service all of our community people, especially our tribal employees who have medical/dental coverage, and who have DSHS medical coupons too. Next, is the housing, we need to try to keep up with our growing population, and especially build a center for our homeless people. We need to help our elders too, some may, want to live in a living assistant/retirement center, and many elders cannot afford to live on their own. Therefore, I believe with my experience working for our tribe for over twenty years, a strong cultural person, a prayer warrior, being on tribal committees, and going to Northwest Indian College (Swinomish site), taking class's in Native and Museum Studies, etc., to help our tribe establish a Cultural Department and a Tribal Museum on our reservation. My main goal, use good common sense in the Senate (if elected) to speak for you, make good decisions, help you, be compassionate, be honest, be concerned, and help make a change for you, and to keep diversity in the Senate, as an Elder.



Senate Seat 1

Darlene Peters

Dear Swinomish Tribal Community,

I am asking that you thoughtfully consider me to represent you as a Senator for our Swinomish Tribe. I am excited and prepared to serve as your leader. I am committed to performing the work to further the growth and development of our tribe. On every issue, I will use sound judgment. I will be an active team player, working to build and strengthen strong healthy relationships and community. I am passionate about being a voice for you. I will stand and represent your ideas and concerns. Communicating with you on a regular basis, especially with our elders is of utmost importance. I will be available in person, by phone and email. I believe one person makes a difference and two or more make an even greater difference. When leaders make decisions the question is, "What is best for the good of all?"

Goals & Objectives:

- *Improve and maintain effective communication between senate, staff, and community members*
- *Increase the number of tribal natives employed by Swinomish Tribe*
- *Design and build an Elders Assisted Home Care Living Facility*
- *Develop educational programs to strive for 100% attendance and increase the number of graduates*
- *Design and build an improved docking area and a designated storage area for our fishermen's gear*
- *Design and construct a building shed for Sal-Hal (Stick Game) players*
- *Design and construct a building for providing services such as, haircuts, nails, pedicures, manicures, waxing, massages, coffee, etc.*
- *Design and build a sports complex; swimming, hot tub, roller skating, tennis, rock climbing, weight room, soccer, volley ball, basketball, baseball, etc.*

Thank you for your time and consideration. I am interested in talking with you! Please call 360-466-4920 or send e-mail to dpedwards@wavecable.com

*Peace, Love and Joy,
Darlene Frances Peters (Si-sai-sath)*

Primary Election: Candidate Position Letters: Seat 2



Senate Seat 2

Incumbent

M. Brian Cladoosby

GOALS AND OBJECTIVES BRIAN CLADOOSBY

Goals:

As a Swinomish Senator I am committed to protecting and enhancing the quality of the lives of all tribal members by providing stable tribal government policies and actions that provide all tribal members with a prosperous, healthy and sustainable way of life. I will continue to work with the other Senators to create and provide jobs and housing opportunities for all Tribal members.

Objectives:

- Provide a viable tribal economy and increase jobs for tribal members; Unemployment is an area that we need to continue to address and look at in different ways to make sure tribal members have every opportunity to seek tribal employment
- Address increased housing needs by striving to build new housing and increase financial support services for tribal families by working with the Housing Authority to address those needs and build great affordable homes at Tallawhalt
- Ensure tribal members have sound social, educational and health services by continuing to build upon the great services we have to offer to our members now
- Ensure our tribal hunting and fishing rights are protected for generations and oppose any one who tries to diminish our treaty protected rights
- To respect the responsibility handed down from our ancestors and protect our tribal sovereignty, rights and culture
- Support the Senate with stable government policies and actions that enhance our members lives
- Continue my strong commitment to our tribal members by making sure we provide all the essential governmental services to make our members lives better
- Continue to show the commitment that I have shown to the Swinomish people throughout the years of service on the Swinomish Senate

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PRIMARY ELECTION
TO BE HELD
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**VOTING HOURS ARE FROM 8:00 A.M. TO 1:00 P.M.
AT THE SOCIAL SERVICES BUILDING**

Candidate position letters and pictures appear alphabetically according to last name.

Candidate photos by Wendy Otto, Election Board

Primary Election: Candidate Position Letters: Seat 2



Senate Seat 2
Phil Dan

Phil Dan
 High School Graduate class of 1961
 Attend Clark College two years
 Retired Federal worker with 28 yrs Service
 Retired Army Reservist with 28 yrs of Service
 Retired State worker with 5 yrs of service

We have enjoyed many benefits from the creation of the Northern Light Casino. We also can add the building of the Chevron Gas station has added to the benefits of tribal members. We have a great staff of worker that provide many basic services and needs for our community.

Sadly on the backs of these workers that provide service to the our community ride the benefits of the elite. Some of these benefits are travel and salary increase on a established schedule. We have given out bonuses to our workers while others now work for minimum wage.

We have to provide a work place for our tribal members and we also need to provide a wage that will provide for the needs of their families.

If elected to Senate Seat two, I pledge to uphold the Swinomish Constitution and the established laws.

Phil Dan # 616



Senate Seat 2
Wilbert James

The Election Board will not submit letters to the Kee-Yolks on behalf of those candidates with letters longer than a half-page defined as 300 words. I don't agree with their decision, but I do respect it because it is a decision made by the Swinomish tribal members in charge of the situation.

This is about independent self-determination. We can do this. We have had Swinomish in charge at the casino, as general manager, as housing director, and of the Kee-yolks. I was proud to return the Recreational Director to Swinomish status. General Council passed a challenge rule last year. The Senate should respect and enact General Council resolutions. If there is a job nobody is qualified for then we should contract the work out instead of creating career nonswin employees.

Independent self-determination will require full-time Senators and tribal members not working for the tribe paid to be on committees. We spend money paying people to serve on committees and not do the jobs they were hired for. We can have small business grants and loans for tribal member businesses. Swinomish should be building things around here. I want Swinomish people to have a voice. I'm listening and ready to do what you want. It is your tribe, your casino, your gym, etc.. How many Indians are there left in this tribe? Now is your chance to vote for me; together we can have independent self-determination.

Dr. James 466-8842.

Editor's Notes



Kee Yoks Editor,

Ann Smock

asmock@swinomish.nsn.us

keeyoks@gmail.com

On the Election:

Candidate position letters and pictures appear alphabetically by last name.

Policy: Position letters are accepted only from SITC Election Board and are not edited or altered in any way by the Kee Yoks, as they are photos of the original letters. Direct submissions from candidates are not accepted.

Candidate photos by Wendy Otto, Election Board

Kee Yoks Deadline for the March issue:
FEBRUARY 15th (15th of every month)

On Document Names when sending to Kee Yoks or Annual Report (File Name Protocol) :

1. **DATE in 8 digits** like this: **20100214** ⇨ means 2010, FEB, 14 (if no month or day, just put zeros then underscore "20100000")
2. **DEPARTMENT (or committee) NAME: 20100214_Educ** ⇨ for Education then underscore
3. **CONTENT (abbreviated): 20100214_Educ_PreSchGrads** ⇨ for "Preschool Graduates"

That's it! So easy! Why you ask? Three reasons:

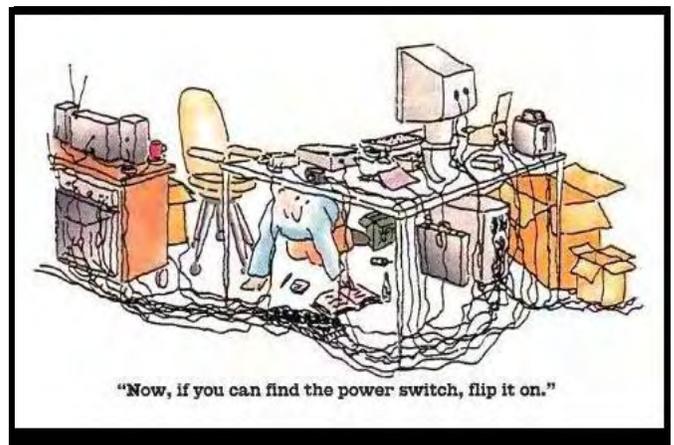
To Find it: Whether stored in our work computers or in the Swinomish Archives, we all need to be able to find stuff easily and quickly. **(No blank spaces or dashes,** because of saving space on computers with all the stuff we store here.)

Organization: It gets really tricky when all the documents that come via email are called "For KeeYoks" or "KeeYoks-Feb." Seeing your department name will help immensely, so thank you very, very much!

One more thing: This protocol applies to all official documents generated by SITC. It's good to get it started now; future (and current) employees will thank us! Your patience is truly appreciated.

On the positive feedback I have been receiving from so many readers of the Kee Yoks:

Thank you all so much! Knowing you're enjoying the paper is what it's all about! Having your contributions, whether in writing, pictures, notes, ideas or suggestions, makes my job wonderful and makes the Kee Yoks even better!



Letters to SITC

Hello this is Mariah. Yahoo!! We made it. I have reached my dead line as of January 12, 2010. My trip to Washington DC was paid in full. Without the help of all of you that donated to all of my fund raisers, the 50/50, the bake sale, the Indian taco sale, and my raffle that we held on Christmas eve. All the cash donations that came in to help me I would not be going to Washington DC. I would like a special thank you to Tanisha Gobert for spreading the word to all of you about all of my fund raisers. I would also like to thank my mom. If it wasn't for her and all of her hard work by putting all of my fund raisers and asking for your donations this wonderful trip would not be happening for me. I would like to thank all of my family that helped my mom to. I love you mom. Thank you all so very much.

Sincerely,
Mariah Clark



The STC gift card came in the mail today. Thank you, and the staff for sending this off, Thank you to STC for the gift to tribal members. Much appreciated!
Happy Holidays,
Lona Wilbur

January 11, 2010

Swinomish Indian Tribal Community
17337 Reservation Rd.
La Conner, WA 98257

To Whom It May Concern:

I received the Key Possibilities Card on 12/21/09 – just in time for Christmas. Thank you very much!

I was hoping to be remembered again by my Swinomish Tribe and was pleasantly surprised to see the amount. Again, thanks.

Congratulations to Brian Cladoosby and other officers and senators for doing such a fine job. Some of us members are wide spread (no pun intended), but are able to keep up with current events on the reservation by reading Kee Yoks. We all wish Frank Dunn good fortune in his new quest and say, "Thanks for a job well done."

The gift card came at a time when I was wondering how I would meet current expenses. So, it meant a lot to a senior citizen on fixed income.

God bless and good fortune to all in the New Year

Sincerely,

Benedict M. Sampson
Benedict M. Sampson
701 Montara Rd. Spc #163
Barstow, CA 92311
(760) 953-0652 (cell)



*Thank you
Kathari*

Thank you, Swinomish Tribal Community for the 2009 Christmas Distribution :
A Special Thank you to all who were involved in distributing these gifts.

*Not
Lona*



MARLEY JOE
Jubia Salvador
Photo Taken by Sabrina Joe
2009 Canoe Journey
'Golden Gardens'
Sabrina Joe

May the next year bring happiness, joy and good health to all.

From the Joe, Canlas and Adams Family.

Yvonne Joe

Laura Joe

Christina Adams

Community News

A New Pastor in the Family

"On December 12, Tyler Long, husband of SITC member LaVonne Cladoosby Long, was ordained as a Seventh-day Adventist minister. This means he is now a licensed, ordained minister. Though he is not working as a pastor or minister at this time, he still has the credentials of one.

Currently, Tyler Long is an associate speaker for a Christian Ministry, Amazing Facts (www.amazingfacts.org). He teaches, in seminar style with power point presentations, the gospel found in the Bible for communities all over the world. This year alone, we as a family will be traveling to California, Iowa, Georgia, and London.

We are excited with this new step in Tyler's ministry. Remember us in your prayers."



(from left) Melanie Long Kabo holding Ben, Steve Long, Tyler Long, Isabella Long, LaVonne Cladoosby Long, Nina and Brian Cladoosby

Congratulations Tyler!

"On behalf of my sister Ernestine (Bobb) Damien, I would like to thank the Chairman Brian Cladoosby and the tribe for helping my sis and her family. Her oldest daughter Deanna Mae Quiroz left behind her Mom Ernestine, sisters, Jill, Betty Jean, Alma, Roberta Jolene, Walter Damien, and eight children. We are grateful for the help and also thank the Lord for answered prayers. Also thank Trudy (Gert) for stepping in on behalf of her big sis... I remain Marjorie (Margaret) Perry."

Deanna's funeral was held January 30th at Our Lady of Mt. Virgin Church in Seattle.

5. WE ALL PULL AND SUPPORT EACH OTHER

Nothing occurs in isolation. When we aren't in the family of a canoe, we are not ready for whatever comes. The family can argue, mock, ignore each other at its worst, but that family will never let itself sink. A canoe that lets itself sink is certainly wiser never to leave the beach. When we know that we are not alone in our actions, we also know we are lifted up by everyone else.

Community News



Lois Fornsby is honored at her retirement reception held in the Swinomish Senate chambers in January.

(left to right) Eric Day, John Stephens, Mary Ellen Cayou, Janet Wilbur, Lois Fornsby, Sophie Bailey

February 16



Happy 5th Birthday Ivory Souryavong ! Lots of Love, Mom (Gertrude), Dad (Tommy), Mary, Della and Jade

Ivory wants to spend his birthday in the mall playing video games, and watching a movie.

LA CONNER HIGH SCHOOL

Anna Cladoosby, a senior (no photo) and Swinomish Tribal Community member, is involved in Inter-high, Knowledge Bowl, Leadership class, choir and children's church. She plans to major in political science, then to law school and become an attorney for the Swinomish community.

Joseph Finkbonner, a senior and Swinomish Tribal Community member, is a leader on the football field, in school and during the summer on tribal canoe journeys when he serves as a skipper. Finkbonner plans a college education as an example to Swinomish tribal members.



Swinomish Senior Center

**SWINOMISH ELDERS LUNCH
FEBRUARY 2010**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1 Tuna Fish Sandwich Lay Chips Veggie Tray/Dip Oranges	2 Chicken & Dumplings Carrots/Celery Fruit Salad	3 Beans & Sausage Rolls Green Salad Peaches	4 Pork Chop Stuffing/Gravy Green Beans Applesauce	5
8 Turkey Cheese Sandwich Split Pea Soup/ Crackers Apple	9 Beef Goulash French Bread Green Salad Pears	10 Spare Ribs Potato Salad/Rolls Baked Beans Watermelon	11 Fish Rice Broccoli & Cauliflower Orange Slices	12
15 President's Day No Service	16 Submarine Sandwich Coleslaw Grapes	17 Eggs & Ham Berry Cobbler Tomato & Cucumber Slices Cantaloupe	18 Meat Chili Cornbread/Crackers Vegetable Tray/Drip Orange Slices	19
22 Roast Beef Sand- wich Vegetable Soup/ Crackers Banana	23 BBQ Chicken Macaroni & Cheese Green Beans Grapes	24 Pepper Steak Rice Pineapple	25 Fish Hash Bread Carrots Fruit Cocktail	26
			Milk will be available at all meals	

March 4th

Elder's Craft Class! We will be making single spiral beaded bracelets. It's fun and easy and you take home a beautiful bracelet!

6. A HUNGRY PERSON HAS NO CHARITY
Always nourish yourself. The bitter person, thinking that sacrifice means self-destruction, shares mostly anger. A paddler who doesn't eat at the feasts doesn't have enough strength to paddle in the morning. Take that sandwich they throw at you at 2.00 A.M.! The gift of who you are only enters the world when you are strong enough to own it.

Dental Clinic



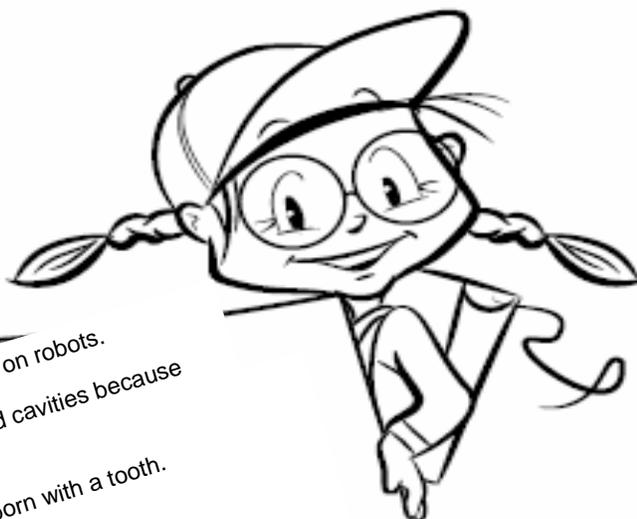
Smile! Your dentist
loves you ♥

Laura Kasayuli
lkasayuli@swinomish.nsn.us



February is National Children's Dental Health Month

Flossy's Big Book of Dental Trivia



- Dental Students in Japan practice on robots.
- Prehistoric kids almost never had cavities because they didn't eat sugar.
- One in every 2,000 babies is born with a tooth.
- Cats have 30 teeth and dogs have 42.
- Close to 3 million miles of dental floss is purchased in the United States every year.
- The Statue of Liberty's mouth is three feet wide.
- An elephant's tooth can weigh more than six pounds!
- Every person has a unique tongue print.
- It takes 17 muscles to smile but 43 to frown.
- Teeth are as unique as fingerprints! Even identical twins have different dental patterns.
- The first electric tooth brush was sold 40 years ago.
- People don't chew up and down; they chew side to side just like cows chew.
- An ape has teeth shaped just like a human's.

Can you find more fun dental facts?
Visit ADA.org and the Dr. Samuel D. Harris
National Museum of Dentistry website,
www.dentalmuseum.org to learn more.

Swinomish Education

Truancy: A Serious Problem for Students, Schools, and Society

Fact Sheet: Truancy Rates and Related Problems

Definition of Truancy

Truancy is traditionally defined as an absence from school that is not excused by the parent/guardian or the school.

When trying to define truancy, it is important to look at two dimensions of absenteeism: missing full days of school and missing some classes, but not others. While many truant students miss numerous full days of school, other students have few full-day absences, but are frequently marked as absent from specific classes.

Factors that Contribute to Truancy:

School Factors:

- School safety
- Attitudes of school staff and fellow students
- Flexibility in meeting students' diverse learning styles
- Failure to successfully notify parents/guardians about each absence
- Lack of consistency and uniformity to attendance and attendance policy within schools and districts

Family Factors:

- Lack of parent supervision and/or guidance
- Poverty
- Substance abuse
- Domestic violence
- Lack of familiarity with school attendance laws
- Varied education priorities

Economic Factors:

- Student employment
- Care-giving for family members
- Single-parent households
- Parents with multiple jobs
- Families that lack affordable transportation and/or child care

Student Factors:

- Substance use
- Limited social and emotional competence
- Mental health problems
- Poor physical health
- Lack of familiarity with school attendance laws
- Teen pregnancy
- Truant friends

From: www.ed.gov

Truancy as a Predictor of Other Problems:

Truancy has been clearly identified as an early warning sign that students are headed for potential delinquent activity, social isolation, or educational failure due to school suspension, expulsion, or dropping out.

Truancy is connected to both lack of commitment to school and low achievement rates, which are clear risk factors for substance abuse, delinquency, teen pregnancy, and school dropout.

High rates of truancy are linked to high rates of daytime criminal activity.

The Financial Impact of Truancy:

Children who are habitually truant are often placed in the custody of social services, which is traumatic for children and their families and expensive for taxpayers.

Schools lose state education funding due to high rates of truancy and dropout since such funding is typically dependent on actual attendance rates.

The financial impact of truancy is passed on to taxpayers through the cost of court time and personnel fees paid to attorneys identified to represent the school in truancy proceedings. There are also additional costs associated with arrest, prosecution, and incarceration when truant students engage in delinquent acts.

Businesses must pay to train uneducated workers. Additionally, businesses and shopping centers in close proximity to schools experience a loss in business due to the number of youth "hanging out."

Many students who are habitually truant end up dropping out of school, and the consequences of dropping out are well documented. For example,

school dropouts:

- Are more likely to be involved in problem behaviors such as delinquency, substance abuse, and teen pregnancy
- Have significantly fewer job prospects
- Make lower salaries
- Are more often unemployed
- Are more likely to be welfare-dependent
- Experience unstable marriages more frequently
- Are more likely to engage in criminal behavior



Director,
Tracy Edwards

towards@swinomish.nsn.us



La Conner School Attendance for December 2009

Elementary 0 Days

Elijah Adams
 Isaiah Adams
 Kaneesha Casey
 Kalona Casey
 Tredamas Casey
 Benjamin Cayou
 Brett Cayou
 Henry Cayou
 Yuanissa Cayou
 Zanetta Cayou
 Boyce Charles
 Ryan Charles
 Tyler Day
 Cynthia George
 Merissa George
 Chad John
 Joreen McDonald
 Arianna Murchison
 Blaine Navasie
 Michael Paul
 Briana Porter
 Elijah Porter
 Daniel Rapada
 Alicia Topaum
 Grover Topaum
 Cheyenne Weatherby
 Jeremiah Williams
 Lanita Williams
 Rylee Williams
 Demonte Wolf-John

Elementary 1-2 days

Arjuna Adams
 Krista Bailey
 Allen Bill

Alexis Bobb
 Jasmine Cayou
 Cora Clark
 Logan James
 Sydney James
 Emily Jimmy
 Terry Jimmy
 George Clark
 Jean Clark
 Ajay Damien
 Dakota Damien
 Raven Edwards
 Terrence Fornsby
 Darren George
 Cincerrae Grossglass
 Hannah Grossglass
 Haley James
 Isiah James
 Zebediah Joe
 Jordan Johnston
 Quentin Kaubin
 Charlie McCoy
 Scottie Miller
 Mary Lou Page
 Claudia Parker
 Jeanette Quintasket
 Troy Sampson
 Alex Stewart
 Hunter Williams

Middle School

Cillastina Edge 0 days
William Hunt 0 days
Breana Sampson 0 days

Lavannah Shongutsie 0 days
Darrell Williams 0 days
 Siomi Bobb 1 day
 Thomas Day 1 day
 Isaias Guzman 1 day
 Wil James 1.5 days
 Jarrette Cayou 2 days
 Matthew Damien 2 days
 Carol John 2 days
 Danika McCoy 2 days
 Olivia Cayou 2 days
 Cassandra Salas-Sam 2 days
 Kiana Williams 2 days
 Corrina Kaubin 3 days
 Collin LaPointe 3 days
 Aubrey Stewart 3 days
 Austin Stewart 3 days
 Asiah Gonzalez 3.5 days
 Ashlee Siddle 3.5 days
 Brendon Kasayuli 4 days
 Courtney Finkbonner 4 days
 Alex Cayou 5 days
 Mariah Clark 5 days
 Cordell Manibusan 5 days

High school 0 Days

General Cayou
Leila Clark
Lanessa Edwards
Joseph Finkbonner
Aiyana Guzman
Clarissa James

Jamall James
Landelin James
Taysha James
Alana Quintasket
Dianne Quintasket
Garrett Wilbur
Michael Wilbur
Sheldon Williams

High School 1-2 Days

Kayla Aleck
 Samantha Bobb
 Anna Cladoosby
 Crystal Clark
 Alma Edwards
 Hilary Edwards
 Shaelene Edwards
 Hi Finkbonner
 Bonnie Fornsby
 Tonya Jimmy
 Andy John
 Robert Johnny
 Christian Johnston
 Olivia Qumawunu
 Breeana Sampson
 Martin Sampson
 Sarah Scott
 Natasha Yakanak

January attendance will appear in the March issue, February attendance in the April issue....and so on.

<p>Here is the November Middle School List (was not available for January issue)</p> <p>Siomi Bobb 1 days Alex Cayou 5 days Jarrette Cayou 2 days Olivia Cayou 2 days Mariah Clark 5 days Matthew Damien 2 days</p>	<p>Thomas Day 1 day Cillastina Edge 0 days Courtney Finkbonner 4 days Asiah Gonzalez 3.5 days Isaias Guzman 1 day William Hunt 0 days Logan James 1day Sydney James 1 day Wil James 1.5 days</p>	<p>Emily Jimmy 1 day Terry Jimmy 1day Carol John 2 days Brendon Kasayuli 4 days Corrina Kaubin 3 days Collin LaPointe 3 days Cordell Manibusan 5 days Danika McCoy 2 days Cassandra Salas-Sam 2 days</p>	<p>Breeana Sampson 0 days Lavannah Shongutsie 0 days Ashlee Siddle 3.5 days Aubrey Stewart 3 days Austin Stewart 3 days Darrell Williams 0 days Kiana Williams 2 days and High School: Landy James 0 days</p>
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Northwest Indian College @ Swinomish



Site Manager
Gaylene Gobert
ggobert@nwic.edu

Winter Quarter 2010 is off to a great start!! Our student count is up! We are seeing more students coming to college. Our NWIC/Swinomish site is continuing to grow! We hope to get a garden going soon.

If you are interested in attending NWIC, Spring Quarter will begin April 6th. Now is the time to complete your Admission packet, Financial Aid Data Sheet, FAFSA, and the Compass Placement test.

The Excel Workshop is going on it's second week of class. So far, there are 17 students registered for this . class. It began on January 11th and will end on March 25th. Students are encouraged to learn on their own laptops if possible.

The Art 103 class with Benjamin Jojola has six students in his class. It is called the Appreciation of American Indian Art.

Sally Connor, teaches English 100, Basic Writing. She has five students in the class. Spring Quarter she will teach the next level of English, which is ENGL 101.

Our current students will be gearing up for the AIHEC Conference, which is going to be in Phoenix, Arizona in March. They are going to be competing against other tribal colleges in the Speech competition and the Knowledge Bowl. There will be more information in the next issue of the Keeyoks.



Northwest Indian College @ Swinomish

Located at Tallawhalt Lane on the Swinomish Reservation

360-466-4380

Winter Quarter now in session

Is there anyone in the Swinomish community that would be interested in the **“100 Ton”**

Masters Program?

There are 8 positions left to fill. This program It is for fishermen who want to drive the "BIG" ships/boats.

There is a fee of \$1200 early registration and a \$1300 late registration fee with Zenith Maritime.

Please call for details.

ABE/GED

There will soon be a new GED instructor in the GED room at NWIC @ Swinomish. If you are working on your GED, the classroom is still available for independent study time. There are students who are attending college who can answer questions or provide tutoring between their classes. You are encouraged to attend Marvin Cladoosby's math prep class, which covers all the basics, and Sally Conner's English class which is also GED appropriate.

The GED will be changing in 2011, so if you've started testing, finish up this year!! All scores will be wiped off the data base, and you'll have to start over after the change. The testing schedule for Skagit Valley College is posted on the door of the GED office and can also be found on the SVC website. You do not need an appointment, but if you've never tested, you will need to attend a short orientation and pay your \$75.00 (one time) fee.



9. A GOOD TEACHER ALLOWS THE STUDENT TO LEARN

We can berate each other, try to force each other to understand, or we can allow each paddler to gain awareness through the ongoing journey. Nothing sustains us like that sense of potential that we can deal with things. Each paddler learns to deal with the person in front, the person behind, the water, the air, the energy; the blessing of the eagle.



Swinomish PreSchool bulletin board

Do You Know the 10 Rules of a Coast Salish Family Canoe?

All "Ten Rules" are within the pages of this month's Kee Yoks. Can you find all 10?

1. _____
2. _____
3. _____
4. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Need help? There's a list of the page numbers where the rules can be found on page 32. Have Fun! Hoyt!

The Ten Rules of the Canoe were developed by the Quileute Canoe contingent for a Northwest Experimental Education Conference in 1990. They can be found at: <http://tribaljournays.wordpress.com/10-canoe-rules/>

Swinomish Community Archives

Swinomish Trivial Pursuit

In 1982 a game debuted that some may remember. *Trivial Pursuit* allowed players to test their recollection of trivia, which means "little known facts," by correctly answering questions such as "What's the largest diamond in the world?" [Answer: A baseball diamond], or "What date keeps Los Vegas wedding parlors the busiest?" [Answer: February 14.] Well, Swinomish has plenty of little-known facts of its own that will periodically appear in the Kee Yoks from time to time: bits and pieces of the past to inform the present and pass onto the future.

Question: What U. S. President adopted Swinomish as his middle name?

On November 26, 1955, former president Harry S. Truman attended a fundraising dinner in Seattle. Not only did he pick up \$15,000 towards the \$1,750,000 building to house his presidential papers in Independence, Missouri, he also replaced his "useless middle initial" with something much better.

"From the powers given me by my tribe, the S in the name of Harry S. Truman shall from now on stand for Swinomish."

Chief Martin Sampson 1955

Swinomish tribal member Martin Sampson, who spoke prior to the president, noted that Truman's middle initial stood for nothing, and went on to state the following, "From the powers given me by my tribe, the S in the name of Harry S. Truman shall from now on stand for Swinomish."

Truman stood to acknowledge this rare honor and spoke these words: "I accept the middle name given me

by Chief Sampson. You know, my parents never could agree on a middle name. So, because both grandparents names began with S, they just gave me the initial. Now I've got a middle name."

The overflow crowd of 600 people went on to roar its approval and the event was covered not only by local newspapers such as the *Bellingham Herald*,

but it was also picked up by the *New York Times*.

Just a joke? The Truman Presidential Library in Independence, Missouri, holds a copy of the letter that Truman personally wrote Sampson on December 6, 1955, thanking him for his new middle name. And, on May 28, 1956, *Time Magazine* reported on Truman's trip to Europe as follows:

"Landing in France, Tourist Harry S. (for Swinomish) Truman, on his first trip to Europe since 1945 and Potsdam, was soon strolling the streets of Gay Paree, swinging his cane in best boulevardier style, his jauntiness cramped only by a sprained ankle. Before leaving Independence, explained Truman, "I was getting some bags down the stairs and stumbled. But it was 7 o'clock in the morning, so nobody can accuse me of anything."

NEW YORK TIMES, S

'S' Is for Swinomish, Big Chief Tells Truman

SEATTLE, Nov. 26 (AP) — Harry S. Truman got a middle name tonight and \$15,000 toward a fund for a building to house his Presidential papers.

The middle name was conferred by Martin J. Sampson, 67-year-old chief of the Swinomish Indian Tribe, whose brief speech preceded the former President's.

"From the powers given me by my tribe," he said after noting that the middle initial S in Mr. Truman's name was an initial only, "the S in the name of Harry S. Truman shall from now on stand for 'Swinomish.'"

Mr. Truman ended his brief off-the-cuff speech at the \$25-a-plate fund-raising dinner with the genial declaration:

"I accept the middle name given me by Chief Sampson. You know, my parents never could agree on a middle name. So, because both my grandfathers' names began with S, they just gave me the initial. Now, I've got a middle name."

The overflow crowd of 600 persons roared its approval.



Theresa Trebon

ttrebon@swinomish.nsn.us

Visiting Truman Gets Middle Name From Swinomish

SEATTLE (AP) — Harry Truman got a middle name Saturday night to replace a useless initial and \$15,000 toward the fund for a building to house his presidential papers. The middle name was conferred upon him by Chief Martin J.



HARRY S. TRUMAN
S is for Swinomish

Sampson, 67-year-old chief of the Swinomish Indian tribe, who spoke briefly ahead of the former President.

"From the powers given me by my tribe," he said after noting that the middle initial "S" in Truman's name stands for nothing, "the S in the name of Harry S. Truman shall from now on stand for 'Swinomish.'"

Truman concluded his brief off-the-cuff speech at the \$25-a-plate fund-raising dinner with the genial declaration:

COULDN'T AGREE

"I accept the middle name given me by Chief Sampson. You know, my parents never could agree on a middle name. So, because both my grandfathers' names began with S, they just gave me the initial. Now, I've got a middle name."

The overflow crowd of 600 persons roared its approval.

The former President generally adhered to his announced intention of making a non-political speech touching upon politics only briefly and in a light vein most of the time.

He spoke of the need for the \$1,750,000 library to be built at Independence, Mo., "to house the papers accumulated by the government during one of its most criti-



Register Now for the
Inter-Tribal Native Language Conference
Celebrating Salish 2010
Wednesday, March 10 - Friday, March 12, 2010
at Northern Quest Resort Casino



Featuring:

Salish Storytelling and Keynote Addresses by Fluent Speakers
 Workshops for Teachers, Learners, and Leaders
 Storytelling Theater Workshop for Youth
 Thursday Gala Dinner and Performance
 Wednesday Evening Reception and Performance
 Breakfasts and Lunches for Registered Attendees

Conference Sponsors:

The Center for Interior Salish

For more information contact:

JR Bluff, Kalispel Tribe- jrbluff@kalispeltribe.com 509-447-7294

Chris Parkin, The Center for Interior Salish- cparkin@interiorsalish.com 509-981-7276

**Pathways for Native Students
 A Conference on Current Issues and Approaches
 in Washington Colleges & Universities**

February 17-18, 2010

Doubletree SeaTac Hotel Seattle, Washington



We invite you to participate in our conference.

This conference will explore the challenges and many ways of engaging the resources of our institutions to serve Native American students. The conference is built around a new report on what more than forty Washington colleges and universities are doing to serve Native students. The program features best practices, model programs, and policies and practices to promote student access and student success.

We are grateful for the generous support of the Bill and Melinda Gates Foundation and Lumina Foundation for Education.

Additional conference sponsors include:

- Central Washington University
- Eastern Washington University
- University of Washington
- Washington State University
- Western Washington University
- The Governor's Office of Indian Affairs
- The State Board for Community & Technical Colleges
- Indian Education Office, Office of the Superintendent of Public Instruction

Do you own a business?

Are you interested in starting a business?

Business Planning Workshop Feb. 16th 10:00 – 11:30AM

Being a business owner can offer many benefits; the freedom to be your own boss, personal satisfaction of accomplishment, financial security, and a challenge for those that strive to compete.

The Native American Entrepreneurial Outreach Program offers **FREE** confidential personalized business counseling services to start-up and existing businesses. Whether you are looking for financing or just want to talk about your business we can help!

We can help you develop a game plan that will allow you to put your business idea down on paper which can then serve as a business plan and a road map to starting your business or improving the performance of an existing business. The business plan is a written document that clearly defines the goals of a business and outlines the methods for achieving them.

The odds of your business succeeding increase tremendously when you have a clear vision of what you want out of your business and where you want your business to take you.

Services are provided through the Center for Economic Vitality located at Western Washington University. For more information please contact **Brian Porter at 360-466-7232**



Can't wait for the workshop? Have burning questions now?

Call James McCafferty at 360-733-4014



Officer Gary Grabill

Domestic Violence

What happens when I call 911?

Domestic violence nearly always involves a complex set of issues and concerns for all persons involved. Very often, the victims of Domestic Violence are afraid to call the police for any one of a number of reasons. In many instances, victims are afraid of angering their abuser and are fearful of retaliation. Other times victims are worried police will not believe them or might, "take sides" based on past police contact. Often there exists concerns over loss of family income, fear of CPS or ICW involvement, not to mention the simple intimidation of picking up the phone and dialing 911. The purpose of this article is to perhaps ease some concerns or fears.

So what happens when police are called?

Both the police dispatchers and police officers are aware of the complexities and dangers of Domestic Violence incidents. The initial call to 911 connects you to a dispatcher who will attempt to quickly gather as much information as possible to relay to responding officers. You will be asked a series of questions such as: who you are, who is your attacker, is the incident on-going or has it stopped, are there weapons in the house, have they been used, are you and/or your attacker under the influence of alcohol or drugs, are there children present, and are you

Domestic Violence incidents are dangerous not only for the victim, but also the responding police officers. Across the nation, scores of police officers are injured responding to Domestic Violence calls. Domestic Violence incidents are normally highly-charged emotional events. Your own emotions might well be rapidly shifting from enraged, to feelings of fear and helplessness, and then back again. Dispatchers and officers are aware of this and take many steps to not only protect you, but to respond, *as safely as*



possible. Your safety is the number one concern and everything police do, is with this goal in mind. We ask you to keep in mind that information is critical in determining how we will respond, so please be patient with the dispatchers while they gather information.

When police arrive, our first priority is to defuse the tension as much as possible. Very often when we arrive at a residence, the arguments are still raging. We cannot do anything with everyone yelling at each other, and very often at us. We will immediately check for injuries and have Aid respond if needed. We will be checking for weapons and continuing threats to your safety and our own.

Most likely, the officers will separate everyone involved while attempting to determine what happened. Normally, an officer will make a quick scan of the residence checking for other persons involved or possibly injured. Police officers are impartial, and don't take sides. It is important for you to explain what occurred as clearly as you can. Officers understand you are likely to be upset, and often impatient with our questions, but they are important. Police will need to speak with any witnesses. If there are children present, we will ask to speak with them as well. Officers will take notice of injuries and will photograph these.



injured? Often times the victim of Domestic Violence becomes angry with dispatchers for asking so many questions. Don't be; these are important questions and will largely determine how police will respond to your location.

(photo: Skagit 911 Call Center, Mt. Vernon, WA)

You will be asked to sign a medical release waiver allowing police to view records of any treatment you may receive. These records will be useful in any follow up investigation. Officers will also make note of and photograph any damage to the residence or to personal belongings.

If it is determined an assault has occurred, an arrest will be made. The attacker will be booked into the Skagit County Jail for a minimum of twenty four hours and will have a Domestic Violence No-Contact Order issued, barring them from contacting you. At the time of arrest, police issue a temporary order that will remain in effect until modified, terminated or made permanent by a judge. Your attacker is to have absolutely no contact with you by any means and a violation of the order will result in an immediate second arrest.

The Swinomish Tribal Community has recently been awarded a generous grant through the United States Dept. of Justice allowing us to provide assistance on a level not

possible before. Domestic Violence incidents are dynamic and emotionally charged events. We now are fortunate enough to have persons skilled in the prevention of Domestic Violence incidents as well as being there to assist you after. Prior to leaving your residence, police will provide you with information regarding these resources and how to make contact with them. These are available to you at no cost and are organizations staffed with people who's only purpose is to help you in whatever way they can.

On behalf of Chief Schlicker, thank you for your time and hopefully we have been able to answer some commonly asked questions.

There is no excuse for Domestic Abuse



Two New Police Officers Sworn In

The Swinomish Police Departments welcomed two new police officers in January. Officers Earl Cowan and Mike Boehmer were sworn in by Leon John, Chairman of the Law and Order Committee, January 12, 2010. The swearing-in took place in the Swinomish Police Department's Training Facility.

(right) Officer Cowan is sworn in by Leon John. Earl is from Orlando, Florida where he met his fiancé who is from Washington and is an RN in Issaquah.

(below) Officer Boehmer is sworn in by Leon John. Chief Schlicker is on left. Mike was raised in Minnesota, traveled here with a friend and decided to stay.



Officer Earl Cowan



Officer Mike Boehmer



Medical Clinic

Cheryl Rasar, Director crasar@swinomish.nsn.us



Our Prescription 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 RFILL 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.



Dr. Barbara Clure

Fitness Center

Colleen Mavar cmavar@swinomish.nsn.us



Find the Right Running Shoe

When buying gear, new runners should focus on their shoes. "Appropriate footwear is the number one investment a beginner should make," says Diane Proud, running and triathlon pro at the Cooper Fitness Center in Dallas. Good sneakers typically cost around \$80 to \$100, but its money well spent. By

design, these shoes help your body deal with the repeated impact of running. Indeed, in 2005 the American Orthopedic Foot & Ankle Society surveyed 1,200 runners and found that almost two-thirds of them had injuries -- such as tendonitis, blisters, and arch pain -- related to inappropriate footwear.

To get properly laced up, Proud recommends a visit to a running shoe specialty store. "Don't go to Shoes R Us," she says. "They might sell shoes at a great discount, but the staff is usually not trained properly." Specialty store employees know how to assess your foot to determine your individual biomechanics.

Most running shoes fall into three categories. To determine which type

you need, conduct the "wet test" before you shop, says J. Chris Coetzee, M.D., a foot and ankle surgeon in Minneapolis who also has run 27 marathons. The next time you step out of the shower, look at the footprints you leave on the bathmat. If your foot shape is full with very little curve on the inside edge, you're probably an overpronator -- your foot rolls in too far, stressing your ankles -- and you need a motion-control shoe, which has a wide, extra-rigid sole to prevent rolling. If your footprint features a deep curve on the inside edge, you probably have high arches. Your feet don't absorb impact very well, putting you at risk for ankle and knee pain. Look for a cushioned shoe, designed to minimize the pounding. Finally, a normal, or neutral, footprint will have a moderate curve on the inside edge, cutting in about one-third of the width of the foot. This foot-type rolls in just enough to absorb impact when it strikes the ground. Neutral runners can choose a stability shoe, which offers cushioning in the fore-foot and support in the heel, but Coetzee says these runners also do well in a cushioned shoe.

Choose a size that gives you at least a thumb's-width between your toes and the end of the shoe, and shop at the end of the day, when your feet are at their biggest. Take a quick jog around the store before you buy; running shoes should be instantly comfortable, Coetzee says.

Are you an overpronator? If so, you may need a motion control shoe.



February is Heart Healthy Month

So, we're going to try something new for February. You can schedule a special nurse appointment for a heart healthy screen every Wednesday morning from 8:00 to 11:00.

Who: Anyone eligible to be seen at the clinic.

What: A fasting cholesterol and glucose blood test
A blood pressure check with optional height, weight, and BMI

Appointments will be scheduled, so you can remember to not eat or drink for 8 hours before you come in.) You'll be in and out quicker than you know it (about 20 minutes).

Where: The Swinomish Health Clinic

When: February 3rd, 10th, 17th, and 24th (every Wed. 8:00-11:00)

Why: So you can know how healthy your heart is

How: Call **466-3167** to schedule an appointment for one of these limited screening slots.

This will be a nurse visit only for the tests above. If you need to discuss results with a provider, you will have to schedule a follow-up appointment.



Smoking Cessation

Edwin A. Melendez II

Swinomish Indian Tribal Medical Clinic

emelendez@swinomish.nsn.us



Tobacco and the Community

Part 1

By

Edwin A. Melendez II

The history of tobacco has had an interesting journey through history. Since the times of Christopher Columbus tobacco has been both villainized as a terrible drug that only kills, or hailed as a miracle cure for many illnesses. It has been banned in many countries in the past. Some countries sentenced you to death if you used tobacco in private or in public. Other countries restricted its use to only private locations and you had to be alone to smoke it. Still again, other countries promoted its growth and sale. Governments that date as far back as the 1700s were concerned about the possible health issues involved with smoking tobacco. Its addictive power was already noticed even in these periods.

Tobacco has been used for different reasons. It can be used to wake you up or calm you down. Many use it more in cold weather. Many use it while drinking and socializing. In Native American/Alaskan Indian history it was used only ceremonially. Some tribal

communities did not even smoke tobacco in the past. What about our tribal community? Was tobacco a part of the Swinomish Indian Tribal Community history in the past? How should we view ceremonial tobacco use? Is ceremonial tobacco the same as commercial tobacco? How dangerous is commercial tobacco to our health and to the health of those around us? What do we do if we want to quit smoking but find it hard to do so?

In talking with key members of the Swinomish Indian Tribal Community, I have found that this community has never used tobacco ceremonially. There are members from other tribal communities here that do use ceremonial tobacco, but when it comes to the Swinomish Indian Tribal Community, I have been taught that there is no ceremonial use of tobacco. The history of tobacco within other Native American/Alaskan Indian Tribal communities has shown a great and deep respect for tobacco. Abuses of tobacco within these communities were frowned upon. I recently talked with Medicine Bear, and he gave me insight into the use of tobacco in his community. He shared with me that his community used tobacco only for sacred purposes. He and the others in his community taught the younger ones the importance of not abusing tobacco, and to only use it for sacred reasons. There was a clear line drawn between sacred use and abuse.

Some tribal communities did not even smoke tobacco in the past. What about our tribal community? Was tobacco a part of the Swinomish Indian Tribal Community history?



What is the difference between tobacco and commercial tobacco? There are about 4000 differences. There are close to 4000 chemicals in commercial cigarettes. Please look at the illustration to see what some of those chemicals are. Commercial tobacco includes the use of over 60 chemicals that cause cancer. Some of the chemicals used are designed to intensify or magnify the addicting qualities of the tobacco. So, how dangerous is commercial tobacco to our health and to the health of those around us? In the next part of this 3 part series I will discuss the health problems that commercial tobacco

Social Services

Janet will advocate for you in situations such as school meetings, court hearings, DSHS meetings, medical issues, and such.

She is also Attendance Officer for the La Conner School District.

office: 466-7300

cell: 391-3431

She can help connect you with resources if you need various types of assistance.

Her office is located on the main floor of Social Services (by elevator)

Life Skills



Janet Wilbur

Charles

jwilbur@swinomish.

nsn.us

Family Services

Sophie Bailey and Tracey Parker

sbailey@swinomish.nsn.us

tparker@swinomish.nsn.us



2. THERE IS TO BE NO ABUSE OF SELF OR OTHERS

Respect and trust cannot exist in anger. It has to be thrown overboard, so the sea can cleanse it. It has to be washed off the hands and cast into the air, so the stars can take care of it. We always look back at the shallows we pulled through, amazed at how powerful we thought those dangers were.

Swinomish WIC Nutrition Program

Michelle Skidmore mskidmore@swinomish.nsn.us

Struggling to feed a young family? Let us help provide healthy foods.

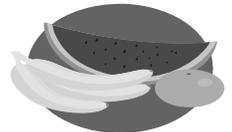


Children and women with a medical coupon qualify regardless of family income



Swinomish WIC Nutrition Program

Open to pregnant & postpartum women, and all children from birth to age 5.



Washington WIC does not discriminate.



Wellness Program



Director, Heather Bryson hbryson@swinomish.nsn.us

Swinomish Wellness Program

Committed to treating alcohol/ other dependencies and supporting wellness in our community

This is the first in a series of articles about drugs of abuse brought to you by the Swinomish Wellness Program. If you have any questions or concerns

about substance abuse, please stop by and visit or give us a call @ 360-466-1024. Our hours are Monday through Thursday 8:00am-12:00pm and 1:00-6:00pm. We look forward to serving you.

Opiates/Painkillers

Although opiates and prescription painkillers are not the most commonly abused drugs (alcohol and marijuana), there has been a dramatic increase in addiction to these drugs as a result of the introduction of OxyContin (hillbilly heroin) in 1995.

The physical signs of opiate abuse are;

- Small, pinpoint pupils- Clammy, cold skin- Tiredness or weakness- Dizziness- Nausea and vomiting- Nodding in and out of consciousness- Detachment, bewilderment confusion- Slow and shallow breathing- Slow heart rate- Seizures.

Signs of addiction include;

TOLERANCE--an individual either needs much more of the drug to feel high" or feels less and less high when using their normal amount.

LOSS OF CONTROL--the person uses more of the drug or uses for longer period of time than they meant to. The person can't be sure they will cut down or limit the amount of use, even though they may really want to.

PREOCCUPATION--the person spends a large amount of time thinking about, getting, using the drug or recovering from using events a

REDUCED ACTIVITY--the person gives up relationships, job or school responsibilities, and sports or other activities in order to keep up their drug use

CONTINUED USE--the person continues to use the drug, even though they know it has caused serious problems in their life.

WITHDRAWAL--the individual is experiencing uncomfortable and upsetting physical and/or emotional symptoms when they go without the drug.

Devastation to individuals and families is apparent to all who know a person who has become addicted to this class of drug.

Opiates come from the juice in the unripe seed pods of opium poppy. Opium, morphine, heroin, and codeine are all opiates. These drugs are used for relieving pain, coughing, and diarrhea. As much as we hear about heroin, in fact, it is the least powerful

of the opiates. The other drugs listed are simply derivatives with a little extra oomph.

They are abused because they give an intense feeling of dreamy well-being and relaxation. They are very addictive. In fact, more people are addicted to painkillers and cough medicine than to "street drugs" like heroin. Over time, opiate users may develop infections of the heart lining and valves, skin abscesses and congested lungs. All opiate narcotics can be fatal at high doses or when combined with other brain depressants such as alcohol.

OxyContin is the most prescribed opioid painkiller in the United States. It is also the most abused. OxycContin differs from other painkillers in two significant ways;

- 1) It is a very high dose of pure oxycodone. It is not buffered with acetaminophen.
- 2) It is a time released drug. A single dose can last for 8-12 hours, whereas other painkillers usually last for 4-5 hours.
- 3) Because it is time-released, crushing a pill will provide the entire dose of the time released product. OxyContin is the most powerful analgesic on the market today.

Prescriptions

Prescription drugs are major contributors to drug abuse and addiction. Often pills are prescribed and used for legitimate medical purposes, such as after surgery. However; when it is time to come off the prescription the patient may have become accustomed to the mood-altering nature of the drug and may continue to seek the prescription drug.

It is not uncommon for individuals to go to two or more physicians to accumulate a supply of mood-altering drugs. It is also very important for people recovering from addictions to keep their physician and pharmacist informed of their chemical dependency and to take responsibility for careful administering the prescriptions as directed.

If you know or are concerned about someone's use of opiates and painkillers, please stop by the Wellness Program for a confidential conversation with one of our staff of professionals.

'til next month,

Heather, Dave, Marty and Kim

“more people are addicted to painkillers and cough medicine than to “street drugs” like heroin”



North Intertribal Vocational Rehabilitation (NIVRP)

Based at: Stillaguamish Tribe of Indians
 P.O. Box 277
 Arlington, WA 98223



Tami Cooper-Woodrich
 Vocation Rehabilitation
 Counselor
 twoodrich@swinomish.nsn.us

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

There are FOUR PHASES to vocational rehabilitation. The first is the APPLICATION PHASE and it is a *one-page application*. Following the application is the ELIGIBILITY; this phase is to *document your disability*. Once the disability is verified, the next phase is the INDIVIDUALIZED PLAN for EMPLOYMENT (IPE). The IPE is when your *goal is written* down along with the services that you will use to reach your goal. Once these three phases are complete, EMPLOYMENT is the final phase.



Yoli Quevedo
 yquevedo@swinomish.nsn.us

Swinomish Behavioral Health Department

February 10th, 2010

QPR Training

Know what to say and what to do if you are worried about someone committing suicide

Swinomish Youth Center

12:00-1:00

Lunch Provided

If you don't know what the letters "QPR" stand for, then this training is for you!!

Swinomish Youth Center



Greg Edwards, Jr.
gedwards
@swinomish.nsn.us

YOUTH GROUP IS BACK!

Youth Group has started back up on Wednesday Nights at 6:30-7:30. Youth Group is for youth in Middle School & High School. So if any youth are interested, please drop in and check it out. Dinner is provided for those youth who attend and participate. For the month of February we will be discussing alcohol abuse. We are also planning some trips for the Youth Group, so we want your ideas. To accomplish your ideas for the trips, we need to start fundraising soon. So remember to drop in on Wednesday Night at 6:30 !!

Youth Group also has an opportunity to begin fundraising through our

It's Cool Campaign.

The youth will be involved in selling energy efficient light bulbs after completing a workshop through Puget Sound Energy. Profits from each light bulb sold will benefit the Youth Group fundraising efforts.



The Youth Center is strongly focusing on recycling. Therefore, we will start using recycling bins for plastic, glass, and aluminum products. We will encourage the youth to start using the bins.

Thank You,
Greg Edwards and
Dorraine Booth
Youth Center Staff

NOTICE: From The Youth Center Kitchen

It's time to re-new your food-handler card if you are a food server.



Are you an Artist?

Are you an artist? Do you like to express yourself through photography, painting, or drawing? Are you looking for some extra cash?

The Swinomish Domestic Violence Project is looking for an artist to design the cover of its new domestic violence information pamphlet. First prize is a \$100 gift card and publication in the Kee Yoks. Submit all entries to Tracey Parker, 2nd floor of Social Services, by Monday, March 1, 2009.



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

3. BE FLEXIBLE

The adaptable animal survives. If you get tired, ship your paddle and rest. If you get hungry, put in on the beach and eat a few oysters. If you can't figure one way to make it, do something new. When the wind confronts you, sometimes you're supposed to go the other way.

2011 Canoe Journey Update

Greetings from the 2011 Canoe Journey Steering Committee, chaired by Senator Kevin Paul. We've been meeting since last November to begin planning this important event that will be hosted by Swinomish just 18 months from now.

What: 2011 Canoe Journey Final Landing

Where: Swinomish Indian Tribal Community

When: The week of July 24 through the 31st, 2011

Monthly meetings are held on the 3rd Wednesday of every month in the Susan Wilbur Early Learning Center education classroom.

This event will take many hands to make a reality. We invite anyone who's interested to come and join in this important undertaking for Swinomish. Your ideas, talents, and enthusiasm would be most welcome!



Canoes arrive at Swinomish in 2009
Photo courtesy Swinomish Community Archives

NEXT MEETING: February 17, 2010 Education classroom: Susan Wilbur Early Learning Center

Canoe Journey 2011 Recycling Project: Firestarters!

Please save all of your paper egg cartons, dryer lint, and old candles and wax. Set these items aside, and in March's issue of the Kee Yoks we will let you know where you can bring them and when we can get to work on this project. It's easy, fun, made completely from recycled materials, and when we're done, we'll have a great way of getting a fire started.

~ Ava Goodman



This clipping from the CTP was taped on Jimi Sams's notebook in which he kept all notes and dates for the 1998 Canoe Journey. He is skipper of the "boat," eh...

Katherine Paul in Senegal

Katherine, a student at Lewis and Clark College in Portland, Oregon, has embarked upon a 4 month study program in Africa. She is the daughter of Kevin and Patricia Paul of Swinomish. These are her first few blog posts. You can visit her blog and read her up dates at:

<http://>

www.kpaulinsenegal.blogspot.com/



About Me

Katherine Paul, Dakar, Senegal

This is a blog for my Senegal 2010 Study Abroad Program. I will be living in Dakar, Senegal from mid-January to early May, studying French and Senegalese culture.

i'm in dakar, first blog post.

15 Jan 2010

Salut! Je suis a l'aéroport et je suis strop fatigüe...blah. We arrived in Paris around 10ish in the morning. Went through security – well we first had to find out where we were going...got on a train to security and then found our gate. This all took about three hours. I realized that I should have though more thoroughly on what I should have packed/done to prepare. First, I should have packed food. I totally forgot it was okay to bring food on the flight. This would have saved me some cash. Second, I shouldn't have brought cash with me and instead just pulled it out of the ATM in Senegal. Third, I also should have remembered to try and call my bank again. Forgot after I called..blah. Need to tell them I'm out of the country soonish. Also, I need to find out if BoA lets overseas withdrawals happen. Last, I also should have brought an adapter with me in my carry on. Gah. No internet. Oh well. It's 2:20 pm Paris time. The flight leaves around 3:40ish or boards around then. Tired – might nap. Eyes hurt. Can't wait to sleep in a bed and take my last show in an actual shower for four months. CIAO.

12:35 am 16 Jan 2010 Dakar, Senegal

We're here! I'm here! In Africa! In Senegal! A Dakar! The flight was five hours long...but we had like a nine hour layover in Paris. I feel like what I'm about to say is expected, but it's totally different here than what I expected..ha. I wonder where I'm going to live. Tomorrow we have our first orientation and we are constantly doing

things from 9:30 AM til probably 10 pm at night. Have to go – very

tired. Ciao.Crest 20h45 et je suis fatigüe...En anglais, it's 8:45 PM and I am tired. Forgot to mention that the plane lost my luggage along with four other's. It's okay, though. I have all my clothes – packed them in my carry on. I just wish I had my face wash and soap and lotion(s!). So anyway, today was my first official day in Dakar. It started off waking up at 8:30 am to eat le petit dejeuner. We're in this apartment called Coumba Ndao. It has three bedrooms, a hall, a kitchen, a livingroom/diningroom and two bathrooms.

One of the bathrooms is attached to the room I'm sharing with two others: Rebekah and Leia. There's also this funny wardrobe thing in our room and our room only. Also, we have a balcony. My head hurts so bad. Not because I'm sick but because today I've spoken and listened to the most French I have ever in one day. I started off really nervous at the first orientation and I'm pretty sure I said so many things that were not correct. It's okay though. My French improved throughout the day. But back to breakfast. It consisted of pain our des baguettes – huge ones – probably bought from the bakery across the street, jams, REALLY GOOD cheese, and this chocolate stuff that's like Nutella but more chocolate and less hazelnuts. I also had instant coffee for the first time – Not Bad, rather tasty. I took my malarone during breakfast and started feeling woozy during the first orientation. I have a feeling it was a combination of just eating bread and cheese for breakfast, jetlag, having to comprehend really good, fluent French, and the fact that I was so so nervous. I had chills and my stomach felt like it was turning over and over.

1h45 pm Sicap Liberte 2, no. 1222 (my new home)

I arrived at my host house. I accidently fell asleep when I was trying to write...So I'll continue.

KATHERINE PAUL IN SENEGAL, STUDY ABROAD 2010, Continued

So anyway, I was really nervous at the first orientation when we had to introduce ourselves. After that we decided to go out and explore the city and surrounding neighborhoods of ACI Baobab (my school). We split into two groups – each with a guide. Ours was Fatim. We set off to go to one end of the proximity and then visit our host families. It was interesting seeing everyone's host family. I'd have to say that Katia's mom was the most excited. When I go to m house , we all entered and I met my host mom and two others... can't remember who they are. My host mom seemed really serious and somber and somewhat intimidating. Nevertheless, it was nice to see where I'll be living. There are three bedrooms, a common space/livingroom, a kitchen and a toilet with a bucket for bathing. The walk around the neighborhood was very long. Man, it's so hot here. Il fait tres tres chaud. I'm tan already. After we saw everyone's home, we started to head back to ACI Baobab but our guide Fatim seemed to be a little lost. I think we ended up walking in the wrong direction and because of that we were a little late and had to take a taxi. So then, the first taxi only held four people and I was the last in line. So I endup taking a taxi with Fatim. This was the kind of thing I would be extremely scared of, but it wasn't that bad. A lot of Wolof was spoken so I just listened and looked out the window to where we were going. We got to ACI Baobab first and apparently the other taxi got lost. So there I am, waiting in front of ACI Baobab along because Fatim went to go ask about the others. A little ways away was someone named mamdou. He's very nice and was happy to practice Wolof with me. I'm not sure what he does. He seemed to be keeping guard of ACI or just sitting there. Je ne sais pas. Then someone else came up..I think his name is Boxy Jaams...or something like that. He started talking in Wolof, French and English. It was very funny because I was like "What?" The girls from last year told us about him – apparently he's totally harmless but quite annoying. I dunno. It was interesting. But yeah, we went back to the apartment and ate. I fell asleep for three hours and then was awoken immediately because our bags had arrived. I stumbled out of a very deep sleep only to realize I was still in Africa and had to speak French immediately in order to get my bags. Gah! I was awake and forgot that we were invited to go to this nightclub with is right next to the apartment. It's called Thi-ossane and is owned by a famous Senegalese singer. I think his name is Youssou Ndouga. Probably not though – I can't quite remember. So, I took a shower – my last official shower for four months and got ready to go to the club.

Our friend Saamba – who picked us up the first day and brought us to ACI Baobab, bought us tickets to the club. It was fun and packed. There was a live band and African drumming. The drummer on the regular kit was only okay. I guess he was sort of the time keeper. The singer Youssou was good. Everyone seemed to know his songs. We left around three because we needed to get up early the next day. So the next day, I was really nervous. We were to meet our families and officially stay with them. We had to family orientation and then departed in a van to each family. Mine was 6th. When I got out there were about 5 little boys playing in the courtyard. They all ran out and snatched my bags from me to bring them inside. They're so cute! And super nice. I found out that they're actually the nephews of my host parent's children. My host mom's name is Astou and the family name is Gandega. I haven't quite figured out the family situation but I've met Mohamed who is around my age and also lives in the house. He's either a son or cousin. The house is really neat. There's a salon (livingroom) and three bedrooms with a kitchen and bathroom. Behind the house



is a courtyard and next to it is a coiffeur, a hair salon. Apparently there are 2 cats (chat) but I've only seen one. When I got to the house, they just showed me my room and no one bothered me for about an hour. It was a little nerve-wracking because I thought I was doing something wrong but I guess it was okay. We had lunch – djeeboudjenn. Not sure how correct that spelling is. But it was soooooo good. Mmmm.

KATHERINE PAUL IN SENEGAL, STUDY ABROAD 2010, Continued

The rice..man. Delicious. Then I awkwardly watched tv – they love soccer or en francaise – le foot-ball. C'est super chouette! Learned some Wolof too. Again not sure on the spelling so I'm doing it as close to what I think it is and phonetically. Saalam malekuum – the formal for Hello, how are ou. Then the response is Mallekuum Saalam. Something a little informal is Nangadef. The response is Margne fe – again a greeting. Here I Dakar if you ever want something you have to do a greeting first. It's customary. Anyway – all is good. I'm rapidly learning French and some Wolof. ACI Baobab has bought cell phones for us – so I don't have to go to the trouble of getting one. The only thing I still need is a converter adapter for my comp. Apparently I bought the wrong one. We're going downtown on Wednesday so maybe I'll get one then. A bien-tot. – Katrine (enfrancaise)

10:30 am 18 Jan 2010 Baobab Center

Got up around 7:30 but was woken up at 7 from loud clanking of pots and the sound of running water. I thought it was my host mom but apparently it was my Bonne. I think her name is Aby and she's my most mom's niece. She works for the family to clean the house. Maman Astou, my host mom, knocked on my door at 7:30 so I could take a shower. And it was an actual shower. But a cold one. I found out that we have a shower head, so I used that this morning. Will up date soon. Ciao. Posted by Katherine Paul at 10:42 am

21 Jan 10:

Went downtown again. Much more easy than yesterday. I bargained to buy a pair of flip flop sandals. Bargaining is: Marchander in French. I ended up getting them for 5000 CFA which is about \$10 US...I was looking to pay around 4000 CFA, but it was my first time doing it and our guides said that 5000 CFA was okay. But man! I put on the sandals to walk to school and they totally cut into my skin! It's really painful! Goad I brought a decent first aid kit.

I really like my family, especially my cousin Mohamed and brother Mohamed. It's a popular name..Mohamed 1 (bro) was asking Mohamed 2 (couz) how to say "honey" in English. It was quite funny because he kept pronouncing it like "hoonay." And then Mohamed 2 kept trying to correct him..It was funny because Mohamed 1 got kind of mad, but it was a funny mad and said, "you have hoonay in yr big head" to Mohamed 2. And we laughed. I dunno. I like my host fam, but I'm also noticing how they are more reserved and almost seem a little mad at times. I'm going to investigate some more. This weekend we're going to an island called l'Isle d'Goree. Update soon.xo – kp Posted by Katherine Paul at 11:19 am

Friday, January 22, 2010

CENTREVILLEEEEE

allo/ 8:19 pm Senegal Time

Sitting in the Salong avec ma familille.

Today was eventful. Our school group went downtown for the first time..It was a bit overwhelming because there are a lot of people, a lot of traffic, the smells are..let's just say, no so refreshing, but it was so much fun. We were prepped on what to expect: people asking if we wanted to buy things, people asking for money, and also the possibility of pickpocketing and stuff like that. I had a good experience, honest.y. I was with two others from the group and a guide from ACI Baobab, Tchiaba. I really like Tchiaba – she's super nice and has a good sense of humor. It's fun to joke around with her..I feel totally comfortable. She's also really easy to understand in French. I've been noticing my French improving day by day. It's great! I can undrestand people more easily and speak at east as well. Cest formidable!

The 10 Rules of the Canoe

1 on page 48; 2 on page 25; 3 on page 28; 4 on page 44; 5 on page 10; 6 on page 12;
7 on page 3; 8 on page 46; 9 on page 17; 10 on page 35



Swinomish Public Works Department
Bill Critz bcritz@swinomish.nsn.us

Parking Lot Sealing

Last summer the Public Works Department hired a local contractor to prepare, seal, and re-stripe the parking lots of several Tribal buildings. This method of treating an asphalt parking lot is the standard of the industry and the project went very well. This coming summer we intend to do those lots that weren't done last year. This parking lot maintenance will be an ongoing project to help protect the investment in SITC facilities. The sealant used was an asphalt based coating.

On January 12, 2010, on msnbc.com, there was an article on parking lot sealing that uses **coal tar** as the sealant. The article is based on a study from scientists of the U.S. Geological Survey and the study was published in the journal Environmental Science & Technology. The study raises health concerns for waterways and interior spaces adjacent to parking lots and driveways that have been treated with coal tar based sealants.

Be assured that the product that we had applied contained only an asphalt based sealant. It contained **no** coal tar! If you have questions or want more information please contact your Public Works Department and we will be happy to discuss this with you.

How do I dispose of paint?

Q: I have some left-over paint that I want to discard. There's not enough to recycle. What can I do with it?

A: Here are some reader suggestions for speeding up the drying of leftover latex paint destined for disposal.

Put balls of crumpled newspaper into a plastic bag and pour the paint onto the paper balls. The paint will dry within a day or two, then the bag and contents can be tossed in the trash.

A remodeling contractor says he adds some of "the cheapest clumping cat litter" he can find to the cans of paint and stirs. The litter absorbs the paint and the dried-out container can be tossed into the trash.

Latex or water-based paints won't be accepted in many toxic-waste collections, but oil-based paints normally are.

Ripley's Believe It or Not!®

THE HAWAIIAN LANGUAGE HAS ONLY 12 LETTERS IN ITS ALPHABET!

Submitted By
Richard Gibson,
Lafayette, La., USA

BEVERLY HILLS
(CALIFORNIA, USA)
HIGH SCHOOL HAS OIL WELLS ON ITS GROUNDS, WHICH EARN THE SCHOOL HUNDREDS OF THOUSANDS OF DOLLARS PER YEAR!

Submitted By
Carl Sanders,
Brentwood, Tenn., USA

LIGHTNING STRUCK
DURING A SOCCER GAME IN THE DEMOCRATIC REPUBLIC OF CONGO IN OCTOBER 1998, KILLING ALL 11 MEMBERS OF ONE TEAM WHILE NOT HARMING A SINGLE MEMBER OF THE OTHER TEAM!

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Swinomish Housing Authority
Robin Carneen, Life Skills Counselor
 rcarneen@swinomish.nsn.us



HAPPY VALENTINE'S DAY

FROM

SWINOMISH HOUSING

AUTHORITY

&

SWINOMISH UTILITY

AUTHORITY



FOR AFTER HOUR EMERGENCIES

CALL: 466-4081 or 466-7223



REMINDER: Rent Due/Utility Due

Resource of the Month: Free Tax Filing Help!

Volunteer Income Tax Assistance or Tax Counseling for the Elderly ...programs available if you earn under \$49,000!

Please Contact Robin Carneen

For Tax Help Resources
 And One on One



Help keep Mother Earth beautiful!!

Recycle

SAVE \$\$\$\$ & The Earth

By RECYCLING!

Call Waste Management to order pick up

of recyclables @ 360-757-8245 . Ask for



Money Talks! Have You Heard?
As Much As \$5,657 — or more — Could Be Waiting for You!

You could qualify!

Did you work in 2009? You may be eligible for the Earned Income Credit — even if you don't owe income tax.

If you worked in 2009:

- Did you have one child living with you? Did you earn less than \$35,463*? You can get an EIC up to **\$3,043**.
- Did you have 2 children living with you? Did you earn less than \$40,295*? You can get an EIC up to **\$5,028**.
- Did you have 3 or more children living with you? Did you earn less than \$43,279*? You can get an EIC up to **\$5,657**.
- If you had no children living with you, did you earn less than \$13,440* in 2009? Were you between the ages 25 and 64? You can get an EIC up to **\$457**.

*Income limits for married workers are \$5,000 higher.

You could get a CTC refund too!

Many families that earned more than \$3,000 may qualify for the Child Tax Credit (CTC) refund — up to \$1,000 for each qualifying child under age 17.

File a Federal Tax Return to get the EIC and CTC: Get Free Help!!!

- VITA — Volunteer Income Tax Assistance — helps people fill out returns for free.
- For a site near you, call 1-800-906-9887.

Make sure you get the new Making Work Pay Credit

Many workers got the new Making Work Pay Credit in 2009 in their paychecks. But if you were self-employed, or didn't earn enough to have income tax withheld, you can claim this credit on your tax return.



From the Swinomish Realty Office

Merla Rae Martin

mrmartin@swinomish.nsn.us

Landowners are reminded to sign official Realty documents with their name as it appears on the document. If you have changed your name, please con-

tact the Office of the Special Trustee (OST) for a name change form.

If you have changed your address, and if you receive payments from OST, you will need to complete a Change of Address form. OST will not be able to mail checks to you without this form completed. OST can be reached at telephone (425) 252-4382, Everett Office.

I would invite you to come in for a visit to ask questions and use my work telephone here at Swinomish Realty, stop by the Swinomish Planning Office, 11430 Moor-age Way, or call me at 360-466-7302.

Thank you,

Merla Rae Martin

(Please note that Merla's email is not mmartin, but mrmartin. Kee Yoks apologizes for the error in the last issue.)

**10. WHEN GIVEN ANY CHOICE AT
ALL, BE A WORKER BEE –
MAKE HONEY!**



Help File: Recycling old computers, TVs and other electronic items

Rob Pegoraro

Q: I understand that I'm not supposed to leave my old computer or TV out with the trash. How should I get rid of it?



A: You understand correctly: Most old electronics contain toxic materials such as lead, mercury and cadmium. Fortunately, your options for recycling old gadgets have improved since last year.

First try selling the old hardware or giving it away at a site such as Freecycle (<http://freecycle.org>), bearing in mind that cathode-ray-tube televisions may have zero appeal even when free to any taker. (Remember to wipe your old data from a computer; see last week's column for help with that.) You can also try selling smaller devices to sites such as Gazelle (<http://gazelle.com>), YouRenew.com and BuyMyTronics.com.

Older computers can find a second career after a tune-up: Local computer groups such as the Capital PC User Group (<http://reboot.cpcug.org>) and Washington Apple Pi (<http://wap.org/about/donations>) and larger nonprofits such as the National Cristina Foundation (<http://cristina.org>) refurbish donated machines and pass them on to local charities, schools and other worthy recipients.

For recycling options, check with your computer's manufacturer: Firms such as Apple (<http://apple.com/environment>),

Dell (<http://dell.com/recycle>) and HP (<http://hp.com/recycle>) will recycle old hardware free under some conditions. You can also drop off computers and peripherals for recycling at a Staples store; a \$10 fee applies to non-Dell PCs, monitors and printers. Best Buy stores (<http://bestbuy.com/recycle>) charge \$10 for recycling laptops, monitors and smaller TVs but offer a \$10 store gift card in return, while other gadgets are free to drop off.

For other reuse and recycling options, see the Consumer Electronics Association's myGreenElectronics (<http://mygreenelectronics.org>) and the Electronics TakeBack Coalition (<http://electronicstakeback.com>); the latter requires recyclers to pledge not to ship "e-waste" to developing countries and to abide by additional environmental standards.

Rob Pegoraro attempts to untangle computing conundrums and errant electronics each week. Send questions to The Washington Post, 1150 15th St. NW, Washington, D.C. 20071 or robp@washpost.com. Visit <http://voices.washingtonpost.com/fasterforward> for his Faster Forward blog.

Apple (<http://apple.com/environment>), Dell (<http://dell.com/recycle>) and HP (<http://hp.com/recycle>) will recycle old hardware free under some conditions.

Longhouse Media / Native Lens



Native Lens – ShoBan!

Longhouse Media’s Native Lens program in partnership with the HEY Project, Project Red Talon, Native STAND, and Shoshone-Bannock Tribal Health will work with tribal youth from Shoshone Bannock Jr. / Sr. High School on a three year project on site at the Fort Hall Reservation in Idaho. The mission of the school is to educate tribal students in their heritage, their rights and responsibilities, and to prepare them for a lifetime of learning and achievement. Many students from this community

experience several risk factors contributing to higher rates of STDs, teen pregnancy, and intimate partner violence. It is our hope that through coordinated wrap around services and the use of media and technology, we will be able to work with the students on stories reflecting on these current social issues and to actively promote self pride, Native identity, and cultural preservation. In January, Tracy Rector and Annie Silverstein went to Idaho for the first planning meeting of Native Lens ShoBan, and we at Longhouse Media are overjoyed at the welcoming response of the community and excited to learn about the beautiful culture of the Shoshone-Bannock people.

This is a wonderful opportunity for cross-cultural exchange for Swinomish youth. We hope to bring some students from our Native Lens - Swinomish program to Shoshone-Bannock, where they can help teach other Native youth about filmmaking and Coast Salish culture, and learn from their hosts as well.



Annie Silverstein of Longhouse Media

Native Lens Students at Native American Nike Design Project in Oregon

January 22 – January 23: Bubba George, Robert Johnny, and Willie Montoya traveled to the Nike Campus in Beaverton, Oregon to participate in the Native American Nike Design Project. Over the weekend, the youth met with designers of Nike shoes, toured the business campus, and started creating designs for their own Nike wear. A Native high school student started the project last year; after interning at Nike’s Design Department, he decided he wanted to expose other Native teens to potential work opportunities in the arts. It was a great opportunity for our students to travel, learn about potential careers, and to explore their loves of art, shoes, and basketball.

The mission of Longhouse Media and Native Lens is to catalyze indigenous people and communities to use media as a tool for self-expression, cultural preservation, and social change.



Bubba, Robert, Moeko, and Willie create designs. Robert on the Nike campus



Bubba George, Nike shoe designer Cheresse, Robert Johnny, and Willie Montoya on Nike tour. Interestingly enough, Cheresse had designed the shoes Robert was wearing that day!

Native Lens Photos Courtesy of Moeko Crider, Longhouse Media / Native Lens



About Longhouse Media / Native Lens

Native Lens is a program of Longhouse Media, which supports the growth and expression of indigenous youth through digital media making.

Interested in Native Lens? **Contact Moeko at moeko@longhousemedia.org**

Bulletin Board

Skagit Community Band Presents

The Love of Music

Feb. 12th Maple Hall, La Conner 7:30
Feb. 14th Brodniak Hall, Anacortes 3:00



Ticket outlets:
Anacortes-Watermark Book Co.
LaConner-The Next Chapter Book Store

Tickets are \$15 Adult, \$10 seniors/students, \$30 for family
children 12 years and under free when accompanied by an adult.

Featuring Baritone Rich Riddell
"Anacortes' Town Crier"



Romantic music that will put you in that special mood. Rich will be showing his jazzy romantic side on Gershwin's *Embraceable You* & *They Can't Take that Away From me*. Other selections include: *Westside Story* & *Four Scottish Dances*. For more information go to www.skagitcommunityband.org

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

← 7:30 Feb. 12th Maple Hall, La Conner
3:00 Feb. 14th Brodniak Hall, Anacortes

Tickets are \$15 Adult, \$10 seniors/students, \$30 for family, children 12 years and under free when accompanied by an adult.

The Skagit Community Band under the direction of **Vince Fejeran** presents "The Love of Music" romantic music that will put you in that special mood. Featuring Baritone **Rich Riddell**. He will be showing his jazzy romantic side on Gershwin's *Embraceable You*, and *They Can't Take that Away From me*. Other selections include: *Selections from Westside Story*, and *Four Scottish Dances*.

(Did you have Mr. Fejeran for Band? He was the music teacher at LCHS for several years!)

POWWOWS

Elmira PowWow

February 6, 2010

24936 Fir Grove Lane,
Elmira, OR 97437

Contact: Alan Merrill
541-461-2882

Email: amerrill@lesd.k12.or.us

Sheldon "Stewy" LittleDog PowWow 2010

February 26 & 27, 2010

**Pavilion,
White Swan, WA 98952**

Contact:

<http://viewmorepics.myspace.com/index.cf>
509-895-3348

Email: small_town_singers@yahoo.com

URL: myspace.com/smalltownsingers



PROTECT MOTHER EARTH

CEAG UPDATE

With the collaboration from the Social Services administrative staff CEAG was able to distribute vital information about climate change during the Swinomish Holiday Distribution. Many tribal members previewed two very engaging short films on climate change that were created by or for teens and young adults.

The film, Indigenous Peoples “Global Summit on Climate Change,” is a short 7 min. film by Native Lens created by Willie Montoya (age 14) and features Willie and Colby James (age 13), and several tribal and indigenous leaders who they interviewed about the impacts of climate change. View at the Native Lens Facebook website: <http://www.facebook.com/video/video.php?v=203913751469&oid=41786791250>

The other film, “Parks Climate Challenge,” features youth from diverse backgrounds sharing their thoughts about climate change, glacial ice melt and challenges ahead. This film was produced by Northern Cascade



Photos: S. Vendiola

Protecting Mother Earth articles are produced by CEAG = *Climate Change Education & Awareness Group*, a Swinomish community-based group. CEAG interest members include: Shelly Vendiola, Diane Vendiola, Brian Wilbur, Cheryl Rasar, Janie Beasley, Caroline Edwards, Larry Campbell, and Kevin Paul; Alternates: Laura Kasayuli, Brian Porter, and Gaylene Gobin; Advisory: Ed Knight.

SPOT LIGHT



In January CEAG members and advisors were involved in a self-evaluation where they shared reflections about the goals accomplished since August 2009 and ideas for planning ahead. One exciting event CEAG has launched in collaboration with various tribal departments including Planning, Utilities/Housing, Youth Prevention and the Rec-

reation programs is the **Its Cool Campaign**. The goal of this Puget Sound Energy campaign is to raise awareness about energy consumption and easy tips for people to reduce their energy foot-print and save on electric bills. Coordination efforts have been underway since December, so be on the lookout for energy saving tips and gifts which are soon to come your way! ;D



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.

Other Resource—“*Coast Salish: Tribal Canoe Journey for Troubled Sea, Part 1*” – is a short film about the Tribal Canoe Journey 2008: USGS Geological Water Quality Testing featuring Eric Day & Canoe Skippers about partnering traditional knowledge with science. Link: <http://www.youtube.com/watch?v=Yp9oYVA0j2E>

PROTECT MOTHER EARTH

WHAT YOU CAN DO ~ VALENTINE Gift Ideas !

Are you wondering what to do for your sweetheart this Valentine's Day? In the *spirit of protecting mother earth* use these options:



- ⊗ Buy cards that use recyclable paper, send e-mail cards, or make your own.
- ⊗ Instead of driving to your Valentine dinner, take the SKAT or cook a romantic dinner at home.
- ⊗ Bake cookies or other goodies & package them in reusable or recyclable paper.
- ⊗ Buy organic flowers of live bushes, shrubs, or trees that can be planted in the spring.

PROTECTORS OF MOTHER EARTH!

This month we're honored to feature Dorraine Booth and Anna Young of the Prevention/ After-school Program. For the art activities many of the materials these ladies use when working with the children are made from natural or recycled and reused materials. Congratulations for your efforts to reduce, reuse, and recycle!



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)
360-421-4321, msvendiola@gmail.com

The Climate Change Technical Report is also posted on the Swinomish tribal website under Planning & Community Development: www.swinomish.org/departments/departments.html.



Swinomish Water Resources Program

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

February 2010

OUR WATERS



Water Quality & Hydrology

Wetlands are nature's filters...

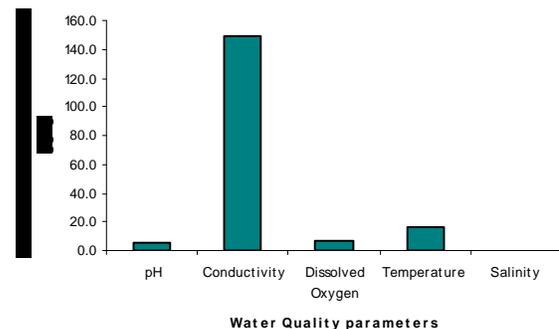
After it rains, all that running water eventually ends up in the surrounding fresh water bodies, such as Fornsby Creek or Lone Tree Creek, and then flows into nearby marine water bodies, for example Turner's Bay or Similk Bay. *But before it reaches open water...*

Any water that hits paved surfaces, for example streets, sidewalks, and buildings, gathers pollutants, other contaminants, and sediment as it flows into wetlands.

As this water passes through, the wetlands retain excess nutrients and some pollutants, and reduces sediment that would clog waterways and negatively affect fish and amphibian egg development.

In performing this filtering function, wetlands improve water quality, Sne-Oosh Wetland for example, also maintains stream flow during dry periods, and replenishes groundwater. Many Swinomish residents rely on groundwater for drinking water.

Ave. water quality parameters at Snee-Oosh Wetland July 2009



Every month, a Swinomish Water Quality Technician measures five basic water quality parameters, pH, Conductivity, Dissolved Oxygen, Temperature and salinity using a water quality probe.

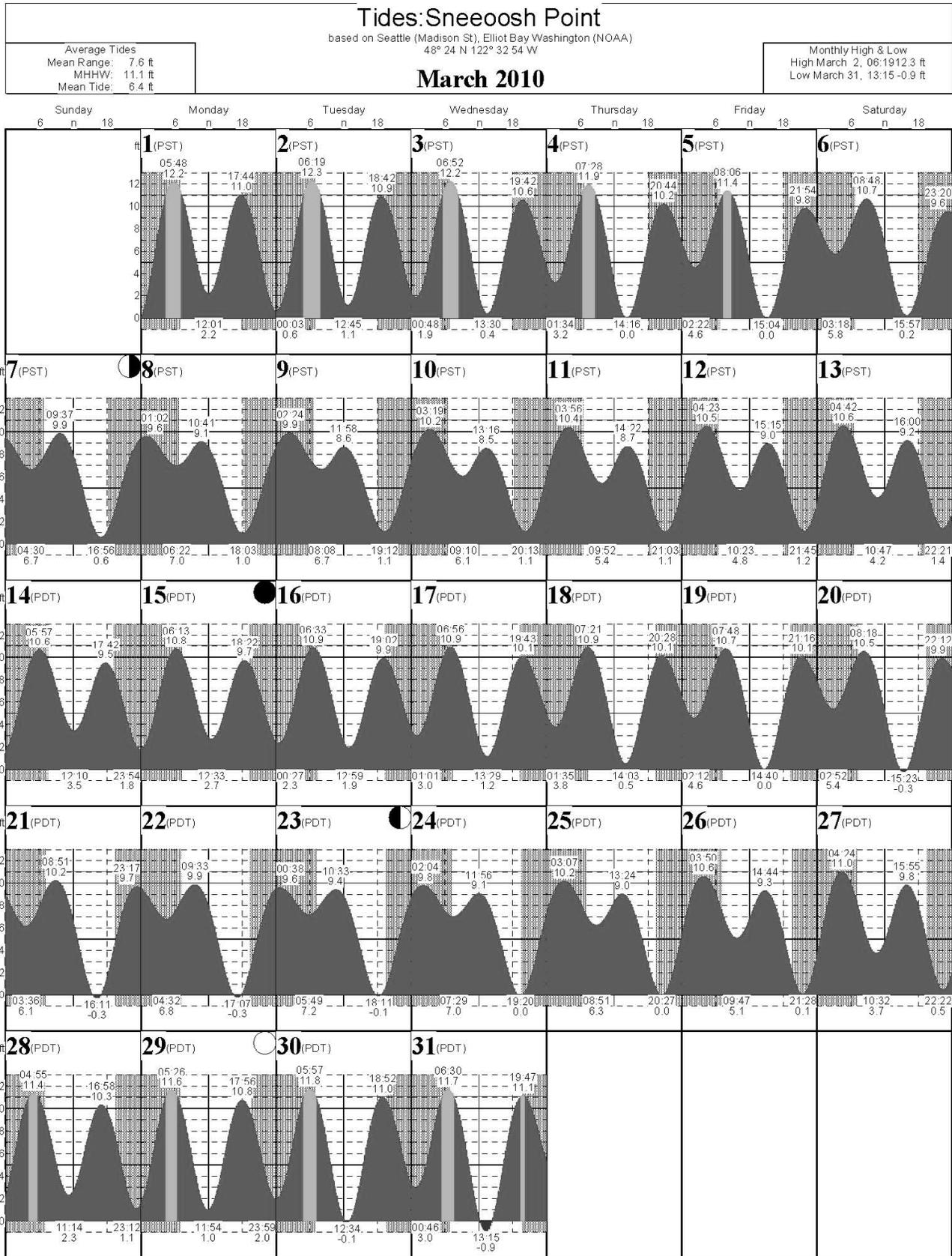
See the bar graph above for average values of each parameter at Sne-Oosh Wetland for the month of July.

According to the values of the parameters above, several years worth of amphibian surveys and a botanical survey, the Sne-Oosh wetland is considered healthy.

Snee-Oosh Wetland is home to several species of frogs and salamanders, for example the long toed salamander and the pacific tree frog.



Planning Department



Celebrations



Hamyley Jade Janelle Day-Jack (Myley) and Mayleah Maxine Jonalynn Day-Jack (May)

Hamyley and Mayleah

born
September 20, 2009
at Island Hospital,
Anacortes,
Washington

Parents: Corinne Day
and Jonathan Jack
(both of Swinomish)

Double
Congratulations!



Helen Marie Joe

born
November 16, 2009
Skagit Valley Hospital
Mt. Vernon, Washington

7 pounds 8 ounces ad 20 inches long

Parents: Steven Randall Joe
(of Swinomish) and
Cassandra Marie Joe (of Upper Skagit)



Maternal Grandfather:
Harlan Sam (of Upper
Skagit)

Paternal Grandfather: Robert
Joe, Jr. (of Swinomish)

Congratulations and welcome
Helen Marie!

Congratulations Talia Bill on your new
Baby Girl!!!

Announcement and photo will appear
in the March issue of the Kee Yoks



Parents: Jill and Jesse Wolf-John
of Swinomish

Damon Michael Charles Wolf-John

born
October 13, 2009 Seattle, WA 9:37 AM
2 pounds 13 oz and 16 inches long



Maternal Grandparents: Ernie & Margie Jamison
Maternal Great-Grandmother Roberta Wilbur
Paternal Grandmother Starina Jones
Paternal Greatmother: Rose Marie "Posie" Williams



Letters and Notes



On Sunday December 27, our chairman, Brian

Cladoosby hit his first hole in one at the Avalon Golf Course. It was on the #3 south course, 134 yards, with a 9 iron.

Submitted by LaVonne ©



Look who's
50
Happy Birthday
Kevin Paul!



photo courtesy SITC Archives

Feel free to share positive thoughts, news, ideas, comments and helpful tips with your community.

Email: keeyoks@gmail.com

Call: 360-466-258

Mail: Kee Yoks Editor
17337 Reservation Rd
La Conner, WA 98257

Congratulations Ann! You've really "stepped up to the plate" and "hit the ground runnin" with your first two issues back as Editor of the Kee Yoks. December and January 2010 issues were very informative as well as entertaining; a good read, cover to cover. Well done! We're all looking forward to more Kee Yoks to come!

Thanks for your efforts!
Ava Goodman

Thank you Ava!

NEWS FLASH

Did you know that the weekly program "North West Indian News" is now called "Native Heartbeat?" If you haven't seen it, you should tune in. It airs every weekend at 8:30 AM on Sunday mornings on KSTW, Channel 11. Or you can go to www.nativeheartbeat.com any time.

Submitted by Ava Goodman

Congratulations Josiane!

We hope you know that we are all very proud of your first college degree and all of your accomplishments! Two men in your childhood stressed education and excellence, your Dad and Landy James. We know that they're both smiling now! We want you to know that we are proud of the path you have chosen and the diligence you exhibit in reaching your goals. Way to go, Kiddo!

Love You, Mom





Full Name

- 2/1 Cayou, Madeline Adeida Charlene
- 2/1 Manibusan, Della May
- 2/2 Jimmy, Theresa Ann
- 2/2 Joe, Stephen Angelo
- 2/3 Nguyen, Lori Marie
- 2/3 Cayou, Olivia
- 2/3 Williams, Rose Marie
- 2/4 Nelles, Sherry Lynne
- 2/4 Willup Sr., Ivan Charles
- 2/5 Vendiola, Michael Melchor
- 2/5 Williams, Kane Raymond
- 2/5 Keo Beoloe, Xavier Caleb Joseph
- 2/6 Williams, David Owen
- 2/6 Damien, William Anthony
- 2/6 Hamburg, Corey
- 2/7 Edwards, Ida Larie
- 2/8 Paul, Kevin Brian
- 2/9 Cayou, Naomi E.
- 2/9 Oldham, Paula Jean
- 2/9 Fernando, David Lane
- 2/10 Day II, Kevin John
- 2/10 Porter, Briana
- 2/10 Bobb, Melissa Alaminta
- 2/10 Cladoosby, Marvin Kevin
- 2/11 Hawk, Patricia M.
- 2/11 Edge, Sylvia Katherine
- 2/12 Edwards Sr., Marlon Keith
- 2/12 Stewart, Austin Michael
- 2/12 Charles Jr., Norval James
- 2/12 Douglas, Kathleen R.
- 2/13 Damien, Marcella
- 2/13 Douglas, Kelci Breanne
- 2/13 John III, Rodney
- 2/13 Lapointe, Jennifer Lynn
- 2/13 Johnston, Robert Randy
- 2/13 Dick, Jeanette
- 2/14 Meyer, Marlys Michelle
- 2/14 Finkbonner, Joseph James
- 2/15 Merian, Raymond Albert
- 2/15 Shannacappo, Tia Ariel
- 2/15 Sattler, Brian David
- 2/16 Lapointe, Joseph Charles
- 2/16 Souryavong, Ivory La
- 2/16 Joe Sr., Robert Wayne
- 2/16 Bailey, Kyle James
- 2/17 James, Haley Colleen Marie
- 2/18 James, Jeanne C.



February Birthdays!

- 2/18 Wilbur, Lona Agnes
- 2/18 Porter, Brian Gene
- 2/19 Bassford, Kurt William
- 2/20 Bailey, Melvin A.
- 2/20 Bill, Talia Marie
- 2/20 Charles, Janet Ann
- 2/21 Meidlinger, Mandi Sonjetta
- 2/21 Wanchena, Makenzie
- 2/22 Cayou Jr., Vincent Harvey
- 2/23 Jack Jr., Aaron
- 2/23 Bobb Sr., Brent Jason
- 2/23 Johnston, Christian David
- 2/23 Bill, Allen Joseph Wayne
- 2/23 Cayou, Tamara Carmen
- 2/23 Cladoosby, Michelle Arlene
- 2/23 Billy, Jason David Leon
- 2/24 Grossglass, John IV Carl
- 2/24 Sampson, Andrea
- 2/24 Edwards, Amy Alfreda
- 2/24 Finkbonner, Josephine Marie
- 2/24 Stell, Marcia Lou
- 2/25 Fernando, Debra
- 2/26 Grossglass, Hannah Marie
- 2/27 Lapointe, Richard
- 2/27 Bill, Andrew William
- 2/27 Grossglass, Cincerrae Ann
- 2/27 Joseph, Lenor
- 2/28 John, Erica Irene



4. THE GIFT OF EACH ENRICHES ALL

Every story is important. The bow, the stern, the skipper, the power puller in the middle – everyone is part of the movement. The elder sits in her cedar at the front, singing her paddle song, praying for us all. The weary paddler resting is still ballast. And there is always that time when the crew needs some joke, some remark, some silence to keep going, and the least likely person provides.

Funnies

A guy is driving around the back woods and he sees a sign in front of a broken down shanty-style house: 'Talking Dog For Sale'. He rings the bell and the owner appears and tells him the dog is in the backyard..

The guy goes into the backyard and sees a nice looking Labrador retriever sitting there.

'You talk?' he asks.

'Yep,' the Lab replies.

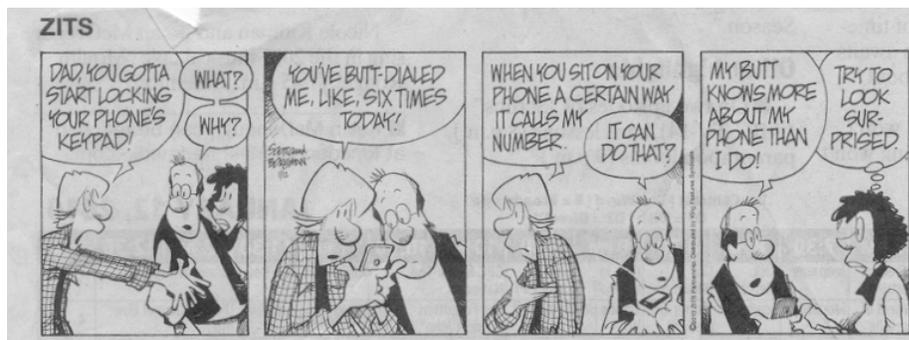
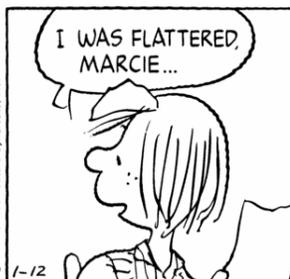
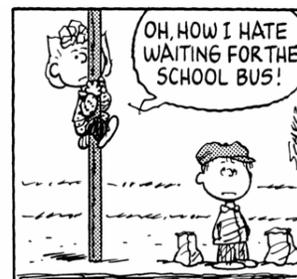
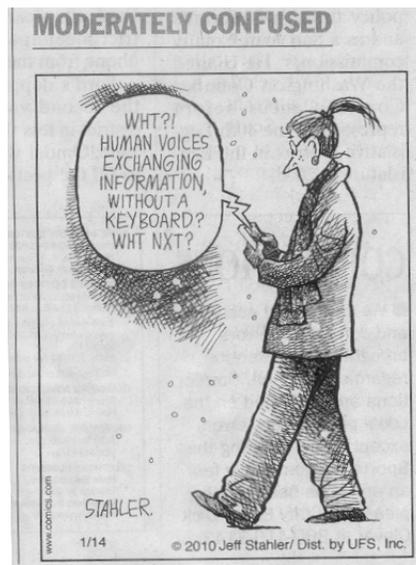
After the guy recovers from the shock of hearing a dog talk, he says 'So, what's your story?'

The Lab looks up and says, 'Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the CIA. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping. I was one of their most valuable spies for eight years running. But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down. I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded a batch of medals. I got married, had a mess of puppies, and now I'm just retired.'

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

'Ten dollars,' the guy says.. 'Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?'

'Because he's a liar. He never did any of that stuff.'



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EARTH DAY IS APRIL 24TH



Look for
information
in the March
issue!



Recycle Bins & Pick up Days for
Tribal Buildings

Administration
2 all-in-one recycle carts (Monday)
4 paper only carts every other week
(Monday every other week)
2 yard cardboard (Tuesday)

17337 Reservation Rd (Monday)

17275 Reservation Rd (Monday)

Dental @ 1769 Sneeoosh Rd (Monday)

Planning (Monday)

Smokehouse (Monday)

Social services (Monday)

Thanks to Kris Countryman for providing this
information!

8. THE JOURNEY IS WHAT WE ENJOY

Although the start is exciting and the conclusion gratefully achieved, it is the long, steady process we remember. Being part of the journey requires great preparation; being done with a journey requires great awareness; being on the journey, we are much more than ourselves. We are part of the movement of life. We have a destination, and for once our will is pure, our goal is to go on.

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 www.CrabcatStudio.com

Mr. Illg 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.

Current adds will run indefinitely.

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



K. Paul Carvings

Kevin B. Paul
 Master Carver

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 P.O. Box 1147
 La Conner, Washington 98257 USA

(360) 540-3906
 kpaulcarvings@hotmail.com
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Ashley Conway
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Talia Bill

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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
 or email: keeyoks@gmail.com

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



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Photos by Ann Smock 2007



1. "EVERY STROKE WE TAKE IS ONE LESS WE HAVE TO MAKE
Keep going! Even against the most relentless wind or retrograde tide,
somehow a canoe moves forward. This mystery can only be explained by
the fact that each pull forward is a real movement and not a delusion."

Swinomish to host Canoe Journey 2011