

Kee Yoks



Swinomish Indian Tribal Community
Newspaper
Since 1966

JANUARY 2012

Volume 46 Issue 1

Swədəbš Kiyuuq^ws



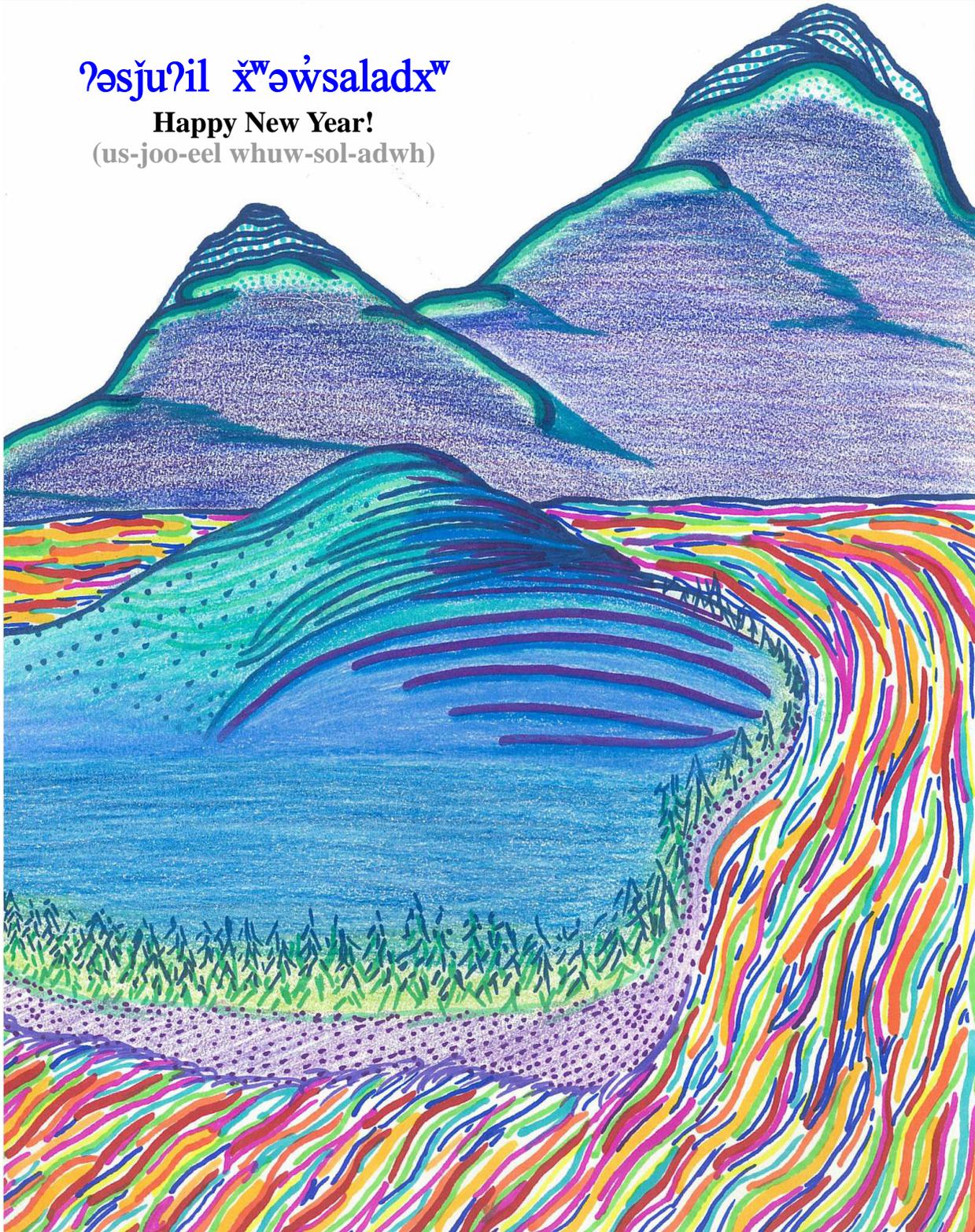
Moon of the Sacred Time

padxaʔxaʔ

ʔəsjuʔil x̣^wəw'saladx^w

Happy New Year!

(us-joo-eel whuw-sol-adwh)



Kiyuuq^ws

The Seagull



An official
publication
of swədəbš

Swinomish Indian
Tribal Community

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

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Sophie Bailey
Sapelia

Brian Cladoosby
Spee-pots

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Cha-das-cud II

Steve Edwards

Barbara James
Taləq talə II

Leon John
šm šk š ĩš

Kevin Paul
Wa lee hub

Brian Porter
Ya-qua-leouse

Brian Wilbur

Tandy Wilbur
Wolfe

Chester Cayou, Jr.
Pay a huxton

The Kiyuuq^ws
deadline to submit to the
FEBRUARY ISSUE is
JANUARY 15TH

The Kiyuuq^ws

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

Advisory Committee

Allan Olson
John Stephens
Tracy James
Kevin Paul

Michael Vendiola Editor

mvendiola@swinomish.nsn.us

Caroline Edwards Assistant Editor

cedwards@swinomish.nsn.us
*Photos: kiyuuq^ws and submitted
Cover art by Caroline Edwards*

**This issue of the Kiyuuq^ws is
available on the Swinomish website.
<http://www.swinomish-nsn.gov/>**

**The on-line version of Kee yoks
is in full color.**

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



“Swinomish Kee Yoks Newspaper”

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Kiyuuq^ws Mission

The mission of the kiyuuq^ws newspaper is to provide monthly communication to swədəbš, the Swinomish Indian Tribal Community, near and far. We are committed to serving as an apolitical forum for SITC governing officials and all community members. The newspaper is not intended to reflect the official position of the governing body of the Swinomish Indian Tribal Community, but rather reflects the ideas, events, and thoughts of individual community members and tribal staff. As such, the Swinomish Tribe makes no claim as to the accuracy or content of any of the articles contained therein.

CHAIRMAN'S MESSAGE**By Brian Cladoosby**

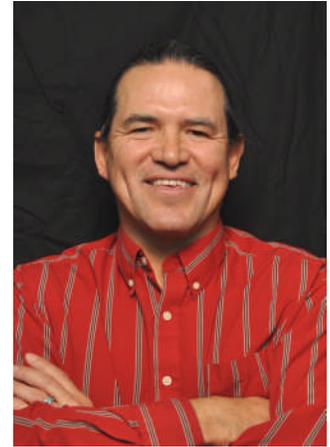
Happy Holidays! The end of 2011 we can celebrate a year full of accomplishments, remember the losses and challenges and be grateful for those around us. Our Swinomish Community has much to be thankful for in this past year and I believe that through our faith and commitment to one another we will continue to provide a safe and healthy community for decades to come.

Our past year's efforts have provided us with a new hotel on the horizon, filled with the opportunity of jobs for our members now and in the future. In May, we formally broke ground on a new 98-room luxury hotel, located just to the northeast of our casino. The 5-story hotel is expected to be completed in April. On behalf of our Senate, we are excited with the first phase of our economic growth plan that includes not only the hotel, but a fine dining restaurant, meetings and convention space and an expanded gaming area. We look forward to a prosperous future for our tribal citizens.

What a wonderful summer at Swinomish as we all celebrated Tribal Journey's. We had over 10,000 visitors within our small community, and we hosted thousands of visitors from across the region, nation and international borders. Our brothers and sisters came from as far north as Alaska, as far east as New York and as far south as Mexico. Nevertheless, perhaps the most striking thing about the 2011 Paddle to Swinomish it reflects what so many of the Canoe Families say they had ached for before it existed: honoring of the past and reconnecting for the future. Once again, Swinomish People and our volunteers came together to host a monumental time for our Salish Sea region.

Where there is celebration, there is also tragedy and challenges that has fallen upon our community. Like many of you, my family has suffered from the heartache of losing loved ones. I wanted to take some time to fill your hearts with the love and appreciation, and most importantly the prayers that come from me each night for our members. We know there are many dark holes filled with drugs, alcohol and abuse and our loved ones face a fight each day to over-

come the hard times. Although we would hope to resolve these dangerous situations overnight, the reality is we cannot. It is often said, it takes a generation to heal a generation. For our community to fill these



Spee-pots

dark holes, we must commit as Swinomish citizens to come together and address the situation and vow to make a change. It just takes one person to stand up and say no more. It takes one prayer to help another person. Moreover, it takes a community of love and commitment, honor and honesty and most importantly the offer of one hand to help another stand strong. As we move into a new year, I will stand next to each of you and let us continue to take the steps together to help heal our community and help future generations be stronger than we are here today.

As we move into 2012, let us embrace the opportunity for new hopes and dreams and give thanks to the Creator for taking care of our tribal citizens and community. We are thankful for the new babies and the health of our children, and we support the new young families in their marriages and commitment to one another to have healthy families. In our quest to fulfill dreams, we support each of our new students, whether they are heading into kindergarten, middle school, high school or higher education, we offer our heartfelt pride and joy for accomplishing your dreams. Lastly, we will honor those before us and those after us, as this is the way of the Swinomish People.

Happy New Year!

BULLETIN BOARD

Samuel Jason Cladoosby

Samuel Jason Cladoosby, 39, a resident of Swinomish passed away December 11, 2011.

A Prayer service was held December 13, 2011 at 7:00pm, followed by a Funeral service held on December 14, 2011 at 10:00am both services were held at the Social Services Bldg.

Sam graduated from La Conner High School, and attended the Northwest Indian College. His occupations were as a cook, casino worker, and fisherman. His hobbies were skateboarding, tattoos, art, hiking, artistic, reading and writing in his journal. He loved Bob Marley, Rasta music, dreads and Sponge Bobb. Spent time with Jahfee, Divinity and Anthony. He was a loving son, grandson, brother, uncle nephew and cousin.

RECENT TRIBAL CODE AMENDMENTS

The Senate recently approved amendments to Chapters 10-06, 11-01, and 11-02 of the Swinomish Tribal Code, enacted a new chapter of the Swinomish Tribal Code, Title 11-Chapter 8, and repealed former Swinomish Tribal Code, Title 11-Chapter 7. The purpose of these changes was to: (1) clarify the Utility Authority's authorization and responsibility to enforce Title 11 of the Swinomish Tribal Code -- Utilities and to oversee solid waste collection in the Village Area; and (2) transfer authorization and responsibility for enforcing certain health and safety provisions related to solid waste from the Utility Authority to the Sanitarian.

The amended Public Health and Welfare and Utilities codes are available for review on our website at <http://www.swinomish-nsn.gov>. Paper copies are available for review at the Swinomish library, the Tribal Clerk's office, the Office of the Tribal Attorney, the Senate's Executive Assistant, Social Services and Planning.

Keeyoks Corrections

Volume 45 Issue 8- Pages 20,21. Incorrect photo credit. *Bird's eye view, Unidentified elder at canoe landing 7/25/11, and Landing Day*, are pictures taken by Don Coyote. The Keeyoks department would like to apologize to Don for incorrectly crediting his photos.

Volume 45 Issue 10- Page 30. Incorrect photo credit. *Sockeye Fishing*, are pictures taken by Ray Erps. The Keeyoks department would like to apologize to Ray for incorrectly crediting his photos.

Volume 45 Issue 11 &12. Job Title. Matt Hagerman is the General Manager of the Swinomish Lodge, while Mike Wootan is the General Manager for the Swinomish Casino.

Volume 45 Issue 11 & 12. Excluded veteran. The Kee Yoks department would like to apologize to Ivan Willup Sr. for inadvertently excluding him from the recognized Swinomish Veterans. (Please see page 28.)



Casino Openings

Bus Person
Cocktail Server
Deli Cook/Cashier
Prep Cook
Valet Attendant
Keno Runner

"Coming Soon"

Asst. Front Office Manager
Guest Service Staff
Night Supervisor
Night Audi
Valet/Bell Service
Housekeeping Supervisors
Houseman
Room Attendants
Engineers
Restaurant Servers
Host/Hostess
Banquet Servers
Bartenders
Chefs
Dishwasher
Room Service Servers

Lodge Openings

Restaurant Manager
Chef de Cuisine
Catering Sales Manager
Sales Manager
Director of Housekeeping
Revenue & Reservations
Manager
Executive Housekeeper

Pick up applications at Admin, TERO, Social Services Buildings
or Swinomish Casino Human Resources 360-299-1642
Check job postings at www.swinomishcasino.com

From the Keyyoks Editor: *Michael M. Vendiola*

As I transition into my new role as Editor of the Swinomish Keyyoks Newspaper, I welcome an open communication with the community. Please feel free to contact me at:

mvendiola@swinomish.nsn.gov or 360.466.7258.

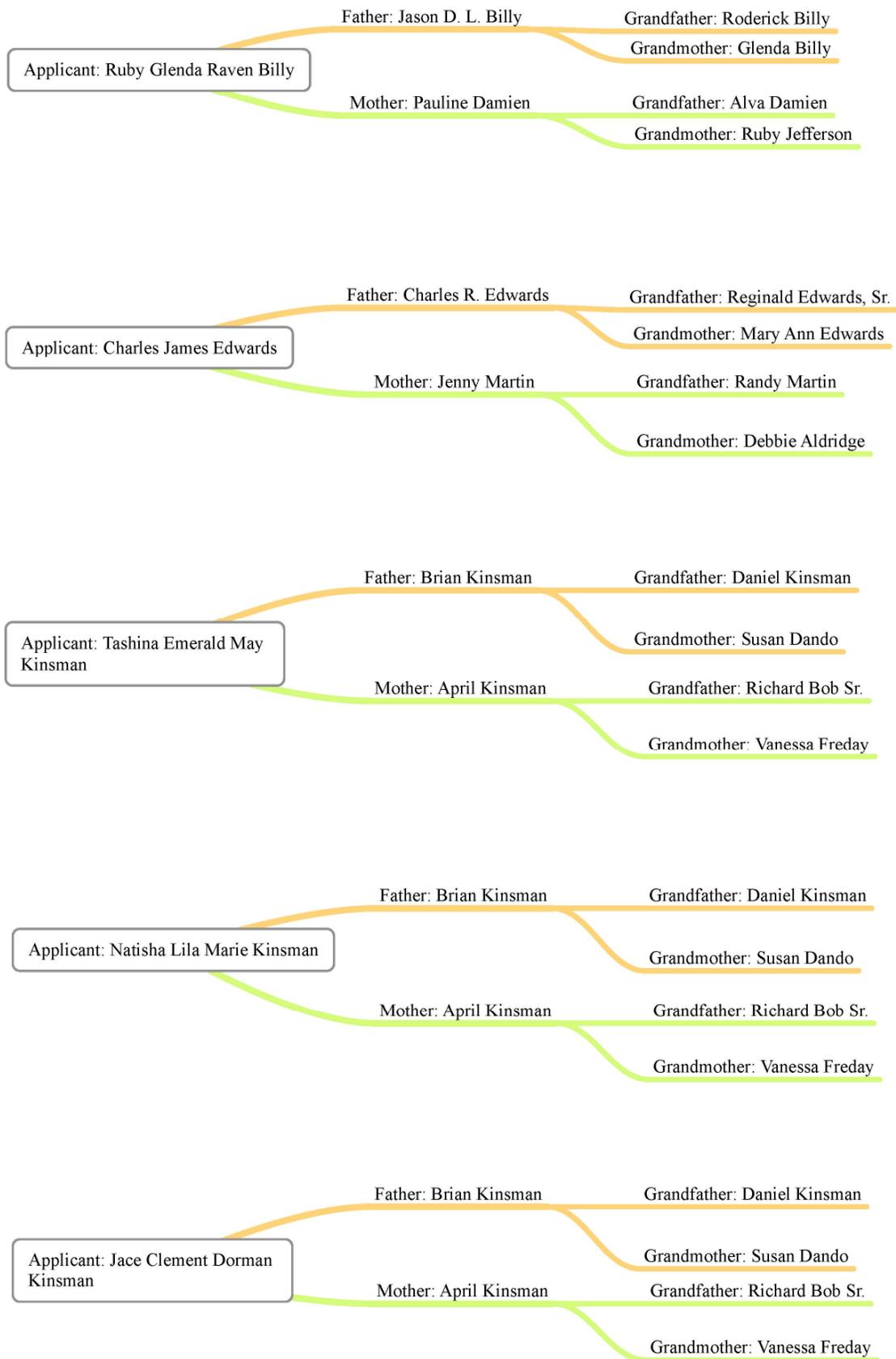
We are looking for ways to maintain the tradition of informing the community while improving the Keyyoks Newspaper publication. Your feedback is important! Please make suggestions and/or submit ideas. Shortly we will embark on a community survey. Your input will be appreciated!

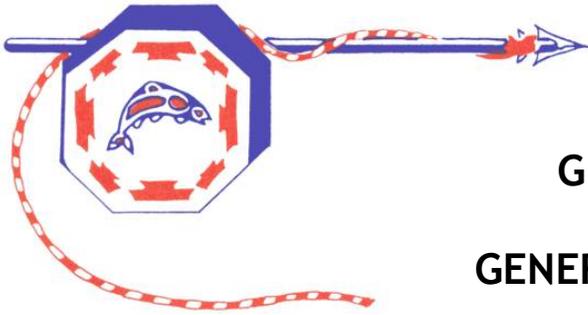
Please continue to submit interesting articles and photos by the 15th of each month (or following work day). We welcome recognitions, announcements, and celebrations. Further, if you let us know about upcoming events happening in the community, we'll do our best to cover it in the Keyyoks!

Lastly, please find us on the web at:

<http://www.swinomish.org/news.aspx>
Facebook: 'Swinomish Kee Yoks Newspaper'
Twitter: 'KeeYoksNews'

2012 Applicants for Provisional Membership in the Swinomish Tribe by Adoption





SWINOMISH GENERAL ELECTION & GENERAL COUNCIL MEETING

Location:
Social Services Building

Election Date and Time:
Sunday, February 12, 2012
8:00 a.m.—1:00 p.m.

Candidates:

Senate Seat 6:
Steve Edwards, Incumbent

Senate Seat 7:
Leon John, Incumbent
Janie Beasley

**CANDIDATES CERTIFIED
ON 1/4/2012 PURSUANT TO
STC 2-01.120(E)**

General Council will begin at 1:00

General Election Candidate information

Senate Seat 6

December 18, 2011



Hello! My name is Steven J Edwards, also known as Rudy. I am seeking re-election to seat # 6 on the Swinomish Senate. I am honored to be of service to all of you in this leadership role. I would like to continue representing you so that our community can grow and develop. I believe that together we have accomplished many of the senate goals and objectives. I have learned a great deal in the last 7 years and will continue to grow and learn in this role. I know that my contributions have been beneficial to our community. I have enjoyed working with co-senators, tribal staff and our people because when we all work together everyone wins. I will continue to be fair in my decision making, a good listener, as well as exchange ideas and take on the challenges and fight for our rights.

Goals and objectives:

- Develop and implement a plan to fight against the abuse and use of drugs and alcohol
- Design and build an Elders assisted home living facility
- Dedicate and invest more time and energy with K-12 students
- Continue to protect and defend our fishing and hunting rights
- Continue to provide housing for all Swinomish tribal member

I would like to thank you for supporting and trusting me during my time as your Tribal senator. I hope that you would continue supporting and voting for my re-election to seat # 6 in our upcoming election in 2012. I will be available at any time to listen to your everyday experiences both good and bad. We all need someone who will listen.

Respectfully,

Steven J Edwards

General Election Candidate information

Senate Seat 7



Leon John

If re-elected, I will continue to make Education a priority. Investing in our children and young adults education, is an investment in our future. I would like to soon have college education funded 100%.

I will continue to fight for our fishers to allow our tribe to harvest our share of the resources. We need to protect our most lucrative resource (crab). Salmon is just as important to us, it is a staple in our diet and ceremonies. Enhancing salmon habitat and water protection is essential to protecting this resource.

We are in the middle of economic growth. We've been starting businesses that create jobs and revenue. These businesses and new businesses are going to need educated and experienced members to run them. I am excited to see our new hotel open, very pleased with both gas stations. We need to continue to diversify thru business investment and creation, to continue to create jobs. I would like to encourage our members to work in our fish plant, as income from this business is non-taxable.

We should start preparing our next generation to take over our government. I would like to see a youth council created. This council would hold regular meetings, make recommendation to the Senate and attend various conferences to network with other youth councils.

I am asking for your vote, more importantly, I ask every eligible voter to vote in the Primary Election and the General Election. Your vote COUNTS. Naturally I would like you to vote for me. Even if you aren't voting for me, I would like to see you vote. We have very strong candidates in this election. We can't go wrong, either way we vote. If you re-elect me? I again will offer my contact information to you. Please contact me and voice your opinion.



General Election Candidate information

Senate Seat 7



Janie Beasley

I have become more involved with the community since moving back home in 1992 and when I saw all things that my sister Susan did for the Tribe, she gave her life to her people and her first thoughts were always ‘WHAT IS BEST FOR THE COMMUNITY’, and I too would like that to be my motto. I want to be a servant to my community, I want to be involved in my community, I want to hear what people have say and most of all, I want to be fair and just. I realize that I am one person and would be part of a team, and I would like to have the opportunity to be a voice for the people.

I started listing my goals and objects and realized they are all listed in the “**Senate Goals for 2011**”:

“Improve school attendance and completion rate for every grade level; Strive to achieve a 100% high School graduation rate for all tribal members.”

“Involve all age groups in drug and alcohol-free programs and encourage parental involvement; Provide “After Care” services and support for members that complete on-site and residential treatment programs.”

“Maximize economic return to the Tribe from the Casino enterprise by increasing revenues and controlling costs; Provide jobs and job training for Tribal members at the Casino and generate revenues to support tribal programs.”

“Develop annual implementation plans for tribal programs and departments that improve accountability in all areas of Tribal government.”

“Reduce the use and sales of all illegal drugs on the reservation.” Make enforcement of prescription drug (pills) offenses a top priority of both law enforcement and tribal prosecution.”

Some of my experience that I will bring to the table are: 17 years of tribal employment; as well as my involvement and service in Skagit County: I am starting my third term on the LaConner School Board; I am President of the Skagit Valley College Foundation Board, my first duty was handing out \$300,000 in scholarships; and I am Chairman of the Challenge Day “A Sense of Place”, for Leadership Skagit, which the tribe hosts and has sponsored for the past 3 years, where students spend the day learning about tribal leadership, tribal history, culture and economics.

Swinomish continues to make progress on new Swinomish Lodge By Kee Yoks staff

Swinomish—The construction process for the new Swinomish Lodge continues to progress. Bulldozers, dump trucks and gigantic cranes can be seen busily working by drivers traveling on Highway 20. The new structure serves as a backdrop to the already existing Northern Lights Casino near Padilla Bay.



In a recent visit, Kee Yoks staff were treated to a behind the scenes tour! We will continue to cover the Lodge’s progress in future issues. Coming up in February will be a special tour for the Swinomish Elders. We’ll be there! The 98 guest room facility even in progress was a sight to see! Professional tile work will be accented by Coast Salish artwork provided by Frank Campbell. The Hotel Design Group appointed by the Senate last March is comprised of SITC sena-



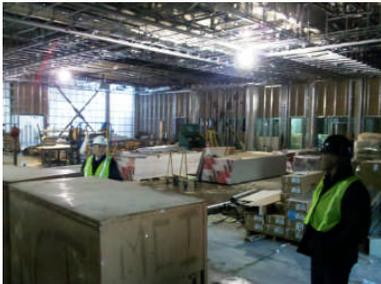
tors & staff, contractors, and architects. On this visit each was superbly professional while maintaining a personable charisma. This can be shown throughout the work in the Lodge! With a stated April 3 deadline, the Hotel Design Team has their work cut out for them. At this point it appears they will be right on time!



In preparation for the opening of the Swinomish Lodge, information sessions are being held on January 24 and 25 at Northwest Indian College Swinomish site (see page 11 for more details). Positions to be offered will range from Assistant Front Office Manager to Valet/Bell Service to Room Attendants to Restaurant

Servers. With a wide range of employment opportunities, the Swinomish community is strongly encouraged to apply to support this budding economic project. Applications for current positions can be attained at SITC Admin, TERO, Social Services or at the Swinomish Casino. Questions or inquiries regarding the positions can be directed to Swinomish Casino Human Resources at 360-299-1642. Check job postings at www.swinomishcasino.com

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Become part of a new Swinomish
Tribal hospitality team

Hiring Soon

FREE informational session for those interested in
working at the *New Swinomish Lodge*.

January 24
9 a.m. - noon and 6 p.m. - 9 p.m.

January 25
9 a.m. - noon and 6 p.m. - 9 p.m.

Leave with a cover letter, resume
and completed application

**Support an enterprise that
supports our community**

Hospitality, because service matters

Events will take place at Northwest Indian College's
Swinomish site: 17113 Tallawhalt Lane, La Conner.
Please bring past resumes, or a list of past employment. Free
Wi-Fi will be available, so bring laptops if you have them.
For more information, call (360)466-4380 ext. 1.

A joint offering of

NORTHWEST INDIAN COLLEGE | **Whatcom**
X w l e m i E l h > T a l > N e x w S q u l | **COMMUNITY COLLEGE**

EMPLOYMENT OPPORTUNITIES!

Swinomish—The new Swinomish Lodge, in collaboration with Northwest Indian College and Whatcom Community College, is offering free informational sessions for those who are interested in seeking employment in Swinomish's new economic venture. This is an excellent opportunity to find employment while supporting the tribes economic growth!

Please take a look at the attached flyer and help circulate it to all tribal community members who may be

interested in the new employment positions being created by the new hotel construction at the "Swinomish Casino & Lodge." The information sessions on January 24 & 25 are intended to provide advance notice and help community members to apply for these new positions. A comprehensive "job fair" will be scheduled to follow the information sessions.

For More information contact Northwest Indian College at 466-4380 (extension #1), or contact Jackie Robinson, Casino & Lodge HR Director, at 299-1644 if you have any questions.

Swinomish Christmas Program 2011



A big thank you to Recreation & Prevention for organizing another great Christmas program! Also, thank you to all the volunteers, Maintenance and any others who helped out for all the hard work.

A great time was had by all who attended!



Swinomish Christmas Program 2011



Trip to Iceland



In September 2011, we (Tribal member Todd Mitchell, wife Karen, and our children Tribal members Aneka and Colin) travelled to Iceland for sightseeing and Karen's sister's wedding. During our 9-day stay, we visited sights in: Reykjavik; the Golden Circle Tour (including Gullfoss Falls, Geysir hot springs, and Iceland's second largest glacier, Langjökull); and the Snæfellsnes peninsula which is 2 hours north of Reykjavik and the setting for the wedding.

The people were very friendly and everyone spoke English and it was easy to get around, not lot a lot of people live there. Fish and sheep are staple foods but bring your own peanut butter. It is a very scenic and beautiful place to visit, especially if you like geology. We didn't see lots of ice except at the glacier.

Photos by Mitchells, Clockwise from top: On Langjökull glacier; Aneka @ Gullfoss Falls; Aneka and Colin @ Solfar (Sun Voyager) sculpture in Reykjavik; Todd, Colin and Karen at the Hallgrímskirkja church.

RECENT GEODUCK FISHERY

Photos by Ray Erps



Swinomish comes together to spread Holiday cheer, Holiday giving



Aurelia Washington works with some of Swinomish's Christmas Workers who were learning how to make cedar baskets to give away as Christmas gifts. Some of the finished baskets were amazing!



2012 Holiday Meal Distribution

On December 08, 2011 'Teeny' Williams and crew gathered together donations from the Swinomish Indian Tribal Community, Northwest Harvest and other private donors to create holiday meal packages. The production of these packages was an all day undertaking with many people working very hard to make it happen. These packages were then delivered home to home in the Swinomish community.

Thank you to Teeny and all of the workers who participated in this important service to the community! Also, please thank the Swinomish Senate, Northwest Harvest, John & Gail Thulen, and Swinomish Housing Authority for their generous contribution!



Congratulations to Lydia Charles (Accounting) who received a canoe paddle from the SITC Senate for dedicated service to the Swinomish community!



Happy beginning to Happy New Year 2012!

By Diane Vendiola, regular contributor

365 days have passed... since last New Year's Eve. Where did the time go? I didn't accomplish all that I wanted to accomplish last year.

In 2010 I started watching the TV program, "Hoarders" and began to watch it regularly. "Hoarders" is about how people keep all kinds of stuff until there isn't any room for them in their house because they have so much stuff crammed into their houses. After a couple of months of watching "Hoarders", I started to notice all the stuff I had in my house. O.M.G *. I said to myself, Could I be a borderline hoarder???? I immediately made a New Years resolution to clear out all my stuff that was clutter..... (Including the "stuff" that my daughter keeps telling me I don't need.) * Oh, my goodness.

I did clear the clutter, quite a bit... really, but some of my clutter is still here. (Actually, clutter seems to multiply by itself!!) I suspect that people rent those storage places so they can put some of their clutter in them and won't suspect themselves to be hoarders. But that's just my suspicion.

Anyhow, since it is the New Year, I figure it is time to make resolutions again, only this time I am determined to keep the ones I make.

I think the best way to fulfill our resolutions is to keep ourselves sharp. Sharp people see what is important and what needs doing. Sharp people recognize that the best time to fix the leaky roof is when it isn't raining.

Here are my suggestions for sharpening ourselves for a successful New Year.

All of us change, learn and grow as time passes. The New Year is a good time to take inventory to see where and/or how we are in balance. When we are in balance, we can better deal with life and what we want to get done in life.

So.... As we begin this New Year, give yourself some attention and some time; give yourself a morning to take inventory. See if you are on your mark, as we used to say, at the beginning of a race. "Get ready, on your mark, get set....Go!" Being everything you can potentially be.

You will need a sheet of paper and a pen or pencil:

1. **Get ready**, by thinking of a person in your life who has made a *positive difference in your life*. What are the qualities about this person that you would want to develop within yourself? Write down 4 of those qualities on your paper.

2. **On your mark**, by checking your talents and skills. Everybody has talent and skill. Put a check by ones that you have.

- | | |
|-----------------------|------------------------------|
| - Play or sing music | - telling or reading stories |
| - Making people laugh | - listener |
| - Writer | - draws art |
| - Builds things | - fixes things |

- | | |
|----------------------------|--------------------|
| - Polite | - leadership |
| - Chop wood | - prune trees |
| - Good with hammer & nails | - gardener |
| - Mow lawn | - social |
| - Cooking | - gets things done |
| - creative | - innovative |

3. **Get set** by listing on your sheet of paper, 10 things that you love to do. It can be going to movies, traveling, visiting, playing a sport, drawing, dancing etc.

Get set some more by:

- Keeping you in tip-top shape -
- Eating breakfast every morning.
- Do some kind of exercise for 20 minutes a day (something you like to do, like walking, dancing, biking, working out).
- Start the New Year by giving up for 7 days something that is not good for your health.
- 1 X week, go to the library and find something that interests you, spend time reading about it for an hour.
- 1X week read the Sunday paper, front to back.
- Discuss a headline with somebody.
- Make a point of getting up early and watching the sun come up for 10 days.
- Spend at least an hour with an Elder, 1 X month or more.
- Make sure you do one of the 10 things you love to do 1 X month.

4. **Go** by listing what you would like to accomplish this year. What do you need to do to accomplish whatever it is? How will you accomplish it? Write down what you resolve to accomplish in 2012.

Now that I have finished my inventory, I know what kind of qualities I want to have, what talents/skills are mine to use, what I love to do and what things I need to do to sharpen my edge. Resolution making time! Yippee, skippee!

This year, I resolve to de-clutter one room at a time, I will begin by going to the grocery store to get 3 boxes (large box, a medium size box, and a small box) The large box is for giveaway items, the medium is for things that belong in another room, the small is for undecided things. I resolve to buy a combination recycle/trash bin. I resolve to be relentless and make my de-cluttering a priority to be done every day until each room is de-cluttered. I resolve to do one of the 10 things I love to do when I finish de-cluttering a room.

*Start now, the older you are the more you have to de-clutter.
And the less clutter the happier you will be.*



Look to the Past for Future Revitalization

By Caroline Edwards, Kee Yoks Assistant Editor

Growing up on a Reservation like Swinomish I've learned there is a common tradition that our people abide by to obtain resources. There are 13 lunar phases in a calendar year. Each moon indicates seasonal changes which provide signals for those who gather resources all year round. Edible plants are collected for herbal remedies; cedar is an important coniferous tree that provides material needed for many purposes. During the winter seasons spiritual and cultural traditions are held around the long-house fire; and as it should be the ocean is respected.

Those teachings are a few of many traits that have been taught for generations. We, the Swinomish Indian Tribal Community, like many other Pacific Northwest tribes work very hard each season to gather resources.

"In 2010 the Fraser run of 34 million sockeye was the larg-

est since 1913. Swinomish was one of 9 tribes that collectively caught 1.2 million sockeye. Although this was a great fishery for Swinomish Fisherpersons, it did not make up for decades of poor returns that have devastated our community." (2010 S.I.T.C Annual Report).

How many more times can our resources uphold our need to live?

This ongoing question has risen in many different areas of the world. Areas where people harvest from the ocean as well as on land as a way of living. When one piece of the ecosystem is breaking down the whole system will be jeopardized.

It's very alarming for a young person like me to come this realization; our future kin may not be as privileged as we are. If my generation was the unprivileged one I would feel left out and not feel as complete.

Time keeps moving whether the rest of the world is ready. In 30 years what will cease our way of living? Water rights, hunting rights, natural disaster, or simply human development. These types of questions are serious and no one is ready answer any one of them, because they are unknown.

We must ready ourselves for change. The Earth never halts what's needed to withstand growth. Looking back at the way things used to be I feel will help us live. There is no cell phone, social network or iPad that will ever be as rewarding as hearing the splash of a salmon or the smell of rain. Seeing the stars at night remind me that this Earth was meant for something more than gadgets. We are tiny specs living in an enormous planet, we need to respect it.

Education

Tutorial Help Available

Who: 6th-12th grade students

What: Tutoring from our Swinomish Para Pros and homework help.

Where: Middle and High School study labs and snacks will be available.

When: Monday-Thursday, 3:05-4:05pm and our Recreation van will be available to transport students back to the Youth Center.

Why: Because our tribe believes that education is important and wants to support our students and help them succeed.

Canoe Journey Display at Anacortes High School



Brittny Grossglass

Preschool Christmas Caroling



Thank you to the Swinomish Preschoolers who travelled near and far to deliver the Holiday Spirit with their singing talents! Thank you to the staff & parents for the support!



Youth Center Calendar-January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
New Year's Day	YOUTH CENTER CLOSED	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 10-6	
8	9	10	11	12	13	14
	Youth Ctr. Hrs 12:30 – 9 Fidalgo Pool Leave at 6:15pm 	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 10-6	
15	16	17	18	19	20	21
	YOUTH CENTER CLOSED	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 10-6	
22	23	24	25	26	27	28
	Youth Ctr. Hrs 12:30 – 9 Fidalgo Pool Leave at 6:15pm 	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 12:30 – 9	Youth Ctr. Hrs 10-6	
29	30	31				
	Youth Ctr. Hrs 12:30 – 9 Fidalgo Pool Leave at 6:15pm 	Youth Ctr. Hrs 12:30 – 9				

Northwest Indian College Opens New Building for Cooperative Extension Services

LUMMI RESERVATION - Northwest Indian College opened its new \$1.3 million Cooperative Extension Building during a celebration Friday, Dec. 2. The 2,890-square-foot building is the seventh to be constructed as part of the college's \$44 million capital campaign. The building will house programs that focus on wellness, community outreach and financial literacy, and provide outreach to all NWIC sites.

The building has a commercial kitchen that will be used in classes that teach how to preserve and cook traditional and other healthy foods, according to Susan Given-Seymour, director of the college's Cooperative Extension Department. A kitchen is a much-needed addition. "We've had hot plates," Given-Seymour said. "This is a huge leap forward for us," Bellingham-based St. Luke's Foundation contributed \$25,000 toward the kitchen, a donation for which Given-Seymour expressed gratitude.

Other classes in the building will include food harvesting, basket weaving, the development of medical gardens, homebuyer education, and financial skills for families. What's more, the building will enable the program and its instructors to be under one roof, instead of spread among two buildings and numerous classrooms.

The Siletz Tribe of Oregon also contributed \$25,000 to the building. Other funding sources the U.S. Department of Education, Lummi Indian Business Council, San Manuel Band of Mission Indians, and the Norcliffe Foundation.

Northwest Indian College isn't done with its capital campaign. About 82 percent has been raised toward the \$44 million goal, and the college soon will break ground on a new science research lab that will be funded mainly by federal stimulus dollars through a National Science Foundation grant.

—Reprinted & edited from *The Bellingham Herald*. Photos by Kee Yoks.



Opening remarks from Bernie Thomas, NWIC Board Member.



Many gathered to witness the opening of the new NWIC build-



Presidents Kathi Hiyane-Brown (Whatcom) & Cheryl Crazy Bull (NWIC).



Elders from many communities traveled to participate and observe



Commercial demo kitchen within a mediated classroom that sites can view.



Moments after ribbon cutting, the blessing of the building occurs.



Staff of Cooperative Extension give insight on how the building will be used.



It's time to stand up for clean seafood

Dec 5th, 2011

How much fish and shellfish do you eat?

For more than 20 years the state of Washington has based its water quality standards on the idea that we eat one small bite a day, or 6.5 grams. About the size of a sugar cube.

That number is very important to everyone who lives here because it is used to set state standards for how much pollution can legally be put into our waters. The number the state's using right now isn't even close to what most of us eat.

We've been working hard for the past two decades to encourage the state to adopt a more realistic rate that will better protect those waters, the food that comes out of them, and the health of everyone who lives here. Now it finally looks like the state department of Ecology is taking steps to revise the old standards, and that's encouraging.

It's a sad fact that much of our local seafood is contaminated by pollution that seems to be everywhere in our environment. The new consumption standard will be aimed at helping to reduce levels of more than 100 pollutants that can hurt people. Over the long term these poisons can make us sick and even kill us.

Sure, some people don't eat locally harvested seafood at all, but those of us who do sure as heck eat a lot more than a small bite a day. Even though tribal members eat a lot more fish and shellfish than most folks, many thousands of non-Indians - especially our Asian-American and Pacific Islander communities - also make seafood a large part of their diets.

It's a shame that it's taken so long to revise our state's ridiculously low consumption standard, but the polluters have a strong lobby. They'll tell

Being Frank



By Billy Frank, Jr., Chairman NWIFC

us we can't afford to protect our water, our food and our health, that new rules will lead to everything from lost jobs to higher sewer rates at a time when our economy is struggling.

The truth is that we've all been paying the costs of a low consumption rate for many years in terms of the quality of our water, food and our health.

Regardless of what number is chosen to update the consumption standard, it's unlikely to even come close to the amount of fish and shellfish tribes eat every day. But revising our state's fish consumption standard is not just a tribal issue. It's a public health issue that affects everyone who lives here. That's why we support a significant increase.

We are standing on the edge of a great opportunity and we need to take bold action. Ecology will be holding public hearings on the new standards and you will have a chance to participate. Stand up for the water! Stand up for your food and your health! Let Ecology know that you eat fish and shellfish from Washington waters. Tell them you want to see the new consumption standard adopted quickly, without major loopholes for polluters.

For us tribes, western Washington is our home, and its waters are the source of much of our food. Our cultures and treaty rights are tied to this place, and we are committed to keeping it a healthy place to live. Fish and shellfish is food. There's no reason it shouldn't be available, plentiful and healthy enough for all of us to eat.

Billy Frank Jr. is the chairman of the Northwest Indian Fisheries Commission.

For more information, contact: Tony Meyer or Emmett O'Connell, NWIFC, (360) 438-1181

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Laura Day

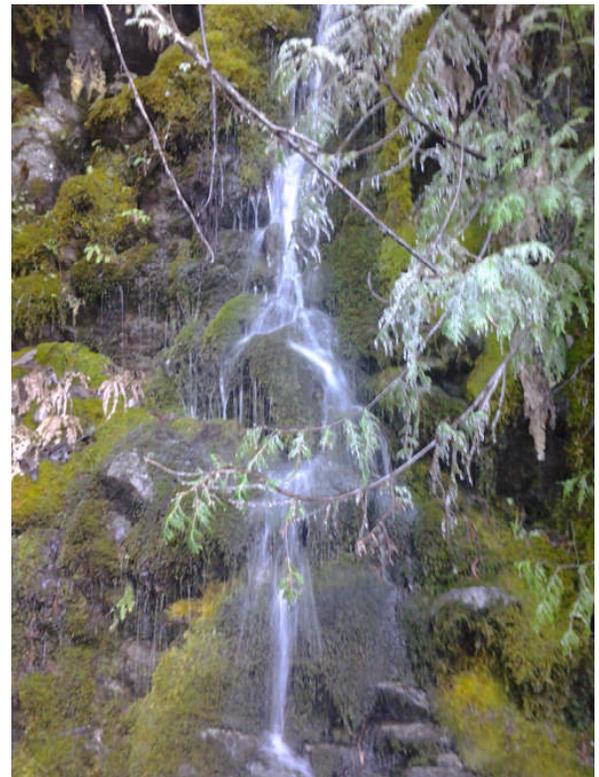


Laura Day

Joshua's Journey

By Joshua Spencer

I'm finally standing with a warrior stance. Thanking God for another chance. I never knew what this light can be. I always thought the darkness was a part of me. I felt like I've lived both lives of good and evil. And that's all the Devil caused was hurt and pain. I'm finally seeing what the light is saying and finally want a new life. I starve my Good Wolf long enough. So sorry Bad Wolf, but enough is enough. I see a new life. I see a new me. 'Cause the light is starting to shine through me. I finally looked at me and what I've become. To where now, where I wanna go. This change is hard. This change is crazy. Now I really know ain't nothing come easy. I have to fight. I have to want. I'll even pray over and over again. But now I'm thinking that this is the time for the Good Wolf to shine.



Laura Day

swədəbš Community Arts swədəbš Community Arts swədəbš

Pushing Mirth

Hands on knees

I point

Slightly bent

Teasing mirth.

At roilings

At ticklings

Seeking release.

Suddenly balance

Upset, arms twirl.

I'm not fallin in

Mirth climbed out

And pushed me in.

Laugh'n insanely

Deranged glee

Spins me round and round.

Gasping, I grip edges

Laughing roars,

Pulling me back in.

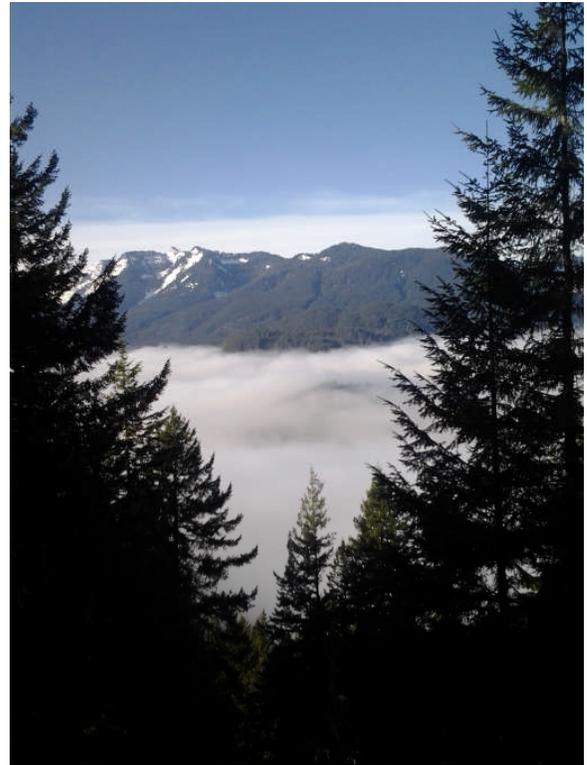
Exuberant joy

Roils and purrs

Delightful twirlings

Like butterfly wings.

By Paul Villaluz



Laura Day

Can you guess who?



Blast from the past!

La Conner High School Graduates, Class of 1967!

Pictured left to right: Terry Bobb, Dianne (Charles) Edwards, Larry Campbell

Photo by Jack Willmoth, Vista Worker for SITC. Photo from Larry Campbell

January 2012



Assistant Police Chief Hutchings

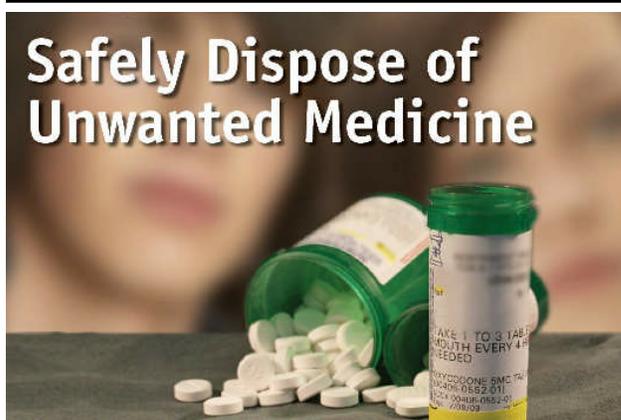
ASSISTANT CHIEF GRADUATES FROM FBI NATIONAL ACADEMY

On December 16th Assistant Chief Glenn Hutchings graduated from the 247th session of the FBI National Academy. The National Academy is a course of instruction covering 10 weeks. All of the courses are college level and accredited by the University of Virginia. This is the most prestigious training that a law enforcement officer can obtain. Selection to the National Academy is rigorous, and there were only five officers from the State of Washington selected for the current session.

Glenn is the first officer in the history of the Swinomish Police Department to attend the National Academy. He states, “Being at the National Academy is one of the greatest opportunities of my 36 year law enforcement career. It has been a great honor to represent Swinomish at the FBI National Academy.” He also thanks Chief Schlicker, who made the recommendation to the FBI, for this once in a lifetime honor.

During the 10 week course, Assistant Chief Hutchings took classes in leadership, effective writing, managing violent crime, forensic science for police managers, contemporary issues in media relations and fitness. Each National Academy student is required to successfully complete all courses. There is also a voluntary fitness challenge, in which students complete weekly “challenge runs,” with a final run covering a 6.2 mile obstacle course on the Quantico Marine base, the site of the FBI National Academy. Glenn is proud to have completed each challenge run and received a ceremonial yellow brick which is the “prize” for completing the final obstacle course.

The National Academy covered all registration, travel expenses and lodging for each attendee. Session 247 included 264 graduates from 49 states and 24 foreign countries.



Unused medications pose a risk to our families, communities and the environment. Don't store them, flush them, or throw them in the trash.

Safely dispose of your unused medications for free in the lobby of the Swinomish Police Department.

On Rich Soil

Reclaiming the Early Roots of Resonance
Between Coast Salish and Christian Wisdom

This four part workshop revisits the period of early contact and the arrival of Christianity to the Pacific Northwest.

Participants will:

Explore and rediscover how and why the Christian stories spread and flourished among the Coast Salish people.

Search for the resonant wisdoms found in both the Christian stories and the traditional stories of the Coast Salish.

This workshop is for:

- ♦ *Those who are searching for some resolution to feelings of conflict between their Catholic faith and their awareness of historic injustices.*
- ♦ *Those who want to gain a deeper understanding and appreciation for Christianity and Coast Salish wisdom.*

Where: Swinomish Spiritual Center, LaConner, WA
Time: 9:00 A.M. - Noon (all sessions)

Part One - "Lamentations of the Coast Salish"
Date: Saturday, January 21, 2012

Part Two - "The Sahale Stick"
Date: Saturday, February 18, 2012

Part Three - "Our Stories, our Wisdom"
Date: Saturday, March 17, 2012

Part Four - "Christ and the Coast Salish"
Date: TBA

Note: This workshop is presented by Puget Coast Salish Ministries and is part of a dissertation project created by John K. La Pointe for a doctorate in Ministry degree through San Francisco Theological Seminary.

Upcoming set of workshops as a part of Swinomish tribal member John K. La Pointe's doctoral dissertation project.

Swinomish Korean War Veteran: La Hail By (Ivan C. Willup Sr.)



Ivan Willup in active duty at Bradyfield, Japan

From August 17, 1951 to September 10, 1955, Ivan C. Willup Sr. served in the Air Force for active duty in the Korean War. Following his active duty at Bradyfield Base, Japan, Ivan was an Air Force Reserve from 1955 to 1959. In September 1959 he received an Honorable Discharge. With his wife, Aggie, he returned to Swinomish to start the next chapters of his life raising kids and new careers.

Currently Ivan is the Director of Senior Services overseeing Swinomish's Senior Center.

Our apologies from the Kee Yoks staff for excluding Ivan from the recognized veterans in the November/December issue.



Ivan Willup's Certificate of Service Card



Ivan Willup in active duty as Director of Senior services!

2nd Annual Mens Health Event

Physical Exercise
Relaxation
Emotional Wellbeing

Over Indulgence
Lack of Exercise
Unhealthy Eating
Smoking

FREE LUNCH

Join us for Breakfast while you wait. BBQ for lunch.

Everyone who joins us will receive a free gift bag.
Those who participate will be entered into the raffle.

Yearly Screening
1. Diabetes Testing
2. Cholesterol Screening
3. HIV Screening

All CHS + Direct Patients Welcome

Please call today to book your scheduled Appointment early. 360/466-3167

Date: Thurs., February 8th, 2012
Time: 9:00am - 4:00pm
Where: Swinomish Health Clinic

Come help save SWINOMISH EARTH DAY!

First organizing meeting for:
2012 10th Annual SWINOMISH EARTH DAY
To be held:
January 19th, 2012 @ 2:00 pm
Location:
Planning Office

Planning Office staff are unable to be the event coordinators for a large Earth Day event this year. We will be making this Earth Day a much smaller, community based event similar to a community clean up day. So, please come with any new ideas and organizing support for the 10th Annual Swinomish Earth Day. Contact: Todd, Tiffany or Tanisha in the Planning Office. Phone: 360.466.7280

Swinomish Elders Lunch

JANUARY 2012

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

Mon	Tue	Wed	Thu	Fri
2 	3 Clam Chowder Rolls/Crackers Vegetable Tray Fruit Cocktail	4 Meat Lasagna Garlic Bread Mixed Green Salad Oranges	5 Eggs & Sausage French Toast Peaches Vegetable Juice	6
9 Turkey/Cheese Sandwich Homemade Vegetable Soup Banana Yogurt	10 Meat Goulash Mashed Potato/Roll Green Beans Orange	11 Chicken & Dumplings Carrots/Celery Fresh Fruit Salad	12 Eggs & Bacon Waffles Berries Vegetable Juice Yogurt	13
16  M.L.K HOLIDAY No Service	17 Hamburgers Coleslaw Pork & Beans Oranges	18 Fish Brown Rice Carrots/Green Beans Berries	19 Hash Brown Quiche English Muffins Spinach Salad Pears	20
23 Split Pea Soup Turkey/Cheese Sandwich Apple Yogurt	24 Pork Chop Stuffing/Rolls Carrots Pears	25 Meatloaf/Gravy Mashed Potato/Rolls Green Beans Jell-O with Fruit	26 Eggs & Bacon Pancake Peaches Yogurt Vegetable Juice	27
30 Hamburger Soup Rolls/Crackers Mixed Green Salad Banana	31 Roasted Chicken Parsley Red Potato/Roll Green Beans	Milk served with meals		

First Native American cleared for Sainthood by Vatican

Reprinted from Indian Country Today Media Today— December 19, 2011



A statue of Kateri Tekakwitha, the first Native American to be certified a Saint by the Catholic Church, at the Basilica of Sainte-Anne-de-Beaupré, near Quebec City. (Photo courtesy of Wikipedia)

The Vatican today announced that the Mohawk-Algonquin woman born in 1656 and known as Kateri Tekakwitha has been deemed worthy of sainthood by the Pope.

Pope Benedict XVI has signed the decree recognizing a miracle performed by Kateri, and she will therefore be canonized at a ceremony sometime in the future.

According to the biography at katerishrine.com, Kateri's father was a Mohawk chief and her mother was Algonquin (Catholic News Service specifies that her mother was also a Christian); her parents and brother died of smallpox when she was four, and the disease left her with facial disfigurements and impaired vision. She was consequently given the name "Tekakwitha," which means "she who bumps into things." Her uncle, who was chief of the Turtle Clan of Mohawks, adopted her. Though he is described as "bitterly opposed to Christianity," he eventually relented, and Kateri was baptized in 1676 at the age of 20. She died four years later. The name "Kateri" is a derivation of Catherine, taken at her baptism, according to Wikipedia, as a tribute to Catherine of Siena.

Also according to Wikipedia, the process of Kateri's canonization began in 1884; Pope Pius XII declared her venerable in 1943, and Pope John Paul II beatified her in 1980. She was at that time the first

American Indian to be beatified.

Earlier this year, a segment on NPR looked at the process of certifying Kateri's miracle, which was then underway. Young Jake Finkbonner of Ferndale, Washington, had become afflicted with the flesh-eating bacterium strep. It was consuming his face, and he was expected to die—in fact, a Catholic priest had administered last rites. Meanwhile, a grassroots prayer campaign had started, and children across the country were praying for Kateri to save Jake, who is of Lummi descent. Kateri was chosen because, as the story goes, her facial disfigurements healed upon her death. Jake's priest, Reverend Tim Sauer, explained that the affinities between Jake and Kateri made her a logical choice. "No. 1, we're talking about two young people," Sauer told NPR. "No. 2, we're talking about two people who come from Native American ancestry. And No. 3, we're talking about a person who herself suffered from a disease that disfigured her face." After Jake defied all doctors' predictions and survived, the Catholic Church initiated the process of certifying his recovery as a miracle caused by Kateri's closeness to God.

Also certified for sainthood was Blessed Marianne Cope, who spent 30 years in the late 19th and early 20th centuries ministering to lepers on the Hawaiian island of Molokai.

Swinomish gather for Swinomish Tribal Community Dinner



Thank you to all who came together for the monthly Swinomish Tribal Community Dinner on December 21. The event was well attended from the community from young ones to elders. A delicious meal featuring a turkey and ham dinner was enjoyed by everyone. The evening also featured a jam session where canoe journey songs were shared by the Swinomish Canoe Family. Also a big hit was the youth & adult door prizes.

The purpose of the gathering was to continue to provide a positive space for the community to come together to love, care & share with one another that was started in preparation for Tribal Journeys 2011—Paddle to Swinomish. It was announced at the gathering that the Swinomish Tribal Community Dinner will happen on a monthly basis on the third Wednesday of every month. So, please mark your calendars! If you have any questions or would like to help out, please contact Qws Tan Ya (Aurelia Washington), Cultural Events Director, at 360-466-6376 or 360-853-6376.



KeyBank



Budgeting - Count Every Dollar

Swinomish Housing Authority Key Bank & NWIC~Swinomish Site Team up.....

Class description:

The Budgeting class is a one - two-hour long class offered to KeyBank customers & members of the community who are interested in developing their understanding of how they can use their money more effectively. The intent of this class is two-fold. First, it will help participants understand how their spending behaviors impact their goals and present to them a set of tools to use when planning their spending. Second, it will give participants hands-on experience using the tools in terms of their own situation.

WE NEED AT LEAST 6 PEOPLE TO SIGN UP!!!!!!
Don't miss this chance to get some really valuable information at NO COST from KeyBank professionals!

NWIC is also offering CEU credits when you attend a workshop!

January 18, 2011, Social Services Library, 1 to 3pm

This is good for people that need professional development training or if they want to list it on a functional resume' for a job. Snacks & juice will be provided! Please sign up with Life Skills counselor Robin Carneen (Edwards) by coming by her office at Social Services or calling 466-7354....you can also sign up at the SHA main office or email Robin at robin.carneen@gmail.com



To reach
SHA/SUA contact:
(360) 466-4081

Life Skills Office:
(360) 466-7354

(one on one financial
counseling available)

New Housing Blessing

November 2011

On a chilly November day, a group consisting of the Swinomish Housing Board; SHA staff; Swinomish Senators; Spiritual leaders and representatives from Strandberg Construction gathered together to bless the new construction project in the Tallawhalt sub-division. Prayers were shared and blessing songs were sung by the Swinomish Canoe family, in acknowledgment of the ancestors and to help celebrate 16 new single-family homes slated for completion sometime in October of 2012.

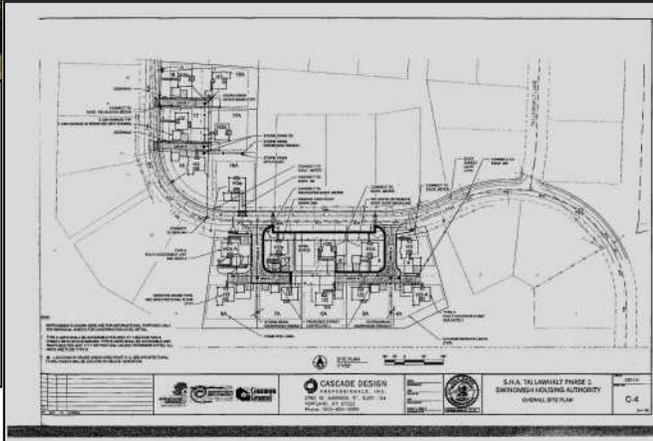


After several community meetings and surveys were conducted and based on the Swinomish Tribal Community demographics, these new rental units have been designed to accommodate smaller families, Elders, and to meet handicapped needs.

There will be a total of 11 two-bedroom units along with 5 three-bedroom units, each one having two full baths-with one being able to meet handicapped needs. All units are accessible and of universal design. We ask everyone help keep the Tallawhalt neighborhood safe during the construction by doing the following:

- Watch your children and keep them off the construction sites to keep them out of harms way and to protect the work in place;
- Please follow the parking rules and do not park your vehicles on the street in the Tallawhalt sub-division. The streets are narrow and the large construction rigs need as much room as possible to work safely;
- If you have any concerns about health or safety issues related to the project please call the SHA office at 466-4081. Even if it is after work hours and you fell its important you can still call this number and follow the instructions for leaving an emergency message;
- If you see an accident, vandalism, theft or other crimes occurring on the construction site please call the Tribal Police at

JAN 2012 Swinomish Housing & Utility Authority News



**JANUARY 2012 REMINDER:
10TH OF EACH MONTH...
RENT & UTILITIES DUE !!!!!
DON'T LET THOSE
BALANCES CREEP UP!**

DEC-2011 Raffle Winners

CONGRATS To December

raffle winners:

- **Josephine Jimmy**
- **Brent Bobb**
- **Vince Cayou**

**"Make your FULL housing payment
by the 10th of the Month"**

***For details ask how you
qualify at the SHA office....or call***



We thank you
in advance for
your help and
cooperation
over the next
10 months.



**UNIVERSITY OF UTAH
NATIVE AMERICAN
RESEARCH INTERNSHIP**

Sponsored by the Department of Pediatrics



**May 29 - August 3, 2012
Salt Lake City, Utah**

Native American Students interested in Health Science research of junior or senior standing in any Undergraduate program:

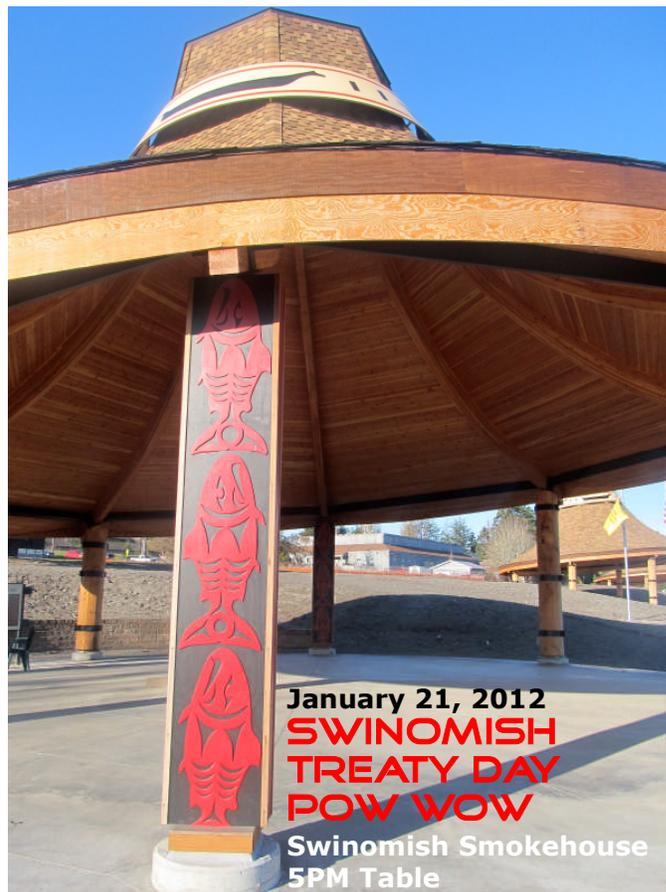
- Apply to a paid Summer Research Internship
- Live on the University of Utah campus
- Conduct research in a lab or hospital setting
- Attend a Native health conference
- Work with Native American faculty and staff mentors
- Shadow physicians and engage with world class research faculty
- Gain experience and prepare for careers in science and medicine

For more information contact:

Richard White 801-213-3499

richard.white@hsc.utah.edu

http://medicine.utah.edu/pediatrics/research_education/index.html



Coming January 11: Fourth Grade Science Fair Potluck Parent Night!

Families of fourth graders are invited to join local scientists Deborah Smelter and Dr. David Kingsbury in an evening of food and information about the Science Fair (March 29th). We will explain the requirements of this project. Please bring a main dish, salad, desert, or bread to share.

- Who:** Fourth graders and their families
- What:** Science Fair Project Info. and Potluck
- Where:** Swinomish Gym Great Room
- When:** Wednesday, January 11th at 6:00 pm
- Why:** To organize for the Science Fair

Please contact us with your questions!
Cammy Alumbres calumbres@lc.k12.wa.us
Peggy Swapp pswapp@lc.k12.wa.us

Own interest in Squaxin Island?

The Squaxin Island Tribe is purchasing undivided fractionated interest in allotments on Squaxin Island. At least twenty-four (24) tribes in the surrounding area have members eligible to sell their interests.

The allotments include:

ALLOTMENT #	ALLOTEE	ALLOTMENT #	ALLOTEE
3	Isaac / Chavitstied	17	Tyce Bob
4	Old Man Sindam	18a	Peter Klabsch
8	Old Man Sedulk	19a	John Sealth
12	Tom	20	Henry Kopel
13	Kate Charley	21	Tobolitsa
14	Old Man Sollatah	22	Jack / Yesapab
16	John Senaksub		

The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside established buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management Plan. The Squaxin Island Tribe will only be able to purchase interest on allotments that have been appraised by the BIA, Office of Special Trustees. Appraisals are conducted annually.

The Tribe is buying undivided interest on a first come = first served basis. The date of your application will determine your priority status.

PLEASE CONTACT:
Esther Fox, Real Estate Manager, Squaxin Island Tribe,
(360) 432-3864 or efox@squaxin.us

The Wellness Program

For most people, gambling is a social or recreational activity, something that is fun and entertaining. But for others, gambling causes problems and, for some, it becomes uncontrollable and is no longer a choice. If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play.

Responsible Gambling Guidelines

- *Think of the money you lose as the cost of your entertainment.
- *Set a dollar limit and stick to it.
- *Set a time limit and stick to it. Leave when you reach your limit whether you're winning or losing.
- *Understand that you'll probably lose, and accept the loss as part of the game.
- *Don't borrow money to gamble.
- *Don't let gambling interfere with or become a substitute for family, friends or work.
- *Don't chase losses. Chances are you'll lose even more trying to recoup your losses.
- *Don't use gambling as a way to cope with emotional or physical pain.
- *Know the warning signs of problem gambling.

(National Council on Problem Gambling)

The **Wellness Program** now offers Gambling Education and Counseling. Please contact Dawn Lee at 466-7273 if you have any questions or would like some more information.



Swinomish powered!

Pictured from left to right are:
 #3 Landy James,
 #13 Jamall James,
 #33 Jonah Cook,
 #2 Mike Wilbur,
 and #23 Wil James

Photo by
 Melissa Reynolds

Unique occurrence in La Conner High School Boys Basketball

Darrington, WA— On Friday, December 16, 2011 the La Conner High School boys varsity basketball team enjoyed a victory over Darrington with a score of 68-37. During the game Swinomish witnessed a unique occurrence when all 5 players on the floor were of Swinomish lineage representing the James, Wilbur, & Cook families. Speaking with elder Francis Peters, he could not recall a time when all 5 players on the floor were from Swinomish. "That's never happened before," Peters said.

New Year for Better Health—By Edwin A. Melendez II

Smoking and tobacco use has been linked to more than 435,000 deaths a year in the United States alone. That's about 1191 people dying per day or nearly 50 people dying per hour in the US.- ¹

Each day about 4,000 youths ages 12 -17 years of age smoke for the first time. ²

Each day about 1,200 adolescent and children become daily smokers. ³

For most smokers, cigarettes use becomes as addictive as opiates, amphetamines, and cocaine. ⁴

What can we do to help those who smoke within our community? Start by motivating yourself to help another tribal member this New Year. Set a goal for yourself of helping someone you care about quit smoking. During the Canoe Journey Event we saw that we could work together as one in completing a goal. Ask yourself if you have family members who smoke? Do you have friends who smoke? We can help them. Here at the Swinomish Tribe

Medical Clinic we have a program that is flexible and easy to follow.

The program is easy to follow because we design it around the needs of the person we are helping. We set small goals and try to involve family and friends to help the smoker quit. By education and creating awareness, we can create healthier lives for those who smoke in our community.

We challenge you to encourage a friend or family member who smoke to come and see us at the clinic and we can work together to help them start on the path to better health. I invite all of us in the community to work together on this new challenge and goal. We look forward to helping all smokers within our community to quit smoking and better their health. Let's all make 2012 a New Year for Better Health.

References:

¹ Centers for Disease Control and Prevention. Annual smoking-attributable mortality, years of potential life lost, and productivity losses—United States, 1997-2001. *MMWR* 2005;54:625-8.

McGinnis JM, Foege WH. Actual causes of death in the United States. *JAMA* 1993;270:2207-12.

^{2,3} Substance Abuse and Mental Health Services Administration. Results from the 2006 National Survey on Drug Use and Health: National findings (Office of Applied Studies, NSDUH Series H-32, DHHS Publication No. SMA 07-4293). Rockville, MD, 2007.

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⁴ Jones HE, Garrett BE, Griffiths RR. Subjective and physiological effects of intravenous nicotine and cocaine in cigarette smoking cocaine abusers. *J Pharmacol Exp Ther* 1999;288:188-97.

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HAPPY NEW YEAR From the Swinomish Behavioral Health Staff

The beginning of a new year is a good time to make some changes to reduce your stress and improve your life. New Years resolutions are often made but are not successful in the long run. Usually it's because we try to do too much.

As an aging elder I've observed how precious our lives are and that our physical health is related to our emotional health. What a great gift it is to honor oneself by doing a little physical activity everyday. The pay-offs are large: stress decreases, sleep improves, anxious or depressed feelings are more manageable and even our blood sugar levels improve.

Challenge yourself to add just 15 minutes of physical activity a day: walk with family/friends/the dog; clean up a room to your favorite music; join the kids when they play their Dance video games; come to the fitness center; get an exercise video; park further away from the store; try to keep up with a 3 year old.

Our next event for men is the Men's Health Day at the Medical Clinic on February 8. Let's encourage our guys to be healthy and attend this event for them.

Wishing everyone a healthy, happy New Year,

Diana Lowry

Swinomish Behavioral Health counselor



Swinomish welcomes new certified counselor to Social Services



Please join in welcoming Karen Meganck to the Swinomish community! Karen is a licensed mental health counselor and is located on the second floor of the Social Services building. Please be sure to stop by and say 'hello'!

Karen H. Meganck is a Licensed Marriage & Family Therapist in Washington & California. She completed her undergraduate studies at Western Washington University and received her Master's Degree from Antioch University in Marina Del Rey, CA. Karen has been providing psychotherapy to individuals (adolescents through seniors), couples and families for the past 21 years. She is currently providing mental health services to Veterans from all branches of the military, reservists and National Guard Troops from active duty to soldiers of all past wars. This work focuses on assisting the soldiers and their families in making the transition from battlefield back to civilian life.

Karen combines solution focused therapy with the insight of how one's life experiences or history impacts their thoughts, behavior and feelings and incorporates the connection between body, mind and spirit into the growth and change of the healing process.

"Your biology is your psychology and your psychology is your biology!" Meganck said.



Youth volunteers who helped model and distribute this year's Swinomish K-12 student sweatshirts. Thank you!

Swinomish youth receive new sweatshirts

Swinomish youth, kindergarten through 12th grade, received free sweatshirts from the Swinomish Indian Tribal Community to keep warm throughout the school year!

SITC and youth volunteers were on hand to help with the distribution. Thank you to all the volunteers!



Interested in having one? Get order forms at Social Services and return with payment by 01/13.

Congratulations to Jeff Edwards & Robin Carneen Edwards

Jeff Edwards and Robin Carneen were married by minister Joe McCoy in the Swinomish Spiritual Center. The ceremony was attended by 50-60 people, who joined them at the nearby gym for a lunch reception. Father Pat Twohy blessed the wedding rings and the couple as well.



Best Man-Bud Mathias, bride-Robin Carneen, Elder-Susan Billy, groom-Jeff Edwards, Maid of honor-Rosemary Cayou (photos by Annabelle)



Jeffery Edwards with Father Pat & Shaker Church minister Joe McCoy. Father Pat blessed the wedding rings & said a prayer for them. The newlyweds gifted them with blankets, "Wrapping them in [our] love & gratitude, as is our way," Carneen said. (photo by Araina Rose Dressler)





Swinomish Water Resources Program

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 01		04:01 4.64 ft	10:28 10.69 ft	17:58 2.66 ft			8:01	16:25
Mon 02	00:23 7.29 ft	05:03 6.01 ft	11:09 10.35 ft	18:49 1.93 ft			8:01	16:26
Tue 03	02:10 7.98 ft	06:24 7.05 ft	11:53 10.05 ft	19:35 1.20 ft			8:01	16:27
Wed 04	03:21 8.84 ft	07:53 7.60 ft	12:39 9.83 ft	20:16 0.51 ft			8:01	16:28
Thu 05	04:09 9.59 ft	09:04 7.76 ft	13:24 9.71 ft	20:55 -0.12 ft			8:01	16:30
Fri 06	04:45 10.14 ft	09:55 7.72 ft	14:08 9.69 ft	21:32 -0.69 ft			8:01	16:31
Sat 07	05:15 10.54 ft	10:34 7.58 ft	14:50 9.73 ft	22:09 -1.15 ft			8:00	16:32
Sun 08	05:41 10.83 ft	11:08 7.32 ft	15:31 9.78 ft	22:46 -1.47 ft		Full Moon	8:00	16:33
Mon 09	06:05 11.07 ft	11:42 6.94 ft	16:13 9.79 ft	23:23 -1.58 ft			8:00	16:34
Tue 10	06:30 11.30 ft	12:18 6.41 ft	16:58 9.73 ft				7:59	16:36
Wed 11		00:02 -1.40 ft	06:58 11.52 ft	12:58 5.73 ft	17:46 9.54 ft		7:59	16:37
Thu 12		00:42 -0.88 ft	07:29 11.70 ft	13:41 4.92 ft	18:39 9.22 ft		7:58	16:38
Fri 13		01:22 0.02 ft	08:01 11.80 ft	14:29 4.02 ft	19:38 8.79 ft		7:58	16:39
Sat 14		02:05 1.28 ft	08:36 11.81 ft	15:20 3.08 ft	20:46 8.33 ft		7:57	16:41
Sun 15		02:50 2.81 ft	09:14 11.70 ft	16:16 2.14 ft	22:05 8.01 ft		7:57	16:42
Mon 16		03:42 4.45 ft	09:56 11.48 ft	17:16 1.22 ft	23:41 8.04 ft	Last Quarter	7:56	16:44
Tue 17		04:46 5.99 ft	10:44 11.19 ft	18:18 0.33 ft			7:55	16:45
Wed 18	01:33 8.62 ft	06:10 7.13 ft	11:39 10.90 ft	19:19 -0.50 ft			7:54	16:46
Thu 19	03:00 9.53 ft	07:43 7.61 ft	12:39 10.66 ft	20:15 -1.19 ft			7:53	16:48
Fri 20	03:57 10.35 ft	09:02 7.50 ft	13:39 10.51 ft	21:07 -1.66 ft			7:53	16:49
Sat 21	04:42 10.93 ft	10:03 7.07 ft	14:36 10.40 ft	21:55 -1.87 ft			7:52	16:51
Sun 22	05:19 11.29 ft	10:53 6.51 ft	15:31 10.27 ft	22:39 -1.76 ft		New Moon	7:51	16:53
Mon 23	05:52 11.47 ft	11:38 5.91 ft	16:22 10.05 ft	23:21 -1.36 ft			7:50	16:54
Tue 24	06:21 11.54 ft	12:20 5.28 ft	17:13 9.75 ft				7:49	16:56
Wed 25		00:01 -0.68 ft	06:49 11.53 ft	13:01 4.67 ft	18:02 9.36 ft		7:48	16:57
Thu 26		00:40 0.24 ft	07:18 11.47 ft	13:42 4.07 ft	18:53 8.92 ft		7:47	16:59
Fri 27		01:19 1.37 ft	07:47 11.34 ft	14:23 3.52 ft	19:47 8.48 ft		7:45	17:00
Sat 28		01:57 2.64 ft	08:18 11.11 ft	15:06 3.03 ft	20:45 8.06 ft		7:44	17:02
Sun 29		02:36 3.99 ft	08:51 10.78 ft	15:52 2.62 ft	21:54 7.76 ft		7:43	17:03
Mon 30		03:20 5.33 ft	09:28 10.37 ft	16:43 2.26 ft	23:23 7.70 ft	First Quarter	7:42	17:05
Tue 31		04:14 6.55 ft	10:10 9.93 ft	17:38 1.89 ft			7:40	17:07



CLAM PSP UPDATE



Butter Clams sampled by Swinomish Water

Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 12/13/2011 were found to be

SAFE TO EAT!

Swinomish Tribal Members may conduct Subsistence Harvesting on the Reservation when the Swinomish Fisheries Dept indicates beaches are OPEN and the Dept has issued the digger a valid Ceremonial and Subsistence Shellfish Harvesting Permit.

FREE Guided Tours for Tribal Members on Kiket Island the first Wednesday of every month!

Approximately 2 hours– Take a short walking tour and learn about the history of this special place to our Swinomish ancestors.

Info: 466-7201





Swinomish Water Resources Program

Fall/Winter

Native Plant of the Month



Deer fern with two types of fronds.

Fertile fronds with spores.

Evergreen, sterile leaves.

Fiddleheads in spring

Photographs by Heidi Bohan

Landscape Value

Deer fern is an excellent native plant to include in landscapes. Its evergreen nature and low compact form with feathery fronds, make it a specimen fern to include in shaded areas. The new red fiddleheads add seasonal interest in spring.

It thrives in partial to deep shade and once established will tolerate the dry conditions that are present under the forest canopy.

Plant *en masse* or mix with other groundcovers. Deer fern naturally occurs with woodland plants such as bleeding heart, false lily-of-the-valley, starflower, Solomon's seal, trillium, foamflower, piggyback, fringe-cup, dewberry, Siberian miner's-lettuce, and many others.

Deer Fern

Blechnum spicant

- Deer and elk rub their sore antler stubs on these fern clumps after their antlers drop in the fall, which helps with healing. They also browse on the foliage during the winter and early spring. These observations provide likely reasons for its common name.
- This fern has two types of fronds: one (that produces spores) is feathery, upright, deciduous and fertile. The other is evergreen, lays flat, and is the primary food producer for the plant.
- This plant has historical uses as an edible and medicinal plant by native people.

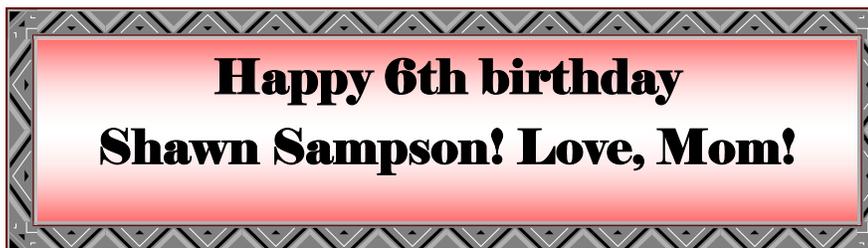
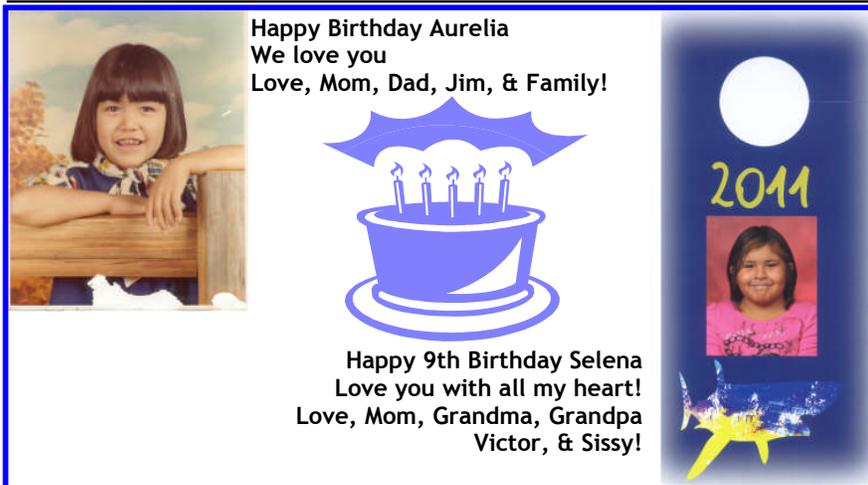
Text by Heidi Bohan
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ENVIRONMENTAL STEWARDSHIP

January Birthdays!

1/1	Julia Meza	1/14	Nakiya Edwards
1/2	Dekota Wells	1/14	Nakesha Edwards
1/2	Melissa Reid	1/15	Lynn Aleck
1/2	Casimir Wilbur Sr.	1/16	Marlene Morris
1/2	Jeffery Edwards	1/17	Brandon Damien
1/3	Casey Willup	1/17	Wilbert James
1/3	Tashina Eastman	1/17	Georgia James
1/3	Kenneth Edwards	1/18	Todd Mitchell
1/4	Kaliana Bill	1/19	Sheena Fornsbey
1/4	Cora Clark	1/19	Mark Joe Sr.
1/5	Aurelia Bailey	1/19	Vincent Cayou Sr.
1/5	Anna Cook	1/19	Terry Jimmy
1/5	Kelly Topaum	1/19	Carissa Washington
1/6	Sarah Chagnon	1/19	Kellie Cayou-Lockrem
1/6	Shawn Sampson	1/19	Ursula Sampson
1/6	Arthur Billy Jr.	1/20	Matthew Cladoosby
1/7	Alethia Edwards	1/20	John Dan Sr.
1/7	Collin LaPointe	1/20	Ashlee Siddle
1/7	Jennifer Wilbur	1/20	Faye Bates
1/8	Grover Topaum III	1/21	Julie Siddle
1/8	David Grossglass	1/21	Judy Stephenin
1/8	Susan Bobb	1/22	Anthony Barron
1/8	Desiri Vink	1/22	Elizabeth Williams-Egbers
1/9	Nicholas Loomis	1/23	Ronald Riche
1/9	James Wilbur	1/24	Michael Fisher Jr.
1/9	Vernon Cayou	1/24	Lane Fernanado
1/9	Hector Barron	1/25	Bernard James
1/9	Alexander Cayou	1/26	Serena Bill
1/10	William Bobb	1/26	Julian Silva
1/10	Sophia Edwards	1/27	Abraham McDonald
1/10	Salena Bailey	1/27	Sacheen Siddle (McCoy)
1/10	James Bobb	1/28	Ronald Day Jr.
1/10	Charles McCoy	1/28	Divinity Kochuten
1/11	Michael Willup	1/29	Donald Clark
1/11	Ronald Williams	1/30	Thomas Edwards
1/11	Steve Martin	1/30	Phillip McCoy
1/11	Margaret Jamison	1/31	Cara Shannacappo
1/12	Bonnie Fornsbey	1/31	Jimiah Fornsbey-Solomon
1/12	Chad John	1/31	Amelia Nguyen
1/12	Betsey Campbell	1/31	Ayla Cayou
1/13	Krista Hamburg	1/31	Robert George Jr.
1/13	Cordell Manibusan	1/31	Dylan Stone
1/14	Treyton Wilbur		



Herbal Remedies for Winter Health

Tuesday January 10th, 2012
10:00 a.m.-4:30p.m.
At the House of Awakened Culture
7235 NE Parkway, Suquamish, WA. 98392

Presented by:
The Northwest Indian College Cooperative Extension
Traditional Plants and Foods Program
and The Suquamish Tribe Community Health Program

Tentative Schedule:

9:30 Registration - tea and coffee and snack
10:00 Aromatherapy for Coughs, Colds and Immune Health:
Making Steams, Oil Blends and Chest Rubs
12:00 Lunch provided
1:00 Herbal Teas - Making Infusions and Decoctions
2:30 Herbal Honeys
4:30 Closing remarks

In this hands-on workshop we will explore herbal remedies and medicine-making techniques for addressing common winter health complaints including colds, coughs, sinus infections, circulation and immune health.

No registration is required.
For more information please contact:
Elise Krohn, NWIC traditional plants educator
360-485-3848 elise@cwis.org or
Barbara Hoffman, RN, BSN, CDE
360-394-8468 bhoffman@suquamish.nsn.us



LEAD Summer Business Institute

for Native American, Alaska Native and Native Hawaiian
High School Juniors

Dartmouth College
Duke University
Stanford University
University of Pennsylvania

The LEAD Summer Business Institute is a dynamic summer program open to Native American, Alaska Native and Native Hawaiian high school students in their junior year. Students spend 3-4 weeks on a college campus learning about exciting careers in business and finance. Students take finance, business, accounting and marketing classes with world-renowned professors and converse with executives during corporate site visits at companies such as Google and Apple. Tribal lead-

ers and Native American professionals share with students exciting business developments and help them to understand how a financial career can benefit tribal communities. Students also participate in field trips to amusement parks and sporting events.

Cost and Scholarships: The cost of the program is \$1,250 plus round trip airfare. Significant full and partial scholarships are available through NAFOA. Last year, 98% of students received financial aid.

Deadline: January 9, 2012

Download an Application at: www.nafoa.org

NAFOA Scholarship Program

For Tribal College, Undergraduate and Graduate Students

NAFOA is dedicated to supporting Native people pursuing their education. We are pleased to offer merit-based scholarships to Native American, Alaska Native and Native Hawaiian students. Eligible majors include: Accounting, Business Administration, Economics or Finance. Awards are based upon academic merit, demonstrated involvement within the Native American community and demonstrated commitment to improving indigenous communities through a career in finance. Deadline: January 6, 2012

Download an Application at: www.nafoa.org

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Offices Closed New Year's Holiday	3	4 Senate Material Due at 5:00pm	5	6	7
8	9 NWIC Winter Quarter Begins	10 Senate Meeting at 9:00am	11	12	13	14
15	16 Offices Closed Martin Luther King Jr. Day	17 Keeyoks Submissions Are Due Biggest Loser begins	18 Swinomish Indian Tribal Community monthly dinner	19 Swinomish Food Commodities	20	21 Swinomish Treaty Day Pow Wow, 5PM Table
22	23 Swinomish Lodge information ses- sions	24 Swinomish Lodge information ses- sions	25	26	27	28
29	30	31				

- * January 2, 2012 Offices Closed for the New Year's Holiday
- * January 4, 2012 Senate Material Due at 5:00pm Admin. Bldg.
- * January 9, 2012 NWIC Winter Quarter Begins
- * January 10, 2012 January Senate Meeting at 9:00am Admin. Bldg.
- * January 16, 2012 Offices Closed for Dr. Martin Luther King Jr. Day.
- * January 17, 2012 Keeyoks articles, pictures fliers etc. are Due (extended deadline due to holiday).
- * January 18, 2012 Swinomish Indian Tribal Community monthly dinner, gym
- * January 19, 2012 Swinomish Food Commodities in the Social Services Bldg.
- * January 21, 2012 Swinomish Treaty Day Pow Wow, Swinomish Smokehouse, 5PM Table

FREE ADS: To place a free ad please contact the Kee Yoks at keeyoks@gmail.com

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

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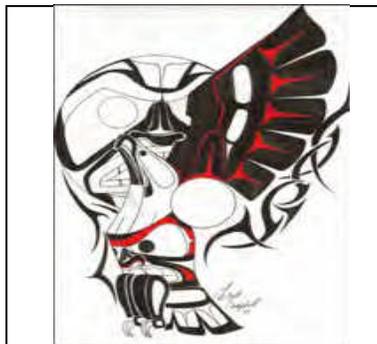
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Swinomish Shelter Mission Statement

The Swinomish Shelter provides a safe and temporary home to women and children coming out of violent living situations. The shelter is a refuge where residents will find out what it takes to keep them safe from harm. Women will be offered the tools that promote dignity and self-respect. Their children will be given the structure and assistance needed to heal from the wounds of violence. We will honor each person's unique life story and offer them hope for a better future.



The Swinomish Indian
Tribal Community

KIYUUKS
KEEYOKS Newspaper
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La Conner, WA 98257

KEE YOKS on line:
http://
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OR CURRENT RESIDENT



Caroline J. Edwards
Assistant Editor

Happy New Year from the Kee Yoks editors!

In 2012 the Kee Yoks enters its 46th year of publication. Congratulations to the Swinomish community and all previous editors, contributors, and volunteers who have made the Kee Yoks Newspaper a standing tradition and testament of communication at

Country. We will also strive to include more of the Lushootseed language which we realize is vital to our culture

and identity. In addition, like many publications, we hope to develop more of an internet presence. Lastly, in the coming year,

we hope to build stronger relationships with the community to bring forward your stories and ideas. Please continue to share your stories, ideas, and thoughts!

These are some of our New Year's goals for 2012. We welcome more dialogue regarding the Kee Yoks. We sincerely wish you a happy and prosperous New Year!

**The Kee Yoks staff wishes the
Swinomish Community
a happy and prosperous New Year!**



Michael M. Vendiola
Editor



Swinomish!

In the spirit of a new year, we would forecast some goals to accomplish this year. In this issue we have begun to look at the qualities of the Kee Yoks that have received positive feedback. In the coming year we hope to retain these positive qualities. Further, we will strive to address the challenges of maintaining a publication as well as look for ways to improve. Some other goals for this year are to join the Native American Journalists Association to keep in stride with the trends in Indian