Swədəbš Kiyuuqʷs

SWINOMISH INDIAN TRIBAL COMMUNITY

KEE YOKS SINCE 1966

Volume 45 Issue 8

AUGUST 2011

"The Time of Salal Berry"

Swinomish Tribal Canoe Journey 2011

Kiyuuqʷs

The Seagull

An official publication of swədəbš Swinomish Indian Tribal Community

Officers:

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

Senators:

Sophie Bailey
Sapelia

Brian Cladoosby
Spee-pots

Glen Edwards
Cha-das-cud II

Steve Edwards

Barbara James
Taləq talə II

Leon John
šm ʔk̓ ʔ ḷʔ

Kevin Paul
Wa lee hub

Brian Porter
Ya-qua-leouse

Brian Wilbur

Tandy Wilbur
Wolfe

Chester Cayou, Jr.
Pay a huxton

The Kiyuuqʷs
deadline to submit to the
SEPTEMBER 2011 issue is
AUGUST 15TH

The Kiyuuqʷs

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

Caroline Edwards
Assistant Editor
cedwards@swinomish.nsn.us

Amber Tisdale
Intern

Photos: kiyuuqʷs and submitted

This issue of the Kiyuuqʷs 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.

Find us on Facebook

"KEE YOKS Newspaper"

Cover : Canoe Journey Pictures

CONTENTS:

Article: Being Frank	33
Article: Stand Against Cancer	16
Archives	22-23
Birthdays—Aug.	26
Canoe Journey 2011	4-6, 11
Celebrations	36-37
Chairman's Message	3
Community Bulletin Board	7
Community Art	20-21
Free Ads	39
Housing & Utility Authorities	12
Medical Clinic/Dental	16
Native Business	13
Northwest Indian College	19
Plant of the Month	31
Police Department	14-15
Protect Mother Earth	32
Senior Menu	27
Social Services	18
Swinomish DVC	17
Water Resources Program	34-35
Youth Center Calendar	24

Kiyuuqʷs Mission

The mission of the kiyuuqʷs 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

Chairman Cladoosby and Governor Gregoire at the landing site

Photo by Katie Bassford

We have celebrated as One People, honoring our teachings that have been passed down from generation to generation.

Like many of you, my heart and spirit was filled with the love that was shared during Paddle to Swinomish. Sharing, caring and loving were truly flowing through our community.

The 2011 Tribal Journey brought to our shores over 80 canoes and thousands of Northwest Indians from around the Salish Sea. We celebrated the indigenous life ways of our People who have called this place home since time immemorial, and we honor our culture which has known no boundary.

A good friend and family to Swinomish, George Adams, Nooksack Canoe Family, shared this message on the Floor,

"We honor those who have traveled these waters with our drums and songs as we gather in the traditional homelands of the Swinomish People."

The last day of Paddle to Swinomish brought thousands of visitors from near and far to celebrate with songs and stories from the ancestors of the Skagit and throughout the Salish Sea. We are one of over 60 Western Washington Tribes and British Columbia First Nations in the Coast Salish Nation whose relations, culture, and bloodlines flow from the white caps of the mountains to the white caps of the Salish Sea area.

For Swinomish, this has been a historical moment, and we extend our deepest appreciation the Creator, for giving us the mercies to be together this past week. We are grateful for our Senators, whose commitment to the community came from their hearts. To tribal and staff members and volunteers who put in endless hours to make this a wonderful success. And most of all, much loved to my wife Nina, who has been my pillar of strength for over 30 years. I can't tell you how much we just appreciate the many smiles and respect shared with our family, friends and visitors.

"Swinomish has graciously opened their house with much love and honor to all of us," announced Ray Johns, Squaxin Island Canoe Family, "They just didn't talk about hosting, they hosted with their hearts!"

I was so proud to carry our Swinomish flag on the last night of Protocol on the Floor, and I cannot tell you how much I just love and honor my community for all that we have accomplished together. My job is the best in the world, I often say to others, for my community has blessed me with their trust for the past 25 years on Senate and 15 years as Chairman. I am truly humbled and blessed to be here for our Tribe, and so thankful for all of you.

Again, from all of the Swinomish Senators, we want to express our deepest appreciation to all of you who committed to the success of Paddle to Swinomish. May the Creator bless you for your kindness and consideration, and may we all look forward to a safe summer and fishing season.

LEADING UP TO THE CANOE JOURNEY!
THE WEEKS BEFORE JULY 25—31, 2011

COMMUNITY CLEAN UP DAY ON July 6th

Annitra F. helping out with the Interpretive Plant Garden.

Dianne E. pulling weeds in front of Admin. sign.

Robert O. helping with the weed eater.

Theresa T. with Wendy O., and Alicia E. helping with the Interpretive Plant Garden.

Kathy B., Teeny W., Jessica G., Julia B., and Darlene C. taking a quick break.

Joe Q. mowing the field down by the beach.

Canoe Family landing at Lower Elwha.

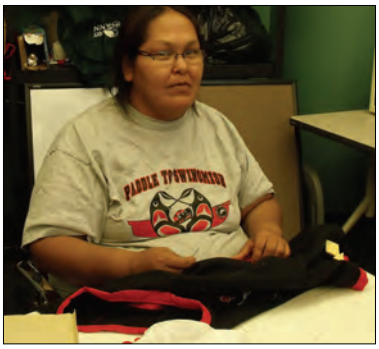
photo by Eric Day

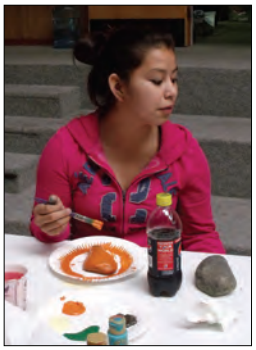
COAST SALISH DAY EVENT

LEADING UP TO CANOE JOURNEY 2011

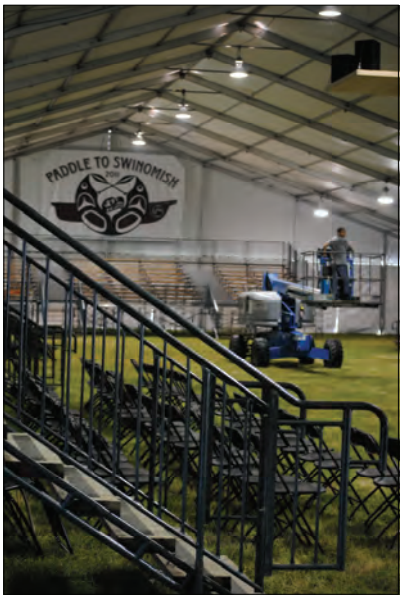
TRIBAL MEMBERS HELPING WITH THE REGALIA FOR THE CANOE JOURNEY.

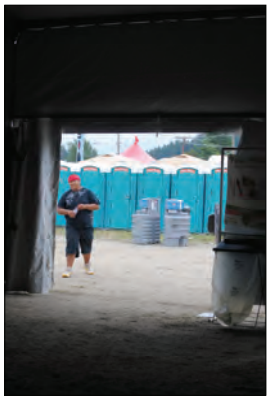
SWINOMISH YOUTH HELPING PAINT ROCKS





BUILDING THE PROTOCOL TENT





CANOE JOURNEY 2011

The First Canoes Land

SMOKNG SALMON FOR THE FIRST DINNER
Photos By Kendra Kerscher

Give-Away Items That Were Handed Out To The Protocol Dancers & Drummers.

The Give-Away Staff

BULLETIN BOARD

Upcoming Powwows for 2011

48th Annual Shoshone-Bannock Festival
Ft Hall , ID Aug. 11-14

AAIP 40th Annual Meeting Pow-Wow
Portland , OR Aug. 13

Festival of the River Pow-Wow
Arlington , WA Aug. 13-14

Chief Seattle Days
Suquamish , WA Aug. 20

Yakama Nation Legends Casino Powwow
Toppenish , WA Aug. 26-28

Legends Casino 9th Annual Pow Wow
Toppenish , WA Aug. 26-28

NAYA Family Center Neerchokikoo Powwow
Portland , OR Sept. 9-10

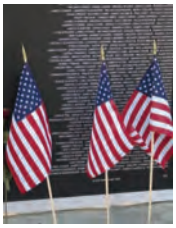
Four Winds Native Gathering
Grants Pass , OR Sept. 10-11

36th Annual Pah-Loots-Pu Powwow
Pullman , WA Sept. 23-24

Komemma Pow Wow and Gathering
Yoncalla , OR Nov. 5

Swinomish Child Care Program will be closed the week of August 29 to prepare for the next school year. We use this time for annual required training, cleaning and preparation of classrooms.
As always, if your family is registered for child care, and you have not been into the Center regularly, please check in by phone, email or in person, to make sure you have the most current information about the Child Care Program.

Thank you for your understanding and support,
Swinomish Child Care Program



Coming August 25 — 28
VETERAN MEMORIAL WALL
Hosted by the Swinomish Casino

Motorcade Escort Wed. Evening, August 24
Opening Ceremony Thurs. Noon, August 25
Closing Ceremony Sun. 2:00 PM August 28

See Page 28 for more information

Correction for preschool class 2011…
In the July issue Tia Shannacappo was incorrectly identified as Joslin James. We apologize to Tia and Joslin for this mistake.
-KeeYoks

Back to School!

La Conner School District will start school:

September 1, 2011 with an Early Dismissal at 11:45am

Correction For the Article:

It Was a Calm Night… A Story Told By Joe McCoy ***By Caroline Edwards***

I would like to say sorry to Joe McCoy and his family for I have misunderstood where his biological father is from, and would also like to thank Joe for coming to me very nicely explaining my misunderstanding. The correction I would like to make is that Joe McCoy's biological father is Swinomish and not Canadian. His legal dad is Charlie McCoy who is from Calgary, B.C Canada. Again I am very sorry, I hope to not make these kind of mistakes in the future. Thank you.

Caroline Edwards
Assistant Editor

"Teesaluq"

Chester Cayou Sr.
8/12/22 - 8/27/10

It's hard to believe a year has gone by.
We continue to grow and stand by your beliefs.
We continue to strive for your teachings left by you.
"Loving, Caring, and Sharing"

We believe you will always watch over and guide us.
We Love and miss you so much, you will forever be in our hearts Dad/Grandpa.

Love,

"Your Family"

Sophie & Joe
Aurelia & Amanda
Corey, Marlissa, Baylee & Alvis
James, Bridgett & Alex
Huge, Tyler, Austin, Andrea & Alexia
Erica, Victor & Salena

Swinomish

I am never fulfilled without my home.
I'm comforted by the mountains that surround me, for they are my aunties.
The morning dew quivers my spine, that cold rush of blue air shivers me.
My uncles who serve the ocean, fish for guidance,
earning their respect from the sea.
The water is where we learn about the relationship between all living things,
that relationship is ours to earn.
The salmon are our children; we must protect them so they can carry strength
upriver to our aunties.
Our older brother the animal has taught us how to survive;
and our younger sister the sun will always show us the light.
The stars are bright shining on our grandfather the moon, who waits to hear from
grandmother as she sends her messages through the blowing of the wind.
The message is for the people of Swinomish; take care of our land. Our ancestors
lie within, protecting us, waiting for our return to them.
We live in the trees, this is our home.
We can never be fulfilled without this place we call home.

Written By
Caroline Jana Edwards

Annual Tribal Canoe Journey: A Personal, Spiritual, and Cultural Journey.

By Diane Vendiola

In the dictionary, I found 3 definitions for **"journey":**

1) a trip from one place to another place
2) a gradual passing from one state to another regarded as more advanced
3) travel somewhere; to travel to a place over a particular distance

The annual journey was started over 22 years ago in 1989 by Emmett Oliver, Quinault. In 1986 planning started for how Washington Tribes would participate in Washington's Centennial Celebration. Emmett offered to coordinate the planning and preparation of Indian participation. He met with all the Puget Sound Tribes and after many discussions, the tribes decided to join together in a procession of newly carved traditional canoes. Emmett went to the National Forest Service to ask to harvest old growth Cedar in order to begin building the canoes. Natives and non-natives, all cooperated and worked together to put into the water traditional canoes that had been seen only in museums for the past 100 years.

As I said at our first Canoe Journey planning meeting in 2010, seeing the canoes come in at Golden Gardens in 1989 brought tears to my eyes. I was moved to tears because I remembered the message my mother gave to me before I went to my first day of school. She told me not to tell people I was Indian because they would treat me nicer. I wished that my mother had lived to see the change in attitude toward the Indians in the canoes and the pride with which they were welcomed by the Duwamish 45 years later. From that moment on I decided that the canoe journey could be a healing for my people and for me and my family.

Our indigenous culture has been controlled to a large extent by non –Native culture (we live on reservations, our ceremonies, and dances, religious practices were outlawed until 1978, and even today are questioned). The boarding school experience taught us how to forget our language, traditional ways, our values and culture. The United Nations has adopted the Declaration on the Rights of Indigenous People to protect their land and resources and to maintain their culture and traditions, the United States has not signed on.

Indigenous communities are coming to recognize the evils of self-destructive behaviors and the importance of our ancestors' traditional values of community responsibility. Participating in the planning and preparing for the Swinomish hosting for the 2011 Tribal Canoe Journey has been an opportunity to influence an awakening for the younger generation and their families. The singing and dance practices reminded me of when I was a little girl and the summers when my family, along with my grandfather would play stick games every weekend in the farm camps. I used to fall asleep listening to them sing and laugh together.

This is our chance to turn and bring back to life a communal, cultural, spiritual movement away from selfish individualism and blind consumerism, toward restoring ties with our Nature and our fellow wo(man) and the sacred power of solidarity.

Culture is a process. It is a process of continuous self-creating. We have the power as demonstrated by the Canoe Journey Movement to restore the political power of cultures, which are guided by Nature and limited in their activities. Culture can practice restraint in terms of production and resource use. Much of the focus of the Canoe Journey is on balance between elements of change (youth) and elements of conservation (age).

Planning, preparing and participating for the Canoe Journey is a revitalization of cultural tradition. Cultural tradition describes what we may be and helps us become what we are.

RONALD JOHN QUINTASKET (1933 - 2011)

Ronald John Quintasket age 78, a resident of the Swinomish Reservation, passed away at his home on Wednesday, July 27, 2011. Ron was born May 16, 1933 in Physt, WA, the son of Charles and Etta (Thomas) Quintasket.

He attended school in Esquimalt. His family moved to Skagit Valley where he enjoyed playing baseball for The Turkey House in Mount Vernon, as a fast pitch pitcher. He was always being recruited by other tribes.

During the Korean War he served in the U.S. Army. Following the war, he built roads with Cameron Asphalt and Lakeside Construction. He had also worked for the lumber mill in Omak and helped build the Grand Coulee Dam.

Ron enjoyed playing pool and is known for walking over the North Cascade Pass four times.

He is survived by his five children, Janice Joe, Bonita Quintasket (Johnny Dan, Sr.), Becky George (Robert George, Sr.), James Quintasket and Cheryl Anderson; his nine grandchildren, Lori Martin, Jeremy Cayou, Julie George, Robert George, Jr., Charles Benally, Albert Dan, Tonna George, Patti Benally and Carl Benally; two brothers, Raymond (and Pat) Quintasket and Phillip (and Barb) Quintasket; 16 great-grandchildren; as well as numerous nieces, nephews and other relatives.

He was preceded in death by his wife, Claudette (Irvine) Quintasket; one son, George Quintasket; one daughter, Loriann Quintasket; his parents, Charles and Etta Quintasket; two brothers, Larry Quintasket and Leonard Thomas; a sister, Darlene Cleveland; two sisters-in-law, Ethel Charles and Marge Thomas; and one grandson, John Dan, Jr.

A prayer service was held on Sunday, July 31, 2011 at 7:00 pm at the Swinomish Social Services Building. A funeral service was held on Monday, August 1, 2011 at 10:00 am at Sacred Heart Catholic Church, La Conner. Burial will follow at Swinomish Cemetery.

Arrangements were under the care of Kern Funeral Home.

GLORIA MARY "BILL" GEORGE (1946-2011)

Gloria George age 64, a resident of the Swinomish Reservation, passed away peacefully on Tuesday August 2, 2011. She was born on November 15, 1946 in Tacoma, the daughter of Dennis and May (Joseph) Bill.

Gloria was married to John J. George III and later divorced. Gloria and John had two sons John and Marshall.

Gloria was a housekeeper for a hospital for many years. Gloria decided to go back to school and get her license to be a Chemical Dependency Counselor. She then became a Chemical Dependency Counselor and worked for PCN for fifteen years. She retired from PCN in 2005.

She also worked as an I.C.W. and C.H.R with Upper Skagit and Sauksuittle Tribe for about 10 years.

During Gloria's life, she volunteered with battered women. Gloria also served as a Tribal Council Member for Sauksuittle Tribe for four years. She was a weaver. When she would weave, she would make cedar hats, visors, roses, and headbands. Gloria also loved to bead.

Gloria enjoyed traveling with the elders to the Casino when she had free time.

She is survived by her son John J. George IV, her five grandchildren; five brothers Willard, Andrew, Toby, John and Warraen Bill; three sisters Janice Bill, Julie Bill, and Merian (Butchie) Bill; and her grandparents Andrew and Emily Bill. Gloria was preceded in death by her son Marshall George.

Prayer services were held on Thursday, August 4, 2011, 7:00 PM followed by funeral services on Friday, August 5, 2011 at 10:00 AM. Both services were held at the Swinomish Social Service Building.

Arrangements are under the care of Kern Funeral Home, Mount Vernon.

Published in Skagit Valley Herald on August 6, 2011

TIME FOR PROTOCOL

August 2011 Swinomish Housing & Utility Authority News

Photos by Robin Carneen

Fire Safety Tips

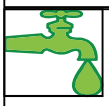
AMERIND Risk Management Corporation

- **Install smoke alarms on each level of your home and outside of sleeping areas and test them monthly.**
- **Make sure there are two clear exits from each room and that everyone knows these escape routes and has practiced using them.**
- **Never smoke when drowsy or when you're in bed.**
- **Use sturdy, non-tip ashtrays and check for smoldering cigarette butts in furniture – especially after parties. Douse butts and ashes with water before discarding them.**
- **Never leave cooking food unattended. Keep cooking areas clean and clear of combustibles.**
- **Use all space heaters with care. Keep them at least 36" away from combustibles.**
- **Have your wood stove, chimney and central-heating system maintained, cleaned regularly and inspected annually.**
- **Plug only one heat-producing appliance into an electrical outlet. Never override or bypass fuses or circuit breakers. Avoid running extension cords across doorways or under carpets.**
- **Store matches and lighters up high out of sight, out of reach of little hands / children. Use only child-resistant lighters.**
- **Never use or store gasoline inside your home. If necessary, keep a small quantity in an approved safety container locked in an outdoor shed.**
- **Store paints, thinners, and other flammable liquids in their original containers, well away from heat, sparks or flame.**
- **Keep papers neatly stacked and bundled, or in boxes.**
- **Identify your house with large address numbers that the fire department can see easily.**

SHA Painter Enrique Vega is making the homes on Solahdwh look beautiful in their new coats of fresh paint. For the most part he has had wonderful warm and sunny summer weather to repaint some of the rental units in the Village. SHA is asking households on Solahdwh to help SHA and Enrique by continuing to keep a special eye on the youth to make sure they stay away from paint, tools, and ladders etc. This will make it easier for the painters to do their jobs & to ensure that the homes will get painted on schedule and the paint has a chance to dry.

RENT DUE BY THE 10TH! AVOID LATE FEES!

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



Reminder: Pay your water/sewer bills by the 15th to help you avoid water shut-off. There will be times when you may even be able to work off your water and sewer bill. Also report any leaks in or around your home by calling the main SHA office as soon as possible: (360) 466-4081. If you have questions or concerns about your usage, please contact Sherry Stewart at the Swinomish Utility Authority office at: (360) 466-7223.

Tired of being charged for extra garbage bags? It pays off to add recycling to your garbage service! Call Waste Management at *757-8245* and ask to be added as a curbside recycling customer for the rate of $7.40 per month.

HOW MUCH DO YOU KNOW ABOUT FIREWORKS? (All ANSWERS ARE TRUE!): 1.Children should never play with or light fireworks; 2.Adults should always keep a bucket of water handy in case of a malfunction or fire; 3.Adults should read and follow all warnings and instructions before using fireworks; 4.Adults should be sure that other people are out of range before lighting fireworks; 5.Sparklers burn at such high temperatures that they burn clothing; 6. A 7-year-old boy lost half of his left hand, including his fingers when he lit an M-80 he found hidden in a family bedroom; 7.An 8-year-old girl received second and third degree burns to her leg when a spark from a sparkler she was holding ignited her dress.
Source: http://amerindrisk.org/resources/1/Safety%20Services/Firework%20Prevetion_Facts_Tips.pdf

NATIVE BUSINESS:

Frontline Intelligence

Jim Stanley

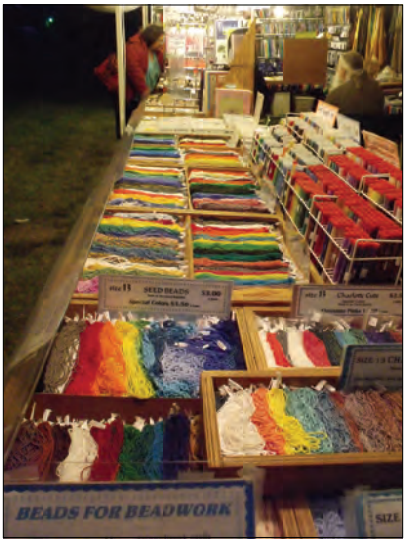
Companies live and die at the frontlines where employees interact with customers. Whether a tribally owned casino or individually owned proprietorship each patron experience either reinforces or degrades brand. From my experience as a lender and sitting on my tribe's enterprise board I see two types of conversations with distressed clients. One, the customer wants someone to listen and two, the customer wants specific action. Conversations where the customer wants to be heard are the most common. Both conversations require listening. Here are some ideas on achieving a positive outcome.

Resist the temptation to interrupt regardless of how long the customer takes to vent. Often it makes sense to first respond with a question to let them know you are listening. Asking about a specific point made is a good start: "You said you waited a while for our employee to get back to you. How long was it?" Empathy goes a long way when someone is upset. Empathy means you have taken the effort to understand things from the customer's perspective. It does not mean you agree with them. Sometimes it is good to use an old Indian trick and pull a co-worker into the conversation and say "listen to what our customer has to say, this is important." Imagine how you would feel if someone acknowledged your voice in such a way. A job well done is when the customer walks away and feels the other side understands the conversation. Notice I said feel and not think. The purpose of the interaction is to help the customer feel better not who is right or wrong. Listening to understand is the key.

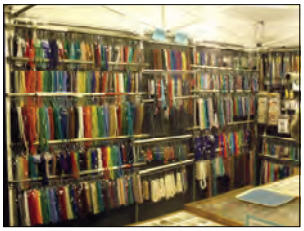
How you say something is as important as what you say. If the tempo and volume of the customer's voice is heightened then lower yours. Speak like you would to an elder, calmly and clearly to show respect. Even if the customer is more emotional than what the situation calls for it is a losing proposition to match tone because someone in distress will likely escalate if not allowed to vent. Arguing is also a bad idea. Try saying calmly, "that sounds frustrating" or "I can understand why you are upset."-Indian trick number two.

Everyday frontline workers deal directly with customers and are the ambassadors of their organization. "We are sorry" is not good enough when customers want their voices heard. Mistakes can and will happen. Don't attempt to cover things up or hide a mistake. Share them with peers and management to be used as opportunities to role play and develop situational skills. –Indian trick number three. A wonderful thing will happen as your team develops best practices in challenging situations. Everybody becomes closer and work becomes more fun. It takes leadership from within the organization to be brave enough to expose mistakes and work on them.

Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge.
Jim can be reached at: sovereigndevelopment@hotmail.com.



Canoe Journey Vendors



SWINOMISH POLICE DEPARTMENT

In preparation for the Journey, officers met to discuss assignments and duties. Officers were scheduled to work 12 hour shifts during the week of Paddle to Swinomish.

Officers were assigned to patrol specific areas. Here, Officer Derting is shown at the waterfront area. To increase community recognition, both officers and security volunteers wore safety vests so they could be easily identified.

The police department training room served as a communications center for the week. Radio traffic and cameras were monitored day and night. The center also served as security volunteer check in and orientation.

Officer Smailes commands the communications desk.

Officer Mike Boehmer shares a laugh with Chloe Edwards.

The Swinomish Police Department patrol boat stays near as Swinomish canoe *Salmon Dancer* approaches the landing with Governor Christine Gregoire on board.

During the week of the Journey, officers relied on several different forms of transportation. By far the favorite means of transport was the department's mountain bikes.

These bikes allow officers to move through traffic and access most areas in a stealth mode. When needed, the bikes also have a full array of emergency lighting, sirens and a loud-speaker system. They also have a full lighting package, making them effective during the hours of darkness.

(Officer Derting left; Officer Stucker right)

Officer Radley, Swinomish PD; Officer Freeman, Chehalis Tribal PD; and Officer Naumec, Swinomish PD

The police department was very fortunate to have received many hours of help from volunteers. Citizen volunteers and employee volunteers put in many long hours maintaining the traffic detour points on Reservation Road.

Swinomish also received assistance from other tribal police departments. Bill Matt from the Spokane Tribal Police (below) and Scott Freeman from the Chehalis Tribal Police (right center) worked Sunday through Thursday as guest officers.

Officer Matt, Spokane Tribal Police

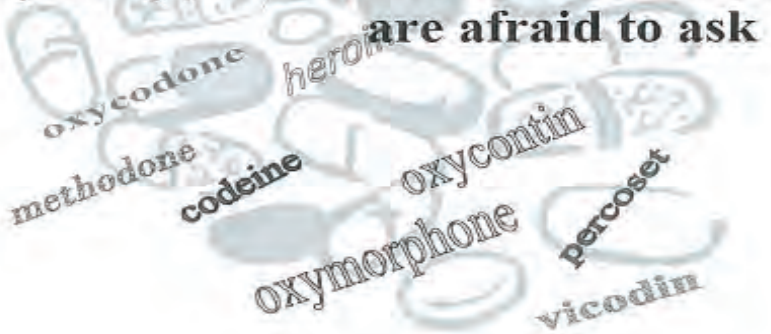
During the Monday landing, Stillaguamish and Nooksack boats helped patrol the channel.

It is hard to imagine what we would have done if not for volunteers. A big thanks to all those who gave their time to help out our police department.

Coming to the Kee-Yoks

A series of articles designed to raise community awareness

Everything you need to know about Narcotic Drugs but are afraid to ask



Heather Bryson-Program Director

Remember to brush your tongue!

Everyone knows that they need to brush their teeth and floss daily to get rid of the food, bacteria and acids that can lead to tooth decay. But not everyone knows you also need to brush your tongue, cheeks and gums because the same materials can build up on these areas.

The tongue's surface is rough and can build up plaque, bacteria & food debris. This can cause bad breath. To help get rid of bad breath, we recommend you brush your teeth, tongue, cheeks and gums!

Some people have difficulty brushing their tongue with a toothbrush. There are many different types of tongue cleaners on the market and some are even on the back of the toothbrush. Experiment until you find one you like and make sure to brush teeth, cheeks, gums and tongue several times a day! Flossing once or twice a day is fantastic also!

The Dental Team

HOW TO TAKE A STAND AGAINST CANCER

BY EDWIN A. MELENDEZ II

Each of us works hard to live our lives in this busy world. Sometimes we feel so overwhelmed by the obligations we have in our lives. Still, we try hard to complete our responsibilities. Doing this sometimes means making sacrifices. Sometimes we sacrifice sleep, a healthy meal, or even time with our families. Usually we sacrifice ourselves and our health.

How can we stay healthy and still complete our obligations? What are the overall effects to our health when we do not take care of ourselves? Cancer rates have risen over the past ten years. According to Cancer.gov, cancer risks can come from chemicals, low physical activity, smoking, poor diets, genes or our genetic make-up, and even from infectious diseases. Do any of these risks exist in our life? If so, what can we do to improve our chances of not getting cancer?

We must take care of ourselves. This means more exercise on a daily basis. We can find ways to buy time for exercising. We can use our lunch to go for long walks. We can take 30 minutes in the morning or evening for exercising. We can make this a family event by going to a park with trails and walking. We should work hard to make changes in our activity levels if we are not dedicating at least an hour a day for exercise.

Our diets and the things we put into our bodies is also important. We must be careful about how much we eat and what we eat. More fruits and veggies can help our bodies fight infections and disease. By reducing red meats and eating more fish will help our bodies as well. By drinking more than 6 to 8 cups of water a day we can improve our health. If we use websites like live strong.com and realage.com we can actually track our diets and exercise and this can help us see where we need to make improvements. By actively watching the way we eat can improve our energy and help our immune system. Smoking, alcohol abuse, and drug abuse only ruin our bodies. When we abuse our bodies we put ourselves at a much higher risk for acquiring cancer. In fact, smoking has been proven to be a large contributor to lung cancer, throat cancer and other cancers that ravage the body.

By going to the doctor on a regular basis we can fight cancer. Early detection is a key to survival of cancer. By having yearly physicals, we can help you improve your health. Men should have their prostates checked yearly or more. Women should have pap-smears and mammograms regularly to screen for breast cancer. If you do not feel well, please go to the doctor. Listen to your body. By checking your health regularly you can avoid serious problems in the future. If you are searching for ideas to improve your lifestyle please come and see us at the Swinomish Tribal Community Medical Clinic. It is our privilege to help you improve your health.

Swinomish Domestic Violence Shelter

The Swinomish Domestic Violence Shelter
The House of Healing

To my dear people of the Swinomish Community, our DV Shelter is open and ready for occupancy. Our Shelter is here to help women who are in a domestic relationship and are ready for the cycle to end. It is very hard to move out of a domestic or dysfunctional relationship when maybe this is all you know, or he/she is all that you have. Our Shelter and staff are here to help you empower yourself and give you the resources to move on to a healthy lifestyle and give you hope for you and your children. Our Shelter and Staff are obligated to keep your information confidential and safe.

We are here to help our women and children who are in need of shelter and would like to help you the best way we know how. If you or someone you know would like to see this as a positive and healthy change, please call our hotline, we care!

With much respect,
Ach-Pia-Nuk

April James
Shelter Manager
360-399-1018 Office
360-399-1046 Hotline
360-610-6651 cell

"The House of Healing"
Has Arrived

Swinomish Indian Tribal Community has warmly embraced its newest neighbor in the community with the opening of our domestic violence shelter in June. Our small but dedicated staff wants each one of you to know that we are here to serve all our families with the commitment of our shelter statement:

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.

Our services include:

- Advocacy-based Counseling
- Emergency Shelter
- Information and Referral Services
- Children's Advocacy
- Support Groups

24 hour Hotline Contact

All services provided are free of charge.

If anyone would like further information regarding confidential assistance or has questions about our free services, please feel free to contact us at:

Shelter Office Mon-Fri. 8am-5pm phone: (360) 399-1018

Jennifer Hood
Trauma Support Counselor
Work (360) 588-2855
Swinomish DV 24 Hour Hotline number is
(360) 399-1046

SOCIAL SERVICES

Summer Gift Card Policy:
ALL BIRTH -12TH GRADE STUDENTS
ENROLLED SWINOMISH INDIAN TRIBAL COMMUNITY

On Wednesday, August 10, 2011, from 10 AM – 6 PM, the Swinomish Indian Tribal Community will be handing out the following in the Social Services Building:

GIFT CARDS FOR BACK TO SCHOOL CLOTHES for Birth -12th grade students enrolled Swinomish Tribe.

The Education Department is following the School District's enrollment from the end of previous school year.

Preschool students will need to be **up-to-date on all immunizations**, well child and dental check ups. You can have your doctors' office fax them to Candace at (360)466-7350.

For those students 14 years and older and out of La Conner School District will need to provide a **copy of school registration**, you can fax to Candace at (360)466-7350.

PARENTS/ GUARDIANS:

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

If you cannot come in, you will need to contact Education staff Tracy James (360-540-2702) or Candace Charles (360-466-7345) by 5 PM on the first Monday of August to verify your mailing address so your gift card can be sent to you by certified mail. If you have been receiving the Kee Yoks, you do not need to verify your mailing address. That means we already have a valid address for you.

In the split household, in compliance with ICW rules and common sense, we have always given the gift card to the parent that the child resides with, regardless of that parent's enrollment status. This assures that the child receives the benefit.

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

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

NORTHWESTINDIAN COLLEGE

Associate of Arts and Sciences Degree
Public and Tribal Administration

The **Public and Tribal Administration Program** is designed to provide students with an opportunity to develop their skills and knowledge for careers in public and tribal management in a public enterprise or tribal organization. Areas of study within the program allow students to customize their degree to focus on careers in either public or tribal administration.
Program areas of study include:

- *Tribal sovereignty, history and political structures and processes*
- *General principles of public and tribal administration, including theinteractions between tribal, federal, state, and regional governments*
- *Operations and management, including the delivery of social services*
- *Effective communication and tribal leadership*

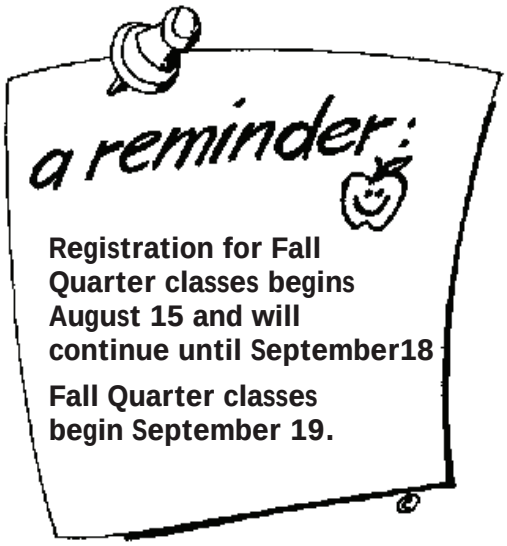
Course Descriptions 2011-2012

PTAD 200 BUDGETING
Introduces the student to the theories and principles of budgeting, the budgetary process, budgeting as a management process, formulation and administration of public and tribal budgets, approaches to budget formulation and analysis, role of budgeting in policy development, revenue forecasting, allotment control, cost accounting and negotiations.

PTAD 210 PRINCIPLES OF PLANNING
Introduces the student to the broad field of American planning and adapting it for application to the tribal context. General planning and techniques reviewed within planning's theoretical traditions and critical evaluation of the problems in adapting western planning approaches to the tribal setting.

PTAD 220 PUBLIC POLICY PROCESS
Introduces the student to theoretical literature from the field of public administration and the traditional and contemporary requirements of the tribal community. Examines policy development changes and outcomes along with the interaction of tribal, federal, state, regional and local jurisdictions and current political issues.

PTAD 230 ORGANIZATIONAL THEORY AND DEVELOPMENT
Overviews models for organizational development, nature and status of tribal jurisdiction in areas of tribal governance building. Covers legislation at the tribal level, the role of the council, quasi-legislative bodies, administration and other interests in organizational development.



PTAD 240 LEADERSHIP AND DECISION MAKING
Covers the executive life, style behaviors, decision making, relationship to community/constituencies and ethics in pub-lic and tribal government. Presents leadership skills, models for decision making, role of a leader, public relations, stress management, conflict resolution at the executive level, and role modeling.

For more information about the program, please contact:
Laural Ballew, MPA
Public and Tribal Administration Program Coordinator
360.392.4310 or lballew@nwic.edu

SWINOMISH swədəbš COMMUNITY ART ✍ *SWINOMISH* swədəbš

4th of July fireworks *photos by Caroline E.*

Mary Cladoosby, Governor Gregoire and Chairman Cladoosby's granddaughter, Isabella Long, preparing to land *Photo by Ray Erps*

Governor Christine Gregoire and Chairman Brian Cladoosby on shore

By Katie Bassford

Bird's eye view
photos by Jane Stephens

Unidentified elder at canoe landing 7/25/11
photo by Jane Stephens

COMMUNITY ARTISTS ☼ **SWINOMISH swədəbš COMMUNITY**

Nooksack River *By Caroline E.*

Mt. Baker
By Caroline E.

Nooksack Falls *By Caroline*

ENJOYED LIFE
TOLERATED INDEFFERENCES
SADNESS TO SMILE
DARKNESS OF GOODBYE
TO BRILLIANCE OF HELLO

BY PAUL HILLAIRE VILLALUZ

7-8-2011

Landing Day

by Jane Stephens

Canoe Journeys

Theresa Trebon, Swinomish Indian Tribal Community Archivist

Photo courtesy Swinomish Tribal Archive

Canoes. What image does that word conjur up for you? Summer camp from childhood? Old Hollywood Westerns where Indians arrived or departed in elaborate canoes, a seeming artifact from yesteryear? Thousands will gain new perspective July 25 when 100 canoes land here for the 2011 Canoe Journey, Paddle to Swinomish.

For millennia, Native carvers shaped massive logs into craft for transportation. They created both immense "family canoes," capable of crossing the open waters of the Salish Sea, and shallow "shovel-nose" canoes that easily maneuvered the rivers leading into Western Washington's interior.

Canoes were the economic engines of Native society, carrying the ancestors of the Swinomish Indian Tribal Community to distant places from the San Juan Islands to Canada, or upriver to mountain country, to gather the different foods that sustained them: fin fish and shellfish, meat, plants, and roots. As they traveled on these waters, their Lushootseed place names marked land features, a knowledge that guided canoe voyages and was passed from one generation to another.

When non-native settlement began in the 1820s, their canoes took them farther still, to Hudson's Bay Company trading posts at Fort Nisqually near present-day Steilacoom, and Fort Langley on the Fraser River, where they traded salmon and hides for new goods: cloth, ammunition, buttons and "looking glasses."

Most importantly, canoes linked family groups separated by marriage, reuniting kin particularly during spiritual ceremonies and potlatches held each winter in distant villages. These tools for transportation connected the essential parts of their lives.

As settlers arrived in Western Washington, Indians quickly realized that their canoes, and their canoe skills, were valuable commodities: the newcomers relied heavily on both.

When Washington's territorial capital was established in Olympia in 1853, mail and government correspondence reached far-flung settlements via the "express canoe," powered by Indian paddlers. In times of illness or accident, settlers from Seattle to Whatcom turned to Whidbey Island's Dr. John Kellogg, "the canoe doctor," who "traveled up and down the Sound country, paddled by as many as six Indians in a dugout canoe."

Canoes were the lifeblood of the fledgling "Washington Superintendency," the Federal agency that governed local Indian tribes after the 1855 Point Elliott Treaty, which established the Swinomish Reservation. Its officials regularly hired canoes, paddlers and Indian guides and an1869 receipt for canoe travel illustrates the money to be made: for a three-day trip from Lummi to Swinomish, up the Skagit River, and back to Lummi, three Indians and their canoe were paid $13.33 ($220.00 in 2011 dollars).

Innumerable diaries and letters reflect the pioneers' dependence on Indian canoes. In 1863, Louise Swift of Coupeville wrote her mother that they attended the Utsaladdy Christmas ball thanks to hiring an Indian canoe and paddlers. As they made the two-hour voyage across Saratoga Passage, their ball gowns wrapped in sailcloth, Louise and her companion "sat down flat on the bottom with our limbs horizontal," an unaccustomed experience for the newly arrived New Englander.

The decades after "Treaty Time" brought less dependence upon Native canoes and Indians' vast knowledge of local waterways. Steamboats became common on Puget Sound in the 1860s; by 1879, they were steaming past Sedro-Woolley thanks to the removal of mile-long log jams on the Skagit River.

New roads soon bisected thick forests formerly judged impenetrable, allowing horses and wagons to move into the upper Skagit country. At the same time, Indians traveling by canoe to traditional fishing and hunting grounds diminished, a result of the Federal Government pressuring Indians to become farmers and assimilate into White society, and non-native restrictions of Indian treaty rights to procure food in their traditional ways. By the late-1800s, Whites largely regarded Indian canoes as quaint symbols of a wilderness conquered — and a vanishing way of life.

Indian canoe travel evolved into a new form: canoe racing as entertainment. Although Natives were largely excluded from participating in White society, canoe racing came into vogue at communities around the Puget Sound region. One of the earliest was La Conner's July Fourth commemoration in 1884 where canoe racing took place from 1-3 p.m., sandwiched between the morning and evening horse races.

Six years later, 5,000 people flocked to Anacortes on July Fourth to witness the Indian canoe race on Guemes Channel. Town merchants soon realized the economic potential of this "exciting aquatic sport," so much so that in 1904, Anacortes accused Bellingham of organizing a "bogus canoe race" to "entice" local Indians north so they would be unavailable to race at Anacortes.

In 1929, Coupeville merchants took the annual summer races a step further as they hosted the first "International War Canoe Race." The title belied the fact that Indians never gone to war in the sleek racing shells featured at the race across Penn Cove. The three-day festival drew tens of thousands of people—and their dollars—to Whidbey Island throughout the Depression years.

Coupeville's success with the canoe festival prompted La Conner to follow suit. The success of the 1938 "La Conner Indian Festival" prompted the editor of Coupeville's newspaper to accuse La Conner of trying to "steal" Coupeville's Water Fest. In response, the La Conner editor replied, "Of course this is untrue but in passing we might say that La Conner is easier to reach, has a fine Channel in which to hold the war canoe races and is the home of the Swinomish reservation. Coupeville has only one Indian family living there, it is off the beaten track and visitors are not afforded a very good view of the races as they are held too far out in the bay. But all this is beside the point."

For those in Indian Country, the invitation to race canoes in non-native communities meant other things entirely. Prize money was a powerful draw, but so, too, was the opportunity to publicly gather with other tribes in a cultural celebration. The 1884 race at La Conner occurred the same year that a Federal law passed, one strictly prohibiting Indians from practicing their traditional spiritual and cultural ways. The law's purpose was to force Indian assimilation into White society; Indians who did not comply faced criminal prosecution.

"Emmett Oliver, the founder of the 1989 Paddle to Seattle, with his daughter, MaryLyn Bard at Canoe Journey 2011, Swinomish, Photo by Theresa Trebon

The rise of canoe racing coincided with the implementation of those draconian measures and enabled Natives to circumnavigate some of the law's prohibitions. Canoe racing provided a critical cultural link to the future when their traditional cultural practices would be allowed to resurface. In the late 1900s, those races evolved in a new direction at Swinomish with the start of "Canoe Club," an avenue for youth to learn and reclaim their traditional ties to water through athletic competition. In the words of Coach Brian Porter those races help tribal youth by "integrating our culture into our daily lives."

The observance of the Washington State Centennial in 1989 brought new waters for Native canoes to venture into. After countless tribal meetings and discussions about how Indian communities could meaningfully participate in the centennial festivities, (a difficult task as statehood represented all they had lost), they settled on the Native American Canoe Project, an effort to "perpetuate the nearly lost art of cedar canoe carving."

"Across time, canoes have carried the Coast Salish Culture forward into new waters"

New traditional family canoes were carved and on July 21, 1989, 16 tribes, including Swinomish, made the historic "Paddle to Seattle." But the Paddle was about more than just canoe carving. Quinault tribal elder, Emmett Oliver, who proposed, and coordinated the Canoe Project, felt strongly that reconnecting Native communities to canoe travel could lead to a restoration of their cultural identities.

Oliver recognized how much had been lost in the twentieth century due to Federal policies such as sending Indian children to boarding schools like the one at Tulalip. Those policies crippled the ability of tribes to pass on critical teachings from one generation to the next in areas from canoe carving to speaking their Native language of Lushootseed. Though Oliver worried whether or not "a subdued culture can be revived if it has reached a certain point of decline," he felt that canoe travel offered "an unprecedented opportunity to rediscover our heritage."

For indigenous communities throughout the Salish Sea region, and far beyond as well, Canoe Journey has brought that promise to life; it is indeed fitting that Emmett Oliver was at Swinomish to witness the 22nd year of his vision fulfilled. Here, once again, on July 25, as it did for thousands of years, the Swinomish Channel carried scores of canoes to Swinomish. Once again, the village's shores rang with vibrant Native song and ceremony brought to life as relations, friends, and newcomers were warmly welcomed.

YOUTH CENTER CALENDAR - AUGUST 2011

Mon	Tue	Wed	Thu	Fri
1	**2**	**3**	**4**	**5**
8	**9**	**10**	**11**	**12**
				Youth Ctr Ops **CLOSED** to attend Skagit County Fair
15	**16**	**17**	**18**	**19**
Mind Port Bellingham, WA	Water Pad Park Burlington, WA	Children's Museum	Swimming TBA	Kayadinnerk Pt. Tulalip
22	**23**	**24**	**25**	**26**
Youth Ctr Ops **CLOSED** to attend **EMPLOYEE PICNIC**	**TBA**	Canoe Journey Appreciation Dinner @ **6 PM** Youth Ctr.	Clam Bake @ Lone Tree Veteran's Memorial Wall @ 2 PM	Youth Ctr Ops **CLOSED** to attend **BIRCH BAY**
29	**30**	**31**		
TBA	Back to School Picnic	**TBA**		

YOUTH WHO PARTICIPATED IN THE 2ND ANNUAL SWINOMISH FUN RUN

Leadership Academy

Native Action Network

2011 Young Native Women's Leadership Academy

"Declaring Our Power, Defining Our Future"

This Leadership Conference is designed to empower young women as they continue their journey to become leaders of their community. Through hands-on training, participants will learn how to advocate for an issue and inspire positive change.

GOALS
- Define participant's goals for the Native community
- Address and uncover issues affecting our Native community and discuss ways to address them
- Further participant's professional development
- Enhance participant's skills while developing new ones
- Continue to expand an established network of Native women leaders

WHEN
The 2011 Leadership Academy will take place September 25th – 27th, 2011 at the Squaxin Island Resort. There will be no cost to students for all lodging, meals, and needed materials during the Leadership Academy. Students are responsible for their own transportation to and from the Squaxin Island Resort. All women will be assisted by chaperones throughout their stay.

WHERE
Squaxin Island Resort – Washington

WHO
We encourage young Native women who are seniors in high school through their 4th year in college/university during the 2011-2012 school year to apply. Applications will be judged on the applicant's potential for leadership and commitment to Native service, as reflected in her application.

HOW
Applications are available now at www.enduringspirit.org. Applications are due August 15th, 2011. Applications are accepted on a rolling basis; you are encouraged to apply early.

2ND ANNUAL FUN RUN

OUR 2ND ANNUAL SWINOMISH KIDS FUN RUN TOOK PLACE ON JULY 2OTH. IT WAS A NICE EVENT WITH 40 COMMUNITY CHILDREN WALKING OR RUNNING 2 MILES~ QUITE AN ACHIVEMENT…IT WAS GREAT TO SEE SO MANY YOUNG FACES WITH RED CHEEKS, SMILES AND FRESH AIR IN THEIR LUNGS~ EACH CHILD RECEIVED A SWEATSHIRT FOR THEIR EFFORT. THE EVENT WAS SPONSPORED BY THE SWINOMISH DIABETES PROGAM AND FITNESS CENTER, IN AN EFFORT TO BRING AWARENESS TO HOW IMPORTANT EXERCISE IS FOR DIABETES PREVENTION~ WELL DONE KIDS!!

SPECIAL THANKS TO THE RECREATION DEPARTMENT AND POLICE DEPARTMENT

SAY "YES" TO PHYSICAL ACTIVITY

PHYSICAL ACTIVITY HELPS IMPROVE YOUR HEART HEALTH, REDUCE STRESS, AND FEEL BETTER. FOLLOW BELOW TO GET STARTED:

1. SET YOUR GOAL. START SLOWLY AND WORK YOUR WAY UP.
2. DO YOUR FAVORITE PHYSICAL ACTIVITY LIKE WALKING, BIKING OR PADDLING FOR 30 MINUTES A DAY ON MOST DAYS. IF YOU ARE SHORT ON TIME DIVIDE IT UP, WALK 10 MINUTES 3 TIMES A DAY
3. WRITE DOWN THE ACTIVITIES YOU PLAN TO DO.

August Birthstone:
Peridot

August Birthdays!

August Flower:
GLADIOLUS

8/2 Daniel J. Cayou Jr.
8/2 Randy Harold Cayou
8/3 Amelia John
8/3 James Jr. Tandy Grossglass
8/4 Dean Perry Dan Jr.
8/4 Madeline Maxine Starr
8/5 Raymond Michael Bailey Jr.
8/5 Donald W. Damien Jr.
8/5 Ja`cee Damien
8/6 Taylor - Rae Andrea Cayou
8/8 Lavennah Nicole Shongutsie
8/8 Derek Desmond Paul
8/8 Matthew Ryan Damien
8/9 Alfonso Joseph Sampson Jr.
8/9 Brenda Evelyn Esther Keo
8/10 Betty Marie Nash
8/10 Merle Marie Doan
8/11 Martin Joesph Henry Edwards
8/11 Jacob Willup
8/12 Jarrette Cayou
8/12 Tredamas Thunder Hawk Casey
8/13 Patricia L. Solomon
8/13 Aurora Daveen Cayou
8/14 Corey Joseph Baker
8/15 Terrence Ray Silva
8/16 Michael J. Cladoosby
8/17 Shannen Lee John
8/17 Bruce Thomas James Jr.
8/17 Michael Smith Jr.
8/19 Alicia Annette Paula Topaum
8/21 Jeremiah Williams
8/21 Robert Scott Miller
8/22 Dianne Christine Edwards
8/24 Jennifer Gail Peters
8/24 Louis Martin Cayou
8/24 Alfonso Francis Billy Sr.
8/24 Cynthia Kay Kay Orock
8/25 Walter Ernest Damien
8/25 Garrett Joseph Wilbur
8/26 Frank Raymond Campbell
8/28 Maurine Martin
8/28 Wayne Gus Cayou
8/28 Kendall Johnny Edwards
8/28 Alana Nicole Quintasket
8/29 Corinne Tuefawn Day
8/29 Casey Dean Walker
8/30 Kalona Healing Feather Casey
8/31 Hilary Jennifer Edwards

AUGUST EVENTS:

- NATIONAL BACK TO SCHOOL MONTH
- NATIONAL PSORIASIS AWARENESS MONTH
- NATIONAL INVESTORS MONTH
- ADMIT YOUR HAPPY MONTH
- WOMEN'S SMALL BUSINESS MONTH

In case you didn't know...

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had. Previously names Sextilis in Latin, it was the sixth month of the Roman calendar.

*They took that extra day from February, which DID have 29 days (30 days during Leap Years).

Swinomish Elders Lunch AUGUST 2011

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

Mon	Tue	Wed	Thu	Fri
1 Turkey/Cheese Sandwich Split Pea Soup Fresh Fruit Bowl Yogurt	2 Pepper Steak Rice/Brown Rice Cauliflower Pineapple	3 Tuna Melt Sandwich Mixed Green Salad Cantaloupe	4 Pancakes/Oatmeal Eggs/Bacon Peaches/Raisins Cottage Cheese Vegetable Juice	5
8 Submarine Sandwich Coleslaw Chips Fresh Fruit Bowl Yogurt	12 Lasagna Garlic Bread Green Salad Bananas & Grapes	13 Roast Chicken Parsley Potatoes/Roll Carrots Berries	14 Blueberry Muffins Eggs & Sausage Links Plums Yogurt Vegetable Juice	12
15 Sloppy Joe French Fries Veggie Platter Fresh Fruit Bowl Yogurt	16 Pork Chop & Gravy Stuffing/Brown Rice Carrots & Green Beans Applesauce	17 Beef Vegetable Stew Fry Bread/Rolls Whole Apples Apple Crisp/Ice Cream	18 Pancake Eggs & Bacon Peaches Cottage Cheese Vegetable Juice	19
22 Clam Chowder BLT Sandwich Fresh Fruit Bowl Yogurt	23 Chicken Adobo Rice Cauliflower & Carrots Tropical Fruit Salad	24 BBQ Spare Ribs Three Bean Salad Corn/Rolls Watermelon	25 Eggs & Sausage Gravy Biscuit/English Muffin Melon Slices Yogurt Vegetable Juice	26
29 Chef Salad w/ Meat & Cheese Boiled Eggs Garlic Bread/Crackers Fresh Fruit Bowl	30 Meatball Sub Sandwich Macaroni Salad Vegetable Tray Honeydew Melon	31 Ham Au Gratin Potatoes/Roll Green Beans Jell-O w/ Fruit		

North Intertribal Vocational Rehabilitation

The North Intertribal Vocational Rehabilitation Program helps people that have a permanent disability. The disability has to be documented as a permanent one. A disability causes barriers to work. Getting a job, or keeping a job, is sometimes hard when a person has a disability. There are many resources and programs that help get rid of the barriers. This makes it easier to get a job or keep a job.

The vocational rehabilitation program will help take a closer look at the barriers and work with the disabled person to overcome them. If you need help with getting or keeping your job, due to a disability, please call the social services office and set up an appointment with the front desk.

Call Colleen Williams (Teeny) at 360-466-7307 to set up an appointment.

Tammy Cooper-Woodrich is the Vocational Rehabilitation Counselor and her hours are Monday and Tuesday, 10:00-3:00. She is upstairs at the Social Services Building.

Tammy Cooper-Woodrich
466-7307 Mon & Tue

American Veterans Traveling Tribute & Traveling Wall Coming to Swinomish Casino

The American Veterans Traveling Tribute and Traveling Wall will visit Swinomish Casino from August 25 through August 28, 2011.

The mission of the project is to travel the nation to honor, respect, and remember men and women who served, and to pay specific tribute to those who gave all in that service. Since the tribute is mobile it allows people to honor and respect veterans and active military personnel without having to travel great distances to do so.

The AVTT presents several Cost of Freedom memorials and exhibits with its centerpiece being the Traveling Wall, an 80 percent scale version of the Viet Nam Memorial Wall in Washington D.C. Across its 370-foot length the wall contains every single name etched on the original. At its apex the memorial is an impressive eight-feet tall. The traveling wall was completed in early 1998 and began traveling that year. AVTT's *traveling wall* is the largest Wall replica traveling the USA, and is not to be confused with several other replica Walls; The Moving Wall, The Dignity Wall, the Wall That Heals.

The other memorials and exhibits included in the AVTT event include:
The Cost of Freedom Memorial: A series of stand-up exhibits created in gold dog tags to record the names of those who gave their lives for our freedom since Vietnam and including present day Enduring Freedom and Iraqi Freedom. This is a stunning exhibit for all to see. This one of a kind tribute honors those who have fallen and to which there is not currently a memorial for their honor and remembrance. Each dog tag permanently records the casualty information (full name, branch of service, rank, date and location of casualty) for that American Hero. This tribute is updated constantly and would be accurate to the day it would arrive at your location. Currently the AVTT Gold Dog Tag display is the tribute to those who have fallen 1) In hostile military actions between the end of Vietnam and the 9/11 attack and 2) As a member of the armed forces who have given their life in the Global War on Terror.
911 Memorials: A stand-up exhibit with lighted twin towers to make sure "we never forget". Each name is recorded according to their location at the time of the tragedy.
Walk Of Heroes: A series of stand-up's that pay tribute and provide education regarding our country's history, as well as conflicts America was involved in to insure our freedom. Freedom did not come for free and these tributes represent the true cost of freedom as paid in lives.
Vietnam Remembered: A nationally acclaimed art display of original paintings and more, for viewing, education, and reflection.
World War II: To assure all living veterans are honored, AVTT presents displays of pictures and information to pay specific tribute to WWII veterans.
Korean War: A beautiful pictorial display of the men who fought the forgotten war along with battle maps and the war timeline.
Founding and Historical Documents: A display of USA founding and significant historical documents including the Constitution, Declaration of Independence and other historical documents.
Police and Fire Display: Panels honoring Law Enforcement and Firefighters with pictorial display.
Ft. Hood: A panel memorializing the causalities at the Ft. Hood 2009 shooting.
Commanders in Chief: Pictures of each of our commanders in chief throughout history.
Tribute Panel: Anyone can purchase a custom inscribed dog tag to place on our tribute panel. This is a tribute and a personal message to a loved one, past or present. This tribute panel travels the USA with all other exhibits.

About the AVTT:
The American Veterans Traveling Tribute is a veteran-owned project committed to travel the USA to honor, respect, and remember those who served, and pay specific tribute to those who gave all. AVTT is not government sponsored or affiliated, but funded through sponsorship fees, donations, and sale of merchandise at events. AVTT works with The Traveling Wall Foundation; an IRS designated charitable non-profit organization. Donations or support to AVTT's mission, via the foundation, are qualified charitable tax deductions.

If you are interested in volunteering at the event, contact Jumada Schwinden at: jschwiden@swinomishcasino.com. To schedule an AVTT event, visit www.avtt.org or call (507) 380-2465. For more information contact Swinomish Ca-

Northwest Justice Project

FREE LEGAL ADVICE CLINIC FOR LOW INCOME SWINOMISH COMMUNITY MEMBERS

Do you need advice or assistance with a civil legal problem (not criminal) AND is your income lower than 200% of federal poverty guidelines?

For a household of 2 that would be less than $2428 per month

For a household of 4 that would be less than $3675 per month.

If so, take advantage of the free legal clinic on:

Thursday, August 18, 2011
10 a.m. to 3 p.m.
Swinomish Social Services Building, Room 206A
(No appointment necessary)

An attorney from the Northwest Justice Project will be coming to Swinomish the **third Thursday of each month** to provide free legal consultations to eligible tribal members on civil legal matters (not criminal). The following clinics will be held: August 18, and September 15, 2011.

Civil legal aid issues may include (among other things):

Family Law – custody, dissolutions, child support
Housing – evictions, foreclosures
Consumer – payday loans, collections, repossessions
Education – suspensions, expulsions
Employment – terminations
Health Care and Welfare Benefits

PLEASE MAKE SURE TO BRING ALL THE PAPERWORK RELATED TO YOUR LEGAL PROBLEM.

If you have any questions or would like more information please call Jean Seeley at 1-888-201-1012, ext. 631.

THE ALLIANCE for Equal Justice MEMBER

LSC

RECENT TRIBAL CODE AMENDMENTS

The Swinomish Senate has amended the Natural Resources Code in regards to Fish Tax. The Code is now in effect and can be found in Swinomish Code Title 18, Chapter 3. This amendment also repeals Swinomish Code Title 17, Chapter 6.

The Senate has amended and consolidated the fish tax and withholding on sales of fish by Tribal treaty fishers, and has established a single withholding amount of 3% of the sales of fish for payment of tribal debts and return of the balance to fishers. See STC 18-03.830.

Swinomish Code Title 18, Chapter 3 is available for review on the Swinomish 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.

The Swinomish Senate has amended the Charter of the Swinomish Fish Company. The Code is now in effect and can be found in Swinomish Code Title 2, Chapter 9.

The Senate has amended the Charter of the Swinomish Fish Company in order to qualify for SBA 8(a) status. This includes a sue and be sued clause that subjects Company assets to the reach of creditors. The Tribe, by adopting this Charter and establishment of the Company is not waiving the Tribe's own sovereign immunity in any respect or consenting to the jurisdiction of any court.

Swinomish Code Title 2, Chapter 9 is available for review on the Swinomish 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.

FROM THE SWINOMISH ELECTION BOARD!

Alternate Member position needs to be filled! The Election Board is accepting letters of interest from anyone with all of the following qualifications:

- **Enrolled member of the Swinomish Indian Tribal Comm.**
- **Age 21 or older**
- **Not currently a member of the Senate**
- **Resident of the Swinomish Reservation (as defined in Section 2- 01.050) OR employed by the Tribe**
- **Send letter of interest to Wendy A. Otto in Admin. or email to: wotto@swinomish.nsn.us**

The First Lushootseed Language Lesson on

YouTube-Welcoming the Canoes:

http://www.youtube.com/watch?v=UA8E0cckGyo

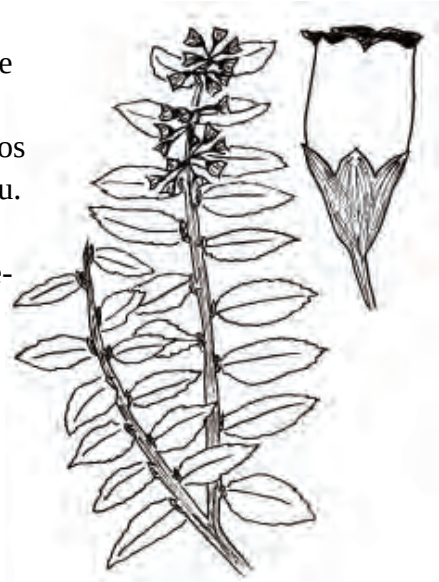
And on the Swinomish Website: www.swinomish.org

Filmed & Produced by Robin Carneen

Swinomish Water Resources Program

Native Plant of the Month
Evergreen Huckleberry - *Vaccinium ovatum*
Lushootseed - stixʷib (STEE-qweeb)

Practice coloring the native plant of the month! Use the photos to the left to help you. Draw in the berries and remember to look for them in the forest soon!



Background:

In the NW there are more than 20 species of huckleberries, which range from the coast to the high mountains. The Evergreen huckleberry can range in height from 2-9 feet. Although it can tolerate morning and winter sun, the huckleberry does best in shady conditions. Butterflies love the small pink bell shaped flowers. Leaves are alternate, leathery, sharp-toothed, dark shiny green on top. The flowers are followed in late summer with edible berries, usually dark black that provide food for wildlife and the hungry gardener or forager! The berries are said to be sweeter after the first frost. Evergreen huckleberry requires excessive drainage and acidic soils to become established. Once established this plant grows rapidly! During the fall months, the foliage turns wonderful shades of orange and red—providing a colorful show year round!

Huckleberry Salmon Soup

1 cup traditionally smoked salmon pulled apart into small pieces
about 3 cups water
3-5 TBSP ground acorns
3-5 TBSP ground hazelnuts
1 cup of evergreen huckleberries
Salt and pepper to taste

In a crock-pot add salmon, water, acorns and hazelnuts. Let cook for several hours. When the salmon is soft and the broth is flavorful, add the huckleberries and cook for an additional half an hour. Season to taste.

Traditional Uses:

Many of the areas huckleberries were traditionally harvested with wooden combs. This device would easily strip the fruit from the bushes without damaging them. Antioxidants in the plant protect body tissue from "free radicals" in cells that cause damage. They prevent inflammation and increase tissue strength. These antioxidants help protect the body from the effects of high blood sugar including diabetic retinopathies, kidney damage and poor tissue healing. Huckleberries are also one of the only fruits that do not raise blood sugar. All fruits have natural sugars in them, but huckleberries have a compound that actually lowers blood sugar, so the net blood sugar effect is zero. Huckleberries may be one reason why many native elders live to be over 100 years old! Huckleberries remain one of the most important traditional foods and also one of the healthiest.

Protect Mother Earth Task Force

Part of the PME team!

2011 Paddle to Swinomish Tribal Canoe Journey

What is the Protect Mother Earth Task Force (PME) ?

PME is a strong dedicated group of individuals formed to support the ***waste reduction*** efforts at the 2011 Canoe Journey. Recycling, composting and many sustainable options were initiated, helping provide educational opportunities for volunteers and other interested parties. PME partnered up with Skagit County Zero-Waste Program to divert the waste into recycling and compost. They lent us 30 waste stations. We trained hundreds of volunteers, working in 4 hour shifts to monitor these waste stations and help people learn more about waste reduction! Did you see us?

SCZW trailer

Two very dedicated volunteers!

An excited group—trained and ready!

Borrowed SCZW station

Youth learning to compost

What is Reduced Waste ?

Waste reduction is the actions taken before waste is generated to either reduce or completely prevent the generation of solid waste. The efforts of ***recycling, reusing*** and ***composting*** practices were combined for the 2011 Paddle to Swinomish to reuse materials and reduce the solid waste that would otherwise end up in landfills.

Recycling is the re-use of waste into material that will manufacture a new product. Recycling involves altering the physical form of an object or material and making a new object from the altered material. Example: recycling used aluminum cans into clean new aluminum cans for soda. This negates the need to find additional material to create a new product – let's just re-use the old material ! PME helped save MILLIONS of plastic bottles from going into a land fill. Bottles were continually plucked from dumpsters and cleaned–up from the grounds—helping provide material for new plastic drink bottles! Skagit Steel and Recycle also provided us with a large dumpster *free of charge* for the turkey pans that the kitchen used. We recycled HUNDREDS of them and sent them off to be re-made into new turkey pans! Cardboard was also a huge part of recycling—saving 1000's of pounds from going into a landfill!

PME crew dumpster diving for recyclables!

Turkey pans!

Recycling overflowing!

PME golf cart!

Tiffany and Public Works—diving in!

More cardboard!

Being Frank

Pollution Denies Our Treaty Rights

By Billy Frank, Jr.
Chairman
Northwest Indian Fisheries Commission

OLYMPIA, WA (08/01/11) Our treaty right to gather shellfish depends on the shellfish being safe to eat.

Samish Bay is one of the traditional shellfish gathering areas for the Swinomish and Upper Skagit tribes. It has some of the highest levels of fecal coliform in the state.

Fecal coliform are bacteria that's found in the poop of warm-blooded animals. It ends up in the water when septic systems fail or when farm animals and manure aren't kept far enough away from streams. The problem gets worse when heavy rains wash even more pollution into the bay. Already this year, Samish Bay has been closed to shellfish harvesting for 38 days.

We have asked the federal government time and again to take action against those who pollute our waterways and contaminate our shellfish. Our treaty shellfish harvest rights are threatened because the state and federal governments are failing to hold landowners responsible to keep fecal coliform and other pollutants out of our bays.

While tribal requests for help have been ignored by the federal government, others have gotten a response. When non-Indian commercial shellfish growers cried for relief from fecal coliform pollution in Samish Bay, the U.S. Environmental Protection Agency (EPA) responded. EPA gave Skagit County about $1 million to find and fix pollution problems. In May, the Puget Sound Partnership unveiled plans to conduct more inspections of septic tanks and farms.

I hope these efforts work. The state Department of Ecology has had its Clean Samish Initiative in place since 2009, but Gov. Chris Gregoire called the initiative a "failure" when the state was forced to downgrade another 4,000 acres of shellfish beds last spring.

"We're not going to flush, literally flush 4,000 acres down the drain of prime shellfish growing area in the state," Gov. Gregoire told state natural resources managers. Then she gave them until next September to make a difference. I applaud the governor for drawing a line in the sand at Samish Bay.

While I am encouraged by the governor's action, I am discouraged at the failure of this initiative. It shows that we can't always count on people to do the right thing. We can't expect people to voluntarily correct the pollution problems that have been going on for years. Not when our treaty rights are at stake.

The whole time the Samish Initiative was trying to monitor water quality and educate landowners, a local farmer was letting his cows drink from the Samish River. Keeping cows out of the river is one of the most basic pollution control steps we can take, but even that simple step wasn't being taken.

The Puget Sound Partnership has come up with a plan to reopen the shellfish beds in Samish Bay by September 2012. It calls for increased inspections, more education, and assistance to farmers and landowners.

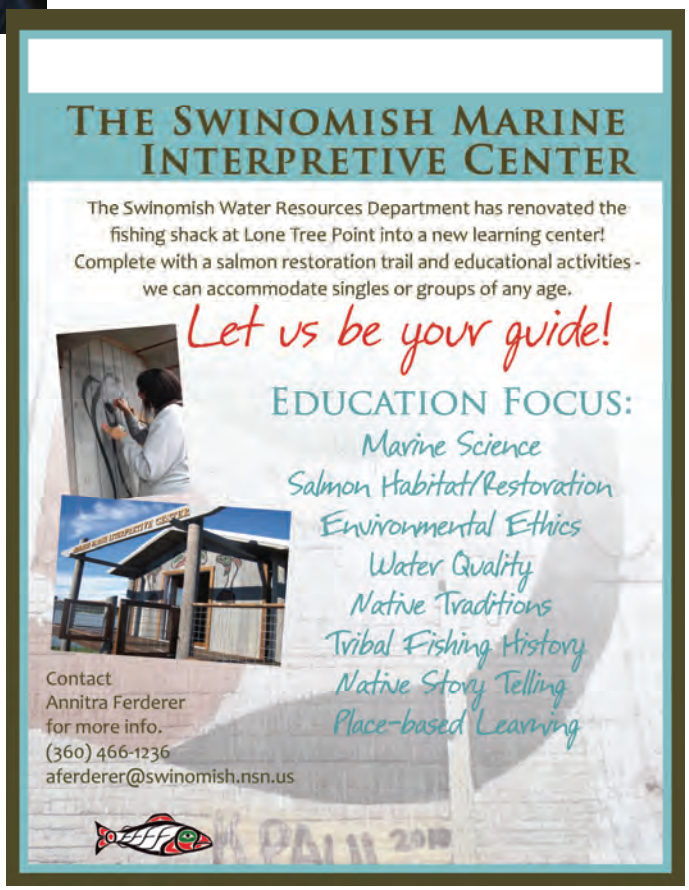
I want to believe that this time they will make a difference, but it sounds an awful lot like more of the same to me. I think it's time to get some management practices in place that will actually work to protect water quality and shellfish in Samish Bay, as well as our treaty rights.

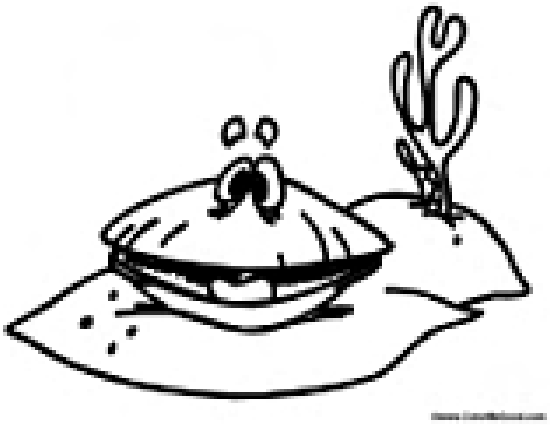
Those rights don't exist without the ability to harvest shellfish. For decades we were kept off the beaches because the state refused to recognize the rights we reserved with the federal government in treaty. Now, the state's failure to clean up Samish Bay is doing the same thing.

CONTACT: Tony Meyer or Emmett O'Connell (360) 438-1180 www.nwifc.org
Northwest Indian Fisheries Commission
6730 Martin Way E., Olympia, WA 98516-5540 Phone: (360) 438-1180 Fax # 753-8659

Swinomish Water Resources Program

Please Join us
for the annual
Swinomish Community
Clam Bake
Thurs. - August 25th
@ Lone Tree Point
For more info
call 466-1236
aferderer@swinomish.nsn.us





Color me!

Swinomish Water Resources Program

TIDE TABLE: August ’11 - Lone Tree, Snee-Oosh, N.Skagit Bay (ft MLLW)

Date	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Mon 01		01:20 4.48 ft	06:29 10.20 ft	13:15 −1.31 ft	20:01 11.75 ft		5:44	20:47
Tue 02		02:04 3.50 ft	07:25 9.99 ft	13:58 −0.41 ft	20:33 11.94 ft		5:46	20:45
Wed 03		02:51 2.50 ft	08:25 9.63 ft	14:41 0.82 ft	21:08 11.99 ft		5:47	20:44
Thu 04		03:41 1.58 ft	09:30 9.19 ft	15:27 2.29 ft	21:45 11.87 ft		5:48	20:42
Fri 05		04:35 0.81 ft	10:44 8.78 ft	16:18 3.83 ft	22:27 11.57 ft		5:50	20:41
Sat 06		05:32 0.23 ft	12:12 8.59 ft	17:20 5.26 ft	23:15 11.12 ft	First Quarter	5:51	20:39
Sun 07		06:35 −0.19 ft	14:00 8.84 ft	18:41 6.32 ft			5:52	20:38
Mon 08	00:11 10.62 ft	07:40 −0.52 ft	15:36 9.50 ft	20:22 6.72 ft			5:54	20:36
Tue 09	01:16 10.20 ft	08:43 −0.82 ft	16:40 10.17 ft	21:48 6.51 ft			5:55	20:34
Wed 10	02:22 9.95 ft	09:41 −1.03 ft	17:27 10.64 ft	22:49 6.01 ft			5:56	20:32
Thu 11	03:25 9.85 ft	10:31 −1.12 ft	18:04 10.89 ft	23:36 5.44 ft			5:58	20:31
Fri 12	04:21 9.82 ft	11:16 −1.02 ft	18:34 10.97 ft				5:59	20:29
Sat 13		00:15 4.86 ft	05:10 9.76 ft	11:56 −0.71 ft	18:58 10.96 ft	Full Moon	6:01	20:27
Sun 14		00:50 4.29 ft	05:56 9.65 ft	12:33 −0.20 ft	19:19 10.94 ft		6:02	20:26
Mon 15		01:23 3.72 ft	06:41 9.49 ft	13:09 0.49 ft	19:41 10.92 ft		6:03	20:24
Tue 16		01:55 3.14 ft	07:26 9.29 ft	13:44 1.33 ft	20:05 10.88 ft		6:05	20:22
Wed 17		02:29 2.58 ft	08:12 9.08 ft	14:19 2.29 ft	20:32 10.76 ft		6:06	20:20
Thu 18		03:04 2.08 ft	09:02 8.85 ft	14:56 3.33 ft	21:02 10.54 ft		6:07	20:19
Fri 19		03:43 1.68 ft	09:56 8.61 ft	15:34 4.38 ft	21:35 10.20 ft		6:09	20:17
Sat 20		04:26 1.41 ft	10:59 8.39 ft	16:18 5.40 ft	22:11 9.79 ft		6:10	20:15
Sun 21		05:15 1.22 ft	12:16 8.29 ft	17:14 6.28 ft	22:53 9.38 ft	Last Quarter	6:12	20:13
Mon 22		06:11 1.05 ft	13:59 8.47 ft	18:38 6.89 ft	23:47 9.05 ft		6:13	20:11
Tue 23		07:12 0.77 ft	15:30 8.97 ft	20:23 7.01 ft			6:14	20:09
Wed 24	00:50 8.91 ft	08:13 0.34 ft	16:20 9.50 ft	21:34 6.72 ft			6:16	20:08
Thu 25	01:55 9.04 ft	09:09 −0.17 ft	16:53 9.96 ft	22:18 6.18 ft			6:17	20:06
Fri 26	02:56 9.37 ft	09:59 −0.63 ft	17:19 10.36 ft	22:54 5.44 ft			6:19	20:04
Sat 27	03:51 9.79 ft	10:45 −0.89 ft	17:44 10.75 ft	23:30 4.50 ft			6:20	20:02
Sun 28	04:44 10.20 ft	11:28 −0.84 ft	18:10 11.12 ft			New Moon	6:21	20:00
Mon 29		00:09 3.40 ft	05:37 10.50 ft	12:11 −0.43 ft	18:38 11.45 ft		6:23	19:58
Tue 30		00:50 2.25 ft	06:31 10.63 ft	12:54 0.35 ft	19:10 11.69 ft		6:24	19:56
Wed 31		01:33 1.16ft	07:27 10.60ft	13:38 1.41 ft	19:44 11.78ft		6:25	19:54

CLAM PSP UPDATE

Butter Clams sampled by Swinomish Water Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 7/13/2011 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 as 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

CELEBRATIONS!

HAPPY BIRTHDAY RAYMOND!

From Grandma, Mom, Dad, and Brother

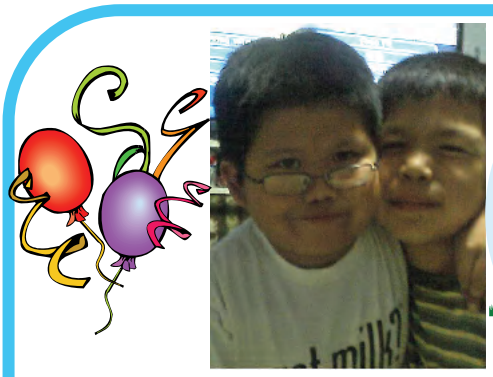
Happy Birthday Alfonso Sampson Jr. !!!

Love,

The Sampson Family.

Congratulations to David and Virginia Jack on their marriage that took place July 31st From Family

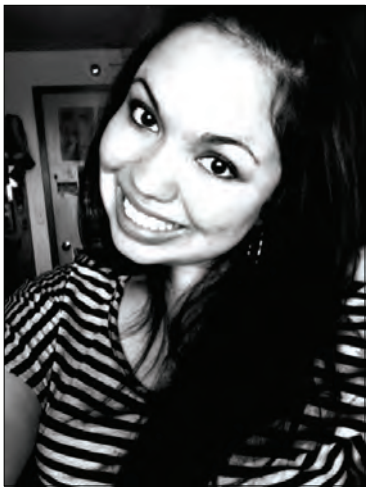
Happy Birthday Krista! From Gram, Dad, and Brothers



Happy Birthday Boys!
swee-tub & Jahrel
8/12 and 8/22
Love, Your Family!

Congratulations
Jessica Cladoosby!

Happy
Birthday Mom!
Love,
Caroline



Happy 19th
Birthday Alana!!!

Love you!
Auntie Caroline

GERALDINE BILLY,
for your 17 years
of service at
Swinomish
Northern Lights
Casino!

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	**2** Senate Meeting @ 9:00am	3	4	5	6
7	8	9	**10** Summer Gift Cards for Back to School Clothes.	11	12	13
14	**15** Kee Yoks Deadline	16	17	18	19	20
21	22	23	24	**25** High School Orientation	**26** High School Orientation	27
28	29	30	31	**1** First Day of School	2	3

Schedule of Events

- **8/2-** Senate Meeting at 9:00am in the Senate room.
- **8/10**– SITC will be handing out Summer Gift Cards for Back To School Clothes, for Birth-12th grade students enrolled Swinomish Tribe. In the Social Services Building from 10:00am-6:00pm. See the Summer Gift Card Policy on Page.18 of this Kee yoks.
- **8/15**– Kee Yoks Deadline for all submissions.
- **8/25**– La Conner High School Orientation: 12th Grade 10:00am-12:00pm & 10th Grade 1:00pm-3:00pm.
- **8/26**– La Conner High School Orientation: 11th Grade 10:00am-12:00pm & 9th Grade 1:00pm-3:00pm.
- **9/1**– First Day of School at La Conner District. Early Dismissal 11:45am.

FREE ADS

Swinomish Indian Tribal Community
DOMESTIC VIOLENCE SHELTER
"The House of Healing"

We provide the following services:
Advocacy-Based Counseling • Emergency Shelter
Information and Referrals • Support Groups

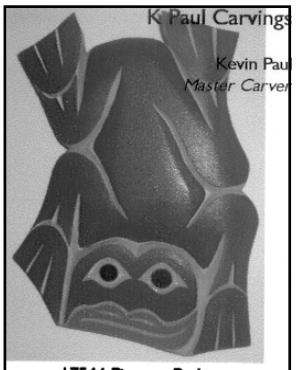
Please call our hotline 360-399-1046
17264 Squi-Qui Lane • La Conner, WA 98257

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.

Original Beaded Earrings by Maggie Finkbonner

360-982-4118

$30.00 to $50.00 per pair ❋ custom orders accepted



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

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

Macky
4
Hire!
Lawn mowing
466-3709

Carvings and
Prints for sale by
Frank Campbell
360-333-2796
or 360-399-1043

Submit your Ad by August 15 for the September issue.

Jeremy Oliver | Owner

This plumber has been recommended by a Swinomish Tribal member.

Jeremy Oliver, Owner.

PO Box 1445
Mt. Vernon, WA 98273
toll free: 888.535.0606
local: 360.610.6141
absoluteplumbing247@yahoo.com

ABSOLUTE PLUMBING
Fax : 360.630.5047
Email : absoluteplumbing247@yahoo.com

Patricia Paul
P.O. Box 1546
610 S. 1st Street, Suite 5
La Conner, WA 98257
360-230-2369
patriciapauljd@msn.com

NAMAPAHH

First People's Radio

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

Native Design

Design and distribution of international Indigenous Creations

Wholesale & Ceremonial

For a complete brochure contact:
Ava Goodman 360-420-6950
Lonnie Cutts 360-630-9397
thenativedesign@gmail.com

LLKreations

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

TO HAVE YOUR BUSINESS CARD PRINTED ON THIS PAGE CONTACT KEE YOKS OFFICE.

360-466-7258

SWINOMISH INDIAN
TRIBAL COMMUNITY

KIYUUKS KEEYOKS NEWS
17337 Reservation Road
La Conner, WA 98257
keeyoks@gmail.com

KEE YOKS on line:
http://
www.swinomish-nsn.gov/
"NEWS"

Find us on Facebook

Search: KEE YOKS Newspaper

PRSRT STD
US Postage Paid
Permit #35
ANACORTES, WA
98221

RECYCLABLE
PAPER

OR CURRENT RESIDENT

Photo by Katie Bassford