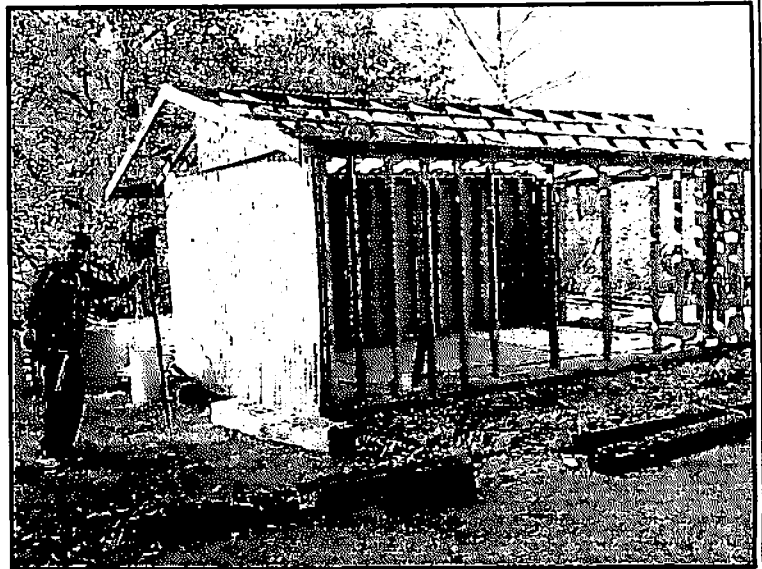


SAMISH NEWS

Natural Resources Department

Big news for our program. The Fidalgo Bay Causeway report is complete. After review by the City of Anacortes, we are going to be moving forward as partners to look at removal and restoration of the area. This has been an ongoing project in one way or another for the past 6 years. We now start a new phase. I am sure the next round of work will take just as long but the results will be worth all of the efforts to see our bay restored.

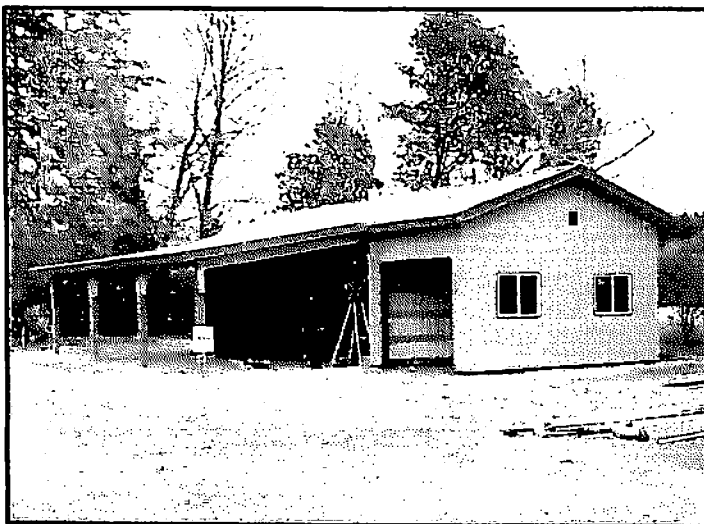
We are also welcoming our new building at the RV Park. Take a look at our new storage area with room for both canoes and our program boat. We are so very happy to see it go up. Thanks to Benjamin Jojola for recycling a lot of the old structure and helping reduce the waste load to the dump! Without his sawsall and strong back, we would have had a lot more work.



Over 100 new native plants have been planted out on the spit. As part of the Mountaineers Grant for invasive plant removal, we had money enough left over to repopulate the area with Native plants. Todd Woodard got them in the ground just in time for the fall rains to help them grow.

Through one of our grants, we were able to provide every building with recycle containers and the RV Park Conference Center with 9 larger containers to use during conferences. We want to thank the Tribe for providing the recycling services for all buildings. It has been a big help for educating staff and doing our part to help reduce, reuse and recycle. We hope to have a day to recycle all our electronics next year.

It has been a great year for our program.



Natural Resources Department

P.O. Box 217

Anacortes, WA 98221

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Todd Woodard (360) 630-7992

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Jennifer Weeks (360) 630-9974

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A Message from Council Member Gary Hatch

Hello my fellow Samish. First, I hope you and yours had a very Merry Christmas and the happiest of New Years. Secondly, I would like to express to you my most sincere gratitude for this opportunity to serve as one of your Tribal Council Members. During these past couple of years that I have been on council, I have learned much about our Samish ways, our past, and our future. I want each of you to know that I remain committed to my pledge to represent all Samish peoples and that I also believe your Council possesses this same commitment.

While this past year has been one of conflict, doubt, confusion, and uncertainty for our Country it has been a year of growth, excitement, accomplishments, and increased vision for our Tribe. We have accomplished many great things this year including but not limited to, increased vision care, hearing aid benefits, eye care, and brought back some dental coverage for more of our Samish people. We have also laid the foundation for future economic growth with the recent purchase of the fourteen plus acres of prime property in Anacortes. This property when developed will be a huge step towards moving our Tribe away from U.S. Governmental controls and dependence. The precise use of this land has yet to be finalized as much remains to be done to get it into trust which will enable us to develop it into something productive for not only us but for the benefit of the Anacortes Community as well. The Council has listened to your input on what you would like us to pursue and we are moving in that direction.

Finally, I would like to encourage you all to do something that would help connect or reconnect you to your Samish Tribe. We all are part of this Tribe for a reason and we need to understand who we are to better understand why we are here. Throughout the year there are events and activities which need support and are actually really fun. We are all family and it is good conversation, good food, and faith that keep us together. I realize many of you do not live in an area which would enable you to come to Anacortes however; there are other ways you can get involved and learn about your Tribe. I know there are some really creative minds out there that can come up with better ideas than I on how to get involved or connected and I welcome those ideas.

In ending, I want you to know that Chairman Tom Wooten, Tribal General Manager Leslie Eastwood, and all the Staff and Council are working well together and that 2009 is going to be a very exciting and productive year for us all.

Many Hoi7sxwqe - -Gary

Samish Community Volunteer Work

In October, a group of Samish volunteers worked at Rosario Beach to clean up the landscaping around the Maiden Pole. It was a great opportunity for multiple generations to work together to honor the spirit of The Maiden of Deception Pass and to create good will with the State Parks Department. The day started out with rain but ended under blue skies and sunshine. Rosie James said, "The weather improved because Kokwalawoot was pleased with the work." It was a day well spent.

-- Written by Tim King

In the photo: Ray Gorynski, Ryan, Tyler & Tamara Rogers, Bill Bailey, Rosie James, Dana Mathews, Kat & Tim King, (not pictured Monty Rogers)



Obituary

Mary Jean McDowell Hansen 11/15/22 to 12/17/08

Article Written by Roger Hansen

Born to Myrtle and Donald McDowell in Seattle, WA preceded in death by her parents, husband Paul, son Ken (Tsa Wac Ton), brothers Tom and Dave McDowell. Survived by son Roger (Alice), granddaughters Sandra Dermates, Krista (Jack) Davis, Keshema May; great grandchildren Larissa (Brian) Wilbur, Anthony Webb, Daniel Moore, Emily Evanson, great-great grandson Hayden Wilbur, cousin Dolores Hart; sister-in-law Vivian McDowell, nieces Marilyn Conger, Katie Hairston, Becky Gifford, Elizabeth Wingert, nephews Tom and Richard McDowell.



Mom grew up in the Green Lake area of Seattle. Her family later moved to Mount Vernon where she graduated from Burlington High School at age 16. She completed 2 years of junior college. She then moved to Ketchikan Alaska, living with family. There she stole the heart of one of the areas most eligible bachelors, marrying dad on 8/3/45. They had 53 great years together. During the first two years of marriage they ran fish trap patrols in their boat on the waters around Ketchikan. In 1951, we moved to West Seattle. Mom and Dad ran a neighborhood grocery store in 1955, they moved us to Federal Way. Mom went to work for Tedrick Brothers cabinets as an executive secretary for several years and then she went to work as a clerk in the Federal Way District Justice Court. When she retired, she traveled with dad to his jobsites in Japan, New Guinea, and Mexico.

Mom was a devout Episcopalian, serving on numerous committees at St. Matthews in Auburn and Church of the Good Shepherd in Federal Way. She recently was awarded the Bishop's Cross. Thank you mom for seeing that Ken and I had a solid Christian foundation. It served us well as we faced challenging circumstances in our lives. You were a strong believer in education, something you said no one could take from us. You and dad made many sacrifices to see that Ken and I got an education so we could support ourselves and our families, and so you could spent the inheritance, which you did. You encouraged your granddaughters and many others to better themselves by going to school and becoming self sufficient.

Thank you for teaching us about the importance of family. You made sure we grew up with strong connections to our family. I was in awe of how you built a family around you where ever you were. Many people called you mom, grandma, or auntie who were not related except in spirit. It is why I never worried about you after dad and Ken died. I knew our 'family' was looking after you.

Thank you for teaching Ken and I about being Samish. I know grandfather got you involved in learning about our history early in your life. You served as our tribal secretary and encouraged Ken and I to follow your path. You took your great grandmother's name, Cumshelitsa. I know you enjoyed our fight for recognition: the research, lobbying, depositions, court appearances, delays, appeals, and victory. You became our historian, teaching all who asked about our traditions and customs. Thank you for supporting Ken and I no matter how things turned out. You shared in our successes and when we came home wounded, you healed us with your love.

A memorial service is scheduled for Saturday January 10, 2009 at 1130am in the Thomsen Chapel at St Mark's Episcopal Cathedral at 1245 10th Avenue East Seattle, WA. Interment will be in the Chapel of the Resurrection, followed by a reception. My thanks to the staff at San Juan Care Center in Anacortes for the good care and love you gave mom. A special thank you to Janet Roberts and Belinda Dye. I love you mom.

Enrollment Information Needed

THE FOLLOWING MEMBERS HAVE NO VALID ADDRESSES IN THE ENROLLMENT DATA:

Barrett Anderson	James Barrett	Lloyd Barrett	Lyle Barrett
Shane Barrett	Chester Blackinton	Lisa Bleeck	George Bob
Christopher E. Clark	Randy Daniels	Timothy Edwards Jr.	Carolyn Edwards
Michelle Foster	Darlene George	Christian Gidlof	Gordon Gidlof
Katherine Graves	Wayne Graves	Travis Hatch	Heidi Hawkins
Theo Hawkins Jr.	Debra Higgins	Brandon Horstman	Laura Hovland
Kirk Hudson	Hope Hudson	Gordon Jack	Marcy James
Terry Jones	Patricia Kavanaugh	Corey King	Shelbie Lucy
Brody Lundin	Charlotte MacDonald	Jennifer MacDonald	Dinah Lundin
Kurtis MacDonald	Winnifred Marchand	Heather McIntosh	Paul Michaels
Cassandra Myler	Bryan Perry	Shirley Parminter	Skyler Ransier
Kailey Penter	Richard Ritter Jr.	Kelee Rock	Malisa Sampson
Juliette Scates	Colleen Scheel	Shawn Sherman	Corey Smith
Jo-Anne Smith	Wesley Smith	Robin Spivey	William Steele
Matthew Sturdivant	Ronald Thompson Jr.	Patricia Tomlinson	Ada Torres
Angela Williams	Norman Underwood Jr.	Ralph Underwood Jr.	Sheri Underwood
Bernie Wills	Kenneth Wills	Jeffery Wooten	
Victor Mario Underwood			

We are either still searching for these people or their mail has been returned back to our office, at which point the address is removed from the system as no good. We have been having problems with not getting everyone's address changes correct. If you change your address and it affects your children's address then please let us know who they are so theirs may be changed as well. Thank you for all your help.

If you are a Veteran or those of you who have an Indian name, please contact our Enrollment Department so we can record this information in our database. Thank you.

Card Changes

Whenever someone changes a name, address, etc. they must send verification of that change. In the case of a name change we must have either a copy of the court document or a copy of a marriage license. **When it comes to an address change we need a copy of a bill, a copy of your driver's license with that change, rental document or etc. We can no longer take this information over the phone, we must have a valid home residence. We will accept Post Office Boxes but they must also have a valid residential address. Until we have this information we will not issue a replacement card with the new information on it.**

Samish Enrollment Department

2918 Commercial Avenue

P.O. Box 217

Anacortes, WA

98221



Phone: (360) 293-6404

Toll Free Phone: (800) 365-9062

Jan Flagg, Enrollment Clerk

Extension 106

jflagg@samishtribe.nsn.us

Businesses Owned by Tribal Members

If you would like to advertise your business in the Businesses Owned by Tribal Members, please call Nicole Herman at (360)293-6404 or toll free at (800)365-9062 extension 110 or email her at nherman@samishtribe.nsn.us

COAST SALISH NATIVE ARTISTS WANTED

To display tribal oriented artwork on consignment at the Fidalgo Bay Resort store.

Please contact Michael Madsen at:
(360) 293-5353 or (800) 727-5478
for an appointment to show your work.

Samish Discounts at Fidalgo Bay Resort

Sunday through Thursday - 50% off
Friday & Saturday - 25% off

This includes RV Sites
and Convention
Center Rentals.

General Meeting and Canoe
Journey Weekends are **FREE**
to all Samish Members.

Tribal Card Required



Tangles Hair & Co.

Brie Keller and
Nada Thompson

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Josh Johnson, Sales Representative. Jason can assist you with getting your discounts when starting new lines of service, upgrading your phone, purchasing phones and accessories, and adding data features.

Phone: (206) 300-4051



Tyrone McLeod
15766 Indian Road
LaConner, WA
98257

Phone 360.770.7317
Email cedar.mountain@hotmail.com



ALLEN-BRADBURY CONSTRUCTION, LLC.
Accountable Building Contractors

901 Algona Blvd. North, Suite A
Algona, WA 98001
Phone: 253.218.2288
Fax: 253.218.2292

michaelj@allenbradburyconstruction.com

Health Notes

SAMISH CONTRACT HEALTH SERVICES BENEFITS

Please remember that the Contract Health Services Program is here to help you obtain needed medical and dental services. We can pay co-pays, deductibles, help you obtain low cost insurance, and we are the payer of last resort for those members who are unable to obtain health coverage for themselves. We can help you with the following categories of services:

- Medical (including prescriptions)
- Dental (not required to use tribal facilities)
- Vision (exams and hardware)
- Hearing Aids
- Physical Therapy
- Mental Health Counseling

Please call for specifics about any of these benefits...limitations, requirements, exclusions. Please call Joanne or Erin. We will be happy to help. Also please remember that the Health Department provides resource information on medical conditions and wellness questions often asked regarding: Diabetes, cardiovascular diseases including hypertension, obesity and nutrition help, exercise protocols, addiction and mental health problems, chronic diseases of arthritis, cancer, skin communicable disease and infections. Please call Keith Tucker MD and Mitch Markovich RN with your health questions. Enjoy your Pocket Pal and best wishes for the New Year!

HEALTHY EATING FOR THE HOLIDAYS!

The holidays are on the way and with their arrival comes the onslaught of sugary high calorie tempting foods. It all starts with Thanksgiving – a day that feels like the start of a horse race. Off we go, racing through a virtual obstacle course of side dishes, gravies, sauces, pies, cookies and candy. Now we are rounding the bend into Christmas. The air is filled with cookies and fudge and sweet smelling fresh baked treats.

How do you back away? You don't have to deprive yourself of all the food that's shared with others at holiday celebrations. But using a little wisdom now can be helpful in the long run. Here are some tips to help you enjoy the holidays and stay healthy:

- Bring a healthy dish to holiday get-togethers such as a vegetable or fruit platter.
- Focus on activities that don't involve food like caroling, shopping, entertaining with family and friends and walks to see neighborhood decorations.
- Make the effort to eat small portions and skip second helpings.
- Balance the sweetness with healthy choices like salads and vegetables.
- Drink plenty of water and cut back on sugary foods.
- Alcohol contains calories. Ask for a no calorie sparkling water.

Finally, focus on the reason for the season. Is it the decorations, the spiritual aspects, the music or the time spent with family and friends? Perhaps this year start a new tradition such as volunteering to help with holiday food drives or serving a holiday meal to those less fortunate. With strategy, foresight and a plan to stay active and make healthy food choices, you'll come through the season in good health for the coming year. Best wishes to you and yours for a happy healthy holiday season.

- Mitch Markovich, RN

**If you move or
change health
insurance,
don't forget to call
Joanne or Erin.**

Samish Contract Health Services

1017 29th Street
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Toll Free Phone: (800) 365-9062

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Keith Tucker MD extension 201
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Mitch Markovich RN extension 224
mmarkovich@samishtribe.nsn.us

Social Services Notes

JUDY LAVALLEE Mental Health Counselor

Hello, my name is Judy Lavallee. In July of this year, I joined the staff of the Samish Indian Nation as a Mental Health Counselor.

This is the month of gratitude and I am feeling so fortunate to live and work in this beautiful place and to be a part of this Native American environment where I learn from all of you every day.

I enjoy hearing your stories and I am honored to witness the healing process and the positive changes taking place in the lives of my clients.

My work history includes mental health counseling, chemical dependency counseling and employment assistance/advising. I have served my clients in private practice in Everett, The Art Institute in Seattle, several methadone clinics in Seattle, and more recently, I assisted in establishing a methadone clinic and a mental health clinic for the Stillaguamish Tribe of Indians.

Please feel free to stop in to see me at the Social Services Office. I am here on Tuesdays, Wednesdays and Fridays and I am at the Nooksack TANF office in Mt. Vernon on Thursdays.

JIM STRAIGHT Chemical Dependency Professional

First I would like to express how honored I am to be part of the Samish staff. I feel very privileged to work with and around the people I do. I began working here at the Chemical Dependency Wellness Program this past June. I bring a strong background in working with people (both youth and adults) who have had a wide variety of problems stemming from their own or a loved one's addiction. I believe in working with the whole person rather than just the addiction. Just know my door is always open and I am here to answer any questions you may have.

Washington State Department of Health

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toll-free

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**Call about state-funding
for addiction treatment**

CONTACT US

Samish Social Services Department

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Anacortes, WA 98221

Phone: (360) 293-6404 Toll Free (800) 365-9062

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Robert Ludgate, Family Services Specialist

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Benjamin Jojola, Substance Abuse Specialist

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Jim Straight, Chemical Dependency Counselor

Extension 114

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Judy Lavallee, Mental Health Therapist

Extension 127

jlavallee@samishtribe.nsn.us

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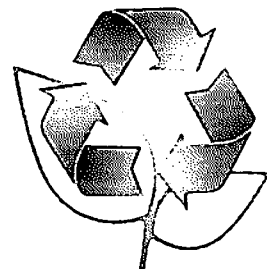


Due to the recent snow blizzards in Washington State, The Samish Indian Nation Administration Office had to close our offices. We apologize for any inconvenience that it may have caused you.

For future reference, if the Anacortes School District in Anacortes, WA is closed our offices will also be closed.

Thank you for your attention to this matter.

Please Recycle



Email address samishtribe@samishtribe.nsn.us