

BREAKING SAMISH NEWS

September 2004

SAMISH HAVE LAND IN TRUST

By Elaine Wilson from the Anacortes American

The Samish Indian Nation will hold trust lands for the first time in almost a century, as soon as the Bureau of Indian Affairs processes paperwork that will put almost 80 acres near Campbell Lake into trust for the tribe.

"This truly is a momentous day for the Samish. It's been 97 years since we've had trust land," said Samish Tribal Chairman Ken Hansen. Tribal Council members and other well-wishes gathered on Thursday, September 9, when Hansen and Samish Tribal Council Accountant Dee Branson signed papers to initiate the process. To put the land in trust, the title had to be signed over to the BIA- the same agency that dropped the tribe from the list of federally recognized tribes by mistake and fought its reinstatement for almost 30 years. The Samish Tribe was recognized again in 1996.



"In order to have land, we must sign it off to the government," Hansen explained to the group on Thursday. "It is ours and it is a process that every other recognized tribe goes through. We give up title to reserve our sovereignty. With a prayer in my heart, I'm going to sign this document," he said.

Getting to this point involved more struggles. The Samish applied to put the land in trust three years ago, intending to use it for housing. The number of homes had not been determined, but preliminary plans suggested about two dozen. The BIA sent back a memorandum that included permission to build up to 150 homes- something the tribe had no intention of doing, Hansen said. Neighbors were

alarmed and Skagit County filed an appeal of the application, citing a need to get the mistake excised from the record.



Earlier this summer, the Samish and the county sorted out the matter and forged an agreement on services to the property. Hansen said that crews are already at work roughing in a BIA access road. The tribe recently entered an agreement with Skagit PUD, and water and utilities will be coming soon. Hansen said that real planning can move forward now that the trust process is proceeding.

"We're grateful that the county has finally seen the light. These three years had a high impact on our programs and our people," he said.

He said the fact that the tribe again had land "is a testament that we do know who we are as a people." He said that everything that has been accomplished is because of the people's hard work and support.

"We must always remember who we are and what we've been through," he said.

He also expressed gratitude to others who have helped the Samish along the way.

"We thank our supporters in the community, and even a couple in the Bureau of Indian Affairs, and we thank our ancestors," Hansen said.

SAMISH NEWS

September 2004

ANNUAL GENERAL COUNCIL MEETING

With many Samish people gathered at the Fidalgo Bay Resort Clubhouse, the Annual General Council meeting of the Samish Indian Nation was called to order by Chairman Ken Hansen on Sunday June 27, 2004; Victor Underwood led all gathered in an opening prayer and song. It was wonderful to see so many members and friends attending the meeting.



Samish Members and Friends at the Annual General Council Meeting. Photo by Nicole Herman

Members heard a brief report from the Chairman, Ken Hansen highlighting events and progress that had occurred during the year. Topics discussed by Chairman Hansen included a brief discussion of the positive and negative things that have occurred over the last year, including the Fee to Trust process for the Homeland, the new Constitution that was approved, and the growth of the Samish Nation. The Samish Administration managers were also asked to give a report and a brief review of activities in their departments this year.



Photo by Nicole Herman

After a traditional Samish feast including salmon, berries and fry bread, the election results were announced by the Election Superintendent Brent Wooten.

Raffle tickets were sold and various prizes were given out to members such as a beautiful Pendleton blanket and a fun filled whale watching tour.

Results for 2004 Council Election for the Samish Nation are as follows:

Chairman	
Ken Hansen	105
Leslie Eastwood	87
Vice Chairman	
Tom Wooten	109
Tim King	77
Treasurer	
Dee Branson	Unopposed
Secretary	
Chris De Kay	Unopposed
Council Members	
Janet Catilleja	91
Billie Jo Settle	86
Ray Gorynski	76

ANNUAL GENERAL COUNCIL MEETING

Thank you all who purchased raffle tickets to support our Elder's program!
Congratulations to all of the winners!!!



Photo by Nicole Herman



Photo by Nicole Herman

Chocolates from the Anacortes Chocolate Factory
Salmon Basket from Northwest Catch
Gift Certificate Horizon Hair
Baby Pendleton Blanket
Gift Certificate to Daddio's
Whale Watching Tour from Island Adventures

Janet Castilleja
Charlotte Dick
Day George
Bert Click
Arlene Andrews

2004 SAMISH TRIBAL COUNCIL

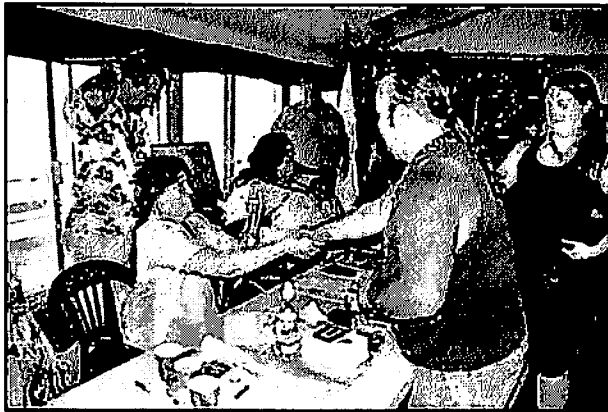


Photo by Nicole Herman



Photo by Nicole Herman

Shawn McAvoy and Sara Johnson handing out welcoming necklaces to the new Samish Tribal Council.

Election Superintendent Brent Wooten swearing in the new Samish Tribal Council at the Fidalgo Bay Resort Clubhouse.

LETTERS

Would you like to submit a letter? Please send a letter or e-mail to us at:

Samish Indian Nation
Attention:
Nicole Herman:
Newsletter

PO Box 217
Anacortes, WA
98221
e-mail:
nherman@
samishtribe.nsn.us
Local Phone
Number
(360) 293-6404
ext. 110
Toll Free Phone
Number
(800) 365-9062

Please note: Entries are handled on a space and time-sensitive manner. All materials are reviewed by the Tribal Council and responses may be sent to you without publication. The Samish News is a quarterly publication and is an official communication of the Samish Tribal Government.

ELDER RESPECT BY Cherie L. Myler

What happened to respecting our Elders? I attended the General Meeting and the disrespect that was being shown to our Elders was disgraceful. My Grandfather, (Ed King), was speaking to the General Membership, and the whole while, there were comments, snorts, and someone's cell phone going off and them answering it, and having a discussion on it. Our own Chairman, was inconsiderate to my Grandfather, acting as though he were falling asleep, and then when my Grandfather ended his commentary, our Chairman, rudely said that he hadn't heard him.

Our own Chairman gave the floor to an Elder, (Margaret Green), sure she is not a member of the Tribe any longer. But, he acknowledged her, and gave her the floor, and she deserved the right to be heard, just as we all do. He rudely interrupted her and would not allow her to speak. Just as a young man had said, (Tyrone McLeod), it does not matter if we all sit here until midnight, you listen.

During the meeting numerous Council members and our own Chairman walked out while people were speaking, and went outside to sit. Since when is appropriate for the Council and the Chairman to leave at any-time they wish during a General Meeting.

At this time the General Meeting was adjourned even though there were Members whom did not want the meeting to end. I brought this to the attention of our Chairman, (Ken Hansen), and Janet Castilleja, (our new council member), said that it does not matter what we want they had decided to adjourn the meeting. It is as my Grandfather was speaking of, we as the people do not matter to the Council or our Chairman, it is all about what they want, and nothing about what



HOME REPAIR BY Shirley Ollsen

Thank you for your assistance in getting our home up to code. The roof was badly in need of repair and the porch that was like mush. It now should outlive us. All you have done is so appreciated. It's so nice to not have to worry about things that need to be repaired, as now they are done.

Being Native American is my proud heritage, and I honor you for helping us.

Miss Magi was terrific in her help. God keep our Nation safe and secure.

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Samish Native Members,

Log on to www.indianeagle.dollardays.com to see our vast variety of discount items and closeouts or call us at (877) 837-9569. Items include licensed Disney products such as watches, clothing, Mickey, Minnie, Pluto, and Winnie the Pooh plush and much, more!

Other Categories include items such as arts and crafts, candles, cleaning supplies, clothing, collectable figurines, electronics and media, food, general merchandise, gifts, hardware, health and beauty care, holiday and seasonal, house and home, housewares, jewelry, office and school supplies, pets, religious, sports and outdoors, store fixtures, toys, and games. We also offer Pallets with a variety of merchandise. CHECK OUT MY EBAY STORE at <http://stores.ebay.com/jittykittycloset>

Thank You,
Wendy Hatch

LETTERS

GIFT CARDS THANK YOU

Dear Barbara and Jennifer,

I just wanted to say thank you so much for the two gift cards that I got! I am disabled with rheumatoid arthritis and we have been having a very hard time with our everyday bills, school clothes weren't even a possibility! I cannot tell you how much it meant to us to get the kids all two outfits and socks- they even got some extra pencils/pens and folders! The kids were so proud to wear the new clothes to school and I am so grateful, you helped make these three kids so happy. Thank you! We just moved last month, so we had extra bills and deposits that had to be paid. Right now we are hardly getting our utilities paid; the gift cards were really such a blessing. It's great how much stuff you can get at Wal-Mart for \$100. I just wish you could have seen my kid's faces as they looked for clothes and tried them on, it was great! Thank you soooo much!

Betty Jones, Mariah Dreher, Donovan Jones, and Cameron Jones

HOME REPAIR THANK YOU

Laura Magi and Rick Landers,

We wish to thank you so much for your efforts to make our home standard again. One does not realize how good it is to have things fixed. The well is in, but not the pump. We have been waiting for this to happen to write to show our appreciation for your efforts, but will no longer. We can drink water from the faucet again and use it for cooking. I connected the new to old with a hose for a temporary fix. Thank you so much. You were wonderful.

To all Tribal Council,

Thank you so much for your efforts, for the entitlements that you have acquired for Tribal members. The work you have made compliments your position on the council. Our home is safer and up to standard, thanks to you. We hope you all will be treated as we have when you become elders of our Samish Tribe. Thanking you again.

Helen and Ray Gorynski
Evegene Gidlof

GIFT CARDS THANK YOU

Thank you so much for thinking of us. We really appreciate the support. We will put it to good use.

Casey Boyle

I agree with my brother, I thank you for those gift cards. It was nice of you to think of us. We will put it to good use.

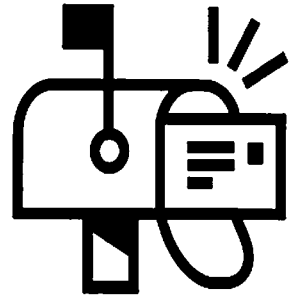
Sean Boyle



BELLA COOLA THANK YOU

The Samish canoe family was invited to Bella Coola by our friends, the Andy family, to take part in their potlatch celebration. The Andy family has traveled with us on the Samish canoes for the past two years of the Tribal Journeys and we consider them part of our canoe family. On Oct. 8th, Billy Andy Sr. transferred his hereditary chieftainship to his son Billy Andy Jr. We (Sarah and Michelle Johnson and Rose Castilleja) wanted to attend very badly; however, none of us could afford it. Thankfully, the Tribal Council, in a truly altruistic act, provided the airfare to and from Bella Coola for all three of us. Along with our aunt and uncle, Chris and Larry De Kay, Leslie Eastwood and Barbara Jackson, we presented Billy Jr. with a blanket to honor him, sang a few songs, helped the Andy family with some of the work, and gave gifts to the Chiefs that were present. Going to Bella Coola and taking part in this ceremony was an amazing experience that none of us will easily forget. We would like to express to the Council how much we appreciate the help they have provided us. We have learned a lot and built lasting friendships with a neighboring nation. And it was a lot of fun, too!

Sincerely,
Sarah and Michelle Johnson and Rose Castilleja



MARY ELIZABETH POUNDS ALLEN



Mary Elizabeth Pounds Allen passed away in her sleep, Wednesday, August 4, 2004 in Anacortes at the age of 91. She was born in Seattle on December 16, 1912, the youngest child of John and Delia (Barrett) Knowles and sister of Thomas, John and Margaret. Mary lived most of her life in South Seattle, later in Sequim, and finally in the Northwest in Anacortes, Washington .

She graduated from West Seattle High School. As a young woman, she and her sister were part of a professional dance team that performed around the Northwest.

Mary was the wife of Victor Pounds and mother of Joanne Elizabeth Engberg, Dee Ann Branson, and Victor Pounds, Jr. After her husband Victor died, she married Eugene Allen, who also preceded her in death. To name just a few of her endeavors, Mary was a business owner, PWM of the Eastern Star, Cub Scout leader, and Samish Tribe council member. She was one of the first to work food service on the ferry, Kalakala. Mary enjoyed traveling, camping, hiking and various crafts, especially oil painting.

She was loved and will be dearly missed by her children, grandchildren, great-grandchildren, other relatives, and friends. Mary was a loving woman, always with a ready smile, kind word, and helping hand.

GREAT AUNT MARY BY Billie Jo Settle

It is with great sadness that in writing this article to the Samish members. I am remembering my Great Aunt Mary Knowles Pounds Allen that passed away on August 4th, one of our elders that worked on the Tribal Council many years ago. She was my inspiration and a role model in our family, and also a great believer of Samish Indian Nation and a great leader for the Tribe. She was always there for the Samish and believed one day they would be recognized by the Federal Government. I was glad she was able to see that dream come true. Before she left to be with the other ancestors she was able to see a lot of the good things happening to Samish Nation. It is people like Aunt Mary that makes me realize how much we have lost and are trying to gain back, something that she and others like her worked so hard for in the early years of Samish's struggle to be a Tribe. She showed her faith by always being true to Samish and helping in any way she could. As an inspiration not only me and her family she also gave us the support and courage to be leaders and to carry the Torch for the ones being brought back to Samish now. Now she will be able to tell our other ancestors that their work has been done and we are trying to carry on in the same Samish tradition, bringing our people home, trying to save the language, starting to build a home land, getting the health and education that we needed so long ago. So I know I will miss Aunt Mary, but I will always remember her teachings and try to remember her leadership skills, so that I too may pass on to Samish the dream that she held dear, that she cared about the Samish people enough to be involved even to the end. She was a hard act to follow, my Aunt Mary, I only hope to do her proud and remember her teachings that I may pass on to others as she did through out her life setting an example for us all.

The Samish Indian Nation would like to send our condolences to the family and friends of Mary Elizabeth Pounds. She will be greatly missed.

WETZEL KING

Wetzel D. King passed away on Colville on September 13, 2004 at the age of 83. Mr. King was born on August 14, 1921 in Ferndale. He was the son of Edward J. and Nellie Mae (Plaster) King.

As a child, his family moved to White Swan, where he was raised and schooled. Mr. King graduated from White Swan High School in 1940. In 1942, he joined the U.S. Navy and was discharged in 1946. After discharge, Mr. King was married and the couple had four children. During this time, he worked in the construction and logging industries and maintained a ranch in the Glenwood area. From 1964 to 1972 he owned a tannery in Sunnyside. In 1972, Mr. King became a tobacco retailer, covering the entire western United States. He retired to Orient in the mid-1980. He always had a love for horses and ranching. Mr. King also loved to fish, hunt, sing, and yodel.

Mr. King was a member of the Samish Indian Tribe and was a strong advocate for Indian rights. He was 32nd degree mason in the White Salmon Lodge no. 163 and transferred to the Montezuma Lodge no. 1 in Santa Fe, NM. He was a member of the American Legion in Kettle Falls.

He is survived by one daughter, Barbara Honeycutt and her husband Allen, Orient; three sons, Jaylin King and his wife, Winona, Alberton, MT; Dennis King and his wife, Cheri, Ferndale; Jerrold King, Hillsboro, OR; 28 grand and great-grandchildren: a brother, Edward King and his wife Leona, Ferndale.

The Samish Indian Nation would like to send our
condolences to the family and friends of Wetzel King.
He will be greatly missed.

BETTY LEE CHRISTIANSEN



Tribal member, Betty Lee Christiansen was lost at sea with her husband of 52 years, Les Christiansen, on August 15, 2004. They had just celebrated their anniversary the week before in Port Hardy, B.C. near where they had property. Betty Lee was from the family of "Tlwina'itsilulth and Cowegin from the Long House at Guemes Island. She leaves behind 6 loving children, lots of grandchildren, great grandchildren and many others who will miss her dearly. Betty Lee enjoyed coming to the General Meetings in June and tried to make sure they were back from Canada by the time the October Gathering took place in October. She was always striving to learn more about her extended family and the tribe. She liked cooking, canning, traveling, garage sales and being able to get the family together.

The Samish Indian Nation would like to send our
condolences to the family and friends of Betty Lee
Christiansen. She will be greatly missed.

SEPTEMBER 2004 COUNCIL HIGHLIGHTS

By: Co-lahit-su-sah Two, Jan Barrett Castilleja Samish TCOuncil Member



Much has happened since the last newsletter. A new, smaller Tribal council has been elected, as required by the revised Constitution. We had a good General Council meeting, with a number of General Council members expressing their opinions on the activities of the Tribal council. We have much work ahead of us as we learn to do all the required tasks with a smaller group. We remain committed to providing the best possible governance of the Samish Tribe.

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Economic Development: We have recently been looking into the feasibility of developing a Convenience store on HWY 20. This store would take advantage of recent laws that allow tribes to retain the taxes on cigarettes, gasoline and alcohol sales. This would contribute positively to the tribe's economic situation. The Fidalgo Bay RV Park continues in operation. Plans for increasing revenue from this enterprise are in effect.

Land Acquisition: Recent land acquisitions include the land on which the convenience store will be located. We are also still in negotiations to sell the Ship Harbor property. Additionally, land north of Burlington has been willed to us. We have not decided on the best use of that property.

Samish Community Preservation Fund and Samish Institute: The Samish Community Preservation Fund functions as the nonprofit arm of the Samish Indian Nation. The Samish Tribal council has recently reactivated the Fund in order to pursue certain kinds of funding and to provide a place for some of the activities of the Samish Nation.

The current Samish Tribal Council will function as the Samish Preservation Fund Board. We have elected the following officers: President Chris DeKay, Vice-president and Treasurer Dee Branson, and Secretary Janet Castilleja

The Samish Institute has been placed under the Samish Preservation Fund for administrative purposes. We have created the Samish Institute Advisory Board to will help direct the activities of the Samish Institute. Currently, this committee consists of Board members Ken Hansen and Janet Castilleja, Staff member Russell Barsh and President Chris DeKay as an ex-officio member. We are in the process of looking for interested Tribal and community members who would be willing to serve on this board.

Language Project: The Samish Indian Nation is currently engaged in a project that we hope will allow us to reclaim the Samish language. Several native Samish speakers have been identified, and a committee is currently working with them to develop a Samish language base.

MOU with Skagit County: The Samish Indian Nation has entered into a memorandum of agreement with Skagit County. This agreement will allow us to put the Lake Campbell land into trust, as well as potential other properties in Skagit County. We will now be able to begin the process of allowing construction of homes on the Lake Campbell property. This is a huge step for the Samish Nation.

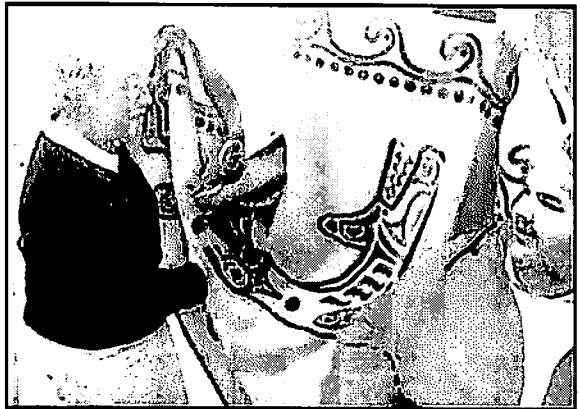
Treasurer Dee Branson, Vice Chairman Tom Wooten, and Chairman Ken Hansen and Skagit County Commisioners entering into an MOU with Skagit County.



SEPTEMBER 2004 COUNCIL HIGHLIGHTS

Fund-raiser for Patty Murray: The Samish Indian Nation does a certain amount of lobbying, both locally and in Washington D.C. because we need legislative support in both locations. We hope that this will affect us positively. Therefore, we have planned a fund-raiser for Senator Patty Murray on September 18, 2004. Certain other tribes will be invited to participate.

Chairman Ken Hansen giving Senator Patty Murray the gift of a Pendleton Blanket from the Samish Indian Nation in support of her campaign.



Health Care Funding: Due to increase in the cost of health care as well as inadequate funding from the Federal government, changes in the way the health care is delivered to Samish tribal members have had to be developed. Tribal members should have received details of these changes. These are decisions that have been very difficult to make. The Samish Tribal Council remains committed to providing members with the best health care that we possibly can.

Resolutions: The Samish Tribal Council has recently approved several resolutions:

- Funds for political donations and lobbying efforts.
- Funds to support a group of Native American runners who came through our area.
- Design and purchase of Samish flags
- Revisions to the existing Liquor Ordinance
- Approval of a settlement agreement with Skagit County regarding the use of the Lake Campbell property.

Ordinances: The Samish Council, with input from staff and the committees, has been trying to complete all relevant ordinances. Currently, the Council is revising the Personnel, Housing and Committee Policies. We are also developing policies for the use, protection and development of Tribal lands.

Lake Campbell Property: The twenty-six lots on the homeland have been surveyed. The Tribal Council is in the process of developing guidelines for development of those lots. We hope to begin development within the next few months.

Other Activities: The Samish Tribal council continues to be involved with activities pertaining to sustaining the environments of the Samish aboriginal area, as well as supporting and participating in cultural activities such as the Canoe Journey.

Service Delivery Area: The Samish Indian Nation has successfully negotiated with the Bureau of Indian Affairs to develop a Service Delivery Area consisting of Skagit, Whatcom, Island, San Juan and Snohomish Counties. This will allow us to negotiate to obtain contracts with the BIA to provide certain essential services to Samish Tribal members, including funds for education, general assistance and administrative support.

These are among the projects and issues the Tribal Council has been dealing with. New opportunities, issues and problems arise almost daily, so we always have plenty to work on.

SAMISH ENROLLMENT INFORMATION NEEDED

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

Caralee Arneson	Robert Barr	Brenton Barrett	Lloyd Barrett
Lyle Barrett	Lisa Bleeck	Shelly Black	Tessa Bramwell
Dylan Breslin	Lacey Brunner	Lena Daniels	Theodore Estrada
Barbara Faulkner	Mellissa Hagen	Heidi Hawkins	Theo Hawkins Jr.
Dena Haynes	Debra Higgins	Patricia Kavanaugh	Joey King
Mikaela King	Shannon King	Stephanie King	Kenneth Lemmon
Johnathan Long	Verna Long	Winnifred Marchand	Ryan McCary
Thomas Metcalf	Brandon Miller	Jenny Miller	Peter Miller
Jenny Miller	Penny Perez	Ronnie Prine	Sandra Powers
Darlene Smith	Jo-Anne Smith	Wesley Smith	William Steele
Ada Torres	Marvin Underwood	Carol Washington	Bernie Wills
Bridget Wilson	Tucker Wilson	Norman Underwood Jr.	
Ralph Underwood Jr.	Simone 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 and must be replaced. 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 have the address for anyone on this list please contact Jan Flagg at (360) 293-6404 or toll free at (800) 365-9062 at extension 106 or e-mail her at jflagg@samishtribe.nsn.us

ENVIRONMENTAL PROGRAM

Environmental Program Director Christine Woodward



This has been a busy few months for us. In August, we moved our office to the RV Park Clubhouse. The view is nice and it allows us to keep an eye on all of the work that is being done at the RV Park these days. We issued a permit to fill in the waterwheel pond at the RV Park. The mosquitoes were very bad in this area this year and by filling this in and clearing some of the brush near this area, the problem has been fixed. Many happier campers at these spots now.

Some land clearing at the park and on the spit has also occurred. The land clearing was part of an archeological project that the Coast Salish Institute was working on. By clearing the undergrowth, the students and archeologist were able to dig test pits at relevant locations. Scotch broom was removed from the spit along with many ivy vines. There is much left! A pathway was made to each of the abandoned houses that have been slated for future removal. At several council members' request, some of the native vegetation was left intact. Our program continues to keep the protection of the Tribal resources first and foremost in our endeavors.



MISSING BOOKS

The following books are missing from the library! If anyone knows where they are please let us know:

Big Book of Indian Beadwork Designs	Kay Bennett
Dream Catchers – Myths & History	Julie Black
Carving Totem Poles & Masks	Alan Bridgewater
Awakening Spirits	Tom Brown
Daughters of Copper Woman	Anne Cameron
The Indians of Puget Sound	George Castile
Indian Legends of the Pacific Northwest	Ella Clark
North American Indian Motifs – CD-ROM	Dover Publications
Beads to Buckskin Vol.5	Peggy Henry
Coyote & Rock (Cassette)	Vi Hilbert
Words of Power – Voices of Indians	Norbert Hill Jr.
Ghost Voices: Yakama Indian Myths	Donald Hines
Northwest Coast Indian Art	Bill Holm
Handbook of Native American Herbs	Alma Hutchens
Myths & Legends of the Pacific Northwest	Katharine Judson
Internet for Dummies	John Levine
Encyclopedia of Native American Healing	William Lyon
Ninstints- Haida World Heritage Site	George McDonald
Lushootseed Culture and the Shamanic Odyssey	Jay Miller
Medicinal Plants of the Pacific Northwest	Michael Moore
Native American Stories (Video)	Johnny Moses
Fall Medicine Songs (audio)	Johnny Moses
Winter Medicine Songs (audio)	Johnny Moses
Spring Medicine Songs (audio)	Johnny Moses
Summer Medicine Songs (audio)	Johnny Moses
Medicine Path (audio)	Johnny Moses
Red Cedar Circle – Fire Circle Songs (audio)	Johnny Moses
The Great Canoes	David Neel
The Wisdom of the Native Americans	Kent Nerburn
The Eagle's Song (kids)	Rodana's
Alice Bay Cookbook	Julie Rousseau
The Chilkat Dancing Blanket	Cheryl Samuel
The Gathering Stones for the Medicine Wheel	Gregory Scofield
Northwest Native Arts: Creative Colors	Robert Stanley
Northwest Native Arts: Creative Colors 2	Robert Stanley
Looking at Indian Art of the Northwest	Hillary Stewart
Coast Salish Essays - 2COPIES	Wayne Suttles
Herbs That Heal	Michael Weiner
Kwulasulwut- Stories from the Coast Salish	Ellen White
How to Do Beadwork	Mary White

Please contact Jan Flagg at (360) 293-6404 or toll free at (800) 365-9062 at extension 106

TRIBE RECRUITING FOSTER FAMILIES

Historically, there have been a disproportionate number of removals of Native American children from their homes and placement of those children outside their families, tribes, and culture. Significant social problems have resulted with this arbitrary relocation.

Please make a difference in the life of tribal children! To preserve the cultural heritage of our youth, and prevent their unwarranted removal from families and tribal affiliations, it is necessary to provide homes for those who are in need.

To inquire about fostering a child, and to seek training and support as a foster parent, please contact Keeley Titus at (360) 293-6404 or toll free at (800) 365-9062 at extension 114 or e-mail her at ktitus@samishtribe.nsn.us. We are waiting for your call.

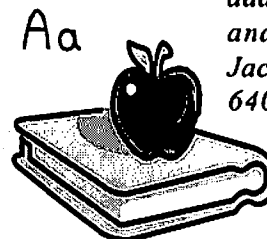
BACK TO SCHOOL GIFT CARDS

This year the Samish Tribal Council has provided a generous donation to support the Samish *Back to School Support Program* for all of our school age Samish children between the ages of 5-18, wherever they live.

Gift cards from Wal-Mart were purchased with the donation and were sent based on the current enrollment records.

If your child did not receive the gift card, please check with Jan in the enrollment office to make sure she has your current

address in our system and contact Barbara Jackson at (360) 293-6404 or toll free at (800) 365-9062 at extension 127



WELCOME OUR NEW EMPLOYEE SCOTT RUTHERFORD



Scott is the new Food Service Manager at the Samish Indian Nation Longhouse kitchen in Anacortes. He is responsible for cooking lunches for our Elder's lunch program and our preschool children. Scott has worked in the food industry for over 13 years and brings a wealth of knowledge to the team. The food is fantastic, so come by and have lunch with us!

If you have a question about our Elder's lunch program, please feel free to call him at (360) 293-6404 or toll free at (800) 365-9062 at extension 212 or e-mail him at srutherford@samishtribe.nsn.us

ELDERS LUNCH PROGRAM

The Elder's Nutrition Program is offered Monday to Thursday at noon. This program celebrates birthdays, beading classes, and meals shared with friends. Native Americans over the age of 45 and spouses regardless of age are eligible to participate in the Elder Nutrition Program. Contributions are appreciated. Those who are not Native American are eligible to participate in the Elder Nutrition Program for a \$3.00 contribution per meal or class.

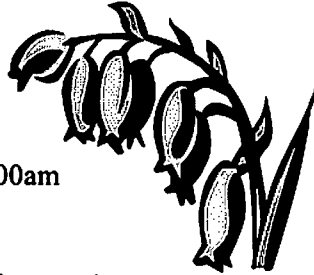


NOVEMBER 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">1</p> <p>Chicken Caesar Wraps Steak Fries Mixed Veggies Fruit</p>	<p style="text-align: right;">2</p> <p>Pot Roast Green Salad Rolls Fruit</p>	<p style="text-align: right;">3</p> <p>Chicken Quesadillas Spanish Rice Corn Fruit</p>	<p style="text-align: right;">4</p> <p>Soup and Sandwiches Potato Salad Fruit</p>
<p style="text-align: right;">8</p> <p>Beef Stew Biscuits Green Salad Fruit</p>	<p style="text-align: right;">9</p> <p>Chicken Skewers Black Beans Peas & Onions Fruit</p>	<p style="text-align: right;">10</p> <p>Oven Baked Cod Scalloped Potatoes Broccoli Fruit</p>	<p style="text-align: right;">11</p> <p>Pork Roast Risotto Mixed Veggies Fruit</p>
<p style="text-align: right;">15</p> <p>Turkey & Ham Wraps Baked Potato Salad Corn Fruit</p>	<p style="text-align: right;">16</p> <p>Chicken Parmesan Mixed Veggies Pasta Salad Fruit</p>	<p style="text-align: right;">17</p> <p>Homemade Pot Roast with Veggies Green Salad Fruit</p>	<p style="text-align: right;">18</p> <p>Pork Chops, Cod, & Salmon Scalloped Pots Carrots Jell-O</p>
<p style="text-align: right;">22</p> <p>Chicken Fried Steaks/Gravy Mashed Potatoes String Peas Rolls</p>	<p style="text-align: right;">23</p> <p>Breaded Salmon Fillet Asparagus Corn Bread Fruit</p>	<p style="text-align: right;">24</p> <p>Chicken Stir Fry Pork Fried Rice Spinich Salad Fruit</p>	<p style="text-align: right;">25</p> <p>Homemade Beef Stew with Veggies Green Salad Biscuits</p>

ELDERS ACTIVITIES FOR OCTOBER AND NOVEMBER

- Monday** Lunch at 12:00pm
Tuesday Lunch at 12:00pm
Wednesday Lunch at 12:00pm
 Beading Class at 10:00am
Thursday Lunch at 12:00pm
Friday Massages at 9:00am by appointment



Foot clinic is available for Tribal members with diabetics every last Tuesday of the month from 1:00pm to 3:00pm

Every month the Elders go on a field trip to a museum or to another Tribe for a luncheon and entertainment, we will normally leave around 9.00am.

Please call Rita Louis for more information at (360) 293-6404 extension 118 or toll free at (800) 365-9062 or e-mail her at rlouis@samishtribe.nsn.us for more information.

TRIBAL VICTIMS ASSISTANCE

We were recently awarded a new grant that provides us with access to a multitude of victim's services as well as the opportunity to learn from other tribal programs that have existed for many years. The TVA grant allows us to assist with repairing locks, doors, and windows in emergency situations as a result of a crime. We are also able to connect tribal victims with local food banks, shelters and clothing pantries as well as assist with completing protection orders and court documentation. Some examples of crimes that are eligible for services are:

- | | |
|------------------------------|-------------------------|
| * Elder Abuse | * Dating Violence |
| * Child Abuse | * Burglary/Robbery |
| * Sexual assault | * Vandalism |
| * Stalking and strangulation | * Domestic violence |
| * Bullying in Schools | * Gang-related activity |

On a larger scale the state of Washington and Federal government are able to provide a multitude of resources including victim compensation for loss resulting from a crime. We can assist with referrals as well. The Social Services Department is looking for volunteers to be advocates in their area. Information will be provided to those interested in becoming a victim's advocate in their community.

If you are interested, please call Keeley Titus at (360) 293-6404 extension 114 or toll free at (800) 365-9062 or e-mail her at ktitus@samishtribe.nsn.us.

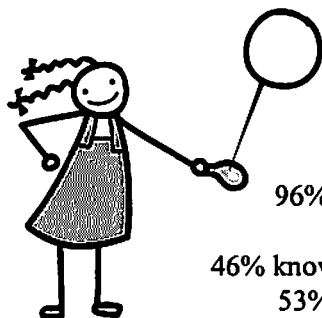
LIHEAP WEATHERIZATION

The Low Income Heating & Energy Assistance Program (LIHEAP) funds can help you to pay for weatherization of Samish members homes or rented homes. Funds from this project help to keep you warm in the winter and cool in the summer. In addition, this contract will pay for the material to weatherize your home, although labor costs are the responsibility of the homeowner or renter.

If you are interested, please call Charlotte Dick at (360) 293-6404 extension 129 or toll free at (800) 365-9062 or e-mail her at cdick@samishtribe.nsn.us.

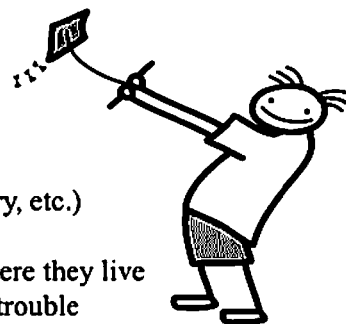
WHAT DID OUR YOUTH SAY?

The Samish Prevention program was awarded a contract from the Office of Juvenile Justice and Delinquency Programs, Department of Justice with the goal of addressing the limited information that the Social Services staff had about our tribal youth. The intent was to learn about the strengths and concerns of our youth. At the end of April 2004 we mailed out 112 youth surveys with a copy of the questions to the parent(s) of the youth as well as a Parent Consent form. The responses were interesting and will be useful as we continue to design our program services.



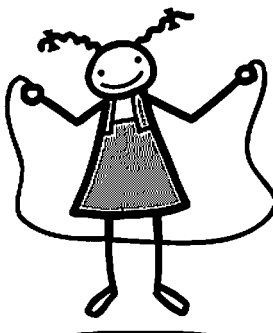
COMMUNITY

- 64% know somebody who does drugs
- 46% say it is easy to get drugs in their area
- 25% say there are gangs where they live
- 96% say there are things to do in their area (sports, library, etc.)
- 7% live in an area where homes are run down
- 46% know somebody who has been beat up and/or robbed where they live
- 53% have themselves or have friends who have been in trouble



SCHOOL

- 69% like school
- 100% have friends at school
- 96% get along with their teachers
- 93% say they are good students
- 71% are involved in school activities



FAMILY

- 79% argue with their parents
- 93% do chores at home
- 96% have a good relationship with their parents
- 96% do things and go places with their family

Through this information we concluded that the majority of the Samish youth that responded do well in school, have friends, get average to above average grades and have positive relationships with their teachers. In their community more than half know someone who does drugs and have themselves been in trouble or have friends who have been in trouble. The vast majority live in communities where there are constructive activities available such as sports and places to learn such as libraries. Not quite half say that drugs are easily accessible and have witnessed violence. Very few live in impoverished areas where gangs are highly visible. Within the family the youth generally argue with their parents but get along, feel supported and are involved in family activities and responsibilities.

CONTACT US

If you have any questions regarding this survey or if you would like a copy of the full survey results in various fields please contact Jennifer Paddock at (360) 293- 6404 or toll free at (800) 365-9062 extension 131 or e-mail her at jpaddock@samishtribe.nsn.us



WELCOME OUR NEW EMPLOYEE KEELEY TITUS



Keeley is the Family Preservation, Child Protection, and Victim Assistance Specialist. She has extensive experience providing crisis intervention services with youth and families. She can help you access services if your family is experiencing a crisis or if your children have critical needs which are not being met. In the event you are a victim of a crime, or are in a violent relationship, she can assist you in ways like safety planning, temporary emergency shelter, and legal advocacy.

Keeley is actively seeking volunteers interested in donating their time to assist other Samish members. Anyone who would be interested in learning more about fostering Indian children, providing victim assistance for our members, or mentoring our youth, please call her.

If you have a question about our Family Preservation and Child Protection program, please feel free to call Keeley Titus at (360) 293-6404 or toll free at (800) 365-9062 at extension 114 or e-mail her at ktitus@samishtribe.nsn.us

DOMESTIC VIOLENCE AWARENESS MONTH

According to Sacred Circle, a National Native American Resource Center to end violence against women:

- * Native American women were victimized by an intimate partner higher than those for all other females
- * The rate of violent victimization of Native Americans is about 2 times that experienced by African Americans, 2 ½ times that sustained by Whites, and 4 ½ times that experienced by Asian Americans;
- * The stalking rate is so high against Native American women that 17% will be stalked in their lifetimes.

Violence against women is not traditional. Support actions that promote sovereignty and safety for women. If you or a loved one is a victim of relationship or dating violence, we are here to help you.

If you have a question about Domestic Violence Awareness Month, please feel free to call Keeley Titus at (360) 293-6404 or toll free at (800) 365-9062 at extension 114 or e-mail her at ktitus@samishtribe.nsn.us

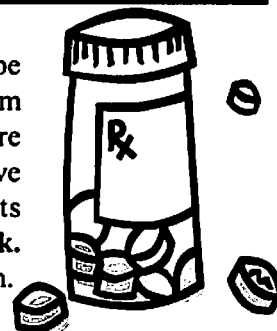
CHANGE IN SERVICE AREA

The service area designation for the Samish Indian Tribe which is recognized as eligible to receive services from the United States Federal Government Bureau of Indian Affairs (BIA) has been established. This service area designation becomes effective September 30, 2004. The Samish Indian Tribe is authorized to extend financial assistance and social services to eligible tribal members and other eligible Indians who reside within the areas designated. These areas include the counties of Whatcom, Skagit, Snohomish, Island, and San Juan in the State of Washington.

CONTRACT HEALTH PROGRAM UPDATES

PHARMACY CHANGES

Effective July 1, 2004 all of your long term (longer than 1 month) medications must be ordered through the Bellegrave Pharmacy mail order program (800) 446-2123. Short term medications (less than one month) can be obtained at your local pharmacy. You are required to utilize generic medications if they are available. Brand name drugs (that have generic equivalents available) can only be dispensed if your physician submits documentation to Bellegrave showing that generics have been tried and did not work. As before, medicine available 'over-the-counter' cannot be covered by Contract Health.



Clients with Group Health insurance

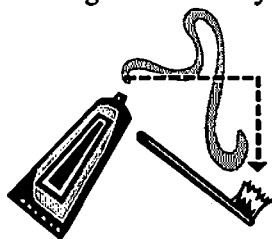
If your Group Health Plan requires you to use only Group Health Pharmacies, you will not be able to use Bellegrave Pharmacy. You will need to get your meds at the Group Health Pharmacy, pay your co-payments, and submit the receipt to NWPS for reimbursement (forms available upon request from Joanne or Renee)

Clients with other primary insurance

Bellegrave will bill your primary insurance, and will write off the co-payment.

DENTAL CHANGES

Dental coverage has ended June 30, 2004. We can help you locate Tribal Dental facilities in your county that you can use at no cost. Lab fees and referrals to specialists from the tribal clinic can be covered up to \$ 500.



REMINDER

You must call in advance to pre-authorize all medical appointments. In an emergency, you should first seek medical care, and then you must call us within 72 hours.

If you have any questions please contact Joanne or Rene at (360) 293-6404 or toll free at (800) 365-9062 at extension 125 or 126.

SAVE THIS DATE!!

The first annual Diabetes Gathering will be on Saturday November 13, 2004 at the Fidalgo Bay RV Resort Clubhouse. All tribal members with the diagnosis of Diabetes, their family, friends and care givers are invited to attend. All those who want to know more about Diabetes care, treatment and prevention are also welcome, whether or not you have a Diabetes diagnosis. The Gathering starts at 10:00am and is scheduled to run until 2:00pm. Lunch will be provided. Knowledge is power. Let's gather together and learn ways to stay healthy living with Diabetes.

Please RSVP to Frances Straus, RN at (360) 293-6404 or toll free at (800) 365-9062 extension 224 or e-mail her at fstraus@samishtribe.nsn.us

DIABETES CARE

Diabetes is a chronic disease that affects the way our bodies use the energy we get from food. Native Americans are at higher risk of developing Diabetes. New studies have shown that Diabetes can be controlled or prevented by life-style changes and medications.

FRIENDSHIP HOUSE DONATIONS

Reminder that when you stay in hotels while at meetings or vacationing please pick up those little shampoos, soaps, etc. I will take them over to Friendship House, the homeless shelter here in Skagit County. Thanks you for all you have donated in the past...when I take the toiletries to Friendship House, they are appreciated greatly.

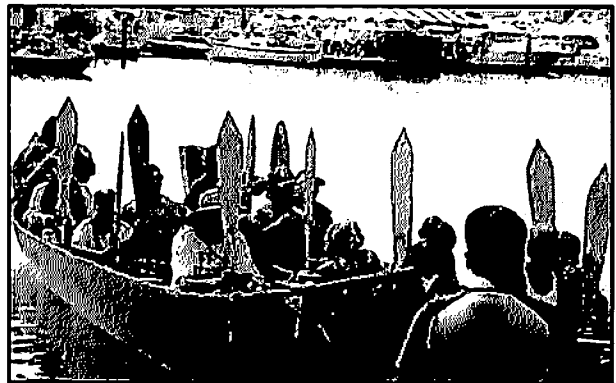
*Please mail them attention to: Contract Health
P.O. Box 919 Anacortes, WA 98221*

MEMORIES OF TRIBAL JOURNEY 2004

The Samish Canoe Family proudly sponsored two canoes this year, our cedar canoe, X'echnginglh, and our fiberglass canoe, Eshes. Visitors from Bella Coola joined our group for Cold Water Rescue training on July 25 (see photo in which we purposely rolled the canoe to practice righting it again), the day before we met up with Lummi and Swinomish Canoes on a historic venture through our common ancestral homelands, the San Juan Islands.

The journey took us to Lopez Island, San Juan Island, Saanitch, Tulalip, Duncan, Kuper Island and Chemainus.

The Canoe Family met again on August 29, 2004; to share memories, and plan for next year. Some of the highlights of the 2004 Journey included spending quality time getting to know our Swinomish and Lummi relations as the three tribes traveled together through the islands; our young people practiced hard and shared dances at the potlatches along the way; and three new songs gifted our paddlers.



Here's what our 13 year old Samish Tribal member Ethan Matthews had to say about the journey to Chemainus, B.C.:



Ethan mugging in front of the Swinomish canoe family on the ferry ride back home.

Dear Readers,

The canoe journey changed my life because when I use to hear my mom talk about all the canoe journeys and culture days I thought it was stupid. Then I went on the canoe journey and realized why she loved all the tradition and everything so much. I learned about my other culture, the one that they don't teach in school. I met a lot of interesting people on the canoe journey and can't wait to go next year.

Sincerely,
Ethan Matthews

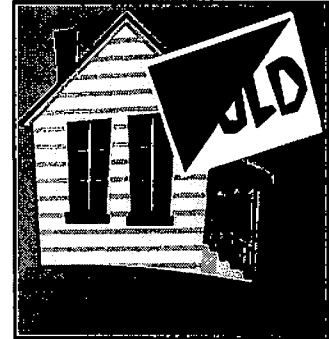
FIRST TIME HOMEBUYERS WORKSHOP

Home. A place of your own. Don't those words bring a smile to your face? Everyone needs a place of rest and comfort. A place to build memories and create new dreams. More than just a house – a home.

Come and join Laura Magi, Housing Assistant for the Samish Indian Nation and Jennifer Hoines from USDA, for this informative, yet fun, First Time Home Buyer's Workshop. The workshop will be held in the Council Chamber's in the Administration Building on November 20, 2004 from 10 AM – 3 PM.

We will provide a workbook for you, along with insights on the ease of owning your first home. Come and join us for this informative and fun workshop! Advanced registration is required.

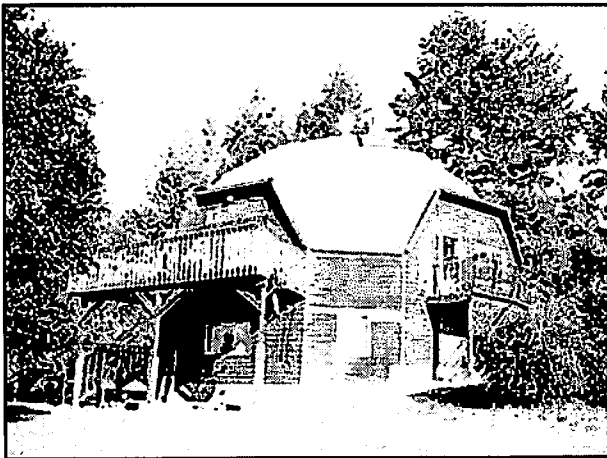
We have received applications from Indian Health Service for Individual Site Sanitation Facilities. These applications will cover upgrades for: Septic Tanks, Drain Fields, Alternative On-Site Waste Disposal Systems, Individual Well, Well Pump with Pressure Tank, and Community Water Service Connections. Need more information? I would be happy to send an application to you!



CONTACT US

If you have any questions about the Rental Assistance Program, Down Payment Assistance Program, Home Repair Program, or the Rental Units, please contact Laura Magi at (360) 293-6404 or toll free at (800) 365-9062 extension 115 or e-mail her at lmagi@samishtribe.nsn.us.

APARTMENT FOR RENT



We have a three bedroom unit for rent located next to the Lake Campbell Housing Project. The unit has a wonderful view of Lake Campbell. The rent for this unit is based on family composition and household income. To be eligible to rent this unit, you must qualify for a three bedroom unit and meet all of the requirements of our housing policy.

If you are interested in renting this unit and completing an application, please contact Laura Magi at (369)293-6406 or toll free (800)365-9062 extension 115 or e-mail her at lmagi@samishtribe.nsn.us.

CENTER FOR THE STUDY OF COAST SALISH ENVIRONMENTS

The Samish Stewards completed a second summer of full-time field research, one step closer to their university science degrees and future work as Samish scientists! They surveyed the Fidalgo Bay RV Park for archaeological resources, and collaborated with University of Washington professor Julie Stein on a 10-day study of the Watmough Bay shell midden. They learned to do topographic surveying with our new Total Station laser equipment, which can log thousands of "shots" with pinpoint accuracy, and made maps of Samish Island shorelines. Stewards also accompanied geologist Jonathan Hughes to Waldron Island where they cored two ancient peat bogs and recovered an unbroken 8-foot-long record of seeds and pollen extending back to the last Ice Age. They earned extra cash for our laboratory by digging a trench through the bottom of Cayou Lagoon for geologist Jim Johannessen, sampling bedded clays left behind by the glaciers.

Samish Stewards developed lab skills as well. They spent a week learning basics of DNA amplification and sequencing with Dr. Paul Moran at the Northwest Fisheries Science Center in Seattle; experimented with our new soil-and-water chemistry kits; and installed an electronic weather station at our research garden near Lake Campbell. Three local varieties of camas are now planted there, and a self-regulating greenhouse will be installed this month.

In the spirit of our mission, *science for stewardship*, the Stewards rounded out the summer by constructing an artificial reef for native Olympia oysters on Samish tidelands at Weaverling Spit: the first of its kind in Puget Sound. This fall, we will plant Olympia oysters on five private tideland sites in the San Juan Islands as part of our continued role as a leader in Olympia oyster research and restoration.



Building a native Olympia oyster reef in Fidalgo Bay. Research center project manager Elsa Carlisle and Samish Stewards Sarah Johnson and Marco Hatch.

Summer was not all work: the Stewards built a sparkling silver salmon float for the Samish Island Fourth of July parade, and organized an educational exhibit and salmon barbecue at the Second Annual Samish Bay Bivalve Bash at Oyster Creek, sponsored by Taylor Shellfish and the Skagit Conservation Education Alliance. More than 500 salmon dinners were sold.

In other news, the research center is now a partner in the cabin cruiser *Iawana*, a twin-engine cabin cruiser with room for a crew of eight with gear, providing us with the mobility we need for our work in the islands. BLM has asked us to collaborate with them in restoring the Coast Salish camas meadows of Iceberg Point, an important cultural site on Lopez Island. Our collaboration with Washington Trout and the U.S. Army Corps of Engineers to survey salmon habitat in the San Juan Islands has completed its first year of research, identifying and mapping more than five miles of salmonid stream habitat on Orcas Island alone; this project will expand to Lopez Island in 2005, supplemented by a grant from the National Fish and Wildlife Foundation for Orcas Island stream restoration activities. We also expect to launch a two-year, \$140,000 study of juvenile salmon use of San Juan County beaches and near shore areas in January 2005, with State support. We will present results from our Waldron Island studies to a National Science Foundation meeting in Washington D.C.