



## Staying Fit for a Cause

Submitted by Julie A. Jefferson

Recently, a group of women of all ages took part in the Susan G. Komen 3 day for the Cure challenge. Many who have participated over the years along with first time participants joined in on the challenge to support Aunties, Moms, Grandmothers, Sisters, Friends and loved ones who have won the battle, are fighting the battle or have lost the battle against Breast Cancer.

Bellingham Bay Marathon held this past Sunday, September 28, 2014, had several participants from Lummi Nation some who have raced the last few years and many first timers. Roads were blocked and flaggers were out in Lummi Nation and in Bellingham for the race to ensure safety of those participants. Those who chose to race participated in the 5K, Half Marathon or Marathon.

Both these races have brought continued enthusiasm for walking, fitness,

and living a healthy lifestyle. Pictures posted all over Facebook and other social media sites sharing the positive changes and encouraging others to participate.

Congratulations to all those participants and to all those who are working on positive healthy lifestyles!



SUSAN G. KOMEN PHOTOGRAPHS COURTESY OF AMANDA CULTEE-JOHNSON. BELLINGHAM BAY PHOTOGRAPH BY REATHA TOM.



## Fall Gardening and Landscape Care

Article by Melinda Myers

### Checklist for Fall Garden and Landscape Care

You can see and feel the change of seasons. Fall color is starting to appear, pansies, mums and asters are in the garden center and your thoughts are turning to preparing your landscape for winter.

Those in warm climates are switching to winter annuals, while those in colder regions are fortifying their landscapes for the cold winter ahead. No matter where you live, invest some time in preparing your landscape for the change in seasons. Dedicating some time now will pay off with healthier more beautiful plants next spring.

- Continue to mow the lawn high as long as it continues to grow. There's no need to cut it short unless that is the look you prefer.
- Fertilize the grass with a low nitrogen slow release fertilizer like Milorganite (mi-



PHOTO CREDIT: "MELINDA MYERS, LLC."

lorganite.com). Fall fertilization provides the greatest benefit to your lawn and gives you the best value for the time and money invested.

- Those in cooler regions growing bluegrass, fescue and perennial ryegrass should fertilize around Labor Day when temperatures start to cool.

Then make a final application between Halloween and Thanksgiving before the ground freezes.

- Those in warmer climates growing centipede, Bermuda and zoysia should also fertilize around Labor Day. However, be sure to make the last fall application at least one month prior to the average first killing frost.

- Shred leaves as they fall. Leave some on the lawn to add organic matter and nutrients to the soil. As long as you can see the grass blades through the shredded leaves your lawn will be fine.
- Use the rest of the shredded leaves in your compost pile, as mulch on top of the soil or as a soil amend-

ment. Just dig a two to three inch layer into the top 12 inches of annual or new planting beds. These leaves will break down and add organic matter. By spring the leaves will decompose and the garden bed will be ready to cultivate and plant.

- Plant a few bulbs now for a colorful early spring display. Incorporate compost, aged manure or other organic matter into the planting area. Add a low nitrogen slow release fertilizer at the time of planting. In general, plant bulbs two to three times their vertical diameter deep. Follow specific planting and spacing directions on the package or tag.
- Select animal-resistant bulbs to avoid squirrels digging up the bulbs and deer and rabbits eating the

(Continued on page 3)

## Lummi Nation School new staff introductions:

### Jessica Lafortune

My name is Jessica Lafortune and I am both excited and honored to be the new High School Social Studies teacher at Lummi Nation School. As an occasional poet and freelance writer/editor, I am fascinated by words, quotes, and the continuing story of human history. It is my goal to weave history and writing together in the classroom. After many years of longing to live in Whatcom County, I moved to Washington last summer from Florida. I share my Sudden Valley home with two high school-aged daughters. This is my sixth year of teaching and eleventh year in education. Many thanks to the Lummi Nation School family and the community at large for the warm welcome I have received. It is my joy to be here.

### Alana Marshall

My name is Alana Marshall and I am so grateful to have a new teaching opportunity this year at Lummi Nation School. While this is my fifth school year here, this year I get the privilege of teaching fourth grade.

A little about me: I live in Bellingham with my husband and have lived here my whole life. I have an adult child, Patrick. Some of our family's favorite things to do are play board games, go on day trips, or just go for a drive together. I also enjoy reading, art, and long, fast-paced walks.

I am looking forward to meeting and speaking with so many new families this year. This will be a great year!

### Susie Nickelson

Hello Lummi Community!

Thank you for the warm welcome that I have felt

here. My name is Susie Nickelson and I am the new high school science teacher at LNS. I come with many years of experience and a master's degree in education. I love science, but more than that, I love kids. I have a husband of 20 years that I adore and three great boys ages 17, 16, and 12. We love to play baseball together and go camping. We also have fun watching sports, (Go Mariners and Seahawks!) although my greatest joy is watching my kids play baseball. I am very excited about my new "home" and getting to meet more of you.

Blessings, Susie Nickelson

### Cara Carbone

Hello,

My name is Cara Carbone. I am not entirely new to Lummi Nation School, but as of this year am assuming the position of lead secondary math instruction. I have lived in Bellingham for over 25 years, most of which I spent teaching in the Bellingham Public Schools. I was hired by Lummi Nation School two years ago as a math intervention specialist. I have thoroughly enjoyed getting to know the students and staff here. The school is like a family. The students have quickly endeared themselves to me and I care for them deeply. I am excited to serve in this new role. It will bring challenge and reward as I help kids build strength and confidence in what they know and can do. I believe that a strong mind and spirit is nurtured by a strong body. I am an outdoor enthusiast, spending most afternoons running, hiking or biking. I enjoy connecting with my students by mutually sharing our stories of outdoor adventures and hope to create

some adventures together.

### Dawn Walker

Hello Lummi Community:

My name is Dawn Walker and I am the new Director of Curriculum and Instruction at Lummi Nation School. This is my eleventh year at the school, and I am excited to be in a position to support the students at all grade levels. My very first students are Seniors this year and it is so special to be able to reconnect with them!

I started as a second grade teacher in 2004, and then spent the past five years as the K-6 Reading Coach. My new job involves choosing and adapting curriculum so that it aligns to the Common Core State Standards, supports our student's needs, and is culturally relevant. I also monitor instruction in the classroom and manage all state and federal testing for the school.

I am always looking for ways to connect student learning to the community and possible career opportunities, so if you have any suggestions please feel free to contact me at the school.

### Shalaney Hawley

Hello Lummi Community:

My name is Shalaney Hawley. I switched job positions to a sixth grade teacher. I am excited for this new opportunity and cannot wait to see what amazing year this will be!

### Jason Iwasaki

Position: iPad Development/ Woodshop & Computer Teacher

I currently teach two sections of Technology Education (woodshop), and two sections of Tech Connections (intro to com-

puters). My roll has expanded this year with the remainder of my day being spent in an IT roll as an iPad coach. I will be responsible for training staff and students on the use of the iPad in the classroom as well as app deployment and selection.

### Bryan Brink

I would like to reintroduce myself to the Lummi Nation School community. I am Bryan Brink, the "new" second grade teacher. Ms. Neverdahl, one of last year's 2nd grade teachers, moved on to teach kindergarten. Last year I had the privilege of teaching one of the 5th grade classrooms. Most of my previous teaching experience has been in the primary grades, Grades 1, 2, and 3. Returning to my roots is exciting although I will miss those 5th graders.

I am looking forward to another great school year with all my new friends at Lummi Nation School. I am impressed by the dedication and enthusiasm demonstrated by this staff. Here I see a great team effort given towards preparing our students to become successful at wherever their goals and dreams take them.

Go Blackhawks!

### Amy Neverdah

Hello! My name is Amy Neverdahl. This is my eighth year teaching at Lummi Nation School. I taught second grade for seven years and have just moved to kindergarten. I have worked in kindergarten before and am excited to be back. My classroom is filled with excited wonderful students who are ready to make their families proud as they kick-off their educational journey.

### Morgan Hunter

Lummi Nation School

is proud to introduce Morgan Hunter as the new Literacy Coach. Mrs. Hunter (formerly Miss Dewey) has been an integral part of the Lummi teaching community since 2011. You may have seen her working for the Ferndale School District prior to joining our team. Her new role includes supporting teachers in the implementation of Storytown curriculum, modeling and sharing strategies for reading instruction, assessing students, interpreting data to make instructional decisions, conducting reading research and sharing that learning with teachers. But above all Mrs. Hunter's new role is to increase our school's reading scores and share her love of reading. She will have guidance from our BIE consultant, Dr. Sharon Gatti Carson.

Mrs. Hunter has her Master's Degree in Literacy Instruction with a Reading Endorsement, her Professional Teaching Certification, and a Bachelor's Degree in Elementary Education. She has taught multiple grades, and has worked at various school districts in Washington State including Bellingham and Ferndale School Districts. Mrs. Hunter even taught English in South Korea. She lives in Bellingham with her husband Aeden Hunter, and English Labrador, Ninja. In her free time she loves curling up with a good book, playing soccer, snowboarding, hiking, and gardening. Her favorite books include: The Giver, Hunger Games, Click, Clack, Moo, Cows that Type, and The Lorax.

If you have any questions regarding reading at Lummi Nation School or would like to share your favorite book, please contact Mrs. Hunter at Lummi Nation School (360) 758-4300 or [morgan.hunter@lummi-k12.org](mailto:morgan.hunter@lummi-k12.org).

(Staying Fit for a Cause continued from page one)



## Ernestine's classroom newsletter

**Coast Salish History:** Students are learning about Lummi in the Beginning and Lummi legends. They will soon be working on maps of our ancient lands and be doing a report about Lummi History and Culture past and present.

**Xwlemi" Chosen:** The Lummi Language classes are working very hard on learning the vowels, sounds, greetings, numbers and emotions. They will be drawing an emotions post-

er chart.

**Cultural Cooking:** We are learning about kitchen safety, food safety, nutrition and measurements. They will soon be learning how to use the food guild pyramid for planning healthy meals.

**Art Class:** My art class is busy learning about Northwest coast shapes and designs. They will soon be painting and drawing designs on canvas.

(Fall Garden continued from page 1)

blooms. Daffodils, hyacinths, grape hyacinths and squills are a few to consider. Little Tommies (Crocus tommasi-nianus) tend to be more squirrel resistant than other crocus varieties.

- Those gardening in mild climates need low chill bulbs that will thrive and flower after a mild winter. Or purchase precooled bulbs for winter planting and spring flowering.

- Allow disease- and insect-free perennials to stand for winter. This will increase their winter hardiness and your enjoyment. The dried leaves, stems and seedheads provide beauty for you to enjoy, seeds for the birds and overwintering homes for many butterflies and beneficial insects.

- Plant trees, shrubs and perennials. The soil is warm and the air is cool – perfect conditions for planting and establishing trees, shrubs and perennials. And for

those lucky enough to garden in warm climates, add a few winter annuals.

- Continue to water the landscape as needed throughout the fall. Be sure to water evergreens and new plantings thoroughly before the ground freezes.

No matter where you live or the size of your garden, get outdoors and enjoy the beauty of fall. And be sure to invest a bit of energy now to insure your landscape is ready for the season ahead.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening and the Midwest Gardener's Handbook. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment segments. Myers is also a columnist and contributing editor for Birds & Blooms magazine. Myers' web site, [www.melindamyers.com](http://www.melindamyers.com), offers gardening videos and tips.



## LNS Pep Band

Submitted by Nancy Sheng, Band Director and K-12 Music Teacher, Lummi Nation School

The Lummi Nation School Pep Band is ready for fall football! You will find us playing for home football games in the shelter near the concession stand once the new shelter

for elders is completed.

This is the second year of the LNS Pep Band, and we are growing! Members include staff and students of all ages and abilities. We are currently working on "The Hey! Song", and "Can't Hold Us" by Macklemore, with plans for more tunes to come. Our next

appearance will be at the Homecoming Game on Friday, October 3, weather (or shelter) permitting.

Students from kindergarten through 12th grade are welcome to come join us and play along on a small drum, tambourine, cowbell, etc. Go Blackhawks!



Nancy Sheng's fifth grade math class.

# Lummi Nation School Music Events 2014-15

## NOVEMBER

### Veteran's Assembly

## DECEMBER

### Christmas Concert for Lummi Elders

## JANUARY

### Senior Solo and Ensemble Contest

(for high school students only)

## FEBRUARY

### Combined Concert with Ferndale Schools

(Elementary students)

## MARCH

### SJMEA Regional Choir Festival (Honor Choir Tutoring students, Grades 4-6)

## MAY

To Be Announced (Talent Show or Musical)

## Paddles up!

Submitted by Rebecca Kinley, Youth Coordinator

Work hard. Play Hard. That was the attitude of our Lummi youth this past year as they were preparing themselves to leave for Bella Bella, BC for the intertribal canoe journey. "We knew that this year was going to be a challenge, but we came together as a family and decided it was something that we just had to do," says Justin Finkbonner, LYCF Skipper. This journey was long distance and it took endurance, strength, courage, bravery, and whole heartedness to be successful on the canoe and off the canoe. To prepare for the canoe journey this past year the Lummi Youth Canoe Family has done a number of things to gear up for it. Some of the things our canoe family had to do to prepare for the canoe journey included however has not been limited to participating in community culture nights, song and dance practices, listening to our elders speak, fundraising, and giving back to the community. All this good work that our youth and families are doing is just the beginning of a beautiful outcome of themselves and our community.

The Lummi Youth Canoe Family departed Lummi Nation during the Stomish Festivities in June of 2014. Leaving the waters of our home we were on the journey of a life time up to a small nation called Bella Bella. It was a 21 day pull there and we spent 7 days sharing the songs, dances, and protocols of our neighboring tribes. It was the healing, the cultural richness of our people and relatives from the neighboring tribes that brought us together. However, that is not when our journey to Bella Bella started. Lummi Youth Recreation hosted cultural nights at the Neighborhood facility two times a month so that the community can come in and join in on all the fun of learning how to make cedar baskets with our elders, share stories with fun and laughter, the beading, and creating memories with friends and family. "I really liked how there were people of all ages that came to culture nights," says Free Eagle Borse, 17 "I thought just some people would

show up. It made me feel good that more people are interested in learning our culture. It was awesome to see." The Lummi Culture nights was modeled after the "Lummi Elders Speak Book" about some of the activities that our Ancestors would do. That includes and isn't limited to, the cedar weaving, the wool spinning, canning and preserving our foods, harvesting our foods, the language, the clothes, the canoe pulling and traveling, the fun and entertainment that our ancestors had. Lummi Nation's mission is to protect, promote, and preserve our way of life. This is a great way to start and it was meant for the whole family to come and participate in.

In addition to participating in culture nights, the Lummi Youth Canoe Family had been fiscally sponsored under the Lummi Youth Recreation with the Lummi Nation Service Organization to start fundraising to make this trip even happen. We anticipated the trip to well over \$30,000. "I remember Becky would wake me up at 6 AM some weekends just so we can cater to fundraise to go on canoe journey. I didn't like waking up early, but I knew I wanted to participate in canoe journey. I was going to do whatever it took to make sure I could go!" says Nicki Reve, 15. On behalf of the Lummi Youth Canoe Family we want to thank the LIBC departments and our council for all the support they have shown us in reaching our goals and efforts to let our canoe family attend on this particular canoe journey. We rose over \$10,000 to reach our efforts in attending this through catering jobs. With the support of Lummi System of Care we were able to make this trip possible.

"Canoe journey is a powerful and healing journey. It is unexplainable what pulling canoe does for a person, yet alone just being in the present moment", says Luttie Hillaire, Lummi Elder. A couple weeks before departure several of our elders came and talked to us, gave us wisdom and shared stories and encouraged us to be strong and brave as we are representing our Nation. "I wasn't really sure what to expect," says Jordan Reve,

16 "I heard" the good and the bad, I was just excited that I got to go and be a part of something this cool and neat!" The Lummi Youth Canoe Family was really excited to meet so many relatives up in Vancouver Island because they really took our canoe family youth and taught them a lot of things about themselves. It is something that our children will have forever in their heart. The heard the words about singing, the pulling, the dancing, the protocol, and just about everything else that any canoe journey person should know. Our canoe family had daily circle times to reflect on the day and listen to elders all up and down the coast from Oregon to Bella Bella.

Each youth attended on journey for personal healing and to nurture the mind, body, and spirit for themselves. WE all came back a different person and for the better. It is a lifestyle we are encouraging our youth to get involved in so they don't lose the knowledge of who they are

as Lummi people. The culture is where all the magic begins and will never end if we continue to water the seed for knowledge of our ancestors and our schelagen. "It was so cool to participate in protocol," says Alex Phair, 17. It was probably my favorite part of the canoe journey because I can honestly say that all of our tribes to the North and the South of us are really not that different. It was a neat experience and I can't wait for the next one!"

The work that the Lummi Youth and the canoe family had to do to be there was a job well done and deserved a pat on the back. 38 days later our canoe family has returned to our reservation and the work has not ended! It wasn't something we can just drop. Thanks to the support of the Vice Chairs office and the Lummi Youth Academy the Lummi Youth Canoe Family was able to participate in harvesting salmon by reef netting at our ancestral sites of Cherry Point and San Juan Island. They had the opportunity to fish,

share our culture through song and dances and share memories with the friends they have made along the way. We look forward to see what the year looks like for us in the days to follow.

Again, the Lummi Youth Canoe Family puts our hands up to each and every person that has taken the time to share their talents with our family or has offered some sort of help to make us successful! Please stay tuned for community culture night events and more! Do you have a youth between the ages of 13- 18 that is interested in being a part of the Lummi Youth Canoe Family? If so, please stop by the Lummi Behavioral Health Office, 2665 Kwina Road, Lower North wing, Bellingham, WA 98226. Office Line: 360.312.2000. Monday through Friday 8-4:30 and grab a brochure of information and the application to get your child involved today! You too can be the seed for a better tomorrow! Get involved today!

LYA NOW Accepting  
Applications for Youth  
Admissions!

LUMMI  
YOUTH  
ACADEMY

Stop by today  
or Call 758-4218

School is starting soon and if you are  
looking for more support for student  
success, stop by today to get an  
application from Meagan Mamac !

The LYA staff work 24/7 to give youth ages 13-18 the  
extra attention they need. We create a safe haven,  
help to close the educational achievement gap,  
provide safe and secure housing and wrap around  
services for youth success!

**For More Information:**

Website: lummiyouthacademy.org  
Facebook: LummiYouthAcademy  
Phone: (360) 758-4218  
Fax: (360) 758-2157

PosterMyWall.com

## Space Center News – September 2014

Submitted by Gary Brandt

This has been a busy and productive summer for the NWIC Space Center.

Rocket Donuts is working on providing us with a CNC (Computer Numerical Control) milling machine. Our application is currently being presented to their foundation.

Alcoa/Intalco awarded the Space Center with a 3-year, \$5,000 year grant to provide STEM (Science Technology, Engineering, Mathematics) programs for our rocket team members.

NWIC in general and the NWIC Space Center in particular, is part of the NASA sponsored Washington Space Grant Community College grant that will provide two years of scholarships for five students, assistance in curriculum development, and capacity building.

NASA conducted a week-long robotics workshop that had eight stu-

dents build and keep an autonomous micro-controlled object detecting and avoiding robot. PLUS they are providing us with a 3D printer AND a Laser Cutter.

Matilda Books was awarded a \$1000 award from Whatcom County's Technology Advisory Group. One student from each of Whatcom's colleges receives an award.

We may be included in a CubeSat (a small satellite that will be placed in earth's orbit) project that will expand Tribal Sovereignty abilities.

On September 11, we received the request to submit a proposal for the 2014-15 NASA Student Launch project. This year will, in addition to a functioning rocket, require:

1. The rocket must be placed in a horizontal position on the launch rail.

2. A 4½ inch object weighing 5 ounces will be placed on the ground to be moved into the rocket's

payload bay.

3. The payload bay door has to be shut.

4. The rocket has to be moved to the vertical launch position.

5. The rocket motor igniter has to be placed into the rocket.

Not much of a challenge you're probably thinking. The catch is all of this has to be done autonomously, without human intervention, once a start button has been pushed. This will put our newly acquired (and some previously acquired) robotic knowledge to work as well as designing, constructing, programming, and other systems engineering skills.

On September 26, the team will be presenting to the Washington Space Grant Consortium about last year's events.

This year's First Nations Launch has three divisions:

1. A two stage rocket

2. A 3-motor cluster rocket where the central motor has to lift the rocket off the launch rail and then the two outboard motors ignite and carry it to the appropriate altitude.

3. A rocket that carries

environmental monitoring instruments.

All of these opportunities will increase the skills and knowledge and make our students so much more desirable as additions to whatever project/work they become involved with.

Ryan Panatalia



Matilda Brooks



Robot Constructors

Shilo Cano



Dr Laurie Cook, NASA

## Lummi Johnson-O'Malley (JOM)

Submitted by Daphne Howard and Alexandria Mackel

We are looking for 10 Tutors. We need at least 2 College Students – to work with High School & Middle School student, and up to 8 High School students to work with Elementary students. You can call the Human Resources Department and find out if the Jobs have been opened yet their # is 360-312-2023 or if you would like to be on my call list let me know and I can get a hold of you when the Job's are open. My information id below.

Tutoring is going to take place in the JOM Office at 2830 Kwina Rd. Bellingham WA. 98226 the start date: Oct. 6, 2014 (Subject to change)

You call apply at the L.I.B.C Human Resources Department at 2665 Kwina Rd. Bellingham WA. 98226

You Need to:

- 1) Fill out application
- 2) Have your Parent & School Sign Off on your application (If you are under 18 yrs.

- 3) Pass a Criminal Background
- 4) Pass a Drug Test

JOM Services are provided for enrolled tribal members that is Federally recognized and attending Ferndale School District or Lummi Tribal School.

JOM Tutors are going to be working with your students on 20 minutes of Reading and Homework Completion and Then any thing else they may need extra help in.

Hours of operation are Monday-Thursday 3:00-5:30 FOR 3RD – 12TH grade and K – 2ND Tuesday & Thursday ONLY

During full days for Ferndale School District. Students can get off the bus at our location, But Parents are responsible for transportation home NO LATER THEN 5:30

If you would like to sign your student up for the tutoring program I can come to you to fill out the forms. If you have questions about our program you can call main line 360-384-7170

or Daphne Howard – Tutor Coordinator 360-380-6642 e-mail me at daphneh@lummi-nsn.gov

### Lummi Johnson-O'Malley – services provided Missed bus

JOM provides services for enrolled tribal members that is federally recognized attending Ferndale School, Lummi Nation School, and Lummi Tribal Members attending a accredited institution outside our working area.

If there is a problem with transportation, JOM can assist if (upon availability of JOM VEHICLE & DRIVER)

Student misses the bus

We can also help if a student becomes ill and is in-need of transportation home.

We WILL NOT PROVIDE if your student has been suspended from the normal bus run and if you do not reside within the boundaries of the Lummi Reservation.

Please call before 10:30 AM FOR TRANSPORTATION TO SCHOOL.

### Traffic safety education

Traffic Safety fee eligibility Requirements

The JOM Program is working with the TANF Program to get the fees paid for. The students need to come through the JOM Program.

### Eligibility Requirements are as follows

If you are on any of these listed programs bring in your approval letter:

Lummi TANF

DSHS

Social Security

Food Stamps

Energy Assistance

Lummi Commodity Foods

And if you are not eligible for any of the above when you pay keep the receipt and bring it in with the Certificate of completion and you will be refunded that amount from TANF

Program

For more information please feel free to contact the JOM office 360-384-7170 or e-mail: dorisj@lummi-nsn.gov Thank you Doris Jefferson, JOM Director

FYI this is the one to choose from Nelson's:

Nelsons Driving School

The BEST VALUE\*\* teen package includes:

- \* 30 hours of classroom
- \* 4 hours of Driver's Zed (a computer drive simulation program)
- \* 5 behind the wheel sessions w/1 hr minimum of observation
- \* WA State Drive Skills & Knowledge test

COST: \$435

Also if you have any school fees or fines bring the receipt in or have the Ferndale High ASB office email JOM will pay for them.....

## To promote the youth drawdown program this year

Lummi Youth Recreation is now accepting draw down requests for 2014.

The draw down program allows \$200.00 per enrolled Lummi youth per calendar year in grades K-12 to go towards any

sporting activity, or extra curricular activity that contributes to the health and wellbeing of the child. This program is intended to promote health, wellness and culture.

Examples include: bas-

ketball, baseball, football, swimming lessons, soccer, music, band, skating, snowboarding, dance, chorus and art. Drawdown can also be used to go towards any select teams such as regulators football, basketball and needed sports

clothing and equipment. Also allows for support for lessons and classes such as music, instrument rentals, instructor/lesson fees, uniforms, shoes, costumes such as dance recitals or theater production, books

and materials needed for lessons. (Application can be found below.

Please take a minute to fill out our online survey about the Lummi Youth Wellness Center

<https://adobeformscentral.com>



Lummi Youth Wellness Center  
Request for Funds  
Calendar Year 2014  
NEW REQUESTS

*"For good of the child"*

If Funding is available and relevant to the mission of the Lummi Youth Wellness Center all requests will be reviewed and approved on a weekly basis. All requests, per the drawdown policy, shall not exceed \$200.00 per Lummi enrolled youth for the calendar year. All requests will be submitted for payment on the LIBC accounts payable and purchase order schedule. AP calendars available upon request. Requests **MUST BE** submitted 2 weeks prior to activity or event. Drawdown funds available only to youth in grades K-12.

Child Information: *Please Print Clearly*

Full Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_  
 Tribal Affiliation: \_\_\_\_\_ Enrollment No: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Contact #: \_\_\_\_\_  
 Cell # \_\_\_\_\_ Email: \_\_\_\_\_  
 School Attending: \_\_\_\_\_ Grade: \_\_\_\_\_

Have you received assistance prior to this request? [ ] Yes [ ] No  
 If Yes, when and explanation of assistance: \_\_\_\_\_

Activity Information: Requested Amount: \_\_\_\_\_  
 Reimbursement: [ ] Y [ ] N  
 If Yes, Payable to: \_\_\_\_\_  
*Must attach receipt*

Type of Activity:

<input type="checkbox"/> Basketball	<input type="checkbox"/> Football	<input type="checkbox"/> Baseball	<input type="checkbox"/> Wrestling
<input type="checkbox"/> Band/Choir	<input type="checkbox"/> Dance	<input type="checkbox"/> Canoe Pulling	<input type="checkbox"/> ASB Fee
<input type="checkbox"/> Snowboarding	<input type="checkbox"/> Other: _____		<input type="checkbox"/> School Sports Fee

Items Needed: \_\_\_\_\_

Store:

<input type="checkbox"/> Fred Myers	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Prostock	
<input type="checkbox"/> Sports Authority	

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*By signing you are acknowledging that you are using the draw down amount for the 2014 calendar year.*

For Official Use only:	
Date Rec'd: _____ [LYR Staff Intials: _____]	Purchase Order
CIB or Proof of Enrollment Rec'd: [ ] Yes [ ] No	Check
Client ID: _____	Approved: _____ [ ] Yes [ ] No

Form Approved 12/24/13 @ LYR/Wellness strategic planning meeting



## Lummi Nation School October Menus

### BREAKFAST

October 2014

#### Lummi Nation Schools

**Breakfast Fact**

MyPlate recommends:  
Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.  
Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

**School Information:**

Breakfast includes:

Milk: 1% milk, Low Fat Chocolate

Fruit: Fresh or Canned, 100% Fruit Juice or Smoothie

Waffles & Strawberries **6**  
Yogurt  
OR  
Ham & Egg Sandwich

Oatmeal **7**  
Cinnamon Toast  
Boiled Egg  
OR  
Bacon & Egg on Bagel

Bagel **8**  
Yogurt  
Smoothie  
OR  
Sausage & Egg on Bagel

Pancakes **9**  
Spiced Apples  
OR  
Ham & Egg Sandwich

Fish Hash **10**  
Boiled Egg & Toast  
OR  
Sausage & Egg/English Muffin

Biscuits & Sausage Gravy **13**  
OR  
Sausage & Egg on Biscuit  
Hash Browns

Cold Cereal **14**  
Yogurt  
OR  
Ham & Egg on Croissant

Scrambled Eggs w/  
Chorizo, Potatoes &  
Gordita **15**  
OR  
Bacon & Egg Sandwich

French Toast **16**  
Sausage Links  
OR  
Sausage & Egg on English Muffin

Bagel **17**  
Yogurt  
OR  
Ham & Egg on Croissant

Sausage & Egg on English Muffin **20**  
OR  
Scrambled Eggs w/ Ham  
Hash Browns

Pancakes **21**  
Ham &/or Egg  
OR  
Ham & Egg/English Muffin

Cream of Wheat **22**  
Croissant  
Boiled Egg  
OR  
Ham & Egg on Croissant

Potato Bowl w/ Eggs **23**  
Toast  
OR  
Bacon & Egg Sandwich

Waffles **24**  
Link Sausage or Yogurt  
OR  
Sausage & Egg/English Muffin

Biscuits & Sausage Gravy **27**  
OR  
Ham & Egg Sandwich

Cereal **28**  
Yogurt  
OR  
Bacon & Egg/English Muffin

Pancakes **29**  
Sausage  
OR  
Sausage Croissant

Scrambled Eggs w/ Ham **30**  
Hash Browns  
OR  
Ham & Egg on English Muffin

Muffin **31**  
Yogurt  
OR  
Bacon & Egg on English Muffin

### LUNCH

October 2014

#### Lummi Nation Schools

**Lunch Fact**

MyPlate recommends:  
Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

**School Information:** Items Offered Daily~  
Individual Veggies Trays, Caesar Salad, Deluxe Sub Sandwich, Milk and Fresh or Canned Fruit  
\*\* Items subject to change depending on availability

Philly Cheese Steak **6**  
Jo Jo's  
Green Salad

Honey Glazed Chicken **7**  
Brown Rice  
Asian Salad

Pizza **1**  
(Pepperoni OR Cheese)  
OR  
Pretzel  
Green Salad

Teriyaki Dippers **2**  
Brown Rice  
Veggies

Fish & Chips **3**  
OR  
Fish Dog  
Jo Jo's  
Coleslaw

Mini Corn Dogs **13**  
Sweet Potato Puffs  
Green Salad

Teriyaki Glazed Chicken **14**  
Brown Rice  
Green Salad

Pizza **8**  
(Pepperoni OR Cheese)  
OR  
Pretzel  
Green Salad

Fish Tacos **9**  
Coleslaw  
\*Sample of Fresh Baked Salmon

Egg Flower Soup **10**  
Chicken Fried Rice  
Asian Salad

Taco Mac & Cheese **20**  
Green Salad  
Roll

Chicken Burger **21**  
Tater Tots  
Green Salad

Pizza **15**  
(Pepperoni OR Cheese)  
OR  
Pretzel  
Green Salad

Meatloaf **16**  
Mashed Potatoes  
Gravy  
Roll

Chicken Fettuccine **17**  
Garlic Bread  
Caesar Salad

French Dip **27**  
Jo Jo's  
Fresh Veggie Bits  
Ranch

Spaghetti & Meatballs **28**  
Green Salad  
Roll

Pizza **22**  
(Pepperoni OR Cheese)  
OR  
Pretzel  
Green Salad

Pepperoni Lasagna **23**  
Garlic Bread  
Caesar Salad

Chicken Fried Steak **24**  
Mashed Potatoes  
Gravy  
Roll

Pizza **29**  
(Pepperoni OR Cheese)  
OR  
Pretzel  
Green Salad

Beef Stew **30**  
Green Salad  
Roll

Taco Salad **31**  
Spanish Rice  
Refried Beans



## Financial Literacy



Breakfast & Lunch provided

Fun & Interactive class

Learn new tips & strategies

Be confident in your financial decisions!



### 2-day Financial Literacy class

Certificate provided upon completion

When: **October 6<sup>th</sup> & 7<sup>th</sup>, 2014**

Where: **Northwest Indian College**

**Cooperative Extension— Bldg. #20**

Time: **9:30 am—2:30 pm**

Come learn about:

- Checking & Savings
- How to create a spending plan
- Understanding & accessing your credit
- How to dump your debt, build your wealth & help build your community

**Next class will be November 3rd & 4th, 2014**



For more information, please contact:

Edna Revey—Financial Literacy Trainer

NWIC Cooperative Extension Financial Literacy Program @

EMRevey@nwic.edu or call 360-255-4414



**Monday, October 6th & Tuesday, October 7th**

## Financial Literacy Program quarterly schedule

### Fall 2014

#### September

Tues. 9/23 Student Orientation for new dorm students 12—2 pm

#### October

Fri. 10/3 Student Orientation— Lummi campus 12—2 pm

M & T 10/6—10/7 Financial Literacy—2 day class 9:30 am—2:30 pm

Fri. 10/17 Cook-Off competition 10 am—2 pm

Mon. 10/27 Holiday Budgeting & Make n Take 1—5 pm

#### November

M & T 11/3—11/4 Financial Literacy—2 day class 9:30am—2:30pm

Mon. 11/17 Holiday Budgeting & Make-n-Take 1—5 pm

Fri. 11/21 Cook-Off competition & lunch 10 am—2 pm

Tues. 11/25 NWIC Student Thanksgiving Dinner & Cultural Sharing 5—8 pm

#### December

M & T 12/1—12/2 Financial Literacy—2 day class 9:30 am—2:30 pm

Mon. 12/15 Holiday Budgeting & Make-n-Take 1—5 pm

For more information contact:

Sunny Guillory, Financial Literacy Coordinator  
sguillory@nwic.edu or 360-392-4280

or

Edna Revey, Financial Literacy Trainer  
emrevey@nwic.edu or 360-255-4414



### SEPTEMBER 2014

- 1 Labor Day, No School
- 2 Teacher Work Half Day
- 3 First Day of School, Full Day
- 24 K-12 Early Release, Prof. Development

### OCTOBER 2014

- 8 K-12 Early Release, Prof. Development
- 29 K-12 Early Release, Prof. Development

### NOVEMBER 2014

- 7 K-5 Early Release
- 11 Veteran's Day, No School
- 20 K-5 Early Release, Conferences
- 21-26 K-12 Early Release, Conferences
- 27-28 Thanksgiving Break, No School

### DECEMBER 2014

- 17 K-12 Early Release, Prof. Development
- 22-31 Winter Break, No School

### JANUARY 2015

- 1-2 Winter Break, No School
- 5 School Resumes
- 16 K-12 Early Release, Prof. Development
- 19 M.L. King, Jr. Day, No School
- 26 Semester Day, No School
- 28 K-5 Early Release, Prof. Development

### FEBRUARY 2015

- 13 K-12 Early Release, Prof. Development
- 16 President's Day, No School

### MARCH 2015

- 4 K-12 Early Release, Prof. Development
- 25 K-12 Early Release, Prof. Development

### APRIL 2015

- 6-10 Spring Break, No School
- 29 K-12 Early Release, Prof. Development

### MAY 2015

- 22 K-12 Early Release, Prof. Development
- 25 Memorial Day, No School
- 29 K-5 Early Release, Prof. Development

### JUNE 2015

- 11 Last Day of School, K-12 Early Release
- 12-19 Inclement Weather Make-Up Days

## Early Learning ~Cooking Salmon



 *Learning to cook salmon Lummi style from James "Smitty" Hillaire at the Stommish Grounds.*

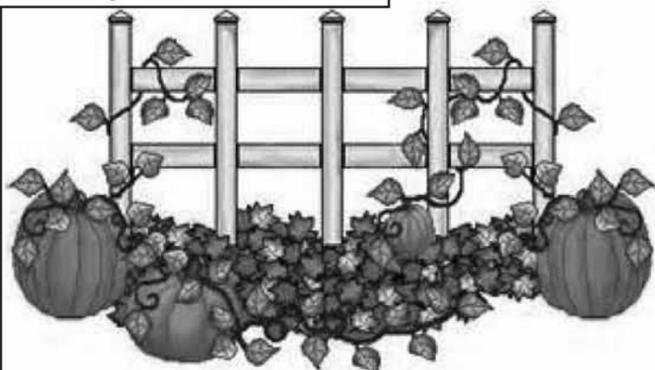


The field trip is to Bellewood Acres, Lynden, WA, sack lunches.  
The Trick or Treat Schedule will be provided the week of the 13<sup>th</sup>. Please note some have nut and dairy allergies

UNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lummi Nation Early Learning	1	Policy Council Election Ballots go out		2	3	4
5	6	7 Field trip departs @ 10:30 Teachers, Joy S. & Stephanie	8 Field trip departs @ 11:00 Teachers, Janelle & Cherry	9 Field trip departs @ 10:30 Teachers, Kristi & Leo & Denise	10 PLC 1 to 4 pm	11
12	13	14 Field trip departs @ 11 Teachers, Lindsi	15	16 Family Fun Night 5 to 7 pm How to make fried bread 	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Parent Activity Day <b>TRICK OR TREAT</b>	31 	



6140 Guide Meridian  
Lynden WA



### Lummi Early Learning Center

2645 Kwina Rd  
Bellingham WA 98226  
360.312.2446

**Class Field Trip Schedules are as follows:**

**Tuesday, October 7<sup>th</sup>** departs 10:30am. / sack lunch

- T'Omelt'Le classroom – Teacher Joy
- Sxwexwetcheli classroom – Teacher Stephanie

**Wednesday, October 8<sup>th</sup>** departs 11 am /sack lunch

- Wexes classroom – Teacher Janelle
- Lhinlinie classroom – Teacher Cherry

**Thursday, October 9<sup>th</sup>** departs 10:30 am. / sack lunch

- Qelhomechen classroom – Teacher Kristi
- Pre-School room – Teacher Leo & Denise

**Tuesday, October 14<sup>th</sup>** departs 11 am / sack lunch

- Schetxwen classroom – Teacher Linsi



## Commod Squad Holiday Food Basket Application 2014



Head of household \_\_\_\_\_  
Street/City \_\_\_\_\_  
State/Phone \_\_\_\_\_

**PICK UP DATES**  
Thanksgiving:  
Elders (55+) November 24th 10 am  
Everyone else November 25th 9 am  
Christmas:  
Elders (55+) December 22 10 am  
Everyone else December 23 9 am

**Return completed application to Commods**

Put X in new or return)

**SERVING ONLY LUMMI TRIBAL FAMILIES**

Names	New	Return	Age 0-2	Age 3-18	Age 19-54	Age 55+	Lummi	Non-Lummi	Total
HH									
2									
3									
4									
5									
6									
7									
8									
9									
10									

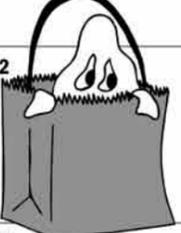
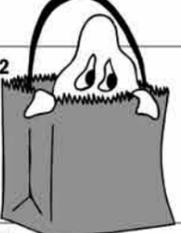
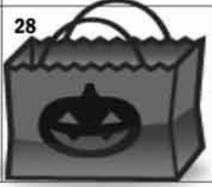


*Visit the  
Haunted House  
at  
2817 Kelly Rd  
Bellingham, WA 98226  
call or text  
360-306-2202*



# JOM October 2014 Birthday



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Siomarah Ballew Aniyah James Destiny Jefferies Cecilia Lawrence Kalia Peters	2 Benjamin Covington Cutrina Solomon 	3 Haley Martin-Morris Lakeysa Revey	4 Aneissa Avina Quayla Jackson
5 Harmony Devaney Valerie Edwards	6 Raiyven Hillaire Keegan Jojola	7 	8 Nyla Coss	9 	10 Luke Scarborough 	11 
12 Jorell Jefferson	13 	14 Cheyanne Lane	15 Kenneth Bewley Desmond Freeman-Ballew Mariah James 	16 	17 	18 
19 Tesia Conway	20 Haley Rapada Nickolasa Revey Ike Scarborough	21 Tironne Charles Katherine Jefferies	22 	23 Dennis Coss	24 Maddison Wilson	25 James Black-Williams
26 Dakota Alaniz Patrick Bello Nina Wilson	27 Amiya Rosillo Vincent Solomon	28 	29 Aguilar Jackson	30 <b>Happy Halloween</b> 31		



## Freshman Science with Susie Nickelson



This week our Freshman science students had the opportunity to learn to use some science equipment and perform some testing. The goal was to explain how living things obtain what they need to live. Our focus was on what humans need to live and we were performing tests to see what food samples contained carbohydrates, proteins, and lipids. They did a wonderful job working with the equipment, writing a lab report, and completing the testing.

# 2014 Blackhawks X-Country Schedule

<u>Day</u>	<u>Date</u>	<u>Meet</u>	<u>City</u>	<u>Location</u>	<u>Time</u>
Wed.	Sept. 17	Bellingham, Squalcum	Bellingham	Lake Padden	4:00
Wed.	Sept. 24	Sehome, Bellingham	Bellingham	Lake Padden	4:00
Wed.	Oct. 1	Mt. Baker, Lynden, Meridian		Silver Lake	4:00
Sat.	Oct. 11	Twilight XC Invitational	Marysville	Cedarcrest Golf Course	3:15
Thur.	Oct. 16	Lake Lap Invite	Bellingham	Lake Padden	4:00
Sat.	Nov 1	Westside Classic	American Lake	Lake Golf Course -Tacoma	TBD
Sat.	Nov. 8	State	Pasco	Sun Willows	TBD

*Daylight Savings Time begins Sunday, November 2nd*

*Don't forget to turn your clocks back!*

**NWFL Teams**

- Lummi Nation
- Neah Bay
- Crescent
- Clallam Bay
- Lopez
- Tulalip

## 2014 Blackhawk Football Varsity Schedule

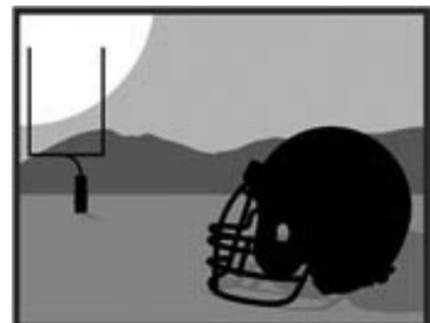
Day	Date	Home/Away	Opponent	Place	Time
<i>*League Game</i>					
Fri.	Sept.5	Away	Adrian HS	Dufur, Oregon	4:00
Fri.	Sept.12	Away	Neah Bay	Neah Bay	5:00
Fri.	Sept.19	Home	Seattle Lutheran	Lummi	7:00
Sat.	Sept.27	Away	Entiat	Entiat	3:00
Fri.	Oct.3	Home	*Clallam Bay (Homecoming)	Lummi	6:00
Thur.	Oct.9	Home	Taholah	Lummi	6:00
Sat.	Oct.11	Away	*Crescent	Joyce, Wa.	2:00
Fri.	Oct.17	Home	*Neah Bay	Lummi	7:00
Sat.	Oct.25	Away	*Lopez	Lopez Island	2:00
Thur.	Oct.30	Home	*Tulalip (Senior Night)	Lummi	7:00

### Playoffs & State Tournament

- Tue. Nov.4th Tie Breakers
- Fri/Sat Nov.7<sup>th</sup>-8<sup>th</sup> Play-in
- Fri or Sat Nov.14<sup>th</sup>-15<sup>th</sup> 1<sup>st</sup> Round of State Playoffs (Higher seed hosts)
- Fri or Sat. Nov. 21<sup>st</sup> or 22<sup>nd</sup> Quarter Finals (Bottom of Bracket Hosts)
- Fri or Sat. Nov.28<sup>th</sup> or 29<sup>th</sup> 1-B Semi-Finals in Tacoma Dome
- Fri or Sat. Dec. 5<sup>th</sup> or 6<sup>th</sup> 1-B State Championship Game (TBA)

### JV Schedule

Day	Date	Home/Away	Opponent	Place	Time
Mon.	Sept.8 (jv)	Home	LaConner	Lummi	5:00
Mon.	Sept.15 (jv)	Home	Nooksack	Lummi	5:30
Mon.	Sept.22 (jv)	Away	Concrete	Concrete HS	5:30
Mon.	Sept.29 (jv)	Away	Darrington	Darrington HS	5:30
Mon.	Oct.6 (jv)	Away	LaConner	LaConner HS	5:30
Mon.	Oct.13 (jv)	Home	Darrington	Lummi	5:30
Sat.	Oct.18 (jv)	Home	Neah Bay	Lummi	11am
Mon.	Oct.27 (jv)	Home	Concrete	Lummi	5:30
Mon.	Nov.3 (jv)	Home	Darrington	Lummi	5:30



## Fall Youth sports registration is open

*Must provide proof  
of grade*

#### FOOTBALL

- Flag:
- ◆ Divisions
    - Juniors- 1<sup>st</sup>/2<sup>nd</sup> Grade
    - Seniors- 3<sup>rd</sup>/4<sup>th</sup> Grade
  - ◆ Important Dates
    - First Practice- Sept. 2<sup>nd</sup>
    - First Game-Sept. 13<sup>th</sup>
    - Season Ends- Oct. 25<sup>th</sup>
- Tackle:
- ◆ Divisions
    - Juniors- 4<sup>th</sup>/5<sup>th</sup> Grade
    - Seniors- 6<sup>th</sup> Grade
  - ◆ Important Dates
    - First Practice- July 28<sup>th</sup>
    - Jamboree- Aug. 23<sup>rd</sup>
    - First Game-Sept. 6<sup>th</sup>
    - Season Ends- Oct. 25<sup>th</sup>

#### VOLLEYBALL

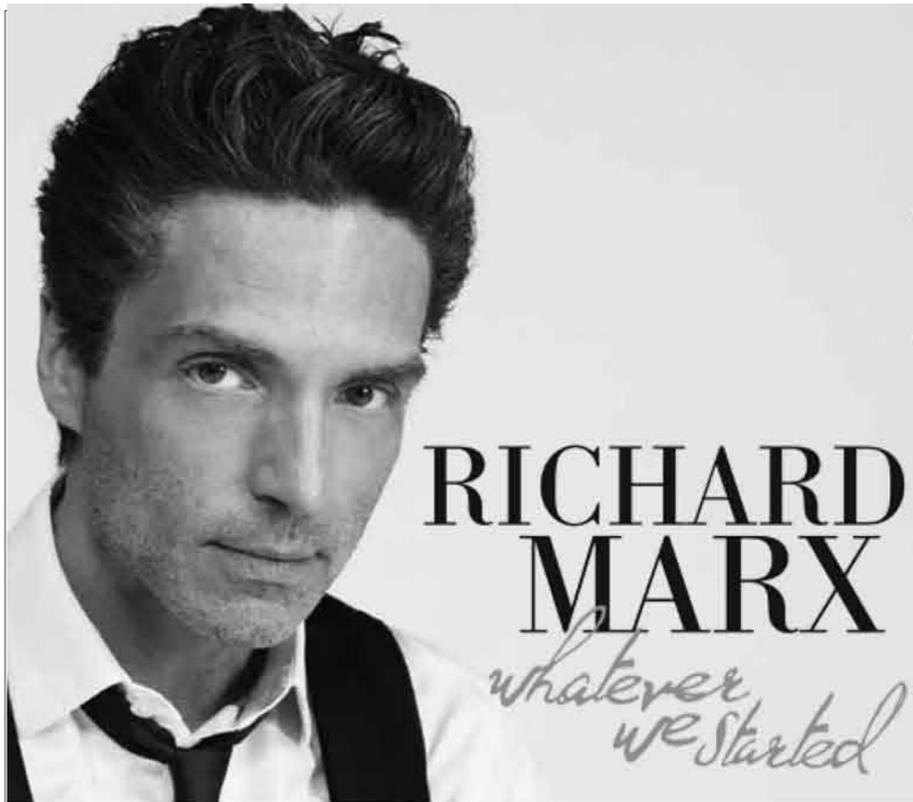
- ◆ Divisions
  - 5<sup>th</sup>/6<sup>th</sup> Grade
  - 7<sup>th</sup>/8<sup>th</sup> Grade
- ◆ Important Dates
  - First Practice- Sept. 2<sup>nd</sup>
  - First Game-Sept. 15<sup>th</sup>
  - Season Ends- Oct. 25<sup>th</sup>

*Grade Division for all teams is based  
on grade in Fall 2014*

- Wanted: **COACHES!**
- Reward: Help make a difference in the life of a youth!

Contact the LYR Office if you are interested or have any questions or comments, 380-6648.  
Download the forms at [www.whatcomclubs.org](http://www.whatcomclubs.org).

**LUMMI YOUTH RECREATION/WELLNESS**  
Sarah Tom- 380-6647 • SarahB@lummi-nsn.gov



TAKE THE TUNNEL TO 1,000 CONVENIENT PARKING SPACES AT THE SOUTH ENTRANCE!

**RICHARD MARX**  
**SAT OCT 4<sup>TH</sup> • 8PM**  
 Tickets Starting At \$29.50



**2 TIMING IS 1 TOO MANY**

Mystery Comedy Dinner Theatre  
**WED OCT 15<sup>TH</sup> • 7PM**  
 Tickets Only \$39.50  
*Price Includes a 3-Course Meal!*



Sunrise Rotary Presents  
**SIPS & CIGARS**  
 Featuring Premium Cigars, Spirits and Beers!  
**SUN OCT 26<sup>TH</sup> • 4PM**  
 Tickets Only \$60.00  
*Cigar Lounge Locker Auction at 8PM*

**UPCOMING EVENT**  
 Holiday Gift Expo • NOV 30<sup>TH</sup>

**BUY TICKETS**  
[SilverReefCasino.com](http://SilverReefCasino.com)



EXPERIENCE **EVERYTHING**

**24/7 ACTION**



[SilverReefCasino.com](http://SilverReefCasino.com) • (866) 383-0777

I-5 Exit 260 • 4 Min. West • Haxton Way at Slater Road

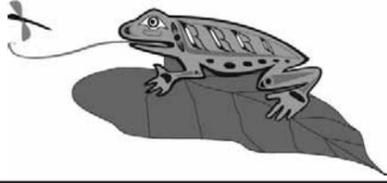
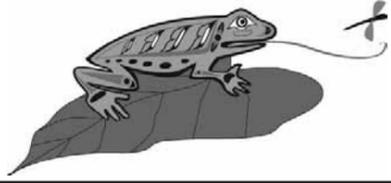
Events subject to change without notice. Must be 21 or over to play. Management reserves all rights. ©2014 Silver Reef Casino

Silver Reef



**HOTEL • CASINO • SPA**

# Education



## "Parenting in Action" Lummi Parenting Skills Program



**Want positive parenting skills and SUPPORT?!**

Individual parenting class offered at no cost to parents or caregivers raising a 2-5 year old

1. Weekly parent coaching sessions at Behavioral Health
2. Learn new skills to nurture the relationship with children
3. Practice new techniques to manage difficult child behaviors

Advice + Playtime + Positive Discipline + Encouragement  
= A Happy Parent-Child Relationship



For details or to sign up, call Brigid Collins @ 734-4616 and speak to Katie Goger  
Or call Behavioral Health @ 312-2019 for general information!



## Active play feels great!



**Help your children run, jump, and play. Encourage about 2 hours of active play time every day. Have fun!**

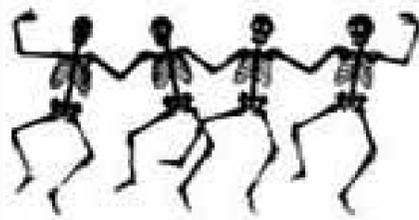
Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

# Gym Schedule

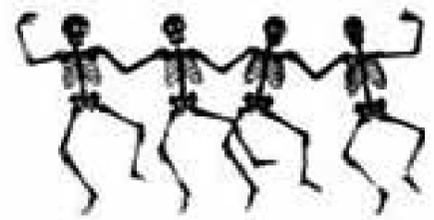
**FALL 2014**

- [ Subject to change without notice.
- [ LYR teams will have priority of gym for any reason if needed.
- [ Contact LYR office for any questions or concerns, 380-6636.
- [ All Open Gym attendees must sign in

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
7:00 AM		NWIC Men's	NWIC Men's	NWIC Men's	NWIC Men's	NWIC Men's	
8:00 AM		7:00 – 9:00	7:00 – 9:00	7:00 – 9:00	7:00 – 9:00	7:00 – 9:00	
9:00 AM							
10:00 AM							
11:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
12:00 PM		9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	
1:00 PM							
2:00 PM		NWIC Women's	NWIC Women's	NWIC Women's	NWIC Women's	NWIC Women's	
3:00 PM		2:00 – 4:00	2:00 – 4:00	2:00 – 4:00	2:00 – 4:00	2:00 – 4:00	Open Gym
4:00 PM				Open Gym		Open Gym	1:00-6:00
5:00 PM	Open Gym			4:00 – 5:30	Intramural Basketball League 4:00 – 9:00	4:00 – 5:30	
6:00 PM	4:00 – 8:00	Open Gym	Open Gym	5 <sup>th</sup> -8 <sup>th</sup> Volleyball		5 <sup>th</sup> -8 <sup>th</sup> Volleyball	
7:00 PM		4:00 – 9:00	4:00 – 9:00	6:00 – 7:30		6:00 – 7:30	
8:00 PM				Open Gym		Open Gym	
9:00 PM				7:30 – 9:00		7:30 – 9:00	



Join us for



**Trunk**

**or**

**Treat**



Friday ~ 5 pm - 7 pm

**October 31st**

**Please come in costume  
Dinner will be provided**

Please watch for fliers and Lummi Communications facebook posts for location

Sponsored by Lummi Youth Rec • JOM • Lummi Indian Business Council • 360-312-2000

**Lhaq temish Dinner**

**October 13th ~ 5:00 PM**

**Wexliem ~ Lummi Community invited**



# Squol Quol

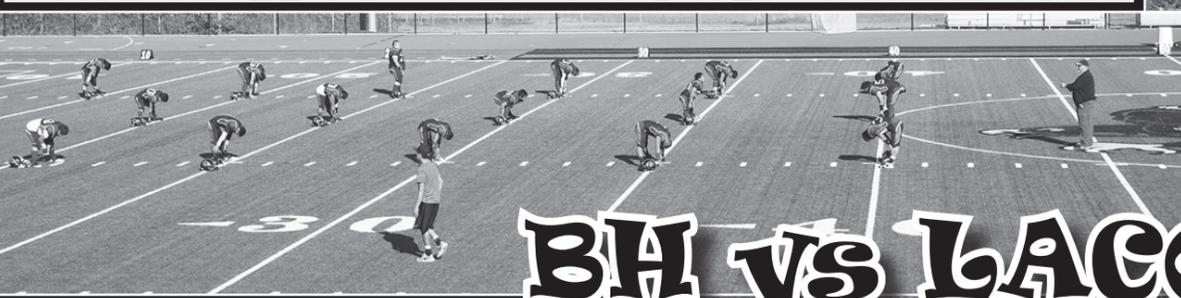
Community Photos



## Blackhawks vs Concrete



## BH vs Adirican



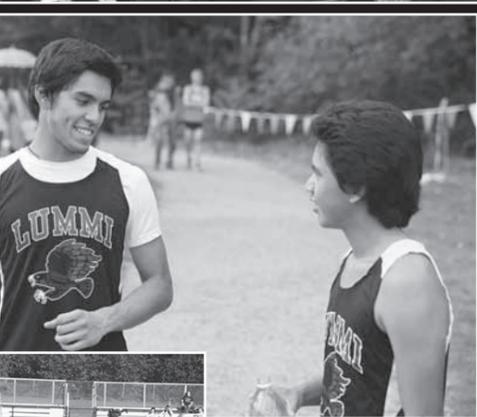
## BH vs LACONNER



# Blackhawks vs Neaha Bay



# BH vs SEATTLE LUTHERAN



# BH CROSS-COUNTRY VS SQUALICUM

The next Sacrament to cover is the

# Sacrament Of Confirmation

*From the Catechism of the Catholic Church ~ Two ~ The Seven Sacraments Of The Church Chapter*

*One ~ The Sacraments Of Christian Initiation ~ Article 2 ~ The Sacrament Of Confirmation*

1285 Baptism, the Eucharist, and the sacrament of Confirmation together constitute the "sacraments of Christian initiation," whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace.<sup>89</sup> For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."<sup>90</sup>

## I. CONFIRMATION IN THE ECONOMY OF SALVATION

1286 In the Old Testament the prophets announced that the Spirit of the Lord would rest on the hoped-for Messiah for his saving mission.<sup>91</sup> The descent of the Holy Spirit on Jesus at his baptism by John was the sign that this was he who was to come, the Messiah, the Son of God.<sup>92</sup> He was conceived of the Holy Spirit; his whole life and his whole mission are carried out in total communion with the Holy Spirit whom the Father gives him "without measure."<sup>93</sup>

1287 This fullness of the Spirit was not to remain uniquely the Messiah's, but was to be communicated to the whole messianic people.<sup>94</sup> On several occasions Christ promised this outpouring of the Spirit,<sup>95</sup> a promise which he fulfilled first on Easter Sunday and then more strikingly at Pentecost.<sup>96</sup> Filled with the Holy Spirit the apostles began to proclaim "the mighty works of God," and Peter declared this outpouring of the Spirit to be the sign of the messianic age.<sup>97</sup> Those who believed in the apostolic preaching and were baptized received the gift of the Holy Spirit in their turn.<sup>98</sup>

1288 "From that time on the apostles, in fulfillment of Christ's will, imparted to the newly baptized by the laying on of hands the gift of the Spirit that completes the grace of Baptism. For this rea-

son in the Letter to the Hebrews the doctrine concerning Baptism and the laying on of hands is listed among the first elements of Christian instruction. The imposition of hands is rightly recognized by the Catholic tradition as the origin of the sacrament of Confirmation, which in a certain way perpetuates the grace of Pentecost in the Church."<sup>99</sup>

1289 Very early, the better to signify the gift of the Holy Spirit, an anointing with perfumed oil (chrism) was added to the laying on of hands. This anointing highlights the name "Christian," which means "anointed" and derives from that of Christ himself whom God "anointed with the Holy Spirit."<sup>100</sup> This rite of anointing has continued ever since, in both East and West. For this reason the Eastern Churches call this sacrament Chrismation, anointing with chrism, or myron which means "chrism." In the West, the term Confirmation suggests that this sacrament both confirms and strengthens baptismal grace.

## Two traditions: East and West

1290 In the first centuries Confirmation generally comprised one single celebration with Baptism, forming with it a "double sacrament," according to the expression of St. Cyprian. Among other reasons, the multiplication of infant baptisms all through the year, the increase of rural parishes, and the growth of dioceses often prevented the bishop from being present at all baptismal celebrations. In the West the desire to reserve the completion of Baptism to the bishop caused the temporal separation of the two sacraments. The East has kept them united, so that Confirmation is conferred by the priest who baptizes. But he can do so only with the "myron" consecrated by a bishop.<sup>101</sup>

1291 A custom of the Roman Church facilitated the development of the Western practice: a double anointing with sacred chrism after Baptism. The first anointing of the neo-

phyte on coming out of the baptismal bath was performed by the priest; it was completed by a second anointing on the forehead of the newly baptized by the bishop.<sup>102</sup> The first anointing with sacred chrism, by the priest, has remained attached to the baptismal rite; it signifies the participation of the one baptized in the prophetic, priestly, and kingly offices of Christ. If Baptism is conferred on an adult, there is only one post-baptismal anointing, that of Confirmation.

1292 The practice of the Eastern Churches gives greater emphasis to the unity of Christian initiation. That of the Latin Church more clearly expresses the communion of the new Christian with the bishop as guarantor and servant of the unity, catholicity and apostolicity of his Church, and hence the connection with the apostolic origins of Christ's Church.

## II. THE SIGNS AND THE RITE OF CONFIRMATION

1293 In treating the rite of Confirmation, it is fitting to consider the sign of anointing and what it signifies and imprints: a spiritual seal.

Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy;<sup>103</sup> it cleanses (anointing before and after a bath) and limbers (the anointing of athletes and wrestlers); oil is a sign of healing, since it is soothing to bruises and wounds;<sup>104</sup> and it makes radiant with beauty, health, and strength.

1294 Anointing with oil has all these meanings in the sacramental life. The pre-baptismal anointing with the oil of catechumens signifies cleansing and strengthening; the anointing of the sick expresses healing and comfort. The post-baptismal anointing with sacred chrism in Confirmation and ordination is the sign of consecration. By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so

that their lives may give off "the aroma of Christ."<sup>105</sup>

1295 By this anointing the confirmand receives the "mark," the seal of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object.<sup>106</sup> Hence soldiers were marked with their leader's seal and slaves with their master's. A seal authenticates a juridical act or document and occasionally makes it secret.<sup>107</sup>

1296 Christ himself declared that he was marked with his Father's seal.<sup>108</sup> Christians are also marked with a seal: "It is God who establishes us with you in Christ and has commissioned us; he has put his seal on us and given us his Spirit in our hearts as a guarantee."<sup>109</sup> This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in his service for ever, as well as the promise of divine protection in the great eschatological trial.<sup>110</sup>

## The celebration of Confirmation

1297 The consecration of the sacred chrism is an important action that precedes the celebration of Confirmation, but is in a certain way a part of it. It is the bishop who, in the course of the Chrism Mass of Holy Thursday, consecrates the sacred chrism for his whole diocese. In some Eastern Churches this consecration is even reserved to the patriarch:

The liturgy of Antioch expresses the epiclesis for the consecration of the sacred chrism (myron) in this way: "[Father . . . send your Holy Spirit] on us and on this oil which is before us and consecrate it, so that it may be for all who are anointed and marked with it holy myron, priestly myron, royal myron, anointing with gladness, clothing with light, a cloak of salvation, a spiritual gift, the sanctification of souls and bodies, imperishable happiness, the indelible seal, a buckler of faith, and a fearsome helmet against all the works of the adversary."<sup>111</sup>

1298 When Confirma-

tion is celebrated separately from Baptism, as is the case in the Roman Rite, the Liturgy of Confirmation begins with the renewal of baptismal promises and the profession of faith by the confirmands. This clearly shows that Confirmation follows Baptism.<sup>111</sup> When adults are baptized, they immediately receive Confirmation and participate in the Eucharist.<sup>112</sup>

1299 In the Roman Rite the bishop extends his hands over the whole group of the confirmands. Since the time of the apostles this gesture has signified the gift of the Spirit. The bishop invokes the outpouring of the Spirit in these words:

All-powerful God,  
Father of our Lord Jesus  
Christ,

by water and the Holy  
Spirit

you freed your sons and  
daughters from sin

and gave them new life.

Send your Holy Spirit  
upon them

to be their helper and  
guide.

Give them the spirit of  
wisdom and understand-  
ing,

the spirit of right judg-  
ment and courage,

the spirit of knowledge  
and reverence.

Fill them with the spirit of  
wonder and awe in your  
presence.

We ask this through  
Christ our Lord.<sup>113</sup>

1300 The essential rite of the sacrament follows. In the Latin rite, "the sacrament of Confirmation is conferred through the anointing with chrism on the forehead, which is done by the laying on of the hand, and through the words: 'Accipe signaculum doni Spiritus Sancti' [Be sealed with the Gift of the Holy Spirit]."<sup>114</sup> In the Eastern Churches of Byzantine rite, after a prayer of epiclesis, the more significant parts of the body are anointed with myron: forehead, eyes, nose, ears, lips, chest, back, hands, and feet. Each anointing is accompanied by the formula

(Sacrament of Confirmation continued)

(Signaculum doni Spiritus Sancti): "the seal of the gift of the Holy Spirit."115

1301 The sign of peace that concludes the rite of the sacrament signifies and demonstrates ecclesial communion with the bishop and with all the faithful.116

### III. THE EFFECTS OF CONFIRMATION

1302 It is evident from its celebration that the effect of the sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost.

1303 From this fact, Confirmation brings an increase and deepening of baptismal grace:

- it roots us more deeply in the divine filiation which makes us cry, "Abba! Father!";117

- it unites us more firmly to Christ;

- it increases the gifts of the Holy Spirit in us;

- it renders our bond with the Church more perfect;118

- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross:119

Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts.120

1304 Like Baptism which it completes, Confirmation is given only once, for it too imprints on the

soul an indelible spiritual mark, the "character," which is the sign that Jesus Christ has marked a Christian with the seal of his Spirit by clothing him with power from on high so that he may be his witness.121

1305 This "character" perfects the common priesthood of the faithful, received in Baptism, and "the confirmed person receives the power to profess faith in Christ publicly and as it were officially (quasi Ex officio)."122

### IV. WHO CAN RECEIVE THIS SACRAMENT?

1306 Every baptized person not yet confirmed can and should receive the sacrament of Confirmation.123 Since Baptism, Confirmation, and Eucharist form a unity, it follows that "the faithful are obliged to receive this sacrament at the appropriate time,"124 for without Confirmation and Eucharist, Baptism is certainly valid and efficacious, but Christian initiation remains incomplete.

1307 For centuries, Latin custom has indicated "the age of discretion" as the reference point for receiving Confirmation. But in danger of death children should be confirmed even if they have not yet attained the age of discretion.125

1308 Although Confirmation is sometimes called the "sacrament of Christian maturity," we must not confuse adult faith with the adult age of natural growth, nor forget that the baptismal grace is a grace of free, unmerited election and does not need "ratification" to become effective. St. Thomas reminds us of this:

Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity: as the book of Wisdom says: "For old age is not honored for length of time, or measured by number of years. "Many children, through the strength of the Holy

Spirit they have received, have bravely fought for Christ even to the shedding of their blood.126

1309 Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit - his actions, his gifts, and his biddings - in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.127

1310 To receive Confirmation one must be in a state of grace. One should receive the sacrament of Penance in order to be cleansed for the gift of the Holy Spirit. More intense prayer should prepare one to receive the strength and graces of the Holy Spirit with docility and readiness to act.128

1311 Candidates for Confirmation, as for Baptism, fittingly seek the spiritual help of a sponsor. To emphasize the unity of the two sacraments, it is appropriate that this be one of the baptismal godparents.129

### V. THE MINISTER OF CONFIRMATION

1312 The original minister of Confirmation is the bishop.130

In the East, ordinarily the priest who baptizes also immediately confers Confirmation in one and the same celebration. But he does so with sacred chrism consecrated by the patriarch or the bishop, thus expressing the apostolic unity of the Church whose bonds are strengthened by the sacrament of Confirmation. In the Latin Church, the same discipline applies to the Baptism of adults or to the reception into full communion with the Church

of a person baptized in another Christian community that does not have valid Confirmation.131

1313 In the Latin Rite, the ordinary minister of Confirmation is the bishop.132 If the need arises, the bishop may grant the faculty of administering Confirmation to priests,133 although it is fitting that he confer it himself, mindful that the celebration of Confirmation has been temporally separated from Baptism for this reason. Bishops are the successors of the apostles. They have received the fullness of the sacrament of Holy Orders. The administration of this sacrament by them demonstrates clearly that its effect is to unite those who receive it more closely to the Church, to her apostolic origins, and to her mission of bearing witness to Christ.

1314 If a Christian is in danger of death, any priest can give him Confirmation.134 Indeed the Church desires that none of her children, even the youngest, should depart this world without having been perfected by the Holy Spirit with the gift of Christ's fullness.

### IN BRIEF

1315 "Now when the apostles at Jerusalem heard that Samaria had received the word of God, they sent to them Peter and John, who came down and prayed for them that they might receive the Holy Spirit; for it had not yet fallen on any of them, but they had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit" (Acts 8:14-17).

1316 Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear wit-

ness to the Christian faith in words accompanied by deeds.

1317 Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason one can receive this sacrament only once in one's life.

1318 In the East this sacrament is administered immediately after Baptism and is followed by participation in the Eucharist; this tradition highlights the unity of the three sacraments of Christian initiation. In the Latin Church this sacrament is administered when the age of reason has been reached, and its celebration is ordinarily reserved to the bishop, thus signifying that this sacrament strengthens the ecclesial bond.

1319 A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.

1320 The essential rite of Confirmation is anointing the forehead of the baptized with sacred chrism (in the East other sense-organs as well), together with the laying on of the minister's hand and the words: "Accipe signaculum doni Spiritus Sancti" (Be sealed with the Gift of the Holy Spirit.) in the Roman rite, or: Signaculum doni Spiritus Sancti [the seal of the gift of the Holy Spirit] in the Byzantine rite.

1321 When Confirmation is celebrated separately from Baptism, its connection with Baptism is expressed, among other ways, by the renewal of baptismal promises. The celebration of Confirmation during the Eucharist helps underline the unity of the sacraments of Christian initiation.

## Elder's Luncheon

### October 14th

## 11:30AM @ Silver Reef Casino

## Medicine of the Heart



## Mission to the World visits LIBC

Che Shesh Whe Wheleq



## Entrepreneur Spotlight: Keith & Reatha Tom

Submitted by Lummi Economic Development Department

For the third quarter of 2014, our Entrepreneur Spotlight shines on: Keith & Reatha Tom

Small Business: Salish Screenprinting, LLC



site: salishscreenprinting.com

Keith and Reatha Tom are Lummi Tribal members and are the owners of Salish Screenprinting, LLC. A business they started in their garage that prints ink on garments to create a picture, image or message.

What is Salish Screenprinting? They are a Native American owned and operated full service screen printer producing prints and design; specializing in custom designs on clothing, paper and other garments. Whether your needs are for fun, profit or advertising it is their goal to be the highest quality at the best pricing and your first choice in screen printing.

Keith and Reatha started this business in January 2014. It all started with a passion they had to own and operate a family business and their desire to find an outlet to showcase their

creative side. As Reatha explains: "people have an idea or creative art and it is all wearable – that's the cool thing about what we do". Most of the skills they have learned were acquired by trial and error and they've had their share of successes and failures. "You've got to play with it, just do it", Keith says as he stresses the importance of learning by doing.

To start, they bought a used press machine, took a screen printing course from Ryonet (a leader in the market), purchased the missing necessities and got to work. Keith and Reatha have also created their own website and are currently working on creating business cards. Very soon they hope to expand into larger/faster machines and hire staff to increase their ability to accept larger jobs

and decrease production time. For now, working out of their garage is sufficient, but their dream is to expand by opening other branches across Indian Country as they grow their family business. "We want to offer tribal youth the opportunity to tap into their creative side and find their voice through screen print, design and learning to run a business", they explained as they both are community advocates and get their fuel from serving the families and youth of Lummi Nation.

Keith and Reatha's future growth plans include getting into clothing design and partner with Native American artists and build sustainable connections to support other tribal entrepreneurs. They would also like to begin advertising to the tribal market by en-

couraging "buy tribal" to increase awareness about the economic benefits of choosing tribal owned businesses. Their advice for upcoming entrepreneurs, "Think big! Have those big dreams and figure out how to get them accomplished. Find the resources available to you and don't wait for the perfect time, it's never perfect. Trial and error is the best learning tool so visualize it and play it out through the end, but do it. There will always be obstacles. You have to work around those obstacles and keep moving."

If you are interested in learning more about Salish Screenprinting, LLC contact:

Keith & Reatha Tom  
|Phone: (360) 739-2893  
|Email: shop@salish-screenprinting.com |Web-

You may be an entrepreneur and do not realize it. All you need is something that will light that spark within you to own and grow your small business. Think about how you can turn your hobby, idea or passion into a profitable small business. If you don't know where or how to start, start by contacting the following resources that Lummi Nation provides: Lummi Ventures Program, Lummi Economic Development Department, Northwest Indian College Small Business Center and Lummi CDFI.

Studies have shown that the number one way that people get themselves out of poverty is through micro-enterprises, which is basically starting their own small business by selling products they either purchase and re-sell or make with their own two hands. Micro-businesses can be started on your free time, away from your normal job, to subsidize your current income and possibly grow to a full-time profitable job for yourself and your family members.

## Responsible Gaming Program

Have you ever had to lie to people important to you about how much you gambled?

Have you ever felt the need to bet more and more money?

If you answered "YES" to either of these questions, this might be for you.

**For:** For all persons, regardless of age, whose gaming practices lead to loss of money, time, self-respect, and family trust. Individual and group sessions led by trained counselors.

**When:** Now

**Where:** Lummi Behavioral Health  
Lummi Administration Building, North Wing  
2665 Kwina Road

**Call:** Lummi Behavioral Health - (360) 312-2019 to set up an appointment with a counselor.



## The Emotional Roller Coaster of Excessive Gambling...

Submitted by Brad R. Galvin

Did you know that when someone has a problem with excessive gambling losses, their lives can feel like a roller coaster? A common cycle people experience goes like this: It starts with fantasizing about gambling. Thoughts of winning and anticipation of excitement lead to positive feelings. These feelings then lead to planning about their next gambling episode. Planning might include setting aside a time to gamble and borrowing money from friends. Next, the person gambles. If the person has a problem with excessive losses, they may gamble until they have no money left. This often

leads to feelings of guilt, anger, and remorse about losing money or taking out more money than they could afford to lose. There may be a short period of time where they return to day-to-day reality before the cycle begins again.

If you or someone you know has been caught in a cycle of excessive gambling losses, help is here at Lummi Behavioral Health. Native and non-Native people are eligible for getting help with excessive gambling losses. Contact Brad Galvin or Jennifer Tietz at 360 312-2019 for more information. We can help you or your loved one get off the roller coaster. It's never too late.

# Community Updates

## Whereabouts Unknown

*Below is the current Whereabouts Unknown listing of Lummi beneficiaries who have an IIM (Individual Indian Money) account with no current address information. If you or someone you know is on this list, please contact the Puget Sound Agency (425) 252-4382 so we can update.*

(Kamkoff) Jefferson, Kristina Marie	Finkbonner, Elaina Maranda	James Sr, David J	Lowman, Jolenna Hamilton	Ruether, Corinne R Lyness
Aaron, Landon James	Finkbonner, Joan M	Jefferies, Harold J	Lyness, James Edward	Ryan, Richard A
Alvarado, Richard	French, Cornelius Matthew	Jefferson, Allen	Manes, Hester Elizabeth	Scarborough, Tyron James
Baldwin, Henry B	Friday, Holly	Jefferson, Celeste J	Martin, Gordon Mitchell	Scott, Alice
Ballew, Fredrick J	Gallegos, Leanne	Jefferson, Christopher	Martin, Michael J	Smith, Gene K Smith, James
Beasley, Ellen P	Gaona, Bricen Guy	Jefferson, Dale Jonathan	McCluskey, Ellen	Solomon, Adrienna Deanna
Benally, Connie	Garcia, Marilyn Marie	Jefferson, Elizabeth	McClean, Eleanor Helen	Solomon, David
Benson, Janis	Garfield, Anthony Charles	Jefferson, Harvey Raymond	Miller, Sharon (Phair)	Solomon, Edith
Bizer, Janice Watts	Garfield, George D	Jefferson, Johnathon	Minnick, Jewell N	Solomon, Eva-Mae Christina
Bliesner, Allen L	Gensaw, Kathleen	Jefferson, Joyce	Mireau, Jeremy	Solomon, John Michael
Bliesner, James	George, Lena P	Jefferson, Krista Jo	Mitchell, Muriel	Solomon, Joseph
Bob, Adeline	George, Louise (Hillaire)	Jefferson, Marilyn	Mosher, Kelly R	Solomon, Nathan
Bob, Agnes	George, Mira V	Jefferson, Michael D	OLeary, Walter J	Solomon, Terrance Lane Leon
Bob, Alphonso	George, Russell S	Jefferson, Randal Adrian	Olsen, Christina	Solomon, Timothy Allen
Bob, Ashalena	George, Sr, Thomas H	Jefferson, Raymond Francis	Oreiro, Jennifer L	Solomon, Walter
Bob, Robert	Goben, Rita	Jefferson, Todd Vincent	Oreiro, Laverne Lane	Stanford, Rose E
Bob, Wilson Bob Jr, Robert	Gooch, Susan Katrina James	Jefferson, William David	Oreiro, Marc C	Stogan, Barbara
Boneclub, Amelia	Gould, Mary	Jeffries, Paul Mathew	Page, Agnes Henry	Tanner, William Frances
Bowen, Theresa	Hall, Jesse	Jimmie, Christine	Penter, Edith C	Tate, Jane (Ashalena) Bob
Brown, Matthew	Hall, Norman	John, Willie	Peters, Amanda M	Taylor, Kathleen
Burrow, Edith A (Hillaire)	Hall, Roger	Johnson, Melvin Charles	Phair, Floyd	Thorp, Bryant Don
Cagey, Danielle M	Harrie, Kathleen	Jojola, Idelle	Phair, Grace W	Tijerina, Ysidro Arturo
Cagey, Marlon D	Henry III, Wilfred J	Jones, Audrey Michelle	Phair, Joshua Logan	Tom, Elizabeth
Casimir, Darlene M	Hillaire, April S	Jones, Daniel Lee	Phair, Nicole C	Tom, Jerome Albert
Casimir, Veda F	Hillaire, Martin	Jones, Lawrence	Pichole, Maryann	Tom, Louisa
Charles, Cynthia A	Hootchew, Geraldine	Kamkoff, Edward Douglas	Placid, Katherine E	Tuttle, Lisa L
Charles, Edward William	Hootchew, Geraldine P	Kamkoff, Josephine L	Plaster, Douglas	Twiddy, Deborah Louise
Charles, Nikki	Horne, Ethyl	Keeler Jr, Henry	Plaster, James Plaster, James Francis	Veitenheimer, Jeffrey Ted
Commodore, Jeremy	Horne, Ralph	Kelley, Trina Marie	Plaster, Jessica Jo	Warbus, Kelly
Cooper, Marilyn	Horne Jr, John D	Kerkenas, Roberta A	Plaster, Margaret Thompson	Warbus, Kelly J
Coss, Sharon	Hoskins, William	Lafontaine, Devon Angelo	Plaster, Michael	Watkins, William
Damien, Shaun A.	Humphreys, Arther III	Lamberth, Jeffrey	Revy, Emmanuel	Webster, Patricia M L
Deshaw, Marion L	Jackson, Anthony Ray	Lance, Angela Candace Black	Ridley, Joel	Wesley, Arlene Ann
Dick, Annette	James, Bruce Thomas	Lane, Anjannette	Ridley, Joshua	Williams, Frankie
Dodd, Cindy Lou Jefferson	James, Norbert W	Lane, Elizabeth V	Rivera, James Alan	Wilson, Francine
Druckrey, Reginald Zane	James, Pamela E	Lane, Frank E	Rosario, James G	Wolf, Sharon Garipee
Edwards, Carolyn	James, Stanley	Lane Jr, Virgil	Rosario, Teresa L	Yniguez, Teresa Jean
Fernandez, Janet	James, Victor	Larocke, Louis		



**NOTE:** The following editorial(s), in no way directly reflect the opinions of Lummi Indian Business Council, its members or its staff, unless otherwise noted. Letters to the editor are always welcome. Please send them to: Lummi Squol Quol Editor, 2665 Kwina Road, Bellingham, WA 98226 email: [squolquol@lummi-nsn.gov](mailto:squolquol@lummi-nsn.gov)

# Opinions & Perspectives

## TOTEM POLE JOURNEY TO BEAVER LAKE CREE- 2014

By Jewell James, Lummi

Over the years, we have done quite a few Healing Totem Poles. We began with the 911 Poles- we put one up in New York, another in Pennsylvania, then a three piece in Washington D.C. (now located in Congressional Cemetery). We raised several poles in Bellingham (old town maritime part, others along Whatcom Creek, and at the new cancer center at the hospital), in Ferndale (at two schools), at Chemawa Boarding School in Oregon, at Washington State Old Soldiers Home, a three piece at the National Library of Medicine, one to Cowichan for the indigenous games and canoe journey, one to Tsleil Waututh in Vancouver BC, and this year up to Beaver Lake Creek in Alberta. And, over the years, we raised many at Lummi- with one a very few actually purchased. Even when poles are sold, the income is shared with the youth and adults that work with us on the projects.

This year we traveled as a group of ten. We had Dr. Russo as main coordinator and fund raiser. We had Fred Lane as video recorder. We had James Leder as photographer. Myself as head carver. We had Ramona Charles as head painter and co-ceremonialist on the journey. We had our painters with us- Lucy London, Jewell Ridley-James, John Charles, and Julius Charles. We were fortunate to have Doug James as co-driver of the truck for the first two weeks. Later on the boys, Lucy, and Doug all returned to Lummi; but, Ramona got our granddaughter and she traveled with us for the next eleven days in Canada.

I really have to admit that it has been challenging to do these healing totem poles. I almost died from an accident during this carving project- but that is a long story and I am still here. We do the art work as a donation. We find the log, prepare the designs, apply the designs, finish carving it, paint it, and then load it for the journey to its destined home. We work hard to raise all the funds to cover the costs from outside sources so that it is not a burden on

the Lummi Tribe. We were lucky that the Lummi Culture Department provided a cedar log for this carving project from the tribal log pile....since the US Forest Service took so long to give us a permit to get a log from the forest.

The totem pole journey last year touched or reached about 20 to 25 million people- through the publicity. We traveled and campaigned in Montana, Idaho, Oregon, Washington, and British Columbia- working with First Nations Leadership. We accessed radio, newspapers, and television news broadcasting. We met with tribal representatives, environmental spokesmen, citizens organizations, elected leadership from cities, counties, and state legislatures, and the interfaith community.

During last years journey, over seven and a half million visitors opened up the totem journey information site according to the leadership up in Vancouver. They were very happy for the support to bring public and political pressures upon the politicians in office that make key environmental choices on approval or denial of the permits for corporation expansion. We are fighting the coal permits sought for Cherry Point. The First Nations in Vancouver are fighting the Kender-Morgan Pipeline expansion as well as the Endbridge Pipeline proposal for northern British Columbia. The First Nations in BC entered a treaty with the Sioux Nations to protect the sacred aspects of the earth and within their territory. Tribes are battling against the "Tar Sands Oil" whether transported by pipeline or railroad. Tribes are, also, battling the pipeline going through Sioux Territory. This latter pipeline is called Keystone.

Last year we started our totem pole journey at Lame Deer Montana. We were working with the Cheyenne- who are opposed to the proposed Coal Mine at Otter Creek. If this opens then all the coal will come here to Cherry Point to be shipped to China. It will be dumped on top of our ancestors graves and ancient village site known as Xwe'chi'eXen (Cherry

Point). So, we started our media campaign at Otter Creek. It helped us and them, since we all do not want this open pit coal mine to open up.

This year, since we have a relationship with the Yankton Sioux, as they oppose the Keystone Pipeline, we loaded our new totem pole and headed to their reservation. This pole was dedicated to the Beaver Lake Cree in Alberta, Canada, since they are battling the Tar Sands Oil mines' destruction of their traditional territory. We conducted ceremonies with the Yankton Sioux activists, tribal council, and the Cowboy & Indian Alliance. We then went to Lower Brule Reservation. We found out some of their council members have secretly sold out to the oil industries against the will of their own people. They negotiated contracts and refused to inform their own people. While we were there the young people organized their own political group to challenge the elected officials. We did prayer ceremonies there.

After that we moved on to our next scheduled stop and did press releases in Billings, Montana. This event was down by the river as well, just like the events at Yankton Sioux and Lower Brule Sioux Nations. It was at this event that Otto Braidedhair approached us. He helped coordinate last years event at Otter Creek, with the Cheyenne of Lame Deer Montana. He is a veteran and traditional man. He stated plainly that the battle to stop the coal strip mine at Otter Creek is not over. He said they need publicity and public support so he asked if we can make the next campaign to Lame Deer Montana and bring support to the Cheyenne. In this case though, he asked that we bring a healing totem pole there to leave behind with them....as a symbol of their on-going efforts to protect their territory. We agreed to the proposal for 2015.

We then went to Spokane, Washington. The local environmental groups, citizens activists, church leadership, and representatives from Spokane Tribe, Kalispell Tribe, and Colville spoke out. The church leadership took the podium

and promised to be active supporters of the tribes on their environmental concerns. We were at St. John's Cathedral. From there we went to Yakama Nation. Here their Chairman lead the Seven Drums Ceremony to pray for our success. Now, throughout all this, Fred Lane, up to here and at each stop, would read the letter from the Lummi Chairman (Tim Ballew) that advocated opposition to the Cherry Point Coal Terminal proposal. At Nisqually, they canoe families drummed us in and held a welcoming event and prayers before we moved on to Seattle.

In Seattle the gathering was held at St. Mark's Cathedral. There church was full, and the media attended. Several bishops from different denominations were there to pledge their support for Indian Country and our concerns about tribal efforts to stop the Keystone Pipeline, to stop the Otter Crew Coal Mine permits, to stop the coal trains reaching Cherry Point, and to take action against the Kender-Morgan and Endbridge pipeline proposals. We work with this tribes because we are all trying to stop permanent damages to our traditional territories, lands, air, waters, and sacred sites & places.

What we have learned by this time of the journey is that the Missouri River, the Columbia River, the Spokane River, the Fraser River, the Nooksack River, and the Athabaskan River are all being poisoned by big corporations that are shipping these energy extractions to China. All these rivers are dying. The Fraser just had a major damage done to it by the fault of the Silver Mine. They let their poisons flood into the river and called it an accident. It is killing off the sockeye that were supposed to go up river to spawn for the following years of harvestable stocks. These corporations will kill the rivers and the Salish Sea, for their private profit.

We went to Friday Harbor for an event with the Friends of the San Juan Islands and then continued over to the Songhees on Vancouver Island, outside of Victoria. The Chief(s)

from three local bands can and spoke in support of the campaign and in appreciation of our effort to unite the tribes of the USA with the First Nations of British Columbia and Alberta. We told them we have the right to work together since both the USA and Canada have accepted the United Nations Declaration on the Rights of Indigenous Peoples. We have the rights to protect our traditional territories and spiritual/cultural beliefs tied to those lands and natural resources.

We held press releases in Vancouver City and worked with the City of Burnaby councilman - who spoke with us, sided with us, and then had the City of Burnaby vote against allowing the Kender Morgan Pipeline to go through their area. From there we went to visit the Tsleil Waututh Nation and did cultural celebration. The daughter of the late Chief Dan George then traveled with us. She started the Warrior Up Movement as a campaign to get men to protect their women when those women stand up for the Earth, for the environment. We made a brief stop in Merritt, BC and were greeted by tribal members and prayers were done, as well as doing a press conference.

We held a press conference in the water front park downtown Calgary. The ceremonials were conducted by a local medicine man and pipe carrier. In addition, we did a sweatlodge ceremony with Tsuu Tina First Nation people. After this, we traveled to the Capital of Alberta and did a press release conference on the capital steps, then we pressed to the University of Alberta native students, teachers, and staff. From there we moved on to Beaver Lake Sioux. At Beaver Lake we did another sweat lodge, had an afternoon feast and then met with community members and leaders to organize the pole raising.

Two of the elders in the Beaver Lake Cree administration maintenance department raised the pole with their equipment. They raised it perfectly. It went up well. It was straight and in place before we could take a second breath. The

*(totem Pole Journey continued)*

figure for the top had to be added later because the equipment could not reach that high. The tribe organized a teepee and had five pipe carriers conduct the pipe ceremony for us. After that the community had a feast.

The same problems

were exposed at Beaver Lake Cree. There are elected officials that favor the oil corporations, like the status of working with them and receive gifts from them. The community is split over the infiltration of the oil companies into the community. They expect that the upcoming elections

will remove those council members that favor the white corporations that the tribe has been suing in court.

We had interviews in Yankton Sioux, in Billings, in Spokane, in Yakama, at Nisqually, in Seattle, at Songhees, in Vancouver, in Merritt, in Calgary, in Edmonton, and even in

Beaver Lake Cree. We did radio talks, news paper releases, and television news broadcasts, as well as some for youtube type broadcasters. Of course, James Leder and Fred Lane keep the information and visuals flowing on Facebook as well. Our website has been www.totempolejourney.com. In our opinion, this was a great success story. One of

our primary partnerships was with the Sierra Club- they financed our literature used for handouts, and our video recorder and photographer. This year Dr. Russo and I were blessed with having our wages donated during this journey.

## Bob's Garage "Three-wheel cars"



Submitted by Bob Aiken

By Bob Aiken

Once again it's Autumn and headed toward Winter. The days are getting short, and once more it's time to gather around the fire and tell stories. This month I'm going to talk about the persistence of some companies at thinking outside the box when designing and building cars.

The Elio is a good example of this. With much media fanfare there's been an announcement of one company's intention of producing a three-wheeled two-seat car capable of 84 miles to the gallon as well as highway speeds. The layout unique in that the driver and passenger are seated in tandem – one behind the other – and that there are two front wheels and one rear (driving) wheel. There's at least one prototype being shown to the motoring press. Handling, acceleration, and comfort are reported to be excellent.

Another wrinkle in thinking outside the box is that the company is raising capital for production by asking for deposits for the cars in advance. This is not new, though. One example of this kind of financing of products was famous in general aviation when an entrepreneur named James Bede marketed several kits for homebuilt aircraft using a similar technique.

The three-wheel car concept, though, is not exactly revolutionary. There have been other examples of this. In the fifties, Cushman offered a line of three-wheeled vehicles designed for urban delivery and travel as well as farm errands-running. Outside of those two areas they were little more than curiosities. In Britain, Reliant was more successful with its series of "Robin" three-wheelers. The chief advantage of owning one of these in England was that you only needed a motorcyclist's license to drive one of these in traffic. The chief disadvantage of owning one of these was illustrated in more than one episode of the BBC car show "Top Gear", where they repeated had one rolling over on its side during hard cornering.

You just didn't drive very aggressively in Robins – not for long, anyway.

There were other examples of manufacturers who pursued this concept even before World War II. How long before World War II you might ask? Try before World War One. Try 1911, when Henry Frederick Stanley Morgan, founder of Morgan Motor Company, introduced a three-wheeled, two-seat car. The wisdom behind producing this car was simply that Morgan was able to take advantage of a loophole in British tax laws that allowed motorcycles to be taxed at a way cheaper rate than automobiles. This actually worked. There were a lot of these sold.

The other advantages of the design became apparent as more and more of the cars showed up on the road. They were light. With a single chain-driven wheel in the back, there was no need for a big, heavy differential that would be needed to make sure that two driving wheels could turn at different rate around a corner. That shaved a lot of weight. So did the fact that it was a two-seater. It was so light, in fact, that it could be (and was) powered by a JAP V-twin motorcycle engine. This made it very

economical at a time in Britain when fuel wasn't exactly cheap.

As time went on, it became apparent as subsequent redesigns of the Morgan three-wheeler widened the track of the front wheels and lowered the height of the car, that the car was really fast. They began to be raced. I know of one photo taken at Brooklands race track around 1936 of at least three Morgans trying to pass each other in a turn. One of them is actually up on the embankment that borders the turn and charging hard. The photo still gives me the willies when I look at it.

By the late thirties, the British auto industry had become more skilled in producing sophisticated cars and more of the British public were able to buy them. Morgan answered the competition by introducing a four-wheeled car. Wisely, Morgan had decided to remain a niche marketer, specializing in sports cars so it could produce cars using simpler techniques and smaller

manufacturing facilities. Sadly, though, the handwriting was on the wall for the three-wheeled Morgan.

The F-series four-wheel Morgans hit the streets in 1932, being sold alongside the three-wheeled sports cars right up until the outbreak of World War II in 1939. After the war, the F-series was once again produced. The three-wheeler wasn't. It's a shame in a way, because the pictures that I've seen of the last models of the three-wheelers show them to be lean, sleek and almost lethal in their good looks.

And so, as the shadows lengthen and the days grow shorter, we huddle a little closer to the fire and talk about things and event of long past.

Or do we?

In 2011, Morgan Motors introduced a replica of their prewar three-wheeled sports car. They're selling it now.

Until next month, keep it between the ditches and the shiny side up.

### October's Tip of the Month:

*It's gonna' get dark early now. Make sure all the lights are working with an occasional walk around once or twice a week.*

## Elder's Birthday Luncheon and Halloween costume contest

### October 30th

### 12PM Noon @ Little Bear

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# Opinions & Perspectives

Northwest Indian Fisheries Commission, 6730 Martin Way E., Olympia, WA 98516-5540 • Phone: (360) 438-1180 • FAX # 753-8659

*Note: Being Frank is the monthly opinion column that was written for many years by the late Billy Frank Jr., NWIFC Chairman. To honor him, the treaty Indian tribes in western Washington will continue to share their perspectives on natural resources management through this column. This month's writer is Dave Herrera, a Skokomish tribal member who serves as the tribe's fish and wildlife policy advisor, and who also is an NWIFC commissioner.*

## "Being Frank" Tell The Truth



By Dave Herrera,  
Skokomish Fish and  
Wildlife Policy Advisor

The late NWIFC chairman Billy Frank Jr. left us all many lessons during his time on this earth. One of the most important was also one of the simplest: "Tell the truth."

But that's not what the state of Washington is doing when it comes to salmon recovery. You wouldn't know it from what state government tells us, but the truth is that salmon recovery is failing.

At the center of that truth is the fact that we are losing salmon habitat faster

than it can be restored. We cannot recover wild salmon until we stop the bleeding in our watersheds and estuaries.

Another truth is that tribal treaty rights are one of the few things strong enough to stand between all of us and the extinction of wild salmon. We have demonstrated that time and again over the decades.

Most recently, we showed that truth with a victory in the culvert case. We filed suit in 2001 to force the state to repair hundreds of failing, fish-blocking culverts. These blockages under state roads cut off salmon from hundreds of miles of spawning and rearing habitat. The case was filed as a sub proceeding of the 1974 Boldt decision in U.S. v. Washington that upheld our treaty fishing rights reserved in treaties with the United States.

On March 29, 2013,

federal district court Judge Ricardo Martinez confirmed those rights by issuing a permanent injunction. He ordered the state to repair more than 600 of its fish-blocking culverts over the next 17 years. He wanted to "ensure that the State will act expeditiously in correcting the barrier culverts which violate treaty promises." Martinez noted that funding for the repairs would come from the state's separate transportation budget, not at the cost of education or other social services.

Judge Martinez clearly ruled that our treaty-reserved right to harvest salmon also includes the right to have those salmon protected so that they are available for harvest. And not only by tribes, but by everyone who lives and fishes in the region.

It's the same with tribal hatcheries and the 40 million or so salmon they produce every year. Tribal hatchery production makes

the pie bigger for all because everyone can harvest those fish.

Without the tribes, the salmon and its habitat would be in far worse shape than it is today. We bring to the table our treaty rights, traditional and scientific knowledge, funding, and a strong cultural commitment to recovering the salmon resource. Everyone benefits from the work we do.

Perhaps most importantly, tribes and our treaty rights bring the rule of federal law to natural resources management. Federal law trumps state law and treaties are protected under the U.S. Constitution as the "supreme law of the land."

The truth is that tribes aren't the only beneficiaries of treaty rights. Non-Indians benefit from them as well. Besides sharing the natural resources of the region with the tribes, non-Indians have homes,

businesses and schools on lands ceded by the tribes in return for the fishing, hunting and gathering rights tribes reserved in the treaties.

But our treaty rights – and the protection they give to all – are under constant, heavy attack by those who want to close our fisheries, shut down our hatcheries and destroy the salmon's home. That puts treaty rights at risk for everyone.

We're all in the same canoe, so let's tell the truth: salmon recovery is failing. Tribal treaty rights are one of the few things that might keep salmon from disappearing altogether. The tribes will not allow salmon recovery to fail. That is why we must pull together to protect our natural resources and the treaty rights that protect those resources and all of us.

Contact: Tony Meyer or Emmett O'Connell (360) 438-1180, [www.nwifc.org](http://www.nwifc.org)

## Native Business: Building a Private Sector Economy:

It is wonderful to hear leaders throughout Indian Country talk about economic development and their desire to improve conditions so that individual tribal members may start and sustain their own businesses on and around the reservation. There is much to be done at many levels in order to conjure up a healthy financial ecosystem. Political leaders have the tools to create systematic changes using revenue streaming, policy, commercial codes, and zoning laws. Third parties such as foundations, banks, and community development financial institutions play a role by providing technical assistance or capital to individual members or Tribal government. The injection of capital into the hands of individuals or Sovereigns builds assets, ideally income producing assets, that over time have the effect of diversifying the local

economy where a dollar circulates multiple times between businesses, speeding up activity, creating jobs, and making communities more resistant to economic downturns. Individuals can do their part by getting an education, participating in technical assistance classes, and finding ways to gain experience in the industry sector they may want to run a business.

It is commonly known one of the greatest barriers to growing a business is access to capital. Capital is other people's money – and those people looking to lend their money want to know three things:

- 1) How much money does the borrower want?
- 2) For what will the money be used?
- 3) How will the borrower pay me back?

- 4) What is plan B when plan A does not work?

The best way for a borrower to respond is answer these four questions simply utilizing the support of financial information like an income statement and balance sheet. Lenders become very interested in lending when a borrower can concisely walk into a meeting requesting a specific dollar amount, explaining exactly what (s)he will spend the money upon, the change it will cause in their business, and how it increases the net income after operations to meet the lender's payments – on time and as agreed.

Speaking generally in regards to small business owners, they are good at operations and sometimes get into business for themselves after being an excellent employee for a period of time. Having talent, experience, and passion

are an excellent start but to truly build a sustainable enterprise the owner must have a strong understanding of their operating mechanisms. The income statement will show how dollars flow into a business, the dollars it takes to produce a product or cover the cost of ongoing operations and at the end of a period of time whether the business makes money or loses money. If a business makes money – good; then the question is, how much money in exchange for the owner's time? If the business loses money then something needs to change or the business will die. The balance sheet describes the overall health of the business and is a tool to understand working capital needs, and leverage.

Knowledge to learn this fiscal language takes time and practice. The good news is a business owner

does not need to be an expert overnight. They can obtain the management advice immediately by surrounding themselves with professionals like an accountant or a local Native Community Development Financial Institution (or other technical service provider) and then build their skills over time as they work with the professional. Business is not easy but for those whom possess the will and stamina, it can be a very rewarding experience.

Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a Tribal member of the Quinault Indian Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to [JimStanley.biz](http://JimStanley.biz).



By: Kwoselwet, Diana Dixon

### Condolences

Our prayers and condolences to the families whose loved ones journeyed to the other side. Please keep yourself safe during the time of passing. Always keep in mind the teachings of our ancestors. Never forget the words they passed down to us. We thank the community for stepping up showing support and respect by assisting in the time of need. Hy'shqe Si'am \o/

Fall is Here! There's a chill in the morning air. The familiar smell of wood smoke drifts across Lummi Land. Children are warmly bundled up waiting for the school bus. It was so hot we couldn't wait for the cold. Next it was so cold, we wondered where summer went. Fall means raking leaves and winterizing your homes and vehicles. Make sure your propane tank is full and your wood pile is stacked high.

### Elder Abuse

Elder abuse is an ongoing problem on most reservations. We tend to look the other way so it often goes unreported. To harm, cause distress or neglect to an elder is shameful and it's against the law. People who you put your trust in are often the abusers. Elders with cognitive impairment are the most vulner-

able. Elders with dementia can often lose the ability to know they are being abused and cannot defend themselves. Physical abuse, neglect, emotional and sexual abuse and financial exploitation are the worst however abuse comes in many forms. If you are abused, please report it. If you know someone being abused, report it. Cherish our elders. Protect them, love them. They are the keepers of our ancestral record. They are our only link to our historical Shelangen. Don't let the elders be mistreated or abused.

### Lummi Code of Laws

#### 5B.01.050 Criminal Penalties

To reiterate: (a) A caregiver or other person who is legally responsible for the welfare of an elder or vulnerable adult, who recklessly abuses or neglects the elder or vulnerable adult is guilty of abuse or neglect of an elder or vulnerable adult and, upon conviction, shall be sentenced to imprisonment for a period not to exceed 365 days, and a fine not to exceed \$5,000. For the purposed of this section, the abuse, or neglect must harm or cause an imminent risk of substantial harm to the elder's or vulnerable adult's physical or mental health, welfare or safety.

### Around the Horn

Down at the Cove, fishing boats are lined up at the gas pumps. I listened to the fishing stories enjoying the sounds of boats and crew ready to hit the water. The Commod Squad held salmon canning classes. They

teach how to can and you get to take your canning home. How Cool is that. Sounds of the woodcutter's buzzing chain saws filled the air. The roundabout at Smokehouse Road is finished. (yea! applause, whistle) Good job boys and lady flaggers. Next roundabout, Slater Road and Haxton.

### Insect Bites

We all know what it's like to be bitten or strung by insects. Mosquitoes are the most common. Infected mosquitoes can spread the West Nile Virus causing an inflammation of the brain (encephalitis). There are reports of folks bitten by brown recluse spiders. However, this species is found mostly in the central south. They live in hot, dry, abandoned areas, such as wood or rock piles. If you are bitten by any insect, watch the wound site. If it becomes infected causing discomfort, see your doctor.

### Elders Speak

Views and opinions expressed by the Elders are their comments and concerns and not that of the writer.

*Gordon Charles: "Enjoy the nice weather, they call it Indian Summer. I don't know where they got that name, Indian Summer. Soon it's going to get cold and we'll be thinking of the warm fall days."*

*Margaret Greene: "Long ago, there were clans in Lummi. One group here another across the*

*way. We knew each other and those from other tribes. Not true today. Generation after generation don't know who their families are or where they came from. It's a shame but I guess, it's a changing of the times."*

*Janice Finkbonner: "Thank you for your caring and sharing in the time of need. It's so difficult to lose a child. Losing my son was extremely painful. Giving life is a wonderful miracle. Losing the life you brought into the world is a tragedy. Your love and support helped me through and healing began. Many thanks my beloved people. \o/"*

*Henry Laclair: "Back in the day I had a 19' fishing boat. But sadly, many moons ago, it sank in the Nooksack River. With no boat to fish, I had fun going around the rez selling my Dad's, the late King Laclair, cedar carvings."*

### Little Bear Creek

Senior living facility situated on beautiful Lummi View Drive overlooking the San Juan Islands, Hales Pass and Frog Bay. The 2.5 acre grounds are meticulously kept graced by a 15' bear totem pole and two carved bear cubs. Nutritious meals are prepared three times a day,

seven days a week served in the spacious dining room. Planned senior activities, including trips to other tribal events, whale watching cruise, arts and crafts, shopping, lunches at local restaurants and at the Silver Reef Casino are just some of the activities the elders enjoy. The staff is friendly and always willing to help.

### Lummi Day School Reunion

The event is scheduled for the spring. The planning committee meets every two weeks. There's plenty to be done; contacting the alumni, collecting photographs, meal planning and gift organizing. Everyone is encouraged to attend. Please join in and help make this a memorable event.

### Puyallup Elder's Event

They really know how to put on a fantabulous event Honoring the Elders. The musical entertainment was the "Rat Pack" at tribute to Frank Sinatra, Sammy Davis Jr. and Dean Martin with a stint by Marilyn Monroe singing Happy Birthday to a beloved elder. The cuisine was absolutely awesome. We thank our hosts, the Puyallup Tribe, for a eclectic afternoon of fun, games and good eats.

Hug your grandchildren, mate or significant other. Thank a Veteran, call, write or email a Warrior. Happy Native American Day. Take care of yourself, take care of each other. Each in his own words, each in his own way, for a world united in peace, let us bow our heads and pray.

The Northwest Washington Indian Health Board's

## 12th Annual Diabetes Gathering

Saturday ~ 10 am - 2:30 pm

# October 4, 2014

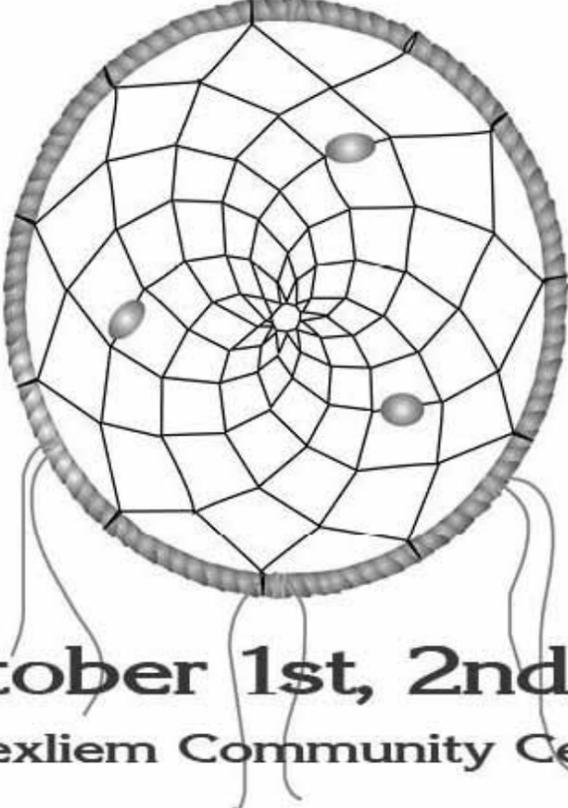
For more information or to reserve a seat, please call the Northwest Washington Indian Health Board at 360-647-9480

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# Opinions & Perspectives

**Lummi Victims of Crime  
Fall 2014 Conference**

*"Celebrating Life  
Beyond Trauma"*



**October 1st, 2nd, 3rd**  
Wexliem Community Center

Lummi Victims of Crime 360-312-2000

Please call for more information and register  
for the conference at 360-312-2015  
Thank you for your support




*Community  
Breakfast*



*October 26th*

*9AM to  
11AM @  
Wexliem*

## "Addiction"

What is addiction that we do what we know is wrong right from the start. Addiction doesn't care if your dumb or smart. Addiction doesn't care if your young or old, it doesn't care how or when, or what you've been told. Addiction has no heart, and it has no soul, and it takes hold, and its grip is cold. It don't care if you live or die, all you want to do is stay high. Addiction don't care about family or friends, and if you can't get rid of it, it will haunt you till the end. Addiction can take you fast, or it can take you slow, it can take you a lifetime of killing yourself slow, it can put you fast down in a hole, I pray my addictions don't cause me to die high, I ain't ready to tell my family and friends goodbye. Please give me the strength because I want to live. I have so many good people out there that are sick because of the dope we're all trying to kick. In the beginning it might seem like getting high is all in good fun, when in reality your life just might be done. Sometimes it might take jail to stop you, instead of doing it until it takes your. Stop before there is no turning back. Once your gone there's no turning back. Don't try to test fate, it could be you next in line that addiction will take.

## "Before it's too late"

When my days on earth finally come to an end, I hope people know my worth to my family and friends. I hope they know how much I tried before I died. That they know how much love that I had, and that I did more good than I ever did bad. I always tried to help my people like I had been taught, until I broke the law and got caught. I was a good man with bad habits, and the law wouldn't have it. I don't want this dope having me die in a cage, or make in me into a slave. The dope almost made me loose my soul, an I was one of the lucky ones that wasn't put down into a hole. I found that you have to loose before you can win, and if your lucky, you know the difference before its too late. Don't be scared to ask for some help, because you can't do it yourself. Don't be blind to the people dieing around you, find some one to help you pull through, before life is over for you. Stop before there's no turning back. There isn't a soul here on earth that con bring you back, ashes to ashes, dust to dust.

-ANONYMOUS

## "My nightmare"

It's a hard thing in this life to stay clean, in a world so full of evil and just so mean.. I lived my life full of sin. I would always give in to dope cause I thought I couldn't cope. Since I was a young man I have been an alcoholic, addict. When your young it's hard to change bad habits. When I leave this earth I hope I leave to heaven clean. I don't want to beg God to let me in, because of a life full of sin. I don't want to die with a monkey on my back because of the will that I lacked. I want my time in jail done, it sure isn't fun. When I die I want to be free, no more concrete, thick glass and steel for me. I don't want no more shackles and chains. I want to see the sun and moon and feel the rain. I don't want to dream of what it's like to be free. I want this nightmare done so they can let me be. I already made the same mistake twice. The law made me pay with my life. It ain't nothing nice. I spent year of my life locked up here. I just want to get my name clear. I've spent way to much time here. I thank god when I'm back with my family again and the horrible nightmare finally comes to an end.

# In Loving Memory

## Crystal Jack



Crystal Renee Jack was born to Deborah Boyer and Johnnie Jack on July 14, 1972. Crystal passed away, Sunday, September 14, 2014, surrounded by family and friends.

Prayer services were held Thursday, September 18, 2014, and Funeral services, Friday, September 19, 2014, at the Wexliem Community Building.

Crystal is survived by her parents, Chuck & Deborah Boyer and Johnnie Jack; her brother, Steven Wilson; her sister, Angel (Eric) Chance; her son, Talon Morris; 3grandchildren: Javon Morris, Talon Morris Jr., and Tyson; her mate Mark Cooper, and numerous Aunts, Uncles, Cousins, friends and loved ones.

## Memories in the Heart

*Feel no guilt in laughter,  
he knows how much you care  
Feel no sorrow in a smile  
that he's not here to share  
You cannot grieve forever,  
he would not want you to  
He'd hope that you can carry  
on, the way you always do  
So talk about the good times  
and the ways you showed you  
cared*

*The days you spent together,  
all the happiness you shared  
Let memories surround you.*

*A word someone may say  
Will suddenly recapture a  
time, an hour, a day  
That brings him back as  
clearly as though he were  
still here*

*And fills you with the  
feelings that he is always  
near*

*For if you keep these  
moments, you will never be  
apart*

*And he will live forever  
locked safe within your  
heart*

*Author unkown*

## Robert "Bob" Dennis Sr.

January 01, 1921 - September 19, 2014



Robert Dennis, Sr. was born January 1st, 1921 in Telegraph Creek, British Columbia, next to the Stikine River. He was a member of the Tahltan Band of British Columbia. Robert passed away on September 19th, 2014, and is now with his wife, Janet, who passed away five years ago. He is survived by his sons Marlin and his partner Val, Bobby and his wife Lorayne, and his daughter Lyn. Robert is also survived by his grandchildren

Bobby III, Brandon, Kody, Kayla, Jason and Austin and his great grandchildren Laraya, Mai'ani, Rylee, and Honi.

Bob worked as a longshoreman, in construction, and as a commercial fisherman throughout Alaska, Washington and California. He enjoyed boxing, rodeos, going to the tribal casinos, camping, hunting, fur trapping and working on cars.

Marlin enjoyed taking "Pop" to the casino, and said "I am going to miss him very, very much."

Bobby said " I really liked that Dad took us to Cultus Lake to watch the canoe races and go camping. I love you Dad, thank you for teaching me. Give Mom a hug for me. I will love you and will miss you always."

Lyn said, " Dad was a very special man. He called me 'Honey-Girl', and always taught me that I could do and be anything I wanted. He was very supportive and showed so much love."

Dad and Mom taught us the importance of respect and to treat people the way we want to be treated. We hope to continue their legacy.

## Trinity Joy Julius

December 7, 2009 - September 9, 2014

Trinity Joy Julius passed away on Tuesday September 9th. She



is survived by her parents Heidi and Jeremiah Julius; and her sisters, Teja and Aubrey; and her brother Sequoya. In addition she is survived by both her maternal grandparents Jon and Patti Allen and Doreen Lane and numerous-Aunts, Uncles and Cousins.

Trinity loved music, The Little Mermaid, teddy bears and the movie Frozen.

A Prayer Service was held on Friday, September 12, followed by a Funeral Service, Saturday, September 13. Both services were held at the Wexliem Community building.

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# Dear Editor

## Hy' sh qe Lummi

Hy' sh qe to the Lummi Nation Shelangen Department, Lummi Swxole, Sovereign Treaty Protection Office, Lummi Indian Business Council, Lummi Youth Academy, Lummi Canoe Family, Lummi House of Tears Carvers, Lummi Cultural Arts Association, Lummi Nation Law Enforcement, Lummi artists, youth and elders who traveled to San Juan Island and Orcas Island this year to share your living history and leadership to protect and restore our shared waters. This Spring on Orcas Island Hereditary Chief Siam Tsilixm, Council member Jay Julius and members from the Sovereign Treaty Protection Office shared information about Lummi history in the islands and the importance of Xwe'chi'eXen.

This Spring on Orcas Island Lummi Hereditary Chief Siam Tsilixw Bill James, Richard Solomon, council member Jay Julius and other members from Lummi who shared information about Lummi history in the islands and the importance of Xwe'chi'eXen. Also during the Spring Islanders met with members of the Culture and Shelangen Department at Lummi under the leadership of James Hillaire and AJ Charlie, to discuss Reef Netting in the islands and were introduced to Larry Kinley, master canoe builder Dean Washington and his crew, and Troy Olsen, who led reef netting planning in the Islands. In June, Richard Solomon, Shirley Williams, Starla Jefferson, and Troy Olsen made a visit to San Juans to select sites for the Reef Net Fish Camp on San Juan Island with Cliff Cultee and Randy Kinley making follow-up visits in between crab sets.

On August 15th attendees to the San Juan County Fair were greatly moved by the words, blessing and gifts of water, soil and cedar presented to our organization and the San Juan Islands National Park from Hereditary Chief Siam Tsilixm, Vice Chairman Cliff Cultee, Shirley Williams and Misty Newell of the Lummi Youth Academy, Troy Olsen of the Reef Net Project, and Canoe Family Captain Justin Finkbonner. (see photo).

On August 29, 2014 Islanders from Lopez, Shaw, Orcas and San Juan stood in unity against fossil fuel exports through the Salish Sea with Lummi House of Tears Carvers Jewel James, Douglas James, Freddy Lane, and Kurt Russo on San Juan Island. We appreciated



*Photo: Courtesy of Misty Newell. Aug. 15, 2014. Lummi Presentation at San Juan County Fair. (L-R) San Juan Island National Historical Park Superintendent Lee Taylor (receiving gift of a cedar tree), Vice Chair Cliff Cultee and his wife Cindy, Hereditary Chief Siam Tsilixm Bill James, Friends of the San Juans Executive Director Stephanie Buffum (receiving gift of water and earth), Shirley Williams, Lummi Youth Academy RN Case Manager and youth from the Canoe Family.*

the Totem Pole Journey stop-over to San Juan Island as the unity and strength it is building between all nations.

On the weekend of August 29-31 Lummi native artists displayed their work in the "Visions of Xwe'chi'eXen" in an art show on Orcas Island to increase public awareness of the Lummi interpretations of "Xwe'chi'eXen, the ancient Lummi village at Cherry Point, where a proposal to build North America's largest coal export terminal would defile this sacred site and nearby waters. Shasta Cano Martin was instrumental in organizing this event.

We recognize the cultural importance of Xwe'chi'eXen and the Salish Sea which is threatened by international shipping, and the needs, rights and vulnerabilities of indigenous groups and islanders. We believe that working together will give these special places an elevated status at the local, state, federal, and international level.

Hy' sh qe,  
Stephanie Buffum, MPA, MURP  
Executive Director, Friends of the San Juans



*Lummi Indian Business Council  
Public Hearing October 13th • 5 pm  
Silver Reef Casino Events Center*

# Dear Editor

## To the Lummi Community:

On behalf of the Dennis family, Marlin, Lyn, and Bobby, we would like to thank all those who helped us out during our time of loss, our father, Robert Dennis, Sr., "Bob," who lived till he was 93-years-old. He was a kind man and we were very fortunate to have him with us this long.

A special thanks to the Lummi Indian Business Council for all their support. Janice "Gertie" Jefferson helped us so much in the coordination of the services, we are very grateful. Cess and John Ballew provided great meals, including the delicious homemade clam chowder, cornbread with green chilies, and the chocolate cupcakes.

The family appreciates the speaker, Doug James, who helped make the services go smoothly. Darren Jones did a wonderful job in putting together a slide presentation along with dad's favorite Country Western songs by Hank Williams, Patsy Cline, and Kenny Rogers. The Jefferson girls, "Thunderbird Raised Her" brought strength to our family, when they sang all their beautiful songs, including 'Amazing Grace.' Loretta Olsen did an outstanding job sharing the eulogy of our dad. Ramona Owings, Ron Warbus, Denny Hurtado, and Wilma Olsen, all shared special stories about Bob. Jeff Point and Frank Goes Behind provided the drumming and singing. The "Mountain Spirits Drumming Group" sang songs to show respect to our dad, Floyd and Ethyl Warbus for their boutineers with Seahawk colors along with the gorgeous flowers by Jeannie Cultee. We had the Seahawk theme for the services, because Dad loved the Seahawks.

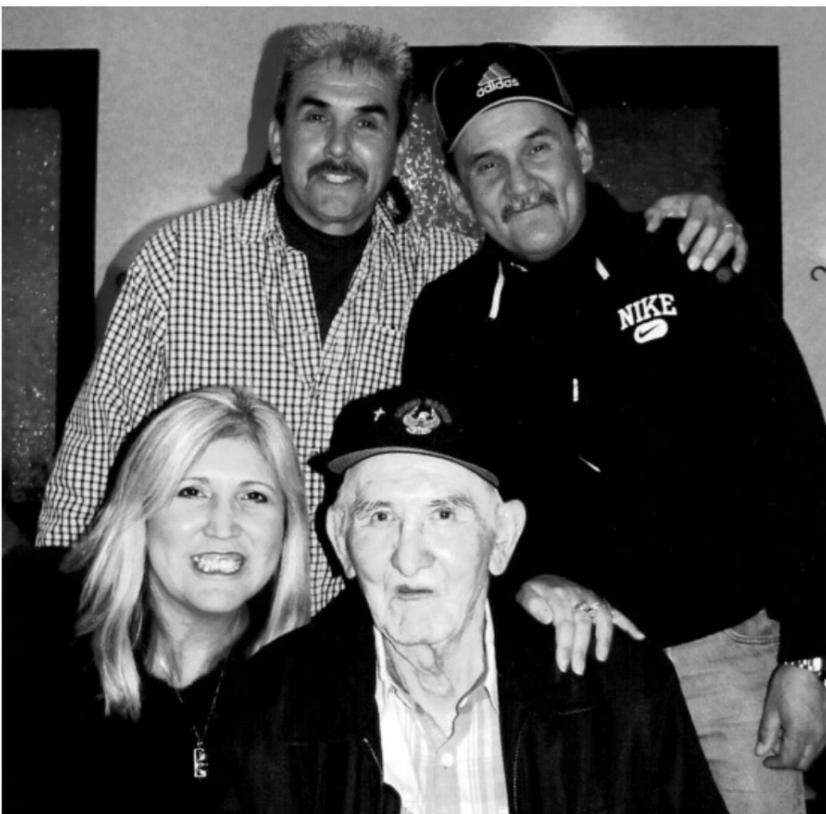
We would like to thank all those who attended the services, it meant alot to us.

We thank the pallbearers and honorary pallbearers for their assistance in honoring our dad. Our cousins, Vernon and Leonard Creyke, along with their sister, Janelle Morin were able to come down from British Columbia to attend the services. Aunt Rosalie and Uncle Ralph Scott opened their home, so we could gather and be able to plan the services. All the Jones family helped us tremendously, and our mom, Janet (who passed away five years ago), would be proud.

The St. Francis of Bellingham and Moles Funeral Home were so understanding and compassionate during the loss of our dad.

With love and respect,

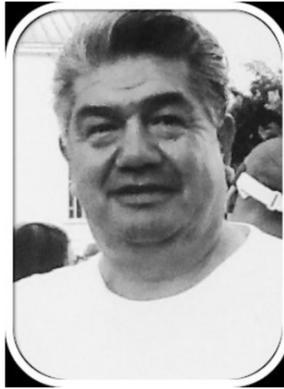
Marlin, Lyn and Bobby Dennis, Jr.



**NOTE:** The following letter(s), in no way directly reflect the opinions of Lummi Indian Business Council, it's members or its staff, unless otherwise noted. Letters to the editor are always welcome. Please send them to: Lummi Squol Quol Editor, 2665 Kwina Road, Bellingham, WA 98226 email: squolquol@lummi-nsn.gov

## IN LOVING MEMORY

A Note from the Dean Williams Family:

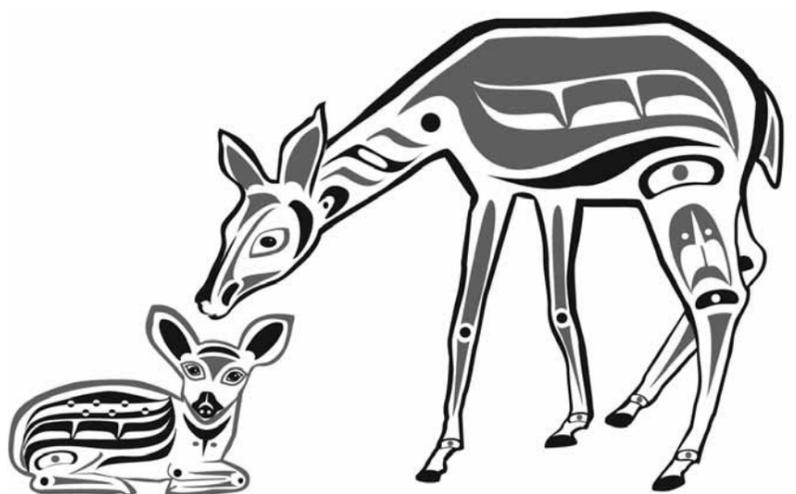


We would like to thank everyone that came to support us when Dean "Deno" Williams who passed away on Monday, August 11th at noon. We especially are thankful for the St. Joachim Catholic Church, our Priest Administrator, the Very Rev. Khanh Nguyen. We are forever indebted to our Church friends and parishioners that helped orchestrate the Rosary evening services, and the Thursday morning's funeral service. A special note of thanks to our Lummi Cemetery caretakers who so graciously attended to an eternal resting place for Dean. Our hearts are filled with thanksgiving for the volunteer's dedication and beliefs in celebrating the life of Dean, in prayer and friendship. We wanted to take this opportunity as a family to

express our gratitude to the community for all the comfort and care given to us, in our most unexpected sudden loss of Dean being here with us. It is with great comfort knowing we have such a wonderful community that has taken the time with kindness and concern to help console our grief and sorrow at a moment's notice. So, we, as a family thank you all for your love and compassion.



Our family Sincerely, Sheri-Lee Williams, wife of Dean, and our children Carlene (Joe Phair, Grandson Joseph Jr) and our son Dean Alexander (Grandson Dean Anthony, Caleb and Ms. Jordyn). Along with: We, are listing in this order of family: siblings sisters, brothers, (in-laws, nephews; nieces), Alice Greene, (Julie, Jackie, Roque); Carol Lane (Carl, Carl Jr., Liana/Bobby, Alyssa); Karen (Shirley, Chris, Laura, Stephanie, Josh); Ron, (Steven/Jolene; Ronald Jr./Brenda; Shelly/Percy; Michelle); Gary, (Vicky, Skylor, Randall, Jerod, Justin, Darren) and youngest brother George Williams. And, Dean's brother in-laws Ed (Vela, Gail/Jun, Eddie/Gloria, Tina/James, Josie, Wade/Carolyn), Andy (Teresa/Mark, Dan/Laurie, Jennifer/Jon); and, Chuck Kamkoff (Wylie, Jami-Lee); and Jamey (James Jr.) and Michael Plaster.



The Announcements section is dedicated for community members to express their positive thoughts. These comments are the views of the submitter and not of the Squol Quol or LIBC . Please keep submissions in a positive light.

# Announcements



Wishing my Baby Girl (Tesia Lynn) a 18th HAPPY BIRTHDAY On October 19th. Luv u forever and forever and always, Mom



Happy Birthday to our bestie Aleasah Rae John!!! October 23!!!! You're like the Best friend anyone could have! Thanks for all the candy you bring to us at work, you make our day! You always know how to make someone smile! Your unique laugh carrying out through the long halls of the Administration building. From the girls in Purchasing Cece Owing and Loni Jefferson we Love you!!!



HAPPY BIRTHDAY TO MY OLDEST BABY YE-WI-SEN-OT III!! (Amanda Humphreys) Wow babe... you're the 21 now, that is just so hard to believe that you're that old now. But I mean it in a good way though. I keep trying to write out something special for your birthday announcement and I keep tearing up. You are just such an amazing young lady! Your dad and I were ssooooo blessed when you came into our lives 21yrs ago. Well....I really hope you have or had a great birthday because you defiantly deserve it. Love you my girl. Love your mom Ye-wi-sen-ot (Charlene)



Happy Birthday to my Seestar Mable from your shadow!



Happy 2nd Birthday Preston!!



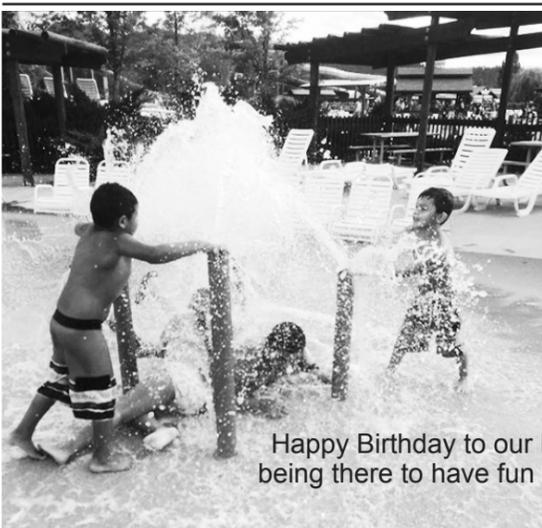
I am wishing the love of my life Selena Lawrence a very Happy Birthday on October 7th. I love you with all my heart and I want you to know that every day is a good day having you next to me every step of the way. I hope all your wishes come true. Love You! Frank III



Happy 5th Birthday Mae Mae!!!



Happy Birthday to my Wonderful Husband Gerald Jefferson on October 7th!! You're such an amazing Daddy to our wonderful boys Leon and Michel. We love you hole bunches Daddy!!! From Loni, Leon, and Michael Jefferson.



Happy Birthday to our Dad! (aka Brandon Revey) Thank you for always being there to have fun with us no matter where we are! Love you Daddy! Love, Xavier and Nana



Happy Birthday to our Son in Law, Brandon Revey! Wishing you the happiest of all birthdays and much success and happiness always! Love from all of Us

# Announcements

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One month down in school!! AND HOW MANY TO GO? OH!! Sorry....Hang in there....So very proud of each of you! PUMPKIN! PUMPKIN PATCH TIME PEOPLE!!! Wishing everyone a very HAPPY HALLOWEEN!! We had us a time didn't we? It is FALL TIME...leaves are falling everywhere, the weather is getting colder and the rains have returned. It was awesome to have so many days of Sun Filled Days this summer! Everyone is back in school and working hard. But for right now we will take a break and wish the following a ...HAPPY BIRTHDAY!!! GGEEEEET OUUUT AAANNND WAAAALK! Make a wish...you only get one so make it big!! Love each of you everyday...only every day....333 always...heart...sky...evers...for Unc...444?

JK! 444 everyday!

- 1 Kalia (Kee Kakes)Peters
- 1 Ahmari (Amajee) Thomas
- 2 Grandpa Bill Earl Thomas Sr.(RIP Love you!)
- 2 John (John John Benny)Leathers
- 4 Jordan Thomas
- 4 Quayla Jackson
- 5 David (Big Rez) Hillaire
- 6 Marissa "Rizz" Veale
- 14 Elizabeth "Lizzy" Guerrero
- 20 Raven Redhorn
- 21 Mary (Nancy Pong)Paull
- 24 Arthur Soaring Eagle
- 25 Carolyn (GINA) Peters
- 26 James (JAMSEY)Solomon



Happy Birthday to my family sharing the month of October for our birthdays: Candace, Ellie, (and me) October 3; Michael October 8; Fidel October 24. All my love to you all --Candy



Brandon your a great husband for my sister, so I hope you have an even greater time on your Birthday. Best wishes, Merle



Mary, beloved Aunt of mine. I hope you have a wildly awesome time on your birthday! Your favorite nephew, Merle



Happy Birthday to my Nari! I love you so much! I am so happy to have you in my life. All my life you have given me so much love, and I can never repay you for that. But I do pray that the universe repays you, with a great time on your special day! Love, Sonboy

Happy 70th birthday to my wonderful grandma Edna Harper. Thank you for everything you have done for me and our family. You have always been there for me when I have needed you, encouraged me, gave me advice and gave me a shoulder to cry on. You mean so much to me ☐ love you! ~Bootna



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# Announcements

## Happy October Birthdays to our Lummi Elders:

Janice Patricia Watts  
 Hilda Mae Allard  
 Mickey Eugene Plaster  
 Rita Stella Blankenship  
 Marie Yukie Egawa  
 Corinne Rita Ruether  
 Annette Loretta Solomon  
 Dennis Hugh Howell  
 Richard James Phare  
 Charles Levi Sanchez  
 Rosalie Esther Solomon  
 James Clarence Solomon  
 Shirley A. Bunton  
 Roy Vincent McCluskey Sr.  
 William Arthur James  
 Edna Dorothy Harper  
 Robert Jeff Swan  
 Jewell R. Minnick  
 Arthur William Soaringeagle  
 Josephine Ellen Bennett  
 Alexander Andrew Jefferson Sr.  
 Sheri-Lee Anne Williams

William Francis Laclair  
 Joseph Cagey Oreiro  
 Perry Melvin Adams  
 Lucille Marilyn Spencer  
 Candace Cyrene Solomon  
 Douglas E. Jansen  
 Henry Keeler Redlightning Sr.  
 Bert V. Hillaire Jr.  
 Marcus Illions Crane  
 Leo Raphael Morris Jr.  
 Richard F. Dailing  
 Yvonne Annette Solomon  
 Judith Ann Bourn  
 Linda Louise Delgado  
 Joyce Eileen Shotwell  
 Kenny Davis George  
 Cynthia Ann Cartwright  
 Myrtle Rose James  
 Mark Stephen Phair Sr.  
 Marilyn L. McDougal  
 Rebecca Anne Jefferson  
 Jacqueline Denise Jefferson

Carl W. Lorenz  
 Vincent Jameson Jr.  
 Cheri Rose Morris  
 Clifford Anthony Point  
 Trina Marie Howell  
 Martin Norman Jefferson  
 Craig Mark Hoskins  
 Alan Patrick Jefferson  
 Raymond J. Sanchez  
 Alphonso Dean Washington  
 Charles Orville Patton Jr.  
 Rocky Lee Phair  
 Robert Angelo Leach  
 Donald Russell Lewis  
 Dana Gordon Wilson  
 Thayer Alan Phair  
 Angeline Joy Jensen  
 Michael Andrew Thomas  
 Victor Adrian Jefferson  
 Jerry Owen Phair  
 Inauncio Henry Misanes



October 4th - Happy Birthday to my 'Older' sister! lol Today is your Day to be old yet so graceful at it! Love you and wish you much happiness, good health, happiness and love that surpasses all the pain of the past and that fills you with happiness forever! Happy Birthday Mary Russell! Love, Julie

Happy birthday to my favorite Auntie Mary! I hope you enjoy your day, get crazy and make memories that will last a lifetime! (Do call & tell me all about it) Love you!  
 Your favorite niece,  
 Edna

October birthdays  
 Happy twenty-first birthday to the oldest of my daughter and five dons, Ray Charles Jr! Watching you be born on October 13th, 1993 at 7:07 am was the greatest moment of my life. Thank you son for being the loving, sharing, caring and giving Native man that you are. Thank you for never doing drugs, alcohol or getting in trouble. I', so grateful to you for giving me Ray Charles the third on October 26th, 2011. You're a great father and husband Ray!

Also, I want to wish my Grandson Ray III a happy third birthday. He's so big and growing fast! Becoming a Grandpa's the most important thing that ever happened to me. October will always be a special month for me as long as I live. Best regards, Ray Charles Sr. aka Si'am Lhu't

I want to wish my Mom the Happiest of all Birthdays! You are a blessing to all who have the opportunity to cross paths with you. Your ability to see the best in all people, to give when there seems nothing left to give, to treat all young and old with such grace, to comfort at times when the heart is so tender, to forgive those who show negativity in their words and or actions, for being the loving, caring, giving, devoted, faithful mother, friend, sister, daughter, cousin, NARI, and child of God; I thank you for being My Mom and wish you a wonderful memorable birthday Month and year and more. Love you Forever and Always Momma, Julie



**Deadline for November SQ submissions is Wednesday, October 22**

# Lummi Wolf Pack Teams

