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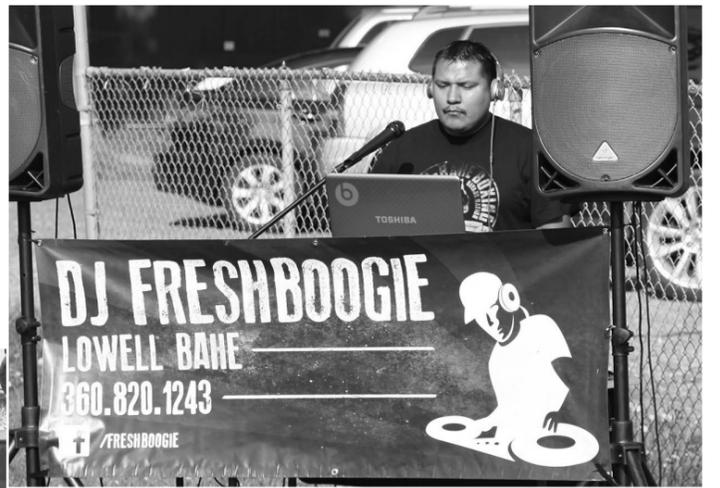
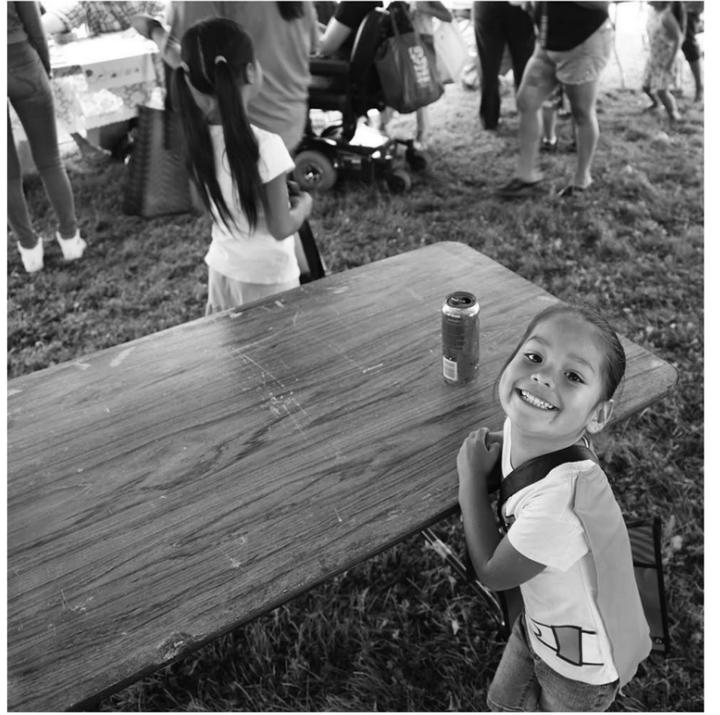


September 2014

Section 2



*Back to School Bash
August 25th*



"To Preserve, Promote, and Protect our Sche Lang en"

Your Child Will Feel Great by Playing, Laughing, & Eating Well

Every parent wants to see their child happy, wearing a big smile. One way to help your child feel good from the inside out is to encourage them to move their body every day.

Running, jumping, and playing often leads to smiling and laughing. It helps children get rid of stress and feel joy. They will develop a healthy habit, one that will help their body, mind, and spirit.

There are other ways to help your child feel their best. Try a few of these tips. Join your child. Your entire family will feel great!



Limit screen time

You can help your child take small steps to be more physically active. Limit their computer, television, and phone time, so they'll have more time to play!

If your child is going to watch TV or play computer games, break it up! Pause the game. Make commercial breaks into "Move Breaks." Make it fun!

- Jumping jacks
- Dancing
- Sit-ups and push-ups
- Jogging in place

Play actively every day

Have your child work up to playing actively for about two hours every day. Remember, it doesn't all need to happen at one time. Playing throughout the day all adds up. Join your child:

- Ride bikes.
- Run around the block.
- Play basketball.
- Walk the dog.
- Join a dance class.

Eat more fruits and vegetables

Your child's body needs many kinds of foods to grow up healthy. They need plenty of fruits and vegetables.

Here are some tips to help your child eat more fruits and vegetables:

- Give fruit as a snack. Give apples, strawberries, oranges, or grapes.
- Give veggies as a snack. Slice up some carrots, celery sticks, and cucumbers.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.
- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach.
- Try mixing vegetables into your child's favorite foods. Order a veggie pizza with toppings like green peppers and tomatoes.
- Let your child help you in the kitchen. Give them a special job, like stirring and adding ingredients. They will know

they helped with the meal, and feel good about it.

If you need help getting fruits and vegetables for your family, please ask a tribal staff person or health care provider about local food resources.

Drink lots of water

Give your child plenty of water and low-fat milk (or non-dairy milk.)

- Give water instead of sugar-sweetened drinks, punch, soda, or juice.
- Add some lemon or cucumber to add flavor to water.
- Give low-fat milk instead of whole milk.

Try a few of these steps. Every day, try another step. You will be helping your child and your entire family feel better. You will be giving your child a healthy start on life. They will be developing good habits, ones to last a lifetime.



Attention:

To The Parents,
Grandparents,
Aunts, Uncles and
Guardians... If
you have a student
attending school....

There is a parent group that has been meeting every Wednesdays at Noon in the LIBC conference rooms... Please feel free to come join us...

(Lunch is provided)

This is a new year and we are getting ready to make sure our students are getting the best education possible ensuring that this happens in a safe caring environment, and loving the opportunity to be in school to learn.

Administration, School staff, Parents, Students... working together is our goal.

Hoping to see you there...

Lummi Youth Academy

What's Up at the LYA

Dear Lummi Nation, and Lummi Youth Academy Family and Friends:

In the program we administer, the partnerships we form, and in all the initiatives we launch, we help others succeed.

We invite youth & guardians to come and get an application for admission. 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 (360) 758-4218

This month, we expanded opportunities for youth by supporting them to attend a program that put them on the path to college. We continued training and professional development for the dedicated

LYA staff. And the LYA youth ventured out on a week-long summer camping journey that included visiting the Siletz Tribe in Oregon, on the trip the youth gifted the tribe with items made at the LYA.

Read below to find out more.

Thank you,

Michelle Vendiola, Interim Executive Manager for the Lummi Youth Academy

michellev@lummi-nsn.gov. (360) 758-4218

Now Accepting Applications for Admissions!!

School is starting soon and we are accepting applications for Enrollment. We provide high quality

care, cultural enrichment, advocacy, and innovative services that promote safe, living environments where young people can thrive.

Creating a Safe Haven

The LYA staff work 24/7 to give children ages 13-18 the extra attention they need. At the LYA we have overnight security, consistent monitoring and record keeping to safeguard youth whereabouts, a drug and alcohol free environment, youth friendly activities, three wholesome and healthy meals a day plus snacks, and all health care related needs are met. In addition to this the youth receive educational support throughout the school year and chemical dependency, & mental health support if needed.

Closing the Achievement Gap

The LYA is about improving the opportunity for Lummi youth to excel in school and gain awareness and an opportunity to attend and graduate from college. The LYA wrote and received two grants (Whatcom Community Foundation and Tulalip Charitable Funds) that supported the ability for two LYA youth and four non-LYA youth to attend a Pipeline to College Program at Pitzer College near Los Angeles CA. The girls spend nearly three weeks at Pitzer and came back with nothing but great things to say!

LYA Staff Continue to Builds Skills For Youth Work

The week of August 18-

21 was All Staff In-Service Training. The participants gained skills for healthy communication, bullying prevention, understanding values as they pertain to the LYA, team building, mandatory reporting/HIPAA, and overviewed the LYA Policy and Procedures.

LYA Kids Take to the Outdoors

The LYA kids went on a week-long trip down the coast of Oregon, and visited many exciting sites along the way. We want to give a special thank you to Chairwoman Deloris Pigsley, General Manager Brenda Bremner, and George Nagel, all of the Confederated Tribes of Siletz Indians for graciously hosting us and taking the LYA youth on the ropes course. Many Hyshqes!

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>.



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: _____

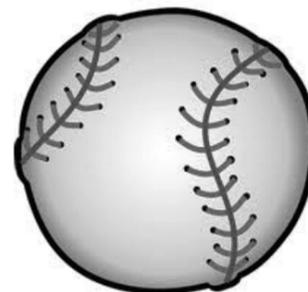
Store:

<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 Recived: _____ [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





2014-2015 School Calendar

SEPTEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

- 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						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- OCTOBER 2014**
- 8 K-12 Early Release, Prof. Development
 - 29 K-12 Early Release, Prof. Development

NOVEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 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						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- DECEMBER 2014**
- 17 K-12 Early Release, Prof. Development
 - 22-31 Winter Break, No School

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 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

Updates will be posted on the district's webpage at www.ferndale.wednet.edu
 Weather and Information Hotline: 360.383.9888

NOTE: Inclement weather make-up days are set for June 12, 15-19. These days will be used as needed for any school days missed during the year.

- 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

School Board Adopted May 27, 2014; Early Release Days added July 22, 2014



NWIC
resumes
classes

Fall
Quarter
Monday
Sept. 22
2014

Bus drivers honored by Lummi parents

Thank you for transporting our precious cargo

In June, a group of Lummi parents honored the bus drivers from Ferndale School District and Lummi Nation School with a specially prepared and served luncheon.

These parents wanted to let bus drivers know that they understand their job is both important and challenging. They thanked them for transporting their most precious cargo to and from school every day.

Parents understand that bus drivers set the tone each day. They are often the first school district personnel to greet a child in the morning and the last to see him or her off at the end of the day.

These parents understand that sitting in the driver's seat is mentally demanding. Transporting more than a classroom full of unique personalities, a bus driver needs to be aware at all times what is going on inside the bus,

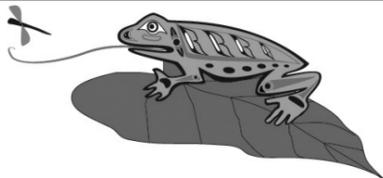
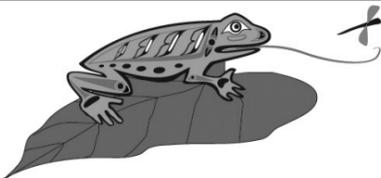


Annually, driver trainings are held to ensure bus drivers are prepared for their driving duties when the buses start rolling in September. Above, instructor Lori Apana directs a driver through a course.

as well as outside it. The driver has to be ready for any emergency. They are always setting an example for children.

Through their generous end-of-the-year luncheon, Lummi

parents said *thank you* to the men and women who drive our buses. Working together makes everything work better.



"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!



BrigidCollins
FAMILY SUPPORT CENTER

Active play feels great!



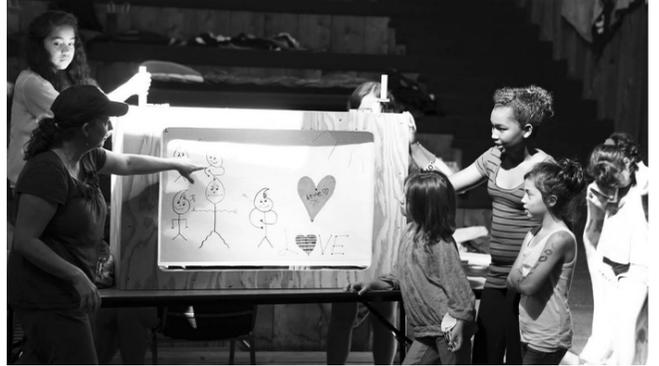
Help your children run, jump, and play. Encourage about 2 hours of active play time every day. Have fun!



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

Education

Jesus Quest Summer Camp August 17 - 20



NWFL Teams

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

2014 Blackhawk Football Varsity Schedule

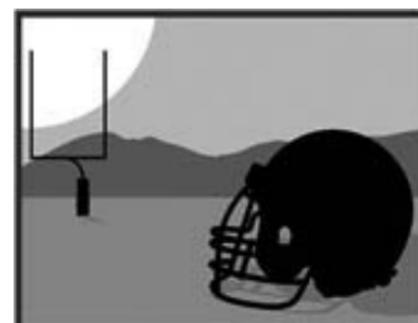
Day	Date	Home/Away	Opponent	Place	Time
*League Game					
Fri.	Sept.5	Away	Adrian HS	Dufur, Oregon	4:00
Fri.	Sept.12	Away	Neah Bay	Neah Bay	5:00
Fri.	Sept.19	Home	Seattle Lutheran	Lummi	7:00
Sat.	Sept.27	Away	Entiat	Entiat	3:00
Fri.	Oct.3	Home	*Clallam Bay (Homecoming)	Lummi	6:00
Thur.	Oct.9	Home	Taholah	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.7th-8th Play-in
- Fri or Sat Nov.14th-15th 1st Round of State Playoffs (Higher seed hosts)
- Fri or Sat. Nov. 21st or 22nd Quarter Finals (Bottom of Bracket Hosts)
- Fri or Sat. Nov.28th or 29th 1-B Semi-Finals in Tacoma Dome
- Fri or Sat. Dec. 5th or 6th 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.1 (jv)	Home	Darrington	Lummi	5:30



Fall Youth sports registration is open

*Must provide proof
of grade*

FOOTBALL

- Flag:
- ◆ Divisions
 - Juniors- 1st/2nd Grade
 - Seniors- 3rd/4th Grade
 - ◆ Important Dates
 - First Practice- Sept. 2nd
 - First Game-Sept. 13th
 - Season Ends- Oct. 25th

- Tackle:
- ◆ Divisions
 - Juniors- 4th/5th Grade
 - Seniors- 6th Grade
 - ◆ Important Dates
 - First Practice- July 28th
 - Jamboree- Aug. 23rd
 - First Game-Sept. 6th
 - Season Ends- Oct. 25th

VOLLEYBALL

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

*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.

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

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

Opinions & Perspectives

Bob's Garage "Don't buy a new car"



Submitted by Bob Aiken

I was online recently on Yahoo, when I ran across an article on their "Motoramic" page. The article was by Steven Lang, a very capable writer who has managed to stay up with the very latest in the nefarious goings-on of the American auto industry. The article was entitled "The Seven Reasons That You Can't Work On Your Own Car". Naturally, I was curious about what at first blush to be an article that would seem to run counter to what this column has been about for years now – mainly becoming more involved in your personal set of wheels. As I read the article, I became alarmed.

There are things happening out there in the auto industry. Bad things. The fact that those who edit Yahoo's "Motoramic" page posted Mr. Lang's piece displays a singularly impressive amount of guts. Any mainstream car magazine that ran anything like Mr. Lang's piece would be in jeopardy of having ads by the major car makers pulled in retaliation. Sad

but true, practically all publications live or die according to how much ad space they can sell, and car magazines are no exception. It's hard to imagine a mainstream car magazine breaking hard news about misbehavior of the car makers that are, well basically, paying their salaries.

According to the story written by Mr. Lang (Quoting here): "...Everything from predatory pricing to government regulation is keeping the aspiring DIY auto mechanic estranged from their engine bay...." He goes on to say that both private and government entities are (quoting again): "...partially aimed at keeping car repair in the hands of the few rather than the many...."

He hit hot points in the article. The first was motor oil. He mentioned about how the price of a quart of motor oil has risen in recent years to the point where it makes more sense to have your car's oil changed at a quick-change place than to do it yourself. True, the price of crude oil has gone up, but recycled oil is cheaper to refine and works just as well. We can't get our hands on it, though, at least at the savings some folks are getting. My point is that doing an oil change does get you into the en-

gine compartment (he does mention this) and allows you a look around at other potential trouble. It might be worth taking the financial hit.

That's where he brings up the next hot point. Even if you do attempt to plunge into your car's engine bay, there are barriers erected. There are decorative shrouds covering the engine and other components everywhere. It's extremely difficult and time consuming to remove all that stuff to get to critical wiring, vacuum and fluid lines as well as the other components one has to address, then reassemble it all again. If you're paying a mechanic to work on your car, you are paying that mechanic to remove all that useless crap, repair your vehicle, and then reassemble all of it again.

To continue the subject of the shrouding, another hot point shows up: underbody shields, which are an impediment to whatever work need to be performed from under the car: oil changes, A/C compressors, power steering pumps, steering components and the like. There are excuses stated by the car makers as to why they are put on the car – aerodynamics, protection against debris, heat conservation, etc. Basically, though, they aren't very well thought out and

are in place with dozens of fasteners which age quickly and fail. Mercedes has been employing these for decades now, and at the shops where I worked we would simply discard them when they were so cracked and broken that they were hanging down and creating a hazard. Our customers didn't mind in the slightest.

Another hot point that really creeps me out: Where did the dipsticks go? Mr. Lang mentioned this, and it immediately got my attention. In this column I have long been a champion of getting folks outside and under the hood to check the fluids in their vehicles. Showing folks where the dipsticks are to check oil, transmission fluid and power steering fluid may have been a revelation to them, but it was comforting to me, for that at least the car makers were still clearly marking the devices. Not so anymore.

Evidently, there a few car makers out there who are pursuing a new strategy, which is to supply customers with cars equipped

with "lifetime fluids". According to Mr. Lang, "lifetime" actually describes the lifetime of the car's warranty period. This would mean that the fluids in the car would not be changed for the entire time the car is under warranty. He cites the fact the strategy is even being applied to cars with continually variable (CVS) transmissions, which, as he puts it, "...are virtually impossible to rebuild once they break...." He also points out that drain plugs are now being designed to "grenade" themselves with regular use.

He goes on to talk about OBD II diagnostics and the wars that car makers and independent shops have fought over the years to allow us access to the trouble codes we need to help us in the repair of our own vehicles. I was around for that one, and it still chaps me.

Enough to send you more information from the front lines as I get it.

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

September's Tip of the Month:

When shopping for a new car, ask the salesman or check the website about locations of the dipsticks under the (They should be able to show you.), and ask about lifetime fluids. If you hear something you don't like, don't buy the car.

Native Business: Hope in Lending

A Community Development Financial Institution (CDFI) is a lender that exists to empower underserved and distressed communities by producing positive outcomes in areas of economic, family, and ecological impact. The CDFI industry is about 20 years old and a number of Native CDFIs exist in Washington State which are sponsored by their respective Tribe but independent from the government: Taala Fund (Quinault), Lummi CDFI, Chehalis Tribal Loan Fund, and Northwest Native De-

velopment Fund (Colville).

Services are customized by Native CDFIs to match the needs of their respective community – making possible:

Financial education for individuals to learn budgeting and credit management;

Credit builder loans to individuals;

Lending to existing tribal member owned businesses and startups;

Finance land acquisi-

tion, infrastructure, and economic development needs of a Tribe;

Act as a non-political long term conduit to manage capital –both intellectual and dollars.

CDFIs are a non-bank lender which means they make loans like a bank but do not collect deposits. This allows a Native CDFI to focus upon education and deploying capital. Loans are made according to set criteria of underwriting guidelines and approved by a loan committee. A

loan committee may be comprised of elders, financial professionals from the local area, and others with a desire to help their community.

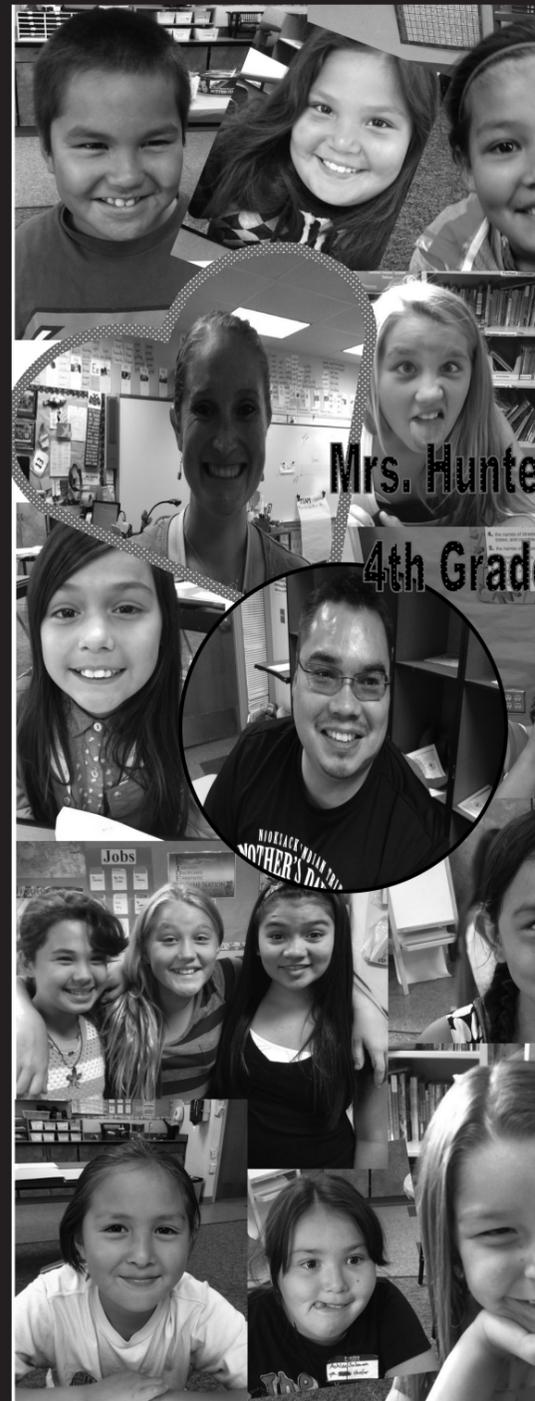
In addition to leveraging a tribe's resources a CDFI may attract capital from the Department of Treasury, foundations, individuals, and other lending institutions. The result is an amplified benefit to the community by leveraging multiple funding sources to promote community health.

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. (Full disclosure: Jim works for Craft3, a Community Development Financial Institution).

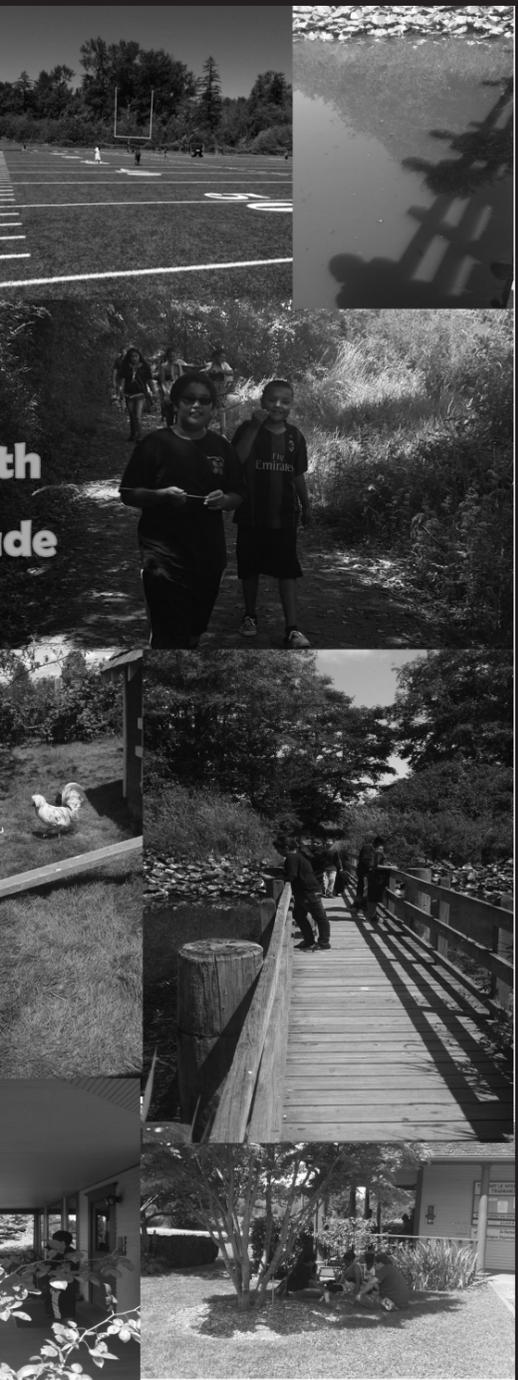
Community Breakfast

Sunday ~ 9am to 11am

September 28th at the Wexliem



Lummi Nation



Summer School 2014



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 Russ Hepfer, Vice Chair of the Lower Elwha Klallam Tribe and an NWIFC commissioner.

"Being Frank" Inslee Water Quality Plan Too Little, Too Late



By Russ Hepfer, Vice Chair of the Lower Elwha Klallam Tribe

More delay is about the only thing that any of us who live here in Washington can count on when

it comes to a badly needed update of state water quality standards to protect our health.

After decades of foot-dragging by previous governors, Gov. Jay Inslee recently unveiled his plan to revise our state's ridiculously outdated water quality standards. While the plan offers a small increase in protection from 70 percent of the toxic chemicals regulated by the federal Clean Water Act, it maintains the inadequate status quo for the other 30 percent.

At best Inslee's plan offers minimal progress in reducing contamination; at worst it provides a tenfold

increase in our cancer risk rate.

Water quality standards are based in large part on how much fish and shellfish we eat. The more we eat, the cleaner the water needs to be. Two numbers drive our water quality standards: our fish consumption rate and our cancer risk rate from pollution in our waters.

Inslee's plan rightly increases our fish consumption rate from the current 6.5 grams per day (about one serving of fish or shellfish per month) to 175 grams per day (at least one meal of fish or shellfish per day).

Support for that amount is a huge concession by tribes. Most tribal members, as well as Asian Americans and Pacific Islanders eat far more than 175 grams of fish and shellfish per day. Current studies show daily consumption rates of 236 to 800 grams. Even those numbers represent suppressed rates. If more fish and shellfish were available for harvest, more would be eaten.

While giving a little with one hand, Inslee takes away a lot with the other, increasing our "acceptable" cancer risk rate tenfold, from one in a million to one in 100,000. Do you think anyone who gets cancer from the pollution in our fish and shellfish would find that risk rate acceptable? Would you?

That one in a million rate has protected all of us for the past 20 years. By increasing the cancer risk rate Inslee effectively cancels out most of the health benefits and improved water quality provided by the increased fish consumption rate.

The fish consumption and cancer risk rates are supposed to protect those who need it the most: children, women of child-bearing age, Indians, Asian and Pacific Islanders, sport fishermen and anyone who likes to eat local fish and shellfish. When the most vulnerable among us is protected, so is everyone else.

To make up for the loss of protection under the cancer risk rate, Inslee proposes a statewide toxics reduction effort that would require legislative approval and funding. While the idea of a large toxics reduction program is a good one, it is not a substitute for an updated state water quality standards rule that carries the force

of law.

No one knows what the Legislature might do, but two things are certain. There will be more delay and more opposition to Inslee's proposal. Boeing and other opponents to improved water quality rules will likely engage in full-strength lobbying during the session to block any meaningful change, claiming that it will increase their cost of doing business.

The state has a clear duty to protect the environment to ensure that our treaty foods such as fish and shellfish are safe to eat. If not, those rights are meaningless. We will not put our hard-won treaty rights or the health of our children in the hands of the governor or state Legislature.

Our treaty rights already are at risk because most salmon populations continue to decline. The reason is that we are losing salmon habitat faster than it can be restored. What good is restored habitat if it does not include clean water?

Washington could have joined Oregon as a leader in protecting human health and natural resources. Oregon two years ago increased its fish consumption rate to 175 grams per day and kept the one-in-a-million cancer risk rate. Now Oregon has the highest standards of protection in the United States.

Meanwhile, the Oregon economy hasn't suffered and not one company has gone out of business as a result. Don't we all deserve the same level of protection as Oregonians?

Any kind of justice that is delayed is justice denied. That includes both social and environmental justice. Further delays and weak water quality standards only worsen the suffering of many. Inslee's plan is too little, too late.

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

Summer School continued from pages 12-13



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Opinions & Perspectives



By: Kwoselwet, Diana Dixon

Ancestral Teaching

Are we assimilated far into the white culture that we forgot our own? Many families are suffering sorrow and pain because loved ones went to the other side. We must educate or reintroduce our She'leng'en to the generations coming behind us. We were instructed by our grandparents who were instructed by their grandparents since time immemorial. Disciplines are not practiced. Step up to help the family. Don't sit around waiting for them to come knocking on your door asking you for help. Go to them. Do whatever it takes to help out; cook, bring food, mow the lawn. It doesn't matter. Go shopping, take care of the family, speak for them. Practice our She'leng'en. Hy'shqe.

Autumn!

Summer slowly fades as September brings Indian Summer; Labor Day, children going back to school, hunting season, leaves falling. It's a spectacular time of year. Foliage in brilliant colors grace the forests like a red, orange and yellow fancy shawl.

Never forget 9-11

We witnessed many events over the years. This is a sad day in history. We were stunned as we heard that terrorists hijacked passenger jets and crashed them into the Twin Towers in lower Manhattan and the Pentagon. On that awful day, several LIBC Council members were in Washington, D.C. All flights were canceled stranding them in harms way. Retired Chairman, Willie Jones, stepped up finding transportation sending his people safely home. He remained behind seeking to assist other Natives to return to their homes. We commend him for his endeavors while the United States was under attack. Master Carver, Jewel Praying Wolf James, carved healing poles to help soothe the sorrow from that tragic day and the loss of life. The poles were deliv-

Lummi Elders - Senior Scene

ered to New York, Shanksville, PA and the Pentagon.

Fisheries

Salish Sea Sockeye and King salmon are the best. Coho is harvested in or about mid September. Salmon is prepared and stored for winter. Smoked, canned, dried, or salted in brine, there are many traditional ways to prepare our winter foods.

Our once pristine rivers and streams are polluted with industrial, commercial and agricultural runoff. Over harvesting by non tribal fishers severely depleted the salmon runs. However, Lummi is managing the fisheries, monitoring the harvest. Salmon return to the river through December. If the fishing industry collapses we lose our culture, income and the economy will crash as well. The Nooksack River needs some TLC.

Elders on the Go

Travel to Upper Skagit was canceled. Our tribes are closely related to each other. We have family in most tribal venues we visit. Back in the day, we were a people without borders. Elders will visit Puyallup for a one night stay. The next over-nighter is October 1st-3rd, to Worley, Idaho. This is a two night stay so be sure to sign up in the Transportation office or by calling 758-4170. This trip will end the travel season for 2014. We thank the transportation staff; Jackie Ballew, Maria Hillaire, Casimir Ballew and Barbara Burns for planning, organizing and transporting. Many thanks to backup drivers, Ron Adams, Theresa Jones, Loretta Olsen, Leo Morris and Emily Willard.

Labor Day

The first Labor Day was held in 1882 and celebrated on the first Monday in September. This adds a holiday in between the July 4th and Thanksgiving. It's a federal holiday so all federal, state, and tribal offices are closed. This marks the end of the summer. Many of us camp, picnic or have a backyard family get together. Then it's back to the grind until turkey day. Hope everyone had an enjoyable summer.

Don't forget Native Americans' Day celebrated on the second Monday in October. Columbus Day is no longer observed in Berkeley, California. While

many people have praised the city's decision, others feel it would be fair to celebrate both holidays. The consensus in Berkeley is that Native Americans' Day is a more appropriate holiday to observe. Kudos to Berkeley. Seattle City Council is debating the issue with strong support of Seattlelites.

St. Joachim

According to parish history, the Lummi people asked for a priest as early as 1831. In 1860, Fr. Casimir Chirouse, an Oblate of Mary Immaculate missionary came to Lummi. In 1861, he and tribal members built the first Catholic Church, a log cabin, at the mouth of the Nooksack River. In 1882 the log cabin church was replaced with present day St. Joachim. In 1921 it was moved which took approximately six months. The structure was pulled by horses over log skids. Many stories are told about the historic move.

Fr. Chirouse was replaced by Fr. John Baptist Boulet. He was known to U.S. Indian Agent, C.C. Thornton as outrageous and treasonable. His influence on the Lummi people and their Chief, Henry Quinagh, posed a problem in transferring Lummi children to a government school in Salem, Oregon. Fr. Boulet was against it. At one point, Agent Thornton asked that Fr. Boulet not be allowed to step foot on any reservation, that Henry Quinagh and Thomas Jefferson be sent to a military prison and that military soldiers be sent to Lummi to assist in the transference order.

Elder Abuse

We must stop elder abuse. Whether we realize it or not, it's happening in our families or to those we know and love. Most elders will not report abuse. It's our She'leng'en not to bring shame or disgrace upon our families or loved ones. Keeping quiet and accepting the abuse is not unique.

Financial Abuse: You are conned out of your money or benefits by others leaving you without means to pay bills, buy food or life necessities. Perhaps you are threatened or you feel you are helping out. It is our nature to help where help is needed not to be taken advantage of.

Mental Abuse: Family or friends might move in with you for a "free ride" telling you it's only until they get on their feet. However it's because they can live off of you. They don't pay rent, take over your home, eat your food and don't help out with utilities and run up your phone bill. If they stay over 30 days, the only way to get them out is by eviction order.

Physical Abuse: It's difficult when you live alone to say no to accosting or aggressive behavior over money, living arrangements or maybe the use of your vehicle. Should any circumstance arise you are not comfortable with call 911, Lummi Law and Order or Victims of Crime. Sometimes it's necessary to take out a TRO, Temporary Restraining Order. Drastic situations call for immediate action. Please don't be a victim.

Circumstantial Abuse: Babysitting. You raised your families. However you're a free babysitter. Watching your grandchildren now and then is a good thing but not for days on end. It's so easy to fall into this trap. Soon you'll find yourself responsible for food, medical care, clothing, diapers and the well being of the children. You, then, will be raising a second family. So, visit, teach, help out from time to time, just manage your "Grandma time."

Lummi Code of Laws

5B.01.050 Criminal Penalties

(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.

Food Poisoning

We get sick from eating contaminated food. This awful illness can result in vomiting, diarrhea, fever, and dehydration. Our im-

mune system protects us from harmful food-borne pathogens and parasites. However, as we age, our immune system weakens, we are prone to disease and illness. Bacteria can spread through the kitchen getting on dish clothes, utensils, cutting boards and counters. Harmful bacteria multiply due to unsafe food handling or lack of refrigeration.

Medalart

If you live alone, this is an excellent safety measure so you can enjoy your independence. It provides a sense of security in the case you fall or other medical emergency. It's like wearing a necklace or bracelet that features a button you push in case of an emergency. It then contacts the monitoring center, which contacts first responders. Most medalart companies are available with or without a phone line.

Acanthosis

The skin will appear darker, velvety and may feel thick and rough. It's often found in Native Americans. In some tribes, as many as 30-40% have this type of skin change and are at risk for diabetes. You can prevent or delay the onset of diabetes. Call your clinician about your skin changes, make changes in your diet, increase physical activity and lose weight.

Elders Speak

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

Rod Julius: Respect

Charles Scott: Too many outsiders, including children, have access to the kitchen. The door may as well be a revolving door. What kind of bacteria are these people bringing into the food preparation area? A lot of people are coming here for ice but don't put on gloves. Our cooks don't wear hair nets and meals are served later and later. Monthly menus are not adhered to with a note "Subject to change". Funeral days there is no lunch. Why? Are our cooks paid to attend funerals or to fix meals for the elders 24/7?. Elders who don't attend funerals come to eat to find the kitchen closed.

Norma Duran: Focusing on world and country

Opinions & Perspectives

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(Lummi Elders – Senior Scene)

problems. Why can't we all get along? Yes, there is racism and discrimination going on, lots of it. Just as an alcoholic needs to admit he/she is an alcoholic and needs to do something about it, so do racists. Creator made us all equal, with the same blood. Also, treat those who are developmentally challenged with love and give them equal opportunity for jobs, etc. Doesn't anyone care?

Kwoselwet: We care. For instance, elder abuse, our people sleeping under bridges, Veterans without benefits, our children stolen from us by an uncaring system, drug abuse, alcohol abuse, violence against women, suicide, homicide. Yes we care.

Anonymous: What about nepotism? What is going to be done about it?

Margaret Greene: We need a meeting with all elders to get our Senior Advisory Council back on track. This is important. A meeting should be called, the sooner the better. We are falling down on our responsibility not just to ourself but to the community as well.

Buster James: In the old days; cruising the rez, hopping freights, playing on the beach with his brother and catching the dickens from his mom.

Anonymous: Why was a trip canceled due to a funeral and not canceled under the same circumstance, a funeral? What kind of discrimination is this?

Lynn Young: Rumors, rumors and more rumors. If you can't tell the truth, why talk? Stop with the drama. Those who spread rumors, shame on you.

News in a Nutshell

Beautiful elder, Mary Waskey is moving. We're sadden and we'll miss her smile, laughter and wonderful stories. Whenever there was a doings, she pitched in helping where she could. Good luck Mary and most of all come back and visit!

Many elders have decided to go back to school to get a degree. This is wonderful. It's a good mix, our youth side by side with an elder. Together in the classroom learning from each other. It's Western World View vs. Native Knowledge.

Back to School: Grandparents please have your

grandkids returning to school show kindness and respect to kids who are struggling to make friends. Teach them about bullying, it's not acceptable. Kids can be cruel picking on others because they're shy, not as pretty or not dressed in the fad of the time. Encourage them to say hi or at least smile.

Thanking the Commod Squad for assisting elders. Most of us no longer drive and we don't have strength. The elder was in such a dilemma to try to get help or to forget it as a lost cause. Thank you Elaine Lane and your crew for coming to the aid of several elders in need. Our hands are raised to you Si'am \o/

To those of you who are putting truck loads of garbage in the dumpster at Little Bear Creek, STOP. It's been observed a lot of trucks going into the facility at night to throw numerous bags of garbage in LBC dumpster.

Estongets Woch LBC

Update Elders Annual Dinner. We raised \$1,464 in the raffle, \$85 Canadian.

Midyear Service Totals: The Outreach Program provided 865 services to the elder community.

Little Bear Creek served 12,153 meals. (3 meals per day, 7 days per week)

Little Bear Creek transported 7,705 persons.

Elder's luncheon held at the Silver Reef Casino Event Center is the 2nd Tuesday of each month. This is a special time for our Elders to get together, catch up on news around Lummi and chat with friends. Jackie Ballew Who-itsa, Senior Program Manager, announces events and meetings, time and dates. This is an Elders Only event, no children or persons under the age of 55. Please respect the Elders by adhering to their policy.

Anneke Zwick, RN, Lummi Tribal Health Center does toe nail trimming on the 2nd Wednesday of the month at 12:15 p.m. at Little Bear. She not only cuts your nails she looks for ingrown and any abnormalities. She may refer you to the doctor. You can contact her at 312-2492. Her motto "If you need a trim, bring them in!"

Birthday lunch is served every 3rd Thursday of the month. This is a

special occasion. We sing to the beat of Jack's drum. Join us for birthday fun, a delicious lunch and sing Happy Birthday.

Eucharist Ministers, from Saint Joachim Catholic Church offer Communion every Friday before lunch.

Transportation is provided to Mass at St. Joachim, call 758-3500 leave a message for Emily Willard to arrange pick up.

September Birthdays

Time is the most precious and valuable thing we have in life. Live it happily, make the best choices and have no regrets. A fabulous Happy Birthday to our beautiful Lummi Elders. Whoot!

Victory Antonio
Josephine Arnold
Timothy Ballew I
Janet Ballew
Thomas Blas, Sr.
Shirley Bob
Charles Boyer
Alfred Brewer, Jr
Tina Brightwell

Laurie Brionez
Helen Burrows
Ruth Butcher
Louis Cadiente
Donna Cultee
Donnelle Davis
Marlin Dennis
Mary Donnelly
Lawrence Finkbonner, Sr.
Arnold Finkbonner
Ricky Finkbonner
Charles Fowler
Michael Graham
Donna Helgath
Joseph Hillaire
David Jefferson III
Andrea Jefferson
Anna Jefferson
Doris Jefferson
Lynette Jefferson
Mary Johnson
Ada Kiely
Edward Laclair, Sr.
Janet Lane
Jeannette Lawrence
Elsie Lutz
William Lyness, Jr.
Roy McCluskey, Jr.
Ethelyn Molano
Elaine Ogan
James Oliver
Eugene Paul
Johnny Paul
Cynthia Phair
Steven Plaster
Ernestine Point

Emanuel Revey
Joshua Sieber
Mary Smith
Michael Solomon, Sr.
Victor Solomon, Sr.
Ruth Solomon
Sandra Solomon
William Solomon
Patricia Squiqui
Karen Tait
Donald Teel
Bernard Thomas
Malvina Tom
Cynthia Warbus
Robert Washington, Sr.
Ernestine Washington
Dorothy Wells
Elaine White
Francine Wilson

Wishing all of you the best Birthday ever. I apologize if you were inadvertently left off the list. Love and Prayers to all for a Blessed Birthday.

It's time to hug or call a soldier, write a warrior in the combat zone, thank a Veteran, hug your mate or significant other. 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.

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

In Loving Memory

Cherie Lynne Mault

October 25, 1968 - July 27, 2014

Resident of Bellingham, WA and Lummi Nation Member

Cherie Lynne Mault, age 48, passed away on Sunday July 27, 2014. S.

A prayer service was held on Friday August 1, 2014, and a funeral service was held Saturday August 2, 2014. Both services were held at the Lummi Wexliem Community building.



Dean Larry Williams

'Si-Ax-E-Us'

Dean Larry Williams passed away unexpectedly on August 11, 2014, in Bellingham, Washington at the age of 66. Dean was born August 17, 1947, in Bellingham, Washington, at St. Lukes Hospital to Dean Orville Williams and Virginia Rosalie (James) Williams. He was a husband, father, grandfather, brother, uncle, and friend who will be greatly missed by all.

Dean is survived by his wife of 47 years, Sheri-Lee Anne (Kamkoff) Williams; his children, Carlene Williams (Joe Phair Sr.) and Dean A. Williams; grandchildren: Joseph, Dean, Caleb, and Jordyn; sisters: Alice Greene, and Carol (Carl) Lane; brothers: Ronald Williams, Gary Williams (Vicky Jefferson), and George Williams; and numerous nieces and nephews.

He was preceded in death by his father, Dean Orville Williams, mother Virginia Rosalie (James) Williams, and brother Virgil Williams.

Verle Anthony Toby Sr.

'Silaktun'

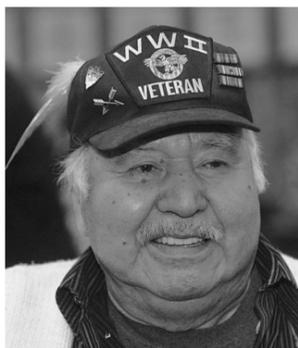


Tony Toby was born in Bellingham Washington to Charles L. Toby and Elizabeth "Libby" (Scholtz) Toby.

He is survived by his Children: Lucetta (Victor) Pena, Loretta (Bill) Revey, Carol Martindale, Verle (Lisa) Toby Jr., John (Roberta) Toby, Albert (Georgia) Toby, Viola Toby, Steven Toby, Verla Toby, Herman (Carolee) Toby; Brother: Solomon Lane; Sisters: Elizabeth (Israel) Lawrence, and Josephine A. (Garfield) James.; numerous Grandchildren, Great-grand Children, Nieces and Nephews.

He is preceded in death by: his Parents: Charles and Elizaabeth Toby; his Wife: Louella; Sons: Donald, Gerard, Charles, Calvin Toby; and Granddaughter Latoya Revey.

Henry A. Hillaire "Penny"



Henry A. Hillaire "Penny" was inducted into the Army 8 April 1943. He attended basic training at Boise Barracks in Idaho, being trained as a Military Policeman or MP. After basic he was sent to Oakland, California for MP Duty.

He then volunteered for overseas duty and went by railcar to Illinois, to a replacement depot and waited for a unit to ship across. "I shipped out of Boston to Liverpool, England, while there, Liverpool was constantly under fire from the German Buzz Bombs."

"I went by train to Hampton, then by ship to Le Harve, France. When we were walking up the beach a mine exploded, it was a bouncing betty, to this day I still have a piece of shrapnel from that mine in my thigh."

For some reason other than the office in charge "our 90-day wonder reported me AWOL while I was in medical" PFC Hillaire would not be authorized the "Purple Heart" even though he was just following his comrades up the beach, this was appealed a couple of times to no avail, he was pretty discouraged by that. Also while in the hospital there were several wounded and dead soldiers, some frozen to death.

While serving in Europe "my unit was assigned to assist the displaced people of the war, handing out food, clothing and supplies. This duty also involved working with some survivors of the concentration camps, these people were so malnourished, just skin and bones." Imagine being a Native American Veteran knowing your own countries history and having to work with the Jewish survivors.

"I also got lucky while on other duty in France, I got to stay in a condo in Marseilles overlooking the beaches of the Mediterranean Sea, where I saw some of the pretty sights, if you know what I'm thinking (ooh lala).

There was a big message board in Marseilles, every day I would check it to see if I would be shipping home. After I returned home, I was talking Kenny Placid, he too checked that very same message board, but we never say each other.

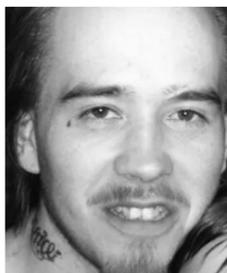
Henry was Honorably Discharged on 17 January 1946 at the separation center in Fort Lewis, in Tacoma, Washington.



In Loving Memory

David Allen Siftsoff

Sunrise: October 23, 1989 ~ Sunset: August 17, 2014



David leaves behind a loving wife, Janice Jackson and 3 children who will miss and love him always. Mother Denise and numerous brothers, sisters, nieces and nephews.

Your smile and out going personality will be greatly missed until we meet again we all love you and miss you.

Dear Editor

'For my People'

My name is Austine Williams. Also known as "Auggie".

First, I would like to send out my sincere love and respect - condolences to all those who have lost loved ones.

My family members are dropping like flies. I just learned that my Uncle Al Noland Sr. passed away. It seems as if every year one of my family members die. I am now going on my 13th year locked up. And if I sit and count? It is probably almost 12 or 13 family members that I can count that I lost. Cancer, drugs, alcohol. Mostly drugs and alcohol, that has taken my loved ones.

And the ones that haven't been taken? Well they are either about to go or getting locked up in jail or sent to prison. All of this really boils down to the choices we make. I made a few bad choices. And here I sit in a Washington State Department of Corrections Prison. I will be locked up until 2052. Even in prison I continue to make bad decisions. While in prison I added 4 more years. I chose to do 4 more extra years. I was scheduled to get out sometime in the 2040's, but I made a poor decision and ended up deeper.

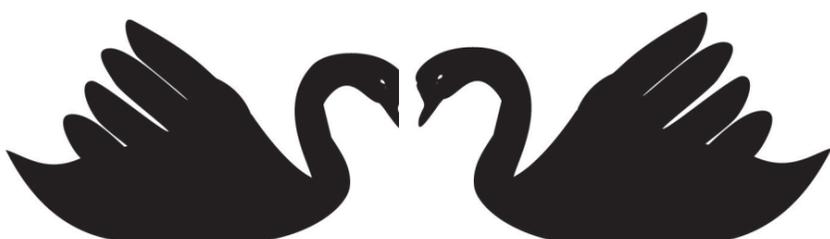
Guns, drugs, and alcohol truly ended my life. I chose to use, I chose to drink, and I chose to buy guns. These choices have cost me nearly 50 years of my life. Let me repeat. 50 year of my life, because of bad choices. And believe me. I regret all the bad that I have done. Not a day goes by without the thoughts, the memories. The horror, the terror, the sadness, the pure stupidity that I put people through or caused. I pay everyday. Every day of my life in prison, I am ashamed, I feel stupid. No human being should have to be locked up. I have to say that this is the closest thing to hell. But I must pay up. I must pay my dept to society. I must pay for the choices that I made.

I have to sit and watch from prison as my people die from their choices. I swear on everything I love. The first thing I do when I get the Lummi Squol Quol? I go straight to the "In Loving Memory" section. I go to the section to see which of my people has passed. I need to see. I need to know. These are my people. My family. People of the Sea.

We can grow into a strong Indian Nation or we can continue to diminish. We have a choice. You have a choice. The Creator gave you the technology. The Creator gave you the gift of life. Life is short. Enjoy it. Cherish it. Our kids, our future, our families need us. What good is a man, woman, or child, behind bars? Locked up in a cell? Or 6' deep. People, family, tend to forget about you when you are away, locked in a cell. And when your 6' deep? They forget about you just as fast. Just a distant memory.

You have the choice. The choice to be a good human being. A good Indian. I just wanted to share my life choice. My consequence. My life in prison. And life in prison is hard. Don't know which is worse? Death or life in prison? I hope you hear me, feel my words. And I hope to just reach out to just one.

With respect: Augustin Williams



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Thank you

My name is Elissa Alexander I am the mother of Amber Williams whom recently recovered from a terrible accident on Haxton Way and I would like to say thank you to everyone who supported my family first i would like to say thank you too my parents Brain peters and Verna point and Vicky Jefferson, Gary Williams, and Jeremy Jules for being there for me every step of the way with amber and Tamy, I'm thankful for ambers dads support for sticking together through that rough time (Jared Williams).

I also would like to say a special thank you to the Lummi Shell for doing a donation box for Miss Amber Rose.

Amber Rosalie Ann Williams was in a accident on may 3,2014 the same day my new born Tamy Jules was born (May 3,2014) Amber came home on may 14, 2014 her recovery was amazing! She recovered from Harborview Hospital. And Children's Seattle Hospital. Thank you to all the families out there that had said a prayer for my baby girl she is now doing great!

Thank you all for the love, support, strength, and prayers.

Amber Rosalie Ann Williams is a survivor and my little soldier so again thank you all:

Tamy, Jared, Jeremy, Vicky, Gary, Verna, Brian, Sarah, Dalenna, Evelyn(Jojo), Natasha and Charlie (-sissy), Dillon, Deanna & Joe, Andrea, Elain, Ernestine, Pat & Gina (James) and all the cousins, uncles, aunties, and friends.

Thank you to all the ones that donated to the family, love you all.

(Special message to all: please hold your kids everyday tell them you love them everyday. Play with them when you can, show them they are important, say goodnight every night they go to bed and don't forget to kiss them on the forehead.)

Thanks, Elissa, Amber, Tamy and Jeremy!



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Dear Editor

Never too late



Tami Julius

"Three years ago I decided to go to college. I graduated with my ATA in Office Professions in 1998. I took a year off and with some encouragement, I decided to go on for a degree that would allow me to continue on to a University. I graduated with my second degree from NWIC which is an AAS transfer degree. My plans are to earn my bachelors degree in Public and Tribal Administration with a minor in English.

I would like to publicly thank a few very special people. My three children: Teresa, Mark and Sean have been there rooting me on, encouraging me to continue even though it meant that I was spending so much time away from them, as they continued in their school work. They were always telling me how proud they are of me and to keep up the good work. Also, I would like to thank my fellow co-workers/students, because seeing them all finishing their degrees was encouraging. I would

that I am broke and unemployed at the moment, I still feel that I am a success, and this I am going to share with you.

I was taken from my mother at the age of 5 years old and brought up in foster homes, until I was 16. To me, this was absolute turmoil, because all I thought about or cared about was getting back to my natural mother...where I thought I belonged. Due to this experience, I was broken; I was kept from my culture, and religion and being kept from my parents/family, I felt a great deal of loss, therefore I kept to myself and was unable to concentrate on anything other than getting back with my family. It is not that my foster parents did not care about me; it's just that I kept it in my mind that I needed to be home, to be complete. However, once I came home this was not the case; my mother barely kept me one year, before sending me to another family member to live and I ended up traveling down the wrong path in my life. It was not a terrible path, but I came to realize that there was another route I could have taken, and this is how it happened.

In my early twenties, I developed a habit of drinking and then driving home afterwards, and then I continued driving, which resulted with driving offenses. I ended up in being incarcerated for 7 months. During these 7 months, I had nothing to do, but think about my life; my childhood, what I had done, what I was doing and the possibilities of what I could do for my future. As soon as I was released in February of 1996, I enrolled in college.

Now, before this time, I honestly did not feel like I was smart enough to get in to college. I had dropped out of school in the 9th grade. However, I obtained my GED when I was 18 years old, but did not do anything with it. I was a stay at home mother, and did so until my youngest was old enough to be in school full time. I took the entrance exam and to my surprise, I was placed in college level courses. I began working towards a Hospitality Management degree; I thought my only option for a career was to work at the tribal casino, but after two years I was informed that I was eligible to get a degree in Office Professions. I was so happy that I actually accomplished something through these two years in my first educational experience that I was amazed and I proudly walked in graduation in 1998. I got a job, and after one year, I decided to continue my education for a direct transfer degree. One year later, I received a direct transfer degree, in 2000.

I worked at the Northwest Indian College for 13 years, and ended up resigning my position due to personal problems in 2012. I took



one year off, and when I thought I was ready to go back to work, someone asked me if I thought of going back to school, maybe for a different career. It took me just a split second thought that flashed in my head, once asked; I have always wanted to learn how to fix cars. This was something I had wanted to do since I was a teenager, in fact, I actually

told some people that this is what I wanted to do, but unfortunately back in those days, this being a rather non-traditional type of job for a woman; I was getting remarks of disbelief and no real encouragement what so ever. I allowed these negative reactions to change my mind, so I tried nursing, but that was not for me, and I ended up doing nothing. Anyway, I chose to go back to school. I enrolled in the Bellingham Technical College in the Auto Technology course. My intent was to complete a 2 year degree, but I ended up with a one year certificate. I went in, not knowing one thing about fixing cars; now I feel like I can fix anything on a vehicle with the right tools and equipment.

The reason for sharing my story; I want to let you all know, that it is never too late to succeed, and it is definitely never too late to do something you actually want to do whether it be for fun or as a career choice. Right now, I have proven my ability to be the great administrative assistant, and I now have enough knowledge to get a job, probably as an intern, in a mechanic shop, if that is what I choose to do.

I started my first day of college when I was 35 years old, in which I achieved my Associates in Technical Arts degree in Office Professions, then I received my 2nd; Associates of Arts and Science Direct Transfer degree when I was 38 and believe this or not, I just completed my one year certificate in auto technology at the age of 53.

My plan is to continue working in my area of expertise, which is administrative assistant work. But with the future plans of using my knowledge learned in mechanics to fix my own vehicle, and to teach my kids and grandkids, if they want to learn...and who knows, maybe start a business somewhere down the road. The dreams and possibilities are endless, we will see which way life takes me.

So, if any of the youth out there are thinking that you can't, or that you are not smart enough...please think again. Your brain is so young and strong and so ready to learn absolutely anything you want to, especially if you do something you are interested in. If you are in your 30's, 40's or 50's, believe me, it is never too late to pick yourself up and get an awesome life set for yourself. As for me, I am searching for my next step, wherever it might take me to get a good job and live a great life.

When and if you do decide to go to or return to college, just keep in mind, there are so many people out there who are willing to assist you in your future, within the educational system; financial assistance (financial aid and scholarships), faculty, advisors, friends and relations, all willing to tutor or point you in the right direction. Just have to ask. I hope my words can help just one of you out there, to adventure in to the educational world, whether it is community college or a technical college or just taking other trades type of courses at your local colleges. No matter what; I wish you the very best....peace.

Tami Julius

Announcements

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.



Happy Birthday to Christine (KIKI) Cagey on September 12th! Love you Baby! You are a beautiful smart young lady and make us very proud!

Happy Birthday to Andrew (ANDY) Logan Little on September 16th! Our handsome 2nd Grandson!

Happy Birthday to little Irene Wilson on September 15th!

Happy Anniversary to Jack and Beverly Cagey!

Happy Birthday to Essie Cagey!

Happy Birthday to Autumn Cagey!

Happy Birthday to Kelsey LaClair September 15th!

Love you all!

Henry, Yvonne Cagey and family!

HAPPY ANNIVERSARY to my daughter and son-in-law: Julie Ann and Merle B. Jefferson Jr. (September 1st) You have done magnificently – your children are all graduates of high school, and college....

Edna will have her Bachelor's Degree by next spring.... Your grandchildren are gorgeous. So what if life isn't a bowl of cherries all the time – you have a beautiful family and so very much to be proud of.

I love you and wish you the very best anniversary celebration ever. Love you, Mom (Edna Harper)

HAPPY ANNIVERSARY - #1 – for grand-daughter and grand-son-in-law: Edna M and Brandon Revey. (September 21st) There've been great and awesome times and some sorrow in your relationship and you have pulled through the trials with glowing colors!!! I wish many many HAPPY ANNIVERSARIES in your future. Keep up the good work – you are both awesome, and I love you very much. (and Aubryana and Xavier!!!) Love, Nari (*Edna Harper)

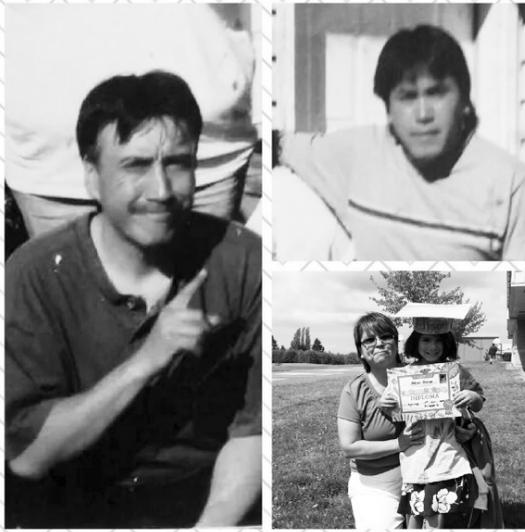


Happy Birthday to my daughter-in-law, Shannon Harper. (September 1st) You are a wonderful mother to my four grand-daughters, Shannon. It is always such a pleasure to do things together and I wish you the very best birthday ever. Have a wonderful day and special time with your spouse, Adam. Love you so much. Edna (mother-in-law)

Happy Birthday to my Nephew, Keith D. Knight. (September 5th) You are a ways away from us down there in Florida, but we love you and think of you and your children and grand-children. I hope you are happy and that you have an awesome birthday day, Nephew. Love, Aunt Edna (Harper)

Happy Birthday to my sister-in-law, Laurel Friday. You are such a treasure – I don't know what I'd do without you and your two wonderful grown children – and now anticipating your second grandchild. They are a blessing. I'm way ahead of you, but it's not a race. LOL Happy Birthday, Sister-In-Law!!!! Edna (Harper)

Happy Birthday Aunty Ernestine Point!
Wishing you much happiness always!



Birthday shout outs to: My mom Twiggy Sanders on Sept 4. We love you so very much and appreciate everything you do for us. Very blessed to have you in our lives. Birthday wishes to Uncle Lance Jones Sr on Sept 6

Have an awesome day, my hands go up to you, congratulations on your sobriety, keep going strong very proud of you
Birthday wishes to heaven

Uncle Robin "Jawbones" Jones on Sept 7. It's hard to believe you left us 10 yrs ago. You are loved and missed so very much. Gone but never forgotten.

Love always: Mia, Willy, Adison and Lil Willy



Happy 17Th Birthday to my first born Princess Brittney "Snuffy" Solomon and may your birthday be just as beautiful as you are. Forever your father Dewey N. Solomon Jr." Thank you all for the work you do

Happy Birthday to Ms. Rebecca Zener, Middle School Teacher at Lummi Nation School. We love you and hope you have an awesome birthday and a great school year!! Best wishes – from all of us at LNS

Happy Birthday to Hayley Loomis – who will be 15 on September 24th! Hope your birthday is awesome, Hayley – and that you have a great school year this year. Best wishes, Edna Harper

Happy Birthday to Ms. Rebecca Zener, LNS Middle School Teacher. We love you, Ms. Zener!!!! We hope you have an awesome birthday and look forward to this next school year – working together and learning together.



September 22, 2014 ~ Your birthday should be a national holiday Because you're a national treasure. Priceless to our family! Happy birthday Grandma! Love LJ Day!



Happy 2nd birthday Andrew Little! September 16th, 2012 was a great day! Love you so much from mom, dad, brother, grandma, grandpa, aunties and uncles.



Happy Birthday to My Husband Jeffery Lane (9/19) and My Brother Bill (9/20) I love you guys so much and I am proud of what good father's you both are! Love, Michella, Casey, Madesta, Kaylen and E V



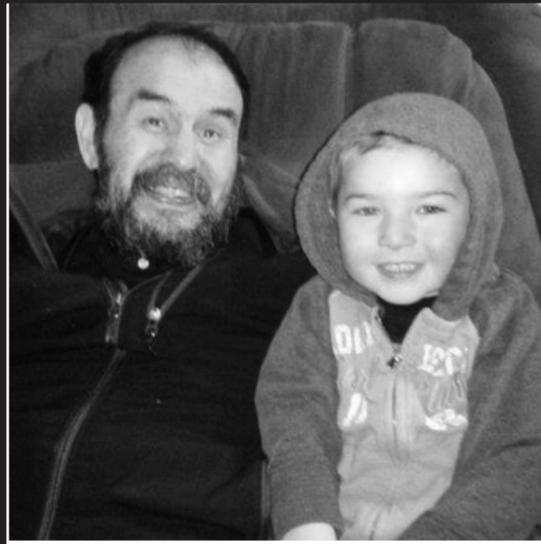
On September 13th will be our 21st wedding anniversary. Happy Anniversary Art! I Love you now- love you forever Mr. Arthur Humphreys!!! From you lovely wife, Charlene Humphreys

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Announcements



LEAH SANDERS- Happy Birthday to my beautiful sister "Twiggy" September 4th I hope you enjoy your day sister bear, you deserve it! Many more to come, love you, from Michelle and family



Happy 5th Birthday Ethan Ward We are so proud of you and the little man that you are growing up to be. We hope that you have a wonderful day and great first year of Kindergarten. Love you so much, Mommy, Daddy, Poppa, Gramma, and Duncle Raymond



Nike 3on3 @ LA live Congratulations CHAMPS

**Alex Jefferson,
Cameron Shawl,
Trazil Lane &
Winterhawk Leighton**



To Joni Gail Jefferson Johnson Martin Martinez Wilson



**Happy Annibirthsary!
September 3, Happy Anniversary 2x1
September 4, Happy Birthday 2x30
Love Charlie**

Announcements

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To this beautiful family I would like to take a minute to thank each of you for the awesome memories that were created this summer!! We had a time Enit?!! So now it "Back To School" time for books, pen, paper, new clothes, new shoes, and time to "Get Your Study On"! ROR! Keep in mind that a few may want to set up some tutoring sessions so keep an eye on your calendars this quarter. Thank you to each of you who are returning to school and to all who support you in your educational goals that will come true! So on to the task at hand which is.....we have some CELEBRATING TO DO PEOPLE! The list is long but distinguished.....JK! LOL! We the Thomas Family would like to wish the following family members a very Happy Birthday...continued prayers and blessings to our loved ones who have gone on before us.....and here they are....
 3 Lynette Jefferson
 7 King Solomon

8 Suzi Thomas
 9 Melissa Solomon
 9 Grandpa and Grandma's Wedding Anniversary
 11 Amy James
 15 Darrell Miller
 17 Sabrena Mike
 17 Dineen Mike
 17 Marlie Jo James Miller
 19 Theresa Chavez
 22 "Our John" Dutton
 22 Auntie Shirley Bob
 22 "Guy Guy" Lumbert RIP
 25 Jamie Johnson
 28 Bernie Thomas
 28 Alizabeth Solomon
 Now make a wish! Can't forget...GGEEET LOOOOUD AND WAAALK!! OH! Love each of you everyday...only every day...333 always...and for Uncle Bernie...may the 444's be with you! For your records here are most of the family in front of the old homestead! Almost like where's waldo! ROR!



To My John ~ Wishing you a fantastic Birthday this year! Thank you for being a part of my life and that of my family. You are a wonderful man with many gifts to share. It is my continued hope that my people have watched over you, taken care of you, and found a special place for you in their hearts. It is nice to be at home where everyone knows you. Remember you are home and this is now your extended family. Have a Happy Birthday. Love you...Seiah.

To the man who taught me just about everything I know. Thank you for being The best father a son could ever ask for. I hope for nothing but the best possible day for one of the best men I'll ever know. Happy Birthday Wubble! Love, your son, Henry



LANCE JONES SR.- Happy Birthday to my brother Lance on September 6th, I hope you enjoy your day and many more to come! Love you, from Michelle, Moon and family



Shout out to my husband- David F. James Jr. aka Moon James. I would like to wish my husband a Happy Anniversary on September 22nd. On September 22, 2009 I married my best friend/ soul mate, thank you for always staying by my side especially when I was fighting my cancer and going through all the chemo treatments. I love you so much for always being there for our family. I don't know what I would do without you! Happy Anniversary babe All Heart! Love, your wife Michelle



Garden blessings...

THANK YOU THANK YOU THANK YOU to COMMODO SQUAD for the beautiful & healthy garden produce (picture of Darlene with Red Romaine Lettuce) from my Community Garden... Love & Prayers... Darlene Lane!!!

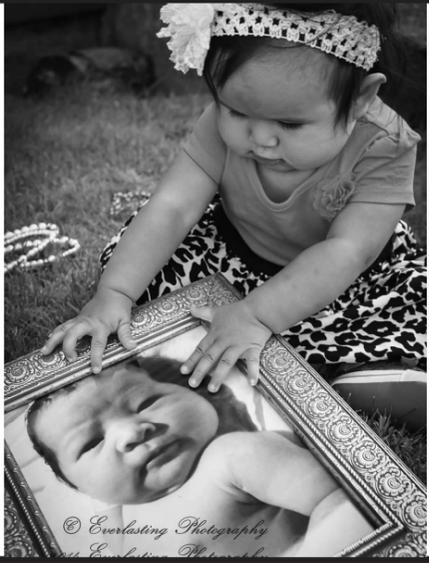
Deadline for October SQ submissions is Monday September 22

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Announcements



Happy First Birthday to Miss Nyla Kristine George! 9/16/13. Love, Mom, Dad and Big Sister Anisah.



WE met by chance. Connected by circumstance. Became intertwined love. We fell into love. We had our highs, we also had our lows. But now we are way back on the clouds with love and a steady view of the future. Happy Birthday my love and 5th anniversary. I love you with all my heart. Thank you for showing me it's ok to be vulnerable. Your Boo, I love you.



Sean Brown, born September 28 - I miss you so much my son. I love that you are so adventurous, and I know you are just a 2 hour drive from me...and I will be able to take that drive as soon as I get my truck in better shape, for sure. I love you and hope you have an awesome birthday. Teresa (Julius) Roubideaux, -born September 26 - My daughter, I am so very proud of you girl...I hope you know this. Life is a struggle sometimes, but you have done such a wonderful job at taking responsibility of your own children, keeping a job that is a bit challenging to say the least...I know I could not do what you do :) And, I want to thank you for taking care of me for this past year while I attended college. I know things got hard there a couple of times, but we always stand strong, and set our minds to it...we can and do overcome whatever life throws our way. Love you so much my babygirl. I hope you have a wonderful birthday.



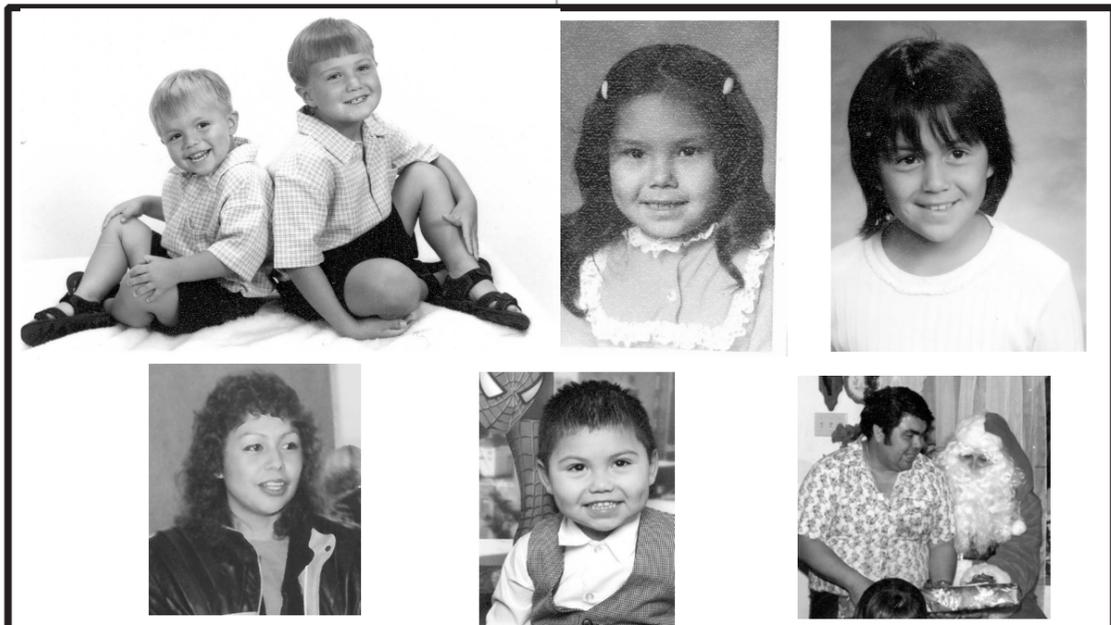
On September 13th will be our 18th Wedding Anniversary. Happy Anniversary Art! I Love you now- love you forever Mr. Arthur Humphreys!!! From you lovely wife, Charlene Humphreys



Happy Birthday to my great grandson, Ayden Lee James. Ayden is son to my grandson Nick Julius, and he is living in Spokane with his mother's uncle. I hope you have a wonderful birthday grandson. Love from your family here in Lummi, Gramma Tami, Great Uncles Mark and Sean and Gramma Teresa, your uncle Philip, Aunties Shandeara, Si'ahya and Casey, and cousins DreRyan, Tryen and Aurianna.



"25" Happy Anniversary Merle Jr. & Julie Jefferson!



Happy Birthday to my nieces and nephews: Luke Sept 3; Tina Sept 4; Erica Sept 10; Johnathan Phair Sept 17; Dody Sept 25; Miguel Sept 27; and brother Skipe September 28. All my love from Aunty and your sister Candy.

- Happy Anniversary Alex Jr. & Alissa Jefferson!
- Happy Anniversary Brandon & Edna Revey!
- Happy Anniversary Chester & Justina Joe!
- Happy Anniversary Merle Sr. & Phuong Jefferson!
- Happy Anniversary Willie & Josie Jones!

MMA SRC August 9

