Welcome to the latest edition of National Longhouse Drum Beats, the national newsletter of Native Sons & Daughters Programs. The purpose of this newsletter is to broadcast news and information, both fun and important, to the membership in all Longhouses across this great program of ours. Be proud in knowing that you belong to a growing program that is coast-to-coast across our great country.

From the Teepee of your National Chief

Big How!

Well it’s time to get those tents out and get ready for some great spring camping. I miss those days of getting the car packed up with enough stuff to last a month for a weekend campout. I know my Wife misses it too. She always enjoyed having the weekend to herself. It’s funny how life changes for everyone as your kids get older. Now that my kids are older and don’t have time for camping. Enjoy these days my friends for they don’t last long.

I want to let our leadership know that we have our annual National meeting coming up on May 5th-7th. We will be having our meeting in Fort Payne, Alabama at the Desoto State Park (http://www.alapark.com/desoto-state-park). This is a great opportunity for your Longhouses to obtain some great info to help grow your program. You get to spend a couple of days with Dads just like you trying to make a difference in their child lives. This is an all-expenses paid trip.

In closing, I want to say that no matter who you voted for this election year, we should all stand together in the beautiful country that we all love so much. Remember that we should be setting examples for our kids. They are tomorrow’s leaders.

Bryan “Big Wolf” Davis
NS&D National Chief
nationalchief@nationallonghouse.org

Highlights In This Issue

- National Council of Officers
- NLL 2017 Annual Meeting- Meeting Details Announced
- Great Lakes RAL News
- Florida RAL News
- NSD Program Legacy: June Friday-MacInnis
- Community Service Re ports
- Native American Dance Steps
- Longhouse Special Events
- Program Support Feature
These are your 2016-18 National Council of Officers. These Great Chiefs have stepped up to fill these important national positions.

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Please feel free to contact them with matters that concern your Longhouse.

Visit the National Longhouse Website and Facebook Page

Check out the National Longhouse website for beneficial and interesting resources and information. The site address is [http://www.nationallonghouse.org](http://www.nationallonghouse.org)

Find us on Facebook! Go to [https://www.facebook.com/nationallonghouse](https://www.facebook.com/nationallonghouse) and like our page to get frequent updates from National Longhouse and featured articles about our program's activity nationwide. One NLL site, there is also a "Find us on Facebook" image on our "Contact Us" page if you’d like to use that.

Left to Right: Michael Ryan, Stuart Borie, Bryan Davis, Jay Hader and Scott Klueppel
National Longhouse invites all Longhouses and tribes to participate in this worthy program-wide project. We are certain that many Longhouses are performing various service works in their communities. Report on your service works and be recognized!

**Community Service Project**

The process for submitting reports and receiving awards has been changed and improved...

- Project reports can now be submitted at any time.
- Awards will be processed and distributed at that time.
- **NEW!!** YEAR BARS ARE NOW AVAILABLE FOR 2ND YEAR (AND BEYOND) PARTICIPANTS. SEE THE EXAMPLES BELOW

See the full brochure, project detail and reporting form at...

http://www.nationallonghouse.org/community-service-project/

NSD PROGRAM MANUAL

Download it from the NSD website.

Click on the Program Manual tab.

A vast resource of helpful materials for all membership. Program history, National Longhouse structure, Tribes, Awards, Campouts, Native American Program Theme, Culture, Crafts, Games, Stories, Songs, etc. View and/or print as you like!
The 2017 National Longhouse Annual Meeting is to be held at...

**Desoto State Park, Fort Payne Alabama**
7104 DeSoto Parkway NE, Fort Payne, AL 35967  [www.alapark.com/desotoresort](http://www.alapark.com/desotoresort)

Regional Lodges (ARAL, CALRAL, FLRAL and GLRAL should begin to make plans now to send their Longhouse delegates to this all-important annual meeting. This is where Longhouses get to give input and make an impact on the future of Native Sons & Daughters Programs.

Your participation is key!!!

Travel and Lodging Costs are covered for eligible attendees.

For additional information, contact National Chief Bryan Davis @ [nationalchief@nationallonghouse.org](mailto:nationalchief@nationallonghouse.org).

**Note:** Persons interested in attending should also contact their RAL Chief to get on the list to represent their RAL. RAL Contact information is found within this newsletter.
February 25th, 2017 In-Person Meeting

GLRAL will be hosting an in-person meeting for leaders of all of the Local Longhouses in the region on Saturday, February 25th at 9:00 am at the Hampton Inn and Suites, 11608 US RT 250, Milan, Ohio, 44846.

Each Longhouse should send at least 2 representatives to this important meeting. This in-person meeting is a great time to share information and stories between Longhouses and receive up-to-date regional and national information. Lunch and refreshments are provided. Additional Longhouse representation is more than welcome.

Also to be discussed is the upcoming National Longhouse Annual Meeting, May 5th-7th, 2017. It needs to be determined who will represent GLRAL at this important meeting.

If interested in attending, please contact the leadership of your local longhouse. For additional information, contact GLRAL Chief Mike "Growling Bear" Ivan at glralchief@nationallonghouse.org.

GLRAL Contact Information

GLRAL Chief: Mike Ivan; glralchief@nationallonghouse.org; 440-463-9659

GLRAL Assistant Chief: Aaron Olson; olsonsan@wowway.com
The Great Lakes Region of Native Sons & Daughters is planning a group event for all Local Longhouses of the region. Event planning is underway and registration is currently open to members and their families. This is an entire family event, so feel free to invite all of your children and your spouse. Don’t delay….sign up by the registration deadline of March 17th to be included in the Discounted Group Rate.

The cost is $159 plus tax for a family of 4. This includes an overnight stay in a standard room for Friday evening April 21st as well as access for 4 people to the water park on both Friday and Saturday. Official check in is 4:00 pm on Friday; however the rooms may be available sooner and you can start accessing the waterpark at 12:00 noon on Friday. Check out is 11:00 am on Saturday, but again you can continue to use the waterpark on Saturday after check out.

Not familiar with Kalahari, it is a family friendly indoor waterpark and resort. Review their website at https://www.kalahariresorts.com/ohio

Please see the additional details page for more information and frequently asked questions.
The Fall gathering of the Florida Regional Advisory Lodge was held at Blue Springs State Park in Deland, Fl. This year’s meeting was held in conjunction with the Great Sun Nation’s Fall camping trip. The Great Sun Nation was represented by Nation Chief Stuart Borie and Tribal Chief Ed Bittman. The Timucuan Longhouse was represented by State Chief Brian Quirk and Timucuan Elder Scott Smith. The Eola Longhouse was represented by Assistant Nation Chief Pat Hart and the Tocobaga Nation was unable to attend.

The meeting began by requesting prayers and guidance from the Great Spirit and Flaming Arrow from the Timucuan Longhouse lead us in seeking his divine oversight. The meeting was called to order by our FLRAL State Chief, Flaming Arrow and each Longhouse was asked to provide an update as to their membership recruitment efforts.

The Great Sun Nation held a Welcome Back to School event at a local Ice Skating rink by asking each member to bring a new recruit. They also participated at a local park for their Shriek Week Festival by manning a Trick or Treat table and handing out candy and club information. They gathered over 50 new names and email address to contact. The Eola Longhouse participated in a local Back Pack and School Supply effort for needy children to send them back to school with the required supplies. The Timucuan Longhouse held two neighborhood recruiting events at subdivision club houses. This sense of community added 50 new members to the current year roster. Of special note, the Great Sun Nation showed off their new 12 foot high banners. These provide an instant conversation piece at any event and are easily transportable.

The next order of business was expanding the FLRAL’s Community Service efforts. The Great Sun Nation placed a float in the annual Boca Raton Holiday Parade for the 4th consecutive year and handed out over 200 informational flyers. The Eola Longhouse participates in the Clean the World Food Bank held in central Florida each year. The Timucuan Longhouse participated in sponsoring Alex’s Lemonade Stand for the 11th consecutive year. The Timucuan membership has raised in excess of $100,000 for research into finding a cure for Pediatric Brain Cancer www.alexslemonade.org

Flaming Arrow again stressed the proper use of our Native American theme and encouraged each of the leadership in motivating their respective membership to construct Native Regalia, Tribal Property, the usage of the children’s Indian Names and the wearing of Headdresses, program vests and the children’s NSD headband.
Reminders were discussed about forgoing all Y references in the use of Longhouse print, Website and Electronic communications. A visual scan of each of the websites shows no further inference to the Y and inclusion of the NSD National Logo. Discussion then turned to the upcoming Florida State Wide Pow- Wow, March 16-19th at Westgate River Ranch. We encouraged each of the leadership to promote attendance at this great annual event as Native American demonstrations, Native crafts, Native dancing, Air Boat rides, Swamp Buggy rides and a Rodeo are all available. More information can be accessed through the website at

www.sunshinestatepowwow.com

Flaming Arrow led the next order of business as it relates to Succession Planning within the State Leadership. It is strongly recommended that each Chief recruit an assistant and allow them to shadow the movements and actions required to run an effective Longhouse. Flaming Arrow reminded those in attendance that his 6 years as State Chief will come to an end in May of 2017. He asked for nominations to be voted on at the State Wide Pow-Wow. At this meeting, no names were placed into nomination.

The final order of business was to discuss the upcoming NSD National Meeting to be held the first weekend of May 2017. The FLRAL has 5 voting delegates eligible and each Longhouse committed to sending 1 representative to the National Meeting.

The meeting concluded with this great photo op:

Ed Bittman, Stuart Borie-Great Sun Nation; Brian Quirk-State Chief;
Scott Smith-Timucuan Longhouse; Pat Hart-Eola Nation

Florida Regional Lodge Contact Information:

FLRAL Chief: Brian “Flaming Arrow” Quirk, 904-382-5960, flamingarrow2008@bellsouth.net
FLRAL Assistant Chief: Stuart “Chupacabra” Borie, 954-232-4859, seborie@bellsouth.net
We would like to introduce you to another very important person in the legacy of Native Sons & daughters Programs. She is June Friday MacInnis. June is the oldest living niece of the great Joe Friday, Ojibway Indian whose inspiration gave the program a Native American theme about 90 years ago. Joe Friday was her uncle as her father Willie, was one of Joe's brothers.

June was born at Fridays Point on Bear Island on June 11, 1931. Bear Island is the Ojibway Indian tribal land preserve on Lake Temagami, Temagami, Ontario, which for reference is about 5 hours north of Toronto, Ontario Canada. She weighed only 3lb., 8 oz. and needed special care by the tribal birth women (called midwives today) as the doctor thought she would not survive. She and her mother got special treatments at home till September when they both started to get along better and (as they say) the rest is history.

Her Ojibway name is Abamageis, which means Strawberry Month which the month of June is considered. She is a part of the White Bear Clan recalling the old story of Chief White Bear taking into his family those women and children when their father died. White Bear did this many times for other families over the years as do the Ojibway traditionally even now.

Her education until age 9 came from her family, primarily her brothers and sisters who would read to her. Her ability to read was important when she finally started school in the Christian grade school then completing high school.

She married in 1947 after her then to be husband got back from WWII. June has 3 boys and a daughter (who passed in 2005). As of this writing, she has 6 grandchildren and 6 great grandchildren.

For many years she has taught the Ojibway language, traditions and history to interested children and young people as those ways and words have gone to pass with younger generations. She has lived in North Bay (an hour below Temagami) for a number of years at a senior center where she had been very active. She has struggled for the past year or so as she fought lung cancer and this has kept her in a wheelchair and walking with walker mostly. Her lung is scared but she is doing well now. Currently, she does a lot of reading and knitting, knitting all kinds of clothes and things that she mostly gives away for gifts to community centers and friends.

As a result of her health, June has not been to Temagami and Bear Island for last two years. Says she might go in mid-summer this year (2014) but right now (late April 2014) it is still winter up there with 40 inches of ice on the lake so travel to the island by boat is impossible until the ice melts.

June has written a series of stories about her family and history. She has a friend looking for a publisher and may get something done about that by her birthday. She was joyful and proud that we would remember her and keep in contact with her. I told her we would all pray for her health and finding a publisher.

Additional: In July 2006, several National Longhouse elders and some of their children journeyed to (and lodged on) Bear Island on Lake Temagami and visited the North Bay home of June Friday MacInnis for several days. We were told that we had been the first people to visit the island from the program since Joe Friday was laid to rest in the spring of 1956. June and her family are extremely proud and honored that National Longhouse would want to carry on the legacy of what Joe Friday had inspired and helped to create so many years earlier. They opened their doors to us as if we were family. During that trip, National Longhouse presented June Friday MacInnis with the Joe Friday Award, in honor of her and her family’s contributions to the legacy of NSD Programs.
In late 2016, Dean Paolucci, a Big Brave with the Kickapoo Tribe, encouraged his tribe to consider supporting his cousin’s Air Force unit during Thanksgiving. His cousin’s Air Force unit had recently built a city and airstrip in the desert of Al Assad, Iraq. The PX on base offers very little for the soldiers to enjoy. They received 3 meals a day, but nothing else. Dean’s cousin Janell McGivern described the situation as follows: “We need anything you can send. Our situation is that a couple of people get a box here and there and there are a lot of us so the snacks run out in about 10 hours. We have nothing else. The PX has protein powder but nothing else…”

Dean established collection stations and his law firm volunteered boxes and freight. His passion for this project was on display during the Kickapoo monthly meeting, and the tribe agreed to make it a passion project for the Kickapoo daughters at the November meeting. The girls were encouraged to provide letters to the troops and make care packages consisting of chocolate, jerky, gum, energy/protein bars, granola bars, candy, cookies, cheese crackers, peanut butter crackers, those individual packets of drink mix you can add to water, as well as games such as card games, Frisbees, nerf footballs, yo-yos, things lightweight and easy to pack... And of course gift cards for things like iTunes or Amazon. In addition, travel sized toiletries including toothpaste, small packs of baby wipes, sweat proof sunscreen, lip balm with SPF, were also requested by the troops. The girls rallied their support!
BASIC INDIAN DANCE STEPS

The 1-2 or Toe-Heel Step is one of the simplest and yet one of the most generally used of all Indian dance steps. A beginner can learn the step positions in a few minutes, but it will require considerable practice to develop the proper rhythm and enough coordination of the steps to dance with other dancers.

The best way to teach this step is to line up a group of six to twelve beginners and have them do the step positions in unison without moving from the spot on which they are standing.

The loud and soft beat of the drum must be clearly heard by all of the dancers, because each of the steps is timed to these beats.

There are two dance positions. The first is made on the loud No. 1 beat of the drum. On this beat step up with the left foot and touch the ground lightly with the toe. The second position is made on the soft No. 2 beat of the drum by coming down hard on the heel. Alternate by doing these two positions, first on the left foot, then on the right. The drummer should start and stop over and over until the entire group can start and stop in unison. When everyone has caught on to the step, the dancers can start to dance slowly forward in a circle. Then try some of the other variations of this step such as dancing backwards or from side to side.

THE 1-2 OR TOE-HEEL STEP

The Stomp Step is much more emphatic than the toe-heel dance step. The dancer's body is held upright and the hands are kept close to the body at hip height. The dance is timed to the 1-2-3 drum beat and has three dance positions. On the 1 beat, the knee is lifted high and the foot brought down hard to the ground in a stomping motion. On the 2-3 light beat the dancer comes down lightly in two hops on the toes. Most of the action is done with the hands and arms. The drum rhythm must be evenly spaced to a 1-2-3, and not 1—2-3 beat.
THE DRAG STEP
OR STEE-YOU

The Drag Step is very effective when not much ground is to be covered. It is a good step for showing off when doing a solo dance. The drumming time is the same as for the toe-heel step but the action of the feet is different. In the toe-heel step the first step is made at the loud beat of the drum, but in the drag step the first step is made on the soft beat of the drum.

At the soft 1 beat, step forward so that the toe touches the ground, and then drag the foot backwards and bring the heel down hard at the 2 or loud beat of the drum. Both the touch and drag action should be light, as this step can wear out your moccasins very quickly.

THE CANOE STEP

The Canoe Step is the most graceful of all Indian dance steps. The footwork is very simple and the body and arm motion add to its interest. This dance is supposed to represent the motions gone through while paddling a canoe. The dancer moves his arms in long swinging strokes—first on one side of the body and then on the other. In doing this dance, imagine yourself holding a canoe paddle and you will have the right position for your arms.

This step is based on the 1-2-3-4 drum beat, and the drummer must time the beat to the dancer a little more than usual.

Sometimes a short quick jump is made on the loud beat of the drum with both feet together as shown with a dotted moccasin print in the diagram. This extra step adds a little variety to this dance.
On May 22nd, fathers and daughters teamed up to have a blast and reach new heights together. Inspired by the Cuyahoga Valley Longhouse’s annual rocket launch shown in the Fall 2015 Drum Beats Newsletter, the Irvine Chippewas of the Orange Blossom Native Nation hosted a rocket derby for their tribe members. The 12 participants were provided with a safety briefing as they enjoyed coffee, juice and donuts. As the first countdown commenced, you could barely hear the young daughters counting down, “5, 4, 3, 2, 1”. Then the sound of the rocket engine’s ignition grabbed everyone’s attention as the rocket climbed to the max altitude of five hundred feet. After the recovery parachute deployed, the young girl ran through the grass field to catch the rocket before it lands on the ground. This scene replayed itself for over fifty launches during the two hour event. For many of the participants, this was their first experience with model rockets. Although it was intimidating at first, teamwork helped everyone achieve their highest potential. Behind the scenes, the event took a lot of coordination with the school district to obtain the required land use approvals. A bridge of communication has been created with the local school district and we look forward to nurturing the tribes’ ties to the local community. The life lessons for the event included teamwork, following instructions, situational awareness, and safety. The most important part of the event was the daughters having fun with their fathers. Many new memories were created and a fun time was had by all!
The WESTERN RESERVE LONGHOUSE held their first annual FALL INDUCTION CEREMONY as NATIVE DAUGHTERS on Sunday October 16 at Hudson Springs Park in Hudson, OH.

A tradition for many moons as the Western Reserve Indian Princesses, the group celebrated their inaugural year as NATIVE DAUGHTERS with a great turn out of daughters and Big Braves.

As a new Longhouse of Native Sons & Daughters, WESTERN RESERVE is several hundred members strong and serves the communities of Hudson, Stow, Kent and Cuyahoga Falls in Northeast Ohio.
The mighty Tarhe Longhouse out of Powell, OH recently held our annual OSU Hockey game event at the Ohio State University’s Value City Arena vs. the Penn State Nittany Lions, on Friday, January 6th. We were entertained by a very exciting game in which the Buckeyes came out with a 3-0 victory over the #2 team in the nation. This was one of our family events and we had 65 people attend the game and dinner beforehand.

At the event we were able to have the kids give high fives to the OSU players as they left their locker room and headed out on the ice to start the game. The entire Longhouse sat together in seats right off the glass and we got our name up on the scoreboard welcoming the Native Sons and Daughters to the game. We were also able to get on the ice after the game and shoot pucks at the open net.
Great Sun Longhouse: Fall & Winter Events

Submitted by: Stuart “Chupacabra” Borie, Longhouse Chief

The Great Sun Nation has had a busy fall. We began October with a campout to Blue Springs State Park. The highlight of this park is the natural spring. The most crystal clear pure water comes to the surface from this natural spring. The water is a crisp 72 degrees year round. You can see many fish and manatees enjoying the water. We spent the day tubing down the spring and hiking the trails. On Saturday night we had our first ever Corn Ceremony. Thanking the Great Spirit for the bountiful harvest.

For Halloween, we participated for the 2nd year in a row at Shriek Week. We gave out over 900 pieces of candy to the little kids. They all loved our headdresses. We also used this event to recruit new members. We gave out candy for 3 nights.

After roughing it in the woods at our first campout, we took it easy in November, camping at Ft. Wilderness (Disney). You don't have to plan many activities when you have Disney and Universal just minutes away. We sold out all our campsites in about 3 days.

In the first week of December we entered a float in the Boca Raton Holiday Street Parade. About 35 dads and kids marched down Federal Highway, waving and giving out candy to the thousands of spectators. With the Spirit Stick to light up the sky and our new banners, we had the best looking float. We can't wait for the next campouts in Jan/Feb/March!
Members of the Cuyahoga Valley Local Longhouse enjoyed a very memorable Fall Campout from October 14 – 16, 2016, at Camp Fitch, which is located on the shores of Lake Erie in Western Pennsylvania.

Participation was terrific as we had 252 campers enjoy the incredible summer-like weather, which was filled with plenty of sunshine and mid 70 degree temperatures. It truly felt like a summer campout with the amazing weather conditions for that time of the year. In years past, our campers have battled snow at this annual event, so the beautiful weather was a great bonus which made it even easier to enjoy all of the many camp activities including archery, BB’s, crafts, the giant slide, nature center, Bill’s barn floor hockey, paint ball, candle making, charity walk, 22 rifle range, canoeing, fishing as well as rock-climbing and horseback riding.

Friday night’s activities included a pizza party, Halloween costume contest as well as entertainment provided by a local traveling zoo, which included lots of animals and reptiles. Of course, on Saturday night, we conducted a torch march along with a bonfire as we listened to a story from our new storyteller, Wayne “Wagonmaker” Louis. Saturday night was capped off with skits from all of the tribes across the entire longhouse.

So many great memories were created that weekend at Camp Fitch and they will last a lifetime. In order to help us share this great experience with potential new members, we thought it would be a terrific idea to film various parts of the campout. We are very fortunate to have a very talented Media Chief of the longhouse, Jason Kolodziej, who was able to capture the essence of our very special weekend through the lens of his video camera. Jason’s great work can be viewed by clicking on the following link: https://cvnsnd.org/campouts/fall-campout/

A great time was had by all who participated in the 2016 Fall Campout at Camp Fitch and we are looking forward to creating many more fantastic memories together with our children in the future.
Orange Spirit Nation Marches to Victory (Again!) It was a 90 degree October morning in Orange County, California and time for the annual community parade and carnival celebrating “Tustin Tiller Days”.

With over 100 entries including marching bands, firetrucks, and equestrian teams, our 75+ dads and daughters were excited to get up early to join the festivities. We were happy to march for our second time in the Tiller Days parade because we had three new things to share for the first time publicly:

- Our new Orange Spirit Nation t-shirts worn by both daughters and fathers.
- Our new Orange Spirit Nation song.
- Our first ever parade float – a small flat-bed trailer featuring a small teepee and lots of smiling, singing princesses.

Our new song wasn’t perfect (and the girls were distracted by popsicles!) but their enthusiasm showed through well enough for us to win the 2nd place trophy for “Youth Marching Organizations”. Thanks especially to our Float Chairman, Mike “Wild Bear” Papac, and the committee: Mark “Sasquatch” Alsobrook, Tony “Brown Owl” Martinez, Gary Fisher, Chris “Howling Wolf” Kramer, and the Papac family who all helped put together our first float.
From the Kitchinodin Longhouse, Fall 2016 Campout, here’s a great note from a first time camper.

“Wanted to tell you guys that our first Kitchinodin Longhouse experience was fun for both of us. I know my son Benji really loved hanging out and playing with some friends he already knows from football. His first camp created a lasting memory for me too, as I’m sure a dad will always remember the first time that his son caught a fish. Benji was so excited that he was actually able to catch a little bass all on his own! However, had it not been for the friendliness and welcoming from the group; it might have felt like a much less positive experience, so that was definitely appreciated.”

“Share the Stories, Spread the Spirit”
In the National Longhouse Drum Beats Newsletter

Does your Longhouse or Tribe have a great story to share? Share the news and pictures of your special events with all of Native Sons & Daughters membership.

Send your stories to:
NSDNewsletter@nationallonghouse.org
The Native Sons & Daughters

A part of your costume now... A cherished memento when your child has grown.

Dress Pendant Kit
Medallion with Hamilton gold filled adapter ring and gold chain.

Leather Pendant Kit
Medallion with Hamilton gold adapter ring and leather lace.

Memory Keeper
Medallion in lucite capsule and in a handmade leather "medicine bag"

Presentation Box
Medallion in beautiful blue velvet jewelry type gift box

The Photo Plaque
Great for awards and gifts, or just for your family braggin' wall. 7 x 9 walnut finish.
Two NSD medallions, one with engraving, brass plaque with engraving, and a slot for your own 3.5 x 5 photograph. Available for horizontal or vertical photographs.
$44.00 includes all engraving and ground shipping.

Personalized engraving is what makes these medallions special!
As shown in the samples here, you can engrave the top line or the bottom line or both. Up to 36 letters and spaces in each line.
One line of engraving $2.75 - two lines $4.75

Quantity Discounts
Order for your tribe or nation and receive quantity discounts. See website or call.

Order today:
Go to www.NSDMedallion.com
Big Eagle Charlie Stone 888-222-8228
Email BigEagle@NSDmedallion.com
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See Website for pricing - http://www.nsdmedal.com

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http://nationallonghouse.org/ - use the Nat’l Drum Beats tab

Next Edition – Spring 2017