



## Celebrating Native American Heritage Month:

### A Glimpse into the Tribes of Northwest Washington State

In the heart of the Pacific Northwest, the rich culture and heritage of Native American tribes such as the **Coast Salish**, **Suquamish**, and **Lummi** continue to thrive.

These tribes maintain a profound connection to the natural world, seen through practices like salmon fishing, cedar canoe-making, and intricate basket weaving. These traditions are more than just survival techniques—they are a way to honor the ancestors and preserve their rich heritage.

For instance, the Potlatch ceremony, a central event in tribal culture, brings communities together to share food, stories, and gifts, fostering unity and celebrating their collective identity.

Cont. on Pg. 2



[Suquamish Museum](#)

## How to Beat Seattle's Big Dark



The "Big Dark" refers to Seattle's extended period of gloomy weather that begins in autumn and stretches through winter. It's characterized by short daylight hours, heavy cloud cover, and frequent rain, which can make the days feel perpetually dim.

To survive Seattle's dark and rainy months, a mix of lighting, routines, and enjoyable activities can make a big difference. Here are some tips:

**Embrace Cozy Lighting:** Use warm-toned, ambient lighting at home to counter the dim outdoor light. Try string lights, lamps, and even candles for a hygge vibe that can uplift your mood.

**Use a SAD Lamp:** Seasonal Affective Disorder (SAD) lamps mimic sunlight, which helps increase serotonin production and keep your circadian rhythms steady. Try a morning routine with a SAD lamp to energize your day.

**Get Outside When Possible:** Even on cloudy days, the outdoors can refresh your mood. Plan a daily walk or go for hikes on days with breaks in the rain to get some natural light and connect with nature.

**Find Indoor Activities:** Seattle has lots of cozy spots perfect for indoor winter activities. Try a new coffee shop, take a pottery or painting class, or visit museums and indoor botanical gardens to bring some vibrancy into the grey season.

**Stay Social and Active:** Meet up with friends or join groups, like fitness classes or book clubs. Indoor sports, like rock climbing, are great for keeping your energy up, and having social events to look forward to can help you stay positive.

**Warm Beverages & Comfort Food:** Seattle's coffee culture is perfect for this. Grab warm beverages and explore the city's cafés. Cooking comforting meals can also make gloomy days more enjoyable.

**Celebrate the Season:** Embrace Seattle's cozy, misty vibes by planning indoor movie nights or visiting festive spots around the city. It can be fun to let Seattle's winter be its own season of relaxation and soothing comfort.

## Upcoming Events for November

**November 6 - December 1**  
**Wicked (Musical)**  
Paramount Theatre  
Seattle, WA

**November 7 - 10**  
**Freakout Festival**  
Music Festival, Light Show  
Seattle, WA

**November 9**  
**Veterans Day Parade**  
Parade, Military Vehicles  
Auburn, WA

**November 14**  
**Kraken vs. Blackhawks**  
Climate Pledge Arena  
Seattle, WA

**November 14 - 17**  
**International Auto Show**  
Lumen Field Event Ctr.  
Seattle, WA

**November 16**  
**Endurocross (Motocross)**  
Angel of the Winds Arena  
Everett, WA

**November 17 - 28**  
**Thanksgiving Run/Walk**  
Multiple Locations

**November 17**  
**Seahawks vs. 49ers**  
Lumen Field  
Seattle, WA

**November 23**  
**A Musical Thanksgiving Duet**  
Stage 7 Pianos  
Kirkland, WA



Note: Check official websites and venues for details.





## Celebrating Native American Heritage -- Cont. from Pg. 1

Art plays a significant role in the cultural expression of these tribes. The [Coast Salish](#) are renowned for their totem poles, ceremonial masks, and woven blankets, each piece telling a story of creation, mythology, or historical events.

The craftsmanship involved in these artworks is not only a testament to their skill but also a medium to pass down spiritual beliefs and clan symbols through generations. Museums like the [Suquamish Museum](#) and the [Lummi Nation](#) School are dedicated to preserving these artifacts and educating both the tribes and the public about their significance.

Despite the challenges posed by modernization, the tribes of Northwest Washington State are actively working to revive and preserve their heritage. Language preservation programs have been established to ensure that native tongues are not lost, and cultural centers provide a space for the community to engage with their history. These efforts are crucial in maintaining the connection to their roots and ensuring that future generations understand and appreciate the legacy left by their ancestors.



Coast Salish  
House Post

## Inspiring Togetherness and Collaboration



**HON** - Soft Modular lounge corner, **Davis** - Seba Lounge chair with caster base, **Davis** - Q6 round top 14.25", **Davis** - Tosca small rounded triangle top.



**AIS** - Dry Planter, **AIS** - Calibrate Flush bar height table, **Davis** - Rizora bar stool, **AIS** - Matrix panel unit + LB Lounge 1-seater with Universal rectangle table attached to panel.



**HON** - Soft Modular lounge corner, **Shaw Contract** - rug, **HON** - Prisma 42" coffee table, **HON** - Prisma 20" side table, **AIS** - Calibrate Dry Planter, **AIS** - Calibrate Flush bar height table.



**Kimball** - Tarver rectangle table, **Davis** - Hue credenza, **Davis** - Sketch conference chair.