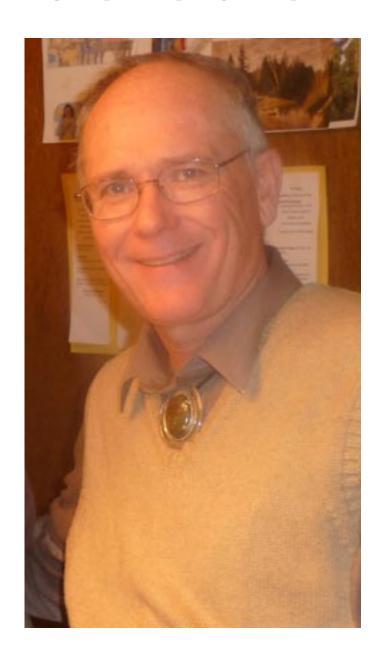
### **SHAKE IT!**

# THE AUTOBIOGRAPHY OF ROY EDWARD HOWARD



## SHAKE IT!

# ROY E. HOWARD, A LETTER TO MY CHILDREN AND GRANDCHILDREN

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# FAMILIES ARE FOREVER

### SHAKE IT

# The Autobiography of Roy Edward Howard

A letter to my children and grandchildren January, 2010

### Prologue

"Do what you are doing until you are done", I often told my children. When it comes to living your life, the scripture says, "endure to the end" (Matthew 24:13), for "we count them happy which endure" and rely on His tender mercies (James 5:11). "Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure

to the end, thus saith the Father: Ye shall have eternal life" (2 Nephi 31:20). I am trying to keep going, keep busy, and keep on the Lord's errand as long as I can. My main errand in life is to pass on to you the tools you need for success and happiness, the Gospel solution, which is Faith in Jesus Christ.

President Ezra Taft Benson reminded us in in the November 1978 Ensign that "our responsibility to keep a journal and to write our own personal histories and those of our ancestors, particularly those who belong to the first four generations of our pedigree, has not changed". A



number of publications have blessed our family with insights into the actions and testimonies that are our heritage. I urge each of you to also write for future generations.

As I write this first volume of my history, I don't know whether it may the last, so I am concentrating on the points that I feel are most valuable to my posterity. "Hereby, too, I shall indulge the inclination so natural in old men, to be talking of themselves and their own past actions; and I shall indulge it without being tiresome to others, who, through respect to age, might conceive themselves obliged to give me a hearing, since this may be read or not as any one pleases. And, lastly (I may as well confess it, since my denial of it will be believed

by nobody), perhaps I shall a good deal gratify my own vanity. Indeed, I scarce ever heard or saw the introductory words, "Without vanity I may say," &c., but some vain thing immediately followed. Most people dislike vanity in others, whatever share they have of it themselves; but I give it fair quarter wherever I meet with it, being persuaded that it is often productive of good to the possessor, and to others that are within his sphere of action; and therefore, in many cases, it would not be altogether absurd if a man were to thank God for his vanity among the other comforts of life. And now I speak of thanking God, I desire with all humility to acknowledge that I owe the mentioned happiness of my past life to His kind providence, which lead me to the means I used and gave





them success. My belief of this induces me to hope, though I must not presume, that the same goodness will still be exercised toward me, in continuing that happiness, or enabling me to bear a fatal reverse, which I may experience as others have done: the complexion of my future fortune being known to Him only in whose power it is to bless to us even our afflictions" (Autobiography of Benjamin Franklin). Don't worry about whether it is vain to write about your self. You are commanded to write. Your posterity needs your thoughts and testimonies. In my case, I am an academic. All I have to sell is my vita, so I must constantly promote myself and my story and qualifications.

Like Nephi, I have other writ-

ings that I will not quote in this volume. At present, my compositions and musings stand on their own in other places. Like Nephi, I don't know if they will survive or be available to future generations, so I may make mention of some so you have this additional record that they existed. Nephi wrote his most precious thoughts on enduring metal plates. I seem to be writing on the most tenuous of electronic media. We don't know if anything will last in these formats. We know that books can burn or wash away, but we don't know what will become of the data of our early 21st Century computers. Even the hard copy photos and documents of my past 61 years are fading away, Let's revive the oral tradition as our backup. Tell the stories of our people to your children every week.





My motto for years has been "no te sueltes de una rama sin tener otra agarrada" (don't let go of one branch until you are holding on to another). A couple of years ago my branch started shaking. I take strong medicines to control the shaking. I take a pill at 5 am, drink some required solutions, then follow a regimen of eating and drinking and taking pills all day until bedtime. Then I am up and down throughout the night dealing with with all that I ate and drank. Parkinson's Disease is the diagnosis. Deterioration of body and mind is the prognosis. To work as hard as I can as long as I can is my approach to dealing with it. In the meantime, like the long branches of a tree in the fierce winter winds, I shake.

In January, 2010 I finished reading "Joseph Smith, Rough Stone Rolling, a Cultural Biography of Mormonism's Founder" by Richard Lyman Bushman (Alfred A. Knopf, 2005). I finished it as I started it, shaking with emotion and blinded by tears rolling down my cheeks. I was not shaken by the inclusion of the criticisms of Joseph's enemies, but by the Spirit. Often as I read, it was confirmed to me that Joseph was called of God to establish the Kingdom and restore the priesthood authority that will usher in the Millenial reign of Christ on the earth. Our family is indeed among the latter-day saints who have been called and set apart and endowed with covenants and power to serve the nations. My autobiography is an attempt to put our family into a context





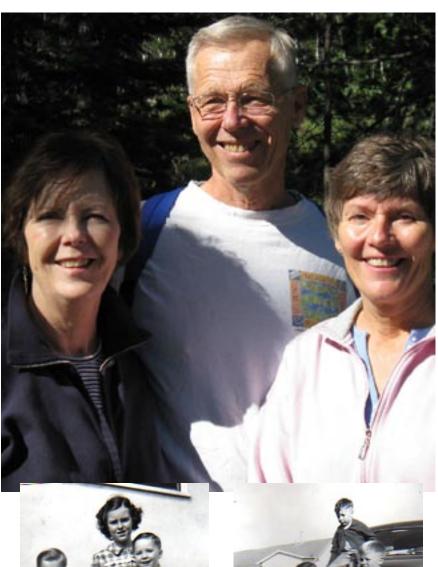
from the foundations of earth through to the exaltation of the earth. I hope that this cultural and historical perspective of who we are will help you overcome all temptation and weakness and claim your place in the Kingdom of God.

If there is a second volume of my history, I imagine it will be quite different than this one. The next phase of my life begins with full time service in the temple. There I will help people make covenants that will strengthen their families on earth and in the worlds to come. I will help them become endowned with power and promises of the Almighty that will open their eyes and hearts to all the people of the world and allow them to become a blessing to all

the world. We are all children of the same Heavenly Father. The more we humble ourselves and learn to rely upon Him, the happier we are in this life. I love you, my children, and bless you to find happiness. I admonish you to seek happiness by following the covenants you have made in baptism and in the temple.

Read the scriptures, for that is where you will find the secrets to joy and peace and happiness for you and your family. Forgive me and forgive your spouse and forgive your children and forgive everyone, for it is God's job to judge, not yours. None of us is perfect. I know that from personal experience.











# 1. Historical Perspective

"For in my jealousy and in the fire of my wrath have I spoken, Surely in that day there shall be a great shaking in the land of Israel; So that the fishes of the sea, and the fowls of the heaven, and the beasts of the field, and all creeping things that creep upon the earth, and all the men that are upon the face of the earth, shall shake at my presence, and the mountains shall be thrown down, and the steep places shall fall, and every wall shall fall to the ground" Ezekial. 38: 19-20.

"I will consecrate this land unto thy seed and them who shall be numbered among this seed, forever, for the land of their inheritance." My children are born into a heritage of family, not land; an inheritance of faith, not possessions; and a promise from God, not man. Although the Howards have no location that is a home base, we are inheritors of the promise of God to those who live the covenants pertaining to America and the Holy Priesthood.

There have been many migrations to this sacred land, and each has survived or perished according to whether they followed the traditions of the God of this land.

**500 B.C.** Enos 1:14. "The Lamanites swore in their wrath they would destroy our



records, and us, and all the traditions of our fathers". Yet later, the descendants of the Lamanites returned to the tradition of Lehi and qualified to be preserved until this day. However, by 200 B.C. there was a complete destruction of the Jaredites, and by 421 A.D. a complete destruction of the Nephites.

**130 A.D.** Mosiah 1:5. Alma 17:9. The Nephites were warned that their traditions were not correct. They did not listen to this warning. The Lamanites were preserved because of their faithfulness, but were warned to keep the tradition or lose their land. In 1492 the long predicted invasion began with the landfall of Columbus on October 12. In 1598 the invasion led by Juan de Oñate entered New Mexico. Over 100 Pueblos became extinct and two languages were lost forever. After this, the Howards came to America.

In **1625** John Heward came to Virginia to escape the oppression of the British monarchy. In 1680 his grand-children were unaware of the New Mexico Pueblo Revolt against the Spanish occupa-

tion. In 1776 William Howard left the plantation and served in the Revolution against King George. This action, long predicted in scripture, served as an inspiration for occupied people all over the Americas. 1810: "Viva la Independencia, Viva la América", shouted Padre Miguel Hidalgo y Costilla; launching the Revolution against Spain. In 1812 the U.S. was at war with Great Britain again. The Howards began moving away from the popula-



tion centers, pioneering the open lands of Kentucky.

was finally prepared for a
Restoration of the covenants
of God for this land. Joseph
Smith entered a grove of trees
with faith that if he asked a
question of God, that he would
receive an answer. The answer
he received changed this land
and all the earth forever. Filled
with the Holy Ghost, Joseph
spoke in person with the Father



and the Son. In the next few years our ancestors would respond to this announcement. For example, in 1826 William Ove Andersen, my grandfather Lambert's grandfather was born in Copenhagen. As a young man he gained a testimony of Jesus Christ, and migrated to Utah in time for the miracle of the seagulls. His testimony, and those of all our pioneer ancestors, is a tradition that can guide us today.

1848. The Treaty of Guadalupe Hidalgo ended the U.S. war with Mexico, which ceded 1/3 of its territory, including New Mexico. In 1849, William Walter Howard, my Grandfather Howard's father was born. Most of our ancestors came West in the 1840s and 1850s, settling the places where we live now. They came as prophecied in Isaiah 2:2-3: "And it shall come to pass in the last days, that the mountain of the Lord's house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it. And many people shall go and say, Come ye, and let us go up to the mountain of the Lord, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths; for out of Zion shall go forth the law, and the word of the Lord from Jerusalem."



In the **1860s** the U. S. was involved in a Civil War. William Walter Howard and his brother headed West. During this time of distraction and chaos, 1862-1867, there was a French invasion of Mexico and a U.S. invasion of Navajo land. W.W. joined the Church in Deweyville, Utah, tried New Mexico, and raised his family in Idaho.

In 1898 the U.S. initiated a war with Spain and took over many more of their territories, including Puerto Rico, Guam, the Philippines, and more. Throughout the 20th Century our family learned Spanish and other languages and traveled all over the world with messages of peace.

By **1914** there was another war, this time it involved nearly all countries of the world. During that

time of turmoil my father E. L. Howard Jr., was born in Rockland, Idaho, one of the most remote places on earth. He met his wife in New Mexico, married in

Utah, and started his family in California. Beginning in 1941 WWII swept the earth and Anita and Nathan Howard were born.

In 1948 at the time of the creation of modern Israel as a country, Roy was born, a descendant of Joseph and Ephraim. Life began on the San Andréas fault in St. Joseph's hospital in San Francisco at the time his parents were moving to 623 Manila Way in Broadmoor Village. The next door neighbor his age was Lee Williams. They became close friends, playing war games and every kid thing for the next eight years. Lee excelled as an athlete, and Roy did not. However, he enjoyed running with pomeranian Taffy,

and eventually could outrun the miniature mutt and continued running and hiking and back country biking until his back gave out in 1992. In March, 1951, during the Korean War, his mother brought home a new baby, Corla. Roy said, "well, give her to me, she's mine". While the family was moving to Millbrae they said, why are you

reading, we need help. He said, "It's my birthday". Throughout his life he continued to remember Corla's birthday, and to read a great deal.

# 2. Living on the Fault Line

For thus saith the Lord of hosts; Yet once, it is a little while, and I will shake the heavens, and the earth, and the sea, and the dry land: And I will shake all nations, and the desire of all nations shall come: and I will fill this house with glory, saith the Lord of hosts" Hag. 2: 6-7,21).



Green Hills Elementary was frantically searching for teachers to accomodate the Baby Boom when Roy started the third grade in 1956 in Millbrae, California. The first day of school the principal came on the intercom to rehearse

fire drills, air raid drills, etc.
She said that the earthquake
drill would be the next day.
Sure enough, the next morning the building started rocking
back and forth. The children
were all laughing, but Roy was
thoughtful: "so, this must be the
earthquake drill. I wonder how
they do that; the building must

be on springs". Suddenly the teacher started shouting "earthquake!" and the children started crying and screaming along with her. Roy just rolled his eyes at the teacher's indiscretion, and everyone crawled under the desks. The





teacher suggested that everyone pray. Well accustomed to
prayer, Roy started a silent one.
Suddenly the teacher started crying and wailing and praying out
loud (eye roll). In the next few
months there were substitute
teachers, as the teacher immediately returned to the East.

It was during the 1950s that television came to Millbrae. Roy remembers being at home with his mother watching Jack LaLanne exercise shows that inspired a work ethic, cowboy and adventure serials that inspired the Roy Rogers lunch box and the Davy Crockett coonskin cap, and dreams of

living in the wild that led him often to the forests everywhere he lived. His mother played the organ every night as the family gathered around to sing and play instruments. Her encouragement led him to study the organ from age eight. When he was 10 and wanted to be outside playing ball with the boys she made him promise not to be mad at her when he grew up for letting him quit. He started the violin, playing first chair in fifth and sixth grade. By eighth grade he was last chair, sword fighting with the stand-mate. Entering ninth grade, he wanted to play the trombone in the band like





his brother. He took beginning band that summer, but since he could already read treble and bass clef, he learned faster than the other beginning students, and was in the marching band by the second football game of the season. He was on the field for every game for four years. He attended summer school every year to get ahead on requirements, and by the senior year was able to be a genuine high school music major,

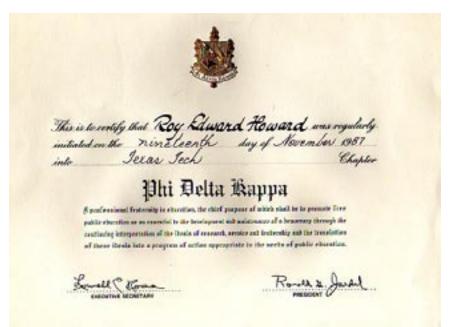
learning every instrument of the band and orchestra.

He played in every band and ensemble of Capuchino High School, and the district honor bands and orchestras, performed in every musical and sang in every choir in school and church. He graduated as the "Most Outstanding Band Graduate" (\$25 scholarship) and pursued music as his life-long career. His first professional music job was playing trombone in the Lou Silva big band at age 16, earning \$7.50 for a 3 hour dance.

1966. Roy graduated from high school during the Vietnam War and served in the military during the Cold War. He was prepared for military discipline by many overnights with his father in the woods, and many hours of working side by side with his Dad. His dad was also a role model for the academic life. He would read constantly when he was not writing or delivering a sermon. He published 100 research and papers in professional scien-

tific journals. Dad was a bit concerned about Roy's announcement at age 16: "I am dropping science and math to become a professional musician". His concern was justified, as Roy worked constantly in every aspect of music,





including as a piano tuner for over 40 years, publisher of indigenous and Mexican music, and the owner of a performing arts center in Gallup. He graduated from seminary and was faithful in church attendance all his life.

Music has a long tradition in the family. Roy's great great grandmother's brought pianos from England and a singing tradition from Wales. The story is told of a great great grandfather who attacked his wife while delirious with a fever. She prayed and sang hymns until he went back to sleep, just like David calmed Saul with singing and drove out the evil spirits (1 Samuel 16:23).

The story of the migration crossing America's plains would not be complete if the accounts of the LDS pioneers were not included. Several of our own ancestors made the trek and we certainly are the benefactors. The exodus actually began Feb 4, 1846 at Nauvoo, Ill., on the banks of the Mississippi.

John Lambert and Adelaide Groesbeck were married in Nauvoo just two days after the first wagons crossed the river. John was "gruff and lacked schooling, was plain spoken, honest be a fault and morally courageous" ...says his biography. Adelaide was small in stat-

ure. She was known to be refined, gentle and intelligent. John owned 40 acres not far from the temple, on high ground. Corla and Pat, Roy and Janeen, Nathan and JoAnn, and others of the family have been to Nauvoo and walked on the very soil of what used to be his farm. I suspect he was a prosperous individual and had relatively

much to abandon in Nauvoo by following the Saints...but knowing our Lambert heritage as we do, it is not surprising that he and Adelaide made the decision to follow the prophet.

After the Lamberts and the others crossed Iowa in 1846, they endured the winter in tents, dugouts and crude log huts in what they called Winter Quarters, on the west bank of the Missouri River. The trek from Winter Quarters began April 5, 1847, with the departure of the first wagons in Brigham Young's advance pioneer company. There were 144 men, three women and two boys in the group. Brigham Young arrived



in Salt Lake Valley on July 24, 1847. Under his leadership and with Salt Lake City as a base, the Mormons gradually founded more than 350 communities in the Rocky Mountains.

John and Adelaide left Council Bluffs, Iowa in 1850 and in that same year established a home near 5th East and 7th South in Salt Lake City. They remained there until the spring of 1861 when the family pioneered and settled in the Kamas Valley in Summit County...building the first house in the Kamas Townsite.

My Grandpa, Roy Lambert was born to John Carlos Lambert (son of John Lambert) and



Olevia Francis Anderson. Roy was quite a writer in addition to his many other talents. In his autobiography he noted of his birth, "What bells tolled, what decisions made, what computers used, what agencies exercised, what privileges granted, we know not; but on the 18th of this grand month of 1888, a solemn responsibility came to this last mentioned couple in Kamas, Utah...the birth of this subject of this effort...Roy Grant Lambert."

I'm proud to have come from a pioneer heritage. I feel even with my inherent physical weaknesses, I possess a small fiber of the strength that these early pioneers had, as they accomplished feats of greatness. I salute them and honor them and join with each of you as we remember the pioneers. May we honor their sacrifices by keeping the covenants we have made and assist in the great work they started... in preparing the Kingdom, for the coming of our Lord.

# 3. Strengthen your Families, Build the Kingdom

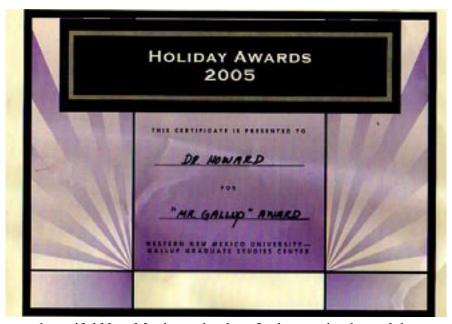
"O that ye would awake; awake from a deep sleep, yea, even from the sleep of hell, and shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe" (2 Ne. 1: 13, 23).

From high school graduation until his mission call a year later he dedicated himself to fasting, prayer, and intensive study of the Book of Mormon. The natural outcome was a deep and abiding testimony and commitment to service. During his year at San Francisco State, he enjoyed his status as a true nonconformist, clean cut, sober, and religious during the hippie era.

Little did he know that his mission in Central and South America would prepare him for a lifetime of service with the descendants of Lehi. In February, 1968 he was in San José, Costa Rica and dreamed that as he returned from his mission, that he was greeted by a red head, who spoke Spanish. With that assurance about his future, he carried on for two years without worrying about women.

The on February 1, 1970 he

Burling	nme Ward	Felo Alto Soak
Certificate of	Baptism and	Confirmation
	Date	August 12, 1956
This Certifies du	Roy Edward How	rerd
non of Edward Lo	renzo Howard Jr.	and Corine Lembert
		Sen Frencisco Celifornia
was baptized August 4, 1956	. by Edward Lorent	to Howard Jr. Elder
and confirmed a number of the Church	h of Jesus Christ of Latter-da	y Salata August 5, 1956
by Elder EGward Lorenzo	N. W. Children and Children and Children	0 -
Send Half lingrate	Signed_	Ichard I. Palmer Bins



met a beautiful New Mexico red head who could dance beautifully and speak Spanish beautifully. There were so many girls to be with at BYU that it took until March 1 before their first date: holding hands at a Sunday fireside. It took him another month to narrow the field and know which one to ask. They conversed often during March. On March 31 she baked him a loaf of bread. He spent the night munching and praying. He asked her to meet him for early breakfast at the cafeteria. It was April Fools Day, so she was suspicious and did not show up. He pursued her all the day long, even sitting with guitar in hand on the lawn to serenade

her. In the evening he took her to a quiet spot on a couch in the lobby of a school building to show her pictures of the family before finally asking for her hand. However, it was April 1st and she could not believe it.

Over the next month he increased his efforts to win her, culminating in a ring passing ceremony. Usually the girls at the dorm passed a ring on a candle around the circle and blew it out to announce her engagement. In this case, everyone knew except her. Roy was secreted in the back, rose and blew out the ring as it came around to her. This was quite a surprise for her, but a public

announcement of his devotion. That summer Janeen was working in Albuquerque while Roy attended summer school. He did his exams on the 20th in Provo and was married in the St. George temple on the 21st.

The next four years he attended college full time, washed dishes, cleaned toilets, scrubbed floors, and pumped gas for \$1.50 per hour, while Janeen raised Heather and Zane. When the draft ended in December 1973, the ROTC students had the option of not going on active duty. Roy had finished a bachelors degree, elementary teaching certificate with music and Spanish, and a commission as an Air Force officer and accepted a four year assign-

ment as Administrative Officer at Caswell Air Force Station, 766 Radar Squadron. There he also taught music lessons, performed in bands, competed in the Air Force Talent Contest several times, traveled all over Maine, New Brunswick, and Prince Edward Island as District Sunday School President, and tuned pianos. Jess and Carlene joined the family, learning about 40 degrees below zero and blizzards from personal experience.

Maine was also a place to go fishing just the way he had practiced in the small, clear streams of the California coastal mountains where his father would drop him off while on plant inspections. Using the strategies he learned from his Grandpa



Lambert in the high mountain streams around Kamas, he fished Northern Maine, Northern Washington, Northern Utah, and Southern New Mexico. However, Northwestern New

Mexico proved too dry for this habit. He did not fish for 10 years until Nathan took him fly fishing in 2006, and then not again until June, 2009 in Kansas.

After the resurrection, Jesus appeared to many, reorganized the apostles, and set them forth into full time service. However, they still had to live their own lives. At one point Peter said to Thomas, Nathanael, and four others, "I go a fishing. They say unto him, we also go with thee". Although they were expert pro-

fessional fishermen fishing on their home waters, they fished all night long with no success. In the morning Jesus appeared to them, told them where to fish, and they instantly had more



large fish than they had ever caught before.

Peter put on his fisher's coat and swam to shore, excited to see the Lord for the third time since the Crucifixion. Jesus built a fire and dined with the disciples on

fish and bread that Jesus prepared. After eating, Jesus spent time instructing them, including the famous analogy, "feed my sheep". Nathan must have really studied this chapter of John 21, because it seems to be the way he has lived his rich, full life.

Born with a damaged heart, his reaction to this disability has been to become big hearted, his "murmur" turned into a shout for joy. Starting with a physical weakness, his reaction has been to become athletic. Unable to

sleep well, his reaction has been to be alert to the needs of others. He began at the testing lab, applied himself in college, and rose from floor sweeper to the top of his profession. He retired at a young

age and has fulfilled one church mission after another, constantly in service to people and building the Kingdom of God. His disability did not slow him, it empowered him.

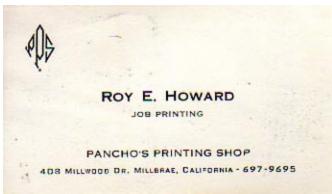
When Roy came to visit him, he wondered if he could keep up the pace. Indeed, everywhere Nathan goes the people know and love him. It is hard to follow him, because he stops to

reach out to everyone; and they return the favor with a smile and a kind comment. No wonder, he has developed skills of connecting to others and reaching out to their needs.

Nathan follows the admonition in Psalms (3:4-7) to "trust in the Lord with all thine heart; and lean not unto thine own understanding". As a result, he has "found favor and good under-



Five boys from Burlingame Ward Scout Troop Number 46 were selected to play with the Honor Band and Orchestra in a concert held recently in the San Mateo High School Auditorium. The Honor Band and Orchestra was composed of students selected from the intermediate schools of San Bruno, Millbrae, Burlingame, San Mateo, and Hillsborough Lefa to right the boys are: Roy Howard, Terry Morley, Tony Thorpe, John Gebhard, and Paul Shurtz. John Gebhard is President of the Burlingame Ward Decon's Quorum, and Tony Thorpe and Terry Morley are counselors for the quorum.



standing in the sight of God and man". He sat in the back of the Sunday School class with a severe headache, yet he opened the door for everyone, and like an usher greeted and spoke to each person; and even carried a fussy baby into the hallway. He has reacted to his pain with sweetness, to darkness with light. He has not learned to raise his voice or judge others, but to

have compassion to those suffering and offer healing to those in need.

Like Peter, he takes his brother fishing, and like Peter, finds the Lord there. Like Jesus he gets tired, but like Jesus he thinks of others more than himself, and with kindness he changes for good those around him. He does not set out the hay for the sheep and let them feed themselves, but he visits the people in their homes and touches

everyone for good. Like Jesus, his meekness and lowliness of heart have qualified him, and he answers the call.

Roy may not have had the social affability that distinguish his brother and sisters, but he did work hard to teach school, attain 3 graduate degrees in music and teacher education, and work as

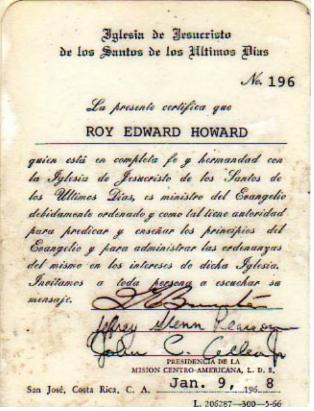
a professor of bilingual education at the University of New Mexico, Texas Tech University, and Western New Mexico University. In all that time he served continuously in church assignments and strived to



be a role model for his children, believing that family is the first priority.

This is a family that responds to the call to serve. Speaking to his disciples, Jesus said, "the harvest truly is plenteous, but the labourers are few; pray ye therefore the Lord of the harvest, that he will send forth labourers unto his harvest" (Mathew 9:38).

Even today he sends messengers with the good news of the gospel: "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest for your souls" (Mathew 11:28-30). Many of Roy's ancestors served missions for the church, as did both of his parents (Spanish American), Anita (Florida) and Nathan (Central America),



Janeen (Argentina), Zane (South Africa), Jess (Portugal), and Carlene (Russia). Those who did not do missions, served faithfully in the temple and other callings (Corla).

While Branch President in Lupton, Arizona, Roy performed wedding ceremonies. He was not involved in the planning and preparations of wedding events, the traditions of the people drive those. He is only responsible for the ordinance that binds couples in a covenant relation-



ship and teaching principles of how to have a successful family. President Harold B. Lee taught, "The most important of the Lord's work that you will ever do will be the work you do within the walls of your own home". Born during the time of Heber J. Grant, Roy's first testimony of a prophet was that of David O. McKay, whose counsel is burned into his heart: "no success can compensate for failure in the home".

Satan knows how important families are to our Heavenly Father's plan. He seeks to

destroy them by keeping us from drawing near to the Lord. He will tempt us to do things that will pull our families apart. All of us want to have happy, successful families. The following things will help us achieve this:

- 1. Have family prayer every night and morning. Roy's father would awaken the family before dawn for prayers every day before the 10 mile freeway commute to San Francisco.
- 2. Teach children the gospel by meeting together as a family at least once a week to study



gospel principles. Roy would gather his own children each evening by playing the piano or guitar as a signal for prayer and devotional time.

- 3. Do things together as a family, such as work projects, outings, and decision making. Roy's father made sure that the family went camping and traveling regularly in the redwood forests. He planted and gardened with his mother.
- 4. Kneel together as husband and wife each night in prayer. Roy and Janeen started this rou-

tine on their wedding night, and kept it going, even after the children were long gone.

- 5. Learn to be kind, patient, long-suffering, and charitable. Roy learned these characteristics from his mother, and finds them again in his wife and children.
- 6. Attend church meetings regularly. Our family has been practicing this since the mid 1800s, now seven generations.
- 7. Follow the counsel of the Lord in D&C 88:119: "Organize yourselves; prepare every need-



ful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God. We have lived in 18 different houses in our married life, but only one home, for each house is our home as we make it so.

Church exists to help families gain eternal blessings and exaltation. The organizations and programs within the Church are designed to strengthen us individually and help us live as families forever.

8. Keep a family history and gather family genealogy. Thanks to Corla and Anita, this tradition has remained strong in our family.

The family is the most important unit in the The Church of Jesus Christ of Latter-day Saints. The



### 4. A Covenant People

Shake thyself from the dust; arise, and sit down, O Jerusalem: loose thyself from the bands of thy neck, O captive daughter of Zion" (Isa. 52: 2).

Throughout all the history of the earth, God has called people to receive His covenants and blessings. To ancient Israel He said, "for thou art an holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth" (Deuteronomy 14:2).

Writing to the early Christians, Peter said, "if so be ye have tasted that the Lord is gracious...to whom coming, as unto a living stone, disallowed indeed of men, but chosen of God, and pre-



cious. Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ. But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people..." (1 Peter 2: 1-5,9).

Joseph Smith was told that "there has been a time of calling but the day has come for a

time of choosing; and let those be chosen that are worthy... and they shall be sanctified; and inasmuch as they follow the counsel which they receive, they shall have power after many days to accomplish all things pertaining





to Zion" (D&C 105: 35-37).

In the beginning God created the heavens and earth and charged Adam to care for the earth. When Adam's descendants became wicked. God sent the flood to bring about a new beginning. Then the earth was one land mass, not divided until after the flood. When prosperity came again, the people became confident in their own power. Genesis chapter 11 describes the time that God confounded their language so they would have to rely upon Him. We only have a record of one group that was chosen to stay together as family and friends, keeping their historical language intact. The Lord had compassion on them

because of their faithfulness. They were brought to a land apart that had been "prepared by God to be a choice land, and whatsoever nation shall possess it shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ" (Ether 2:12).

Moroni saw the entire destruction of his people as they chose not receive their calling. He read of the entire destruction of the Jaredites who had also been called and set apart in this covenant land. Moroni also saw our day when this land would be restored to the people of the covenant. He calls to us with

these words: "Awake, and arise from the dust, O Jerusalem, and put on thy beautiful garments, O daughter of Zion; and strengthen thy stakes and enlarge thy borders forever, that thou mayest no more be confounded. that the covenants of the Eternal Father which he hath made unto thee, O house of Israel, may be fulfilled" (Moroni 10:31).

Then in July, 2001 Secretary of State Colin Powell gave a patriotic speech that greatly irritated many Native Americans, as he referred to "this land that God has given us". Our own ancestors, whom, we remember during July because of their pio-

neering efforts, are among those who have felt led to this land by God. However, their migration displaced and disrupted the indigenous people, the descendants of Lehi who were promised this land. Let's revisit the scriptures to see if they shed any light on this controversy.

Speaking to Nephi's brother Jacob, the Lord said:
'Wherefore, I will consecrate this land unto thy seed, and them who shall be numbered among thy seed, forever, for the land of their inheritance; for it is a choice land, saith God unto me, above all other lands, wherefore I will have all men that dwell





thereon that they shall worship me, saith God". He added this statement that directly refers to our pioneer ancestors: "The Gentiles shall be blessed and numbered among the House of Israel. I will establish this land as the land of the descendants of Lehi, plus all those who obey the covenants God has established for his people."

There are millions of earthquakes throughout the world each year, including many that cause problems. In the

first decade of the 21st Century, there were almost a half million deaths due to earthquakes. http://earthquake.usgs.gov/earthquakes/eqarchives/year/eqstats.php In January, 2010, there was a 7.0 earthquake in Haiti that killed thousands and devastated the country.



### 5. Listen and Obey

O Lord, wilt thou redeem my soul? Wilt thou deliver me out of the hands of mine enemies? Wilt thou make me that I may shake at the appearance of sin" (2 Ne. 4: 31)?

September 11, 2001. The "Terrorist War" began against a nation that has waxed strong in sin and depravity. Our country's

response was very different from that of the people of Ammon. At that time many people did say, "let us take up arms against them that we destroy them and their iniquity out of the land, lest they overrun us and destroy us. But behold, my beloved brethren, we came into the wilderness not with the intent to destroy our

brethren, but with the intent that perhaps we might save some few of their souls..." Indeed the people of Ammon had a very different result that our own government, as they won souls for Christ by teaching instead of fighting the terrorists (2 Nephi 19, 18).

http://www.cantos.org/music/911.html

19 March 2006, Ganado, AZ. Apostle Jeffrey Holland told the people at the Lamanite conference that the Gospel is the answer to everything: education, self sufficiency, provident living.... The Gospel is what God has sent to His children. The

priesthood is how we address challenges in the church. We need to do our part to bring about the Second Coming of Jesus Christ: missionary work, temple attendance, righteous living. We need to keep the family values of Navajo culture including the influence across the generations. If a family decides to live the gospel in their home, the Second Coming has arrived for them as they wait for the rest of the world to achieve that peace and tranquility. "This conference is a step toward being gods and goddesses on the Navajo Nation based on accepting the atonement of Jesus Christ."



We know that Jesus is the Christ, our Redeemer. We gain this testimony by the Spirit as we live the principles he taught. To help us gain this witness, we listen to those who have received this knowledge, and study the words and actions of

Jesus. We find that he also testified of his divine nature.

When Jesus first began his ministry, he constantly bore witness to the astonished people of his true nature as Creator, Savior, the Son of God. The Pharisees criticized him for gathering food to eat on the Sabbath. Referring to David taking food from the



temple, he told them plainly that he was greater than the temple, and the Lord of the Sabbath (Mathew 12:6,8).

When the Pharisees dismissed the miracles of casting out devils, Jesus

showed them that this was evidence that that the "kingdom of God has come unto you" (Mathew 12:28).

When a scribe of the Pharisees asked for a sign, he prophecied that he would rise from the tomb after three days, like Jonas had emerged from the whale (Mathew 12:39-42).



When asked about his teaching methods, Jesus reminded the disciples that his coming fulfilled ancient prophecies, and that those prophets and righteous men only could wish they had lived to hear these stories in person, suggesting that he was the one they spoke of (Mathew 13:17).

With each parable he called upon the people to hear, receive and apply his word in order to receive the blessings that could only come from God (Mathew 13:23). In so doing he identified himself as the very fulfillment of the prophecies, and the giver of the blessings, and the bearer of the eternal knowledge. (Mathew 13:35).

When Jesus returned to his own childhood village, he was rejected as a teacher, since they had known him as a local, referring to his ordinary brothers and sisters who still lived there. He noted that he, like all prophets,

# Airmen helping pageant to go on

CASWELL — Members of the 766th Radar Squadron at Caswell Air Force Station have helped make Christmas brighter for a group of children.

Plans for a Christmas pageant had been canceled at the Caswell Elementary School because the school had no music teacher. Air Force personnel at Caswell, learning of the dilemma at a recent meeting of the local parent - teacher association, volunteered their services.

Members of the radar squadron, led by Lt. Roy Howard, are spending this week teaching Christmas carols, providing music, and making technical arrangements at the school.

In the words of one Air Force volunteer, "When it's below zero outside, nothing warms you more than the smile of a child."

was without honor in his own country (Mathew 13:57).

The very evening that he was mourning the death of John the Baptist, he was besieged by thousands. He healed their sick, fed them by the miracle of loaves and fishes, went alone to pray, walked on the water to join the disciples, calmed the water, and accepted the worship of those witnesses, who declared: "Of truth thou art the Son of God" (Mathew 14:33).

Everywhere he went there were people who recognized him for what he was, and felt compelled to not just listen or seek



a blessing, but to worship him (Mathew 15:25).

May each of us study his holy word, listen to the testimony of his disciples, and become disciples ourselves by following Christ and living those principles that lead to the peace he promises. "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven" (Mathew 7:21). "But seek ye first the kingdom of God, and his righteousness: and all these things shall be added unto you" (Mathew 6:33).

In 1964 the patriarch blessed Roy "to be successful in his chosen career of music". The road to this goal was long and diversifed. His first piano was acquired by his mother as he began college as a music major. It was in such bad shape he had

to fix it before he could play it. She got him some tools and that is how he became a piano fixer instead of a piano player. After his mission to Costa Rica, Venezuela and Colombia, he felt a desire to teach, and BYU advised him into Elementary Education and Spanish (he would have been happy to

be a music teacher). However, it was the war, so he was in the Reserve Officer Training Corps and received training and experience in administration of diverse functions.

After four years in Maine, Keith Squires sent him to New York City for training at the Steinway factory where he learned what he had been doing wrong with pianos, and tuned full time





for 5 years, traveling all over Eastern Washington. When the business was stabilized, he returned to the university for a masters in music. The Spring of graduation he severly injured his ankle. Between the ankle and disk degeneration and spinal injuries he could not move pianos, so he applied to teach in 5 states. The only reply was a call from New Mexico. "This is Dzilth ná'oodithlii Community School. I have to offer you this job because of veterans prefer-

ence. If you don't want it I will give it to a man who is sitting here in my office. Do you want it or not?" That was the extent of the interview.

Janeen knew of the place, and Roy imagined it would be a one year experience, then return to the Spokane piano shop. However, in the first month the busi-



ness failed and the house burned and the pianos and tools were lost and the family "got stuck in New Mexico" with a salary of \$14,000 per year. Therefore, Roy studied Navajo to fit in, and tuned pianos to pay the bills. The culture shock was a challenge. Roy said, "if it is this difficult for me, who will do it if I leave?" So he made a career in Indian Education, including two more graduate degrees in the subject, always with music a major component of the study.

A doctorate in Navajo bilingual education resulted in being recruited to Lubbock, Texas to be a professor of Spanish bilingual education. He partnered with Hermán García, Dan Gómez, and Mariana Murguía Ferrer to learn about México for a salary of \$27,000. Piano work finished the damage to his herniated disk, so he finished the fifth year in Texas lying on the floor

applying for jobs. WNMU was the place that appreciated a professor experienced in both Spanish and Navajo, so the family relocated to Silver City. Zane left for South Africa, Heather stayed with her new family in Texas, Jess became the center on the nearly championship

Cobre Indians, and Carlene became known for academics and art. Janeen, as usual, became beloved for reaching out to everyone, and Roy became crippled, unable to walk or sit. He had surgery in 1993, the year of Nathan's heart transplant, and over the next few years worked hard to gain strength.

When he achieved tenure, he told Janeen, "move wherever you want and I will commute". She found a wonderful position in Columbus in 1995 where the children loved her and lived to please her. That same year Roy was assigned to Gallup, 300 miles from their home in Deming. In 1997 they moved to the mountains of Vanderwagen, and lived happily ever after in the piñon forest, until Janeen started needing oxygen because of the altitude. So they moved to Kansas.



### 6. The Rock Upon Which Ye are Built

The Lord also shall roar out of Zion, and utter his voice from Jerusalem; and the heavens and the earth shall shake: but the Lord will be the hope of his people, and the strength of the children of Israel" (Joel 3: 16).

"And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and

endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall" (Helaman 5:12).

Because of his unique role as a musician and academic, Roy has been in close contact with ministers, and believers of many churches, and each year gains a greater respect for the goodness available to them. Although Nephi saw that in the last days there "are many churches built up which cause envyings, malice, and strifes" (priestcrafts and secret combinations - 2 Nephi 26:21), yet he reports from this intimate acquaintance with the Lord: "he doeth not anything save it be for the benefit of the world, for He loveth the world, even that he layeth down his



own life that He may draw all men unto Him. Wherefore. He commandeth none that they shall not partake of His salvation. He hath given His Salvation free for all men... none are forbidden from partaking of His goodness... and He commanded all to repent, to have charity... and denieth none that come unto Him: black and white, bond and free, male and female: and He remembereth the heathen: and all are alike unto God, both Jew and Gentile" (2 Nephi 26: 24-33). "Jesus is the very Christ... and He manifesteth Himself unto all those who believe in Him, by the power of the Holy Ghost; yea,

unto every nation, kindred, tongue and people, working mighty miracles, signs and wonders, among the children of men, according to their faith" (2 Nephi 26:12-13).

Like Joseph Smith and Nephi, Roy discovered the "honorable men of the earth" (D&C 76) and found many who believe, as we do, that Jesus is the Christ, the Redeemer who died for our sins and who broke the bands of death that we may live. Mormon said, "...if ye will lay hold upon every good thing, and condemn it not,

ye certainly will be a child of

Christ" (Moroni 7:19).

I bear my witness that God lives, that Jesus is the Christ, and that we live with purpose on the earth. Our purpose is to prepare for our eternal life. Our family has no land or possessions to pass on to the next generation. Instead we have a testimony that the path to peace and happiness is to follow the teachings and example of our Redeemer, Jesus Christ.

Jesus said to all mankind: "Thou shalt love the Lord thy God with

all thy heart, and with all thy soul, and with all thy mind... and thou shalt love thy neighbor as thyself' (Matthew 22:37, 39). This is a serious command, as all nations will be judged on this universal law.

"Before him shall

be gathered all nations, and he shall seperate them one from another..." based on how they serve one another, especially those in need. (Matthew 25:31-46). It is interesting that this comes immediately after the parable of the talents (verses



14-30), reminding us that we are to sustain the weak and glorify God using whatever the Lord has given us.

There is no need to do a laudable deed or have great skills to be appreciated by the Lord or to

be received into His Kingdom. Of the woman who did no more than annoint Him with oil He said, "Wheresoever this gospel shall be preached in the whole world, there shall also this, that this woman hath done, be told for memorial of her" (Matthew





ways that only God knows. Her support of the Branch President is what made the continuance of the branch possible during this difficult time between chapels. Her talent for loving others blessed friends and family.

May we all consider the talents and capabilities we have, and dedicate them to serving others is a theme of the Howard way of life. We all develop ourselves for the purpose of being of service to others.

26:13). In the parable, the talents are not given equally, but it is clear that each is expected to use whatever talent they may have.

Janeen Howard is one whose contributions are greatly appreciated by many. She was ill during her time with Lupton Branch, and her service limited. However, like the widow donating her mite and the woman with the oil, she annointed her life to service. She gave freely of her time to the young mothers of the community. She not only remembered each of the Lupton Saints and prayed for their well being, but served them in

Congratulations to Luke and Carlene for the birth of their first child on the last day of August, 2006. When I told someone the name was Annie, the first question was, does she have red hair? This was a reference to Little Orphan Annie. How different it is for little Annie Williams! She is not only part of a family, but she is born in the covenant, and thus sealed to her parents for eternity.

The Church exists to help families gain eternal blessings and exaltation and help us live as families forever. One way this happens is through the sealing



power of the priesthood. The temple ceremony connects families through the generations, and thus gives children an eternal perspective of who they are, a solid foundation for life. Annie is blessed to have parents joined in eternal marriage giving her the opportunity to continue in the family after this life. Thanks to her parents' choices, Annie has access to the fulness of the gospel through the new and everlasting covenant.

These are the perilous times spoken of by the prophets of old. The messages of the prophets of today teach that families with fathers assuming an appropriate role are key to children's success in life. Luke has taken this charge seriously, giving all his attention to his wife and daughter in their time of need. He is committed to making his wife and children the first priority in his life, and all his other life activities supportive of that role.

Annie's parents respect her status as a child of God. They see God as our creator and our Heavenly Father, because "all men and women are literally the sons and daughters of Deity... (Joseph F. Smith, The Origin of Man). Because of this view, they treat Annie with kindness, and act constantly to guide her toward a knowledge of her heavenly home and her relationship with her Father who is in heaven. They strive to make their home much like Annie's heavenly home, full of love and acceptance. In addition, Annie will not only benefit from the





ordinances of the church, but the fellowship and teachings of the church.

Our Father in Heaven has chosen the time and place for each of us to be born so we can learn the lessons we personally need and do the most good with our individual talents and personalities. Annie will have the greatest possible opportunity to learn those lessons, develop those talents, and be of a mind to serve others, because she has a mother who has done just that. Carlene not only has prepared herself for life's work, but knows how to prepare Annie to find her own path in life.

We know we can have our children with us throughout eternity, it is through the sealing power of the priesthood and by guiding them toward the tree of life. "And as I partook of the

fruit thereof it filled my soul with exceedly great joy; wherefore I began to be desirous that my family should partake of it also; for I knew that it was desirable above all other fruit (1 Nephi 8:12). This fruit is none other than "the love of God, which sheddeth itself abroad in the hearts of the

children of men, wherefore it is the most desirable above all things" (1 Nephi 11:22).

May we all strive to be worthy of the covenants that God has reserved for our families. May we teach our children to know their Father in Heaven, by living like Him in our homes. May God bless Luke and Carlene in raising Annie; and all of you in modeling a Christ centered home in the way you teach your children through your example all the days of your life.

The Howards have lived the multicultural life, learning to live with and love others by



serving them and listening to them.

After recognizing a lack of material goods, the singer adds, "I got the sun in the morning and the stars in the evening, so I'm all right". We look to the sky for signs and inspiration all year long. I was fortunate to be driving home last night at sunset. For a few moments the clouds were ablaze with unlimited colors, and the mountains painted with shades and filters. I wondered how long a artist would have to study a photograph of the scene to select all the tints and mixtures to capture the scene on canvas. The passage of time has brought cold, clear nights to the high desert mountain where I live. The garden froze September 18th, signaling a change in the seasons and the focus of our fam-

ily tasks. Now that the harvest is over, we pause to gaze at the changes in the heavens and ponder our life and duty. The sky has been as fascinating to our ancestors as it is to us today. For centuries the "Western" world has subscribed to the Greek paradigm for seeing the stars organized into "constellations" like Orion (the hunter) and Ursa Major (the great bear). Each constellation has its traditional stories that are used in teaching principles and values. The Navajo have seen the Big Dipper, Cassiopeia, and the North Star as Nahookos Bik'a'ii, Nahookos Bi'aadii, and Nahookos Biko. The first two represent the father and mother in a family, and the third represents the fire hearth of the home. The traditional understanding is that the constellation patterns were placed by the Holy People to teach proper roles and responsibilities of families. The Holy Ones met, discussed, planned, and laid out the constellations by which the people





will understand the passage of time, growing, and aging. All cultures see stories in the skies, but many people have taken the potential lessons of the stars to extremes, such as those that Isaiah calls "astrologers, stargazers, and monthly prognosticators" (Isaiah 47:13). For these folks, the stars don't tell stories to guide decisions; they suppose that the alignment of the stars determines their path in life.

Using special tools like the Spitzer telescope, the

Chandra
X-Ray
Observatory,
the Hubble
Space
Telescope,
and the
Solar and
Heliospheric
Observatory,

NASA continues to identify objects without number in the expanse around us. Abraham saw all this thousands of years ago: "and He put his hand upon mine eyes, and I saw those things which his hands had made, which were many; and they multiplied before mine eyes, and I could not see the end thereof"

(Abraham 3:12). Abraham also saw that "the Gods organized the lights in the expanse of the heavens" (Abraham 4:14); and the children of God were organized before the creation of the world, and like the Holy Ones of Navajo tradition, they met, discussed, and planned. "And there stood one among them that was like unto God, and he said unto those who were with him: We will go down, for there is space there and we will take of these materials, and we will make an

earth whereon these may dwell (Abraham 3:24). NASA sees these materials all throughout space,



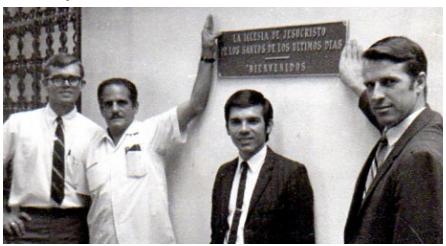
including Polycyclic Aromatic Hydrocarbons, oxygen, carbon, nitrogen, and all the building blocks of life.

The Gods, or Holy People organized the stars in a pattern for our guidance. Learn what lessons you can from God's creations from every perspective, for they will not always look the way they do now, maybe because we will be taken to a better place. Anyway, the Christian scriptures teach us that God will "create new heavens and a new earth: and the former shall not be remembered, nor come into mind. But be ye glad and rejoice for ever in that which I create... Behold, my servants shall sing for joy of heart..." (Isaiah 65:17, 18, 14).

We all rejoice at the birth of a



child. When Jesus was born, "suddenly there was a...multitude of the heavenly host praising God". People "came with haste, and found Mary, and Joseph, and the babe lying in a manger" (Luke 2:13,16). When they took the baby to the temple to offer the required sacrifice, Simeon took him up in his arms;





and blessed God..." (Luke 2:28). When Annie was born there were lots of phone calls, emails, and digital photos shared. Indeed, all rejoice at the birth of a baby (Luke 1:14).

"And Jesus called a little child unto him, and set him in the midst of them, and said, verily I say unto you, except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven" (Matthew 18:2,3).

We are to become as little children, so I am studying my one month old grand daughter, the only daughter of a daughter I have. So far I have seen her eat, sleep, cry and need constant attention. Are we to become like Annie?

Eating. We could be like Annie and Elijah. He did not hear the still, small voice until he was weakened by his fasting "and an angel touched him, and said unto him, arise and eat" (1 Kings 19:4,5). Those who accepted food from Jesus were filled (Matthew 14:20).

Sleeping. Everyone needs sleep, like "the sleep of a laboring man is sweet whether he eat little or much" (Ecclesiastes 5:12). We should be like Annie and sleep when we need it, and sleep as



long as we need to.

Crying. When King David cried unto God, "his voice was heard and the Lord thundered from heaven and the Most High uttered His voice...and delivered me from my strong enemy" (2 Samuel 22:7,14). When Annie cries, her mother comes to solve her problems. We should cry for help as well. "The righteous cry, and the Lord heareth, and delivereth them out of all their troubles" (Psalms 34:17).

Needing attention. Like Annie, we all have problems. "The whole creation groaneth and trembleth in pain together... likewise the Spirit also helpeth our infirmities; for we know not what we should pray for as we ought; but the Spirit itself maketh intercession for us with groanings which cannot be uttered" (Romans 8:26). Like

Annie, we don't always know what we need, but there is one who does.

Jesus said, "suffer little children, and forbid them not to come unto me, for of such is the Kingdom of Heaven" (Matthew 19:14). May we study little children to become like them, for we must be like Annie to have God with us.

Every culture has a tradition of fasting for a purpose, whether to seek to be in tune with spiritual knowledge or power; or to gain some physical advantage, such as cleansing bodily toxins or losing weight. In our church, fasting is a practice with many applications and a multitude of benefits.

Fasting is going without food and drink. There is a physical advantage to letting the body





rest and cleanse itself ocassionally. If going without food for a few hours causes overwhelming cravings, that may be a sign that you have been eating or drinking something that is not good for your body. For example, I used to buy candy to

keep me going all day. Then I spent a night in the hospital for a problem associated with high cholesterol. When the doctor said this was caused by sugar, I quit sugar. I immediately felt much better, had more energy, ate less because I was relieved





of the cravings caused by sugar, and quickly lost 40 pounds with no special effort. As a teenager I heard about the ill effects of caffeine and decided to avoid it. As a result, I spent no money on soda pop during the past 40 years, and live a healthier life without cravings for things that would make me feel badly. Being selective about what we eat and drink can result in great increases in energy and health.

When I turned 18 I decided to spend one year of extra spiritual effort in preparation for my mission. During that time I fre-

quently would add fasting to my study and prayer, including skipping a meal or two. At the end of the year I did a 48 hour fast which I ended by taking the sacrament and rededicating my life to service to the Savior. The

spirit was strong in my heart; strong enough to bring about a change in the direction of my life; strong enough to sustain my direction for many years to come. "I have fasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit" (Alma 5:46). Fasting and prayer can invite the spirit and bring knowledge and testimony.

However, fasting should be sensible. Our monthly Fast Sunday in the church is a pattern for good practice. Eat sensibly on Saturday, then again Sunday evening after church. The two meals we skip result in a 24 hour fast associated with prayer and worship and testimony shar-





Teall who shall see these presents greeting:

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#### United States Air Force

to the same of things thereand belonging.

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By the Bresidens

John Herbert



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ing. Since you did not buy food for those two meals, you save money. The church invites you to sacrifice the value of those meals in a "fast offering". This offering of money is used to help those in need through the welfare system of the church. These sacred funds are used to help people with utilities, rent, food, and medical expenses. Thus our monthly fast is for personal spiritual and physical benefit and also a consecration of our life to help others.

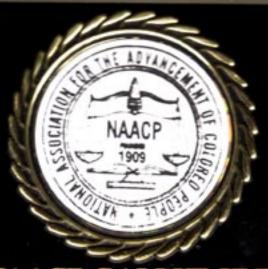
Not everyone can fast, and no one is required to fast. Nursing mothers, young children, and those with medical conditions that don't allow fasting should not fast. The Parkinson's Disease medince prevented me from fasting since 2009. Those of us who do fast should "not appear unto men to fast" (Matthew 6:16-18). Instead we should be cheerful and not advertise our fasting to others.

Fasting improves our lives and gives us added strength. Fasting helps us live other principles of the gospel because it draws us closer to God. Whether you are fasting today or not, you can receive blessing by sharing

testimonies and considering the principles of the Gospel.

During the first two months of Annie's life, Carlene worried day and night about her health and welfare. She fretted over her breathing, eating, and everything she did or did not do, wondering if she could ever survive. Well, at 8 weeks the doctor measured and weighed her and declared her to be in the 90th percentile. That means that Carlene's efforts in nutrition and nurturing have produced a child who is bigger than 90 percent of 2 month old American girls. I am sure she is receiving better care and protection than my great great grandparents could give their children as they sailed the Atlantic and crossed the Great Plains as they were driven from their homes into the barren wilderness of the Great Salt Lake. Yet there is something that is the same; the blessings and advantages of the Gospel of Jesus Christ in their home.

The first advantage is the perspective that the Gospel teachings give of the eternal nature of the children who come to our homes. Each of us is a child of God. Heavenly Father com-



#### NAACP GALLUP UNIT RECOGNIZES

#### DR. ROY HOWARD

オカカカカカカカカカカカカカ FOR YOUR OUTSTANDING SUPPORT AND DEDICATED SERVICE GIVEN TO

DR. MARTIN LUTHER KING JR.
BLACK HISTORY & JUNETEEN DAY
January 19, 2009 ••

manded Adam and Eve to have children (Genesis 1:28). He revealed that one of the purposes of marriage is to provide mortal bodies for spirit children. Parents are partners with our Heavenly Father. He wants each of his children to receive a physical body and to experience earth life. When a man and a woman bring children into this world, they help our Heavenly Father carry out his plan. Seven generations later, our family continues in these beliefs. Seven generations from now. Annie's descendants will be blessed as a result of this tradition.

Another advantage is the priesthood. "And they brought young children to Jesus that he should touch them...and he took them up in his arms, put his hands upon them, and blessed them" (Mark 10:13-16). Today Annie was brought before the church, held by the assembled priesthood brethren and blessed by her father. This naming ceremony is more than a ritual, it is an opportunity to have an intervention from God, as the power of the priesthood is exercised on her behalf. Her health and welfare and education and career

will all be enhanced as a result.

Eight years from now she will have another advantage of the Gospel. Now she does not need baptism, as "little children are alive in Christ, even from the foundation of the world" (Moroni 8:12). The Atonement of Christ makes possible "repentance and baptism unto those who are accountable and capable of committing sin; yea, teach parents that they must repent and be baptized, and humble themselves as their little children, and they shall all be saved with their little children" (Moroni 8:10). Carlene describes her eight year old nephew as bigger, more mature, serious and wise for his years that she expected. Christopher describes himself as ready to make the commitments of baptism with "hope through the atonement of Christ and the power of his resurrection, to be raised into life eternal, and this because of his faith in Him, according to the promise" (Moroni 7:41).

In 2006, Christopher accepted the ordinance of baptism, and received the Gift of the Holy Ghost, one of God's greatest



### Dr. Roy Howard

Thanks
for your contributions to
Bilingual Education

Rosalinda Carreón-Altamirano President 2003-2004 gifts to us. Through the Gift of the Holy Ghost he may know that God lives, that Jesus is the Christ, and that his Church has been restored to the earth. He may have the promptings of the Holy Ghost to tell him all the things he should do (2 Nephi 32:5). The Holy Ghost sanctifies him to prepare him for God's presence. He may enjoy the gifts of the Spirit and have peace in his heart and an understanding of the things of God (1 Corinthians 2:9-12).

May we all bless our children for seven generations to come with Gospel teachings about the Atonement of Christ, and provide them the blessings and ordinances of the priesthood.

My heart has been tender all this week as I confronted the challenges of sickness and death, and misunderstandings and offenses. In the face of my shortcomings and disappointments I pondered the love my Savior has for me. We have personal grief when we lose a loved one. We also can grieve when we lose confidence in our personal relationships.

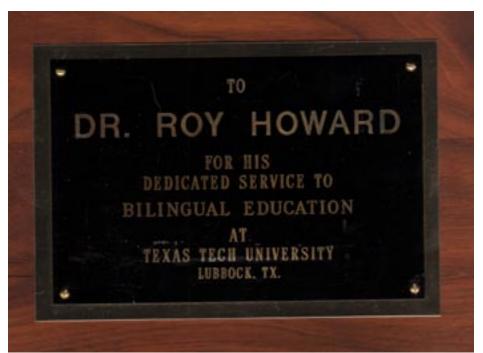
We all know that life is short

and no one is perfect; why don't we learn sooner to love and forgive each other? (Mathew 6:14). The consequences of not forgiving others are too great for anyone. (Matthew 6:15). Why don't we learn to follow Jesus's commandment to not judge one another? (Matthew 7:1)

We have a Heavenly Father. Jesus is his literal son. Jesus Christ is the creator of heaven and earth, the Savior of all mankind, and the God of every nation on the earth. (John 3:16). Through the power of the Holy Ghost, this is my witness to you.

I know my Savior, who rose from the dead, can restore my body after I die. We are happier when we accept our dependence upon God. The Holy Messiah, layeth down his life according to the flesh, and taketh it again by the power of the Spirit, that he may bring to pass the resurrection of the dead, being the first that should rise..." 2 Nephi 2:8.

We are nourished by the good word of God in life, our bodies rest in death, then we are restored in the resurrection. We need not doubt the reality of this resurrection, as there have been



many witnesses. Jesus said to the people in Zarahemla, "arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the the prints of the nails in the hands and in my feet, that ye may know that I am the God of Israel and the God of the whole earth, and have been slain for the sins of the world (3 Nephi 11:14). The cycle of life seen in nature teaches me that life is renewed. That which withers and is buried in the frozen ground, comes back more glorious than ever.

Joe reminds me of my grandfather. Shinálí was born over one hundred twenty years ago in a remote mountain cabin with no villages or towns for many miles around. Like Joe Begay, he worked at a saw mill and for the railroad, and his life was altered by a world war. Joe reminds me of my father. My father was born in 1914 in a log cabin. He lived in railroad cars and roamed about the desert with his donkey and his dog. His poverty and isolation were aggravated by religious persecution. The first funeral I ever attended was for my father's father in 1962. I did not know how to act or what to expect. I thought everyone would be sad and grieving, I was surprised that the relatives were glad to see each other and enjoyed the gathering. When I was called to the hospital to give Joe Begay a blessing I was surprised at the family gathering. Everyone came together to support one another. I have learned that no matter what our

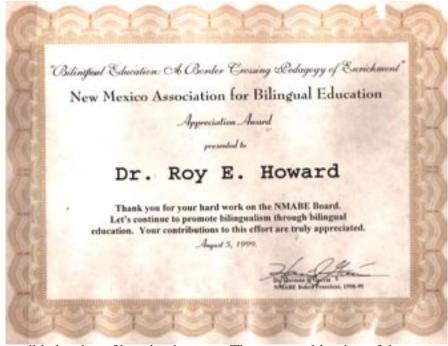
situation in life, we all need one another. When my father was ready to go, he left this world for the next, joyful at the prospects there.

My mother's sister, Varena Lambert, lived a life of self sufficiency, resourcefulness, and service to others. Yet she, like my mother and my father's sister, became dependent upon those she had served. It is true for all of us. If we live long enough, we don't just become older and wiser, we become older and more dependent. If we are humble, we give others the chance to be of service and we learn to accept the interventions of others; we learn to be dependent as part of our preparation to meet our God.



Throughout history the Lord has relied upon the power of humility to bring His people back to Him. When Father Adam was cast out of the Garden of Eden into the lone and dreary world, it quickly became appar-

ent to him that he needed to rely upon God for his survival. Let's be humble like Father Adam and pray to God. Likewise. Noah learned to be humble and rely upon the Lord to be saved at the time of the Flood. Let's be like Noah and obey God. The people of Jared humbled themselves at the Tower of Babel and were sustained and guided by the Lord. Let's be like Jared and work hard to stay close to our families. King Benjamin worked for his own sustenance and reminded his people, "when you are in the service of your fellow being you are in the service of your God" (Mosiah 2:17). Let's be like King Benjamin and do what we can for ourselves. We sympathize with Mary, who had the



terrible burden of burying her son; but we are encouraged that she accepted the support of others, as Jesus on the cross commended her care to his beloved disciples. Let's be like Mary, humble enough to accept what others have to offer us.

All through the Book of Mormon we read of the cycle of pride and humility: pride causing sin, and the inevitable suffering bringing about the humility that puts the people back in touch with the Spirit and in the service of others. Then the Spirit of God leads them on the straight and narrow path that leads to the Plan of Happiness.

The greatest blessing of the Atonement of Christ is forgiveness. Christ has the power to cleanse us from our sins as we accept His intervention for us through faith, repentance, baptism (tó bee), and enduring to the end. "Yea, and as often as my people repent will I forgive them their trespasses against me. And ye shall also forgive one another your trespasses... (Mosiah 26:31,32).

It is my testimony that God lives and that Jesus Christ, whose Atonement and Resurrection we celebrate each time we partake of the Sacrament, is our living Savior. I have received this powerful witness of the Spirit as I studied the Gospel and tried to live my covenants. I have learned by the Spirit that this is His church, led by living prophets,

and endowed with power in the priesthood. I know that Christ lives and loves us all. I know that our Heavenly Father loves all of His children. I know that he has given us a way to be happy. We must love one another. (John 13:35).

When the first Europeans came to America, they learned to eat the native foods. The Pilgrims restored their health with pumpkin, corn, squash, turkey, and a multitude of berries and sea foods so different from the salted meat and fish, peas, beans, beer, and hard cheese of their journey. Later the traders brought exotic tropical goods like sugar. By the late 1800s Americans were consuming five pounds of sugar per year. By the late 1900s the consumption was 26 pounds per year. Now Americans ingest 135 pounds of sugar per year! Taking in more sugar than your body can process causes problems, including raising the insulin level, inhibiting the release of growth hormones, depressing the immune system, promoting the storage of fat, elevating triglyceride levels.

Sugar increases cardiovascular disease, cancer, osteoporosis, and tooth decay. Sugar aggravates asthma, mood swings, personality changes, mental illness, nervous disorders, diabetes, gallstones, hypertension, obesity, degenerative disease, and the common cold. Furthermore. sugar is devoid of minerals, vitamins, fiber, and has a deteriorating effect on the endocrine system. Sugar can even speed the aging process, causing wrinkles and gray hair. Yet we are constantly served sugar rich foods, and easily develop a constant urge to eat more of this imported poison, even though it makes us feel worse.

It seems to be in our nature to do things that are bad for our bodies. We do the same with things that are bad for our spirits.

When Adam was confronted by God about eating something he shouldn't, he first hid himself. Then he said, "The woman thou gavest me, and commandest that



she should remain with me, she gave me of the fruit of the tree and I did eat" (Moses 4:18). It seems to be a natural, pleasant pastime to criticize the government, the church, our friends. and especially our relatives. But if we make it a habit, criticizing others only weakens ourselves. It seems to be very natural for us to do things that are bad for us and then justify ourselves by blaming others. "For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a

saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father" (Mosiah 3:19). One characteristic of children that we need to learn for ourselves, is their purity of heart. They are willing to submit to all things, and not blame others. Blaming others does not affect the person we blame, it changes us; it changes our heart.

Our 17th Century ancestors used sugar as a condiment and a rare

and special treat. Somehow we have continued to increase the dose until our bodies cannot process it, and it changes us like a poison. We are also poisoned within when we criticize others. The principle is, "See that ve love one another..."(D&C 88: 123) "cease to contend one with another; cease to speak evil one of another" (D&C 136: 23). If we take too much sugar, we develop cravings and want even more. The result of criticizing is that it becomes our nature, we do it more and more, causing a change in our own heart, such that we no longer have room for the Spirit of God, and darkness rules our life. Be aware of your own weaknesses and shortcomings. I guarantee that the people

around you, especially your friends and relatives, will do plenty to irritate you. However, criticizing them only poisons your own heart, resulting in more adverse symptoms than you want or need. I am fortunate that my wife does not have any weakness or shortcomings, so we are both free to concentrate on mine. Christ atoned for the sins of your friends and relatives. Let Christ judge them. Don't weaken your own heart by choosing to react badly to their shortcomings.

There are no references in all the scriptures to sugar. Refined sugar is a new, modern problem that is "to be used, with judgment, not to excess" (D&C





59:20). Just like too much sugar weakens the body, too much criticism weakens the spirit. Choose to be strong, not weak. Choose to let Christ be the judge, you are not the judge. Choose to love one another. The scriptures do give advice about this ancient problem. "If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?" (1 John 4:20). "Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God" (1 John 4:7).

"And now behold, I say unto you, my brethren, if ye have experienced a change of heart, and if ye have felt to sing the song of redeeming love, I would ask, can ye feel so now? Have ye walked, keeping yourselves blameless before God? Could ye say, if ye were called to die at this time, within yourselves, that ye have been sufficiently humble? That your garments have been cleansed and made white through the blood of Christ, who will come to redeem his people from their sins?" (Alma 5:26-27).

### 7. Music and Traditions

"Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice." 1 Kings 19:11

One stormy night in Chile, my parents arrived at a meeting where the young people were noisy, and all was in commotion, because the people in charge did not on time. When my mother started playing the prelude music on the organ, the congregation settled down, and when Apostle David Haight arrived, all was organized, peaceful, and in order. Music can drive out the evil spirits and bring peace if it is the music that makes the soul at peace and brings to mind good memories, beautiful thoughts, and prayer. "If thou art merry, praise the Lord

with singing, with music, with dancing, and with a prayer of praise and thanksgiving" (D&C 136:28).

A letter to the musicians, December, 2009. Thank you for all you did this year to support the Derby Stake Christmas Program, "Christmas Around the World". Not everyone performed, but everyone helped make it an important experience. You made a difference whether you attended the event as a performer, organizer, or in the audience. You also contributed more than you can imagine if you did not attend, but you expressed interest early on or attended rehearsals, or even just got on the mailing list, because even that level of participation encouraged the rest of us to carry on and complete our preparations.

I hope that whatever your level of participation, the experience was a blessing for you and your family and friends. I hope that your life has been enriched by this event, whether by the investment of your time in improving your talents, and therefore your ability to be of service; or by your association



with others as you contributed to a joint effort; or by the feelings of testimony or fellowship that came during the presentation; or by stimulating ideas for teaching positive traditions and Gospel messages to your family, friends, and in your Church callings; or by tapping into the unfathomable depths of aesthetics, intellect, and spirituality, that are stimulated by a wonderful arts experience.

I am surprised that this is the song from last night that is stuck in my head:

I'll have a blue Christmas without you

I'll be so blue just thinking about you Decorations of red on a green Christmas tree Won't be the same dear, if you're not here with me

And when the blue snowflakes start falling
That's when those blue memories start calling
You'll be doing alright with your
Christmas of white
But I'll have a blue Christmas

You'll be doing alright with your Christmas of white But I'll have a blue, blue Christmas It makes sense, though, if you will permit me a personal note:

From 1956 to 2008, music was the primary activity and identity of my life. In Fall 2008 I cried many tears as I grieved for the loss of my ability to perform and participate in music as Parkinson's Disease changed me. I was shaking too much to perform, so I sold my instruments, quit the Arts Center I had established, gave up my home and friends, quit a number of performing groups, retired from my teaching job, and moved to Kansas, where I had never been before, so that my children could take care of me and my wife in our waning years. Then a miracle happened. All of you gave me another chance. You let me have a most wonderful experience in 2009 with music. You let me associate with musicians. You inspired me to compose new music and feel useful as I arranged music for you, in spite of having to learn to adjust to my new limitations. I don't know what that meant to you or to our audiences and congregations this year, but it surely was a blessing to me.

"Sing unto the Lord; for he hath

done excellent things... Cry out and shout... for great is the Holy One of Israel in the midst of thee" (2 Nephi 22:5,6). "Break forth into joy; sing together... for the Lord hath comforted his people,, he hath redeemed Jerusalem" (Mosiah 12:23). "Break forth into singing, and cry aloud..." (3 Nephi 22:1). "Therefore, the redeemed of the Lord shall return, and come with singing unto Zion; and everlasting joy and holiness shall be upon their heads; and they shall obtain gladness and joy; sorrow and mourning shall flee away" (2 Nephi 8:11). By singing we bear testimony. Music has power to express our deepest feelings of gratitude, praise, and honor.

May you bear testimony and invite the spirit of peace and joy into your homes by having a musical Christmas.

Thank you again. It would have been a blue Christmas without you.

1 January 2010. There is hope for the future. We have been regenerated and energized by our experience in Kansas. We have applied to be "temple

#### Western New Mexico University

To all who shall me this providentation, greatings

Time on that having been intrusted with appoplicant responsibilities with arriving on a member of the Wintern New . Person University 1 min 18 11 franchy from bygant 1942 av. Boy 244.25

#### Roy Roward

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Should be Reported

new York Marine University



missionaries", with a probable assignment in Ecuador. It is possible that we won't be here next Christmas. We volunteered after visiting my brother and his wife when they were temple missionaries Nauvoo. I was inspired by that visit to compose "Canon in D: Nauvoo Connections" ( http://www. cantos.org/music/orchestra/). When the temple president in Guayaquil heard it, he replied, "Estoy seguro que cuando estén en el Templo de Guayaquil seguirá teniendo la inspiración para componer más música sacra." (I am sure that when you are in the Guayaquil Temple, you will continue receiving inspiration to compose more sacred music). In other words, my opportunities to serve with music are not over yet!

The roots of my musical heritage come from my pioneer ancestors who brought pianos from England, and singing from Wales. The 19th Century grandparents of my parents gathered in their families for dinner after working on the farm all day. Then they would sing and play instruments and read and talk. My parents were raised this way in the early 1900s. In the mid

1900s, that is how we lived as well. We ate together, prayed together, and gathered while my mother played the organ each night to sing and play instruments. In the 1970s and 80s we did the same. When I started playing the piano or the guitar each night, it was a signal for all to gather for a devotional and singing time. Each of my children was taught piano, singing, and other instruments at home. Throughout the 20th Century, all

of our family members sang or played in musical groups in school, church, and community; especially me.

My principal identity since 1956 has been as a musician. I was a music major in high school. I have had many kinds of jobs, but always I have been a musician. Whether hoeing sugar beets or digging ditches, or painting houses, or washing dishes, I was always in rhythm, singing, composing, or writing a song. I never got a job as a music teacher, so I was a musical teacher. I wrote songs for teaching languages, reading, writing, arithmetic, science, social studies, and everything else. I remember irritating my music professors by saying that music



### The House of Representatives

of the

## State of New Mexico

FORTY-THIRD LEGISLATURE FIRST SESSION - 1997

Having Learned of the Outstanding Achievement and Exceptional Accomplishment of

> Dr. Loy Howard, Southern Consortium Dep.

> > for

Your Dedication, Support and Commitment to Educate our Youth through Bilingual Multicultural Education

Does hereby extend its congratulations and acknowledgment; and further

While duly assembled in session at the State Capitol in Santa Fe, under the Constitution and Laws of the State of New Mexico, Does herein direct that this official expression of its pride be forthwith sent on behalf of the people of the State of New Mexico.

Signed and Scaled at The Capitol, in the Gity of Sonta Se.

REPRESENTATIVE ROBERTS BUMBY WANTERS

could be used for teaching other subjects; as they were promoting the study of music. I taught music lessons for 11 years, and performed all my life. I composed music and wrote songs and tuned pianos consistently since 1966. I used music in all my church callings whether in Primary, Young Men, Activities, or a priesthood quorum. I promoted music and musical activity when in the bishopric, the high council, the ward or stake mission, or as branch president.

I played all the band and orchestra instruments, and also performed with many ethnic instruments, especially those of Latin American and Native American tradition. I played in bars and taverns, dance halls and concert halls, churches and pavilions. I sang on street corners and stages, classrooms and cafeterias, nursing homes and individual homes. I sold recordings of my self and friends on vinyl, tape, cassette, CD, DVD, and html. Now I have gone on and beyond all that. Without any cost to me or those who listen, I share compositions on YouTube. That means that my grandchildren along with people in every continent can enjoy

my documentaries, orchestrations, songs, performances, and other creative works for free. I would put more of my songs and hymns and etudes and symphonies and melodies on YouTube if I had time, but I keep thinking of new ideas that are even more compelling and current.

I have been composing since my first day in college music theory. Knowledge is empowering because it gives you tools. Creativity is unleashed when you have the skills to use your talents. I also performed in many styles and modes and venues. I sang soprano, alto, tenor, and bass in choir, barbershop quartet, musicals, operas, oratorio, mariachi, norteño, country, jazz, rock, folk, and various religious traditions. I played woodwind, brass, percussion, strings, and keyboards with untold numbers of people and groups. I led large and small choral and instrumental groups in church and community venues. I organized festivals and concerts. Now I think of myself as a composer more than as a performer or leader.

I rejected popular music when the romanticism and complex

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rhythms and harmonies and virtuoso performances of the 1940s and 50s were replaced by the simple minded yelling and sensuality of Rock and Roll starting in the early 1960s. I don't listen to the radio or TV performances of pop music ever by choice. Therefore, I no doubt do not create music that is in vogue or sounds familiar or is marketable to the masses. I write what I feel. My style is influenced by the classical and jazz and religious music of my listening preference, or perhaps by the folk music of the Hootenanny era of 1960s. I was interested in folk, ethnic, regional, historical, and authentic music then and now. I don't like commercialized music. I believe in the music that lasts from generation to generation in any nation's history. I write songs for schools in English, Spanish, and Navajo. I write music for church, including etudes, hymns, anthems, cantatas, and songs. I write symphonies, jazz, and a variety of styles for choir, band, orchestra, piano, and specific vocal or instrumental ensembles. I write songs and other compositions that I don't even know how to classify. I usually think of or dream a musical idea, then write it on the computer or pencil and paper. Sometimes I work with the guitar and voice to develop an idea. Some of my ideas are performed by others. Most are unknown to the public, as I am a creator, not a salesman. No promoter has ever invested in my efforts, yet I am not discouraged. We should all create in whatever our medium. It is not



necessary to sell our ideas for them to be valuable. Creation is life. Life is creating. Live, learn, and be happy.

I attend many conferences which celebrate and promote the traditions of various groups, especially those whose languages and cultures are in danger of being lost. The people who attend are simultaneously open to a variety of practices, and dedicated to helping people keep alive their specific traditions, and to creating environments that are safe for differences. The history of the world is replete with examples of intolerance. At the Binational Summit for Rural Indigenous Education in Creel, Chihuahua I attended. many examples were shared of

oppression of native languages and cultures. Now there seems to be a trend for governments to have official policies supporting native languages and cultural perspectives, but there are many barriers to implementing these policies, the strongest of which are the attitudes of people and the way they treat one another when there is a difference. The Tarahumara people work hard to preserve their Rarámi language and tradition and history. The strongest tool they have is music. They teach traditional instruments, singing, and dancing to the children, then continue to use music as adults in ceremony, entertainment, worship, and all aspects of daily life.



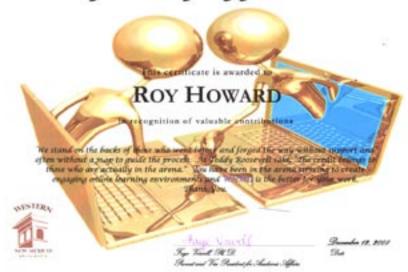


My own family has suffered for generations in many ways. When my father was a young boy in Mina, Nevada, he was an outcast due to the religion of his family. As a result he spent a lot of time with his dog and his burro, wandering about the desert. His only friends were other outcasts: the Italian Catholic boy, and the Washoe boy. As a result, he became an expert in rocks and raised a family with multicultural values, including learning languages and making friends of various countries and creeds. Another result was a clear definition of his own values and the ability

to pass those values on to his children, and their children, and their children.

Today we are bombarded with challenges to our values. In Chihuahua there are communities of people (such as the Mennonites and Tarahumara) who live apart from others as a choice to insulate themselves from the influence of the world in order to preserve their values throughout each generation. The conference I attended identified challenges to those communities. As their children leave the traditional community for education or work they are more likely to transfer their support to

### Certificate of Appreciation



other traditions. They are losing their children to worldliness, marriage into other traditions, and the vagaries of life. No one can keep their children from the world, not even ourselves. How can we live in the world, but not be of the world?

The traditions of December can help. If we join with the world in seeing December as a time for giving, we are following the Lord's example of giving (3 Nephi 13:1); and laying up treasures in heaven (3 Nephi 13:20). Of course, if we join with the world as seeing December as a time for getting, we are in danger of losing our values.

Another help is our weekly practice of ordinances and teachings and fellowship at church meetings. Our children see that highly valued people live and speak as they do, and it becomes safer and more desirable for them to be like their parents.

The most important way to preserve our values is for our children to see us practice them daily. Choose to view only the best in entertainment. Choose to model speech that honors the creator and is respectful of others. Choose to seek knowledge from the best books. Show your children your love with the gift

# Church of Jesus Christ of Latter Day Saints

#### Colombia-Venezuela Mission

ROY EDWARD HOWARD

This certifies that you are himoably released from your appointment as a missionary in this Mission No greater service can be rendered than to labor faithfully for the salvation of the souls of men. The gratifude of those who have been the beneficiaries of your voluntary generous labors will ever be a source of satisfaction and inspiration to you.

May the jey that comes from the conscientious performance of the duties of this high calling ever abide with you and inspire you with a constant devotion to the Guspel of Jesus Christ

Jan. 9 1970 House President

of time and good conversation and by listening to them. Teach children about Jesus. He was criticized for spending time with those of various cultures and classes; but he was able to interact with different people with confidence because he was secure in his own beliefs and values.

Gordon B. Hinckley said:

"These are the days long forseen when the earth would be in turmoil. Jesus reassured us that the Lord is in charge of our fate, and when we are in tune with His teachings and Spirit, we will be under His influence. No power on earth can thwart the progress

of His work. Act in love for others, be kind in spite of differences, pray, be obedient, be good." Music and the arts in our homes and churches and communites can help us stay in tune with eternal principles and values.

Lamanite traditions are usually characterized by the Nephite writers as false traditions that prevent people from accepting the true religion and living in peace (Mosiah 1:5; 10:12-17; Alma 3:8; 9:16,17; 17:9-15; 24:7-10; 60:32; Helaman 5:51; 15:7-9; 6:7; Alma 37:25-31; 4 Nephi 1:38-39).

Nephite traditions are usually characterized as correct ideas that lead to salvation and peace (Enos 1:14; Mosiah 26:1; 60:34; 1 Nephi 15:14; Alma 37:32-37; 3 Nephi 1:9-11; Alma 21:8: Helaman 7:5; 20; 13:21-22; 1 Nephi 1:37).

The solution for keeping correct traditions is clear in the scripture: Nephites preserved correct traditions by keeping records (Alma 3:11). Lamanites who believed the scriptures abandoned the traditions of their fathers (3 Nephi 5:3-6; Helaman 15:15).

Stories, drama, dance, art, and music were essential modes of record keeping then as now.

Practicing false traditions can deviate us from correct paths. It would behoove us to periodically review our own traditions to be sure that they represent and facilitate our beliefs.

December traditions practiced by my parents in California did not include a "white Christmas". We did more singing around the organ. We had a devotional around the lighted tree on the 24th that included a reading of Luke Chapter 2 as well as "The Night Before Christmas". The next morning we were ushered past the tree and into the kitchen for a hardy breakfast before we could gather as a family to unwrap presents from each other and see what Santa had brought in the night. This year it is just the two of us at home. We have



### MELCHIZEDEK PRIESTHOOD ORDINATION CERTIFICATE

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was ordained to the office of parameter			in the Melchizedek Priesthood
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not killed any trees or strung any special lights. We are not looking for Santa Claus to come down the chimney, and we are not even singing carols around the organ. Our traditions have changed with our circumstances. We join in community celebrations that reinforce and give voice to our beliefs.

Janeen's office party fostered good will and thoughtfulness through a "Secret Santa" gift exchange. For several days each person left little gifts and sayings. Roy's office selected two families in need. Each was assigned to prepare gifts or food to help them celebrate. By thinking of others we are following the Lord's example of giving (3 Nephi 13:1); and laying up treasures in heaven (3 Nephi 13:20)

The Gallup community choir and orchestra presented Handel's Messiah to a full house. The music delivers the message of Nephi's favorite writer, Isaiah, that the Savior would come to bring peace to a troubled world. This music has been a Christmas tradition since 1741. Those who attended could hear the Gospel quoted directly from the scriptures: Comfort ye, comfort ye my people, saith your God. The voice of him that crieth in the wilderness: Prepare ye the way of the Lord. And the glory of the Lord shall be revealed, and all flesh shall see it together (3 Nephi 16:18-20).

Four musical groups performed at the Christmas Caroling con-

cert in Gallup. In the European tradition, "a carol" was a secular song about the birth of Jesus, not music officially sanctioned by the church. Tens of thousands of these tunes have come and gone since our oldest known carol was written back in 1410. In our singing, let us remember the carols and hymns that remind us of the Savior, and keep "Frosty the Snowman" and all the holiday songs in their place (Alma 5:26).

Some of our strongest traditions like mistletoe, holly, decorated trees, and even Santa Claus. are adapted for Christmas from other cultures. The tropical Poinsettia was brought from Mexico to South Carolina by Ambassador Dr. Joel Poinsett. Since it bloomed in December and had red leaves, it easily adapted to the Christmas tradition of the U.S. We can't keep it alive in our climate, but we don't try to keep the trees alive either. In Mexico, the 16th Century Spanish priests created new stories to overcome the traditions of the people, including a story of a Christmas miracle to change "El Cuetlaxóchitl" into "la flor de la noche buena". Indeed, El Cuetlaxóchitl

had been used for centuries in México by physicians to treat disease, by weavers as a dye, and by priests to overcome evil (Alma 46:40).

Hard candy sticks were first bent into a cane by a choir master in Cologne in 1670. He just wanted to keep the kids quiet during the services. The crook made it easy to hang on a tree. The red stripes were invented by Bob McCormick in Albany, New York in 1920, and the legends and myths about the meaning of the shepherds crook and the red blood and the purity of the white were added. Candy canes may be an invention, and not even good for our teeth and cholesterol, but if we try we can add stories to any tradition that attach those practices to our beliefs. The test of the goodness of a tradition is the result (3 Nephi 14: 18, 20).



# Diploma of Graduation



State of California Roy E. Stappen Superistance of Public Instruction



having completed the elementary school course of study, comprising

8 years of instruction, in the MILLBRAE

School District, is atuarded this Diploma of Graduation by the District Governing

Bourd.

Batel: JUNE, 1962

Hembers:

Thomas / Lauts

We believe with Joseph Smith that Christ was born during the lambing season of the spring, but are glad to celebrate the coming of our Savior along with the rest of the world in December. We need a celebration of lights when the nights are long and cold (3 Nephi 1:15). Let's celebrate our Christian belief with Christian living, every chance we get (3 Nephi 16:4).

The angel of the Lord announced the birth of Christ to the shepherds. Suddenly there was a multitude of the heavenly host praising God and saying, "Glory to God in the Highest, and on earth, peace, good will toward men" (Luke 2: 13,14). At the Last Supper, Jesus taught his followers, "and when they had sung an hymn, they went out into the mount of Olives" where he offered his ultimate sacrifice for us, those He loves. In this same pattern, today we sing for worship and instruction at home and at church. Music has power to teach the Gospel.

During the Jaredite journey of three hundred and forty four days on the water, "they did sing praises unto the Lord; yea, the brother of Jared id sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord" (Ether 6:9). Today we can sing to cheer our hearts. Music has power to sustain people during difficult times.

"Sing unto the Lord; for he hath done excellent things... Cry out and shout... for great is the Holy One of Israel in the midst of thee" (2 Nephi 22:5,6). "Break forth into joy; sing together... for the Lord hath comforted his people,, he hath redeemed Jerusalem" (Mosiah 12:23). "Break forth into singing, and cry aloud..." (3 Nephi 22:1). By singing we bear testimony. Music has power to express our deepest feelings of gratitude, praise, and honor.

In his vision of heaven Lehi "saw God sitting upon his throne, surrounded with numberless concourses of angels in the attitude of singing and praising their God" (1 Nephi 1:8). When Alma saw the same vision of angels singing and praising their God he longed to be there (Alma 36:22). King Benjamin was looking forward to the time when his "immortal spirit may join the choirs above in singing the praises of a just God" (Mosiah 2:28). Mormon saw the time when the just would "dwell in the presence of God in

his kingdom, to sing ceaseless praises with the choirs above, unto the Father, and unto the Son, and unto the Holy Ghost, which are one God, in a state of happiness which hath no end" (Mormon 7:7). Singing is an attribute of God. Music has power to lift us to a state of happiness in the presence of God.

When Alma taught the people at the waters of Mormon, they found testimony and knowlege, "and how blessed are they, for they shall sing to his praise forever" (Mosiah 18:30). Alma taught that those who had received a change of heart were "loosed from the pains of hell; and they are brought to sing the song of redeeming love, and this because of the power of his word which is in us" (Alma 5:26; 26:13). Music is the natural expression of a changed heart.





When the Nephites realized the war was over, "they did break forth, all as one, in singing, and praising their God for the great thing which he had done for them" saying, "Hosanna to the Most High God. Blessed be the name of the Lord God Almighty, the Most High God. And their hearts were swollen with joy, unto the gushing out of many tears, because of the great goodness of God" (3 Nephi 4:31-33). Music gives voice to our gratitude.

"Therefore, the redeemed of the Lord shall return, and come with singing unto Zion; and everlasting joy and holiness shall be upon their heads; and they shall obtain gladness and joy; sorrow and mourning shall flee away" (2 Nephi 8:11). May you invite the spirit of peace and joy into your homes by having a musical Christmas.

Christmas Eve becomes a magical time as we share stories and experiences and take time to listen to one another. In order to accomodate all the religions and traditions of the winter season. the trend is to wish everyone "Happy Holidays". However, we are of a particular religion and tradition that celebrates the coming of the Savior of of mankind. Every time we wish people a "Merry Christmas" we are bearing testimony. Although December is good for sharing the gifts and greetings of the



season with our neighbors of every tradition, let's be specific about our belief and testimony with our families, at least on our sacred day, Christmas Eve.

"And behold, an angel of the Lord hath declared it unto me, and he did bring glad tidings to my soul. And behold, I was sent unto you to declare it unto you also, that ye might have glad tidings..." (Helaman 13:7). For centuries the prophets gave the people hope in the midst of their suffering by telling the good news, that a Savior would come to a troubled world.

"And behold, [Samuel] said unto them: Behold, I give unto you a sign; for five years more cometh, and behold, then cometh the Son of God to redeem all those who shall believe in his name. And behold, this will I give unto you for a sign at the time of his coming; for behold, there shall be great lights in heaven, insomuch that in the night before he cometh there shall be no darkness, insomuch that it shall appear unto man as if it were day. Therefore, there shall be one day and a night and a day, as if it were one day and there were no

one day and there were no night; and this shall be unto you for a sign; for ye shall know the rising of the sun and also of its setting... and it shall be the night before he is born. And behold, a new star shall arise, such an one as ye never have beheld; and this also shall be a sign unto you. And behold, this is not all, there shall be many signs and wonders in heaven.... And it shall come to pass that whosoever shall believe on the Son of God, the same shall have everlasting life"





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ROT HOWARD

for outstanding service to the Arnold Air Society

> National Conslave Caterer Coordinator 1972-1973

In witness whereof we hereunto affix our signatures and the seal of the Society.



EXECUTIV

(Helaman 14:2-8).

Our Christmas Eve is a celebration of lights. Let us use the

symbols of the lights to remind our children of the great joy that came to all mankind when lights in the sky were a sign of His Holy Birth. "Lift up your heart and be of good cheer, for behold, the time is at hand, and on this night shall the sign be given, and on the morrow come I into the world, to show unto the world that I will fulfill all that which I have caused to be spoken by the mouth of my holy prophets" (3 Nephi 1:13).

"And it came to pass that the words which came unto Nephi were fulfilled according as they had been spoken; for behold, at the going down of the sun there was no darkness; and the people were astonished because there was no darkness when the night came. And they began to know that the Son of God must shortly appear..." (3 Nephi 1:15-17). "And it had come to pass, yea, all things, every whit, according to the words of the prophets. And it came to pass that a new star did appear, according to the word. And I looked and beheld the virgin again, bearing a child in her arms. And the angel said unto me: Behold the Lamb of God, yea, even the Son of the Eternal Father"

This Christmas Eve, let us gather our children and be

(1 Nephi 11:20, 21)

with our friends and make this a most sacred day of praise and worship and joy. Let us put our differences and offenses behind us today. Let us rejoice together, for the Creator of heaven and earth has come to us. Let us learn to come to Him. Let us make this a day to remember, a day for our children to remember. Merry Christmas!

When I was four, each month was a major part of my life. When I was 20, two years was a whopping 10 percent, and seemed like a long time. However, the past 10 years I have lived in this area seems like a short time, as it is a small percentage of my life. What seems "wisdom of the elders" may be just a more patient view of each day, due to having seen so many days. The elders are beginning to see from experience that "the sufferings of this present time are not worthy to be compared





with the glory that shall be revealed to us" (Romans 8:18). "For we know that the whole creation groaneth and travaileth in pain together until now... for we are saved by hope... if we hope for that we see not, then do we with patience wait for it" (Romans 8:22, 24, 25).

The One with the most experience put it this way: "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts" (Isaiah 55:9). Thus, it is our experience that strengthens our hope. Hope is the foundation of

faith, and faith leads us to charity towards others and a personal path of healthy, happy living (1 Corinthians 13). Since charity and a broad experience can lead us to think of others and lift their burdens (Isaiah 58: 6, 7), as we begin the new year, let us take personal time to reflect on how these past years have prepared us to be of service to others. Let us take stock of our responsibility to those who have not had our years of experience, or built a strong foundation of faith, hope, and charity. Think of the children of our community and how we can influence them.

# 8. Resolve to Keep Your Covenants

He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock" (Luke 6: 48).

December is the time of year that I usually tell the story of Pancho Clos, the South Pole cousin of Santa Claus, "You know how Santa makes the children wonder what they are going to get for Christmas? Pancho helps them think of what they are going to give, because happiness and peace comes in the service we give to others." The real message of Christmas is that "God so loved the world, that he gave His only begotten Son" (John 3:16). What did Jesus do when He was on the earth? He spent all His time serving others, then taught by example that the greatest expression of love is giving oneself entirely and selflessly for others (John 13:15). His disciples taught that we receive the love of God only when we think of others (1 John

3:17; Mosiah 2:17).

Of course, everyone knows these principles. Just look at the Christmas TV and movie specials. Every one of them shows miserable seekers of worldly pleasures contrasted with people who find happiness by giving time to strangers, friends, and family. If everyone knows this, what happens that distracts so many from the path of happiness? The time will come when the knowledge of the Savior shall spread to every nation, kindred, tongue and people, but until then, the natural man is an enemy to God (Mosiah 3:19,20). What is natural? to think of yourself first. To be happy like God, do what God does, seek the happiness of others (Moses 1:39). When Nephi understood the condescension of God (1 Nephi 11:26-33), he realized





that God's purpose for us is that we might be happy, like He is (2 Nephi 2:25). When Adam understood the purpose of the Law of Sacrifice, he knew that he could have joy in this life as well as in the world to come (Moses 5:10).

The Time Magazine "Person of the Year 2009" is Ben Bernanke, the chairman of the Federal Reserve. He is credited with having reshaped the global economy this year, saving all nations from a disastrous financial depression. His response to a crisis caused by greed was to make money more available. There is nothing new in this tendency of mankind. Paul wrote that many sorrows come to those who love money more than righteousness, godliness, faith, love, patience, and meekness. They fall into temptation, snares, foolish and hurtful lusts. destruction, and perdition. He says that they have erred from the faith and are pierced through with many sorrows (1 Timothy 6: 9-11). Malachi noted the common tendency of man to "rob God" and explained God's plan for financial success: "bring ye

all the tithes into the storehouse that there may be meat in mine house... I will open the windows of heaven and pour you out a blessing, that there shall not be room enough to receive it" (Malachi 3:7-11). What we bring to God's storehouse is available to help others.

God is happy as He serves us. We are happy as we serve others (Matthew 19:20). I can't give money to every needy person, but I can find peace as I pay tithes and offerings so that the needy can be helped. God provided the Law of Sacrifice to bring us to this state of happiness as we serve others. "And moreover, I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it." (Mosiah 2:41).

This new year portends perilous times of great tribulation (Matthew 24). Our children who are prepared will be blessed (Matthew 25). But we cannot leave children to raise each other. Adults must take an active role in their instruction. Let us resolve to take an active role in preparing the next generation for the challenges they will face. Here are a few suggestions.

Take time to read and talk to the children from birth. Today we see many children who cannot give attention in school to instruction or to books or even to the wonders that computers can offer. Such children not only do not prosper in school, but may not become self sufficient, responsible citizens and parents because of their undisciplined habits. It is never too late to start the habits of reading and discussing in the home. When





the children of Israel returned from captivity in Babylon, it was hearing the scribe read to them that brought great changes in their lives (Nehemiah 8).

Introduce children to the best in music and the all the arts. Pay attention to the lyrics and the images and the effect they have on the children. "For if the trumpet give an uncertain sound, who shall prepare himself to the battle?" (1 Corinthians 14:8). Children raised on popular styles alone are not prepared to

benefit from the spiritual and intellectual opportunities of the classics. "I will pray with the spirit,, and I will pray with the understanding also; I will sing with the spirit, and I will sing with the understanding also" (1 Corinthians 14:15).

Attend church regularly with the children. There we hear the good news and fellowship with others of similar values. Our children need the rituals, the instruction, and the example of peers and elders. They need to experience goodness to develop hope, faith, and charity.

"Train up a child in the way he should go; and when he is old, he will not depart from it" (Proverbs 22:6). You will be blessed in this new year as you lead others in safe paths.

In 1965 I received my patriarchal blessing. From time to time I read it again, searching for insights that might guide my choices and decisions. The beginning of a new year is a very good time for reflection and decision making. The world calls it "New Years Resolutions". Whatever you call it, it is important to take a careful look at your path in life and make course corrections so you get where you want to go. Here are some highlights from my blessing.

"I give you this patriarchal blessing and inform you of the will of our Father in Heaven. May this blessing be to you as a guiding light throughout your life and give to you a stronger desire to live according to the principles of the gospel and an insight into you eternal past, the present, and things which will

be of value in our future life." I was told that I was of the tribe of Joseph and Ephraim and heir to the covenant of Abraham: I was blessed to rejoice in the priesthood and accept callings. I was promised the companionship of the Holy Ghost to constantly guide me; and health and strength to fulfill my callings. I was blessed to finish my schooling and to instruct and influence others with music. I was promised that I would run and not be weary and walk and not faint because of the blessings of the Word of Wisdom. I was promised prosperity if I would pay tithing. I was admonished to honor my parents and appreciate their strengths. I was blessed with a testimony of the restoration of the gospel and blessings for sharing my testimony with others. I was promised an eternal companion and children who would praise God if I would obey the law of chastity. I was promised eternal life with my family, and all this according to my faithfulness.

Surely I have not always walked a straight path. I have not always met the expectations of others or been faithful to the promises and covenants of my



blessing. Although I can't do anything about what happened before, I can change the future. I can plot a course to where I want to go based on where I am now. I can read the scriptures daily to stay in tune with the Gift of the Holy Ghost. I can attend church where I can share testimonies and have opportunities to serve others. I can live the law of chastity by rejecting offensive movies and internet content. I can pay my tithing as a first step toward solving my financial problems. I can live and make choices with more

than myself in mind. I can think of the consequences of my actions on those around me and my descendants to the 7th generation. I need to think of teaching the Gospel to my children all the days of my life.

"Awake, my sons; put on the armor of righteousness. Shake off the chains with which ye are bound, and come forth out of obscurity, and arise from the dust. And now my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye

must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which yea are built, which is a sure foundation, a foundation whereon if men build they cannot fall" (Helaman 5:12).

Helaman's sons shared this testimony among all the people of Nephi from one city to another, and among the Lamanites. Their testimony convinced many who had become inactive. The people they taught abandoned their sins and false traditions, and repented and remained faithful all their lives.

Let us be like the Lamanites of old by self reflection and course correction. Look ahead to where you want to be, and set a course that will take you there with your family.

All throughout December people wish us "happy holidays". I appreciate Ramadan, Hannukah, and Kwanzaa, but I always reply, "Merry Christmas" as my witness of faith in Jesus Christ. Every day we use greetings to call down blessings upon our friends and family: "good morning", "good afternoon", "good evening", and "good night" are more than polite formalities; they function to wish the best for others. "Goodbye" is derived from "godbwye" (1573), itself a contraction of "God be with ye". Since the Babylonians started celebrating the new year about 4.000 B.C., it has also been a tradition throughout the world to express best wishes for the coming year ("happy new year").

Another tradition helps us be proactive in attaining the prosperity and peace we seek: "New Year's Resolutions", but only if we keep the resolutions. If you google that phrase, you can find a number of programs that will help you do that for a small investment of your money. This





week I met a man who has found a better way. I baptized and confirmed him, which means he has entered the door (John 10:9), and is on the strait and narrow path that leads to life (Matthew 7:14). His decision to follow this path came after a full year of daily life changing reflection and effort. When the missionaries presented the Gospel message to him, he was ready. He had lived the principles and

acquired the discipline of discipleship through daily scripture study. His resolutions for the new year will bring his family a sense of peace, security, unity, and power that they never could have imagined before.

Janeen and Roy plan to be proactive for a happy 2010: we have volunteered for a church service mission in Guayaquil, Ecuador. If we are accepted,

we would be in the temple five days each week for at least 18 months. Soon after Jesus was born, his parents took him to the temple, where Simeon and Anna shared their testimonies (http://www.cantos.org/music/ cantata/PraiseGod.pdf). We next see Jesus in the temple when he was 12 years old (Luke 2:42-49). during His ministries he taught both in the synagogues and in the temple (John 18:20). In the turbulent last days, it is important to "stand in holy places" (Matthew 24:15) and be as often as possible in a house built in "Holiness to the Lord" (Zechariah 14:20,21), for the Lord will come to His temple (Malachi 3:1). Our resolution for 2010 is to serve in the temple.

As you resolve to stand in holy places, may God bless you and yours with a prosperous and happy new year. Goodbye, good luck, have a nice day!

#### 9. Addendum

#### a. A Poor Wayfaring Man of Grief

From time to time, we have stopped along the way to help a

"poor wayfaring man of grief". Here is an example.

11 December 2009

Robert,

I was glad to be a part of your intensive effort to get a job and become self sufficient. Now that you have decided to regroup, please permit me to share a few thoughts. Since I have been invested in you, I do think about what you are going through.

First let me consider our relationship. I am not an agency with a budget to help people. I am not a church official with an assignment to shepherd anyone. We don't even belong to the same church. We started as fellow musicians working on a common project. Now we are friends interested in each other's welfare. If we were friends in the same church, I could direct you to the church resources for job search and development, counseling for self sufficiency, and financial support for emergencies. All I am is a friend invested in your well being. You have had a rough time lately, and I want to be all the support I can be.



I think you need to know more about me. I worked for years at minimum wage jobs. I had a wife and two children before I got my first salaried job: the US Air Force. Immediately after my tour of duty, I started my piano tuning business with money borrowed from my brother in law. My wife suffered greatly as I tried to meet every challenge with hard work and little business sense. Eventually I lost the business, the tools, the pianos, the home, the car and everything and started over in another state as a school teacher. I tuned pianos after school to pay the bills, as in those days,

school teaching was a very low paid job. I did stay in teaching long enough to retire, but not on my terms. We were both forced into early retirement due to serious health issues.

By then I had started another music business, which failed after three years. We moved to Kansas (our 20th home and 6th state in 40 years of marriage) to be under the protection and care of our children, since we lost our home, our business, our credit, our health, and our ability to work and pay bills. We are now under the scrutiny of a bankruptcy court, that is still working to liquidate our assets and apply

everything they can find to paying our debts. Currently we are being recruited to go to Ecuador for a church service mission in the temple. If we pass the physicals and finish the bankruptcy, we will have no home, no car, and no debt. We can move to a country with low rent and lower cost of living while we try to regroup. When we return, we will likely be more disabled, as our diseases will make us less able each year; and we will have to live with our children. Right now our priority is to reduce expenses and stress, stabilize our health, pack up, and leave.

In the meantime, I am glad to be your friend and help any way I can. They have not taken my computer yet, and we still have one car, so I am glad to be a resource for you, along with the many others who are helping you. I too, am relying on institutions, family, and church to make it day by day. I would like to go fishing every day until my license runs out on December 31, but lately I have only gone a couple of hours each week, as we are very busy with medical appointments, family activities, church callings, and getting packed and gone.

I have been hired and fired from innumerable jobs for the past 50 years, so as I see you applying for jobs, you have to put up with my observation for the day:

Everyone has barriers and challenges to getting where they need to go. The university students complain about standing in line and putting up with unending bureacracy to get an education so they can get a job. Then they get a job and find out that all that is worse on the job than it ever was in the training and the job application process. All they went through has given them the experience and temperment they need to handle the stresses of the job. That is the same for you.

Your new employer needs you to accept every challenge and deal with it, no matter how unfair or difficult. The challenges of getting a job are part of the test, part of competing for the job. They need someone who can deal with set backs, who can roll with the punches, and hang in there no matter what. They will hire the person who can step back up to the plate and keep swinging no matter how many times



they strike out. They will train and keep the person who keeps coming back and trying without complaint, because they need to accomplish the mission of the organization, and that requires teamwork.

Hang in there, and keep trying. You have invested greatly in getting this far, and many of your friends and relatives are also invested in you.

You are not alone.

Merry Christmas,

Your Friend, Roy Howard

b. Letters from My Children

Dear Papi,

Four of the most blessed children in the world got together and discussed their wonderful father, Roy. We honor and respect your life and your legacy. Thank you!!

#### **MEMORIES OF DAD:**

[Heather]

I remember when dad took us all camping in the Wonder bread truck. He made us bunk beds out of the bread racks! Dad used to sit in the hall between the boys and girls rooms and sing us songs and tell really cool stories at bedtime. He taught us songs in Spanish and Navajo then we would go sing them for people. Prayer time and family home evening was always special and important. Dad almost took me to a Bon Jovi concert but they were all sold out!! Dad took me to seminary every day (even though I didn't want to go) one morning he was so tired he ran a red light getting me there. He knew it was important for me to go. Dad always was so good to make sure his kids learned good values and why we are here on earth. Dad always has great advice and is very understanding and supportive. Thank you dad for all the things you taught me, and for always being there for me, and all the encouragement, and being a wonderful grandpa to my kids!!

Happy Fathers Day I Love You!! Heather

# WHAT IS ONE OF YOUR FONDEST MEMORIES OF DAD?:

#### [Zane]

My fondest memories include the times we would go camping as we traveled to/from Spokane through Utah. We would often stop and fish the rivers and streams along the way.

#### [Jess]

One of the funniest was seeing him laugh while watching Weekend at Bernies when Bernie was hitting the bouy's. The next was getting advice while on a drive from Silver to Albuquerque. I guess that is where I get my love of driving and movies.

#### [Carlene]

I enjoyed going on long trips with dad because I could ask him endless questions and he would tell me stories and share experiences and knowledge. One such trip was when we drove 15 hours to Austin and back in the summer heat. I'll also always remember how he helped me with my science fair project about racism in my neighborhood in Albuquerque. He always pushed me further than I thought I could go. Nightly prayers were a sure thing-comforting and a time for teaching. "Sweet Hour of Prayer" reminds me of dad calling us together as a family.



WHAT IS ONE LESSON DAD HAS TAUGHT YOU THAT HAS STAYED WITH YOU?:

[Zane]

The lesson of hard work. "Do what your doing 'til you are done." This has helped me in many of my successes.

#### [Jess]

Honesty and integrity. I have always strived to live in a way Dad would be proud. He is the most honest person I know.

#### [Carlene]

Hard work and perseverance. Dad never seems to run out. Learning and study. I always feel he has the answer to any question I might have on any subject.

# HOW DO YOU KNOW DAD LOVES YOU?:

#### [Zane]

I would say it has always been a given. He is more subtle than Mom in openly showing or saying it, but it is just as known.

#### [Jess]

One that stuck in my mind from high school was noticing how he tracked my stats and even made me a highlight tape. Also, he is always willing to talk and give advice.

#### [Carlene]

Once a year, usually around Christmas, he gets all teary eyed and tells us he loves us. I always looked forward to that. Also he worked so hard to support our family and teach us about life and the gospel. He sacrifices himself for our good.

# WHAT ABOUT DAD MAKES YOU SMILE?:

#### [Zane]

His dry sense of humor. I have developed some of Dad's humor and catch myself saying, "...that was a Dad joke."

#### [Jess]

I have gained enjoyment out of watching dad watching funny movies. I am serious when I say I got my love of movies from this.

#### [Carlene]

I love watching funny movies or shows like "Cosby" with dad. He will laugh so hard his eyes water. When he gets googoo eyed and cozy with mom,

it makes me giggle. Another funny story was when I was about to give my farewell talk before my mission and had a couple minutes to do it. Dad leaned over and whispered "Howards end on time." In my other ear mom said, "Take as long as you want!" He is a great orator and tried to teach us, too.

#### HOW WOULD YOU DESCRIBE DAD TO A STRANGER?:

#### [Zane]

My Dad is a very creative hard working person who could tune a piano, write a book, or compose a symphony in more than one language.

#### [Jess]

The funny man with the hat. You will never meet a more honest person. He is very artistic with a love for music and culture.

#### [Carlene]

He is a renaissance man. He can do anything. He gives himself to the betterment of society through his talents in music, language, knowledge, leadership, and faith. He is a visionary and



### on the Future of the Piano

The Wichita Chapter PTG will join with the Wichita Metropolitan Music Teachers Association

c. Musings

preacher.

"One father is more than a hundred schoolmasters."

-- George Herbert

"If the relationship of father to son could really be reduced to biology, the whole earth would blaze with the glory of fathers and sons."

-- James Baldwin:

#### WE LOVE YOU PAPI!! HAPPY FATHER'S DAY!

LOVE. Heather, Zane, Jess, and Carlene (WMMTA) for a spring festival: "Back to the Future - Celebrating the Piano!". Dates: March 6 and 7, 2010 at Botanica. The "Back to the Future" Festival will put pianos and piano playing in historical context to help us all work toward a future WITH pianos.

That is the key question: IS there a future for the piano? There is no future if people stop playing the piano because they satisfy their needs for music some other way. Every home in all the world has music, but very few have a piano. We have to work hard to foster more than appreciation for the piano. Then next generation must cherish it as we do, or it will go the way of the harpsichord, reed organ, Edsel,

and Saturn.

There are many aspects to our job of fostering these values. We must start to identify them, and see if there are any that we have the power to address. For example, maybe we can't change how changes in the world economy has caused a shift in piano production to other countries; but we can encourage our community to attend and support arts events that use pianos; schools, churches, and other institutions to have and use them; promote events that

bring friends together around the piano; and encourage families to use the piano to interact with each other and build memories. We must be very good marketers in competition with many distractions to everyone's time and resources. If we are successful, pianos will continue to have a role in families and communities for generations to come. Our main job is not to produce a few elite performers and a cadre of consumers. We must help everyone want to have a piano and play it. That

will only happen if the piano meets their needs, especially the need for social interaction.

...gimme a Winchester rifle and a whole box of shells blow the roof off the goat barn let it roll down the hill the piano is firewood times square is a dream I find we'll lay down together in the cold cold ground cold cold ground cold cold ground...

(Tom Waits "Cold Cold Ground")

(Tom is best known for "The



#### **Back to School Sale**

Pianos Books, Art, and More!

#### www.gpac.info/store

MARTIN LINK COLLECTION IN THE GPAC GALLERY SEPTEMBER 13 TO 26



Piano Has Been Drinking")
"An ambitious and aggressive
mother conned pianist Arthur
Rubinstein into listening to her
10-year-old son murder a nocturne by Chopin. At the conclusion of the massacre, Rubinstein
announced, 'Madam, that is
undoubtedly the worst piano
playing I ever heard.'

Whereupon the mother nodded happily and told her son, 'You see, stupid? Now will you give up those expensive piano lessons and try out for the Little League baseball team?'" -- Art Buchwald

I travelled 55 miles, did the pitch raise, then got a desperate email the next day: "the last five notes are gone. I think the hammers are missing". Later she called and played the notes on the phone: "clunk, clunk, clunk". I said I would come as soom as possible. Before I had a chance to come I got another URGENT

email: "come pick up this heavy, 1887 Kimball, 4 foot tall piano. It is outdoors and I don't want it to get ruined. You can take, sell it, and make someone happy."

I drove 55 miles, found all the hammers in place in her home piano, and after she turned on her hearing aids I explained about high frequency hearing loss and all the percussive sounds the piano makes in addition to the string sounds. She was satisfied. We rushed over to the next town (20 miles further) to check out the "heavy" piano. She had tried playing it, and everything was fine, "it just needs sanding".

In fact, it was a 1978 Winter spinet, that had been precariously leaning against a storage shed all summer. The veneer was peeling, all the key bushings were swollen or gone, the strings were rusty and breaking, the felts peeling off the hammers. I pulled on the fallboard and it fell into the mud. She continued to advocate for a complete recovery, insisting that it should be fixed and put into use.

Then I found out that she had

two more pianos, but was not planning on playing them, using them, fixing them, tuning them, or passing them on to anyone in particular.

Then I met a lady in her 70's who has two pianos at home, tunes neither and has no heirs who play. She just likes to have them around.

Then I met a family with two pianos. Their kids can't read music, they "play by ear"; but the pianos are never tuned.

Then I met a lady who was overburdened by playing assignments at church, because she is the only one who plays.

I wondered about the future of the piano. We have to do more! Let's all help with the Festival. Four hundred years of tradition did not protect the harpsichord when the piano finally became popular. By 1816 the Paris Conservatory was using harpsichords for firewood.

Reed organs were manufactured in great

numbers after about 1830. Demand decreased with competition from cheap upright pianos. They evolved with developments in electric motors and electronic amplification. Electronic organs completely replaced them in the 1920's and 30's.

Edsel was touted as the future of the auto by Ford. In 1956 it was the second largest car launch to date. Three years later Ford announced the end of the Edsel program, but continued making them and losing millions.

I was at the Saturn dealer for repairs a few weeks ago. They



still had signs all over claiming Saturn to be the future of American car manufacturing. Now they are closing the door.

# Music IS a Universal Language"

"Music is called the universal language of the world because of many reasons. First and the foremost, music is made up of

7 main notes. No matter, what part of the world you are, and what instrument you play, all the music created are one of the 7 notes. There

may be different names for all 7 notes in different parts of the world, but for the performer, they are still the same. Secondly music, being a form of art can reach the deepest parts of your heart and soul. You don't have to be a patient or a psychologist to understand music. As long as any melody and rhythm make you feel yourself, it is the best doctor a person can find, and best remedy anyone can recommend. Thirdly music, like any other language can express any

and every type of emotion. But where it scores more is where the words fell short of expressing, while music can go on and on vocalizing all that you ever want to say" (Sapan Shah, Buzzle.com).

#### Music is NOT a Universal Language

Music would be a universal

language if everyone in the world could to interpret the same music in the same way. However, apprecia-

tion of music, painting, poetry, sculpture and other arts depends on cultural understanding and experiences that are unique to communities, age groups, and individuals. These understandings are very particular and discrete. People don't even like the same music. For example, as an ethnomusicologist, I studied the Mexican heritage musicians of Texas and New Mexico. They are all very particular about their own style, not crossing over to other Mexican or Mexican



American styles http://www. cantos.org/music/mexico.html . The Pan-Indian movement in North America has resulted in new types of Pow Wow music appreciated by all the Pow Wow fans, but I don't hear any of that on any station in Kansas. Everyone is very selective about music, but most don't understand how diverse the musics of the world are. Google "how many types of music" and you get 24,000,000 hits, meaning everyone has an opinion on the subject. In the first ten hits, there are more than 10 different (authoritative sounding) answers ranging from "There are four main categories of music: rock, jazz, blues, and classical", to "there are a million different types of music". Louis Armstrong claimed: "There is two kinds of music, the good and bad. I play the good kind." Mark Twain "was assured by those who should know, that

music by Wagner is not as bad as it sounds". It is clear that not everyone understands the same music in the same way any more than everyone understands speech the same way. Speech and music are not universal languages, they are universal human phenomena.

#### Music is a Universal Phenomenon

Plato said that "music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Everyone has music in their life, but as a musician, I have been painfully aware that not everyone will buy what I sell. People are very particular about the music they listen to. There are 44,000 different radio stations in the world. Most focus on a very narrow range of music. Any deviation from the expected programming will lose listeners.





Check this site, and you will certainly find a station that you would not want to listen to all day: http://www.omniglot.com/links/radio.htm

Webster defines language as "any means of conveying or communicating ideas". Music cannot convey the same idea to people of any society or culture. Music cannot ask you to pass the salt or explain the steps in operating your TV remote control. "Music as a universal language" advocates give examples of folks appreciating music of another culture, but no one really understands another culture's music in the same way. Personal expectations and assumptions influence how music is perceived. "Music is a universal phenomenon" would be more accurate than saying that music is a "universal language".

The Piano as a Universal Instrument

The "King of Instruments" has survived several centuries of cultural and economic and political change. It is played in every continent, in every style of music. However, we need to be vigilant if we want it to survive. Yesterday

I stepped into a "piano store" and saw dozens of keyboard instruments with nice cabinets, but only three acoustic pianos. They were on sale for up to 50% off, a sign that the dealer is not stocking up on pianos, just trying to get them off the floor and out the door. That day I evaluated an old upright that can't be removed from the basement without calling a carpenter to remodel. They decided to keep the piano (though no one has ever played it and it is a whole step flat). I will install new casters so they can move it around. The senior centers and care facilities have pianos, but few of the seniors know how to play them. Churches and schools are replacing pianos with electronic keyboards. Yesterday I tuned a piano for a full time professional piano player. He accompanies the school choir, plays in restaurants, teaches, etc. He has never owned an acoustic piano. He

just bought his first home and moved his parents old console into it. His students mostly play electronic keyboards. Not even the full time piano professionals buy pianos! The piano can be used in more styles and types of music than any other instrument, but not everyone buys a new piano.

What to do?

So what can we as technicians, dealers, and teachers do to reverse the further decline of the piano? Carl Radford, RPT, North Shore Chapter, gives good advice: Leave the piano well tuned, voiced and regulated so that the customer will be pleased with the tone and touch and therefore want to play.

Demonstrate the piano after the tuning for the customer so the they will be inspired enough to desire to play the piano themselves.

Tune Well Temperament and use it, when appropriate, to resurrect the color in Classical and Romantic music.

Work on high quality pianos and your referral base will also be of high quality. Less is more. Sell the best pianos possible, educate the customer and change the focus from sales at all costs to quality and inspiration of the customer at all costs. Make sure your students understand the value of a quality piano, a proper tuning, voicing,





and regulation. Don't allow students to purchase poor quality pianos, and educate them to recognize the difference. Make sure their piano is in a different room from their TV. http://www.radfordpiano.com/future.html Everyone claims to like music, but there is yet much we must do to educate people so their musical participation can grow. "Men profess to be lovers of music, but for the most part they give no evidence in their opinions and lives that they have heard it" (Henry David Thoreau). Music is not a "universal language" nor any type of language. "Music expresses feeling and thought without language;

it was below and before speech, and it is above and beyond all words" (Robert G. Ingersoll). Music is a part of every life. The piano is certainly the "King of Instruments", and a very fine way that people of all cultures and musical traditions can find expression to their deepest feelings. Let's do all we can to promote and encourage piano playing in the homes and schools and churches. Let us support and encourage the use of pianos in performances and recordings and new compositions. "Music is a higher revelation than all wisdom and philosphy. Music is the electrical soil in which the spirit lives,

thinks and invents" (Ludwig van Beethoven).

d. Links to more information

Roy E. Howard, Ph.D. http:// www.cantos.org/consult/ Professor of Bilingual Education/ESL, Retired 3252 N Longfellow Ct, Wichita, KS 67226 | 2rhoward@att.net |

Vita Web Site: http://www.cantos.org/consult/vita.html

Resume: http://www.cantos.org/resume.html

TV Channel: http://www.you-

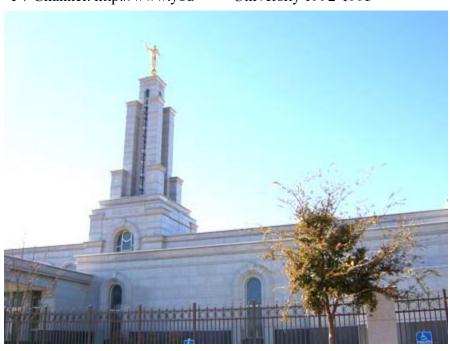
tube.com/drrhoward

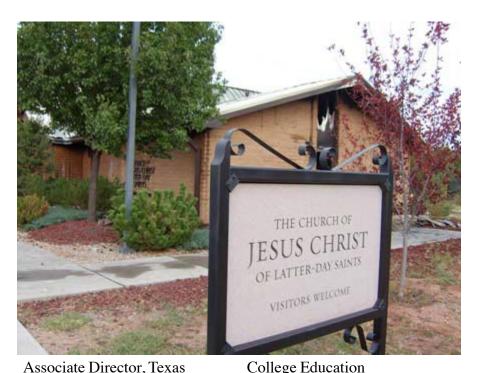
Resume 1 January 2010

Composer, piano tuner, full time temple worker (Guayaquil, Ecuador)

Teaching Experience: Navajo and Spanish Bilingual Education, ESL and teacher education 1982 to 2008

Management Experience: Publisher, business owner, grant manager 1974 to present Director, Title VII Western Education Personnel Training Program: Western New Mexico University 1992-1995





Schools, Inc. 1991-1992
Coordinator, Bilingual/
Multicultural Education
Resources Center: Texas Tech
University 1987-1992
Publisher, Cantos Para Todos
1990-Now
Business Owner, Howard Piano
Service 1967-Now
Radar Site Chief of
Administration, US Air Force
1974-1978

Research Focus: Bilingual Teacher Education, Language and Culture, Distance Education and Technology for Teacher Preparation College Education Ph.D. University of New Mexico 1987 Bilingual Education, Teacher Education, Music Education M.A. University of New Mexico 1985 Multicultural Education, Music, Language Arts M.A. Eastern Washington University 1982 Music Education, Reading B.A. Brigham Young University 1974 Elementary Education, Music, Spanish, Aerospace Studies

Affiliations

National Association for

Bilingual Education
New Mexico Association for
Bilingual Education
Phi Delta Kappa
Music Educators National
Conference
Teachers of English to Speakers
of Other Languages

e. Musical Activities

Orchestra

1958 - 1960 Violin - Green Hills Orchestra, Millbrae, California

1960 - 1962 Violin - Taylor Orchestra, Millbrae, California

1965, 1966 Trombone -District Honor Orchestra, San Mateo Union High School District, California

1981 - 1982 Trombone -Eastern Washington University Symphony Orchestra, Cheney,

#### Washington

1983 - 1985 Double Bass Violin - San Juan Symphony Orchestra, Farmington, New Mexico

1995 - 1997 Violin - Mimbres String Quartet, Deming, New Mexico 1997 - 2008 Double Bass Violin, composer, arranger - Red Rock String Ensemble, Gallup, New Mexico

2008, 2009 Composer, Director- Derby Stake Orchestra, Derby, Kansas

#### Band

1962 -1966 Trombone -Capuchino High School Band, San Bruno, Califormia, incluing marching band, pep band, brass choir, Tijuana Brass, dance band, special ensembles, stage band, featured soloist, pit bands,





etc.

1965, 1966 Trombone -District Honor Band, San Mateo Union High School District, California

1965 - 1967 Trombone - Lou Silva Dance Band, Palo Alto, California

1966 - 1967 Trombone - San Francisco State College, San Francisco, California: band, trombone choir, brass choir

1970 - 1973 Trombone - Air Force ROTC Band, Brigham Young University, Provo, Utah

1974 - 1978 Guitar, trombone - Our Destiny Band, Limestone, Maine

1981 - 1982 Trombone ensemble, recital soloist,

Eastern Washington, University, Cheney, Washington

1985 Trombone
- David Willis Band,
Albuquerque, New Mexico

1987 - 1992 Guitarrón, guitar - Daniel Gómez Band, Lubbock, Texas

1992 - 1997 Violin, guitar, guitarrón, toloche - Nestor Placencio Band, Silver City, New Mexico

1997 - 2008 Trumpet, trombone, guitar, bajo sexto, guitarrón, vigüela - Dickie Chávez Band, Al Romero Band

2006 Trombone - Red Rock String Ensemble

2006 - 2008 Bass - On Call Jazz Ensemble

#### Vocal

1961 - 2009 Church choirs in California, Costa Rica, Venezuela, Colombia, Utah, Maine, Washington, New Mexico, Texas, Kansas, including select groups, ensembles, musicals, and solos, and composing and arranging

1965 - 2008 Entertained solo and with others for numerous parties, rest homes, hospitals, churches schools, etc. Specializing in folk music, ethnic music, singing, and playing various instruments.

1962 - 1966 High School choirs including concert choir, madrigal singers, barbershop,

district honor choir, soloist, musicals

1974 - 2008 Dance band and club work singing and playing guitar or other instruments: Latin-american (mariachi, norteño, New Mexico music), bluegrass, rock, blues, country, jazz,

1982 Symphonic choir, Eastern Washington University, Cheney, Washington

1983 Adult choir, University of New Mexico, Albuquerque, New Mexico

1983 - 1985 San Juan Symphony Chorale, Farmington, New Mexico



1985 San Juan Chapter, SPEBSQUA, Barber Shop Chorus, Farmington, New Mexico

Musicals: Chorus member: Guys and Dolls, H.M.S. Pinafore

Role: Music Man Leading Role:

Saturday's Warrior, Die Fledermaus, Trial by Jury

**Awards** 

High School 1965 Outstanding Band Member Award

1966

Outstanding Choir Member Award Outstanding Band Graduate 1966 Lifetime Pass Fine Arts Award

College 1974 BA in Education with music minor 1982 MA in

**Music Education** 

1985 MA in
Education with music minor
1987 PhD in
Education with music minor

