

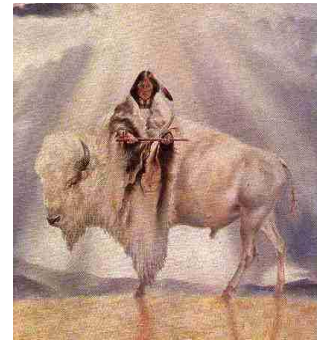
Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

June 2020

We're still here



Council News

Again, since last month's meeting was cancelled, there is not much Council info/news to write about.

In Memorial: Respected Elder and friend to everyone, Donald 3 Bears Fisher (86) of the Seaconke Wampanoag has crossed over on May 16. He will surely be missed.



Also, we are saddened to say that on May 19, a friend of the Council, Joe Roque, has lost his father.

Prayers go out to all the loved ones of these men.

** In accordance with our Rules & Regulations/By-laws, there will be no meetings in July or August. If any plans or emergency meetings are needed, members will be notified by phone or emails. Hope you have a nice summer.

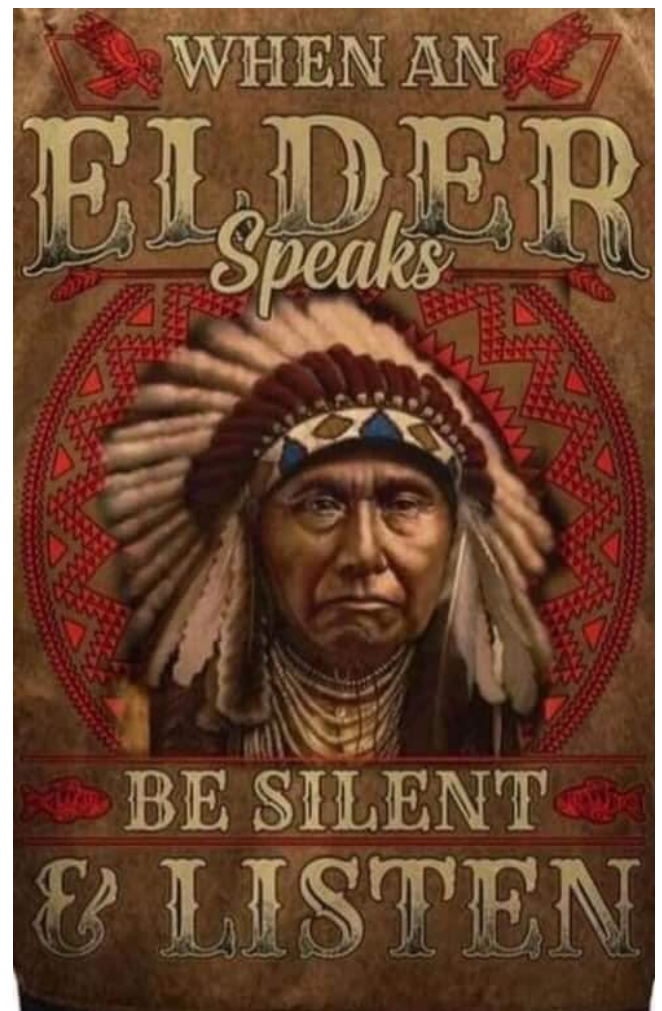
If you know of a member, or friend, of this Council, who is sick or in the hospital, please let us know ASAP.

Due to the "allowed gathering" changes: Thursday night drum practices may resume on June 11. We will talk about this at June meeting.

***Next meeting: June 7th** (If weather is nice, meeting will be held outside, with cookout to follow) If attending; please be aware that the present allowance for group gatherings is 15.*

Contents:

Page 1; Council news.
Page 2; Lighter Side. Spiritually Speaking
Page 3; Events, Adverts, Native Teaching
Page 4; Native Teaching
Page 5; Native Teaching
Page 6, Native Teaching
Page 7; Native Recipe
Page 8; Assorted info. Charity Info. Inspirations.
Message from 3 Horses.



RESPECT, HONOR and COURTESY
It's something today's children need to learn.

On the lighter side:



Spiritually Speaking

SURVIVING LOCKDOWN... MY REFUGE AND FORTRESS

by Robert Soto, Lipan Apache

One of the reasons our Apache people survived to be the last to be conquered, was because of our strongholds. We always found ways to blend into our terrain so that when the Mexicans or Texans or American military came after us, we could hide almost in front of them and never be seen. We had our special areas we called our strongholds. Our stronghold was the desert in our area. Our desert is a little different than most deserts because it is full of foliage that only grows in our desert that would make perfect hiding places for our people. Then there were the valleys and small gorges that made perfect hideouts for our people. We also called them a place of refuge or a fortress were we could hide out and rest from the enemy. So we learned to hide and retreat while the soldiers wandered all around us looking for the lost Apaches.

If there's one thing I have learned in this pandemic it is that there is no physical hiding place for man to go, apart from God the Creator. There is no safe place to hide. We can try by hiding in our homes but now we are told that the very mail we get each day might be infected. When it comes to having a safe place to go, we can only find it in the hands of a loving God who knows us and for some strange reason, has allowed this to happen in our lives. The question should not be why God, but "What do you want me to see or learn from this?" I guess this is why I am writing these thoughts of what I have learned during this pandemic. If I do not, it will be forgotten. When it comes to a fortress or a place of refuge or rest, it will only come through the hands of God the Creator. Does this mean we become recluses and hide from the world for the rest of our lives? No, it just means we will use the wisdom of the Creator and trust Him to keep us safe as we continue to live.



Calendar of Events:

Sun June 7th

Aquidneck Indian Council's monthly Meeting
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Sun Sept 6th

Aquidneck Indian Council's monthly Meeting
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Not knowing what the future will bring, we have not planned any events for June, July nor August. As soon as we can see more clearly, events will be posted.

Per our by-laws there are no meetings in July and August.

** Above is not a complete list of all events happening in our area, just a highlight of events that we are involved in. For a full list of Native happenings, check the pow-wow schedule on the Wandering Bull's website.

If any doubt, call before you head out to an event to verify location and dates/times.

Native Teaching: Respect

Respect is to be given for all things placed upon the earth by the Creator.

Respect is to be given to elders, who are rich with wisdom.

Respect one's privacy, thoughts and wishes.

Respect human siblings by only speaking of their good qualities.

Respect one's personal space and belongings.

Respect one another's spiritual path and do not judge their choices.

Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, and beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people, and bow to no one...

Tecumseh, Shawnee

Please support our advertisers:

Handcrafted Native American Ribbon Shirts & Dresses, Blankets and Fancy Shawls
Handcrafted One-of-a-kind Jewelry, Dreamcatchers and photos

Zartiphin's Emporium

Leilani Beaudry

{Strong Woman Spirit Chaser}

401-824-6758

dragmer@cox.net

Does your car or truck need mechanical or body repairs?

S&H Auto

Scott Guilmette

{Strong Elk}

32 Stafford Rd Tiverton RI

774-208-6443

Looking for a new place for Breakfast & Lunch?



{Try our Baked Apple Pancake}

The Cozy Kettle

366 Mariano Bishop Blvd Fall River MA

774-704-5198

cozykettle.com

Open Daily 7:00 AM – 2:00 PM

Looking for a new style or place of Worship?

The Oniset Wig Wam Spiritualist Camp

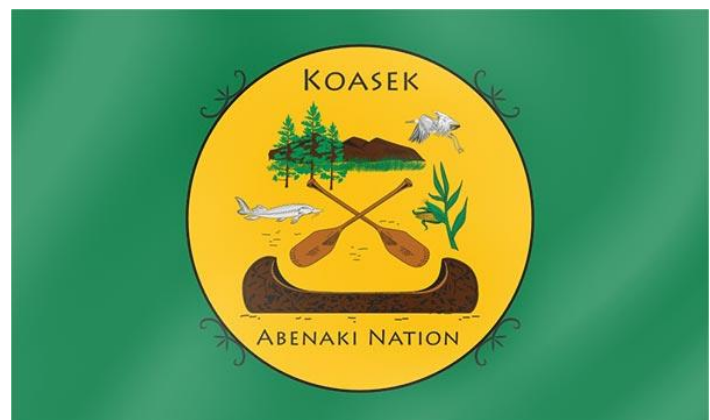
9 Crescent Place, Onset, MA.

www.OnisetWigwam.com

Contact: Rev Patti Craig

1-508-436-3105

evrotv@aol.com



Abenaki Koasek Band

Native Teaching: Our Ancestor's Strength

by Bev Morningstar

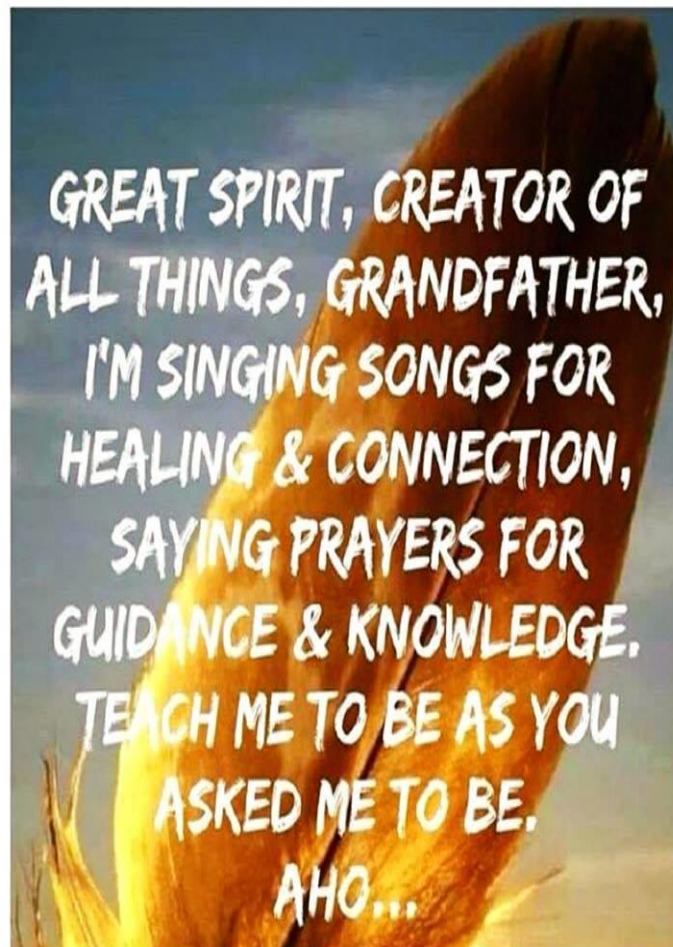
Today, I would like to talk about how our ancestor's dealt with overcoming issues that were life changers. They had to deal with many life threatening circumstances and yet we are all here today because of their courage.

When faced with things that were overwhelming for them they prayed. Many times their lives were in danger due to wars, sickness, lack of food, and shelter. Yet they withstood all their hardships as a family and a community.

They were united in faith in our Creator that although it looked like they would not survive, they kept believing that Spirit would see that they lived. They gathered together during these times and they sent up smoke, and drummed, and dance for their prayers to be heard and answered. Life for them was a hardship that many of us cannot even imagine going through. It was their inner strength; that all of us have and their courage to make it no matter what.

Today, we are faced with something that we would never believe could happen to us; a pandemic. They were faced with one as well it was called smallpox and many of them did not survive from it. Yet they set an example for all of us today. It is to stay strong, pray often, help each other, and have faith that our Creator will come to our aid.

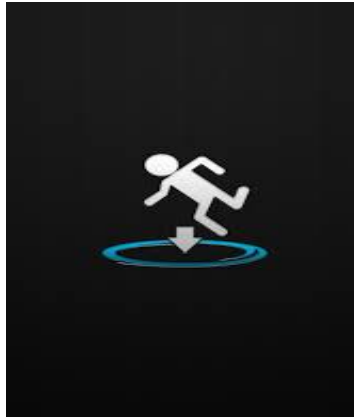
Conclusion: We may be in a pandemic; however our Creator will see us through this storm. Creator we pray for you to give us strength and courage to get through this together as a nation. Teach us that we are all under your care and our lives matter to you.



Native Teaching: Are you going through a portal or down a hole?

by White Eagle, Hopi

(submitted by Lisa Morning Dove)



The Hopi have always had their fingers on the pulse of the planet. And they do now... check this out. Are you going through a portal or down a hole?

This moment humanity is going through can now be seen as a portal and as a hole.

The decision to fall into the hole or go through the portal is up to you.

If you repent of the problem and consume the news 24 hours a day, with little energy, nervous all the time, with pessimism, you will fall into the hole. But if you take this opportunity to look at yourself, rethink life and death, take care of yourself and others, you will cross the portal.

Take care of your homes, take care of your body. Connect with your spiritual House.

When you are taking care of yourselves, you are taking care of everything else. Do not lose the spiritual dimension of this crisis, have the eagle aspect, that from above, and see the whole; see more broadly.

There is a social demand in this crisis, but there is also a spiritual demand. The two go hand in hand. Without the social dimension, we fall into fanaticism. But without the spiritual dimension, we fall into pessimism and lack of meaning.

You were prepared to go through this crisis. Take your toolbox and use all the tools available to you. Learn about resistance of the indigenous and African peoples: we have always been and continue to be exterminated. But we still haven't stopped singing, dancing, lighting a fire and having fun. Don't feel guilty about being happy during this difficult time.

You do not help at all being sad and without energy. You help if good things emanate from the Universe now. It is through joy that one resists. Also, when the storm passes, each of you will be very important in the reconstruction of this new world.

You need to be well and strong. And, for that, there is no other way than to maintain a beautiful, happy and bright vibration. This has nothing to do with alienation.

This is a resistance strategy. In shamanism, there is a rite of passage called the quest for vision. You spend a few days alone in the forest, without water, without food, without protection. When you cross this portal, you get a new vision of the world, because you have faced your fears, your difficulties...

This is what is asked of you: Allow yourself to take advantage of this time to perform your vision seeking rituals. What world do you want to build for you? For now, this is what you can do: serenity in the storm. Calm down, pray every day. Establish a routine to meet the sacred every day.

Good things emanate; what you emanate now is the most important thing. And sing, dance, resist through art, joy, faith and love.



Native American Code of Ethics

Rise with the sun to pray. Pray alone. Pray often. The Great Spirit will listen, if you only speak.

~

Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance.

~

Search for yourself, by yourself. Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.

~

Treat the guests in your home with much consideration.
Serve them the best food, give them the best bed and treat them with respect and honor.

~

Do not take what is not yours whether from a person, a community, the wilderness or from a culture.
It was not earned nor given. It is not yours.

~

Respect all things that are placed upon this earth – whether it be people or plant.

~

Honor other people's thoughts, wishes and words. Never interrupt another or mock or rudely mimic them.
Allow each person the right to personal expression.

~

Never speak of others in a bad way.
The negative energy that you put out into the universe will multiply when it returns to you.

~

All persons make mistakes. And all mistakes can be forgiven.

~

Bad thoughts cause illness of the mind, body and spirit. Practice optimism.

~

Nature is not FOR us, it is a PART of us. They are part of your worldly family.

~

Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life's lessons.
When they are grown, give them space to grow.

~

Avoid hurting the hearts of others. The poison of your pain will return to you.

~

Be truthful at all times. Honesty is the test of one's will within this universe.

~

Keep yourself balanced. Your Mental self, Spiritual self, Emotional self, and Physical self – all need to be strong, pure and healthy. Work out the body to strengthen the mind. Grow rich in spirit to cure emotional ails.

~

Make conscious decisions as to who you will be and how you will react. Be responsible for your own actions.

~

Respect the privacy and personal space of others.

Do not touch the personal property of others – especially sacred and religious objects. This is forbidden.

~

Be true to yourself first. You cannot nurture and help others if you cannot nurture and help yourself first.

~

Respect others religious beliefs. Do not force your belief on others.

~

Share your good fortune with others. Participate in charity.

Native Recipe

Frybread



3 cups flour
1 tsp. salt
1 cup milk

3 tsp. baking powder
¼ cup warm water
Vegetable or corn oil in deep fryer or frying pan

- 1) Combine flour, salt & baking powder in large mixing bowl. Blend ingredients. Slowly stir in milk and knead dough until smooth, adding small amounts of warm water if mixture is too dry. Once dough is ready (when it is stiff and can be molded), cover with a cloth for 15 to 30 minutes.
- 2) Fill deep fryer, or frying pan with oil, and heat until oil is very hot. Pinch off fist-size pieces of dough and flatten with your hands or with a rolling pin. Fry in the hot oil until golden brown on both sides (approx 5 minutes). Drain on paper towels and serve.

Frybread may be:



Rolled in sugar, brown sugar or powdered sugar.

As a taco shell (Indian tacos)

Covered with peanut butter, cream cheese or jelly

Sliced into small pieces and used with dips, soft cheese or salsa.

Next meeting:
Sunday June 7, 1:00



@ 222 Middle Rd Portsmouth
Guests Always Welcome

AIIC contact info:

3 Horses Sly Fox (Don Sly), Chairman
Dreams of Wolves (Barbara Sly), Secretary
222 Middle Rd. Portsmouth, RI 02871
401-683-4589

Email: aquidneck_indian@verizon.net
Website: www.aquidneckindiancouncil.org

Inspirational:

If the white man wants to live in peace with the Indian, he can live in peace... Treat all men alike. Give them all the same law. Give them all an even chance to live and grow. All men were made by the same Great Spirit Chief. They are all brothers.

Chief Joseph, Nez Perce

From 3 Horses:

We learn many things along the path of life. The one thing I've learned is I am not the master of my own destiny. Creator is in control. Remember this, if not, He will somehow remind you. Creator has opened my eyes more now than ever before. He has placed so many good things before us, all we have to do is recognize the good things, take them, with His blessings, and get rid of the bad things.

We all may have a long list of things to do this summer, some very serious and some a lot of fun. Remember He does not give you more than you can handle. Enjoy the company of your brothers and sisters. We are "Tiyosopae" (extended family). Remember we are a teaching and learning Council, we will learn more about each other, as we teach those who know nothing of Native culture. Get involved, stay close, grow as a family, this is your Council. Have a good and safe summer.

See you along the Good Red Road. *Peace.....*

3 Horses & Dreams of Wolves

The Aquidneck Island Intertribal Indian Council is a non-profit volunteer organization for the preservation of mixed Native American Tribal Heritages and Ancestral ways and makes no claims as to be an authority, nor expert on any specific Tribe or Nation.



1301 North Main Street
Chamberlain, SD 57325
www.stjo.org

Constant Needs:

- Men's deodorant
- Hair gel
- Little girls full slips in sizes 8-14
- Children's robes
- Dish cloths
- School supplies
- Boys Boxers (all sizes)
- Bath towels
- Running shoes - men's & women's sizes
- Children's tennis shoes (sizes 1-4)
- Men's T-shirts (all sizes)
- Chewable vitamins
- Twin, extra long twin & queen comforters/spreads

Remember to save:

"General Mills" + "Betty Crocker"
products box tops. ----->

&

"Campbell's"
products labels. ----->

For St Joseph's Indian School
(see *Dreams of Wolves* for a detailed list)

