

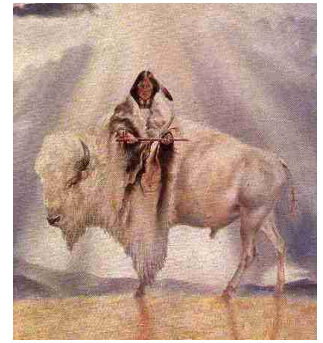
Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

March 2020

We're still here



Council News

On Sat Feb 8th we hosted our February Pot-luck Lunch & Dance Social Gathering. It is always fun getting together with family & friends. We want to thank Sleeping Turtle for his flute playing. We had many new guests. Thank you to all who came and made the event fun. We also say *Thank You* to Verna and the Staff of "Sandywoods Center for the Arts" for the use of the hall. This was our last Social for the season, hope to see you at future events.

On Friday Feb 21st we were happy to conduct a Native Cultural presentation at the Tiverton Middle School. It is always a great opportunity to educate the youth about mixed Native culture.

Upcoming event: our Annual Indoor pow-wow for March has been changed to a "Native American Arts & Crafts Fair and Cultural Gathering". The event originated as an A&CF, the thought is, maybe, if we cut/prune it back to its origins, maybe it will grow back stronger. There will still be Native entertainers, food, articles to buy, etc, just no dance circle. This event is open to the public. All are invited to join us in a family oriented gathering. The date is Sat March 28. Info on page 4.

On Saturday April 18th we will be assisting in an Earth Day celebration at the Sachuest Point Wildlife Refuge. On Saturday April 25th we will be conducting our annual Planting of the Corn ceremony. More details on both events in April's newsletter. All events are open to the public, all are welcome to attend.

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

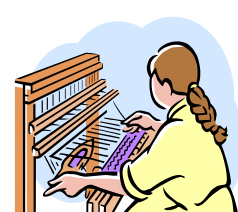
Drum practices are Thursday nights @ 6:00. All are welcome to attend and listen and who knows, you might decide to join in. If in doubt – call before you come.

**** Next meeting is March 1st ****

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Page 8; Assorted info. Charity Info. Inspirations.
Message from 3 Horses.

We invite you to attend our:
***Native American
Arts & Crafts Fair &
Cultural Gathering***



Saturday March 28th

9:00 – 5:00

**Knights of Columbus Hall
7 Valley Road, Middletown RI**

Native American (and some not-so-native)
items for sale

Native Entertainment/Musical Artists

Refreshments available, Raffles

Open to the Public, all are welcome

All Native entertainers welcome. Contact us.

****This is an Alcohol & Drug Free Event****

On the lighter side:



Spiritually Speaking

Trouble no one about their religion, respect others in their view, and demand 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

To “make medicine” is to engage upon a special period of fasting, thanksgiving, prayer and self-denial, even of self-torture. The procedure is entirely a devotional exercise. The purpose is to subdue the passions of the flesh and to improve the spiritual self. The bodily abstinence and the mental concentration upon lofty thoughts cleanse both the body and the soul and put’s them into or keeps them in health. Then the individual mind gets closer toward conformity with the mind of the Great Medicine above us.

Wooden Leg, Cheyenne

Of all the animals, the horse is the best friend of the Indian, for without it he could not go on long journeys. A horse is the Indian’s most valuable piece of property. If an Indian wishes to gain something, he promises if the horse will help him, he will paint it with native dye, that all may see that help has come to him through the aid of his horse.

Brave Buffalo, Teton Sioux



Native American 10 Commandments

- 1) Treat the Earth and all that dwell thereon with respect.
- 2) Remain close to the Great Spirit.
- 3) Show great respect for your fellow beings.
- 4) Work together for the benefit of all mankind.
- 5) Give assistance and kindness wherever needed.
- 6) Do what you know to be right.
- 7) Look after the well-being of mind and body.
- 8) Dedicate a share of your efforts for the greater good.
- 9) Be truthful and honest at all times.
- 10) Take full responsibility for all your actions.

Calendar of Events:

Sun Mar 1st

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

Sat March 28th

Native American Arts & Crafts Fair
& Cultural Gathering
Knight of Columbus Hall
7 Valley Rd, Middletown RI
401-683-4589 9:00 - 5:00

Sun April 5th

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

Sat April 18th

Earth Day Celebration
Sachuest Point Wildlife Refuge
769 Sachuest Point Road
Middletown, RI 02842
(401) 619-2680 11:30 - ?

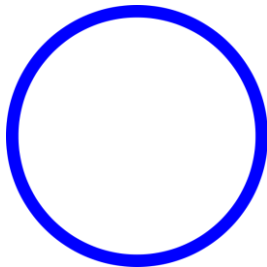
Sat April 25th

(raindate Sun 26th)

Planting of the Corn ceremony
222 Middle Rd, Portsmouth RI
401-683-4589 12:00 - ?

** 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.



The Circle has healing power. In the Circle we are all equal. When in the Circle, no one is in front of you, no one is behind you, no one is above you, no one is below you. The Sacred Circle is designed to create unity.

The Hoop of Life is also a Circle. On this hoop there is a place for every species, every race, every tree and every plant. It is the completeness of Life that must be respected in order to bring about health on this planet. To understand each other, as the ripples when a stone is tossed into the waters, the Circle starts small and grows... until it fills the whole lake.

Dave Chief, Oglala

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Contact: Rev Patti Craig

1-508-436-3105

evroty@aol.com



Caddo Nation

Native American Arts & Crafts Fair & Cultural Gathering



Hosted by:



*The Aquidneck Island
Intertribal Indian Council*



Saturday March 28th
9:00 – 5:00



Knights of Columbus Hall
7 Valley Road, Middletown RI

{Just off rte 114 West Main Rd & rte 138 East Main Rd}

Native American (and some not-so-native) items for sale

Native Entertainment/Musical Artists

Refreshments available, Raffles

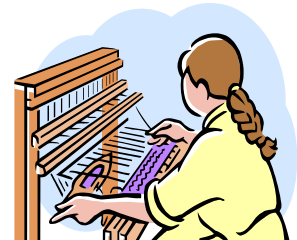
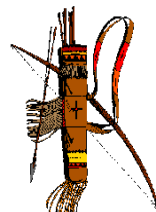
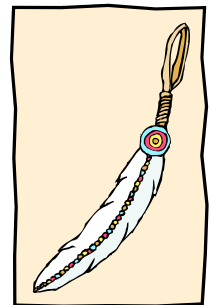
Open to the Public, all are welcome

Proceeds to help support St Joseph's Indian School and
The Aquidneck Island Intertribal Indian Council charities

For directions, information or to show your wares

Contact the Council Secretary

@ 401-683-4589



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.

Editorial: Insecurity

By Robin Raven Speak (2015 – rewrite with permission)



I woke up one day and discovered that my friends were not the people I had come to see them as. They were not trying to control me; they were not trying to suck the life out of my passions; they weren't even jealous of the time I liked to invest in those passions. All they wanted was the freedom to enjoy them with me. What I thought I saw in them was actually the residue that the lens of my own fears had left on my perception. Because I had always pushed people away out of fear of compromising my creative time, I assumed that they were hitting me at my weakest spot - but they weren't. They were giving me the freedom to be alone again and again. But because I am human I couldn't see it through my insecurity. They were powerless. What could they do other than let me go, and let me go, and let me go? They couldn't clean my lens for me. Thank goodness.

So I got to thinking recently, back 5 years ago, I was so insecure with who I was in my own skin. I was insecure with the judgment others spoke about me. I was insecure because I had no direction in my life. And most of all I was insecure about my spirituality.

Think about this "INSECURITY" It's a self-controlling vicious cycle of being lost in your head. If my insecurity could cut me off from another human being, then continue on to damage my connection with my spirituality and creator. Then that means it's bad. But thank goodness creator, of course, offers reasoning's to clean our lenses for us at any time. But the fact that He can do it doesn't mean that He always will, or that He'll keep them clean for us. His method is not to control us or protect us from our own disasters, but to let us live life, love, and hate, with occasional moments of revelation when the lenses come clean.

How do I see creator through my own insecurity? Do I cling to the rituals and doctrines of past generations out of fear that creator cannot relate to me if I don't? Do I feel a sense of guilt when I choose to watch Netflix over the chance to meditate and connect with my inner self? Do I check my hair in the mirror before going to a spiritual ceremony even though I don't care about it throughout the week? Do I feel a need to expound X number of core truths about the gospel to some lost soul instead of meeting him wherever he came from and letting creator do the rest?

So my message today is stop sitting there on your butt waiting for someone to fix you. "GET UP" Find the source that is causing how you feel. Creator can break our insecurity, and sometimes He does. If He isn't laughing when it happens, He must be crying. But most of the time He seems to leave us to make the move that only He can give us the strength to make. Sooner or later we need to just do it!!! WHATEVER IT IS!!! I did and I turned out somewhat OK!!!!

Be Blessed



Editorial: BEING INDIAN IS

by Roger Poisson

Being Indian Is-feeding anyone and everyone who comes to your door hungry, with whatever you have.

Being Indian Is-having every third person you meet tell you about his great-grandmother who was a real Cherokee princess.

Being Indian Is-being broke all summer long because you try to make every pow wow.

Being Indian Is-loving fry-bread and dry meat.

Being Indian Is-masking your emotions in times of stress.

Being Indian Is-respecting your elders who have earned it.

Being Indian Is-never giving up the struggle for survival.

Being Indian Is-trading your surplus commodities for something you are in more need of.

Being Indian Is-being known for your great sense of humor and having the ability to make jokes and laughter out of the worse situation.

Being Indian Is-not rioting in the streets but occupying godforsaken places like Alcatraz, Mount Rushmore, the New York-Canadian bridge, etc.

Being Indian Is-owning land and not being able to rent, lease, sell or even farm it yourself without BIA approval.

Being Indian Is- feeling Red Eagle, Medicine Cloud, and Pretty Bear are more beautiful names than Smith, Johnson, or Jones.

Being Indian Is-watching your daughter give away her only pair of overshoes to somebody who needs them more than her.

Being Indian Is-either borrowing or lending money to your skin brothers and sisters at least once a week.

Being Indian Is-having people ask if they can touch your hair or take your picture.

Being Indian Is-worrying about diabetes.

Being Indian Is-knowing why the rez car in "Smoke Signals" was funny!

Being Indian Is-having more cousins than trees have leaves.

Being Indian Is-cutting the mold off the commodity cheese so you can eat it anyway.

Being Indian Is-having to explain *again* why you don't like the mascot.

Being Indian Is-eating meat for the 6th meal in a row.

Being Indian Is-knowing too many people who have died of cirrhosis, exposure, or "accidents".

Being Indian Is-knowing history started before 1492.

Being Indian Is-laughing with your friends so much your facial muscles hurt.

Being Indian Is-singing 49 songs using a garbage can for a drum.

Being Indian Is-road trips cross country . . . just because.

Being Indian Is-reading about your ancestors and relations in an anthropology paper.

Being Indian Is-losing your job after the grant ends.

Being Indian is-losing your job because you're different.

Being Indian Is-not being able to practice your religion.

Being Indian Is-having a song come to you at the oddest times.

Being Indian Is-counting the number of red people photographed in magazine advertisements on one hand.

Being Indian Is-pointing with your lips and knowing it's understood.

Being Indian Is-PRIDE.

Being Indian Is-BEAUTIFUL.

Being Indian Is-FOREVER.....

Native Recipe

Oatmeal Bread



Ingredients:

2 cups boiling water 1 cup rolled oats ½ cup molasses 2 teaspoons salt 1 tablespoon butter

**combine these ingredients and cool in separate bowl.

Other ingredients:

4 ½ cup flour 1 package of yeast ½ cup lukewarm water

Dissolve yeast packet with ½ cup warm water.

Add 4 ½ cups of flour and then add oatmeal mixture.

Beat all together and let rise until double size.

Add enough flour to knead (approx. 5 minutes)

Shape into large round loaf and put into greased pie plate. Let rise again and bake at 350* for 50 minutes or until it sounds hollow.

Serve warm with butter, brown sugar, cinnamon or syrup.

Serves 4

Next meeting:



**** Sunday March 1, 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:

The color of the skin makes no difference, what is good and just for one, is good and just for the other.

Slow Turtle, Wampanoag

From 3 Horses:

There are many things that occupy our time, one is work, another is sleep, yet another is nourishment. We plan things for our enjoyment. We spend quality time with our family and friends. There is another thing that should occupy our time, talking with Wakan Takan - the Great Spirit - the Creator.

Sometimes "our" plans go awry, we have no control. Maybe there is a reason that we don't see clearly because we may be full of disappointment or anger because we have lost control. This is the time to sit in silence, open your ears and your heart. Listen to what the Ancient One may be telling you. If you've just suffered a great disappointment, of some kind, maybe there is a reason or a lesson. There will always be stumbling blocks and path choices. We need to carry on and focus on the big picture, the one He has for us.

O' Great Spirit help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence.

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

3 Horses & Dreams of Wolves



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"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)



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