

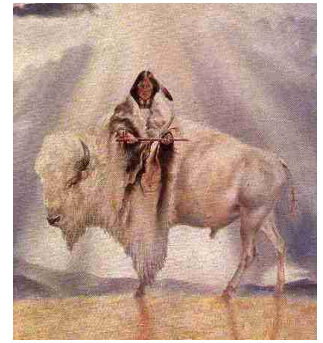
# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

September 2020

*We're still here*



### Council News

Since last month's meeting was small and short, there is not much Council info/news to write about. We did have a chance to get together for July 4<sup>th</sup> weekend, but it was somber.

This Covid scare has put a halt on almost everything. We cannot gather in groups of more than 15, which means there has been no sacred or social gatherings, no ceremonies, no pow-wows, no cultural events. It is hard to be a cultural people, when you cannot gather the people to offer culture. I am not sure when or "if" things will ever become normal again. If this is the new normal – we're in trouble.

The RI Governor has backed down the allowable number of people to gather in one spot to 15. The MA Governor has placed a ban on Rhode Islanders drivers traveling through Mass. This makes it hard to hold meetings, drum practices or any events. At this point in time I am worried that we may not be able to host the "Healing of the Waters" ceremony, or our Fall & Winter Dance Socials. As we learn more, we will be able to plan events, right now, it seems we can't. I am hoping things will change before Oct so we may be able to come together.

On a positive note: While reading the teaching on pages 4 & 5 – Bev Morningstar has gifted us with white and brown buffalo fur from her travel to the buffalo farm. The next time we gather, we will put it out for all to see.

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 and other Covid related reasons: Thursday night drum practices have been "temporarily" put on HOLD. We would like to start up, again, once the travel bans and gathering bans have been changed. If you would like to attend drum practice, in the future, call before you come, just to make sure we are gathering.

***Sept 6<sup>th</sup> Meeting is CANCELLED***  
***Next meeting: Hopefully Oct 4***

### 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.



*Great Spirit, Creator, I ask You to pour out Your blessings upon our people, our friends and families, the sick, ill and injured; body, mind or spirit.*

*Watch over our family and friends who have crossed over.*

*Give peace to all who have lost a loved one. Ease their sorrow.*

*A-ho!*

On the lighter side:



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## *Spiritually Speaking*

### **SURVIVING LOCKDOWN... REMEMBER TO LOVE OTHERS**

*By Robert Soto* (May 20, 2020)

Love has become a four letter word that is not talked about too much. As I have stated before, friendship and fellowship as well as acts of love are becoming few and far in between. It seems like life as we know it today has changed in so many ways including the way we live and respond to each other. The other day I saw a little baby with long curly hair. He might have been about six months old and kept staring at me. It seemed like he wanted to smile as he kept staring at me. I finally looked at his mom who was not looking up at all and said, "She is a beautiful little girl." She said, "Yes, she is." Then I asked as she smiled at me, "She is a little girl, right?" She smiled again and said, "He is a little boy. He is six months old and I have already cut his hair three times and it keeps growing." I then said to her, "Well, he is a beautiful little boy. Please protect him."

A loving word of kindness opened the doors to a short but sweet conversation where no one is expressing a loving word of kindness because of the pandemic. The writer of Hebrews encouraged us by writing, "Keep on loving one another as brothers and sisters." The word "keep" is in the active tense which indicates continual action regardless of the situation. The implication is it's telling us to keep on loving each other regardless of the situation or circumstance. The phrase "...as brothers and sisters" is telling us that He is not just talking about those you know, but also total strangers who you do not know. The little four letter word expresses the appreciation of everyone around you whether you know them or not. If there's anything I have learned from this total lockdown, it is to have a loving attitude to everyone around you, whether you know them or not. Your four letter word, might be the action that person needs that day.

**Calendar of Events:**

Sun Sept 6<sup>th</sup> - **Cancelled**  
Aquidneck Indian Council's monthly Meeting  
222 Middle Rd, Portsmouth RI  
401-683-4589 1:00 - ?

Sun Oct 4<sup>th</sup>  
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 Sept, Oct or Nov. As soon as we can see more clearly, events will be posted.

\*\* 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.

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**Red Road Ethic: Seek Wisdom**



Those who are wise have lived a lifetime with ears open and a willingness to not only experience truth, but to pursue it as well.

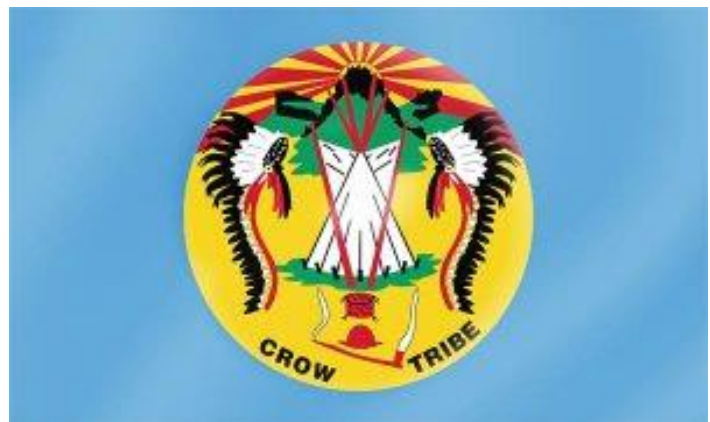
Wisdom is gained by:

Listening to your elders, they have walked a longer path than you.

Seeking all that is true. Wisdom lies within honesty, not deception.

Realizing that education is never-ending. Even death is a final lesson.

Learning from Mother Nature. Her wisdom is infinite.



Crow Tribe

# Native Teaching: Our Ancestors and their Relationship with the Buffalo


by *Bev Morningstar*



Recently I got to visit a Wild Bison farm and it was an amazing experience to see so many of them in a beautiful natural setting. I could only imagine how it must have been for our relations to see them in herds of thousands. I must relate to you how my visit with them came about. I had a dream of a massive buffalo running toward me and when he was face to face with me I woke up. A few days later there was a commercial on TV advertising the Wild Bison herd and Spirit kept telling me I needed to go. On the site there is a huge bull white buffalo named White Lightning. The owner gifted me with fur when she found out that I was Native. I was blessed and thanked both her and Spirit for leading me there. There were many things that I had no knowledge of regarding these magnificent animals so I did some research and now I am sharing it with all of you.

Did you know there is a difference in them? Also they are the largest mammal in North America. The male bison called the bulls weigh up to 2,000 lbs. and the females weigh up to 1,000lbs. Their calves at birth weigh 30-70 lbs. Bison can live up to 20 yrs. They primarily eat grass, weeds, hay and leafy plants usually foraging 9-11 hours a day. They are extremely fast and can run up to 35 miles per hour, they are strong swimmers and can jump really high fences as well. Bison have been part of the Native American culture by providing food, clothing, fuel, tools, shelter and spiritual value. The Inter-Tribal Buffalo Council was established in 1992, they work with the National Park Service to transfer bison from national parks to tribal lands where our relations can utilize them for whatever their needs are.

Conclusion: Today, I want to thank our Creator for allowing me to receive such a sacred gift. Let us all ask our Creator to teach us how we can protect and respect them as did our ancestors.

<b>WHAT'S THE DIFFERENCE?</b>	
<b>WOOD BISON</b>	<b>PLAINS BISON</b>
	
<ul style="list-style-type: none"><li>• Bulls average 1800lbs</li><li>• Taller with a square hump</li><li>• Darker in color</li><li>• Cape usually does not form distinct boundary behind shoulder</li><li>• Long, straight hair slopping down on forehead</li><li>• Little or no chap hair on forelegs</li><li>• Smaller, more pointed beard</li></ul>	<ul style="list-style-type: none"><li>• Bulls average 1600lbs</li><li>• Stockier with a rounded hump</li><li>• Lighter in color</li><li>• In summer, cape forms distinct boundary behind shoulder</li><li>• Frizzy hair on head</li><li>• Chaps of long hair on forelegs</li><li>• Large rounded beard</li></ul>

## Native Teaching:



### *Spirit of White Buffalo*

White buffalo walked from the west, her large eyes watching the grass that covered the endless plains as it waved in the breeze, like strands of golden hair stirring with the gentle touch of unseen hands.

Hooves trod over endless miles, mighty head held aloft as she continued her journey, following the whisperings of the summer breeze that carried the message meant for her ears alone. She would not rest until she had completed her journey.

From over the softly rolling hills, emerged a figure walking upright. She recognized this figure's shape as being that of a two-legged, and she hastened her own approach, recognizing the urgency of the voice that continued its whispering in her ear.

The man looked up toward the distant horizon, having been compelled to journey toward the west where the sun would soon be dipping down, marking the end of the day. His eyes caught the vision of white brilliance that was filling up the plains around him, indeed the very sky, and for a moment his heart leapt in fear, for this was unlike any light he had ever known, dazzling in its intensity and brilliance.

For some reason not completely known, yet thoroughly compelling, like the beat of the drum during the sun dance, the warrior suddenly felt no fear, and walked toward the magnificent creature who now had stopped just a few feet from him.

The beautiful creature's great eyes met his own and the movement of time halted its relentless thrum. Long strands of grass moved in slow motion and he could see tiny particles of pollen dance and glitter in the rays of the sinking sun like tiny crystals cast upon the winds.

Her light enveloped him and he knew no fear, no concern or anxiety, he knew only peace, as though the light were a warm blanket left before a roaring fire before being placed over his form. And in the next moment he was following the white buffalo . . . toward the setting sun.

As they reached the doorway between planes, white buffalo turned to the two-legged and encouraged him forward. He stepped into the brilliance of the light that spilled forth from the great doorway as a warrior among men. Yet he emerged on the other side as a dove.

White buffalo looked toward the farthest reaches of the western gate, the place where the buffalo nation resides. She felt their love for her, and as she cast her eyes to the sky nation, she heard the song the ancestors sang, yet as she watched the fading figure now enveloped in the brilliant light, she knew the reason she had made the journey, and her heart sang a song of resounding joy.

**LIGHT BEARER:** White Buffalo is the Totem for one who's Life Path is to awaken the Soul of Others. Yet in order that she might fulfill this role, she needs first to find the Light Within herself, to integrate the Mind, Personality, Emotion and Soul.

**BUILDER OF THE BRIDGE:** When Great Spirit moved Its Creative Force across the expanse of the Earth Mother, a Doorway was left between the Blue Road of Spirit and the Red Road of Physical Life. And yet there remained a chasm between Planes that the two-leggeds found difficult to cross, so Great Spirit called upon White Buffalo that she fashion a Bridge to link the Two Planes together.

**TRUTH:** It is said that part of the reason White Buffalo is white, is because she cannot speak any untruths, her spirit blessed in the Waters of Truth and Honesty which in turn turns her hide white.

**ELDER SPIRIT:** White Buffalo is an Elder Spirit amongst the Animal Totems, for she was with Wakan Tanka at the creating of Earth Mother and placed in the West to hold back the tides.

Herein lies the challenge, as the Path for White Buffalo is never smooth, yet riddled with pebbles, boulders and divided at times by raging rivers. Yet through Trust in his Path and Soul's Purpose, Faith in Great Mystery that all will be exactly as it is meant to be, and Love for All, any challenge that presents itself will always be acknowledged, embraced and absorbed, leading him to the Light streaming from the Gateway where he may then lay himself down to fashion the bridge so that others might make the journey across.

## **Native Teaching: The Story of the Drum**

*Narrated by: 3 Horses*



### ***An Abenaki Legend***

It is said that when Creator was giving a place for all the spirits to dwell who would be taking part in the inhabitation of Mother Earth, there came a sound, a loud BOOM, from off in the distance.

As Creator listened, the sound kept coming closer and closer until it was finally right in front of Him. “Who are you?” asked Creator. “I am the spirit of the drum”, was the reply. “I have come here to ask you to allow me to take part in this wonderful thing.” “How will you take part?” Creator questioned. “I would like to accompany the singing of the people. When they sing from their hearts, I will sing as though I was the heartbeat of Mother Earth. In that way, all creation will sing in harmony.” Creator granted the request, and from then on, the drum accompanied the people’s voices.

Throughout all of the indigenous peoples of the world, the drum is the center of all songs. It is the catalyst for the spirit of the songs to rise up to the Creator so that the prayers in those songs reach where they were meant to go. At all times, the sound of the drum brings completeness, awe, excitement, solemnity, strength, courage and the fulfillment to the songs. It is Mother’s heartbeat giving her approval to those living upon her. It draws the eagle to it, who then carries the message to Creator.

It changes people’s lives....



# Native Recipe

## *Apples & Bacon*



Two foods brought by the colonists during the 17<sup>th</sup> Century were combined to make a delicious and popular dish for white man and red man alike.

Pigs were introduced to New England in the late 1600's although prior to that time, pork and hams were "imported" from the south, mainly Virginia.

Apple trees came with the first settlers and by the mid-eighteenth Century, apples were growing in every colony.

### Ingredients:

1 lb bacon

1 cup brown sugar

4 to 6 lbs apples (mixed varieties)

2 tablespoons cinnamon

### Instructions:

Fry 1 pound of bacon - crispy. When done, remove bacon and set aside. Cut apples into bite sized pieces, leaving skins on. Mixed varieties of apples make for a better taste. Saute` apples in the bacon grease until tender.

Sprinkle apples with the brown sugar & cinnamon. Crumble the bacon over the top. Stir well and serve hot.

Serves approx. 6

Next meeting:  
Sunday Oct 4, 1:00  
(Hopefully)



@ 222 Middle Rd Portsmouth

**AIIC contact info:**

3 Horses Sly Fox (Don Sly), Chairman  
Dreams of Wolves (Barbara Sly), Secretary  
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401-683-4589

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Website: [www.aquidneckindiancouncil.org](http://www.aquidneckindiancouncil.org)

**Inspirational:**

When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies in yourself.

*Tecumseh, Shawnee*

**From 3 Horses:**

In our busy lives we seem to have so much to do and so little time to do it, or even to enjoy it. It feels like time goes by swiftly and you later realize you missed out on something good.

There are two wills available for us: self-will and God's will. Our choice is: figure it out ourselves, or have the Creator involved in our lives. If we are honest with ourselves and look at past experiences, what are our lives like when we try to figure it out ourselves? Is there fear, confusion, frustration, anger, attacking others, conflict, fault finding, manipulation, teasing others, belittling others or devaluation? If these things are present, they indicate that we are choosing self-will. What is it like if we turn our will over to the Creator? What are the results if we ask the Great Spirit to guide our life? Examples are: freedom, choices, consequences, love forgiveness, helping others, happiness, joy, solutions, and peace. *Which will I choose today, "self-will or Creator's will"?*

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.*



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

