



# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

December 2014



### Council News

On Sat Nov 8<sup>th</sup> we hosted our Fall Potluck Lunch and Dance Social at Sandywoods Farm in Tiverton. We were joined by Eagle Sings and members of the Metis` Wolf Clan. It was another fun time and we look forward to seeing everyone at our Dec 13 Social.

On Tues 11/11 we were honored to be part of the Veteran`s Day Observance at Portsmouth High School. Thank you to the American Legion for inviting us. Thank you to all who came out to honor our Veterans.

On Fri 11/14 we conducted a Native American Awareness Month (NAAM) presentation at the Shining Star Preschool. It is a joy to offer our culture to such young minds. We thank the Staff/Teachers for allowing us the chance to educate their children in Native ways.

On Weds 11/19 we conducted a NAAM presentation at Naval Station Newport. This is our 6th year providing this service to the local military. We are happy to be able to offer our views and teachings on Native history and culture thru lecture, drumming and dancing.

On Fri 11/21 we conducted a NAAM presentation at the All Saints Academy. This is our first year there; hopefully we left them with a better understanding about Native culture and history.

**\*\* Note:** This month`s meeting will be our Annual Christmas Party, pot-luck social, Nikomo and gift gathering for St Joe`s. **see ----->**

*(If you have any friends who might be interested in our ways, or are interested to see what we are about, feel free to bring them along, but, explain to them the idea of the Nikomo, that way no one is left without a gift. The more the merrier, guests are always welcome to any/all of our events.)*

Drum practices have been every Thursday at 6:00. If anyone wishes to come and join us at the drum, or even just to enjoy the friendship, the door is always open..

There are still many of our extended family members who are still sick or injured. I ask you all to keep them in your prayers.

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

**\*\*See you at the next meeting: Sunday Dec 7**

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### Annual Council Christmas party, pot-luck social, Nikomo and gift gathering for St Joseph`s Indian School

The Council meeting on December 1st will be short so that we may have a pot-luck social, a Nikomo (gift sharing) & Christmas party. It is asked that everyone bring a dish to share.

The Nikomo is a form of giving a gift to others. You bring an unwrapped gift, not for anyone specific, whether bought or handmade. You place it on the blanket with other gifts. After the meeting at some time during the social, the members will line up, "eldest" first, and you will take your turn and choose any gift from the blanket that you would like.

Also in keeping with the season, and as a gesture of the heart, we ask you to please bring a small unwrapped item/gift, which will be added with others, that we will be sending to St Joseph`s Indian School. The Sioux children that attend the school are very poor and need OUR help. The gifts don`t have to be expensive. You can find many nice things at stores like, Dollar Tree, Job Lot etc. The school asked for girls & boy`s underwear, (all sizes) as well as socks, health & beauty aids (soaps, deodorants, shampoos, etc.), and all types of school supplies, not to mention toys (see page 8 for more needed things).

Contact me for details.



*Dreams of Wolves*

On the lighter side:

**Santa! Are you in there??**



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## *Spiritually Speaking*

"In our modern world today, we may seem like drowning men because of the loss of much of our spiritual tradition."  
*--Thomas Yellowtail, CROW*

Our spiritual tradition shows us the way to live in harmony, balance and respect. The tradition taught us how to behave and how to conduct ourselves. The spiritual way taught us to pray and to purify ourselves. Handed down from generation to generation were the teachings about a way of life. Our relationship to Mother Earth and to each other was very clear. The Modern World does not relate to spirituality but to materialism. If we do not allow spirituality to guide our lives, we will be lost, unhappy and without direction. We are spiritual beings trying to be human, not human beings trying to be spiritual. It is said, "Know thyself".

*Grandfather, lead me to spirituality.*

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"We were taught generosity to the poor and reverence for the Great Mystery. Religion was the basis of all Indian training."  
*--Charles A. Eastman (Ohiyesa), SANTEE SIOUX*

Every Indian knows and has a feeling inside that, bottom line, our real purpose on earth is to be of service to our fellow man and to be of maximum service to the Great Spirit. The Creator designed the earth to be self supporting - everything is interconnected and all things were created to be of service to each other. The Indian way is to pray about all things. Religion is not separate from any part of our lives. Everything is spiritual and we are to view all matters in this way. Family is spiritual, work is spiritual, helping others is spiritual, our bodies are spiritual, our talk is spiritual, our thoughts are spiritual. We need to practice seeing all things as spiritual.

*Great Spirit, today let me help the needy and allow me the wisdom to have respect and reverence for Your teachings.*



## Dues time:



Dues for 2015 can be paid at the December or January meeting, or checks can be mailed or dropped off to the Secretary at  
222 Middle Rd. Portsmouth, RI 02871

*\$10 yearly dues help defray the cost of newsletters, snail mail, birthday, get well and/or sympathy cards. It also helps us support our charity, St Joseph's Indian School. Members & Assoc members, in good standing, will receive a 2015 card upon payment.*

### Upcoming Events:

Sun Dec 7  
Aquidneck Indian Council's Nov Meeting  
Nakoma, Gift Gathering for St Joes & Christmas Social  
222 Middle Rd, Portsmouth RI  
401-683-4589 1:00 - ?

Thurs Dec 11  
Blood Drive  
Sandywoods Farm  
43 Muse Way Tiverton RI  
3:30 - 6:30

Sat Dec 13  
Aquidneck Indian Council  
Winter Potluck Lunch & Dance Social  
Sandywoods Farm  
43 Muse Way Tiverton RI  
401-683-4589 12:00 - 5:00

\*\* Above is not a complete list of all events happening in our area, just a highlight. 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.



## Please support our advertisers:

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Mystical products for the New Age.  
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\*\*Visit their Website: [www.enchantedkottage.com](http://www.enchantedkottage.com)

Looking for Handcrafted one of a kind jewelry,  
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*Zartiphin's Emporium*

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401-824-6758 [dragmer@cox.net](mailto:dragmer@cox.net)

**Aquidneck  
Land Trust**

790 Aquidneck Ave. Middletown, RI 02842  
401-849-2799 [chuckallott@ailt.org](mailto:chuckallott@ailt.org)

Preserving the Island's open spaces and natural character for the lasting benefit of our community.

Looking for a new style or place of Worship?  
*The Oniset Wig Wam Spiritualist Camp*

9 Crescent Place, Onset, MA.  
Opening May for the 2014 Season  
[www.OnisetWigwam.com](http://www.OnisetWigwam.com)

or

*First Spiritualist Church of Brockton*

243 Winthrop St. Rehoboth, MA (Grange Bldg. Rte 118 & 44)  
Sunday Services: June thru August - 7:00 PM to 8:30 PM  
Sept. thru May - 10:00 AM to 11:30 with fellowship to follow.  
Check out their FB page: First Spiritualist Church of Brockton

For info on either the Wig Wam or Church of Brockton,  
Contact: Rev Patti Craig  
1-508-436-3105 [evroty@aol.com](mailto:evroty@aol.com)

## Editorial

### The Difference between friends, acquaintances and fake friends.

by Robin Raven Speak



The word “friend” has many meanings, and we have many types of friends. The term has taken on new meaning in the era of social media. So, what kind of friend are you? What kind of friends are your friends? What does your method of relating to friends say about your depth of friendship?

#### Acquaintances

First off, we all have many more acquaintances than true friends. We call these people friends, but are they *really* friends? Certainly not in the same way our intimate friends are. You probably won't tell an acquaintance that her blouse really is horribly unflattering on her. That kind of honesty is reserved for more intimate friends. You probably won't tell an acquaintance that you're worried about their health because they're constantly gaining weight. That depth of concern is generally reserved for intimate friends.

So what are the parameters of an acquaintance relationship? It looks something like this, regarding most people:

- Acquaintances don't rock the boat. They will generally avoid doing or saying anything that might be controversial.
- Acquaintances don't hold each other accountable, except for specific commitments made to each other.
- Acquaintances generally act “nice and friendly” toward each other, even if that's not what's going on internally. That is, they are not authentic with each other.
- Acquaintances keep their distance, and don't reveal too much about themselves. They generally keep anything of potential controversy or disagreement secret.

#### Fake Friends

These are people who claim to be friends, but are not. They are not trustworthy. They lie. They may cheat or steal from friends as well. A fake friend will sit there and listen to you spout nonsense all day, and never challenge a bit of it. They're not interested in truth. They just want to be near you for some reason, and they're willing to say or do whatever (or not say or not do whatever) in order to keep being around you. They are not about truth, loyalty, or any of the characteristics associated with a true friend.

Think of these like a celebrity's posse. They follow the celebrity around nodding and cosigning all their bullshit. All they *really want* is to be near the famous dude. If the famous guy asks, “what's your opinion,” his fake posse will give whatever answer they think he wants to hear...not the truth.

Are You One of These Friends?

So my message to you today is maybe you should take a moment to consider your relationships with people you call friends in your life. Do they fit one of the categories? What about the people in your “friends list” on Facebook? Do they fit one of these categories, and do you fit one of these categories with respect to them? How does that effect your online relating? Could you relate differently than you do now? What would happen if you did?

*Friendship is not a big thing... It's a million little things!!*

## Editorial:

# THANKFUL

by Robin Raven Speak

We all like being thanked. It's a great feeling to have someone, especially someone who doesn't stand to gain, tell us that we made a difference in their lives. I've had the good fortune of receiving a heartfelt thank you from a total stranger that looked as if he just needed a warm cup of coffee and a donut this morning.

It might be reassuring, then, to learn that the expression of thanks can be its own reward. Everyone benefits when "thanks" are freely given and just as freely acknowledged. So I have decided to take being thankful a little deeper.

I love the idea of Thanksgiving because ***I love giving thanks***. I love Thanksgiving because ***I love being grateful***. I love Thanksgiving because ***I love a lot of people!***

What if we made more of an effort to give thanks, so that it was a year-round habit, rather than something we offered one day a year? Then what would happen to us, our relationships, to our lives? We'd be a whole lot more abundant, that's for sure.

***Did you know that it's impossible to be stressed out while you're giving thanks???***

Remember, the ***energy of abundance*** is appreciation and gratitude, so whenever you are giving thanks you are coming from a place and energy of gratitude. Whenever your energy is appreciative, you attract more things to be grateful for.

***What if by focusing on giving thanks, you could accomplish several things at once... the most important of which is that you'd feel happier all day long!***

I'm afraid we have all been taught to look for the problems to solve. Then we set out to solve them, then we feel accomplished, then we look for more problems to solve.

***If we looked for things to be thankful for, then our energy would change.*** What happens for me when I do this is that I notice an immediate shift in my perception, my mood, and I am definitely more relaxed and happy throughout the day. This doesn't mean I remember to give thanks all the time... but I have gotten a lot better about it!

So instead of a message or teaching in this letter I would rather you read the questions I ask and really think of the answer for your own lesson:

- 1) What's the "downside" to being thankful every single day?***
- 2) What's the "upside" to remaining focused on problems?***
- 3) How does it serve you to not be grateful for everything that crosses your path?***

These are all powerful questions that I recommend you answer as honestly as possible. Once you know the ***upside*** of staying where you are or the ***downside*** of ***Giving Thanks Daily***, you can tap on the blocks and change your energy to enjoy congruence with a successful life.

***It's your choice... Choose the vibration of thanks and enjoy the abundance that flows into your life!***

Thank you, ***Robin Riley***



## **Story: Does it take animals to explain the real meaning of Christmas?**

by: *Dreams of Wolves*



Once a long time ago, deep in the woods, there were all kinds of animals. There were deer, wolves, fox, rabbits and many more animals. It was December and very close to Christmas, and all the animals were watching the humans running around decorating their houses and buying gifts. The animals were watching the white man, with all their festivities. They watched for several days and finally got bored. The doe said, “All I see is a bunch of people rushing around, putting up trees, wrapping gifts and spending all kinds of money”.

So the animals decided they had enough of watching people running here & there. They went deep in the woods and low & behold, they came upon a clearing. They saw tee-pees, children playing, adults dancing, singing, praying, smoking the pipe and families sitting around campfires eating and talking and telling stories.

The animals came into the camp; they all sat at the edge, so not to bother the people. All of a sudden an Indian child saw the animals and invited them into the circle. The animals started telling the Indians about how the white man were doing all kinds of gift wrapping and spending money, but they did not even think once about what Christmas is really about. The chief then said, “Ah – you believe in what we believe. It is the Creator’s birthday. We give Him our gifts. We offer tobacco to Mother Earth, thanking her for all the food we receive from her. We thank Father Sky for giving us a beautiful day with the sun in the day and the moon and the stars at night. We thank Creator for our life and in return, for His birthday we give our love, song, dance and friendship to all of His creatures”.

The animals were in awe, for they too were grateful that night, for the love they felt from the Native people. So that night the animals gathered around the fire and celebrated with the Natives. They enjoyed the drumming, the singing and dancing - thinking this truly is peace on Creator’s birthday.

Remember what Christmas is – the “Birthday of the Son of God”. So why is it so important to run out and buy gifts for people? Is it that important? On that day, we should give ourselves to Creator and try to become better people. What better gift is there?





The

# AQUIDNECK INDIAN COUNCIL



*Invites you to attend*

our Winter Potluck - Lunch, Dance Social Gathering

Sat Dec 13<sup>th</sup> 12:00 – 5:00

@ Sandywoods Farm, 43 Muse Way, Tiverton, RI

Raffles, Dancing and afternoon fun.

Open to the public - all are welcome.



Please bring something to share.

(Coffee, water & soda will be provided by the Council)

Drumming by: the Soaring Eagle Singers  
and Eagle Sings

All Native entertainers welcome.

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

Directions to: Sandywoods Farm

From Fall River, Providence, and points north, take Route 195 to Route 24S. Follow 24S to 81S. Follow Route 81 to the 81/177 intersection, then turn right, then take your first left (at the Bulgarmarsh Recreation Area) onto Roosevelt. Roosevelt will bring you to Muse Way and the Sandywoods village center.

From Newport and southern RI, take the Jamestown and Newport bridges and continue through Middletown and Portsmouth on Route 114 (West Main Road) to Route 24N. After crossing the Sakonnet River bridge, take the Fish Road exit (Exit 6) off of 24N. Turn right at end of exit, then left at the end of Fish Road onto Bulgarmarsh Road. Follow Bulgarmarsh to the Bulgarmarsh Recreation Area (just before the 177/81 intersection) and turn right onto Roosevelt. Roosevelt will bring you to Muse Way and the Sandywoods village center.

NOTE: Because Muse Way and the other roads at Sandywoods Farm are newly constructed, you may find that they do not yet show up on your GPS device. [info@sandywoodsfarm.org](mailto:info@sandywoodsfarm.org)

For more info contact us at

401-683-4589

[Aquidneck\\_Indian@verizon.net](mailto:Aquidneck_Indian@verizon.net)

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

*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.*

# Native Recipe

## *Chicken Corn Chowder*



### Ingredients:

2 whole chickens, split	4 cans cream corn
4 sticks celery	2 onions, chopped
4 carrots, cut in pieces	6 potatoes, cut in pieces
1 cup flour	1 egg
2 tablespoons butter	1 cup cream (or milk)
½ teaspoon each: salt, cayenne pepper, sage, parsley, thyme and basil, to taste (or any other preferred spices)	

### Instructions:

Put chickens, celery, onions, carrots, spices and potatoes in a large pot and cover with water. Cook over medium to high heat about 10 to 12 minutes, or until vegetables and chicken are fully cooked.

When the chicken is tender, remove from the broth. Remove skin, debone and cut into bite-size pieces. Return chunks to broth. Now add corn.

In a small bowl mix flour, cream (or milk) and egg, then add this slowly to the chowder.

Simmer another 10 minutes until thickened. Add butter, stir to melt, serve hot.

Serves 8 to 10



## Next meeting:



Sunday Dec 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  
c/o 222 Middle Rd. Portsmouth, RI 02871  
401-683-4589

Email: [aquidneck\\_indian@verizon.net](mailto:aquidneck_indian@verizon.net)

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

## St Joseph's Indian School

### 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)



### Inspirational:

"Come forward and join hands with us in this great work for the Creator."

*--Traditional Circle of Elders, NORTHERN CHEYENNE*

### From 3 Horses:

December is upon us and for some, it is a hard time. With the hustle & bustle of the holidays, some people become wrapped up in the materialistic part of it. Some people shun it. Some people remember what the symbolism of the holiday season is about: Love of family, giving, not just gifts, but of yourself, extending yourself to help a friend who might be one of those who shun the events of the season for one reason or another. Remember when you were a child. Even though we are older, enter into the season like a child, wide eyes, excitement, with joy and peace in your heart.

So, this is my wish for you; *May the love and strength and knowledge of the Great Spirit be with you this holiday season.*

**To hi ge se s di** - Cherokee for "Peace on Earth"

**Merry Christmas, Happy Hanukah, Happy Kwanza, Happy Holidays to all.....**

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



*3 Horses & Dreams of Wolves*

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